

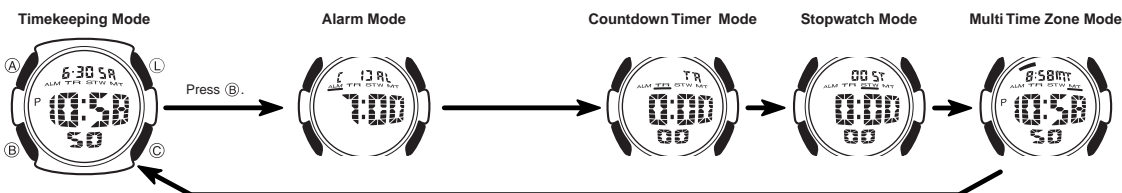
ABOUT THIS MANUAL



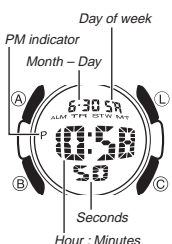
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "REFERENCE" section.

GENERAL GUIDE

- Press (B) to change from mode to mode.
- In any mode, press (L) to illuminate the display.



TIMEKEEPING



Use the Timekeeping Mode to set and view the current time and date. In the Timekeeping Mode, you can select either a Dynamic Graphics or Static Graphics for the screen's graphic areas, or you can select a multi time zone screen.

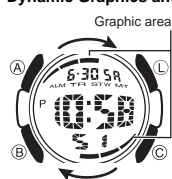
- To reset the second's count to zero**
1. In the Timekeeping Mode, hold down (A) until the second's digits start to flash, which indicates the setting screen.
 2. Press (C) to reset the second's count to 00.
 - Pressing (C) while the second's count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes count is unchanged.
 3. Press (A) to exit the setting screen.

To set the time and date



1. In the Timekeeping Mode, hold down (A) until the second's digits start to flash, which indicates the setting screen.
2. Press (B) to move the flashing in the sequence shown below to select other settings.
 - Seconds → Hour → Minutes → Day → Month → Year
3. While a setting is flashing, press (C) to increase it.
 - While any setting is flashing, press (L) to toggle between 24-hour timekeeping (indicated by 24 on the display), or 12-hour timekeeping.
4. Press (A) to exit the setting screen.

Dynamic Graphics and Static Graphics



You can select either Dynamic Graphics or Static Graphics for the graphic areas of the timekeeping screen.

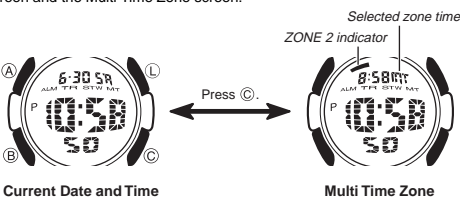
- When Static Graphics are selected, the bars in the upper graphic area appear and disappear in accordance with the timekeeping second's count. The lower graphic area indicates the on/off status of the alarm.
- When Dynamic Graphics are selected, the bars of the upper and lower graphic areas cycle on and off at high speed in accordance with the timekeeping second's count. Also, a graphic animation routine is performed whenever the minute's or hour digits advance.

To toggle between the Static Graphics and Dynamic Graphics

In any mode (except when a setting screen is on the display), hold down (B) for about two seconds until the watch beeps twice. Each time you do this, the watch toggles between Static Graphics and Dynamic Graphics.

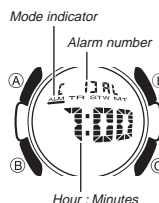
Multi Time Zone Screen

Each press of (C) in the Timekeeping Mode toggles between the Current Date and Time screen and the Multi Time Zone screen.



- The time zone that appears is the one that was on the display when you last exited the Multi Time Zone Mode. See "MULTI TIME ZONE" for more information.

ALARM



You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the time is reached. You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- The alarm time (hour and minutes) and alarm number (1 through 5) indicates an alarm screen. :00 is shown in place of the alarm time on the Hourly Time Signal screen.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you can enter using (B).

To set an alarm time



1. In the Alarm Mode, press (C) to select the alarm whose time you want to set.
2. After you select an alarm, hold down (A) until the hour digits of the alarm time start to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.

3. Press (B) to move the flashing between the hour and minutes.
4. While a setting is flashing, press (C) to increase it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
5. Press (A) to exit the setting screen.

To turn an alarm and the Hourly Time Signal on and off

1. In the Alarm Mode, press (C) to select an alarm or the Hourly Time Signal.
2. When the alarm or the Hourly Time Signal you want is selected, press (A) to turn it on and off.
 - The lower graphic area shows the current on/off status of each of the five alarms.
 - The A indicator appears on the display whenever the Hourly Time Signal is turned on.
 - The alarm on indicators appear on the display in all modes, except when the Timekeeping Mode's Dynamic Graphics are selected.
 - The applicable alarm on indicator flashes in the lower graphic area while a daily alarm is sounding.
 - The Hourly Time Signal on indicator is shown on the display in all modes.

Daily Alarm Operation

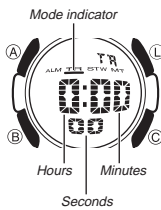
The alarm sounds at the preset time each day for about 10 seconds, or until you stop it by pressing any button.

- The alarm and hourly time signal sound in all modes.
- Alarm 5 has a different beeper sound than alarms 1 through 4.

To test the alarm

In the Alarm Mode, hold down (C) to sound the alarm.

COUNTDOWN TIMER



The countdown timer can be set within a range of 1 minute to 24 hours. An alarm sounds when the countdown reaches zero.

- Countdown timer functions are available in the Countdown Timer Mode, which you can enter using (B).
- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.

To set the countdown start time

- In the Countdown Timer Mode, hold down (A) until the hour digit of the countdown start time starts to flash, which indicates the setting screen.
- Press (B) to move the flashing between the hours and minutes.
 - To set the starting value of the countdown time to 24 hours, set 0:00.
- While a setting is flashing, press (C) to increase it.
- Press (A) to exit the setting screen.

To use the countdown timer

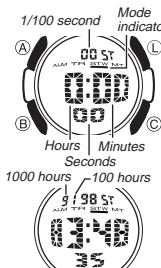
- Press (C) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
 - Press (C) while a countdown operation is in progress to pause it. Press (C) again to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing (C)), and then press (A). This returns the countdown time to its starting value.
 - The TR mode indicator flashes on the display while a countdown operation is in progress. The flashing mode indicator remains on the display even if you change to another mode.

To turn auto-repeat on and off

- In the Countdown Timer Mode, hold down (A) until the hour digit of the countdown start time starts to flash, which indicates the setting screen.
 - Press (L) to turn auto-repeat on (AUTO-TR displayed) and off (AUTO-TR not displayed).
 - Press (A) to exit the setting screen.
- When the end of the countdown is reached and auto-repeat is turned on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero. You can stop timing by pressing (C), and manually reset to the starting countdown time by pressing (A).
 - Frequent use of auto-repeat and the alarm can run down battery power.



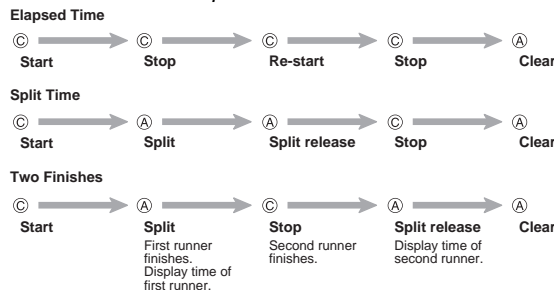
STOPWATCH



The stopwatch lets you measure elapsed time, split times, and two finishes.

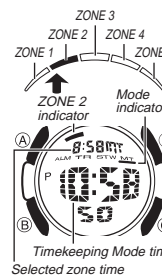
- The display range of the stopwatch is 9999 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- The STW mode indicator flashes on the display while a stopwatch operation is in progress. The flashing mode indicator remains on the display even if you change to another mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (B).

To measure times with the stopwatch



MULTI TIME ZONE

The Multi Time Zone lets you view the current time in one of five time zones.

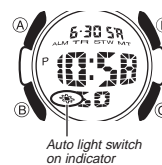


To set a Multi Time Zone time

- Press (B) to enter the Multi Time Zone Mode.
- Press (C) to select the zone (ZONE 1 to ZONE 5) whose time you want to set.
 - In the Multi Time Zone Mode, the upper graphic area indicates the currently selected time zone.
- Hold down (A) until the hour digits of the selected zone's time start to flash, which indicates the setting screen.
- Press (B) to move the flashing between the hour and minutes.
 - While a setting is flashing, press (C) to increase it.
 - When setting the zone time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
- Press (A) to exit the setting screen.

BACKLIGHT

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.



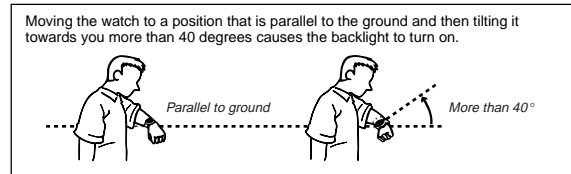
- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Backlight Precautions" for other important information about using the backlight.

To turn on the backlight manually

- In any mode, press (L) to illuminate the display for about one second.
- The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch

- Turning on the auto light switch causes the backlight to turn on for about one second, whenever you position your wrist as described below in any mode.
- Be sure to wear the watch on the outside of your left wrist while using the auto light switch.



Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn the auto light switch on and off

- In any mode, hold down (L) for about two seconds to toggle the auto light switch on (☀️ displayed) or off (☁️ not displayed).
- The auto light switch on indicator (☀️) is on the display in all modes while the auto light switch is turned on.

REFERENCE

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Timekeeping

- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, with 24 indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

Auto Return Features

If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.

Data and Setting Scrolling

The \odot button is used to scroll through setting screen data on the display. In most cases, holding down this button during a scroll operation scrolls through the data at high speed.

Backlight Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

Auto light switch precautions

- In order to protect against running down the battery, the auto light switch automatically turns off approximately five hours after you turn it on.
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

More than 15 degrees
too high



- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about one second, even if you keep the watch pointed towards your face.

- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward your face again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.