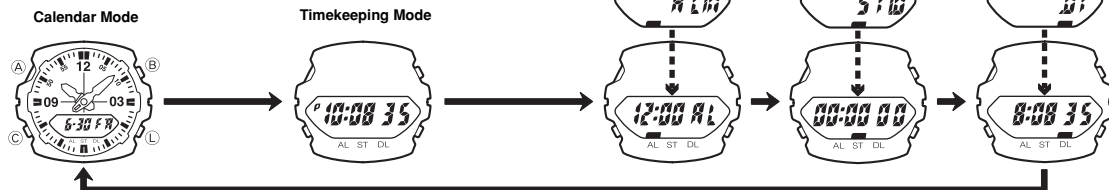


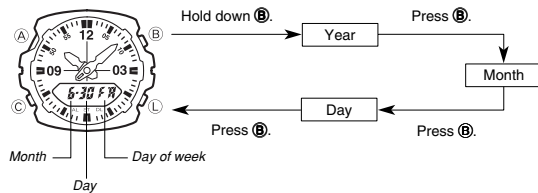
General Guide

- Press **(C)** to change from mode to mode.
- In any mode (except when making any settings), press **(L)** to illuminate the digital display for about two seconds.



Calendar Mode

To set the date

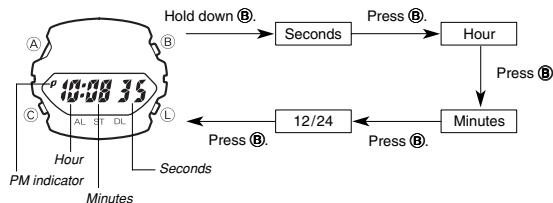


1. In the Calendar Mode, hold down **(B)** for about two seconds, until "ADJ" and then the year digits flash on the display. Keep **(B)** depressed until the year digits flash.
2. While any setting is selected (flashing), press **(C)** to increase it. Holding down **(C)** changes the flashing setting at high speed.
3. Press **(B)** to move the selection around the display in the above sequence.
 - The day of the week is automatically set in accordance with the date.
 - The date can be set with the range of January 1, 1995 to December 31, 2039.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Calendar Mode automatically.

Timekeeping Mode

The minutes hand advances 1/3 of a minute each time the seconds count in the digital display reaches 00, 20 and 40 seconds.

To set the digital time



1. In the Timekeeping Mode, hold down **(B)** for about two seconds, until "ADJ" and then the seconds digits flash on the display. Keep **(B)** depressed until the seconds digits flash.
2. While the seconds digits are selected (flashing), press **(C)** to reset the seconds to 00. If you press **(C)** while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
3. Press **(B)** to move the selection around the display in the above sequence.
4. While hour or minutes are selected (flashing), press **(C)** to increase the setting. Holding down **(C)** changes the current setting at high speed. While the 12/24-hour setting is selected, press **(C)** to switch between the two formats.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

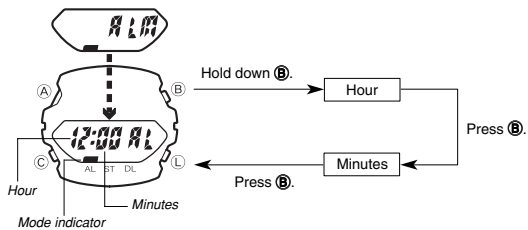
Hand setting

- Each press of **(A)** advances the hands 20 seconds. Holding down **(A)** advances the hands at high speed.
- Note that the hands can be advanced only and cannot be moved back. Take care so you do not go past the setting you want to make.

About the Backlight

- In any mode (except when making any settings), press **(L)** to illuminate the digital display for about two seconds.
- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
 - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
 - The watch will emit an audible sound whenever the display is illuminated. It does not indicate malfunction of the watch.
 - The backlight automatically stops illuminating whenever an alarm sounds.
 - Frequent use of the backlight shortens battery life.

Alarm Mode



When an alarm is turned on, an alarm tone sounds for 20 seconds at the preset time each day.

To set the alarm time

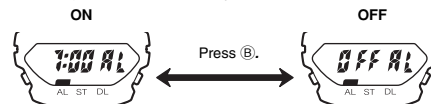
1. In the Alarm Mode, hold down **(B)** for about two seconds, until "ADJ" and then the hour digits flash on the display. Keep **(B)** depressed until the hour digits flash.
2. Press **(C)** to increase the setting. Holding down **(C)** changes the current setting at high speed.
3. Press **(B)** to change the selection in the above sequence.
 - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.
 - The alarm is turned on automatically whenever you change the alarm time setting.

To stop the alarm

Press any button to stop the alarm after it starts to sound.

To switch the daily alarm on and off

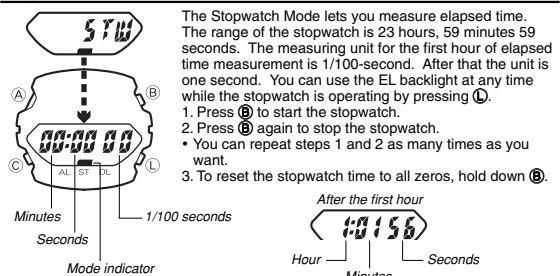
In the Alarm Mode, press **(B)** to turn the daily alarm on and off.



To test the alarm

Hold down **(C)** while in the any mode to sound the alarm.

Stopwatch Mode

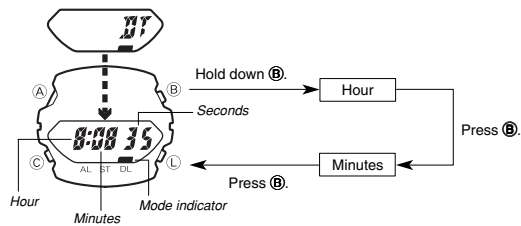


- The Stopwatch Mode lets you measure elapsed time. The range of the stopwatch is 23 hours, 59 minutes 59 seconds. The measuring unit for the first hour of elapsed time measurement is 1/100-second. After that the unit is one second. You can use the EL backlight at any time while the stopwatch is operating by pressing **(L)**.
1. Press **(B)** to start the stopwatch.
 2. Press **(B)** again to stop the stopwatch.
 - You can repeat steps 1 and 2 as many times as you want.
 3. To reset the stopwatch time to all zeros, hold down **(B)**.

Dual Time Mode

The Dual Time Mode lets you keep track of the time in another time zone.

To set the Dual Time



1. In the Dual Time Mode, hold down (B) for about two seconds, until "ADJ" and then the hour digits flash on the display. Keep (B) depressed until the hour digits flash.
2. Press (C) to increase the setting. Holding down (C) changes the current setting at high speed.
3. Press (B) to move the selection around the display in the above sequence.
 - The format (12-hour and 24-hour) of the Dual Time matches the format you select for normal timekeeping.
 - The seconds count is synchronized with the seconds count in the Timekeeping Mode.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Dual Time Mode automatically.