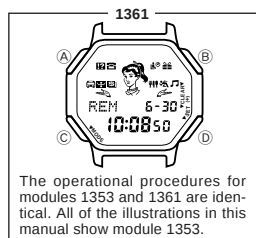


GENERAL GUIDE

- Press **C** to change from mode to mode.
- If the digital display of your watch is continually changing, see "Auto Display function" for information on how to stop it.



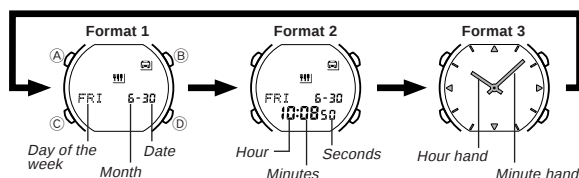
TIMEKEEPING MODE

Note

For the sake of simplicity, the sample displays in this manual do not show the analog hands of the watch.

About the Timekeeping Mode display

Press **D** to change the display format in the Timekeeping Mode as shown below.

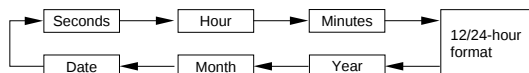


The following describes the icons that are shown in Format 1 and Format 2 displays.

- All icons that are turned on in the Reminder Mode.
- All icons that are turned on for appointments registered in the Schedule Memo Mode for the current date. The icon of the next appointment flashes on the display. Icons automatically disappear from the display when the time for the appointment expires.
- For details on schedules and reminders, see the sections of this manual covering the Reminder Mode and Schedule Memo Mode.

To set the time and date

- Make sure that the watch is in the Timekeeping Mode. If not, use **C** to enter the Timekeeping Mode.
- Hold down **A** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds digits flash because they are *selected*.
- Press **C** to change the selection in the following sequence.



- While the seconds digits are selected (flashing), press **D** to reset the seconds to "00". If you press **D** 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.
- While any other digits (besides seconds) are selected (flashing), press **D** to increase the number or **B** to decrease it. Holding down either button changes the current number at high speed. While the 12/24-hour setting is selected, press **B** or **D** to switch between two formats.
- After you set the time and date, press **A** to return to the normal Timekeeping Mode (the flashing stops).

- The day of the week is automatically set in accordance with the date.
- The date can be set within 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 normal Timekeeping Mode automatically.

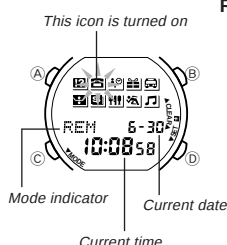
Day of the week abbreviations

Day of the week is displayed as shown below.

SUN : Sunday MON : Monday TUE : Tuesday
WED : Wednesday THU : Thursday FRI : Friday
SAT : Saturday

About the Reminder signal

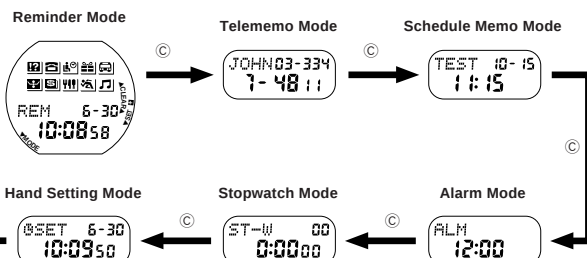
Whenever reminder icons are turned on (see "Reminder Mode" for details), all turned on icons and current time appear on the display for about 20 seconds every hour on the hour, regardless of what display format the watch is in.



REMINDER MODE

Use the Reminder Mode to turn on icons that help you remember things you have to do. Any reminder icon you turn on in the Reminder Mode appears on the Timekeeping Mode's display format 1 and 2 (see "About the Timekeeping Mode display").

- Whenever you enter the Reminder Mode, all of the available icons appear. The icons that are turned on flash.



About icons

The following table shows the icons used by this watch.

Icon	Meaning	Icon	Meaning
	Don't forget!		Telephone call
	Meeting		Gift/Anniversary
	Travel		Documentation
	Payment/Receipt		Dining
	Sports		Music

To turn an icon on and off



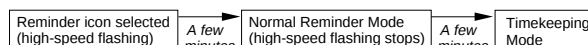
- Make sure that the watch is in the Reminder Mode. If not, use **C** to enter the Reminder Mode.
- Press **D** and the icon flashes at high speed on the display because it is currently selected. Also, any icons that are turned on flash, at a somewhat slower speed.
- Use **D** to select the icon you want. Each press of **D** moves the high-speed flashing (selection) in the following sequence.



- The on/off status of the selected icon is shown on the display as "On" and "OFF".

- Press **B** to turn an icon on and off.
- Repeat steps 3 and 4 to turn other icons on and off.
- Press **C** to exit the Reminder Mode.

- The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Reminder Mode.



To turn all Reminder Mode icons off

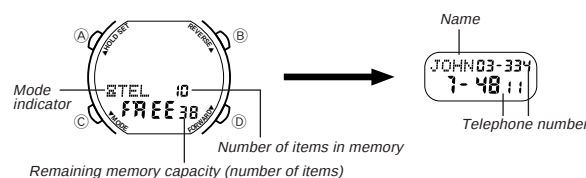
In the Reminder Mode, press **B** and **D** at the same time to turn all Reminder Mode icons off.

TELEMEMO MODE

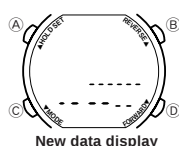
The Telememo Mode lets you store up to 50* pairs of name and telephone number data. The name can be up to 8 characters long and the numbers 12 digits each. Data is automatically sorted into alphabetical order based on the name data. You can recall data by scrolling through a sorted list.

* The Telememo Mode shares memory with the Schedule Memo Mode. This means that the maximum number of Telememo Mode entries you can store is reduced each time you store data in the Schedule Memo Mode.

To input Telememo data

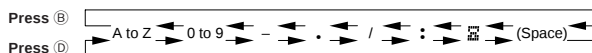


- Make sure that the watch is in the Telememo Mode. If not, use **C** to enter the Telememo Mode.
- Whenever you enter the Telememo Mode, the display shows how many items are already stored in memory and how many items you can input before memory becomes full. After a few seconds, the display changes to show the item that was selected when you last exited the Telememo Mode.

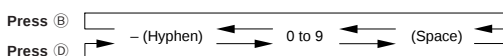


2. In the Telememo Mode, press (B) or (D) until the new data display appears.
 - If the message "FULL" appears on the display, it means that memory is full. To store more data, you first have to delete some of the data. Use the procedure in "To delete a Telememo item" or in "To delete a specific Schedule Memo item" to delete data.
3. Hold down (A) until the flashing cursor appears on the display.

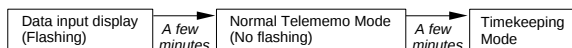
4. Use (B) or (D) to input letters at the cursor position. The character changes in the following sequence. Holding down either button changes the selection at high speed.



5. After you select the character you want, press (C) to advance the cursor to the right.
 - Repeat steps 4 and 5 until you complete name input.
 - You can input up to 8 characters in the name area. The display shows only 4 characters, but automatically scrolls from right to left to show all of the characters that make up the text. The end of the text is indicated by an end mark "↵".
6. After the name input is through, press (C) until the cursor moves to the number digit.
7. While the cursor is at the number digit, use (B) or (D) to input numbers you want. The character changes in the following sequence. Holding down either button changes the selection at high speed.



8. After you select the character you want, press (C) to advance the cursor to the right.
- Repeat steps 7 and 8 until you complete number input.
9. After inputting the data you want, press (A) to store it into memory.
- The message "SORT" appears on the display and stays there while data is being stored into alphabetical order. After the sort operation is complete, a cursor appears on the new data display, ready for input. Press (A) again to return to the normal Telememo Mode (the flashing stops). At this time, the last input Telememo data is displayed.
- The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Telememo Mode.



To scroll through Telememo data

- In the normal Telememo Mode (when the display is not flashing), press (D) to scroll forward or (B) to scroll backward through stored data.
- The data item that is displayed when you exit the Telememo Mode will be the first data to appear when you enter the Telememo Mode again.

To edit Telememo data

1. In the Telememo Mode, use (B) or (D) to scroll through the data items and display the one you want to edit.
2. Hold down (A) until the flashing cursor appears on the display.
3. Use (C) to move the cursor to the character you want to change.
4. Use (B) or (D) to select the character you want.
- For details, see "To input Telememo data" (steps 4 through 5 for name input, or 7 through 8 for number).
5. After editing the data, press (A) to store it.
- If you do not operate any button for a few minutes while the cursor or digit is flashing on the display, the flashing stops and the watch automatically goes back to the normal Telememo Mode.

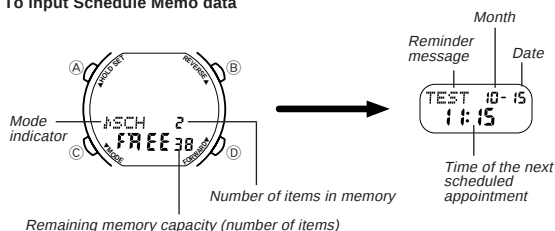
To delete a Telememo item

1. In the Telememo Mode, use (B) or (D) to scroll through the name data and display the one you want to delete.
2. Hold down (A) until the cursor appears on the display.
3. Press (B) and (D) at the same time to delete the data (the message "FULL" appears on the display). At this time, the flashing cursor appears on the display, ready for input. Press (A) again to make the cursor disappear.
- If you want to input more data, start from step 3 under "To input Telememo data".

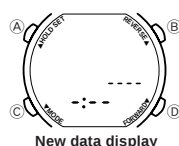
SCHEDULE MEMO MODE

The Schedule Memo Mode lets you store the month, date, and time of each appointment, along with an 11-character reminder message and icons. The next schedule appointment appears on the display whenever you enter the Schedule Memo Mode.

To input Schedule Memo data

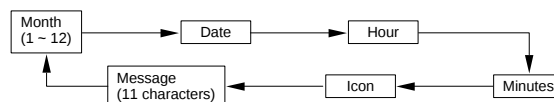


1. Make sure that the watch is in the Schedule Memo Mode. If not, use (C) to enter the Schedule Memo Mode.
- Whenever you enter the Schedule Memo Mode, the display shows how many items are already stored in memory, and how many items you can input before memory becomes full. After a few seconds, the display changes to show the nearest scheduled appointment.

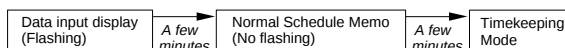


2. Use (B) or (D) until the new data display appears.
 - If the message "FULL" appears on the display, it means that memory is full. To store more data, you will first have to delete some from memory. Use the procedure in "To delete a Telememo item" or in "To delete a specific Schedule Memo item" to delete data.
3. Hold down (A) until the month digits start to flash. The month digits flash because they are selected.

4. Use (C) to change the selection in the following sequence.



5. While any digits are selected (flashing), press (D) to increase the number or (B) to decrease it. Holding down either button changes the number at high speed.
- You can skip the hour and minutes input.
- The 12-hour/24-hour format of the alarm time matches the format you select in the Timekeeping Mode.
- Note that the Schedule Memo alarm dates you set must be within one year of the current Timekeeping Mode date. This means that if today's date is June 1, you can set a Schedule Memo alarm date up to May 31 the following year.
6. When (B) is flashing, use (B) or (D) to move the flashing to the icon you want to select.
7. Press (C) to select the icon.
- See the table under "About icons" for the meaning of each icon.
8. Use (B) or (D) to input letters at the cursor position. The character changes in the same sequence as in the Telememo's name input (see step 4 in "To input Telememo data" for details).
9. After you select the character you want, press (C) to advance the cursor to the right.
- Repeat steps 8 and 9 to complete your message input.
- You can input up to 11 characters for message. The display shows only 4 characters, but automatically scrolls from right to left to show all of the characters that make up the text. The end of the text is indicated by an end mark "↵".
10. After inputting all your data, press (A) to store it into memory. At this time a cursor appears on the new data display, ready for input. Press (A) again to return to the normal timekeeping.
- The message "SORT" appears on the display and stays there while data is being stored into chronological order.
- The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Schedule Memo Mode.



About Schedule Memo Mode memory management

- The Schedule Memo Mode shares memory with the Telememo Mode. This means that the maximum number of Schedule Memo Mode entries you can store is reduced each time you store data in the Telememo Mode.
- Schedule Memo Mode data items are automatically sorted into chronological order. When the current (Timekeeping Mode) date changes at midnight each day, Schedule Memo items with dates before the new date are automatically deleted.
- You can also manually delete Schedule Memo items normally using the procedure under "To delete a specific Schedule Memo data".

About Schedule Memo alarm

- An alarm sounds when the date and time of an appointment are reached. A Schedule Memo alarm sounds for about 20 seconds or until you press any button.
- The Schedule Memo alarm sounds and its message is displayed only if the watch is in the Timekeeping Mode when the applicable date and time are reached. In other modes, only the alarm sounds, without any display of the message.
 - The alarm does not sound if you are inputting data or changing the time setting in the Timekeeping Mode or Schedule Memo Mode, even when a Schedule Memo alarm time is reached.
 - While a Schedule Memo alarm is sounding, the appointment's date, time and icon appear on the display, even if the analog display (which normally does not have a digital display) is being used in the Timekeeping Mode.

About the Schedule Memo signal

- If the Hourly Time Signal (see "Alarm Mode") is switched on, a signal beeps every hour on the hour in the Timekeeping Mode during days when Schedule Memo items are registered. Also, the time of the next Schedule Memo item appears on the display for about 20 seconds.
- You can input a Schedule Memo item for a birthday or any other annual event by inputting the date only (no time entry). When such an item is input and the Hourly Time Signal is also switched on, a signal sounds every hour on the hour and the reminder message appears on the display for about 20 seconds.
 - The signals mentioned above use a different sound from the Hourly Time Signal.

To scroll through Schedule Memo data

In the normal Schedule Memo Mode (when no digit or cursor is flashing), press (B) or (D) to scroll through the stored data items. Holding down either button scrolls at high speed.

To edit Schedule Memo data

1. In the Schedule Memo Mode, use (B) or (D) to scroll through the data items and display the one you want to edit.
2. Hold down (A) until the month digits begin to flash. The month digits flash because they are selected.
3. Use (C) to move the flashing to the part of the Schedule Memo item you want to change, and then use (B) or (D) to change it.
- For details on inputting data, see steps 4 through 9 in "To input Schedule Memo data".
4. Press (A) to exit the data input operation and to return to the normal Schedule Memo Mode.

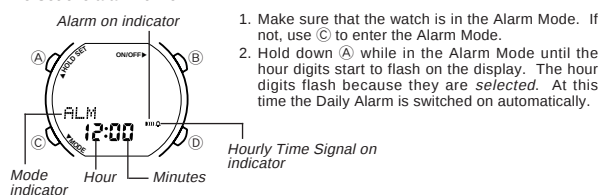
To delete a specific Schedule Memo item

1. In the Schedule Memo Mode, use **(B)** or **(D)** to scroll through the data items and display the one you want to delete.
2. Press **(A)** and the month digits begin to flash because they are selected.
3. Press **(B)** and **(D)** at the same time. The watch beeps and the message "CLR" appears on the display, indicating that the item is deleted. At this time, the cursor appear on the display, ready for input.
4. Input data or press **(A)** to return to the normal Schedule Memo Mode (the flashing stops).

ALARM MODE

When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.

To set the alarm time



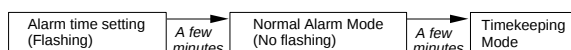
1. Make sure that the watch is in the Alarm Mode. If not, use **(C)** to enter the Alarm Mode.
2. Hold down **(A)** while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are *selected*. At this time the Daily Alarm is switched on automatically.

3. Press **(C)** to change the selection in the following sequence.



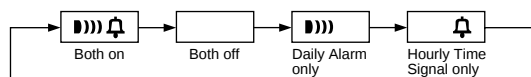
4. Press **(D)** to increase the selected digits and **(B)** to decrease them. Holding down either button changes the number at high speed.
 - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (indicated as "F" on the display).
5. After you set the alarm time, press **(A)** to return to the normal Alarm Mode (the flashing stops).

The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Alarm Mode.



To switch the Daily Alarm and Hourly Time Signal on and off

Press **(B)** while in the normal Alarm Mode (when no digit is flashing) to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



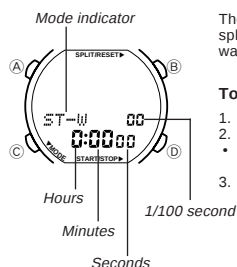
To stop the alarm

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

To test the alarm and select an alarm tone

1. Hold down **(D)** while in the normal Alarm Mode to sound the alarm.
2. While holding down **(D)**, press **(B)** to switch between the three available alarm tones. The last alarm tone that is sounding is selected when you release **(D)**.

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

To measure elapsed time

1. Press **(D)** to start the stopwatch.
2. Press **(D)** to stop the stopwatch.
 - You can resume the measurement operation by pressing **(D)** again.
3. Press **(B)** to clear the stopwatch to all zeros.

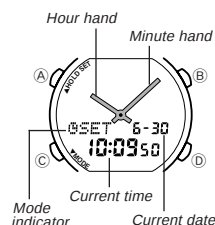
To record split times

1. Press **(D)** to start the stopwatch.
2. Press **(B)** to display the timing up to that point. Stopwatch timing continues internally.
 - At this time, the display also changes from "ST-12" to "SPL", indicating that the split time is being recorded.
 - Split time is cleared if you exit the Stopwatch Mode during the timing operation.
3. Press **(B)** to clear the split time and to continue time measurement on the display.
 - You can repeat steps 2 and 3 as many times as you want.
4. Press **(D)** to stop the time measurement.
5. Press **(B)** to clear the stopwatch to all zeros.

To time first and second place finishes

1. Press **(D)** to start the stopwatch.
2. Press **(B)** when the first finisher crosses the line, and record the time.
3. Press **(D)** when the second finisher crosses the line.
4. Press **(B)** to display the finishing time of the second finisher.
5. Press **(B)** again to clear the stopwatch to all zeros.

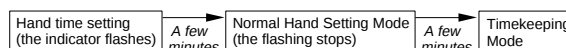
HAND SETTING MODE



When the time shown on the display does not match the analog setting, use this mode to correct this situation by changing the analog setting.

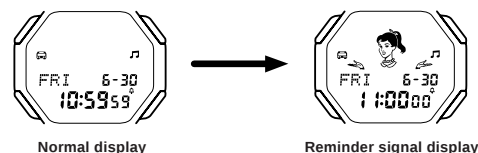
To set the analog time

1. Make sure that the watch is in the Hand Setting Mode. If not, use **(C)** to enter the Hand Setting Mode.
2. Hold down **(A)** while in the Hand Setting Mode until the indicator "HSET" starts to flash on the display.
3. Press **(D)** to advance the hands of the analog timepiece.
4. After you set the analog time, press **(A)** to return to the normal Hand Setting Mode (the flashing stops).
 - The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Hand Setting Mode.



ABOUT THE MODULE 1361 DISPLAY

The following shows how the display of module 1361 changes for about 20 seconds when a Reminder signal sounds.



- The display changes similarly when a Schedule Memo signal sounds, or when a daily alarm sounds in the Timekeeping Mode. When a Schedule Memo signal sounds, time of the nearest scheduled appointment appears, instead of the current time.

AUTO DISPLAY FUNCTION

The Auto Display function of this watch continually changes the contents of the digital display. Note that you cannot use any of the watch's other function while the Auto Display function is operating.



To turn the Auto Display on

Hold down **(C)** for about three seconds in any mode until the watch beeps.

To turn the Auto Display off

Hold down **(C)** for about three seconds until the watch beeps. At this time, the watch is in the Timekeeping Mode.

Note

The Auto Display function cannot be performed while you are making settings (i.e. while digits or other settings are flashing on the display).