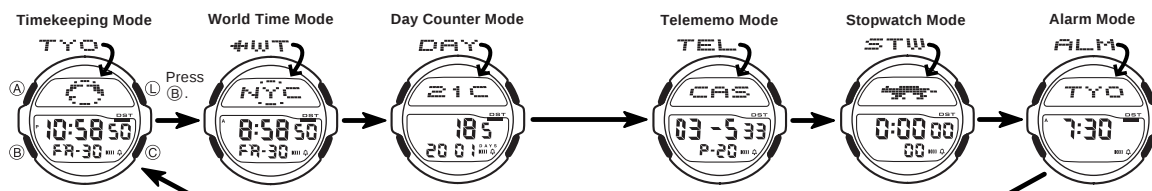


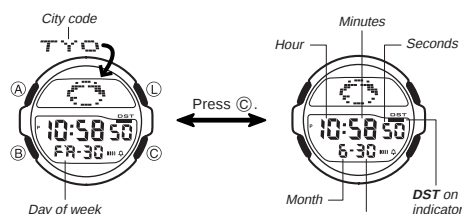
GENERAL GUIDE

- Press **(B)** to change from mode to mode.
- Pressing **(L)** in any mode illuminates the display for about 3 seconds.
- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch automatically exits the setting screen.
- If you do not perform any operation for a few minutes in the Day Counter Mode or Telememo Mode, the watch automatically reverts to the normal timekeeping screen.
- When making settings, note that you can scroll only forward, you cannot scroll back. This means that if you go past the setting you want, you must scroll through all of the available settings again until the one you want reappears.



TIMEKEEPING MODE

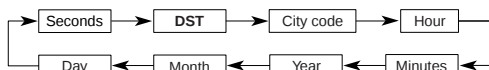
- Press **(C)** to toggle the display between the day of the week and month, as shown below.



- Hold down **(C)** to toggle between 12-hour and 24-hour timekeeping. Note that pressing **(C)** also switches the display between the day of the week and month screens as described above.
- With 12-hour timekeeping, times between midnight and noon are indicated by **A** (am), while times between noon and midnight are indicated by **P** (pm).
- The **A** and **P** indicators do not appear when you are using 24-hour timekeeping.

To set the time and date

1. While in the Timekeeping Mode, hold down **(A)** until the seconds digits flash on the display, indicating the setting screen.
2. Press **(B)** to move the flashing in the sequence shown below.



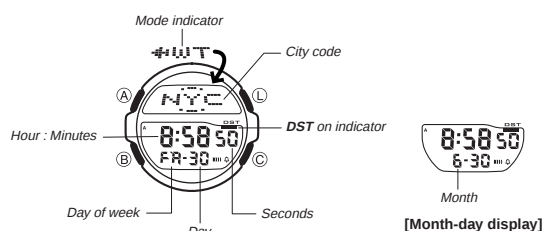
3. While the seconds setting is selected (flashing), press **(C)** to reset it to 00. If you press **(C)** while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the **DST*** setting is selected (**DST** on indicator is flashing), press **(C)** to toggle it on (**ON**) and off (**OFF**).
- The **DST** on/off setting you make for the Timekeeping Mode does not affect the World Time Mode.
- While the city codes setting is selected, use **(C)** to scroll through the available codes until the one you want to use as your home time city is displayed.
- For full information on city codes, see the "CITY CODE TABLE".
4. While any other setting is selected (flashing), press **(C)** to increase it. Holding down **(C)** changes the setting at high speed.

5. After you make the settings you want, press **(A)** to exit the setting screen.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 2000 to December 31, 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 the replacement of the watch's battery.
- * Daylight Saving Time (**DST**), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

ABOUT THE BACKLIGHT

- Press **(L)** to illuminate the display for about three seconds.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

WORLD TIME MODE



The World Time Mode shows the current time in 40 cities (27 time zones) around the world. The lower part of the display shows either the day of the week and day, or the month and day. The format used is the one you select in the Timekeeping Mode before entering the World Time Mode.

- For full information on city codes, see the "CITY CODE TABLE".
- The time setting of the Timekeeping Mode and the World Time Mode are synchronized, except for the daylight saving time (summer time) setting. Whenever you change the time setting for any city in the Timekeeping Mode, the settings of all World Time cities are changed accordingly.
- The World Time Mode has its own daylight saving time (summer time) setting.

To select a World Time City and view its time

In the World Time Mode, press **(C)** to scroll forward through the city codes (time zones). Holding down **(C)** scrolls at high speed.

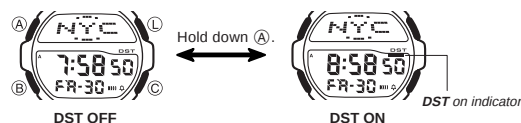
- You can set up an alarm in the Alarm Mode so it operates based on the current time in a city you specify in the World Time Mode.

Daylight Saving Time (DST)

Daylight Saving Time automatically advances the time setting by one hour from Standard Time. You cannot make individual Daylight Saving Time settings for each city code (time zone). Turning on Daylight Saving Time affects all World Time time zones. Remember that not all countries or even local areas use Daylight Saving Time.

To switch between Standard Time and Daylight Saving Time

In the World Time Mode, hold down **(A)** toggle between Daylight Saving Time and Standard Time.

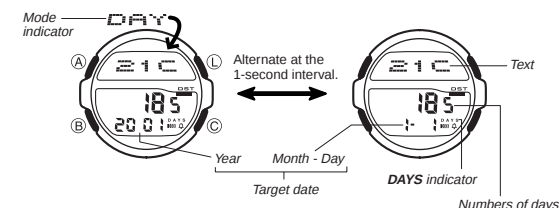


DAY COUNTER MODE

The Day Counter Mode lets you count the number of days from the Timekeeping Mode's current date to a specific target date.

This watch has five day counters. You can assign text titles up to eight characters long to each of the five Day Counters. Whenever the date specified by any one of the day counters matches the date of the Timekeeping Mode (regardless of the day counter's year setting), the **DAYS** indicator flashes on the screen of the particular day counter whose date matches the date of the Timekeeping Mode.

The initial default date for all Day Counters is January 1, 2001.



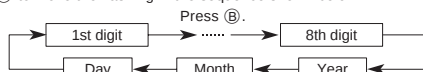
- The day counter on the display when you exit the Day Counter Mode appears first the next time you enter the Day Counter Mode.

Recalling Day Counter Data

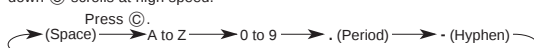
In the Day Counter Mode, press **(C)** to scroll through the day counters.

To set the target date

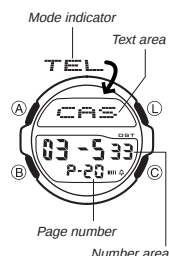
1. In the Day Counter Mode, press **C** to display the day counter you want to set.
2. Hold down **A** until the flashing cursor appears in the text area. This indicates the input screen.
3. Press **B** to move the flashing in the sequence shown below.



4. While the cursor is in the text area, use **C** to scroll through characters at the current cursor position. Characters scroll in the sequence shown below. Holding down **C** scrolls at high speed.



5. While the cursor is in the date area, press **C** to scroll through digits at the current cursor position. Holding down **C** scrolls at high speed.
 - Press **C** and **L** at the same time, and the message "CLR" appears in the display. The characters in the text area is cleared and today's date is set as the target date. You can then make any changes in the date you want.
6. After you make the settings you want, press **A** to exit the input screen.
 - The date can be set within the range of January 1, 1940 to December 31, 2039.
 - The text area display can show only three characters at a time. Longer text scrolls continuously from right to left. The symbol "⏏" indicates that the character to the left is the last, and the character to the right is first.

TELEMEMO MODE

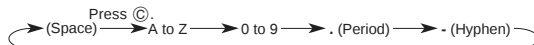
The Telememo Mode lets you store up to 20 records, each with a name (up to eight characters) and a phone number (up to 12 digits). You can recall records by scrolling through them on the display.

- The page number on the display when you exit the Telememo Mode appears first the next time you enter the Telememo Mode.

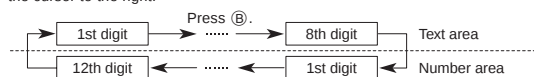
To input a new Telememo record

1. In the Telememo Mode, press **C** to display the page number of the record where you want to input data.
2. Hold down **A** and a cursor appears on the text area.

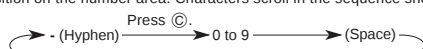
3. Use **C** to scroll through characters at the current cursor position. Characters scroll in the sequence shown below.



- Holding down **C** scrolls at high speed.
4. When the character you want is at the current cursor position, press **B** to move the cursor to the right.



5. Repeat the steps 3 and 4 to input the rest of the characters.
 - You can input up to eight characters for the name, though only three characters are visible at a time. If the name you input has fewer than eight characters, use **B** to move the cursor to the eighth space (which means you would press **B** three times after inputting a five-character name).
6. After you input the name, use **B** to move the cursor to the number area.
 - Pressing **B** while the cursor is located at the eighth character of the text area advances to the number area. Pressing **B** while the cursor is located at the 12th digit of the number area returns to the text area.
7. Use **C** to scroll through characters (hyphen, numbers, space) at the current cursor position on the number area. Characters scroll in the sequence shown below.



- Holding down **C** scrolls characters at high speed.
8. When the character you want is at the cursor position, press **B** to move the cursor to the right.
9. Repeat steps 7 and 8 to input the rest of the numbers you want.
- You can input up to 12 digits for the number.
10. After inputting the name and number of the record, press **A** to store it and exit the setting screen.
 - The display can show only three name characters at a time. Longer names scrolls continuously from right to left. The symbol "⏏" indicates that the character to the left is the last, and the character to the right is first.
 - The number area can show up to six digits at one time. If a number has more than six digits, the display automatically switched between the first six digits (counting forward from the first digit) and the last six digits (counting backward from the last digit) of the number. This means that if a number is 12 digits long, the number area switches between the first six digits and the last six digits. If a number is seven digits long, the number area switches between digits 1 through 6, and 2 through 7.

To recall Telememo data

1. In the Telememo Mode, press **C** to scroll forward through the stored records.
- Holding down **C** scrolls at high speed.

To edit Telememo data items

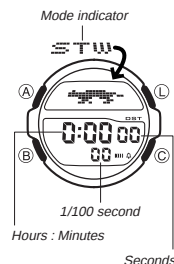
1. In the Telememo Mode, use **C** to display the data you want to edit.
2. Hold down **A** until the cursor appears in the display.
3. Use **B** to move the cursor to the character you want to change.
4. Use **C** to change the character.
- See step 3 of "To input a new Telememo record" for information on inputting name characters, and step 7 for inputting number characters.
5. After making the changes that you want, press **A** to store them and exit the setting screen.

To delete a Telememo record

1. In the Telememo Mode, use **C** to display the record you want to delete.
2. Hold down **A** until the cursor appears in the display.
3. Press **C** and **L** at the same time. The message "CLR" appears in the display, indicating that the record was deleted.
- After the record is deleted, the cursor appears in the text area, ready for input.
4. Input a new record or press **A** to exit the setting screen.

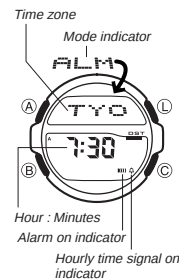
STOPWATCH MODE

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. Changing to another mode while a split time is on the display clears the split time.

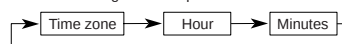
**Elapsed time measurement****Split time measurement****Split time and 1st-2nd place times****ALARM MODE**

When the Daily Alarm is turned 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 turned on, the watch beeps every hour on the hour.

- You can also specify a time zone for the Daily Alarm. The alarm sounds when the alarm time matches the current time in the time zone you specify.
- The Hourly Time Signal also sounds in accordance with the time zone you specify.
- If the **DST** on indicator is on the display in the Alarm Mode, it means that Daylight Saving Time (summer time) is turned on for the time zone whose alarm you are setting.

**To set the alarm time**

1. While in the Alarm Mode, hold down **A** until the city code flash on the display, indicating the setting screen.
- At this time, the alarm is turned on automatically.
2. Press **B** to move the flashing in the sequence shown below.



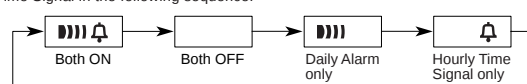
3. While the time zone is flashing, press **C** to toggle between the city codes which you selected in the Timekeeping Mode and the one you selected in the World Time Mode.
4. While the hour or minutes digits of the alarm time are flashing, press **C** to increase them. Holding down **C** changes the setting at high speed.
5. After you make the settings you want, press **A** to exit the setting screen.
- The format (12-hour and 24-hour) of the alarm time matches the format you select in the Timekeeping Mode.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
- Changing the Home Time zone or the World Time city after setting an alarm causes the alarm time to change as well.

To stop the alarm

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

To turn the Daily Alarm or the Hourly Time Signal on and off

Press **C** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

**To test the alarm**

1. In the Alarm Mode, hold down **C** to sound the alarm.
- Holding down **C** to test the alarm also changes the Daily Alarm and Hourly Time Signal on/off settings.

CITY CODE TABLE

GMT differential	City Code	City	Other major cities in the same time zone
-11	PPG	PAGO PAGO	—
-10	HLN	HONOLULU	PAPEETE
-9	ANC	ANCHORAGE	NOME
-8	YVR	VANCOUVER	LAS VEGAS, SEATTLE, DAWSON CITY
	SFO	SAN FRANCISCO	
	LAX	LOS ANGELES	
-7	DEN	DENVER	EL PASO, EDMONTON
-6	MEX	MEXICO CITY	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, WINNIPEG
	CHI	CHICAGO	
-5	MIA	MIAMI	MONTREAL, DETROIT, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
	NYC	NEW YORK	
-4	CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
-3	RIO	RIO DE JANEIRO	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
+0	LON	LONDON	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+1	PAR	PARIS	MADRID, FRANKFURT, AMSTERDAM, VIENNA ALGIERS, STOCKHOLM, HAMBURG
	MIL	MILAN	
	ROM	ROME	
	BER	BERLIN	
+2	IST	ISTANBUL	ATHENS, HELSINKI, BEIRUT, DAMASCUS, CAPE TOWN
	CAI	CAIRO	
	JRS	JERUSALEM	
+3	JED	JEDDAH	MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
+3.5	THR	TEHRAN	SHIRAZ
+4	DXB	DUBAI	ABU DHABI, MUSCAT
+4.5	KBL	KABUL	—
+5	KHI	KARACHI	—
	MLE	MALE	
+5.5	DEL	DELHI	MUMBAI, CALCUTTA
+6	DAC	DHAKA	COLOMBO
+6.5	RGN	YANGON	—
+7	BKK	BANGKOK	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
+8	SIN	SINGAPORE	KUALA LUMPUR, TAIPEI, PERTHBEIJING, MANILA, ULAANBAATAR
	HKG	HONG KONG	
+9	SEL	SEOUL	PYONGYANG
	TYO	TOKYO	
+9.5	ADL	ADELAIDE	DARWIN
+10	GUM	GUAM	MELBOURNE, RABAU
	SYD	SYDNEY	
+11	NOU	NOUMEA	PORT VILA
+12	WLG	WELLINGTON	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of December 1999.