

Operation Guide 2690

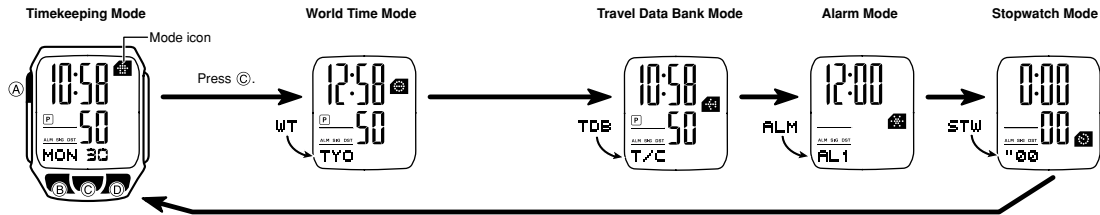
About This Manual



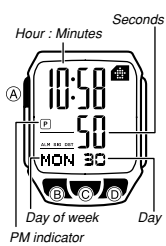
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

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



Timekeeping



Use the Timekeeping Mode to set and view the current time and date. When setting the time, you can also configure settings for summer time (Daylight Saving time or DST), your Home City code (the code for the city where you normally use the watch), and the 12/24-hour format.

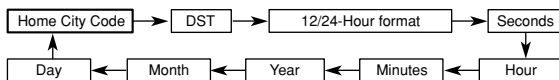
- This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the time, it is important that you select the correct city code for your Home City. If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

- Note that all of the times for the World Time Mode city codes are displayed in accordance with the time and date settings you configure in the Timekeeping Mode.
- After you correctly set your Home City time and date, you can set the watch up for timekeeping with a different city code simply by changing the Home City code in the Timekeeping Mode.

To set the time and date



1. In the Timekeeping Mode, hold down (B) until the Home City code setting starts to flash, which indicates the setting screen.
2. Use (A) and (D) to select the code you want.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table".
3. Press (C) to move the flashing in the sequence shown below to select the other settings.



4. When the setting you want to change is flashing, use (A) and (D) to change it as described below.

Screen	To do this:	Do this:
NYC	Change the Home City code	Use (D) (east) and (A) (west).
DST OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press (D).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
50	Reset the seconds to 00	Press (D).
10:58	Change the hour or minutes	Use (D) (+) and (A) (-).
2025	Change the year	
6-30	Change the month or day	

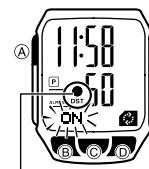
5. Press (B) to exit the setting screen.
- See "Daylight Saving Time (DST)" below for details about the DST setting.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

- Note that you cannot switch between Standard Time and Daylight Saving Time while GMT is selected as your Home City code.

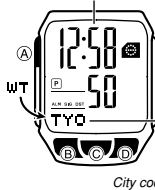
To toggle the Timekeeping Mode time between DST and Standard Time



1. In the Timekeeping Mode, hold down (B) until the Home City code setting starts to flash, which indicates the setting screen.
 2. Press (C) once to display the DST setting screen.
 3. Press (D) to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
 4. Press (B) to exit the setting screen.
- The DST on indicator appears on the display to indicate that Daylight Saving Time is turned on.

World Time

Current time in the zone of the selected city code



World Time displays the current time in 30 cities (29 time zones) around the world. You can assign an index mark to city codes that you often use, to make them easier to find when you need them.

- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).

To view the time in another city

In the World Time Mode, press (D) to scroll eastwardly through city codes.

- If there are no city codes currently marked with an index mark, holding down (D) scrolls through city codes at high speed in normal sequence. If there are index marked city codes, holding down (D) jumps to the next marked city code. See "To assign index marks to city codes" below for more information.

- For full information about city codes, see the "City Code Table".
- If the current time shown for a city is wrong, it probably means there is a problem with your Timekeeping Mode time and/or Home City code settings. Go to the Timekeeping Mode and make the necessary adjustments.

To assign index marks to city codes



1. In the World Time Mode, use (D) to display the city code that you want to mark.
2. Press (B) to toggle the currently displayed city code between being marked (index mark displayed) and unmarked (index mark not displayed).

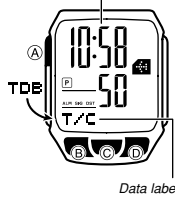
To toggle a city code time between Standard Time and Daylight Saving Time



1. In the World Time Mode, use (D) to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
 2. Hold down (B) for about two seconds to toggle between Daylight Saving Time (DST on indicator displayed) and Standard Time (DST on indicator not displayed).
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
 - Note that holding down (B) in step 2 of the above procedure also turns the city code's index mark on or off. After selecting the Daylight Saving Time setting you want, be sure to press (B) again to turn the index marker on or off as you desire.

Travel Data Bank

Timekeeping Mode time



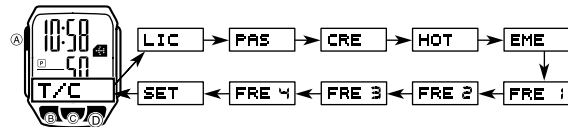
Data label



Password Input Screen

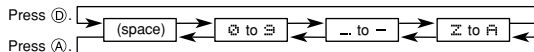
To view Travel Data Bank Mode data

Each press of **(D)** in the Travel Data Bank Mode scrolls through the data labels in the sequence shown below.



- The following are the meanings of the data labels.
T/C (Traveler's Check), **LICENSE** (License), **PASSPORT** (Passport), **CREDIT** (Credit Card), **HOTEL** (Hotel), **EMERGENCY** (Emergency), **FREE 1** (Free 1), **FREE 2** (Free 2), **FREE 3** (Free 3), **FREE 4** (Free 4), **SET** (Password Setting screen).
- * On the Password Setting screen, **PR55** is shown on the display in place of the Timekeeping Mode time.
- The Password Setting screen is for registering, changing, or deleting the password that protects Travel Data Bank Mode data. For more information about the password, see "Using a Password to Protect Travel Data Bank Data".
- If the full text of a data label is unable to fit on the display, the label scrolls from right to left.
- If you add text to a data label, the data label appears first when you perform the above procedure to select it. After that, the input text scrolls on the display, without the data label.
- Some Travel Data Bank Mode characters may be difficult to read while text is scrolling. This is caused by the spaces between the dot matrix patterns used for characters.
- See "To input data label text" below for information about inputting text.

To input data label text



- In the Travel Data Bank Mode, use **(D)** to display the data label where you want to input text.
 - Hold down **(B)** until the flashing cursor appears on the display, which indicates the setting screen.
 - Use **(D)** and **(A)** to change the character at the cursor position. The character changes in the sequence shown below.
- You can input spaces, numbers, symbols, and alpha characters. For details, see the "Character List".
- When the character you want is at the cursor position, press **(C)** to move the cursor to the right.
 - Repeat steps 3 and 4 to input all of the text you want.
 - You can input up to 31 characters for each data label.
 - Press **(B)** to exit the setting screen and display the text you have just input (without the cursor).
 - Only three characters of text can be shown at a time, so longer text scrolls continuously from right to left. Scrolling pauses for about one second when the first three characters and the last three characters of the text are on the display.
 - Only the input text scrolls on the display, without the data label.

To edit data label text

- In the Travel Data Bank Mode, use **(D)** to display the data label whose text you want to edit.
- Hold down **(B)** until the flashing cursor appears on the display.
- Use **(C)** to move the flashing to the character you want to change.
- Use **(D)** and **(A)** to change the character.
- After making the changes you want, press **(B)** to store them and to display the new text.

To delete data label text

- In the Travel Data Bank Mode, use **(D)** to display the data label whose text you want to delete.
- Hold down **(B)** until the flashing cursor appears on the display.
- Press **(D)** and **(A)** at the same time to delete the text.
 - The word **CLR** appears to indicate that the text is being deleted. After the text is deleted, the cursor appears on the display, ready for input.
- Input new text or press **(B)** to return to the data label for the text you have just deleted.

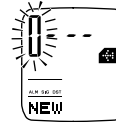
Using a Password to Protect Travel Data Bank Data

You can register a 4-digit password to keep Travel Data Bank data secure.

Important!

Use a 4-digit password that is easy for you to remember, but difficult for others to decipher. If you forget the password, you will have to have your watch initialized (which deletes all Travel Data Bank data in memory) in order to access the Travel Data Bank Mode again. To have the watch initialized, contact the store or dealer where you purchased it, and ask to have the AC operation performed.

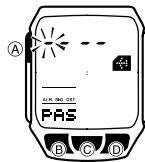
To register a new password



- In the Travel Data Bank Mode, use **(D)** to display the Password Setting screen.
- Hold down **(B)** for about two seconds until the first (leftmost) digit of the password starts to flash.
 - This is the New Password Input screen.
- Use **(D)** (+) and **(A)** (-) to scroll through numbers at the first digit.
- When the first digit is the number you want, press **(C)** to advance to the next digit.
- Repeat steps 3 and 4 to input all four digits of the password you want.
- After all four of the password digits are the way you want, press **(C)** to register them and return to the Password Setting screen.
 - This causes **SET** to flash on the display, indicating that the password is being saved, and then the Password Setting screen appears.

- After registering a password, you can input, recall, edit and delete text, if you want. After you exit the Travel Data Bank Mode, you will have to input the password every time you want to enter the Travel Data Bank Mode again.

To input the password



- Use **(C)** to enter the Travel Data Bank Mode.
 - This causes **---** to appear, which indicates the Password Input screen.
- Input the password.
 - Use **(D)** (+) and **(A)** (-) to scroll through numbers at each digit.
 - Press **(C)** to advance to the next digit.
- After the password is the way you want, press **(C)**.
 - If the input password matches the one registered, the word **OK!** appears, followed by one of the data label screens.

- If the password does not match, the word **NG!** appears, followed by the Password Input screen. If this happens, perform the above procedure again from step 2.
- If you make a mistake part way through inputting the password, press **(B)** to return to the Password Input screen.

To change the password

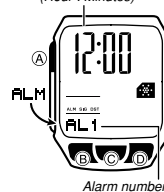
- Enter the Travel Data Bank Mode by inputting the current password.
- Use **(D)** to display the Password Setting screen (**PR55 SET**).
- Perform the procedure starting from step 2 under "To register a new password" to specify the new password.

To delete the password

- Enter the Travel Data Bank Mode by inputting the current password.
- Use **(D)** to display the Password Setting screen (**PR55 SET**).
- Hold down **(B)** for about two seconds until the first (leftmost) digit of the password starts to flash.
- Press **(D)** and **(A)** at the same time to delete the password.
 - The word **CLR** appears to indicate that the password is being deleted. After the password is deleted, the Password Setting screen appears.

Alarms

Alarm time (Hour : Minutes)



Alarm number

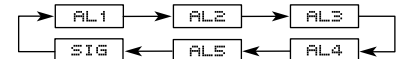
You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached.

- You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are six screens in the Alarm Mode. Five are for Daily Alarms (indicated by numbers from **AL1** through **AL5**) and one is for the Hourly Time Signal (indicated by **SIG**).
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **(C)**.

To set an alarm time



- In the Alarm Mode, use **(D)** to scroll through the alarm screens until the one whose time you want to set is displayed.



- After you select an alarm, hold down **(B)** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.
- Press **(C)** to move the flashing between the hour and minute settings.
- While a setting is flashing, use **(D)** (+) and **(A)** (-) to change 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).
- Press **(B)** to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.

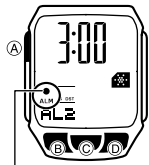
- To stop the alarm tone after it starts to sound, press any button.

To test the alarm

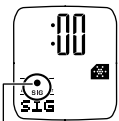
In the Alarm Mode, hold down (D) to sound the alarm.

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

- In the Alarm Mode, use (D) to select an alarm or the Hourly Time Signal.
 - Press (D) to toggle it on and off.
- Turning on a Daily Alarm (AL 1 through AL 2) displays the alarm on indicator on its Alarm Mode screen.
 - In all modes, the alarm on indicator is shown for any alarm that is currently turned on.



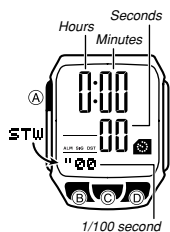
Alarm on indicator



Hourly time signal on indicator

- The Hourly Time Signal on indicator is shown on the display in all modes while the Hourly Time Signal is turned on.

Stopwatch

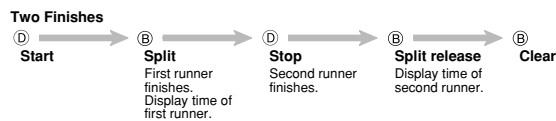


1/100 second

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

- The display range of the stopwatch is 23 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.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

To measure times with the stopwatch



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.

Auto Return Feature

- The watch automatically returns to the Timekeeping Mode if you do not perform any button operation for two or three minutes in the Travel Data Bank or Alarm Mode.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

The (A) and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the World Time, Travel Data Bank, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears 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 year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar 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.

World Time

- The World Time Mode times are calculated from the current Home City time setting in the Timekeeping Mode, using the Greenwich Mean Time (GMT) differentials associated with each city code.
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- The GMT differential is a value that indicates the time difference between Greenwich Mean Time and the time zone where a city is located.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.
- Turning on DST in the World Time Mode for the city code that you have selected as your Timekeeping Mode Home City code also turns on DST for the Home City time.

Backlight Precautions

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode, press (A) to illuminate the display for about one second.

- Note that the backlight does not turn on while a setting screen, or the Travel Data Bank Mode password input screen is on the display.
- 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.

Character List

0	0	_	_	Z	Z	P	P	F	F
1	1	/	/	Y	Y	O	O	E	E
2	2	!	!	X	X	N	N	D	D
3	3	.	.	W	W	M	M	C	C
4	4	:	:	V	V	L	L	B	B
5	5	'	'	U	U	K	K	A	A
6	6	"	"	T	T	J	J		
7	7	((S	S	I	I		
8	8))	R	R	H	H		
9	9	-	-	Q	Q	G	G		

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
---			PAGO PAGO
HNL	HONOLULU	-11	PAPEETE
ANC	ANCHORAGE	-09	NOME
LAX	LOS ANGELES	-08	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-07	EL PASO, EDMONTON
CHI	CHICAGO	-06	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-05	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-04	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-03	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-02	
---		-01	PRAIA
GMT			
LON	LONDON	+00	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
PAR	PARIS	+01	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
BER	BERLIN		
ATH	ATHENS		
CAI	CAIRO	+02	HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM		
JED	JEDDAH	+03	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+04	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+05	MALE
DEL	DELHI	+5.5	MUMBAI, KOLKATA
DAC	DHAKA	+06	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+07	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+08	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
SEL	SEOUL	+09	PYONGYANG
TYO	TOKYO		
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAUL
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of December 2002.