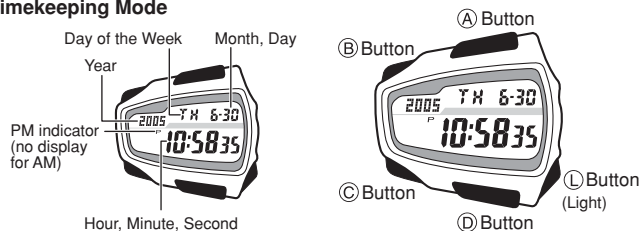


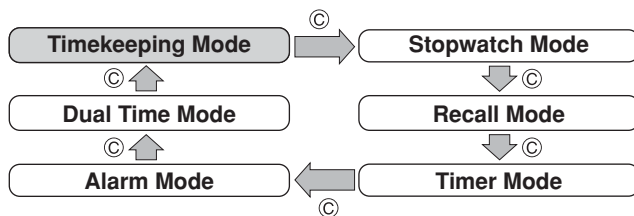
Modes and Display Screens

Timekeeping Mode



Modes

• For details about each mode, see each section of this Operation Guide.



Illumination

An EL (electroluminescent) panel is used to illuminate the display for easy reading in the dark. An auto light turns on illumination automatically when you angle the watch towards your face for viewing.

■ To turn on illumination manually

In any mode, press the (L) button.

This will turn on illumination for about 1.5 seconds.

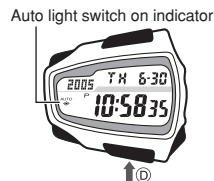
- Pressing the (L) button turns on illumination regardless of whether the auto light switch is on or off.



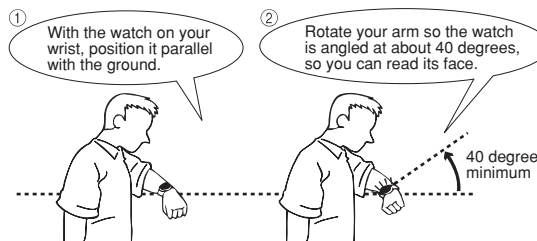
■ To turn the auto light switch on or off

The auto light switch turns on illumination for about 1.5 seconds when you angle the watch towards your face.

In the Timekeeping Mode, hold down the (D) button for about two seconds to toggle the auto light switch on or off.



■ Turning on Illumination with Auto Light



- You should be wearing the watch on the outside of your wrist when using auto light.
- Make sure that a line running from the left side (9 o'clock) to the right side (3 o'clock) of the watch is within ± 15 degrees parallel with the ground. Auto light may not operate properly if the angle is greater than 15 degrees.



Important!

- Illumination may be difficult to see under bright sunlight.
- Illumination turns off automatically if an alarm sounds, etc.
- You may notice a slight sound from the watch while illumination is turned on. This is the sound of EL panel vibration and does not indicate malfunction.

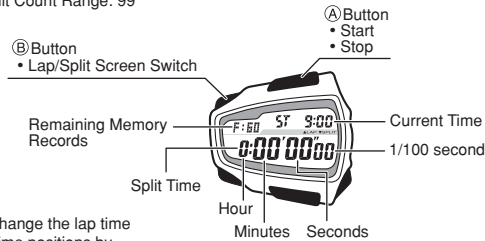
Auto Light Precautions

- To conserve battery power, the auto light switch can remain on for a maximum of about six hours. After that, it will turn off automatically, and the "AUTO" indicator will disappear from the display.
 - If you want to continue using auto light, hold down the (D) button for about two seconds again until the "AUTO" indicator reappears. Note, however, that frequent use of auto light can run down the battery.
- Illumination may not turn on immediately when you angle the watch towards your face. This does not indicate malfunction.
- Illumination remains turned on for about 1.5 seconds only, even if you leave the watch angled towards your face.
- Illumination may turn on unintentionally when you wear the watch on the inside of your wrist, when you shake your arm, or when you raise your arm. **Be sure to turn off the auto light switch whenever you do not need illumination.**
 - Keep the auto light switch turned off whenever you are wearing the watch on the inside of your wrist.
- Electro-static charge and magnetism can interfere with auto light operation and even make operation impossible. If this happens, lower your arm to the starting position and then raise it again. If you still have trouble with auto light illumination, try lowering your arm down to your side and then raise it to your face for reading.
- You may hear a faint rattling sound when you move the watch around. This sound is caused by the movement of a metal bulb that controls operation of the auto light switch, and does not indicate malfunction.

Using the Stopwatch

Whenever you perform a lap/split time operation, the stopwatch stores a record of the lap/split time. There is enough memory to hold up to 60 lap/split time records. For each measurement operation, the watch also creates and store a title screen (which also takes up one record in memory) that shows the distance and the date of the measurement. The watch calculates the distance covered using elapsed time, based on a fixed pace.

- In the Timekeeping Mode, press the **(C)** button once to enter the Stopwatch Mode.
- For the stopwatch to be able to perform distance calculations, you need to use the procedure under "Configuring Individual Preferences" to specify your stride length and other information.
- Stopwatch
 - Measurement Unit: 1/100 second (1 second from the 10th hour)
 - Measurement Range: 99 hours, 59 minutes, 59 seconds
- Distance
 - Measurement Unit: 0.1 km
 - Measurement Range: 99.9km
 - Maximum Cumulative Distance: 999.9km
- Lap/Split Count Range: 99



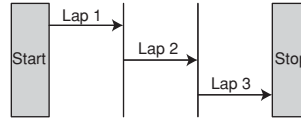
- You can change the lap time and split time positions by pressing the **(B)** button.

Lap Times and Split Times

A lap time is the time that elapses during a specific portion of the race, such as a lap around a track, while a split time is the time that elapses from the beginning of a race up to a certain point.

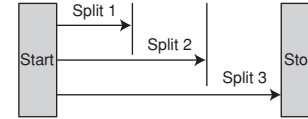
Lap Time Example

Measuring the lap time for each lap of a track event, car race, etc.



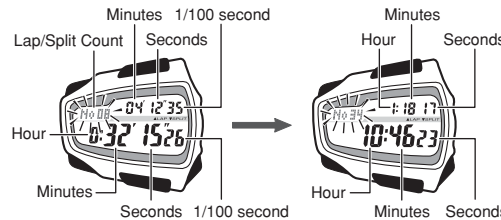
Split Time Example

Measuring splits at the 10km, 20km, and 30km points of a marathon.



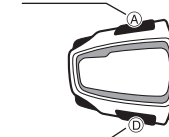
Time Range Display Switching

When you first start an elapsed time measurement, the lower part of the display shows hours, minutes, seconds, and 1/100 second, while the upper part shows minutes, seconds, and 1/100 seconds. When the time in the lower part of the display reaches 10 hours, it switches to hours, minutes, and seconds. The upper part of the display switches to hours, minutes, and seconds when its time reaches one hour.



To measure elapsed time

- Start
- Stop



- Reset (Data to memory)



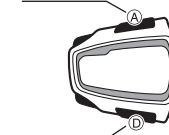
Whenever you press the **(D)** button to reset the stopwatch to all zeros, the data from the last measurement operation is stored in memory.

Cumulative Time Measurement

Pressing the **(A)** button to restart the stopwatch without resetting it to all zeros resumes elapsed time measurement from where it was last stopped.

To record lap/split times

- Start
- Stop



- Lap/Split (Data to memory)
- Reset (Data to memory)



- The watch will exit the lap/split screen automatically after about eight seconds.

Memory

The watch's memory can be divided into multiple measurement logs. Each log has its own title screen that shows the distance and date of the measurement, which takes up one memory record. The memory's maximum capacity is 60 lap/split time records, plus at least one log title screen, for a total of 61 records.

- When memory becomes full, the watch automatically deletes old data to make room for newly measured data.

Example 1: Memory usage when the current elapsed time measurement is the only one in memory

Log Title Screen + 60 lap/split records = 61 records

- An elapsed time measurement is one that runs from when the stopwatch is started from all zeros, until it is again reset to all zeros.

Example 2: Memory usage when there are multiple elapsed time measurements in memory

Measurement 1: Log Title Screen + 30 lap/split records = 31 records
 Measurement 2: Log Title Screen + 29 lap/split records = 30 records
 (31 + 30 = 61 total)

- For information about recalling stopwatch records, see "Viewing Stopwatch Records".

Data Save Timing

Whenever you press the **(D)** button to display a lap/split, the lap/split time and distance are stored in memory. Stopping the elapsed time operation and pressing the **(D)** button to reset the stopwatch to all zeros stores the final distance in memory.

Memory Full

Storing data when memory is full automatically deletes the oldest record currently in memory to make room for the new data.

Example 1: When the current log is the only one in memory

Recording a new lap/split record while memory is full causes the oldest lap/split time currently in memory to be deleted to make room for the new one.

Example 2: When there are multiple records or logs in memory

All of the records of the oldest stopwatch log are cleared to make room for the new data.

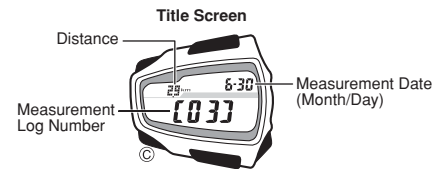
- To clear memory data manually, see "To clear measurement log data".

Viewing Stopwatch Records

Enter the Recall Mode when you want to view stopwatch records.

- In the Timekeeping Mode, press the **(C)** button twice to enter the Recall Mode.

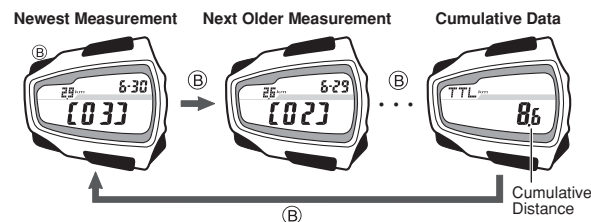
Entering the Recall Mode displays a title screen showing the number of the newest measurement log.



To search for a measurement log

Press the **(B)** button to scroll through the title screens in sequence, from the newest to the oldest.

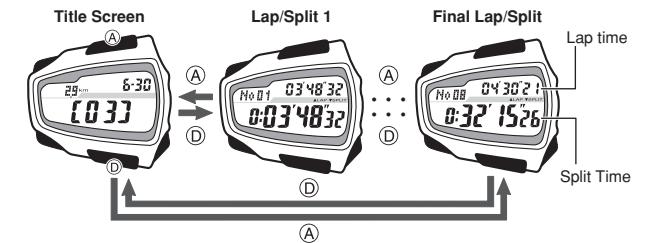
- Holding down the **(B)** button scrolls at high speed.



To search for lap/split data

While the title screen of the measurement log you want is displayed, use the **(A)** and **(D)** buttons to scroll through the lap/split time records in the log.

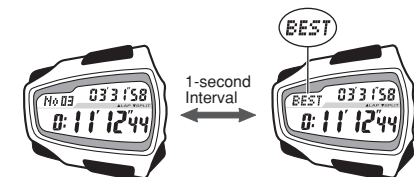
- Holding down either button scrolls the records at high speed.
- The location (upper or lower part of the display) of the lap and split times is the same as what you selected in the Stopwatch Mode.



Best Lap Screen

The "BEST" indicator is displayed on the screen of the best lap time.

- The "BEST" indicator does not appear on any screen when the best lap is cleared because memory became full.



■ To clear measurement log data

- Note that you cannot clear log measurement data unless the stopwatch is reset to all zeros.

- Use the **B** button to display the title screen of the measurement log whose data you want to clear.

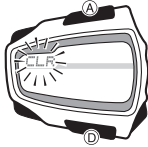
Display the title screen of the data.

- Holding down the **B** button scrolls at high speed.



- While holding down the **A** button, hold down the **D** button.

This will cause "CLR" to flash on the display for about two seconds as the measurement log's data is deleted.



■ To clear cumulative data

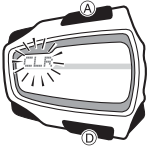
- Use the **B** button to display the cumulative data screen.

- Holding down the **B** button scrolls at high speed.



- While holding down the **A** button, hold down the **D** button.

This causes "CLR" to flash for about two seconds, and then resets the cumulative data to 0 km.



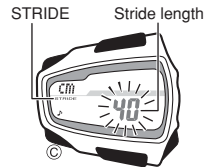
- Press the **D** button to toggle the pace beeper on or off.



- Press the **C** button to advance to the stride length setting screen.

This causes the current stride length setting (cm) to flash on the display.

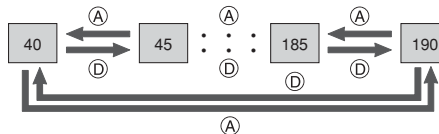
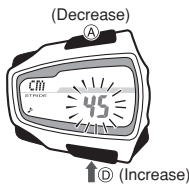
- Setting Unit: 5 cm
- Setting Range: 40 to 190 cm



- Use the **D** (+) and **A** (-) buttons to change the stride length setting.

Each press increases or decreases the stride length by 5 cm.

- Holding down either button changes the setting at high speed.

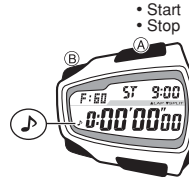


Pace Beeper

- When you start elapsed time measurement with the stopwatch, the pace beeper sounds for 30 seconds in accordance with the pace that you have configured for it.
- To sound the beeper again at any time during the elapsed time measurement, press the **B** button. This will cause the pace beeper to sound for 30 seconds.
- Stopping elapsed time measurement while the pace beeper is sounding will also stop the beeper.

You can turn the pace beeper on or off, and you can specify its pace using the procedure under "Configuring Individual Preferences".

- The "♪" indicator is on the display while the pace beeper is turned on.
- To use the pace beeper, set a pace value in the range of 100 to 200, and turn on the beeper.

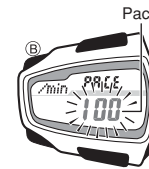


Configuring Individual Preferences

Use the following procedure to specify a pace for the pace beeper, to specify your stride length for distance calculations, and to turn the pace beeper on or off.

- In the Stopwatch Mode, hold down the **B** button for about one second until pace value (indicating steps per minute) starts to flash. This is the setting screen.

- Note that the setting screen will not appear unless the stopwatch is reset to all zeros.



- When everything is the way you want, press the **B** button to exit the setting screen.

- The watch automatically exits the stride length setting screen if you do not perform any operation for about two or three minutes.

Determining Your Stride Length

You can determine your stride length as shown below by running a known distance and then dividing by the number of steps it took.

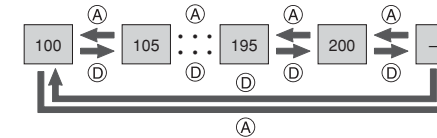
- The stride length setting can be configured in 5cm units, so round your calculation result off to the nearest 5cm.

Example 1: When you take 25 steps to run the length of a tennis court (23.77 meters)
 $23.77 \text{ (meters)} \div 25 \text{ (steps)} = 0.9508 \text{ (meters)}$
 $\approx 95\text{cm}$

Example 2: When you take 239 steps to run one lap around a 300-meter track
 $300 \text{ (meters)} \div 239 \text{ (steps)} = 1.255 \text{ (meters)}$
 $\approx 126\text{cm} \rightarrow 125\text{cm}$

- Use the **D** (+) and **A** (-) buttons to change the pace setting.

Each press increases or decreases the pace value by 5.



"--" Pace Setting

Selecting "--" for the pace setting turns off both the pace beeper and distance calculation.

- Press the **C** button advance to the pace beeper on/off setting screen.

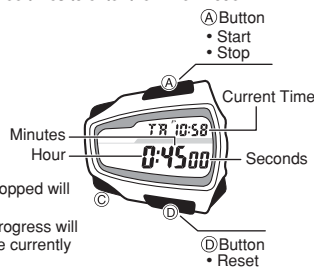
- This causes the current pace beeper on/off setting ("On" or "OFF") to flash on the display.



Using the Timer

The Timer Mode lets you set a start time of up to 100 hours, in 1-minute steps. The time counts down from there, and an alarm sounds for 10 seconds when the end of the countdown is reached. You can also use an Auto Repeat Timer that repeats the timer operation from the same start time up to eight times when the end of the countdown is reached.

- In the Timekeeping Mode, press the **(C)** button three times to enter the Timer Mode.

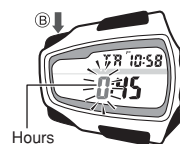


- Pressing the **(D)** button while the countdown is stopped will reset the displayed time to the start time.
- Pressing the **(A)** button while a countdown is in progress will pause it. You can resume the countdown from the currently displayed time by pressing **(A)** again.

To set the timer start time

If a countdown is in progress, stop it before performing the following steps.

- In the Timer Mode, hold down the **(B)** button for about one second until the hours digits of the start time start to flash.



(Decrease)

- Use the **(D)** (+) and **(A)** (-) buttons to change the hours setting.

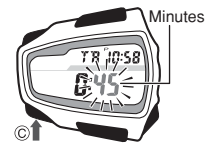


(Increase)

- Holding down either button changes the setting at high speed.

- Press the **(C)** button to select the minutes setting.

This causes the minutes digits to flash.



(Decrease)

- Use the **(D)** (+) and **(A)** (-) buttons to change the minutes setting.

- Holding down either button changes the setting at high speed.



(Increase)

- When everything is the way you want, press the **(B)** button to exit the setting screen.

- To specify a start time of 100 hours, set 0:00 00.
- The watch automatically exits the start time setting screen if you do not perform any operation for about two or three minutes.

Selecting the Timer Type

Repeat Timer

When Repeat Timer is selected, the timer stops and displays the start time when it reaches the end of the countdown.

Auto Repeat Timer

When Auto Repeat Timer is selected, the timer restores the start time and counts down again when the end of a countdown is reached. The countdown is repeated up to eight times.

To select the timer type

In the Timer Mode, with the countdown stopped and the current start time on the display, hold down the **(D)** button for about one second. This will toggle the timer type between Repeat Timer and Auto Repeat Timer. The "S" indicator is on the display while the Auto Repeat Timer is selected.

Auto Repeat Timer Indicator



- Press the **(A)** button to stop the countdown and the **(D)** button to display the start time.

To stop the alarm beeper

Press any button.

Using the Alarms and Hourly Time Signal

- In the Timekeeping Mode, press the **C** button four times to enter the Alarm Mode.

About the Alarm Mode

Daily Alarms (AL 1 to AL 5)

The watch beeps for about 10 seconds when an alarm time is reached each day.

Snooze Alarm (AL 1 Only)

When the snooze alarm is turned on, the watch beeps for 10 seconds when the alarm time is reached, and up to seven times at five-minute intervals thereafter (approximately 30 minutes total). Pressing any button stops the alarm, but the alarm will sound again after five minutes.

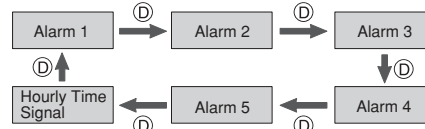
Hourly Time Signal

The hourly time signal causes the watch to beep twice every hour on the hour.

To set an alarm time

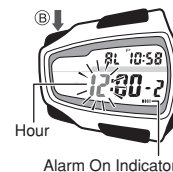
- Use the **D** button to scroll through the alarm screens until the one you want is displayed.

Each press of the **D** button scrolls through the alarm screens in the sequence shown below.



- Hold down the **B** button for about one second until the hour digits start to flash.

- This will turn on the selected alarm automatically, which is indicated by the alarm on indicator "|||||".



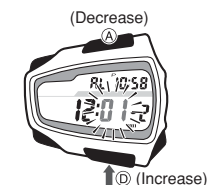
- Use the **C** button to move the flashing to the setting you want to change.

Each press of the **C** button moves the flashing between the hour and the minute digits.



- Use the **D** (+) and **A** (-) buttons to change the currently flashing setting.

- Holding down either button changes the setting at high speed.
- When setting the hour, make sure you specify AM (no indicator) or PM (PM) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time.
- If you selected 24-hour timekeeping in the Timekeeping Mode, the time will also be displayed in 24-hour timekeeping in the Alarm Mode.



Repeat steps 3 and 4 as required to set the alarm time you want.

- When the alarm time setting is the way you want, press the **B** button to save it.

This exits the setting screen.

- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.
- Note that the snooze alarm function of Alarm 1 is turned off automatically whenever you change its alarm time setting.

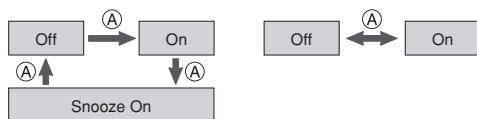
To turn an alarm on or off

- In the Alarm Mode, use the **D** button to display the screen for the alarm you want to turn on or off.

- Press the **A** button to toggle the displayed alarm on or off, as shown below.



- Alarm 1
- Alarms 2 through 5, Hourly Time Signal



Snooze Alarm



Hourly Time Signal



To test the alarm

In the Alarm Mode, hold down the **D** button to sound the alarm.

To stop the alarm

Pressing any button while the beeper is sounding will stop it.

- In the case of the snooze alarm the alarm will sound again in about five minutes. "SNZ" flashes on the display while the snooze alarm is active (indicating that the alarm will sound again).
- The snooze alarm will be canceled automatically when any one of the following occurs while the "SNZ" indicator is flashing on the display.
 - Using the Alarm Mode to turn off Alarm 1 or change its setting to a standard (non-snooze) daily alarm
 - Using the Alarm Mode to change the Alarm 1 alarm time setting
 - Entering the Timekeeping Mode and then displaying the setting screen

Using Dual Time

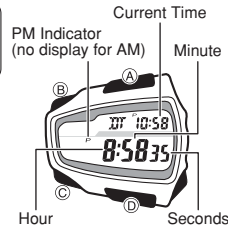
The Dual Time Mode lets you set a second time (in 30 minute steps), so you can keep track of the current time in another time zone, etc.

- The Dual Time Mode seconds count is synchronized with the Timekeeping Mode seconds count.
- The same 12-hour/24-hour format you select for the Timekeeping Mode time is also used by the Dual Time Mode.
- In the Timekeeping Mode, press the **C** button five times to enter the Dual Time Mode.

■ To configure Dual Time settings

In the Dual Time Mode, press the **D** (+) button or **A** (-) button to change the time setting in 30-minute steps.

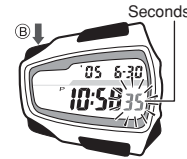
- Holding down either button changes the setting at high speed.
- Pressing the **B** button changes the Dual Time Mode time to the Timekeeping Mode time.



Resetting the Seconds Count to Zero

Resetting the zero count to zero on an accurate time signal about once a month helps to ensure accurate timekeeping.

1. In the Timekeeping Mode, hold down the **B** button for about one second until the seconds start to flash.



2. In accordance with a time signal on the TV or radio, press the **D** button.

This resets the seconds to 00.



Pressing the **D** button while the seconds count is in the range of 30 to 59 resets it to 00 and also adds 1 to the minutes. Pressing the **D** button in the range of 00 to 29 resets the seconds count without changing the minutes.

- In Japan, you can obtain the current time by dialing 117 on the telephone.

3. After resetting the seconds, press the **B** button to exit the setting screen.

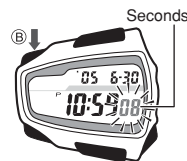


- The watch automatically exits the setting screen if you do not perform any operation for about two or three minutes.

Configuring Time and Date Settings

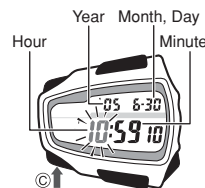
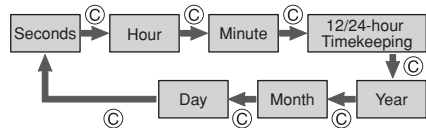
Use the following procedure to set the current time and date after having the watch's battery replaced, etc.

1. In the Timekeeping Mode, hold down the **B** button for about one second until the seconds start to flash.



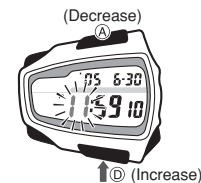
2. Use the **C** button to move the flashing to the setting you want to change.

Each press of **C** moves the flashing around the display in the sequence shown below.



3. Use the **D** (+) and **A** (-) buttons to select the setting you want to change.

- Holding down either button changes the setting at high speed.



Use the **C** button to select each of the settings and the **D** and **A** buttons to change them.

- When setting the hour, make sure you specify AM (no indicator) or PM (PM) correctly if you are using 12-hour timekeeping, or that you specify the correct 24-hour time.
- When the 12/24-hour timekeeping setting is selected, press **D** to toggle between 12-hour and 24-hour timekeeping.

4. After all the settings are the way you want, press the **B** button to exit the setting screen.

- The watch makes adjustments for leap years and month lengths automatically.

- You can set the year within the range of 2000 to 2039.
- The day of the week is set automatically in accordance with the date you set.