

# Operation Guide 3241

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### 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.

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### Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

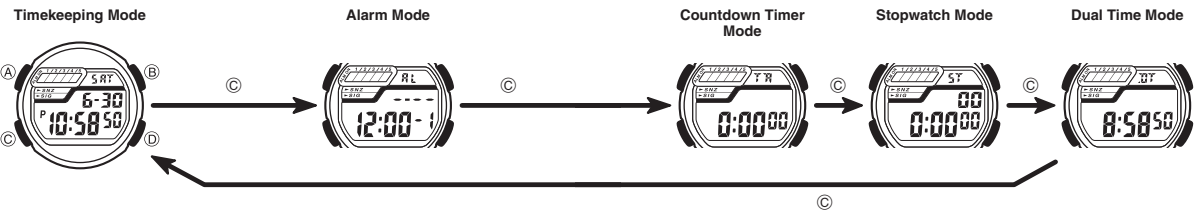
|                                                         |      |
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### General Guide

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

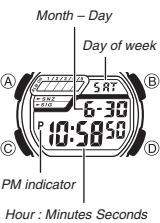
- In any mode, hold down (C) for about one second to return to the Timekeeping Mode.



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### Timekeeping



Use the Timekeeping Mode to set and view the current time and date.

#### To set the time and date

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.



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#### To toggle between 12-hour and 24-hour timekeeping

In the Timekeeping Mode, press (D) to toggle between 12-hour timekeeping and 24-hour timekeeping.

- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits 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, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

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### Alarms



You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms can be configured as a snooze alarm or a one-time alarm, while the other four are one-time alarms.

You also can turn on an hourly time signal that causes the watch to beep twice every hour on the hour.

- There are five alarm screens numbered 1 through 5. The hourly time signal screen is indicated by 00.
- When you enter the Alarm Mode, the screen you were viewing when you last exited the mode appears first.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C) (page E-4).

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Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

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## E-15

## E-17

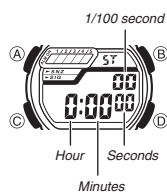
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1. In the Countdown Timer Mode, hold down **(A)** until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
2. Press **(B)** to toggle auto-repeat on (**AUTO REPEAT** displayed) and off (**AUTO REPEAT** not displayed).
  - Note that pressing **(B)** in the above operation also turns on the illumination.
  - When the end of the countdown is reached while auto-repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing **(D)** and manually reset to the start time by pressing **(A)**.
  - The auto-repeat indicator appears in the Countdown Timer Mode only.

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## Stopwatch



- 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)** (page E-5).

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## To measure times with the stopwatch

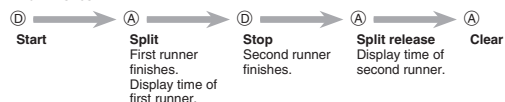
### Elapsed time



### Split time



### Two Finishes



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## Dual Time

The Dual Time Mode lets you keep track of time in a different time zone.

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.

### To set the Dual Time



1. Press **(C)** to enter the Dual Time Mode (page E-5).
2. In the Dual Time Mode, hold down **(A)** until the hour setting starts to flash, which indicates the setting screen.
3. Press **(C)** to change the selection in the following sequence.
4. Press **(D)** to increase the setting.
5. Press **(A)** to exit the setting screen.

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## 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 features

If you leave a screen with flashing digits for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

### Data and Setting Scrolling

The **(D)** button is used to scroll through setting screen data on the display. Holding down this button during a scroll operation scrolls through the data at high speed.

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## Backlight Precautions

The backlight uses an LED (light-emitting diode) and a light guide panel that cause the entire display to glow for easy reading in the dark.

In any mode, press **(B)** to illuminate the display for about one second.

- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically stops illuminating whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

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## Specifications

**Accuracy at normal temperature:** ±30 seconds a month

**Timekeeping:** Hour, minutes, seconds, p.m. (P), month, day, day of the week

Time system: Switchable between 12-hour and 24-hour formats

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

**Alarm:** Multi-function\*alarm (Four one-time alarms; one snooze/one-time alarm);

Hourly time signal

\*Alarm type: Daily alarm, Date alarm, 1-month alarm, Monthly alarm

### Countdown Timer

Measuring unit: 1 second

Input range: 1 minute to 24 hours (1-minute increments)

Other: Auto-repeat function

### Stopwatch

Measuring unit: 1/100 second

Measuring capacity: 23:59' 59.99"

Measuring modes: Elapsed time, split time, two finishes

**Dual Time:** Hour, minutes, seconds, p.m. (P)

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**Other:** Backlight (light-emitting diode)

**Battery:** One lithium battery (Type: CR2016)

Approximately 5 years on type CR2016 (assuming alarm operation 10 sec./day, and one backlight operation 1.5 sec./day)

Frequent use of the backlight shortens the battery life.

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