

Operation Guide 3149

About This Manual

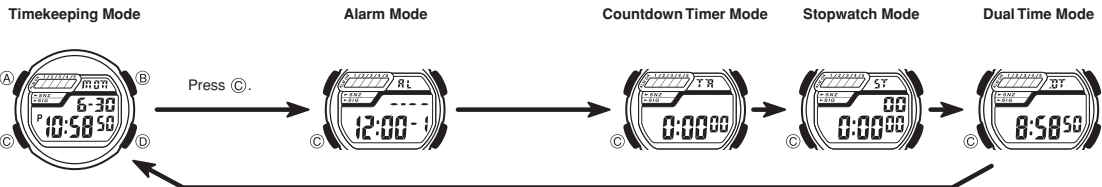


- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

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

- In any mode, hold down **C** for about two seconds to return to the Timekeeping Mode.



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.

To change this setting	Perform this button operation
Seconds	Press D to reset to 00.
Hour, Minutes, Year, Month, Day	Press D to increase the setting.

- Pressing **D** while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
- 4. Press **A** to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2099.
- 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 you have the watch's battery replaced.

- 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.

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**.

Alarm Types

- The alarm type is determined by the settings you make, as described below.
- **Daily alarm**
Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.
 - **Date alarm**
Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.
 - **1-Month alarm**
Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at time you set, only during the month you set.
 - **Monthly alarm**
Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at time you set, on the day you set.

To set an alarm time

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

- You can configure Alarm 1 as a snooze alarm or a one-time alarm. Alarms 2 through 5 can be used as one-time alarms only.
 - The snooze alarm repeats every five minutes.
2. After you select an alarm, hold down **A** until the hour setting of the alarm time starts to flash. This indicates the setting screen.

3. Press **C** to move the flashing in the sequence shown below to select other settings.

4. While a setting is flashing, press **D** to increase it.
- To set an alarm that does not include a month (Daily alarm, Monthly alarm), set - for the month. Press **D** until the - mark appears (between 12 and 1) while month setting is flashing.
 - To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set -- for the day. Press **D** until the -- mark appears (between the end of the month and 1) while the day setting is flashing.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. or p.m. (P indicator).
5. Press **A** to exit the setting screen.

Alarm Operation
The alarm sounds at the preset time for about 10 seconds. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off or change it to a one-time alarm.

- Note**
- Pressing any button stops the alarm tone operation.
 - Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
Displaying the Timekeeping Mode setting screen
Displaying the Alarm 1 setting screen

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

To turn Alarms 2 through 5 on and off

One-time alarm on indicator

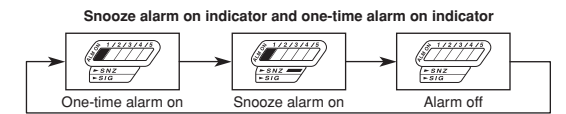
1. In the Alarm Mode, use **D** to select a one-time alarm (alarm number 2 through 5).

2. Press **A** to toggle the displayed alarm on and off.

- Turning on a one-time alarm (2 through 5) displays the one-time alarm on indicator on its screen.
- The one-time alarm on indicator is displayed in all modes.
- If any alarm is on, the one-time alarm on indicator is shown on the display in all modes.

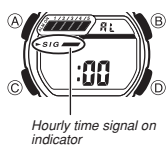
To select the operation of Alarm 1

1. In the Alarm Mode, use **D** to select Alarm 1.
2. Press **A** to cycle through the available settings in the sequence shown below.



- The applicable indicator is displayed in all modes when an alarm is turned on.
- The snooze alarm on indicator flashes during the 5-minute intervals between alarms.
- Displaying the Alarm 1 setting screen while the snooze alarm is turned on turns off the snooze alarm automatically (making Alarm 1 a one-time alarm).

To turn the hourly time signal on and off



- In the Alarm Mode, use (D) to select the hourly time signal (:SS).
- Press (A) to toggle it on and off.
 - Turning on the hourly time signal displays the hourly time signal on indicator.
- The hourly time signal on indicator is displayed in all modes when the hourly time signal is turned on.

Hourly time signal on indicator

Countdown Timer



- The countdown timer can be set within a range of 1 minute to 24 hours. An alarm sounds when the countdown reaches zero.
- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
 - Countdown timer functions are available in the Countdown Timer Mode, which you enter by pressing (C).

To use the countdown timer

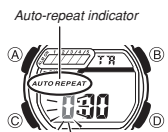
- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

To set the countdown start time



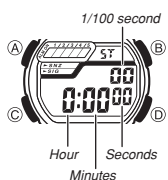
- In the Countdown Timer Mode, hold down (A) until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
- Press (C) to move the flashing between the hours and minutes settings.
- While a setting is flashing, use (D) to change it.
 - To set the starting value of the countdown time to 24 hours, set 0:SS.
- Press (A) to exit the setting screen.

To turn auto-repeat on and off



- 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.
- 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.

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).

To measure times with the stopwatch

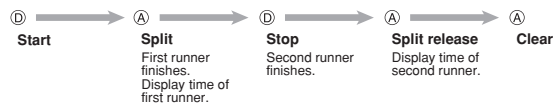
Elapsed time



Split time



Two Finishes



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



- Press (C) to enter the Dual Time Mode.
- In the Dual Time Mode, hold down (A) until the hour setting starts to flash, which indicates the setting screen.
- Press (C) to change the selection in the following sequence.



- Press (D) to increase the setting.
- Press (A) to exit the setting screen.

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.

Illumination



An LED (light-emitting diode) illuminate the display for easy reading in the dark.

Illumination Precautions

- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

To illuminate the display

Press (B) to turn on illumination.