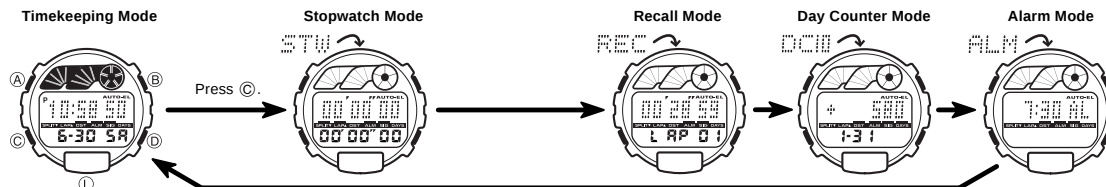
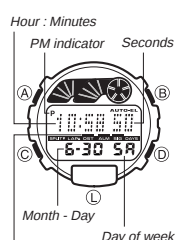


GENERAL GUIDE

- Press **C** to change from mode to mode.
- Pressing **L** in any mode illuminates the display for about 2 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.
- 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



DST on indicator

- Press **D** to toggle between 12-hour and 24-hour time-keeping.
- When the 12-hour format is selected, the indicator **P** appears on the display for times from noon to 11:59 p.m. to indicate "p.m." There is no indicator for "a.m." times.
- The indicator **P** does not appear when you are using 24-hour timekeeping.
- The display contents of the watch will not change if you switch between 12-hour and 24-hour timekeeping while the current time is between 1:00 a.m. and 11:59 a.m.

Setting the Time and Date

There are two different ways to set the time and date. The procedure you should use depends on whether you want to make major changes or minor changes to the current setting.

When you want to do this:	Use this procedure:
Make major changes to the time and date setting (before using the watch for the first time, after having the battery replaced, etc.)	"To make major time and date settings"
Make minor adjustments (within about 30 minutes of the current setting) to the time setting	"To zero-reset the minutes and seconds"

To make major time and date settings

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



3. While the seconds setting is selected (flashing), press **D** to reset it to 00. If you press **D** 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 **D** to toggle it on (**on**) and off (**OFF**).

4. While any other setting is selected (flashing), press **D** to increase it. Holding down **D** 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.

To zero-reset the minutes and seconds (EASY ADJUST)

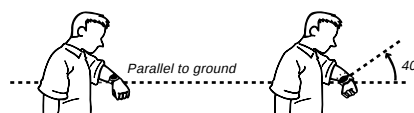
1. A few seconds before the arrival of the time on which you want to zero-reset the minutes and seconds, hold down button **B**.
2. While still holding down button **B**, press button **D** when the time on which you want to zero-reset the minutes and seconds arrives.
 - The watch beeps to let you know that the minutes and seconds were reset to 00:00.
 - Release buttons **B** and **D**.
 - Though the beep may sound slightly after the point you press both buttons, the zero-reset setting should be correct.

ABOUT THE BACKLIGHT

About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for two seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.



- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.

Parallel to ground

More than 15 degrees too high

More than 15 degrees too low



- Static electricity or magnetic force can interfere with proper operation of the auto light switch function. If the backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions the backlight may not light until about one second or less after turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto light switch function on and off

In the Timekeeping Mode, hold down **D** for one or two seconds to turn the auto light switch function on and off.

- Note that pressing **D** also switches the display between 12-hour and 24-hour time-keeping.

Auto light switch indicator



- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately five hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing **L** at any mode illuminates the display, regardless of the auto light switch's on/off setting.

Caution

- 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 is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

Warning!

- Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.
- When you are wearing the watch, make sure that its auto light switch function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

STOPWATCH MODE

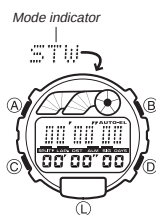
About Lap times and Split times

Lap Times

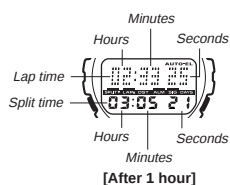
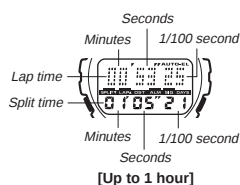
A lap time is the amount of time it takes for you to get from one point to another during a race. When running on a track, for example, you can time how long it takes you to complete each lap.

Split Times

A split time is the time from the start of a race until the point that the split is measured. For example, you could measure split times to determine how long it takes for you to get from the starting line to the 5-kilometer mark, the 10-kilometer mark, etc.



The Stopwatch Mode lets you measure elapsed time, lap times, and split times. The range of stopwatch is 23 hours, 59 minutes, 59 seconds. The first hour of a stopwatch operation is measured in units of 1/100 second. After that, elapsed time is measured in units of one second. You can use the EL backlight by pressing (L) at any time while the stopwatch is operating.



- In the Stopwatch Mode, the upper part of the display shows lap times, while the lower part shows split times. When recalling times in the Recall Mode, you can display either lap times or split times in the upper part of the display. The lower part of the display shows the corresponding lap time or split time number. Note that the lap/split time count value appears on the display in the Recall Mode only. It is not displayed in the Stopwatch Mode.

To measure elapsed time

1. Press (D) to start the stopwatch.
2. Press (D) to stop the stopwatch.
- You can resume the elapsed time measurement operation by pressing (D) again.
- You can stop the elapsed time measurement operation by pressing (D) again.
3. While the elapsed time is stopped on the display, press (B) to clear the stopwatch to all zeros.

To measure lap and split times

1. Press (D) to start the stopwatch.
2. Press (B), the lap time and split time for the lap whose time you just measured appears for about seven seconds in the display. Stopwatch timing continues internally.
- After the above, the display automatically switches back to the elapsed time display. You can repeat the above step as many times as you like. The lap/split time number increments up to 99. After that it reverts back to 00. Note that the lap/split time count value appears on the display in the Recall Mode only. It is not displayed in the Stopwatch Mode.
3. Press (D) to stop elapsed time measurement.
4. Press (B) to reset the stopwatch to all zeros.

About Lap/Split Memory

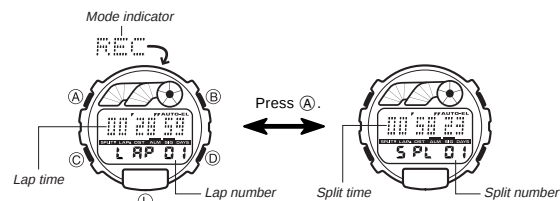
Lap/split times are automatically stored in memory whenever you press (B) while an elapsed time operation is in progress in the Stopwatch Mode. The following describes the rules that govern how lap/split times are recorded and stored in memory.

- Lap/split memory has 11 records: 10 records for the first 10 lap/split times you record (lap/split times numbered 1 through 10), and one for the final set of lap/split times you record. For example, let's say you perform 25 lap/split time operations (numbered 01 through 25) during an elapsed time operation in the Stopwatch Mode and then stop the stopwatch without resetting to all zeros. Lap/split memory will contain records for lap/split numbers 01 through 10, plus a record for lap/split number 25. The final time of the elapsed time operation (which is different from lap/split number 25) remains on the display of the stopwatch.
- The record for lap/split number 25 in the above example remains in memory until you reset the stopwatch to all zeros. Resetting the stopwatch deletes the record for lap/split number 25, and replaces it with the final time on the stopwatch display.
- If you perform fewer than 10 lap/split time operations, all the recorded times are stored in memory. For example, let's say you perform seven lap/split time operations (numbered 01 through 07) and then stop the stopwatch. Lap/split memory will contain records for lap/split numbers 01 through 07. Resetting the stopwatch stores the final time on the stopwatch display in record number 08.
- Starting a new elapsed time operation automatically clears lap/split time memories.

RECALL MODE

In the Stopwatch Mode, the upper part of the display shows lap times, while the lower part shows split times. When recalling times in the Recall Mode, you can display either lap times or split times in the upper part of the display. The lower part of the display shows the corresponding lap time or split time number. Note that the lap/split time count value appears on the display in the Recall Mode only. It is not displayed in the Stopwatch Mode.

Recalling Lap and Split times



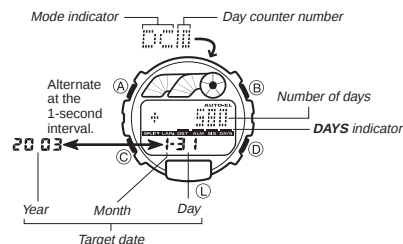
- Press button (A) to toggle between display of lap times and split times.
- Use button (D)(+) and button (B)(-) to scroll through lap/split times in memory.
- Screens for all 10 lap/split time memories appear when you scroll through Recall Mode data, even if there is no data stored in a memory. The screen of a memory that does not contain any data shows all zeros.
- All lap/split time data in memory is cleared automatically when you start the next stopwatch elapsed time operation.

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. Positive count value indicates a future date, while a negative value indicates a past date.

This watch has ten day counters. Whenever the date specified by a day counter matches the date of the Timekeeping Mode (regardless of the day counter's year setting), the **DAYS** indicator flashes on the Timekeeping Mode. In the Day Counter Mode, 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.



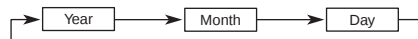
- The day counter on the display when you exit the Day Counter Mode appears first the next time you enter the Day Counter Mode.

Recalling Day Counter Data

In the Day Counter Mode, press (D)(+) or (B)(-) to scroll through the day counters.

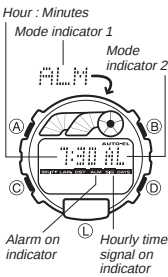
To set the target date

1. In the Day Counter Mode, press (D)(+) or (B)(-) to display the number of the day counter you want to set.
2. Hold down (A) until the year digits flash and the message [SET] appears on the display. This indicates the setting screen.
3. Press (C) to move the flashing in the sequence shown below.



4. Press (D) to increase the number. Holding down (D) changes the selection at high speed.
- Pressing (B) and (D) at the same time causes the message [CLR] to appear on the display, and sets today's date as the target date. You can then make any changes you want to the date.
5. 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.

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.

To set the alarm time

1. While in the alarm Mode, hold down (A) until the hour digits start to flash on the display, indicating the setting screen.
2. Press (C) to move the flashing in the sequence shown below.



3. Press (D) to increase the number. Holding down (D) changes the setting at high speed.
 4. 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.

To stop the alarm

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

To turn a daily Alarm or the Hourly Time Signal on and off

Press (D) 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

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

- Holding down (D) to test the alarm also changes the Daily Alarm and Hourly Time Signal on/off settings.