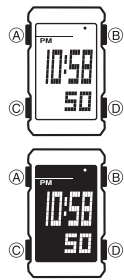


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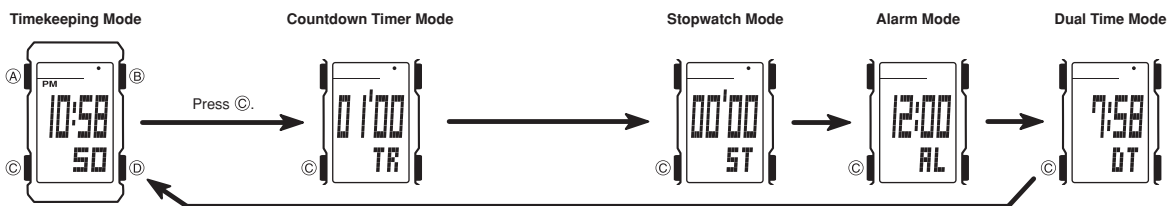
About This Manual



- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- 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

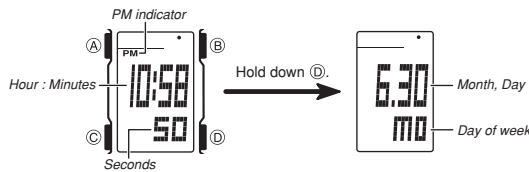
- Press (C) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press (B) to illuminate the display for about one second.



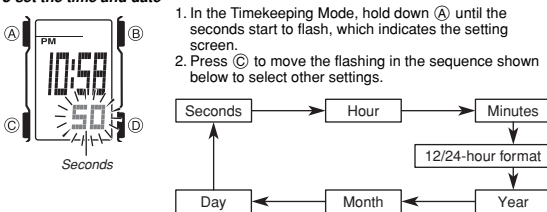
Timekeeping

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

- Holding down (D) in the Timekeeping Mode will display the current month, day, and day of the week. The current time will return to the display about one second after you release (D).



To set the time and date

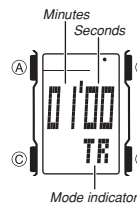


- When the setting you want to change is flashing, use (D) and (B) to change it as described below.

Screen	To do this:	Do this:
50	Reset the seconds to 00	Press (D).
10:58	Change the hour or minutes	Use (D) (+) and (B) (-).
12 H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
08	Change the year	Use (D) (+) and (B) (-).
6:30	Change the month or day	

- Press (A) to exit the setting screen.
- 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 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 without any indicator.
- The day of the week is displayed automatically 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 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.

Countdown Timer



The countdown timer can be set within a range of one to 60 minutes. An alarm will sound when the countdown reaches zero.

- The initial factory default setting is one minute.
- The countdown operation continues even if you exit the Countdown Timer Mode.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C).

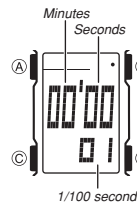
To set the countdown start time

- In the Countdown Timer Mode, press (A) to increase the countdown start time (minutes).
- You can set the countdown start time within the range of one minute to 60 minutes, in one-minute increments.
 - Holding down (A) will increase the countdown start time at high speed.

To perform a countdown timer operation

- In the Countdown Timer Mode, press (D) to start the countdown.
- When the countdown reaches zero, the alarm tone will sound for 10 seconds or until you stop it by pressing any button. The countdown time will reset automatically to its starting value after the alarm stops.
 - In addition to the alarm tone, a Flash Alert operation will be performed when the countdown reaches zero. The Flash Alert operation will continue for 10 seconds or until you stop it by pressing any button.
 - 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 will return the countdown time to its starting value.

Stopwatch



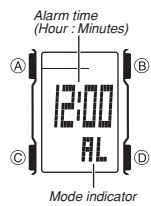
The stopwatch measures elapsed time.

- The display range of the stopwatch is 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.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

To measure elapsed time with the stopwatch



Alarm



When the daily alarm is turned on, the alarm tone will sound when the alarm time is reached.

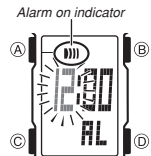
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

Alarm Operation

The alarm tone will sound at the preset time for 10 seconds, regardless of the mode the watch is in.

- Alarm operations are performed in accordance with the Timekeeping Mode time.
- To stop the alarm tone after it starts to sound, press any button.
- In addition to the alarm tone, a Flash Alert operation will be performed whenever the alarm time is reached. The Flash Alert operation will continue for 10 seconds or until you stop it by pressing any button.

To set an alarm time



- In the Alarm Mode, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This will turn on the alarm automatically.
- Press (C) to move the flashing between the hour and minutes.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
- Press (A) to exit the setting screen.
 - With the 12-hour format, set the time correctly as a.m. (no indicator) or p.m. (PM indicator).

To turn an alarm on and off

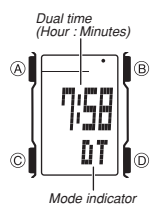
In the Alarm Mode, press (D) to toggle it on (alarm on indicator displayed) and off (alarm on indicator not displayed).

- The alarm on indicator flashes while the alarm is sounding.
- The alarm on indicator is displayed in all modes.

To test the alarm

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

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 move the flashing between the hour and minutes.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
- Press (A) to exit the setting screen.

Reference

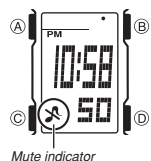
This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Flash Alert

A 10-second Flash Alert operation will be performed along with the alarm tone whenever an alarm time is reached or when a countdown reaches zero. This helps to alert you even in areas where surrounding noise is too loud to hear the alarm tone.

- You can stop the Flash Alert operation and the alarm tone by pressing any button.
- Note that Flash Alert is always enabled. You cannot turn it off.

Button Operation Tone



The button operation tone will sound any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- The daily alarm and countdown alarm tones continue to sound even if you turn off the button operation tone.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down (C) to toggle the button operation tone on (mute indicator not displayed) and off (mute indicator displayed).

- Holding down (C) to turn the button operation tone on or off also causes the watch's current mode to change.
- The mute indicator is displayed in all modes when the button operation tone is turned off.

Illumination

This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode (except when the setting screen is on the display), press (B) to turn on illumination for about one second.

Illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination 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.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Auto Return Feature

- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it will change to the Timekeeping Mode automatically.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch will exit the setting screen automatically.

Scrolling

The (B) 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 will scroll at high speed.