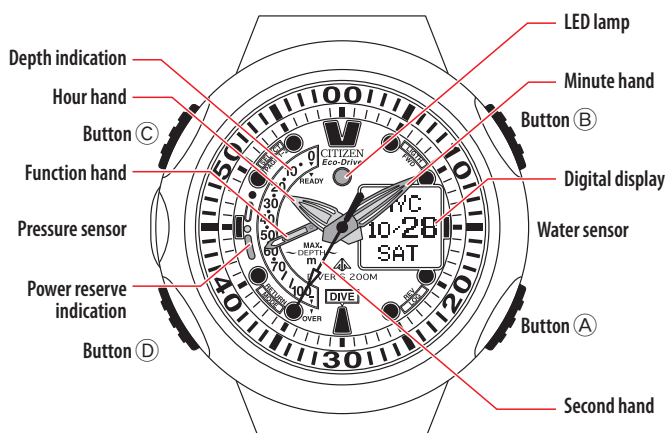


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual:  U10* instruction manual

Component identification



- Actual appearance may differ from the illustration.

Using EL lights

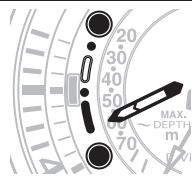
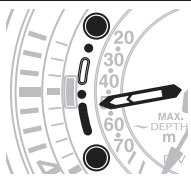
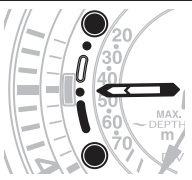
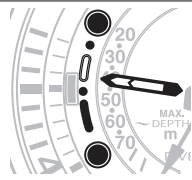
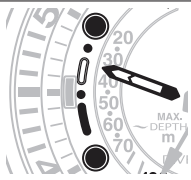
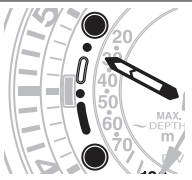
Pressing button (B) while the crown is in position  turns on the EL lights for 2 seconds.

However, note that the lights do not come on in the following cases.

- The power reserve level is 0 - 2.
- While changing the mode or setting or adjusting something.
- It is 0 °C or lower.
- Within 2 seconds after turning off the lights.

Checking the power reserve

The function hand indicates the power reserve amount in levels in the standard mode (except for the diving log recall and reference position check sub modes).

Level	5	4	3
Indication			
Duration (approx.)	180 - 120 days	120 - 60 days	60 - 7 days
Meaning	Power reserve is sufficient.	Power reserve is OK.	All functions are available.
Level	2	1	0
Indication			
Duration (approx.)	7 days -	4 days -	2 days -
Meaning	Power reserve is low.		Insufficient charge warning has started.
	Charge immediately		

Setting the time and calendar

- The time indicated with the hour, minute and second hands is synchronized with that on the digital display.

1. Press and release the lower left button (D) repeatedly to change the mode to [Time/Date].

The calendar is indicated on the digital display.



2. Press and hold the upper left button (C) for 2 seconds or more.

The hour, minute and second hands move to the 12 o'clock position and the "second" starts blinking and becomes adjustable.

3. Press the upper right button (B) in accordance with a reliable time source.

4. Press and release the upper left button (C) repeatedly to change the target to be set.

- Each time you press the button, the target changes as follows:
Second → area → summer time → hour → minute → month → date → year → 12/24 hour basis → (back to the top)

5. Press and release button (A) or (B) to adjust the target.

- Pressing and holding the button changes indication continuously.
- The setting is automatically canceled in about 1 minute without any operation during the setting.

6. Repeat steps 4 and 5 to set other targets.

7. Press and release the lower left button (D) to finish the procedure.



Setting the area of the travel time

You can choose a time zone from the 42 areas and UTC for the travel time.

1. Press and release the lower left button **(D)** repeatedly to change the mode to [Travel time].



2. Press and hold the upper left button **(C)** for 2 seconds or more.

The area name starts blinking and the hour and minute hand points 12 o'clock.

3. Press and release the lower right button **(A)** or the upper right button **(B)** repeatedly to select an area.

- An area name is shown on the digital display.
- Pressing and holding the button changes area names continuously.

4. Press and release the upper left button **(C)**.

"S" or "■" starts blinking and the summer time setting becomes adjustable.

5. Press and release the lower right button **(A)** or upper right button **(B)** to adjust the summer time setting.

S	Summer time is indicated.
■	The standard time is indicated.

- Each time you press the button, the setting changes alternately.
- The summer time setting of [Travel time] is also applied to that of [Time/Date] and [Alarm 1/2/3]

6. Press and release the lower left button **(D)** to finish the procedure.

- The setting is automatically canceled in about 1 minute without any operation during the setting.

About the time zone

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.

Time zone	Area name	Representative area
0	UTC	Coordinated Universal Time
	LON	London
+1	BER	Berlin
	PAR	Paris
	ROM	Rome
	MAD	Madrid
+2	CAI	Cairo
	JNB	Johannesburg
	ATH	Athens
+3	MOW	Moscow
	RUH	Riyadh
+3.5	THR	Tehran
+4	DXB	Dubai
+4.5	KHL	Kabul
+5	KHI	Karachi
+5.5	DEL	Delhi
+6	DAC	Dhaka
+6.5	RGN	Yangon
+7	BKK	Bangkok
+8	SIN	Singapore
	HKG	Hong Kong
	BJS	Beijing

Time zone	Area name	Representative area
+9	TYO	Tokyo
	SEL	Seoul
+9.5	ADL	Adelaide
+10	SYD	Sydney
+11	NOU	Noumea
+12	AKL	Auckland
	SUV	Suva
-11	MDY	Midway
-10	HNL	Honolulu
-9	ANC	Anchorage
-8	LAX	Los Angeles
	YVR	Vancouver
-7	DEN	Denver
-6	CHI	Chicago
	MEX	Mexico City
-5	NYC	New York
	YMQ	Montreal
-4	CCS	Caracas
-3	RIO	Rio de Janeiro
-2	FEN	Fernando de Noronha
-1	PDL	Azores

Switching the times of [Travel time] and [Time/Date]

You can switch the times of [Travel time] and [Time/Date] easily.

1. Press and hold buttons **(A)** and **(B)** at the same time for 2 seconds or more and release them.

The times of [Travel time] and [Time/Date] are switched.

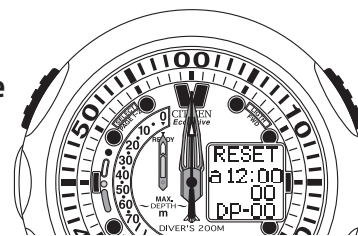
Checking the reference position

1. Press and release the lower left button **(D)** repeatedly to change the mode to [Reference position check].

"RESET" appears on the digital display and the hands move to their current reference position.

Correct reference positions:

- Hour, minute and second hands: 0 hour 00 minute 00 second
- Function hand: "0" of the depth indication



When the current reference position is different from the correct one, adjust the position following the steps of "Correcting the reference position".

2. Press and release the lower left button **(D)** to return to the previous mode and finish the procedure.

Correcting the reference position

1. Press and release the lower left button **(D)** repeatedly to change the mode to [Reference position check].

2. Press and hold the upper left button **(C)** for 2 seconds or more. "00" of "DP-00" on the digital display starts blinking.

3. Press and release the upper right button **(B)** to adjust the function hand.

4. Press and release the upper left button **(C)** repeatedly to change the target to be set.

- Each time you press the button, the target changes as follows:
Function hand → hour hand → minute hand → second hand → (back to the top)

5. Press and release the upper right button **(B)** to adjust the target.

6. Repeat steps 4 and 5 to set other targets.

7. Press and release the lower left button **(D)** to return to the previous mode and finish the procedure.

Resetting the watch - All Reset

1. Press buttons **(A)**, **(B)**, **(C)** and **(D)** at the same time.

The alarm sounds, "ALL RESET" appears on the digital display and All reset is executed.

- The digital display changes as the illustration as All reset is completed.



After All Reset

After All Reset, adjust the reference position and set the time and calendar and other settings.

