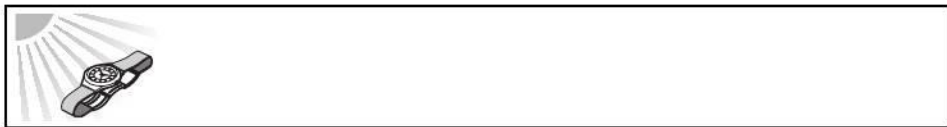




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Measuring lap times

1. Press **button** (M) to change the mode to Race. (“RAC”)
2. Press **button** (B) to start measurement.
3. Press **button** (A) to measure lap times.
 - Each time you press **button** (A), a lap time and the speed are displayed.
 - The records are stored in the Lap Record mode.
4. Press **button** (B) to stop the measurement.

Checking the records

1. Press **button** (M) to change the mode to Lap Record. “FAS” is displayed.
2. Press **button** (A) to change the record displayed.

Each time you press **button** (A), following records are displayed: the best time (“FAS”)→the average time (“AVG”)→the worst time (“LAT”)→all lap times from old to new.



For detail, see page 18 for the Race mode and page 22 for the Lap Record mode.



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■ How to use the screw down crown

The screw down crown is equipped on some models. When a normal crown is equipped, you can operate the crown without unlocking it.

Checking the crown type



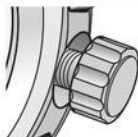
Pull out the crown.

- If you CANNOT pull it out easily, it is a screw down crown.

Turn the crown to the right.

- If you CANNOT keep turning it, it is a screw down crown.

Unlocking/relocking the screw down crown



Turn the crown to the left until it pops out.

- The crown is unlocked and you can operate it.

Turn the crown to the right while pushing it in, and tighten firmly.

- The crown is relocked.

Before use

■ Checking the battery

Check your watch as follows before using it:

Check the movement of the second hand.

Moving at 1-second intervals.

Moving at 2-second intervals or has stopped.

Check the digital section.

"X" is not displayed.

"X" is displayed.

Expose the dial to light for charging the battery.

Start using the watch!

- To adjust the time and calendar, see page 14.

■ How to charge the battery

This watch has a battery which is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

To obtain the best performance:

- **Expose the dial to direct sunlight for several hours at least once a month.**
- After taking off the watch, put it **where the dial is exposed to bright light**, such as by a window.
- Before storing the watch in a dark place for an extended period of time, fully charge the battery.



Caution

- When the watch is covered with long sleeves, for example, the battery may not be charged sufficiently. Try to keep the watch exposed to light even when wearing the watch.
- Do not charge the battery at a high temperature (about 50°C/122°F or higher) such as on the dashboard.

See page 32 for charging time.



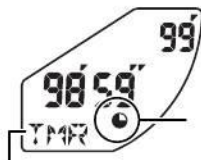
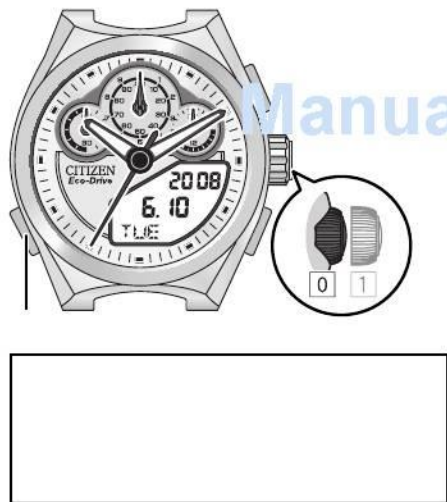
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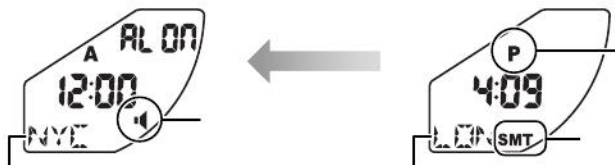




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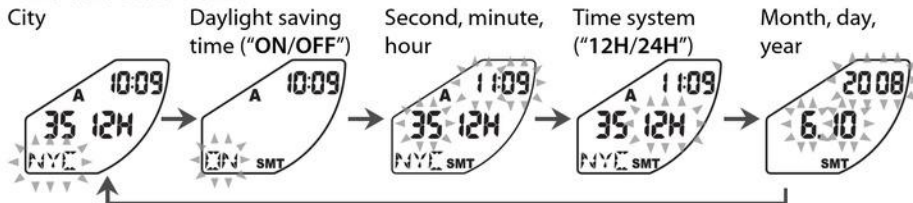




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3. Press button (M) to select an item, and press button (A) or (B) to adjust the selected item.



- If you press and hold **button (A) or (B)**, the item changes continuously.
- Use **button (A)** for following items: daylight saving time, second, and time system.

4. Push in the crown to position (0) after the adjustment.

The hands move to indicate the adjusted time.

- Even if you push in the **crown** to position (0) before finishing setting, adjustment you have set is stored.
- You cannot use any button while the hands move.



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1. Press button (M) to change the mode to Chronograph. (“CHR”)

- If the chronograph hands do not point to “0/.00” or “60,” adjust the reference position. (→page 39)



2. Press button (B) to start measurement.

- To display a split time, press **button (A)**. It is displayed for 10 seconds.



SPL (Split) indication

3. Press button (B) to stop the measurement.

- To restart the measurement, press **button (B)** again.
- To reset the measurement time, press **button (A)** while the measurement is stopped.



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2. Pull out the crown to position 1.
3. Press **button** A to display “YES,” then press and hold **button** M for more than 2 seconds.

The past lap records are deleted and the last distance setting is displayed.



4. Press **button** A or B to adjust the current digit, and press **button** M to go to the next one.

Integer



Decimals



“KM” or “MIL” (The unit is different depending on models.)

- If you press and hold **button** A or B, the digit changes continuously.
5. Push in the crown to position 0 after the adjustment.



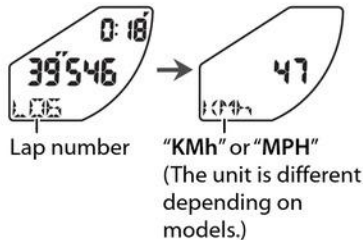
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3. Press **button** (A) to measure lap times.

Each time you press **button** (A), the lap time and its number (“01” to “99”) are displayed for 7 seconds, then the speed for three seconds.

- The maximum speed displayed is “999.” If the speed is beyond 999, “---” is displayed.



4. Press **button** (B) to stop the measurement.

Following records are displayed: lap time and its number, speed, and the total of elapsed time.

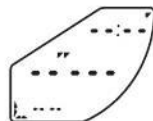
- To restart the measurement, press **button** (B) again.
- To reset the measurement time, press **button** (A) while the measurement is stopped.

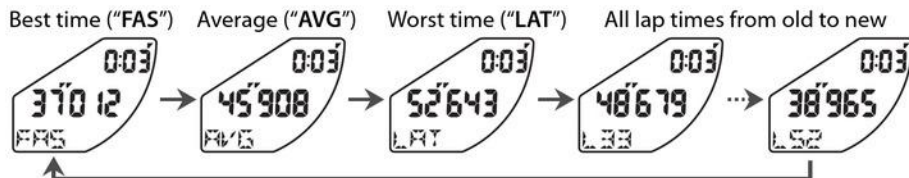
To check the records

Change the mode to Lap Record. (→page 22)



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- If you press **button** (B) while a lap time is displayed, the speed is displayed for three seconds.
- "FAS" or "LAT" and the lap number are displayed alternately.

■ Deleting the records

1. Press **button** (M) to change the mode to Lap Record.
2. Pull out **the crown** to position [1].
3. Press **button** (A) to display "YES," then press **button** (M) for more than 2 seconds.
The records are deleted and "--" is displayed.
4. Push in **the crown** to position [0].

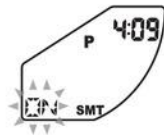
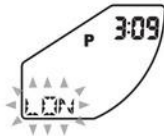


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■ Selecting a city

1. Press **button** (M) to change the mode to World Time.
2. Pull out **the crown** to position [1].
3. Press **button** (A) or (B) to select a city, then press **button** (M) to go to the daylight saving time setting.
 - If you press and hold **button** (A) or (B), the city name changes continuously.
4. Press **button** (A) to select “ON” or “OFF” for daylight saving time.
5. Push in **the crown** to position [0].





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- 3. Press button M to select an item, and press button A or B to adjust the selected item.**

Alarm ON/OFF
("AL ON/AL OF")

City

Alarm time (Hour, minute)



- Use button A for the alarm ON/OFF setting.
- If you press and hold button A or B , the item changes continuously (for the city and alarm time setting).

- 4. Push in the crown to position 0 after the adjustment.**

When the alarm time comes

The alarm tone sounds for 15 seconds.

- To stop the alarm tone, press any button.




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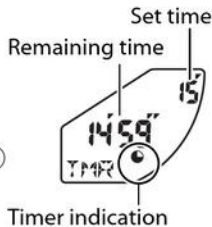


4. Push in the crown to position 0 after the adjustment.

5. Press button (B) to start countdown.

“” appears.

- Each time you press button (B), the countdown starts or stops.
- To restart the countdown from the set time, press button (A) while the countdown is running.
- To return to the set time, press button (A) while the countdown is stopped.



The countdown continues even if you change the mode during the countdown.

When the set time has passed

The time-up tone sounds for 5 seconds.

- To stop the time-up tone, press any button.
- The remaining time returns to the set time.

Charging the battery

■ When the battery becomes short of power—Insufficient charge warning function

Function and the movement of the watch

When the battery becomes short of power—Insufficient charge warning function ①

“)X” appears on the digital section. The chronograph hands do not move (except the chronograph second hand).

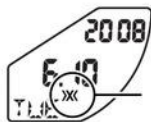
When the battery reaches low charge—Insufficient charge warning function ②

The second hand moves once every two seconds. You cannot operate the watch.

- The alarm tone does not sound.
- If you have not charged the battery for about three days since the warning movement began, the watch will stop.

When the battery becomes short of power, insufficient charge warning function ① and ② are activated in order. Charge the battery by exposing the dial to light.

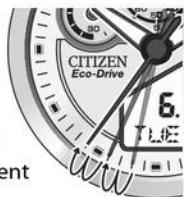
While the battery is charged:



Insufficient charge warning function ① indication

"XX" disappears.

The two-second interval movement



The second hand starts to move normally.

- Keep charging the battery until "XX" disappears.

Charging the battery

■ Charging time

Below are the approximate values for when exposing the dial to light continuously.

Illuminance (Lx)	Environment	Time for charging fully when the battery is empty (approx.)	Charging time needed for 1-day movement (while the second hand moves normally) (approx.)
3,000	20 cm (8 in.) under a fluorescent lamp (30 W)	200 hours	40 minutes
10,000	Under cloudy weather	60 hours	12 minutes
100,000	Under direct sunlight in summer	30 hours	3 minutes

You can calculate the amount of power the watch can get.

For example, if the battery is charged under cloudy weather for about 4 hours, the watch will get the power for approx. 20 days.

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Troubleshooting

If you have a problem with your watch, check the table below.

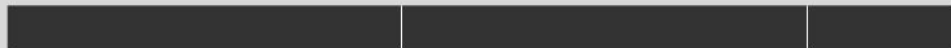
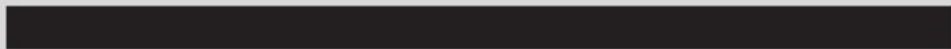
Symptoms	Remedies	Page
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The hands do not work properly

The second hand moves only once every 2 seconds.	Charge the battery.	9, 30
The chronograph 1/10 second and 1/100 second hands do not move.		
All hands stop moving.	Push in the crown to position 0 .	14
	Charge the battery.	9
Incorrect time is indicated on the analog section.	Check and adjust the reference position.	39
Each chronograph hand does not return to “0/00” or “60.”		

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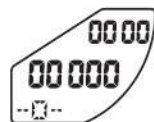
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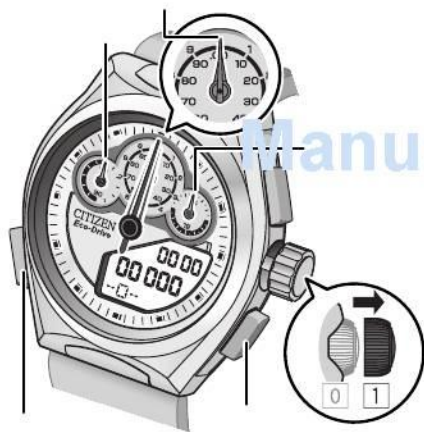


English



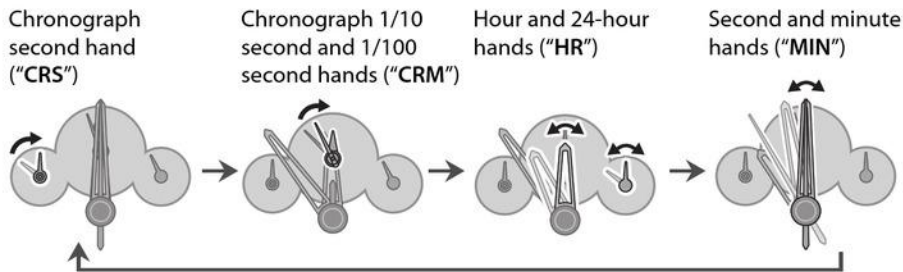
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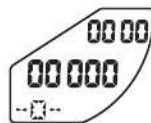
- Each time you press **button** (M), the adjustable hands move.
- If you press and hold **button** (A) or (B), the hands move continuously.
- Use **button** (B) for the chronograph hands.
- While adjusting the chronograph 1/10 second and 1/100 second hands or the hour and 24-hour hands, the second and minute hands move backward by 3 minutes and 30 seconds so that the hands to adjust can be seen.

5. Push in the crown to position 0 after the adjustment.

The current time is indicated on the analog section.



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After resetting, the indication of each mode changes as follows. Adjust the time and calendar, and other settings.

■ Indication of each mode after resetting the watch

Time and Calender mode	January 1, 2008/ Tuesday
Chronograph mode	0:00:00:000
Race mode	0:00:00:000
Lap Record mode	--
World Time mode	AM12:00 / City : UTC
Alarm mode	AM12:00 / Alarm: OFF / City: UTC
Timer mode	99 minutes



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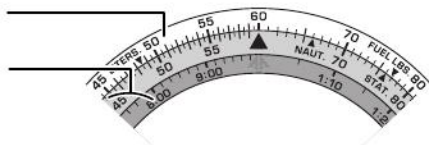
Display functions	<ul style="list-style-type: none"> • World time • Alarm • Timer
Battery duration without recharging	<p>Fully charged to empty:</p> <ul style="list-style-type: none"> • Approx. 7 years (with the power save function) • Approx. 8 months (without the power save function) <p>Two seconds interval movement to stopping: Approx. 3 days</p>
Battery	Secondary battery, 1pc.
Additional functions	<ul style="list-style-type: none"> • Power saving function (battery saving mode) ①/② • Overcharge prevention function • Insufficient charge warning function ①/② • Daylight saving time ON/OFF • Full auto calendar (until December 31, 2099) • LED light

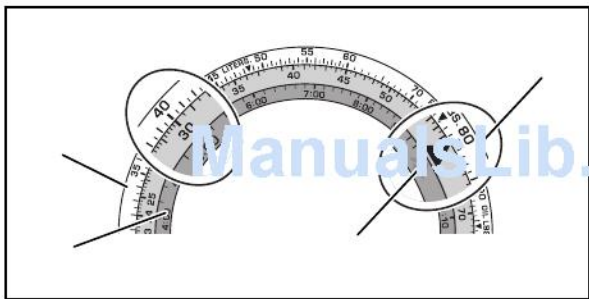
Specifications are subject to change without prior notice.

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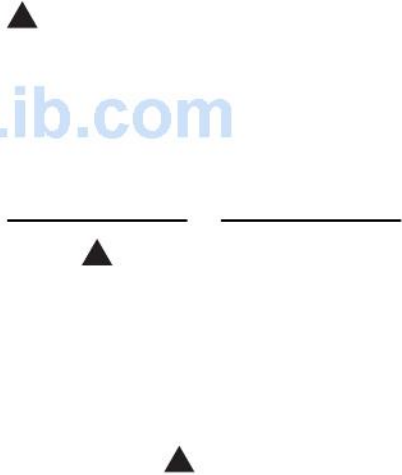
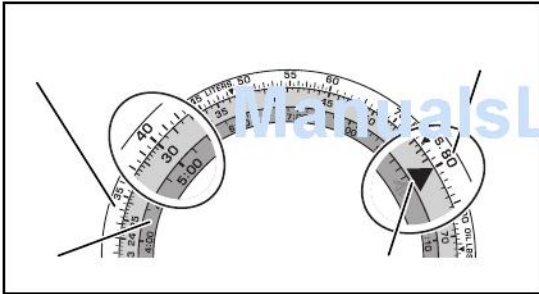


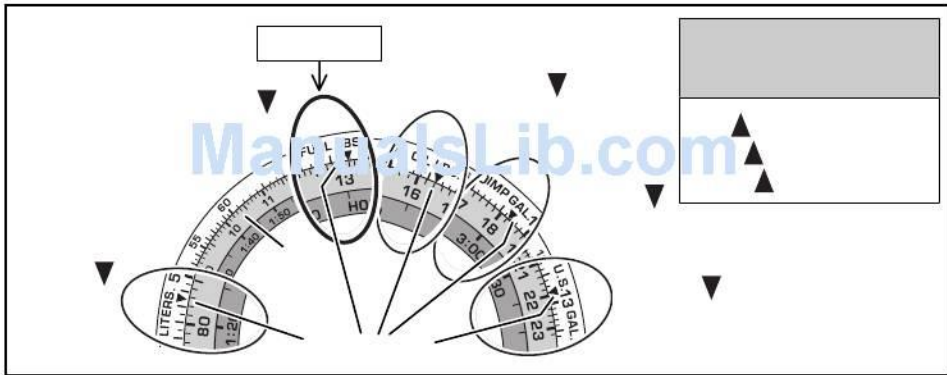
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