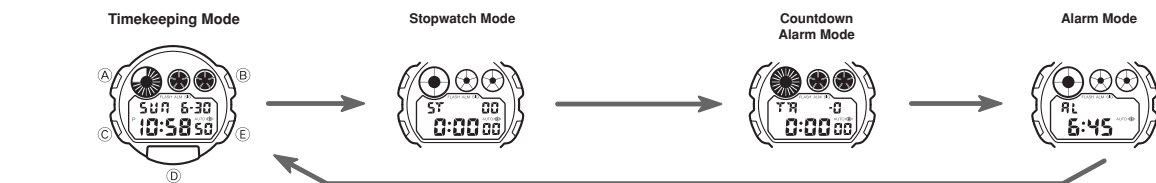


GENERAL GUIDE

- Press **(C)** to change from mode to mode.
- In any mode (except when making countdown alarm settings) press **(D)** to illuminate the digital display.



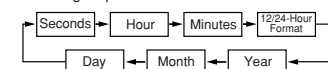
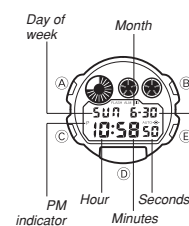
TIMEKEEPING MODE

To set the time and date

- Hold down **(A)** while in the Timekeeping Mode until the seconds digits flash on the display.
 - Press **(C)** to change the selection (flashing) in the following sequence.

Seconds
↓
Hour
↓
Minutes
↓
12/24-Hour Format

Day
↓
Month
↓
Year
 - While the seconds setting is selected (flashing), press **(E)** to reset it to 00. If you press **(E)** 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 any other setting (beside seconds) is selected (flashing), press **(E)** to increase it or **(D)** to decrease it. While the 12/24-hour format setting is selected, press **(E)** to toggle it between 12 and 24.
 - Except for the seconds or 12/24-hour setting, holding down a button changes the setting at high speed.
 - When the 12-hour format is selected, the indicator **P** appears on the display to indicate "P.M." times. There is no indicator for "A.M." times.
 - After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
 - The date can be set within the range of January 1, 1995 to December 31, 2039.
 - If you do not operate any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.



- 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 three hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing **(D)** at any time 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 on a roadside or in any other location 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.

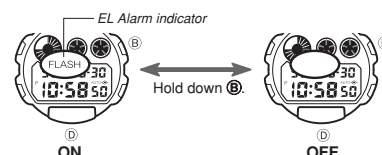
Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

About the EL Alarm

While the EL alarm feature is turned on, the watch's EL backlight flashes along with the audible tone when a daily alarm time is reached, when the hourly time signal sounds, or when the end of a countdown alarm operation is reached. Pressing **(D)** while the EL alarm feature is turned on causes the display to remain illuminated for five seconds, instead of the normal two seconds when the EL alarm is turned off.

To turn the EL Alarm feature on and off

- In the Timekeeping Mode, hold down **(D)** until the EL alarm indicator appears on (EL alarm on) or disappears from (EL alarm off) the display.

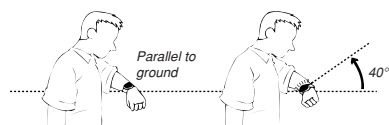


ABOUT THE BACKLIGHT

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.



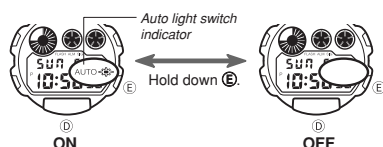
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.



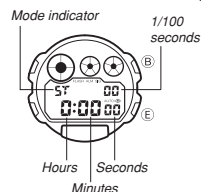
- Static electricity or magnetic force can interfere with proper operation of the auto backlight function. If the auto backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your 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 **(E)** for one or two seconds to turn the auto light switch function on and off.

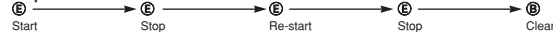


STOPWATCH MODE

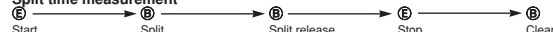


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. You can use the EL backlight at any time while the stopwatch is operating.

Elapsed time measurement



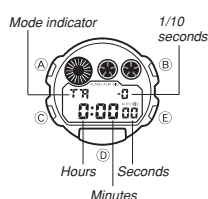
Split time measurement



Split time and 1st-2nd place times



COUNTDOWN ALARM MODE



The countdown alarm can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown start time

1. Hold down (A) while in the Countdown Alarm Mode. The hour setting flashes on the display because it is selected.
2. Press (C) to change the selection in the following sequence.



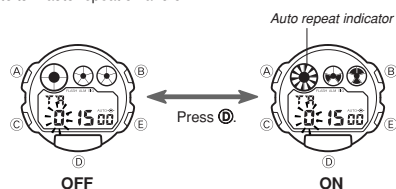
3. Press (E) to increase the selected setting or (B) to decrease it. Holding down either button changes the setting at high speed.
- To set the starting value of the countdown time to 24 hours, set 0:00'00".
4. After you set the countdown start time, press (A) to return to the Countdown Alarm Mode.
- If you do not operate any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Countdown Alarm Mode automatically.

To use the countdown alarm

1. Press (E) while in the Countdown Alarm Mode to start the countdown alarm.
2. Press (E) again to stop the countdown alarm.
- You can resume a paused countdown alarm operation by pressing (E).
3. Stop the countdown alarm and then press (B) to reset the countdown time to its starting value.
- When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops and the countdown time is automatically reset to its starting value after the alarm stops.

To turn auto repeat timing on and off

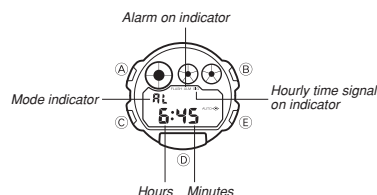
1. Hold down (A) while in the Countdown Alarm Mode until the hour setting flashes.
2. Press (D) to turn auto repeat on and off.



3. Press (A) to return to the Countdown Alarm Mode.
- 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 (E) and manually reset to the start time by pressing (B).
- When the starting value of the countdown time is set at 10 seconds or less and auto repeat is turned on, the countdown alarm tone sounds for only one second instead of the normal 10 seconds. If the Flash Alarm is turned on, the EL backlight does not flash under the above conditions.

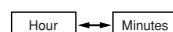
ALARM MODE

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 on, the watch beeps every hour on the hour.



To set the alarm time

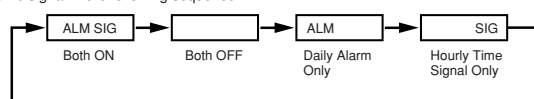
1. Hold down (A) until the hour setting starts to flash on the display. The hour setting flashes because it is selected.
- This operation automatically turns on the Daily Alarm.
2. Press (C) to change the selection in the following sequence.



3. While the hour or minutes setting is selected (flashing) press (E) to increase it or (B) to decrease it. Holding down either button changes the current setting at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (no indicator) or afternoon (P).
4. After you set the alarm time, press (A) to return to the Alarm Mode.
- If you do not operate any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To turn the daily alarm and hourly time signal on and off

Press (B) while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.



- The daily alarm on indicator (ALM) and the Hourly Time Signal on indicator (SIG) are shown on the display in all modes while these functions are turned on.

To test the alarm sound

Hold down (E) while in the Alarm Mode to sound the alarm.