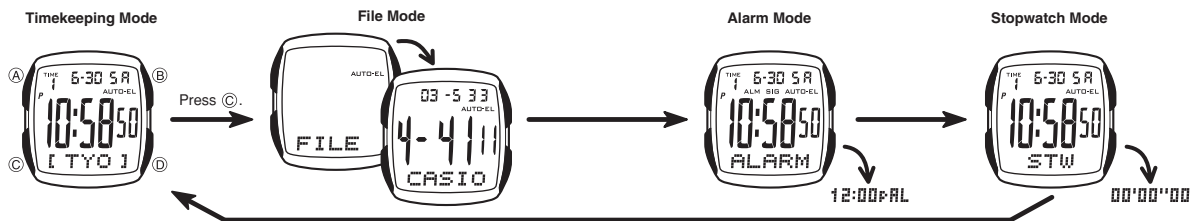


GENERAL GUIDE

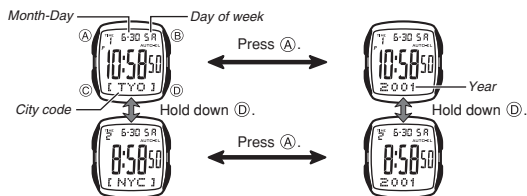
- If the contents of the display seem to be continually changing, see "Auto Display Function" for information on how to stop it.
- Press (C) to change from mode to mode.
- In any mode, press (B) to illuminate the display for about two seconds.



TIMEKEEPING MODE

This watch lets you select any two of 40 cities (TIME 1, TIME 2) as basic Timekeeping Mode times. Hold down (D) to toggle the Timekeeping Mode between TIME 1 and TIME 2.

- You can display either the city code or year. Press (A) to toggle between display of the city code and year.



To set the time and date

Setting the time and date for either of the basic times (TIME 1 or TIME 2) automatically adjusts the settings of the other basic time.

- You can turn daylight saving time (DST) on and off independently for TIME 1 and TIME 2.

1. While in the Timekeeping Mode, hold down (A) until the City Code flashes on the display.

2. Press (C) to change the selection (flashing) in the following sequence.



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.

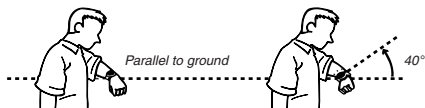
- Holding down a button changes the setting at high speed.
 - While any other setting (besides seconds) is selected (flashing), press (D) to increase it or (B) to decrease it.
 - While City Code setting is selected (flashing), press (D) or (B) to scroll through the City Code. (For full information on City Code, see the "CITY CODE TABLE".)
 - While the DST setting is selected, press (D) to toggle it ON and OFF.
 - While the 12/24-hour format setting is selected, press (D) to toggle it between 12 and 24.
4. 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.

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.

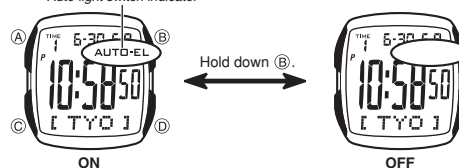


- Static electricity or magnetic force can interfere with proper operation of the auto light switch function. If the backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm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

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 three hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing (B) at any mode (except when making any settings) illuminates the display, regardless of the auto light switch's on/off setting.

Caution

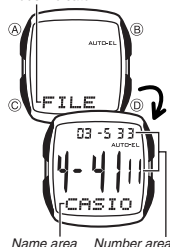
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates 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.

FILE MODE

Mode indicator



The File Mode lets you store up to 30 pairs of name and telephone number data. The name can be up to 8 characters long and the number up to 12 digits. Data is automatically sorted into alphabetical order based on the name data. You can recall data by scrolling through it on the display.

- If you do not operate any button for a few minutes while in the File Mode, the watch automatically goes back to the Timekeeping Mode.

To input File data

1. In the File Mode, press (D) until the new data display appears.
 - If the message "FULL" appears on the display, it means that memory is full. To store more data, you will first have to delete some of the data.
2. Hold down (A) until the flashing cursor appears on the name area.
3. Use (B) or (C) to input a character at the cursor position. The character changes in the following sequence. Holding down either button changes the character at high speed.

Press (D):	(Space)	A to Z	0 to 9	-	.	/	:
------------	---------	--------	--------	---	---	---	---

4. After you select the character you want, press (C) to advance the cursor to the right.
- Repeat steps 3 and 4 until you complete name input.
- You can input up to 8 characters in the name area.
5. After the name input is through, use (C) to move the cursor to the number area.

6. While the cursor is in the number area, use (B) or (D) to input a number you want. The character changes in the following sequence. Holding down either button changes the character at high speed.



- After you select the character you want, press (C) to advance the cursor to the right.
- Repeat steps 6 and 7 until you complete number input.
- After inputting the data you want, press (A) to store it into memory.
- The message "SORT" appears on the display for a few seconds.
- The name area shows only 5 characters, but automatically scrolls from right to left to show all of the characters that make up the text.

To scroll through File data

In the normal File Mode (when the display is not flashing), press (D) to scroll through stored data.

- The data item that is displayed when you exit the File Mode will be the first data to appear when you enter the File Mode again.

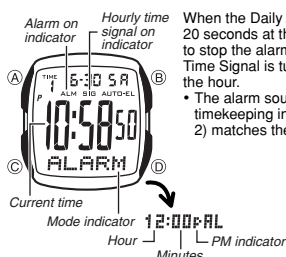
To edit File data

- In the File Mode, use (D) to scroll through the data items and display the one you want to edit.
- Hold down (A) until the flashing cursor appears on the display.
- Use (C) to move the cursor to the character you want to change.
- Use (B) or (D) to select the character you want.
- For details, see "To input File data" (steps 3 through 4 for name input, or 6 through 7 for number).
- After editing the data, press (A) to store it.

To delete File data

- In the File Mode, use (D) to scroll through the data items and display the one you want to delete.
- Hold down (A) until the flashing cursor appears on the display.
- Press (B) and (D) at the same time to delete the data item.
 - The message "CLR" (clear) appears on the display for a few seconds.
 - At this time the cursor appears on the display ready for input.
- Input data or press (A) to return to the File Mode.

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.

- The alarm sounds when the time selected for basic timekeeping in the Timekeeping Mode (TIME 1 or TIME 2) matches the alarm time you set.

To set the alarm time

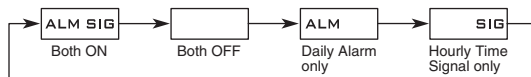
- Hold down (A) while in the Alarm Mode. The hour digits flash on the display because they are selected. At this time the Daily Alarm is turned on automatically.
- Press (C) to change the selection in the following sequence.



- Press (D) to increase the selected digits and (B) to decrease them. Holding down either button changes the selection 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).
- 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 selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

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

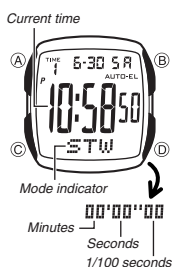
Press (D) while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.



To test the alarm

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

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

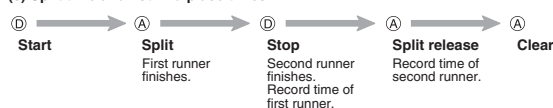
(a) Elapsed time measurement



(b) Split time measurement



(c) Split time and 1st-2nd place times



AUTO DISPLAY FUNCTION

The Auto Display function of this watch continually changes the contents of the display. Note that you cannot use any of the watch's other functions while the Auto Display function is operating.

To turn the Auto Display on

Hold down (C) for about two or three seconds in any mode until the watch beeps.

To turn the Auto Display off

Hold down (C) for about two or three seconds until the watch beeps. At this time the watch is in the Timekeeping Mode.

Note

The Auto Display function cannot be performed while you are making settings (i.e. while digits or other setting are flashing on the display).

CITY CODE TABLE

City Code	City	GMT differential
PPG	PAGO PAGO	-11
HNL	HONOLULU	-10
ANC	ANCHORAGE	-09
YVR	VANCOUVER	-08
SFO	SAN FRANCISCO	-08
LAX	LOS ANGELES	-08
DEN	DENVER	-07
MEX	MEXICO CITY	-06
CHI	CHICAGO	-06
MIA	MIAMI	-05
NYC	NEW YORK	-05
CCS	CARACAS	-04
RIO	RIO DE JANEIRO	-03
LON	LONDON	+00
PAR	PARIS	+01
MIL	MILAN	+01
ROM	ROME	+01
BER	BERLIN	+01
IST	ISTANBUL	+02
CAI	CAIRO	+02
JRS	JERUSALEM	+02
JED	JEDDAH	+03
THR	TEHRAN	+3.5
DXB	DUBAI	+04
KBL	KABUL	+4.5
KHI	KARACHI	+05
MLE	MALE	+05
DEL	DELHI	+5.5
DAC	DHAKA	+06
RGN	YANGON	+6.5
BKK	BANGKOK	+07
SIN	SINGAPORE	+08
HKG	HONG KONG	+08
SEL	SEOUL	+09
TYO	TOKYO	+09
ADL	ADELAIDE	+9.5
GUM	GUAM	+10
SYD	SYDNEY	+10
NOU	NOUMEA	+11
WLG	WELLINGTON	+12

*Based on data as of December 2000.