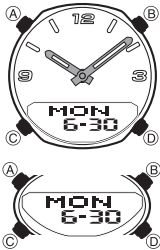


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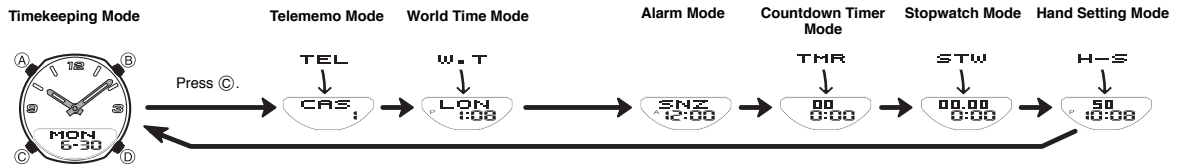
About This Manual



- 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

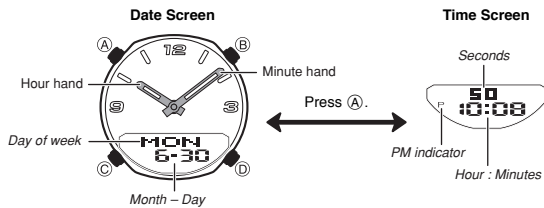
- Press (C) to change from mode to mode. After you perform an operation (except for (B)) in any mode, pressing (C) returns to the Timekeeping Mode.
- In any mode, press (B) to illuminate the display.



Timekeeping

This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different.

- In the Timekeeping Mode, press (A) to toggle the display between the date screen and the time screen.



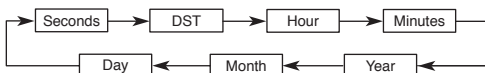
Digital Time and Date

Use the Timekeeping Mode to set and view a digital display of the current time and date. When setting the digital time, you can also configure settings for summer time (Daylight Saving time or DST).

To set the digital time and date



1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select the other settings.



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

Screen	To do this:	Do this:
50	Reset the seconds to 00.	Press (D).
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF).	Press (D).
P 10:08	Change the hour or minutes.	Use (D) (+) and (B) (-).
2000	Change the year.	
6-30	Change the month or day.	

4. Press (A) to exit the setting screen.
- Resetting the seconds only (without changing the hour, minute, or DST setting) causes the analog minute hand setting to be adjusted automatically. If you change the hour, minute, or DST setting, you should also use the procedure under "To adjust the analog time" to adjust the analog hands accordingly.
- See "Digital Time Daylight Saving Time (DST) Setting" for details about the DST setting.
- 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.
- The day of the week is automatically displayed 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.

To toggle between 12-hour and 24-hour timekeeping

In the Timekeeping Mode, press (D) to toggle between 12-hour timekeeping (indicated by A or P on the display), or 24-hour timekeeping.

- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and the A (AM) indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

Digital Time Daylight Saving Time (DST) Setting

Daylight Saving Time (summer time) advances the digital time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode digital time between DST and Standard Time

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
 2. Press (C) once to display the DST setting screen.
 3. Press (D) to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
 4. Press (A) to exit the setting screen.
- The DST indicator appears on the Timekeeping, Alarm, and Hand Setting Mode to indicate that Daylight Saving Time is turned on.

Setting the Analog Time

Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time

1. In the Timekeeping Mode, press (C) six times to enter the Hand Setting Mode.
2. Hold down (A) until the current digital time starts to flash, which indicates the analog setting screen.
3. Press (D) to advance the analog time setting by 20 seconds.
- Holding down (D) advances the analog time setting at high speed.



- If you need to advance the analog time a long way, press (D) and (B) at the same time. This locks the high speed hand movement, so you can release the two buttons. High-speed hand movement continues until you press any button. It will also stop automatically after the time advances 12 hours or if an alarm (daily alarm, Hourly Time Signal, or countdown alarm) starts to sound.

4. Press (A) to exit the setting screen.
- To return to the Timekeeping Mode, press (C).

Alarm Operation

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off.

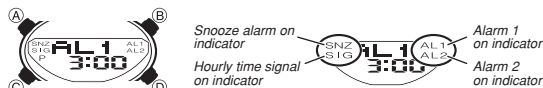
- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode digital time.
- To stop the alarm tone after it starts to sound, press any button.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
Displaying the Timekeeping Mode setting screen
Displaying the 三十三 setting screen

To test the alarm

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

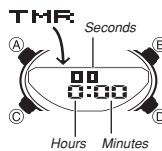
To turn an alarm and the Hourly Time Signal on and off

1. In the Alarm Mode, use (D) to select an alarm or the Hourly Time Signal.
2. Press (A) to toggle it on and off.
- The indicators shown below appear on the display when the daily alarm and Hourly Time Signal are turned on. Each indicator disappears when the corresponding function is turned off.



- The above on indicators appear on the display in all modes.
- An on indicator on the display flashes while its corresponding alarm operation is sounding.
- The snooze alarm on indicator flashes during the 5-minute intervals between alarms.

Countdown Timer



The countdown timer can be set within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- 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

1. In the Countdown Timer Mode, hold down (A) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
2. Press (C) to move the flashing between the hour and minute settings.
3. While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - To set the starting value of the countdown time to 24 hours, set 0:00.
4. Press (A) to exit the setting screen.

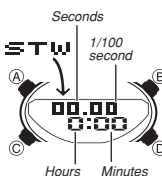
To use the countdown timer



- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.

- 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 returns the countdown time to its starting value.
- The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.

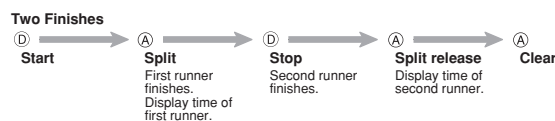
Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 23 hours, 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.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

To measure times with the stopwatch



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.

Auto Return Feature

- The watch automatically returns to the Timekeeping Mode if you do not perform any button operation for two or three minutes in the Telememo, Alarm, or Hand Setting Mode.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.
- Holding down (C) for about one second in any mode jumps directly to the Timekeeping Mode. This operation does not work while a setting screen is on the display.

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 scrolls through the data at high speed.

Initial Screens

When you enter the Telememo, World Time, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

World Time

- The UTC differentials associated with each city code are used to calculate World Time Mode times, based on the time you set for any one of the World Time cities.
- The UTC differential is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Coordinated Universal Time", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

Display Illumination Precautions

The light that illuminates the face uses two LEDs (light-emitting diode) and a light guide panel that cause the display to glow for easy reading in the dark. In any mode (except when a setting screen is on the display), press (B) to illuminate the display for about one second.

- The illumination provided by the light may be hard to see when viewed under direct sunlight.
- The light automatically stops illuminating whenever an alarm sounds.
- Frequent use of the light shortens the battery life.

Character List

1	(space)	11	J	21	T	31	?	41	0
2	A	12	K	22	U	32	,	42	1
3	B	13	L	23	V	33	#	43	2
4	C	14	M	24	W	34	:	44	3
5	D	15	N	25	X	35	:	45	4
6	E	16	O	26	Y	36	(46	5
7	F	17	P	27	Z	37)	47	6
8	G	18	Q	28	[38	/	48	7
9	H	19	R	29]	39	+	49	8
10	I	20	S	30	?	40	-	50	9

City Code Table

City Code	City	UTC Differential	Other major cities in same time zone
PPG	PAGO PAGO	-11.0	
HNL	HONOLULU	-10.0	PAPEETE
ANC	ANCHORAGE	-09.0	NOME
LAX	LOS ANGELES	-08.0	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-07.0	EL PASO, EDMONTON
CHI	CHICAGO	-06.0	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-05.0	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-04.0	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-03.0	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-02.0	
---		-01.0	PRAIA
LON	LONDON	+00.0	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
PAR	PARIS	+01.0	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
BER	BERLIN		
CAI	CAIRO	+02.0	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM		
JED	JEDDAH		
MOW	MOSCOW	+03.0	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
THR	TEHRAN	+03.5	SHIRAZ
DXB	DUBAI	+04.0	ABU DHABI, MUSCAT
KBL	KABUL	+04.5	
KHI	KARACHI	+05.0	MALE
DEL	DELHI	+05.5	MUMBAI, KOLKATA
DAC	DHAKA	+06.0	COLOMBO
RGN	YANGON	+06.5	
BKK	BANGKOK	+07.0	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+08.0	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULANBATOR
TYO	TOKYO	+09.0	SEOUL, PYONGYANG
ADL	ADELAIDE	+09.5	DARWIN
SYD	SYDNEY	+10.0	MELBOURNE, GUAM, RABAU
NOU	NOUMEA	+11.0	PORT VILA
WLG	WELLINGTON	+12.0	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of December 2002.