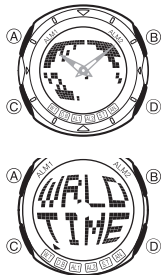


## ABOUT THIS MANUAL

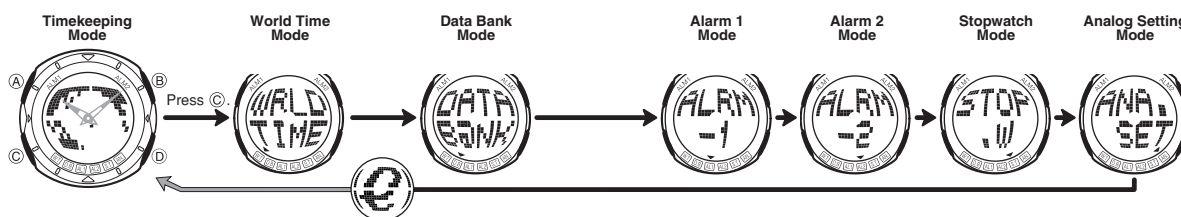


- Button operations are indicated using the letters shown in the illustration.
- Depending on the model of your watch, display text appears either as dark figures on a light background (positive), or light figures on a dark background (negative). All sample displays in this manual are shown in positive.
- For the sake of simplicity, the sample displays in this manual do not show the analog hands of the watch.
- 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.

If the digital display of your watch is continuously changing, press any button other than ⓐ to stop it. See "Auto Display" for more information.

## GENERAL GUIDE

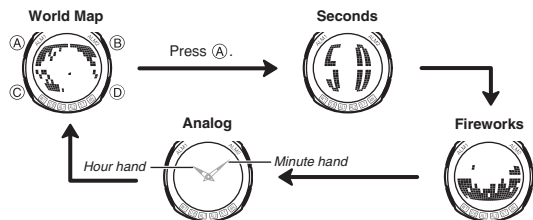
- Press ⓐ to change from mode to mode. Changing to another mode causes one of a number of different animations to be performed on the display.
- In any mode, press ⓑ to illuminate the display.



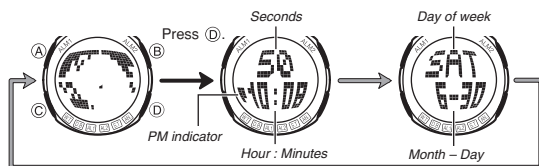
## TIMEKEEPING

Use the Timekeeping Mode to set and view the current time and date.

- In the Timekeeping Mode, press ⓐ to change the display format as shown below.



- The analog screen does not show the alarm on indicator, DST indicator, or any other digital display information.
- Pressing ⓑ while any of the above screens is on the display momentarily displays the current time and then the current date in the cycle shown below.



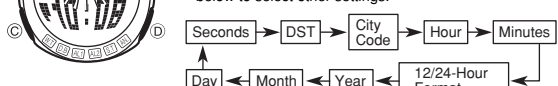
### Read This Before You Set the Time and Date !

The digital times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch).

- This watch features separate digital and analog timekeeping. Note that the digital time and analog time are independent of each other, and must be set separately.

### To set the digital time and date

1. In the Timekeeping Mode, hold down ⓐ until the second's digits start to flash, which indicates the setting screen.
2. Press ⓐ to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, use ⓑ and ⓓ to change it as described below.

To change this setting	Perform this button operation
Seconds	Press ⓓ to reset to 00.
DST	Press ⓓ to toggle between Daylight Saving Time (On) and standard time (OF).
12/24-Hour Format	Press ⓓ to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
City Code, Hour, Minutes, Year, Month, Day	Use ⓑ (+) and ⓓ (-) to change the setting.

- See "CITY CODE TABLE" for a complete list of available codes.
  - Pressing ⓓ while the second's count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minute's count is unchanged.
  - See "Daylight Saving Time (DST)" for details on DST setting.
4. Press ⓐ to exit the setting screen.

### Note

- Resetting the seconds only (without changing the hour or minute setting) causes the analog minute hand setting to be adjusted automatically. If you change the hour or minute setting, you should also use the procedure under "To adjust the analog time" to adjust the analog hands accordingly.
- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m., and no indicator appears to the left of the hour digits 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.
- 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 2039.
- The watch's built-in full automatic calendar automatically 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 batteries replaced.

### Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the 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 time between DST and Standard Time

1. In the Timekeeping Mode, hold down ⓐ until the second's digits start to flash, which indicates the setting screen.
2. Press ⓐ once to display the DST setting screen.
3. Press ⓓ to toggle between Daylight Saving Time (On displayed) and standard time (OF displayed).
4. Press ⓐ to exit the setting screen.
  - The DST indicator appears on the display to indicate that daylight saving time is turned on.

### Analog Timekeeping

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 ⓐ six times to enter the Analog Setting Mode.
2. Hold down ⓐ until the current digital time starts to flash, which indicates the setting screen.
  - Analog timekeeping is suspended while the analog setting screen is on the display.
3. Use ⓑ and ⓓ to adjust the analog setting as described below.
  - The hands move clockwise only. They cannot move counterclockwise.

When you want to do this:	Perform this button operation:
Move the hand setting forward 20 seconds.	Press ⓓ.
Move the hand setting a short way forward at high speed.	<ul style="list-style-type: none"> <li>• Hold down ⓓ.</li> <li>• Release ⓓ when the hands reach the setting you want.</li> </ul>
Move the hand setting a long way forward at high speed.	<ul style="list-style-type: none"> <li>• While holding down ⓓ to move the hands at high-speed, press ⓑ to lock the high-speed hand movement.</li> <li>• Press any button when the hands are close to the setting you want.</li> <li>• Hand movement stops automatically if the hour hand makes one full (12-hour) revolution.</li> </ul>

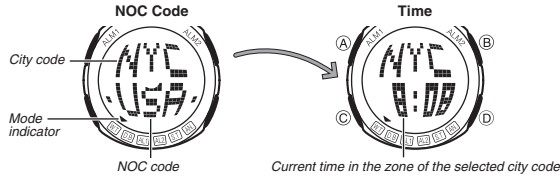
4. Press ⓐ to exit the setting screen.
  - To return to the Timekeeping Mode, press ⓐ.

**WORLD TIME**

World Time shows the current time in 50 cities (27 time zones) around the world.  
 • All of the operations in this section are performed in the World Time Mode, which you enter by pressing **C**.

**To view the time in another city code**

In the World Time Mode, press **D** to scroll forward through the city codes.



- Selecting a city code causes the NOC code screen to appear first, followed a short time later by the time screen.
- NOC codes are the abbreviations designating the National Olympic Committee for each geographic area (as of December 2000).
- For full information about city codes, see the "CITY CODE TABLE".
- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.

**To toggle World Time Mode times between standard time and Daylight Saving Time**

In the World Time Mode, hold down **A** for about two seconds to toggle between Daylight Saving Time (DST displayed) and standard time (DST not displayed).

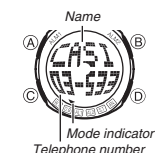
- The above operation toggles all World Time city codes between Daylight Saving Time and standard time. Note that you cannot make settings for individual city codes.



**DATA BANK MODE**

The Data Bank Mode lets you store up to 30 records, each containing name and telephone number data. Records are automatically sorted based on the characters of the name. You can recall records by scrolling through them on the display.

- See "CHARACTER LIST" for details on how the watch sorts records.
- All of the operations in this section are performed in the Data Bank Mode, which you enter by pressing **C**.

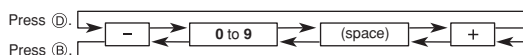


**To create a new Data Bank record**

1. In the Data Bank Mode, press **B** and **D** at the same time to display the remaining memory screen.
  - If the message "FULL" appears on the display, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
2. Hold down **A** until the flashing cursor (—) appears in the name area of the display, which indicates the setting screen.
3. Use **D** and **B** to change the character at the cursor position in the name area. The character changes in the following sequence.



4. When the character you want is at the cursor position, press **C** to move the cursor to the right.
5. Repeat steps 3 and 4 until the name is complete.
  - You can input up to eight characters for the name.
6. After you input the name, press **C** as many times as necessary to move the cursor to the number area.
  - When the cursor is located at the eighth space of the name area, moving the cursor to the right causes it to jump to the first digit of the number. When the cursor is at the 16th digit of the number, moving it to the right (by pressing **C**) causes it to jump to the first character in the name.
7. Use **D** and **B** to change the character (hyphen, number, space, or plus) at the cursor position in the number area. The character changes in the following sequence.

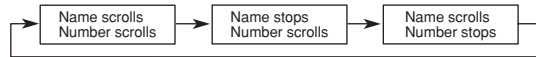


8. When the character you want is at the cursor position, press **C** to move the cursor to the right.
9. Repeat steps 7 and 8 until you complete number input.
  - You can input up to 16 digits for the number.
10. Press **A** to store your data and return to the Data Bank record screen (without the cursor).
  - When you press **A** to store data, the message "SORT" appears on the display for a while, indicating that data is being sorted. After the sort operation is complete, the Data Bank record screen appears.

**To recall Data Bank records**

In the Data Bank Mode, press **D** to scroll forward through Data Bank records on the display.

- The name and/or telephone number of the selected Data Bank record scrolls on the Data Bank record screen. The symbol ◀ indicates the first character of the name or telephone number follows next.
- Each press of **A** in the Data Bank Mode changes the scroll operation as shown below.



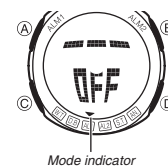
**To edit a Data Bank record**

1. In the Data Bank Mode, scroll through the records and display the one you want to edit.
2. Hold down **A** until the flashing cursor appears on the display.
3. Use **C** to move the flashing to the character you want to change.
4. Use **D** and **B** to change the character.
  - For details on inputting characters, see "To create a new Data Bank record" (step 3 for name input and 7 for number input).
5. After making the changes that you want, press **A** to store them and return to the Data Bank record screen.

**To delete a Data Bank record**

1. In the Data Bank Mode, scroll through the records and display the one you want to delete.
2. Hold down **A** until the flashing cursor appears on the display.
3. Press **B** and **D** at the same time to delete the record.
  - The message "CLR" appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
4. Input data or press **A** to return to the Data Bank record screen.

**ALARMS**



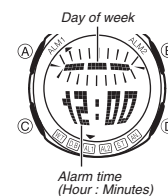
This watch has two alarms (Alarm 1 and Alarm 2), for which you can make separate hour, minute, and day of the week settings.  
 When an alarm is turned on, the alarm tone sounds when the alarm time is reached by the Timekeeping Mode digital time.  
 • Use the Alarm 1 and Alarm 2 Modes to set alarms. You can enter an Alarm Mode using **C**. The setting procedure is the same for both of the alarm screens.

**Alarm Types**

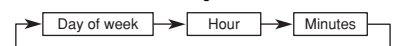
The alarm type is determined by the settings you make, as described below.

- **Daily alarm**  
Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.
- **Weekly Alarm**  
Set the hour, minutes, and the day of the week for the alarm time. This type of setting causes the alarm to sound every week at the time you set, on the day of the week you set.

**To set an alarm time**



1. After enter the Alarm 1 or Alarm 2 Mode, hold down **A** until the day of the week setting starts to flash, which indicates the setting screen.
  - This operation automatically turns on the corresponding alarm.
2. Press **C** to move the flashing in the sequence shown below to select other settings.



3. While a setting is flashing, use **D** (+) and **B** (-) to change it.

- To set an alarm that does not include a day of the week (daily alarm), set "--" for the day of the week. Press **D** or **B** until the "--" mark appears (between SUN and MON) while the day of the week setting is flashing.
  - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
4. Press **A** to exit the setting screen.

**Alarm Operation**

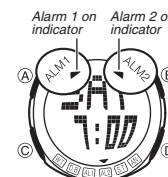
The alarm sounds at the preset time for about 10 seconds, or until you stop it by pressing any button.

**To test the alarm**

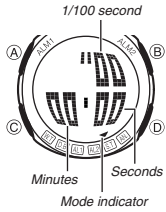
While in the Alarm 1 or Alarm 2 Mode, hold down **D** to sound the alarm.

**To turn an alarm on and off**

1. Enter the Alarm Mode (Alarm 1 or Alarm 2) you want to turn on or off.
2. Press **D** to toggle the alarm on (alarm time displayed) and off (OFF displayed).
  - The Alarm 1 on indicator indicates that Alarm 1 is on, while the Alarm 2 on indicator indicates Alarm 2 is on.
  - Alarm on indicators are displayed in all modes.



**STOPWATCH**



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

- The display range of the stopwatch is 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The 1/100 second indication is shown while the stopwatch is stopped. It is replaced by an animated figure while the stopwatch is running.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).
- 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.

**To measure times with the stopwatch**

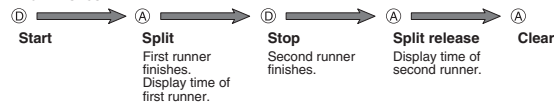
**Elapsed time**



**Split time**



**Two Finishes**



**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 Display**



Auto Display continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions (except for the backlight) while Auto Display is turned on.

**To turn off Auto Display**  
Press any button (except for the (B) button). This returns to the Timekeeping Mode.

**To turn on Auto Display**

Hold down (C) for about one to two seconds until the watch beeps.  
• Note that Auto Display cannot be performed while a setting screen is on the display.

**Auto Return Features**

- After you perform any button operation (except for the backlight button) in any mode, pressing (C) returns directly to the Timekeeping Mode.
- If you leave the watch in the Data Bank Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping 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 saves any settings you have made up to that point and exits the setting screen.

**Data and Setting 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 Timekeeping, World Time, or Data Bank Mode, the data you were viewing when you last exited the mode appears first.

**World Time**

- The current time in all World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
- The GMT differential is the time difference between the time zone where the city is located and Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

**Backlight Precautions**

- In any mode, press (B) to illuminate the display for about two seconds.
- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

**CHARACTER LIST**

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

**CITY CODE TABLE**

	City Code	City	GMT differential
1	PPG	PAGO PAGO	- 11
2	HNL	HONOLULU	- 10
3	ANC	ANCHORAGE	- 09
4	YVR	VANCOUVER	- 08
5	SFO	SAN FRANCISCO	- 08
6	LAX	LOS ANGELES	- 08
7	DEN	DENVER	- 07
8	MEX	MEXICO CITY	- 06
9	CHI	CHICAGO	- 06
10	MIA	MIAMI	- 05
11	NYC	NEW YORK	- 05
12	YMQ	MONTREAL	- 05
13	CCS	CARACAS	- 04
14	BUE	BUENOS AIRES	- 03
15	RIO	RIO DE JANEIRO	- 03
16	ABJ	ABIDJAN	+ 00
17	LON	LONDON	+ 00
18	BCN	BARCELONA	+ 01
19	PAR	PARIS	+ 01
20	MIL	MILAN	+ 01
21	ROM	ROME	+ 01
22	BER	BERLIN	+ 01
23	STO	STOCKHOLM	+ 01
24	ATH	ATHENS	+ 02
25	IST	ISTANBUL	+ 02
26	CAI	CAIRO	+ 02
27	JRS	JERUSALEM	+ 02
28	NBO	NAIROBI	+ 03
29	MOW	MOSCOW	+ 03
30	JED	JEDDAH	+ 03
31	THR	TEHRAN	+ 3.5
32	DXB	DUBAI	+ 04
33	KBL	KABUL	+ 4.5
34	KHI	KARACHI	+ 05
35	MLE	MALE	+ 05
36	DEL	DELHI	+ 5.5
37	DAC	DHAKA	+ 06
38	RGN	YANGON	+ 6.5
39	BKK	BANGKOK	+ 07
40	SIN	SINGAPORE	+ 08
41	JKT	JAKARTA	+ 07
42	HKG	HONG KONG	+ 08
43	BJS	BEIJING	+ 08
44	SEL	SEOUL	+ 09
45	TYO	TOKYO	+ 09
46	ADL	ADELAIDE	+ 9.5
47	GUM	GUAM	+ 10
48	SYD	SYDNEY	+ 10
49	NOU	NOUMEA	+ 11
50	WLG	WELLINGTON	+ 12

\*Based on data as of December 2000.