

Operation Guide 3454

About This Manual



- Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- 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.

• Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

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Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

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General Guide

- Press (B) to change from mode to mode.
- After you perform an operation in any mode, pressing (B) returns to the Timekeeping Mode.

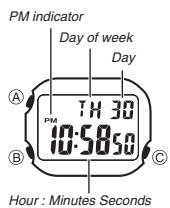
- The watch returns to the Timekeeping Mode automatically if you do not perform any button operation for one or two minutes in the Alarm Mode and Time Setting Mode.
- In any mode, press (C) to illuminate the display.



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Timekeeping



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

- Day of the week is displayed as follows.

SU : Sunday	MO : Monday
TU : Tuesday	WE : Wednesday
TH : Thursday	FR : Friday
SA : Saturday	

- The watch does not make any allowance for leap years. Be sure to manually set February 29 when one occurs during a leap year.

To toggle between 12-hour and 24-hour timekeeping

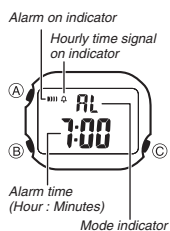
In the Timekeeping Mode, press (A) to switch between the 12-hour and 24-hour formats.

- With the 12-hour format, the PM indicator appears for times in the range of noon to 11:59 p.m., and no 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, with 24H indicator.

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Alarm



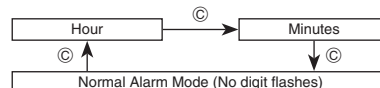
When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (B) (page E-4).

To set the alarm time

- In the Alarm Mode, press (C). The hour digits flash because they are selected.
 - This operation automatically turns on the alarm.

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



- Press (A) to increase the selected digits. Holding down (A) changes the number 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 or afternoon (PM).
- After you set the alarm time, use (C) to return to the Alarm Mode.
- If you do not operate any button for one or two minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

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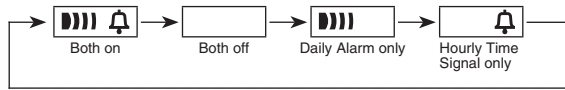
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To stop the alarm

Press any button to stop the alarm after it starts to sound.

To switch the Daily Alarm and Hourly Time Signal on and off

Press (A) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

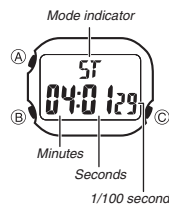


To test the alarm

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

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Stopwatch



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The 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.
- An ongoing elapsed time measurement operation will continue internally even if you change to another mode. However, if you exit the Stopwatch Mode while a split time is displayed, the split time will not be displayed when you return to the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (B) (page E-5).

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To measure times with the stopwatch

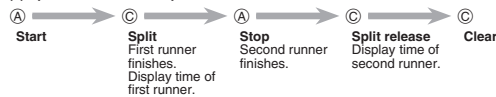
(a) Elapsed time measurement



(b) Split time measurement

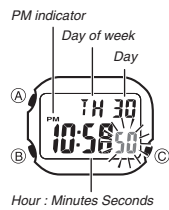


(c) Split time and 1st-2nd place times



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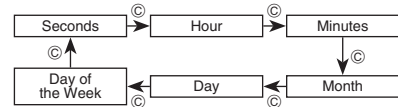
Time Setting



Use the Time Setting Mode to set the current time and date.

To set the time and date

1. Use (B) to enter the Time Setting Mode (page E-5).
- The second's digits flash because they are selected. Press (C) to change the selection in the following sequence.



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3. While the second's digits are selected (flashing), press (A) to reset the seconds to 00. If you press (A) while the second's count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the second's count is in the range of 00 to 29, the minute's count is unchanged.
 4. While any other digits (besides seconds) are selected (flashing), press (A) to increase the number. While the day of the week is selected, pressing (A) advances to the next day. Holding down (A) changes the current selection at high speed.
 5. After you set the time and date, press (B) to return to the Timekeeping Mode.
- If you do not operate any button for one or two minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

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Specifications

- Accuracy at normal temperature:** ±30 seconds a month
 - Timekeeping:** Hour, minutes, seconds, p.m., day, and day of the week
 - Time system: Switchable between 12-hour and 24-hour formats
 - Calendar system: Auto-calendar set at 28 days for February
 - Alarm:** Daily alarm, Hourly time signal
 - Stopwatch**
 - Measuring units: 1/100 seconds
 - Measuring capacity: 59 minutes, 59.99 seconds
 - Measuring modes: Elapsed time, split time, and two finishes
 - Illumination:** LED (light-emitting diode)
 - Battery:** One lithium battery
 - Type: CR2016
 - Battery life:** Approx. 7 years
 - 1 second of illumination operation per day
 - 20 seconds of alarm operation per day
- Specifications are subject to change without notice.

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