
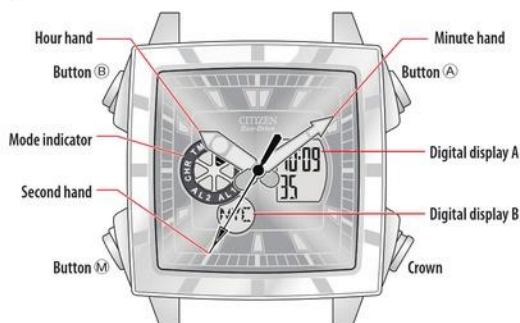


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual:  U200 instruction manual

## Component identification



- Actual appearance may differ from the illustration.

## Changing the mode

This watch features six different modes (functions): [TME] (time), [CAL] (calendar), [AL1]/[AL2] (alarm), [CHR] (chronograph) and [TMR] (timer).

1. Press and release the lower left button **M** repeatedly.

The current mode is indicated at the mode indicator.



## Setting the time

### Setting the time of the analog section

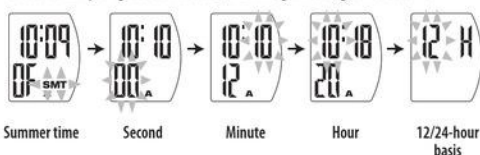
1. Pull out the crown when the second hand points 0 second.  
The second hand stops.
2. Rotate the crown to set the time.
  - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.
3. Push in the crown in accordance with a reliable time source to finish the procedure.  
The second hand starts moving.

### Setting the time of the digital section

- Press button **M** to cancel setting of the time of the digital section.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

1. Press and release the lower left button **M** repeatedly to change the mode to [TME]. 
2. Press and release the upper right button **A** or upper left button **B** repeatedly to indicate an area you want on the digital display B.
  - For area names, refer to the table on "Using the world time".
3. Press and hold the upper left button **B** until "SMT" starts to blink on the digital display A.  
The time becomes adjustable.
  - The blinking part is the target to adjust.
4. Press and release the upper left button **B** repeatedly to change the target to be set.

- Each time you press button **B**, the target changes as follows:



5. Press and release the upper right button **A** to adjust the time.
  - Press button **A** in accordance with a reliable time source when setting the second.
  - Pressing and holding button **A** changes indication continuously when setting the minute and the hour.
  - "A" or "P" is displayed to indicate AM or PM in 12-hour basis indication.
6. Press and release the upper left button **B** to finish the procedure.

## Setting the calendar

The calendar of this watch does not have to be adjusted manually until Thursday, December 31, 2099 including leap years. (perpetual calendar)

- Press button **M** to cancel setting of the calendar.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

**1. Press and release the lower left button **M** repeatedly to change the mode to [CAL].**



**2. Press and release the upper right button **A** or upper left button **B** repeatedly to indicate an area name you want on the digital display B.**

- For area names, refer to [Table of time zones and representative areas](#).

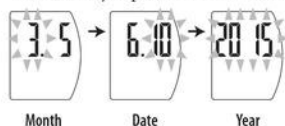
**3. Press and hold the upper left button **B** until the month indication starts to blink on the digital display A.**

The calendar becomes adjustable.

- The blinking part is the target to adjust.

**4. Press and release the upper left button **B** repeatedly to change the target to be set.**

- Each time you press button **B**, the target changes as follows:



**5. Press and release the upper right button **A** to adjust the time.**

- Pressing and holding button **A** changes indication continuously.

**6. Press and release the upper left button **B** to finish the procedure.**

- The day of week is set automatically.

**7. Press and release the lower left button **M** repeatedly to change the mode to [TME].**

## Setting the world time

**1. Press and release the lower left button **M** repeatedly to change the mode to [TME].**

- Choose [CAL] to see calendar.



**2. Press and release the upper right button **A** or upper left button **B** repeatedly to choose an area name on the digital display B.**

- The time or calendar of the chosen area is indicated on the digital display A.

### Table of time zones and representative areas

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.

Time zone	Area name	Representative area	Time zone	Area name	Representative area
0	UTC	Coordinated Universal Time	+9	TYO	Tokyo
	LON	London	+9.5	ADL	Adelaide
+1	PAR	Paris	+10	SYD	Sydney
	ROM	Rome	+11	NOU	Noumea
+2	CAI	Cairo	+12	AKL	Auckland
+3	MOW	Moscow	-10	HNL	Honolulu
+3.5	THR	Tehran	-9	ANC	Anchorage
+4	DXB	Dubai	-8	LAX	Los Angeles
+5	KHI	Karachi	-7	DEN	Denver
+5.5	DEL	Delhi	-6	MEX	Mexico City
+6	DAC	Dhaka		CHI	Chicago
+7	BKK	Bangkok	-5	NYC	New York
+8	SIN	Singapore		YMQ	Montreal
	HKG	Hong Kong	-4	SCL	Santiago
	BJS	Beijing		BUE	Buenos Aires
			-3	RIO	Rio de Janeiro

## Switching the summer time and standard time

You can set the summer time for each area. Choose an area name in step 2 of [Setting the time of the digital section](#) and set to "On" in step 4.

Summer time setting	Indication	Content
On		Summer time is indicated.
OF (OFF)		The standard time is indicated.

- You cannot set the summer time for "UTC".
- Choose "OF" in the same step to stop indicating the summer time.

## Using the alarm

- Press button **M** to cancel setting of the alarm.
- The setting is automatically canceled in about 2 minutes without any operation during the setting and the mode changes to [TME].

### 1. Press and release the lower left button **M** repeatedly to change the mode to [AL1] or [AL2].

- Each time you press button **A**, the alarm is turned on or off.
- Pressing and holding button **A** to check the alarm sound.

### 2. Press and hold the upper left button **B** until the area name starts to blink on the digital display B.

- The alarm setting becomes adjustable.
- The blinking part is the target to adjust.

### 3. Press and release the upper left button **B** repeatedly to change the target to be set.

- Each time you press button **B**, the target changes as follows:



Area Alarm hour Alarm minute

### 4. Press and release the upper right button **A** to set the alarm.

- Pressing and holding button **A** changes indication continuously.

### 5. Press and release the upper left button **B** to finish the procedure.

- **AL** (alarm indication) is indicated and the alarm is turned on.

### 6. Press and release the lower left button **M** repeatedly to change the mode to [TME].

#### To stop alarm

- Press any of the buttons.
- The alarm sounds for 15 seconds.

## Using the chronograph

- Measuring up to 24 hours in 1/100 second increments.
- Measurement continues even after changing the mode.

### 1. Press and release the lower left button **M** repeatedly to change the mode to [CHR].

### 2. Start measurement.

Measurement starts on the digital display A and **CH** is indicated.

**Start/stop:** press button **A**.

- Pressing button **B** during measurement indicates the split time for 10 seconds. SPL (split time indication) blinks while indicating the split time.
- The hour digits of measurement are indicated on the digital display B.

**Reset:** press button **B** while the chronograph is stopped.

- Be sure to reset chronograph and change the mode to [TME] after finishing measurement.

### 3. Press and release the lower left button **M** repeatedly to change the mode to [TME].

## Using the timer

- You can set the countdown timer up to 99 minutes by 1-minute increments.
- Countdown continues even after changing the mode.

### 1. Press and release the lower left button **M** repeatedly to change the mode to [TMR].

The previous countdown time blinks on the digital display A.

### 2. Press the upper left button **B** to set time to countdown.

- Pressing and holding the button changes indication continuously.

### 3. Start measurement.

Countdown starts on the digital display A and **CH** is indicated.

**Start/stop:** press button **A**.

- Pressing button **B** during countdown starts countdown again from the time set.

**Reset:** press button **B** while countdown is stopped.

### 4. Press and release the lower left button **M** repeatedly to change the mode to [TME].

#### When the countdown is finished

- The time-up tone sounds for 5 seconds.
- Press any of the buttons to stop the sound.

## Resetting the watch — All Reset

### 1. Pull out the crown.

### 2. Press buttons **A**, **B** and **M** at the same time.

- All the digital indication lights up.

### 3. Push in the crown.

- The alarm sounds and the digital indication is turned off.

#### After All Reset

After All Reset, set the time and calendar and other settings. Set also the alarm.