

**CAUTION**

- Before using the watch, read this instruction manual carefully for safe and correct use.
- After reading this manual, keep it handy for future reference.

Safety Precautions (Instructions to be followed at all times)

This manual contains the following instructions that should be strictly followed at all times to prevent injury to yourself and other persons as well as damage to property.

- Injuries and damage that might be caused by using the watch improperly or neglecting any of the instructions or precautions contained in this manual are classified with the following symbols.

**WARNING**

Can cause serious injury or death

**CAUTION**

Can or will cause minor or moderate injury or damage

- Important instructions that should be followed are classified with the following symbol.



Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.



Prohibition symbol followed by [do not] (What you should not do)

**WARNING**

Diving is inherently dangerous. When wearing this watch while diving, please make sure that you have a correct understanding of the handling of it as described in these instructions and observe the correct operating procedure at all times.

The water depth gauge of this watch is not certified for use as an officially sanctioned measuring instrument. It should only be used as a reference instrument for a rough indication of water depth.

- Although this watch is equipped with a water depth gauge and altimeter, do not attempt to measure altitude at elevated locations immediately after diving. Moving to elevated locations (such as mountain climbing or flying in an airplane) after diving without allowing a suitable rest period can cause the occurrence of decompression sickness (bends).

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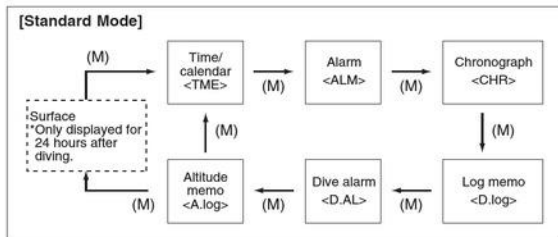
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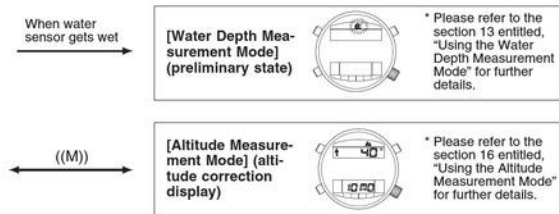
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6. Changing the Mode

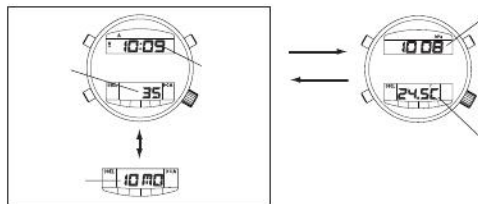
- The mode changes in the following order each time button (M) is pressed: Time/calendar → alarm → chronograph → log memo → dive alarm → altitude memo → surface (after diving).



- When the water sensor of this watch becomes wet in any of the modes of the standard mode (except during chronograph measurement), the mode automatically changes to the water depth measurement mode.
- When button (M) is pressed for at least 2 seconds in any of the modes of the standard mode (except during chronograph measurement), the mode changes to the altitude measurement mode (altitude correction display).



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- * Pressing button (A) again during display of temperature and barometric pressure returns the watch to the time/calendar display.
- * Although the measured value of barometric pressure does not change during the time the value is displayed, the measured value for temperature is updated every 10 seconds.

A. Setting the Digital Time and Date

- (1) Press button (M) to switch to the time/calendar mode.
- (2) Press button (B) for at least 2 seconds. The display flashes indicating that the time and date can be set. The location of the display that is flashing indicates the characters that can be set.
- (3) The location on the display that is flashing changes in the order shown below each time button (B) is pressed.
 - Seconds → minutes → hours → month → date → day → year → 12/24-hour timekeeping system.
- (4) Press button (A) to set the characters at the location on the display that is flashing. (Pressing button (A) continuously causes the characters to advance rapidly.)
 - When setting the seconds, pressing button (A) returns the seconds to "00" seconds. (When this is done while the seconds are between 30 and 59 seconds, the minutes advance by 1 minute.)
 - The 12/24-hour timekeeping system is switched between 12 and 24 hours each time button (A) is pressed.
- (5) Press button (M) to return to the normal display.

- * The year can be set from 1998 to 2099.
- * Make sure that AM [A] and PM [P] are set correctly when using the 12-hour timekeeping system.
- * If none of the buttons are pressed for about 3 minutes when the display is flashing, the watch automatically returns to the normal display.
- * Pressing button (M) when the display is flashing immediately returns the watch to the normal display.
- * The calendar function is completely automatic. Once it is set, it does not require adjustment for the end of the month or leap years.

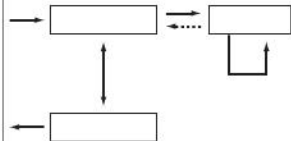
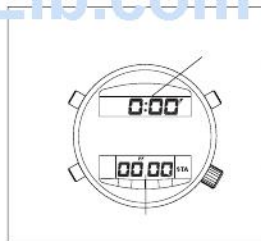
B. Temperature Measurement

- Since the thermometer installed in this watch measures and displays temperature inside the watch, it is affected by body temperature when the watch is worn. In order to measure air temperature accurately, remove the watch from your wrist and allow it to acclimate to the environment in which temperature is to be measured for at least one hour.
- The measured temperature value of this watch should only be used as a rough indicator of temperature.

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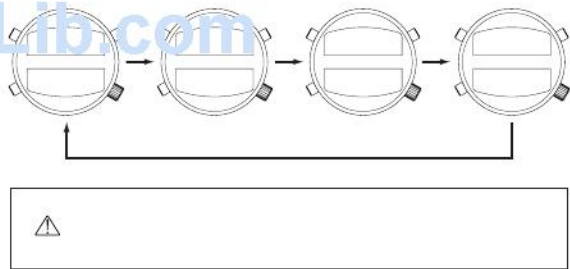
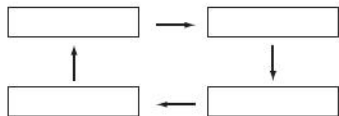
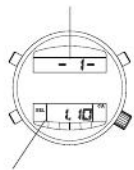
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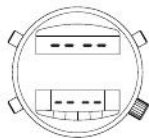
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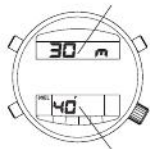
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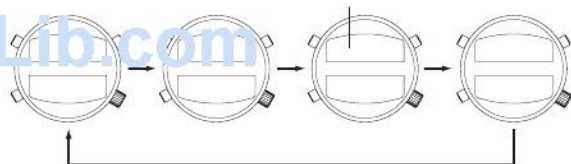
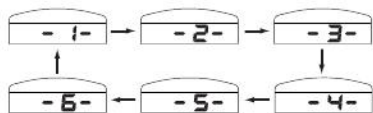
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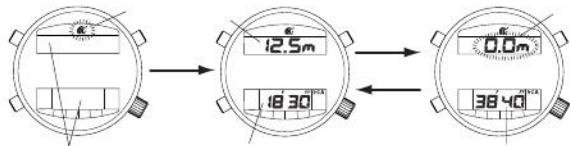
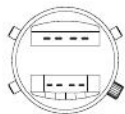
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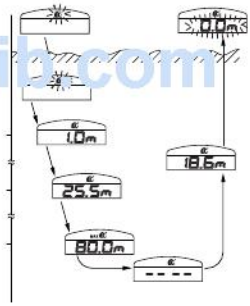
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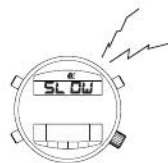
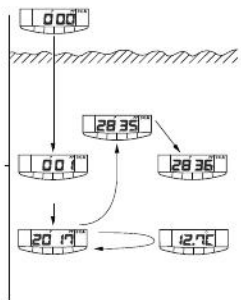
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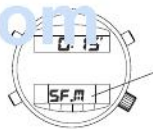
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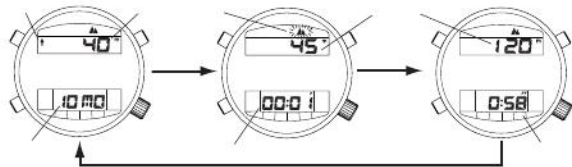
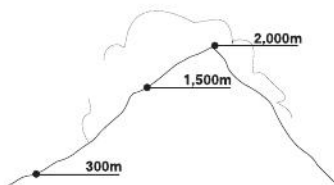
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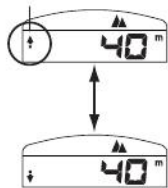
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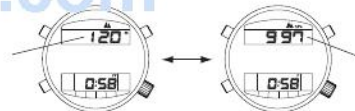


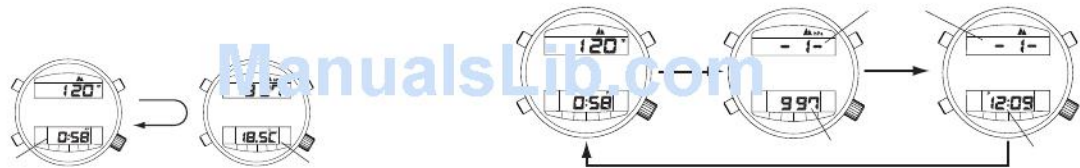
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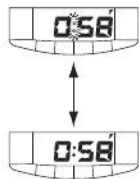


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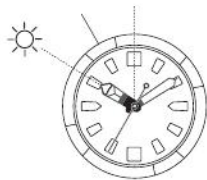


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