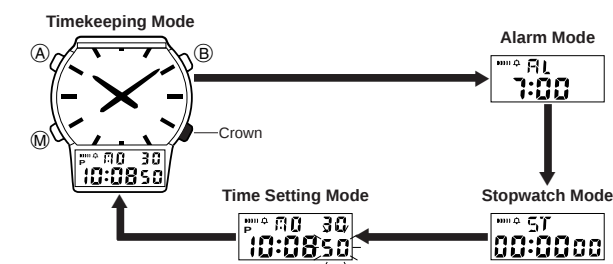
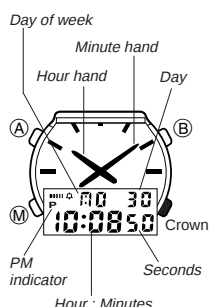


GENERAL GUIDE

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



TIMEKEEPING MODE



This section provides information on setting the time and using the backlight.

- This watch features separate digital and analog timekeeping. Note that digital time and analog time are independent of each other, and must be set separately.
- In the Timekeeping Mode, press (A) to switch between the 12-hour and 24-hour formats.
- When the 12-hour format is selected, the PM indicator (P) appears on the display to indicate "p.m." times. There is no indicator for "a.m." times. Selecting the 24-hour format causes the 24H indicator to appear on the display.
- The day of the week is displayed as shown below.

Su: Sunday Mo: Monday Tu: Tuesday
We: Wednesday Th: Thursday F: Friday
Sa: Saturday

To set the digital time and date

- Use (M) to enter the Time Setting Mode.
 - The seconds digits flash, because they are selected.
 - Press (B) to change the selection in the following sequence.
-
- While the seconds digits are selected (flashing), press (A) to reset the seconds to 00.
 - If you press (A) while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
 - 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.
 - After you set the time and date, press (M) to go to the Timekeeping Mode.
 - The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

To set the analog time

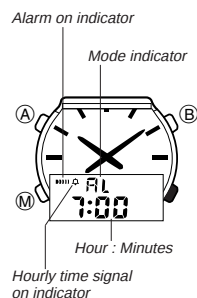
- Pull the crown out.
- Set the hands by turning the crown.
- Push the crown back in to restart timekeeping.

About the backlight

In any mode, hold down (B) to illuminate the display.

- Note that pressing (B) not only turns on the backlight, but it also performs any other function assigned to the (B) button in the mode you are in. See the explanations for each section for details on the (B) button operation.
- If you want to turn on the backlight simply to illuminate the display the watch in the Alarm or Time Setting Mode (without changing any setting), hold down (B). After viewing the display contents, be sure to press (M) to change to the Timekeeping Mode.
- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates when the EL panel lights up. It does not indicate malfunction of the watch.

ALARM MODE



When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. Press (B) to stop the alarm after it starts to sound.

When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

To set the alarm time

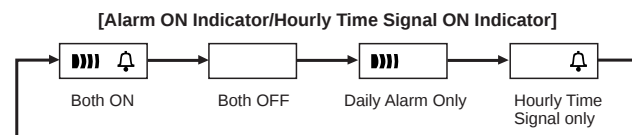
- Press (B) while in the Alarm Mode. The hour digits flash on the display because they are selected.
- This operation automatically turns on the Daily Alarm.
- Press (B) to change the selection in the following sequence.



- Pressing (B) while the minutes are selected (flashing) changes to the normal Alarm Mode screen (no digits flashing).
- Press (A) to increase the selected digits. Holding down (A) increases the selection 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 a.m. (no indicator) or p.m. (P indicator).
- After you set the alarm time, use (B) to return to the normal Alarm Mode screen.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.
- If you do not operate any button for a few minutes in the normal Alarm Mode (no flashing), the watch goes back to the Timekeeping Mode automatically.

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

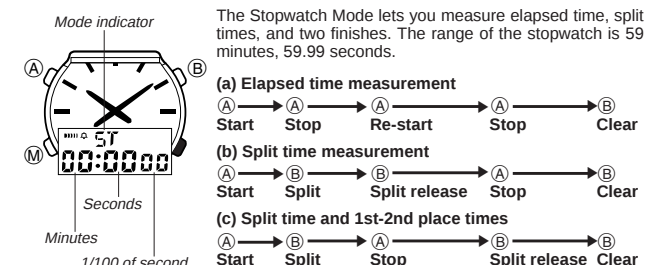
Press (A) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



To test the alarm

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

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

- Elapsed time measurement
- Split time measurement
- Split time and 1st-2nd place times

Start Stop Re-start Stop Clear

Start Split Split release Stop Clear

Start Split Stop Split release Clear

First runner finishes. Second runner finishes. Record time of first runner. Record time of second runner.