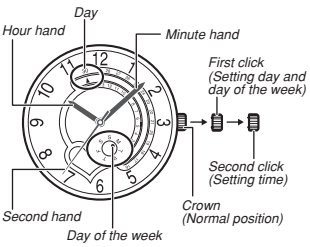


• The configuration of your watch may differ somewhat from that shown in the illustration.



**To set the time**


1. Pull the crown out to the second click when the second hand is at 12 o'clock position and the second hand stops.
2. Set the hands by rotating the crown. Rotate the crown to move the hands clockwise. Move the minute hand four or five minutes past the time you want to set, and then back it up to the proper setting.
  - Carefully set the time, making sure to distinguish between AM and PM.
3. Push the crown back in to the normal position to restart timekeeping.

• The above example shows 10:08 and 36 seconds, for Monday, the 30th of the month.

**To set the day**

1. Pull the crown out to the first click.
2. Set the day by rotating the crown towards you (in the direction indicated by the arrow in the illustration).
3. Push the crown back in to the normal position.


• Avoid changing the date setting while the current time is between 8:00 p.m. and 4:00 a.m.



**To set the day of the week**

1. Pull the crown out to the first click.
2. Set the day of the week by rotating the crown away from you (in the direction indicated by the arrow in the illustration).
3. Push the crown back in to the normal position.

• Avoid changing the day of the week setting while the current time is between 8:00 p.m. and 4:00 a.m.



■ For a watch with an elapsed time bezel  
 Rotate the elapsed time bezel to align the ▼ mark with the minute hand.  
 After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to.  
 The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

