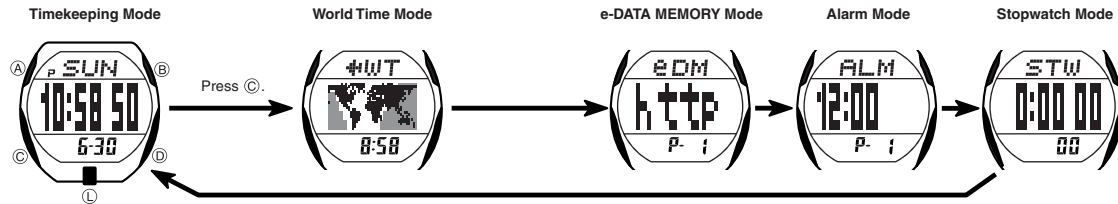


General Guide

- Press **(C)** to change from mode to mode.
- In any mode, press **(L)** to illuminate the display.

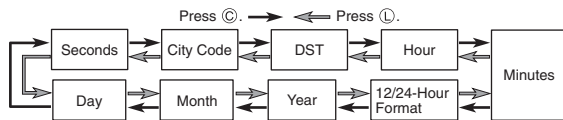


Timekeeping

Use the Timekeeping Mode to set and view the current time and date. You can also select the Timekeeping Mode display format (world map or time and date) and display color pattern you want to use.

Read This Before You Set the Time and Date!
The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch).

- To set the time and date**
1. In the Timekeeping Mode, hold down **(A)** until the seconds start to flash, which indicates the setting screen.
 2. Use **(C)** and **(L)** to move the flashing in the sequence shown below to select other settings.



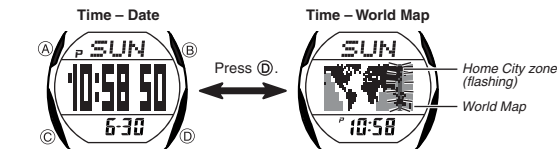
3. When the setting you want to change is flashing, use **(D)** and **(B)** to change it as described below.

To change this setting	Perform this button operation
Seconds	Press (D) to reset to 00 .
DST	Press (D) to toggle between Daylight Saving Time (ON) and standard time (OFF).
12/24-Hour Format	Press (D) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
City Code, Hour, Minutes, Year, Month, Day	Use (C) (+) and (B) (-) to change the setting.

- Pressing **(D)** while the seconds are in the range of 30 to 59 resets them to **00** and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
 - The City Code setting screen displays a world map with the time zone of the currently selected city code flashing.
 - For full information on city codes, see the "City Code Table" at the back of this manual.
 - See "Daylight Saving Time (DST)" on page for details about DST setting.
4. Press **(A)** to exit the setting screen.

- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

To switch between the Time-Date screen and the Time-World Map screen
Each press of **(D)** in the Timekeeping Mode toggles the display between the Time-Date screen and the Time-World Map screen.

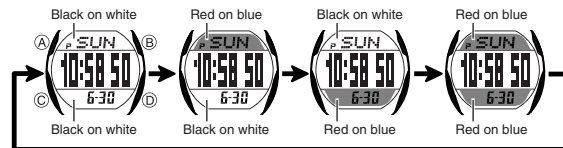


- The time zone that includes your Home City code flashes on the world map.
- Note that the shapes of the time zones that appear on the watch's world map are approximate and may be somewhat different from actual time zones, which are sometimes irregularly shaped (not straight lines).
- The area on the world map where it is daytime is black on white. Nighttime is indicated in red on blue.

Color Pattern Setting

You can select one of four different color patterns for the Timekeeping Mode display.

To change the color pattern setting
In the Timekeeping Mode, each press of **(B)** cycles through available display color patterns in the sequence shown below.



- For the Time-Date screen, the middle part of the display is always blue on white.

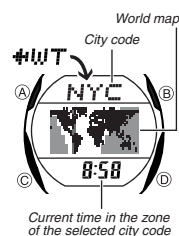
Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time

1. In the Timekeeping Mode, hold down **(A)** until the seconds start to flash, which indicates the setting screen.
2. Press **(C)** twice to display the DST setting screen.
3. Press **(D)** to toggle between Daylight Saving Time (**ON** displayed) and standard time (**OFF** displayed).
• Note that you cannot switch between standard time and Daylight Saving Time while **#WT** is selected as the city code.
4. Press **(A)** to exit the setting screen.
• The **DST** indicator appears on the display to indicate that Daylight Saving Time is turned on.

World Time



- World Time shows the current time in 27 cities (29 time zones) around the world.
- The area on the world map where it is daytime is black on white. Nighttime is indicated in red on blue. Note that the daytime and nighttime areas indicated on the world map are in accordance with the Timekeeping Mode month and time.
 - The time zone that corresponds to the selected city code flashes on the world map.
 - All of the operations in this section are performed in the World Time Mode, which you enter by pressing **(C)**.

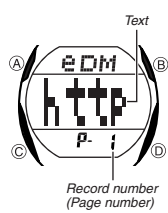
To view the time in another city code

- In the World Time Mode, press **(D)** to scroll through city codes (time zones) to the east or **(B)** to scroll to the west.
- For full information about city codes, see the "City Code Table" at the back of this manual.
 - If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.
 - The city code that is currently selected as your Home City code is displayed as red on blue.

To toggle a city code time between standard time and Daylight Saving Time

1. In the World Time Mode, use **(B)** and **(D)** to display the city code (time zone) whose standard time/Daylight Saving Time setting you want to change.
2. Hold down **(A)** for about two seconds to toggle Daylight Saving Time (**DST** displayed) and standard time (**DST** not displayed).
• The **DST** indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
• Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
• Note that you cannot switch between standard time and Daylight Saving Time while **#WT** is selected as the city code.

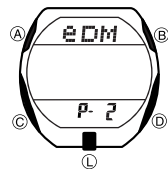
e-DATA MEMORY



You can use the watch's e-DATA MEMORY to store e-mail addresses, Web page URLs, and other text data. You can store up to 20 records (data items), and even use a password to limit access to e-DATA MEMORY contents.

- You can input alphabetic lower-case and upper-case characters, symbols, and numbers for an e-DATA MEMORY record.
- You can input up to 20 characters for the text of each record.
- Records are stored in memory in the sequence they are created.
- All of the operations in this section are performed in the e-DATA MEMORY Mode, which you enter by pressing **C**.

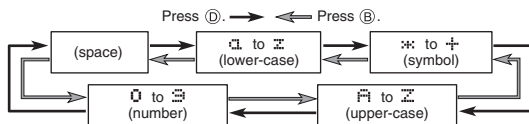
To create a new e-DATA MEMORY record



New Data Screen

- In the e-DATA MEMORY Mode, press **B** and **D** at the same time to display the new data screen.
 - You do not have to perform the above step if the new data screen is already on the display.
 - The new data screen is the one that is blank (contains no text).
 - Take care that you press **B** and **D** at the same time. Accidentally pressing **B** alone changes to the new password setting screen (PASS) or the old password input screen (OLD?). If this happens, press **B** again to exit the password screen, and then carefully press **B** and **D** at the same time.
 - If the message FULL appears on the display, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.

- Hold down **A** until the flashing cursor (■) appears on the display, which indicates the setting screen.
- Use **D** and **B** to change the character at the cursor position. The character changes in the sequence shown below.



- See the "Character List" at the back of this manual for information about the characters you can input.
- When the character you want is at the cursor position, press **C** to move the cursor to the right.
 - You can move the cursor to the left by pressing **L**.
 - Repeat steps 3 and 4 until the text is complete.
 - Press **A** to store your data and return to the e-DATA MEMORY record screen (without the cursor).
 - When the text has more than four characters, it scrolls from right to left on the display.

To recall e-DATA MEMORY records

- In the e-DATA MEMORY Mode, press **D** to scroll forward through e-DATA MEMORY records.
- Pressing **D** while the last record in memory is on the display changes to the new data screen. Pressing **D** again displays the first record.

To edit an e-DATA MEMORY record

- In the e-DATA MEMORY Mode, display the record you want to edit.
- Hold down **A** until the flashing cursor appears on the display.
- Use **C** and **L** to move the flashing to the character you want to change.
 - Use **C** to move the cursor to the right, and **L** to move it to the left.
- Use **D** and **B** to change the character.
- After making the changes you want, press **A** to store them and return to the e-DATA MEMORY record screen.

To delete an e-DATA MEMORY record

- In the e-DATA MEMORY Mode, display the record you want to delete.
- Hold down **A** until the flashing cursor appears on the display.
- Press **B** and **D** at the same time to delete the record.
 - The message CLR appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
- Input data or press **A** to return to the e-DATA MEMORY record screen.

Using a Password to Protect e-DATA MEMORY Data

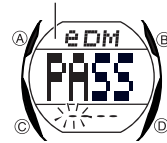
You can register a 4-digit password to keep e-DATA MEMORY data secure.

Important!

Use a 4-digit password that is easy for you to remember, but difficult for others to decipher. If you forget the password, you will have to have your watch initialized (which deletes all data in memory) in order to access the e-DATA MEMORY again. To have the watch initialized, contact the store or dealer where you purchased it, and ask to have the AC operation performed.

To register a new password

Black on white



- In the e-DATA MEMORY Mode, press **B**.
 - This displays a screen that shows PASS ---, with the first hyphen flashing. This is the new password setting screen.
- Press **D** to scroll through numbers at the first digit.
- When the first digit is the number you want, press **C** to advance to the next digit.
- Repeat steps 2 and 3 to input all four digits of the password you want.
 - Pressing **B** while inputting a new password clears your input and returns to the e-DATA MEMORY record screen.
- After all four of the password digits are the way you want, press **C** to register them.

- After you register a password, the e-DATA MEMORY record screen appears with ALM displayed at the top in red on blue. The red on blue coloring indicates that e-DATA MEMORY is protected by a password.
- After registering a password, you can input, recall, edit and delete data, if you want. After you exit the e-DATA MEMORY Mode, you will have to input the password every time you want to enter it again.

To input the password

Red on blue



- Enter the e-DATA MEMORY Mode.
- On the password input screen (PASS ---), input the password.
 - Press **D** to scroll through numbers at each digit.
 - Press **C** to advance to the next digit.
- After the password is the way you want, press **C**.
 - The e-DATA MEMORY record screen appears if the password you input matches the one you registered.
 - The password input screen reappears if the passwords do not match.

To change the password

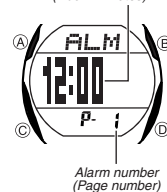
- While a record screen or password input screen is on the display in the e-DATA MEMORY Mode, press **B**.
 - This displays OLD? --- for input of the current password.
- Input the current password.
 - Press **D** to scroll through numbers at each digit.
 - Press **C** to advance to the next digit.
- After the password is the way you want, press **C**.
 - If the password you input matches the current password NEW? --- appears for input of the new password.
 - The password input screen appears if the passwords do not match.
- Input the new password.
 - Press **D** to scroll through numbers at each digit.
 - Press **C** to advance to the next digit.
- After the new password is the way you want, press **C** to register it and change to the e-DATA MEMORY record screen.
- While the OLD? or NEW? input screen is on the display, you can press **B** to change to the password input screen.

To delete the password

- While a record screen or password input screen is on the display in the e-DATA MEMORY Mode, press **B**.
 - This displays CLR? --- for input of the current password.
- Input the current password.
 - Press **D** to scroll through numbers at each digit.
 - Press **C** to advance to the next digit.
- After the password is the way you want, press **C**.
 - If the password you input matches the current password, NEW? --- appears for input of the new password.
 - The password input screen appears if the passwords do not match.
- While NEW? --- is on the display, hold down **A**. Keep **A** depressed until CLR first appears, and then the e-DATA MEMORY record screen appears.

Alarm

Alarm time (Hour : Minutes)



Alarm number (Page number)

You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the time is reached.

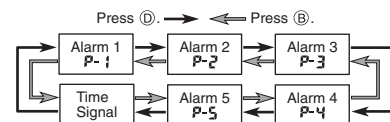
You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- The alarm screen is indicated by the ALM indicator in the upper display, while EI indicates the Hourly Time Signal screen.
- The five alarms are identified by alarm numbers P-1 through P-5.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing **C**.

To set an alarm time



- In the Alarm Mode, use **D** and **B** to select the alarm whose time you want to set.



- After you select an alarm, hold down **A** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.
- Press **C** to move the flashing between the hour and minutes.
- While a setting is flashing, use **D** (+) and **B** (-) to change it.
 - 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).
- Press **A** to exit the setting screen.

Alarm Operation

Starting from the point the Timekeeping Mode time reaches one hour before an alarm time the display pattern changes each second. This pre-alarm feature lets you know that an alarm time is about to be reached. When the actual alarm time is reached, an alarm tone sounds for 20 seconds.

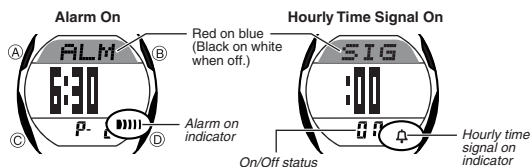
- Pressing any button stops the pre-alarm operation or the alarm tone operation.
- The pre-alarm feature works in the Timekeeping Mode only.
- The pre-alarm operation is not performed at all if its start time (one hour before the specified alarm time) is reached while the watch is not in the Timekeeping Mode or while the Timekeeping Mode setting screen is on the display. In this case, the pre-alarm operation will not start when you enter the Timekeeping Mode.

To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

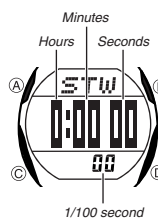
To turn an alarm and the Hourly Time Signal on and off

1. In the Alarm Mode, use (D) and (B) to select an alarm or the Hourly Time Signal.
2. When the alarm or the Hourly Time Signal you want is selected, press (A) to turn it on and off.



- The alarm on indicator (||||) and the Hourly Time Signal on indicator (*) are shown on the display in all modes while these functions are turned on.
- If any alarm is on, the alarm on indicator is shown on the display when you change to another mode.

Stopwatch



- The stopwatch lets you measure elapsed time, split times, and two finishes.
- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
 - The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
 - The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
 - Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
 - All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

To measure times with the stopwatch

Elapsed Time



Split Time



Two Finishes



Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto Display



Auto Display continually changes the contents of the digital display.

To turn off Auto Display

Press any button (except for (L)) to turn off Auto Display. This returns to the Timekeeping Mode.

To turn on Auto Display

Hold down (C) for about two seconds until the watch beeps.

- Note that Auto Display cannot be performed while a setting screen is on the display.

Color Pattern Precaution

Note the following points about the different color patterns used for the display of this watch.

- When using the red on blue color pattern, red figures may be difficult to read from some viewing angles.

Auto Return Features

- After you perform any button operation (except for the backlight button) in any mode, pressing (C) returns directly to the Timekeeping Mode.
- If you leave the watch in the e-DATA MEMORY Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave the watch in the Alarm Mode for one to two hours without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

Initial Screens

When you enter the Timekeeping, World Time, e-DATA MEMORY, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Data and Setting Scrolling

The (B) and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Timekeeping

- With the 12-hour format, the P (PM) indicator appears on the display 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, without any indicator.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

World Time

- The current time in all World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
- The GMT differential is the time difference of the time zone where the city is located from Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.
- Daylight Saving Time (DST) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

Backlight Precautions

- The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode, press (L) to illuminate the display for about two seconds.
- The electro-luminescent panel that provides illumination loses power after very long use.
 - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
 - The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
 - The backlight automatically turns off whenever an alarm sounds.
 - Frequent use of the backlight shortens the battery life.