

Operation Guide 2555 2868

About This Manual

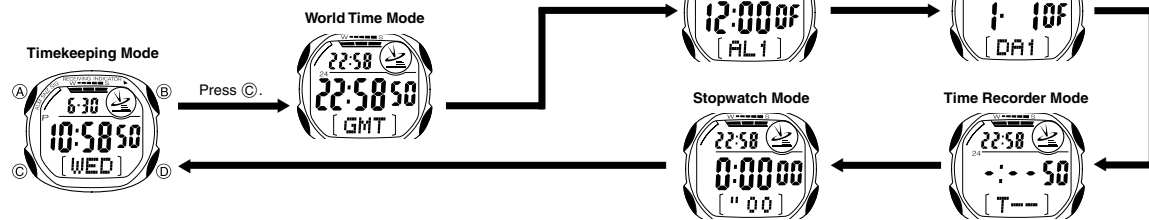


- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.



General Guide

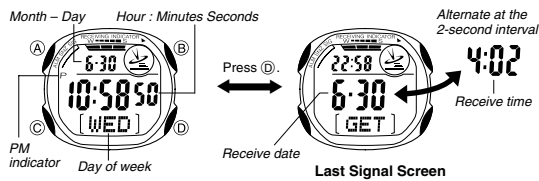
- Press (C) to change from mode to mode.
- In any mode, press (B) to illuminate the display.



Radio-controlled Timekeeping

This watch receives a time calibration signal and updates its time setting accordingly. The time calibration signal includes both Standard Time and Daylight Saving Time (summer time) data.

- In the Timekeeping Mode, press (D) to display the Last Signal screen. The Last Signal screen shows the date and time of the last successful time calibration signal reception.



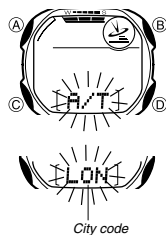
- This watch is designed to pick up the time calibration signal transmitted from Rugby, England and the signal from Mainflingen, Germany.

Current Time Setting

This watch automatically adjusts its time setting in accordance with a time calibration signal. You can also perform a manual procedure to set the time and date, when necessary.

- The first thing you should do after purchasing this watch is to set your Home City, which is the city where you will normally use the watch. For more information, see "To set your Home City" below.
- When using the watch that is outside of the range of the transmitters in Rugby and Mainflingen, you need to manually adjust the time as required. See "Timekeeping" for information about manual settings.

To set your Home City



- In the Timekeeping Mode, hold down (A) until the transmitter indicator (R, T, M, B, F, or D, C, F) starts to flash, which indicates the setting screen.
 - If the displayed transmitter indicator shows something other than R, T, use (D) to display R, T before advancing to the next step.
- Press (C) to display the city code setting screen.
- Use (D) (east) and (B) (west) to select the city code you want to use as your Home City.
 - The following are the city codes for major cities in the Western Europe time zones.
 LON: London
 PAR and BER: Paris, Berlin, Milan, Rome, Amsterdam, Hamburg, Frankfurt, Vienna, Barcelona, Madrid
- Press (A) to exit the setting screen.

Important!

- Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You can also perform manual receive or you can set the time manually.
- If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.
- See "Transmitters" for details about the transmitter indicator.

Time Calibration Signal Reception

There are two different methods you can use to receive the time calibration signal: *auto receive* and *manual receive*.

Auto Receive

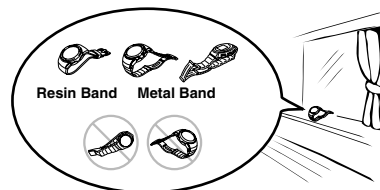
With auto receive, the watch automatically picks up the time calibration signal five times a day at 0:00 a.m., 1:00 a.m., 2:00 a.m., 3:00 a.m., and 4:00 a.m. For more information, see "About Auto Receive".

Manual Receive

Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see "To perform manual receive".

Important!

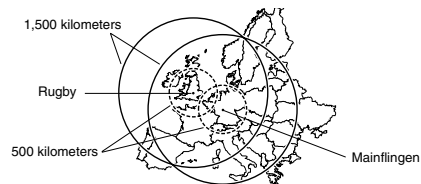
- Position the watch as shown in the nearby illustration, with its 12 o'clock side facing towards a window. Make sure there are no metal objects nearby.



- The watch should not be on its side or facing the wrong way.
- Proper signal reception can be difficult or even impossible under the conditions listed below.



- Signal reception is normally better at night than during the day.
- Time calibration signal reception takes from two to five minutes, but in some cases it can take as long as 14 minutes. Take care that you do not perform any button operations or move the watch during this time.



- This watch is designed to receive the time calibration signal transmitted from Rugby, England and the signal from Mainflingen, Germany. Signal reception is possible within the area represented by a circle with a radius of about 1,500 kilometers.
- At distances further than about 500 kilometers from a transmitter, signal reception may not be possible during certain times of year or times of day. Radio interference may also cause problems with reception.
- See the information under "Signal Receive Troubleshooting" if you experience problems with time calibration signal reception.

About Auto Receive

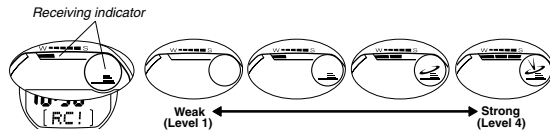
When auto receive is turned on, the watch automatically starts to receive the time calibration signal when the time in the Timekeeping Mode reaches 0:00 a.m., 1:00 a.m., 2:00 a.m., 3:00 a.m., and 4:00 a.m. each day (calibration times). The watch will also perform an additional auto receive operation at 5:00 a.m. if none of regularly scheduled auto receive operations are successful.

Note

- The auto receive operation is performed only if the watch is in the Timekeeping Mode or World Time Mode when one of the calibration times is reached. It is not performed if a calibration time is reached while an alarm is sounding, or while you are configuring settings (while settings are flashing on the display).
- Auto receipt of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can easily receive the signal.
- When auto receive is turned on, the watch receives the calibration signal for two to five minutes everyday when the time in the Timekeeping Mode reaches each of the calibration times. Do not perform any button operation within five minutes before or after any one of the calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the time kept in the digital display. The receive operation will be performed whenever the display shows any one of the calibration times, regardless of whether or not the displayed time is actually the correct time.
- When two, three, four, or five receptions are successful, the watch uses the data of the last reception for calibration. When only one reception is successful, the watch uses the data of the successful reception.

About the Receiving Indicator

The receiving indicator shows the strength of the calibration signal being received. For best reception, be sure to keep the watch in a location where signal strength is strongest.



- Even in an area where signal strength is strong, it takes about 10 seconds for signal reception to stabilize enough for the receiving indicator to indicate signal strength.
- Use the receiving indicator as a guide for checking signal strength and for finding the best location for the watch during signal receive operations.
- The Level 4 receiving indicator remains on the display in all modes following reception of the time calibration signal and calibration of the watch's time setting. The Level 4 receiving indicator is not displayed if signal reception was unsuccessful or after manual adjustment of the current time setting.
- The Level 4 receiving indicator is displayed only when the watch is able to successfully receive both time and date data. It does not appear when only time data is received.
- The Level 4 receiving indicator indicates that at least one of the calibration signal receive operations was successful. Note, however, that the Level 4 receiving indicator is cleared from the display at 3:00 a.m. each day.

To perform manual receive

- Place the watch on a stable surface so its top (12 o'clock side) is facing towards a window.
 - Note that signal reception is poor when the 12 o'clock side of the watch is not facing towards a window.
- In the Timekeeping Mode, hold down (D) for about two seconds until the watch beeps.
- Release (D) and the message RC! appears to indicate that signal reception has started.
 - Time calibration signal reception takes from two to five minutes. Take care that you do not perform any button operations or move the watch during this time.

After signal reception is complete, the display of the watch changes to the Last Signal screen.

Note

- To interrupt a receive operation and return to the Timekeeping Mode, press (D).
- If the receive operation is unsuccessful, the message ERR appears on the display for about one or two minutes. After that, the watch returns to the Timekeeping Mode.
- You can also change from the Last Signal or ERR screen to the normal timekeeping screen by pressing (D).

To turn auto receive on and off

- In the Timekeeping Mode, hold down (A) until the transmitter indicator starts to flash, which indicates the setting screen.
- Press (C) three times to move the flashing to the auto receive on/off setting.
- Press (D) to toggle auto receive on (ON) and off (OFF).
 - If the current Home City setting is a city code that does not support signal receive, "--" appears in place of the on/off indicator. This means you cannot turn auto receive on or off.
- Press (A) to exit the setting screen.

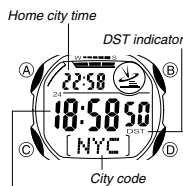
Signal Receive Troubleshooting

Check the following points whenever you experience problems with calibration signal reception.

Problem	Probable Cause	What you should do
Cannot perform manual receive.	<ul style="list-style-type: none"> The watch is not in the Timekeeping Mode. Your current Home City is not one of the following city codes: BER, FFR, or LON. The transmitter setting is incorrect. 	<ul style="list-style-type: none"> Enter the Timekeeping Mode and try again. Select BER, FFR, or LON as your Home City. Select the transmitter setting appropriate for your current location.
Auto receive is turned on, but the Level 4 receiving indicator does not appear on the display.	<ul style="list-style-type: none"> The transmitter setting is incorrect. You changed the time setting manually. The watch was not in the Timekeeping or World Time Mode, or you performed some button operation during the auto receive operation. Even if receive is successful, the Level 4 receiving indicator disappears every day at 3 a.m. Time data (hour, minutes, seconds) only was received during the last receive operation. The Level 4 receiving indicator appears only when time data and date data (year, month, day) are both received. 	<ul style="list-style-type: none"> Select the transmitter setting appropriate for your current location. Perform manual signal receive or wait until the next auto signal receive operation is performed. Check to make sure the watch is in a location where it can receive the signal.
Time setting is incorrect following signal reception.	<ul style="list-style-type: none"> If the time is one hour off, the DST setting may be incorrect. The Home City code setting is not correct for the area where you are using the watch. 	<ul style="list-style-type: none"> Change the DST setting to Auto DST. Select the correct Home City code.

- For further information, see "Important!" under "Time Calibration Signal Reception" and "Radio-controlled Timekeeping Precautions".

World Time



Current time in the selected city code (Hour : Minutes Seconds)

The World Time shows the current time in 30 cities (29 time zones) around the world.

- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City settings and make the necessary changes.
- The watch will perform a signal receive operation even if it is in the World Time Mode when a calibration time is reached. If this happens, the World Time Mode time settings will be adjusted in accordance with the Timekeeping Mode's Home City time.
- 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 (A) to scroll to the west.
- For full information on city codes, see the "City Code Table".
 - The World Time Mode times are always displayed using 24-hour format.
 - You can change the DST (Daylight Saving Time)/Standard Time settings for each city code in the Timekeeping Mode. See "Daylight Saving Time (DST)" for more information.

Alarms

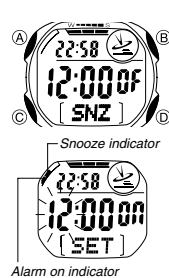


Alarm number
Alarm time (Hour : Minutes)
Countdown (Hours : Minutes Seconds)
Target Alarm Screen

The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm. One of the one-time alarms functions as a "target alarm", which counts the time remaining from the current Timekeeping Mode time (Home City time) to the target alarm time.

- Also use the Alarm Mode to turn the Hourly Time Signal (SIG) on and off.
- There are five alarms numbered AL1 through AL5, TAL, and SNZ. You can configure SNZ as a snooze alarm only. Alarms AL1 through TAL (target alarm) can be used as one-time alarms only.
 - Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing (C).

To set an alarm time



Alarm on indicator

- In the Alarm Mode, use (D) to scroll through the alarm screens until the one whose time you want to set is displayed.



- 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.

- Use (C) to move the flashing in the sequence shown below to select other settings.

- While a setting is flashing, use (D) and (B) to change it.
 - While the hour or minute setting is flashing, use (D) (+) and (B) (-) to change it.
 - While the on/off setting is flashing, use (D) to toggle it on (ON) and off (OFF).
- Press (A) to exit the setting screen.
- 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).

Alarm Operation

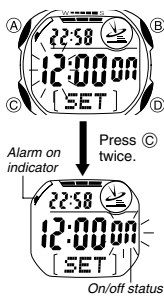
The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off.

- Pressing any button stops the alarm tone operation.
- If any alarm operation (one-time alarm, snooze) occurs while a signal receive operation is in progress, the receive operation is canceled.
- Displaying the Timekeeping Mode setting screen during a 5-minute interval between snooze alarms stops the current snooze alarm operation (but snooze alarm remains as the alarm type setting).
- The snooze indicator (SNZ) flashes during the 5-minute intervals between alarms.
- The alarm on indicator (AL) and snooze indicator (SNZ) are displayed in all modes.
- In all modes, the alarm on indicator is shown for any alarm that is currently turned on.

To test the alarm

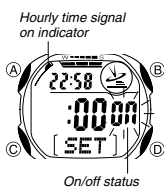
In the Alarm Mode, hold down (D) to sound the alarm.

To turn an alarm on and off



- In the Alarm Mode, use (D) to scroll through the alarm screens until the one whose time you want to set is displayed.
- 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) twice to move the flashing to the alarm's on/off setting.
- While the on/off setting is flashing, press (D) to toggle it on (BA) and off (BF).
- Press (A) to exit the setting screen.

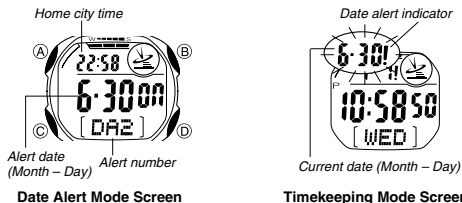
To turn the Hourly Time Signal on and off



- In the Alarm Mode, use (D) to scroll through the alarm screens until the Hourly Time Signal screen (EIG) is displayed.
- Hold down (A) until the Hourly Time Signal on/off setting starts to flash, which indicates the setting screen.
 - This operation automatically turns on the Hourly Time Signal.
- While the on/off setting is flashing, press (D) to toggle it on (BA) and off (BF).
- Press (A) to exit the setting screen.
 - The Hourly Time Signal on indicator is displayed in all modes when the Hourly Time Signal is turned on.

Date Alert

Date Alert helps you to remember an important date. After you set an alert date (month and day), a date alert indicator (!) and the current date flash for 24 hours after the alert date arrives in the Timekeeping Mode. You can set up to five different date alerts.

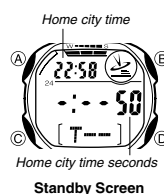


- To stop the flashing of the date alert indicator and date, use the procedure below to turn off the alert for that date.

To set the alert date

- Use (C) to enter the Date Alert Mode.
- Use (D) to scroll through the alert screens until the one whose date you want to set is displayed.
- After you select an alert, hold down (A) until the month setting of the alert date starts to flash, which indicates the setting screen.
 - This operation automatically turns on the alert.
- Press (C) to move the flashing in the sequence shown below.
- While a setting is flashing, use (D) and (B) to change it.
 - While the month or day setting is flashing, use (D) (+) and (B) (-) to change it.
 - While the on/off setting is flashing, press (D) to toggle it on (BA) and off (BF).
- Press (A) to exit the setting screen.

Time Recorder



The Time Recorder Mode lets you store up to 50 time entries (hour, minutes, seconds) with the touch of a button. One way you can use the Time Recorder Mode is to record the start time and the end time of a particular event.

- All of the operations in this section are performed in the Time Recorder Mode, which you enter by pressing (C).

To record a Time Recorder time

- Use (C) to enter the Time Recorder Mode.
 - This displays the Time Recorder standby screen.
- Press (D) to record the Home City time (hour, minutes, seconds).

- The recorded time flashes for about two seconds and then assigned the next available record number, in the range of T 1 through T 5 0. Next the time recorder standby screen appears.
- A new time is recorded each time you press (D) while the standby screen is on the display.
- The Time Recorder Mode always displays times using 24-hour format, regardless of the 12-hour/24-hour format setting in the Timekeeping Mode.

- Records are assigned numbers sequentially from T 1 through T 5 0.
- Storing a new time record when there are already 50 records stored in memory automatically deletes record T 1, shifts the remaining records upwards by 1, and stores the new record as T 5 0.

To recall Time Recorder times

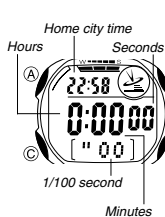
In the Time Recorder Mode, press (A) to scroll through times stored in memory.

- Each press of (A) scrolls through time records from higher numbered (newer) records to lower numbered records.
- Whenever you enter the Time Recorder Mode, the standby screen appears first.
- Press (D) to return to the standby screen.

To delete all Time Recorder times

Enter the Time Recorder Mode. While holding down (A), press (D) to delete all Time Recorder times.

Stopwatch

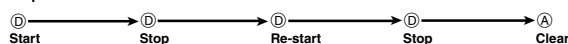


The stopwatch lets you measure elapsed time, split times, and two finishes.

- 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.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- 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



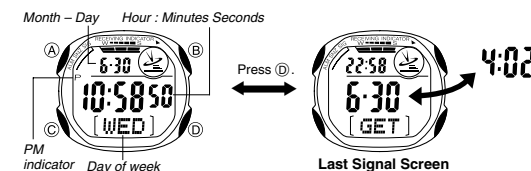
Two Finishes



Timekeeping

Use the Timekeeping Mode to set and view the current time and date. This section also explains how to manually set the current date and time.

- All of the operations in this section are performed in the Timekeeping Mode, which you enter by pressing (C).
- In the Timekeeping Mode, press (D) to display the Last Signal screen.



Setting the Time and Date Manually

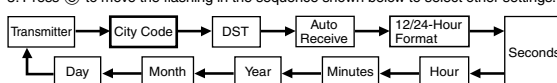
Make sure you select your Home City code before you change the current time and date settings. World Time Mode times are all displayed in accordance with the Timekeeping Mode settings. Because of this, World Time Mode times will not be correct if you do not select the proper Home City code before setting the time and date in the Timekeeping Mode.

- When setting the time and date, you can also configure settings for the transmitter, your Home City code (the code for the city where you normally use the watch), summer time (Daylight Saving time or DST), auto receive, and the 12/24-hour format.

To set the time and date manually

- In the Timekeeping Mode, hold down (A) until the transmitter indicator start to flash, which indicates the setting screen.
- Press (C) once to move the flashing to the city code setting (see the illustration below), and then use (B) and (D) to display the city code you want to use as your Home City code.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table".

3. Press (C) to move the flashing in the sequence shown below to select other settings.



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

Screen	To do this:	To do this:
R/T	Change the transmitter setting (R/T , MSF , or DCF)	Press (D) .
LON	Change the city code	Use (D) (east) and (B) (west).
10:58 R DST	Toggle between Daylight Saving Time (ON), Standard Time (OFF), or Auto DST (R)	Press (D) .
R/C	Toggle between auto receive on (ON) and off (OFF)	Press (D) .
10:58 50 1 2H	Toggle between 12-hour (1 2H) and 24-hour (24H) timekeeping	Press (D) .
6:30 10:58 50 7 04	Reset the seconds to 00	Press (D) .
	Change the hour, minutes, year, month, day	Use (D) (+) and (B) (-).

5. Press **(A)** to exit the setting screen.

Note

- The transmitter setting specifies which transmitter's signal should be used for time calibration. See "Transmitters" for more information.
- Auto DST (**R**) can be selected only while **BER**, **FAR**, **LON**, or **ATH** is selected as the Home City code. For more information, see "Daylight Saving Time (DST)" below.
- The auto receive setting is used for time calibration signal reception only. See "About Auto Receive" for details.

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.

The time calibration signals transmitted from Rugby and Mainflingen include both Standard Time and DST data. When the Auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the received time signal.

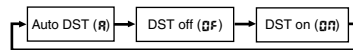
Note

- Auto DST (**R**) can be selected only while **BER**, **FAR**, **LON**, or **ATH** is selected for the city code setting.
- If you experience problems receiving the time calibration signal in your area, it is probably best to switch between Standard Time and Daylight Saving Time (summer time) manually.
- The **DST** indicator appears when DST (summer time) is being applied for the currently displayed time.
- Note that summer time is not supported for the **GMT** city code.
- See "To change the DST setting for the Home City code" and "To change the DST setting for a World Time Mode city code" for more information.

To change the DST setting for the Home City code



- In the Timekeeping Mode, hold down **(A)** until transmitter indicator starts to flash, which indicates the setting screen.
- Press **(C)** twice to display the DST setting screen.
- Use **(D)** to cycle through the DST settings in the sequence shown below.



- When the setting you want is selected, press **(A)** to exit the setting screen.

To change the DST setting for a World Time Mode city code



- In the Timekeeping Mode, hold down **(A)** until transmitter indicator starts to flash, which indicates the setting screen.
- Press **(C)** to display the city code setting screen.
- Use **(B)** and **(D)** to display the city code whose DST setting you want to change.
- Press **(C)** to display the DST setting screen.
- Press **(D)** to toggle the DST setting between **ON** (DST on) and **OFF** (DST off).
 - If you select **BER**, **FAR**, **LON**, or **ATH** as the city code in step 3, pressing **(D)** will cycle through three settings: **R** (Auto DST), **ON** (DST on) and **OFF** (DST off). For this World Time Mode setting procedure, select either **OFF** (DST off) or **ON** (DST on).



- When the setting you want is selected, press **(C)** nine times to display the city code setting screen.
- Use **(B)** and **(D)** to return the city code setting to your Home City code.
- Press **(A)** to exit the setting screen.

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 Return Features

- If you leave the watch in the Alarm (except for the target alarm screen) or Date Alert Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

The **(A)**, **(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.

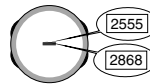
Initial Screens

When you enter the World Time, Alarm, or Date Alert Mode, the data you were viewing when you last exited the mode appears first.

Radio-controlled Timekeeping Precautions

- Strong electrostatic charge can result in the wrong time being set.
- Even when the watch is within the reception range of the transmitter, signal reception is impossible if the signal is blocked by mountains or other geological formations between the watch and signal source.
- Signal reception is affected by weather, atmospheric conditions, and seasonal changes.
- The time calibration signal is bounced off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal takes priority over any time settings you make.
- The watch is designed to automatically update the date and day of the week for the period January 1, 2000 to December 31, 2039. Setting of the date by the time calibration signal cannot be performed starting from January 1, 2040.
- This watch can receive signals that differentiate between leap years and non-leap years.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to time data only.
- Normally, the signal reception date shown by the Last Signal screen is the date data included in the received time calibration signal. When only time data is received, however, the Last Signal screen shows date as kept in the Timekeeping Mode at the time of signal reception.
- If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within ± 20 seconds a month at normal temperature.
- If you have problems with proper time calibration signal reception or if the time setting is wrong after signal reception, check your transmitter, current city code, DST (summer time), and auto receive settings. The following are the initial factory defaults for these settings.

Setting	Initial Factory Default
Transmitter	MSF (Rugby) (Module 2555) DCF (Mainflingen) (Module 2868)
City code	LON (London) (Module 2555) BER (Berlin) (Module 2868)
DST (summer time)	R DST (Auto switching)
Auto receive	ON R/C (Auto receive)



- To find out the module number of your watch, look at its back cover. The Module number (2555 or 2868) will be engraved inside the box on the back cover.

Transmitters

This watch is designed to receive the time calibration signal transmitted from Rugby, England and the signal from Mainflingen, Germany. You can select either one of the transmitters, or you can configure the watch to automatically select the transmitter that has the strongest signal.

- The following explains how the watch determines which transmitter it should check first while the watch is configured for auto transmitter search (**R/T**).

Module 2555

In this case:	The watch does this:
The first signal auto search operation after factory default settings are in effect, or after the city code has been changed.	1. Checks the Rugby signal first. 2. If the Rugby signal cannot be received, checks the Mainflingen signal.
Any case other than the above.	1. Checks the last successfully received signal first. 2. If the last successfully received signal cannot be received, checks the other signal.

Module 2868

In this case:	The watch does this:
The first signal auto search operation after factory default settings are in effect, or after the city code has been changed.	1. Checks the Mainflingen signal first. 2. If the Mainflingen signal cannot be received, checks the Rugby signal.
Any case other than the above.	1. Checks the last successfully received signal first. 2. If the last successfully received signal cannot be received, checks the other signal.

- Since the watch checks signals from both transmitters when **R/T** is selected as the transmitter setting, the signal receive operation can take as long as 14 minutes.

To select a transmitter



- In the Timekeeping Mode, hold down **(A)** until the transmitter indicator starts to flash, which indicates the setting screen.
- Use **(D)** to scroll through available transmitter settings until the one you want to select is displayed.

To set up the watch to do this:	Select this transmitter setting:
Automatically select the Rugby or Mainflingen signal	R/T
Receive the Mainflingen signal	DCF
Receive the Rugby signal	MSF

- Note that --- appears in place of the transmitter indicator when any city code besides **LON**, **FAR**, **BER**, or **ATH** is selected as the Home City code. This indicates that you cannot specify a transmitter.

3. Press **(A)** to exit the setting screen.

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar 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.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on your Home City time setting.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC*) data.

* The letters "UTC" stands for "Universal Time Coordinated", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation. The reference point for UTC is Greenwich, England.

12-hour/24-hour Timekeeping Formats

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in the Alarm Mode.

- 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. The indicator 24 indicates the 24-hour format.
- In any mode other than the Timekeeping Mode, the current Home City time is displayed in the upper part of the display in 24-hour format.

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 one second.

- 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.

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
---		-11.0	Pago Pago
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
LAX	Los Angeles	-08.0	San Francisco, Las Vegas, Vancouver, Seattle/Tacoma, Dawson City, Tijuana
DEN	Denver	-07.0	El Paso, Edmonton, Culiacan
CHI	Chicago	-06.0	Houston, Dallas/Ft. Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	-05.0	Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
CCS	Caracas	-04.0	La Paz, Santiago, Pt. Of Spain
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
---		-02.0	
---		-01.0	Praia
GMT			Dublin, Lisbon, Casablanca, Dakar, Abidjan
LON	London	+00.0	
PAR	Paris		Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm
BER	Berlin	+01.0	
ATH	Athens		Helsinki, Istanbul, Beirut, Damascus, Cape Town
CAI	Cairo	+02.0	
JRS	Jerusalem		
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow
YHR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata
DAC	Dhaka	+06.0	Colombo
RSN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+08.0	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
SEL	Seoul		Pyongyang
TYO	Tokyo	+09.0	
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Melbourne, Guam, Rabaul
NOU	Nourmea	+11.0	Pt. Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Is.

- Based on data as of June 2003.