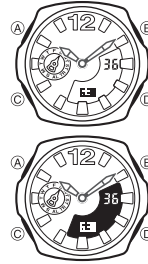


Operation Guide 5216

About This Manual



- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- For the sake of simplicity, the sample displays in this manual do not show the analog hands of the watch.
- 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.

E-1

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E-2

E-3

Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

To set the digital time and date.....	E-11
To toggle the Timekeeping Mode digital time between DST and Standard Time.....	E-15
To adjust home positions.....	E-17
To view the time in another city.....	E-20
To toggle a city code time between Standard Time and Daylight Saving Time.....	E-21
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To use the countdown timer.....	E-26
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E-4

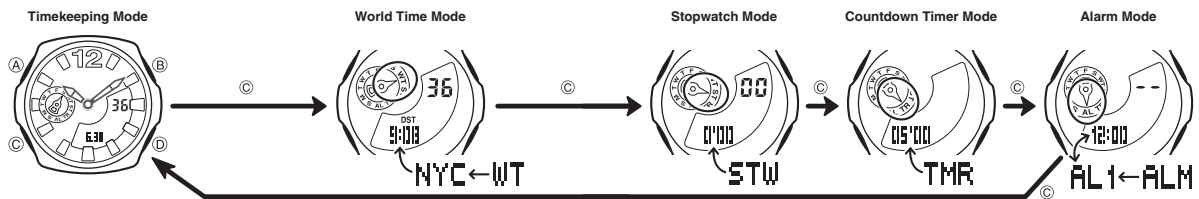
E-5

To turn the Hourly Time Signal on and off.....	E-31
To turn on illumination manually.....	E-32
To specify the illumination duration.....	E-33
To turn the button operation tone on and off.....	E-35

General Guide

- Press (C) to change from mode to mode.
- To jump directly to the Timekeeping Mode from any other mode, hold down (C).

- In any mode (except when a setting screen is on the display), press (B) to illuminate the display.
- The left dial hand indicates the day of the week and mode.



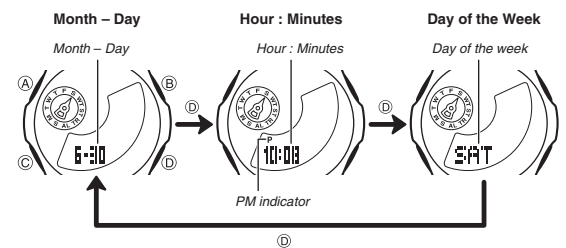
E-6

E-7

Timekeeping

This watch features separate digital and analog timekeeping. The procedures for setting the digital time (page E-11) and analog time (page E-16) are different.

- In the Timekeeping Mode, you can press (D) to change the display format as shown below.



E-8

E-9

Digital Time and Date

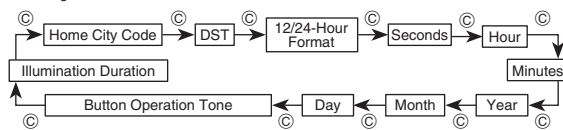
Use the Timekeeping Mode to set and view a digital display of the current time and date.

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

- This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the digital time, it is important that you select the correct city code for your Home City. If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.
- Note that all of the times for the World Time Mode city codes (page E-19) are displayed in accordance with the digital time and date settings you configure in the Timekeeping Mode.
- After you correctly set your Home City time and date, you can set the watch up for timekeeping with a different city code simply by changing the Home City code in the Timekeeping Mode.

E-10

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



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

E-12

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

- The analog time will automatically change so it is synchronized with the digital time settings you configured.
- See "Digital Time Daylight Saving Time (DST) Setting" below for details about the DST setting.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- For details about illumination duration, see "Illumination" on page E-32.

Digital Time Daylight Saving Time (DST) Setting

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

E-14

Analog Timekeeping

The analog time of this watch is synchronized with the digital time. The analog time setting is adjusted automatically whenever you change the digital time.

Note

- The hands for the analog timepiece move to adjust to a new setting whenever any of the following occurs.

When you change the digital time setting manually.

When you change the Home City code and/or DST setting.

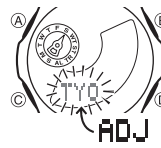
- If the analog time does not match the digital time for any reason, use the procedure described under "To adjust home positions" (page E-17) to match the analog setting to the digital setting.
- Whenever you need to adjust both the digital and the analog time settings manually, make sure you adjust the digital setting first.
- Depending on how much the hands have to move in order to adjust to the digital time, it may take some time before they stop moving.

E-16

- If the hour and minute hands are not in the correct positions, use **(D)** (+) and **(B)** (-) to adjust them.
 - If the left dial hand is not in the correct position, use **(C)** to adjust it.
 - Holding down **(D)**, **(B)**, or **(C)** for a few seconds will start high-speed movement of each hand (which will continue even if you release the button). To stop high-speed hand movement, press any button.
 - **(D)**, **(B)** and **(C)** high-speed hand movement will also stop automatically as described below.
 - **(D)** : After 12 revolutions of the minute hand
 - **(B)** : After one revolution of the minute hand
 - **(C)** : After one revolution of the left dial hand
2. After everything is the way you want, press **(A)** to return to the Timekeeping Mode.
- After performing home position adjustment, enter the Timekeeping Mode and check to make sure that the analog hands and the digital display indicate the same time. If they do not, perform home position adjustment again.

E-18

To set the digital time and date



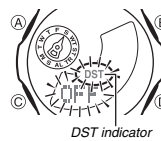
1. In the Timekeeping Mode, hold down **(A)** until "ADJ" appears on the display. Release **(A)** and the city code of your currently selected Home City will flash on the display, which indicates the setting screen.
2. Use **(B)** and **(D)** to scroll through the city codes until the one you want is displayed.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table" at the back of this manual.

E-11

Screen	To do this:	Do this:
TYO	Change the Home City code	Use (D) (east) and (B) (west).
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press (D) .
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	
36	Reset the seconds to 00	
10:00	Change the hour or minutes	Use (D) (+) and (B) (-).
20 12	Change the year	
6:30	Change the month or day	
KEY / MUTE	Toggle the button operation tone between KEY (on) and MUTE (off)	Press (D) .
LT 1	Select one second (LT 1) or three seconds (LT 3) as the illumination duration	

E-13

To toggle the Timekeeping Mode digital time between DST and Standard Time



1. In the Timekeeping Mode, hold down **(A)** until "ADJ" appears on the display. Release **(A)** and the city code of your currently selected Home City will flash on the display, which indicates the setting screen.
2. Press **(C)** to display the DST setting screen.
3. Press **(D)** to toggle between Daylight Saving Time (**ON** displayed) and Standard Time (**OFF** displayed).
4. Press **(A)** to exit the setting screen.
 - The DST indicator appears on the Timekeeping, Alarm, and Hand Setting Mode to indicate that Daylight Saving Time is turned on.

E-15

Adjusting Home Positions

Strong magnetism or impact can cause the hands of the watch to be off. If this happens, perform the applicable home position adjustment procedures in this section.

- Hand home position adjustment is not required if the analog time and digital time are the same in the Timekeeping Mode.

To adjust home positions

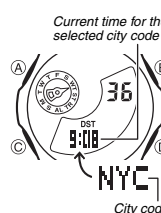


Correct hour and minute hand positions

1. In the Timekeeping Mode, hold down **(A)** for about five seconds. You can release the button after "H-SET" appears on the display.
 - Though "ADJ" will appear on the display after about two seconds, do not release the button yet. Keep it depressed until "H-SET" appears.
 - "0:00" will flash on the display and the hour, minute, and left dial hands should move to 12 o'clock (their home positions).

E-17

World Time



World Time digitally displays the current time in 48 cities (31 time zones) around the world.

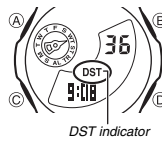
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing **(C)** (page E-6).

E-19

To view the time in another city

- In the World Time Mode, press (D).
- This will cause the city code of the currently selected World Time City to appear for about two seconds, followed by the current time in that city.
 - Pressing (D) while a city code is displayed will scroll to the next city code, in the sequence noted in the "City Code Table" at the back of this manual.
 - If the current time shown for a city is wrong, it probably means there is a problem with your Timekeeping Mode time and/or Home City code settings. Go to the Timekeeping Mode and make the necessary adjustments.

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

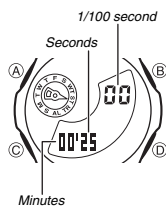


- In the World Time Mode, use (D) to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
 - Hold down (A) for about two seconds to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
- The DST indicator 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 UTC is selected as the city code.

E-20

E-21

Stopwatch



- The stopwatch lets you measure elapsed time.
- The display range of the stopwatch is 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.
 - All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C) (page E-7).

To measure times with the stopwatch

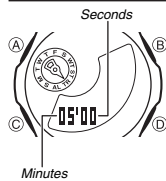
Elapsed Time



E-22

E-23

Countdown Timer



- The countdown timer can be set within a range of one minute to 60 minutes. An alarm sounds when the countdown reaches zero.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C) (page E-7).

Configuring the Countdown Timer

- You need to set a countdown start time before actually using the countdown timer.
- See "To configure the countdown timer" on page E-25 for information about setting up the timer.

Countdown End Beeper

The countdown end beeper lets you know when the countdown reaches zero by beeping for about 10 seconds or until you stop it by pressing any button.

To configure the countdown timer



- While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the current countdown start time starts to flash, which indicates the setting screen.
- If the countdown start time is not displayed, use the procedure under "To use the countdown timer" (page E-26) to display it.

E-24

E-25

- Use (B) and (D) to change the countdown start time as described below.

Screen	Button Operation
05:00	Use (D) (+) and (B) (-) to change the setting. • You can set a start time in the range of 1 to 60 minutes in 1-minute increments.

- Press (A) to exit the setting screen.

To use the countdown timer



- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- The countdown timer operation continues even if you exit the Countdown Timer Mode.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

Alarms



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

- You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are six screens in the Alarm Mode. Five are for one-time alarms (indicated by numbers from AL1 through AL5), and one is for the Hourly Time Signal (indicated by SIG).
 - All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C) (page E-7).

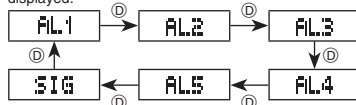
E-26

E-27

To set an alarm time



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



- To set a one-time alarm, display one of the screens indicated by an alarm number from AL1 through AL5.
- 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 minute settings.

- 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

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.

- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode digital time.
- To stop the alarm tone after it starts to sound, press any button.

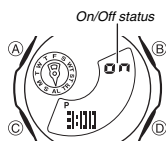
To test the alarm

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

E-28

E-29

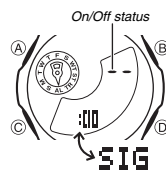
To turn an alarm on and off



1. In the Alarm Mode, use (D) to select an alarm.
2. Press (A) to toggle it on (ON displayed) and off (- - displayed).

E-30

To turn the Hourly Time Signal on and off



1. In the Alarm Mode, use (D) to select the Hourly Time Signal (SIG).
2. Press (A) to toggle it on (ON displayed) and off (- - displayed).

E-31

Illumination

An LED (light-emitting diode) illuminate the display for easy reading in the dark.

Illumination Precautions

- The illumination provided by the light may be hard to see when viewed under direct sunlight.
- Illumination automatically turns off whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

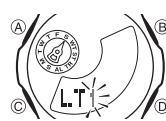
To turn on illumination manually

In any mode (except when a setting screen is on the display), press (B) to turn on illumination.

- You can use the procedure below to select either one second or three seconds as the illumination duration. When you press (B), the illumination will remain on for about one second or three seconds, depending on the current illumination duration setting.

E-32

To specify the illumination duration



1. In the Timekeeping Mode, hold down (A) until "ADJ" appears on the display. Release (A) and the city code of your currently selected Home City will flash on the display, which indicates the setting screen.
2. Press (C) ten times so the illumination duration setting screen is on the display.
3. While the illumination duration setting is flashing, press (D) to toggle the setting between one second (LT1) and three seconds (LT3).
4. Press (A) to exit the setting screen.

E-33

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.

Button Operation Tone

The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, alarms, the Hourly Time Signal, and other beepers all operate normally.

To turn the button operation tone on and off



1. In the Timekeeping Mode, hold down (A) until "ADJ" appears on the display. Release (A) and the city code of your currently selected Home City will flash on the display, which indicates the setting screen.
2. Press (B) nine times until the current button operation tone setting (MUTE or MUTE) appears.
3. Press (C) to toggle the setting between MUTE (tone on) and MUTE (tone off).
4. Press (A) to exit the setting screen.

Auto Return Feature

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.

E-34

E-35

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.

Initial Screens

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

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.
- With the 12-hour format, the P 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.

E-36

- The year can be set in the range of 2000 to 2099.
- 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 batteries replaced.
- The current time for all city codes in the Timekeeping Mode is calculated in accordance with the UTC time offset of each city, based on your Home City time setting.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time offset values.
- The UTC offset is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.

E-37

- The letters "UTC" is the abbreviation for "Coordinated Universal Time", 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.

E-38

Specifications

Accuracy at normal temperature: ±30 seconds a month

Digital Timekeeping: Hour, minutes, seconds, p.m. (P), month, day, day of the week
 Time format: 12-hour and 24-hour
 Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099
 Other: 3 screen formats (Month - Day, Hour: Minutes, Day of the Week); Home City code (can be assigned one of 48 city codes); Daylight Saving Time (summer time)/Standard Time

Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)

World Time: 48 cities (31 time zones)
 Other: Daylight Saving Time/Standard Time

Stopwatch

Measuring unit: 1/100 second
 Measuring capacity: 59'59.99"
 Measuring mode: Elapsed time

E-39

Countdown Timer

Measuring unit: 1 second
 Countdown range: 60 minutes
 Countdown start time setting range: 1 to 60 minutes (1-minute increments)

Alarm: 5 daily alarms; Hourly Time Signal

Illumination: LED (light-emitting diode); selectable illumination duration (approximately 1 second or 3 seconds)

Other: Button operation tone on/off

Battery: Two silver oxide batteries (Type: SR726W)

Approximately 2 years on type SR726W (assuming alarm operation 10 seconds per day and one illumination operation 1.5 seconds per day)



City Code Table

E-40

L-1

City Code Table

City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	-11
HNL	Honolulu	-10
ANC	Anchorage	-9
YVR	Vancouver	-8
LAX	Los Angeles	-8
YEA	Edmonton	-7
DEN	Denver	-7
MEX	Mexico City	-6
CHI	Chicago	-6
NYC	New York	-5
SCL	Santiago	-4
YHZ	Halifax	-4
YYT	St. Johns	-3.5
RIO	Rio De Janeiro	-3
FEN	Fernando de Noronha	-2

L-2

City Code	City	UTC Offset/ GMT Differential
RAI	Praia	-1
UTC		
LIS	Lisbon	0
LON	London	
MAD	Madrid	
PAR	Paris	
ROM	Rome	+1
BER	Berlin	
STO	Stockholm	
ATH	Athens	
CAI	Cairo	+2
JRS	Jerusalem	
MOW	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5

City Code	City	UTC Offset/ GMT Differential
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
PGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	
HKG	Hong Kong	+8
BJS	Beijing	
TPE	Taipei	
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5

City Code	City	UTC Offset/ GMT Differential
GUM	Guam	+10
SYD	Sydney	+10
NOU	Noumea	+11
WLG	Wellington	+12

- Based on data as of December 2010.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

L-3