



To set the time

1. When the second hand is at the 12 o'clock position, pull out the crown to the second click. This will cause the second hand to stop.
2. Rotate the crown to set the hands to the current time.
3. Push the crown all the way back in to restart timekeeping.
 - It is a good idea to restart timekeeping at the top of a minute, according to a time signal on the radio, etc.

Setting the Date

Except for the month of February, this watch is designed to adjust automatically for months of different lengths.

- This watch uses 30 days for the month of February. You need to adjust the date manually at the end of February each year.
- At the end of a 30-day month, it may take until about 5:30 the next morning before the month name changes to the following month.

To set the date

1. Pull out the crown to the first click.
2. Rotate the crown to change the date setting.
 - Rotate the crown away from you to change the month setting.
 - Rotate the crown towards you to change the day setting.
3. When the date is the way you want it, push the crown all the way back in.

- Avoid changing the date setting during the period from 17:00 to 5:00 the following day. During this period, the watch is performing an internal process required for changing from one date to the next. Because of this, the date setting may not change when you rotate the crown.

- For watch with the 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.

