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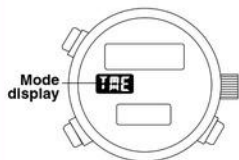
## 2. Name of Parts

Please fold out and refer to the watch diagram at the beginning of this manual.  
See the attached.

Name		Time Mode	Calendar Mode	Alarm 1/2 Mode	Chronograph Mode	Timer Mode	Zone Setting Mode
Ⓐ Button Ⓐ	Press once	EL lamp turns on		ON/OFF switch	Start/stop	Start/stop	EL lamp turns on
	Press for 2 seconds or more			Alarm sound monitor	—	—	
Ⓑ Button Ⓑ	Press once	Switch the displayed city	Switch the displayed city	Switch the displayed city	Split/reset	Set time adjustment	Switch the displayed city
	Press for 2 seconds or more	To time adjustment mode	To calendar adjustment mode	To alarm setting mode	—	Set time quick adjustment	To zone setting mode
Ⓜ Button Ⓜ	Press	To <CAL> mode	To <AL1> mode	To <CHR> mode	To <TMR> mode	To <SET> mode	To <TME> mode
a : Mode display		TME	CAL	AL1/AL2	CHR	TMR	SET
b : Digital display [1]		Hours, minutes, seconds	Month, date	Hours, minutes or OFF	Minutes, seconds, 1/100 seconds	Remaining time (Minutes, seconds)	Hours, minutes, seconds
c : Digital display [2]		City name	Day or name of cities	City name	Hours	Set time (minutes)	City name
d : Crown		Used for analog time setting					
e : Hour hand		Always time (hours) display					
f : Minute hand		Always time (minutes) display					
g : Second hand		Always time (seconds) display					

### 3. Switching Modes (Functions)

In addition to the time mode, this watch has six other modes (functions): Calendar, Alarm 1, Alarm 2, Chronograph, Timer, and Zone Setting. Each press of the  button switches the mode in the following sequence.

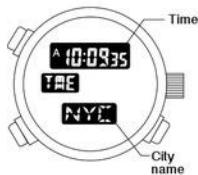



Display	Mode
TME	Time
CAL	Calendar
AL1	Alarm 1
AL2	Alarm 2
CHR	Chronograph
TMR	Timer
SET	Zone Setting


\* If the watch is left in the Alarm 1, Alarm 2, or Zone Setting mode for approximately 2 minutes, it automatically returns to the time mode <TME>.

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### 4. Displaying the Time and Calendar of Cities Worldwide



(1) Press the  button to select the <TME> mode or <CAL> mode.

(2) Each time the  button is pressed, a city's name and its time (calendar) are displayed sequentially.

Cities can be displayed in the order No. 2 → 3 ... 31 → 1 → 2 (e.g., LON → PAR...BUE → UTC → LCN), as shown in the table on the following page, or in the opposite order, i.e., No 2 → 1 → 31 ... 3 → 2 (e.g., LON → UTC → BUE...PAR → LCN).

To switch to the opposite display sequence, press the  button and the  button simultaneously.

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## 5. EL Illumination Function

### <What is EL?>

Electroluminescence is a physical phenomenon whereby electrical voltage is directly converted into light in a thin film solid. This watch utilizes an EL panel for the illuminating function.

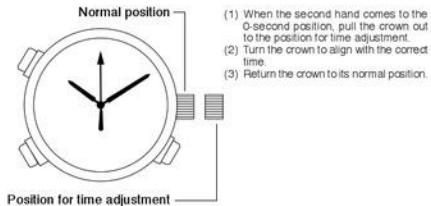
### <How to Light the Illumination>

The EL illumination comes on in the following situations.

- (1) When the  button is pressed during the normal <TME> mode, <CAL> mode, or <SET> mode displays.
- (2) During split time display or stop in the <CHR> mode.

## 6. Setting the Analog Time

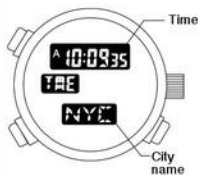
In the case of watches where the crown is a screw type, perform the operation after loosening the screw. Make sure to tighten the screw firmly when the operation has been completed.



### 7. Setting the Digital Time <TME>

When the time is set for one of the 30 cities and UTC (Universal time coordinated time, the time is automatically set for the cities.

<Normal time display>



#### What is summertime?

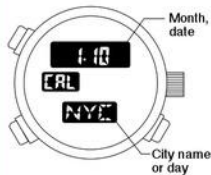
Summertime or "daylight saving time: DST" has been inaugurated in many countries in order to efficiently utilize daylight by advancing the clock a certain amount of time, in relation to the normal time, during the summer. (This watch advances the time by 1 hour.)

- (1) Press the **M** button to select the <TME> mode.
- (2) Press the **Ⓚ** button to display the city whose time you want to adjust.
- (3) Press and hold the **Ⓚ** button for 2 seconds or more. "S.T. (summertime abbreviation)" and "ON" or "CF" flashes. Press the **Ⓚ** button to select summertime (ON) or (CF) for the city.
- (4) Each time the **Ⓚ** button is pressed, the flashing figures change in this sequence [Summertime → Seconds → Minutes → Hour → 12 hours/24 hours] sequence. Make the figures that you want to adjust, flash.
- (5) Press the **Ⓚ** button to adjust. (The flashing figures can be adjusted.)  
If the **Ⓚ** button is kept pressed, the setting changes quickly.
- (6) Press the **M** button to return to the normal time display.
  - \* When running in the 12-hour system, pay attention to the morning (A) and afternoon (P) indicators.
  - \* The set mode (flashing display) will automatically revert to the normal display if left for two minutes with no input.
  - \* Summertime can be set for any city. The Summertime setting is interlocked with all modes so that the <AL1>, <AL2> and <SET> modes of a city for which Summertime is selected, will also indicate the time according to the Summertime.

## 8. Using the Calendar <CAL>

Adjusting the calendar for one of the 30 cities and UTC time will automatically adjust the calendar for the remaining cities.

### <Normal calendar display>



### <Adjusting the Calendar>

- (1) Press the **M** button to move to the <CAL> mode.
- (2) Press the **C** button to display the city whose calendar you want to adjust.
- (3) Press and hold the **C** button for 2 seconds or more, the "month" starts flashing. Press the **A** button to adjust the "month". (The flashing figures can be adjusted).
- (4) Each time the **C** button is pressed, the flashing figures change in this sequence [Month → Day → Year] sequence. Make the item that you want to adjust, flash.
- (5) Press the **A** button covers adjust. (If the **A** button is kept pressed, the setting changes quickly.)
- (6) Press the **M** button to return to the normal calendar display.

\* The calendar covers the years 1996 thru 2099.

\* The automatic calendar eliminates any need to adjust the watch at the end of the month or for leap years.

\* The day is automatically adjusted when the month, date and year are adjusted.

\* The calendar adjustment mode (flashing display) will automatically return to the normal display if left for about two minutes with no input.

\* If a non-existing date (e.g., February 30) is set, the date will automatically reset to the first of the next month once display returns to normal.

### <Changing the Display>

Press the **A** button for more than 2 seconds to switch between city display and day display.

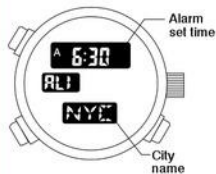


### 9. Using the Alarm <AL1/AL2>

Setting and operation of the Alarm 1 and Alarm 2 are the same, only the sound of the alarm is different.

Once you turn the alarm on, it will sound for 20 seconds at the same time each day.

#### <Normal alarm display>



#### <Setting the Alarm>

- (1) Press the **M** button to select the <AL1> or <AL2> mode.
- (2) Press the **B** button to display the time of the city for which you want to set the alarm.
- (3) Press and hold the **B** button for 2 seconds or more, the "hour" display will start flashing. The flashing item can be adjusted. Press the **A** button to adjust the "hour". (If the **A** button is kept pressed, the setting changes quickly.)
- (4) Press the **B** button while the "hour" is flashing to make the "minute" display flash instead. Press the **A** button to adjust.
- (5) Press the **M** button to return to the normal alarm display.

- \* While in the alarm mode you can sound the alarm continuously for as long as you keep the **A** button pressed. (Alarm sound monitor function)
- \* When you are using the 12-hour system, the alarm time will also run according to the 12-hour system. Watch the AM/PM indicator to confirm that you have made the setting you want.
- \* The alarm mode will automatically return to the normal display if left for about two minutes with no input.

#### <Switching the Alarm Function On and Off>

Press the **A** button while in the alarm mode to switch the alarm between on and off.



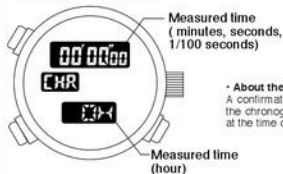
#### <How to Stop the Alarm Sound>

Press any button to stop the alarm while sounding.

### 10. Using the Chronograph <CHR>

This chronograph measures times of up to 23 hours 59 minutes 59 seconds and 99/100 seconds in units of 1/100 second. On reaching 24 hours of elapsed time, it resets to zero (0:00' 00") and stops. It can also measure split times (intermediate elapsed times).

<Chronograph reset display>

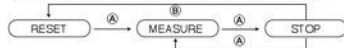


#### • About the confirmation sound

A confirmation sound will be heard when the chronograph is started, stopped, and at the time of split and reset operations.

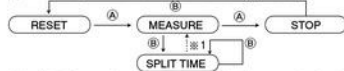
#### <Accumulative Time Measurement>

- (1) Each time the (A) button is pressed, the chronograph is switched between start and stop.
- (2) Press the (B) button to reset while the chronograph is stopped.



#### <Split Time Measurement>

- (1) Each time the (A) button is pressed, the chronograph is switched between start and stop.
- (2) Press the (B) button while the chronograph is measuring to display the split time for about ten seconds. (The "SPL" indicator will flash while the split time is displayed.) Each time the (B) button is pressed, the newest split time is displayed.
- (3) Press the (B) button to reset while the chronograph is stopped.



※ 1 : After 10 seconds, automatically returns to the measuring display

#### <Switching the Mode During Chronograph Measuring>

Even if the **M** button is pressed and the mode is switched while the chronograph is measuring, the measurement will continue. When you return to the <CHR> mode, the measured time is again displayed.



What is split time: Intermediate elapsed times from the start.

#### 11. Using the Timer <TMR>

You can set the timer for a number of whole minutes up to 99 in one minute increments. At "time up" (when the set time has elapsed), the time-up alarm sounds for five seconds and the watch returns to the timer set time.

##### <Timer set display>

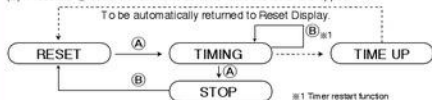


##### <How to Set the Timer>

- (1) Press the **M** button to move to the <TMR> mode.
- (2) Each time you press the **Ⓜ** button, the set time will increase by one minute. (If the **Ⓜ** button is kept pressed, the setting changes quickly.)

#### <How to Use the Timer>

- (1) Each time the (A) button is pressed, the timer is switched between start and stop.
- (2) Press the (B) button to revert to set time while the timer is stopped.



If you press the (B) button while the timer is running, the time is reset to the set time and the timer is automatically restarted. (Timer restart function)

#### •About the confirmation sound

While in the timer mode, a confirmation sound will be heard when the timer is started, stopped, and restart operations.

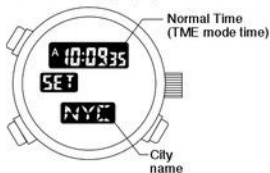
#### <Switching the Mode During Timer Running>

Even if the (M) button is pressed and the mode is changed while the timer is running, the timer countdown will continue. When you return to the <TMP>- mode, the countdown time is again displayed.

## 12. Using the Zone Setting <SET>

In the zone setting mode, you can select the cities that you want to display from among the 30 cities and UTC time that this watch is capable of displaying, and you can set Summertime for each of these cities. This allows you to easily recall and display only the cities that have been set (to ON) in any mode.

#### <Normal zone setting display>



#### **<How to Zone Settings>**

- (1) Press the **M** button to move to the <SET> mode.
  - (2) Press the **B** button to recall the city that you want to set.
  - (3) When the **B** button is pressed for more than 2 seconds, the "CN" or "OFF" and the "city name" will flash.  
Press the **A** button to select whether the city should be displayed (CN) or not (OFF).
  - (4) When the **B** button is pressed while the "city name" and "CN", or "OFF", are flashing, the "S.T. (Summertime symbol)" and "CN", or "OFF", will start flashing. Press the **A** button to select whether Summertime should be set (CN) or canceled (OFF).
- \* To set other cities, press the **B** button again to move to the adjustment mode for the next city. Follow the same procedure in sequence to set each of the desired cities.
- (5) When all the desired cities have been set, press the **M** button again to return to the normal zone setting display.
- \* The zone setting adjustment mode (flashing display) will automatically return to the normal display if left for more than two minutes with no input.

### **13. When These Problems Occur ...**

#### **<The Watch Shows Abnormal display>**

When the battery life is close to expiring, the display or functions may become abnormal. When these problems occur, replace the battery as soon as possible.  
In rare cases, a strong impact, etc. may cause the display or functions to become abnormal (no display, alarm sounds incessantly, etc.). In this case, perform the all-reset operation by referring to "14. All-Reset Operation".

#### **<Following Battery Replacement>**

After the battery has been replaced, perform the all-reset operation by referring to "14. All-Reset Operation".

#### 14. All-Reset Operation

- (1) Pull the crown out.
- (2) Press the three buttons (A), (B) and (M) simultaneously. (While pressed, there will be no display.)
- (3) Release the buttons. (All the display segments will appear.)
- (4) Push the crown in. (At this point, a monitor sound is heard.)



This completes the all-reset operation. Set each mode correctly before using the watch.

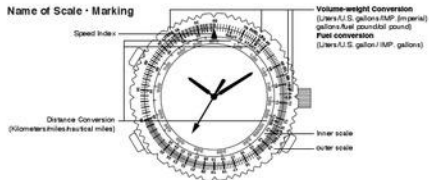
#### 15. How to Handle the Calculating Functions

Some are not equipped with this function depending on the model.

**Note the points below when using this function.**

- Use the calculating functions of this watch as a guideline only.
- This scale cannot be used for position of the decimal point.

#### Name of Scale · Marking





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