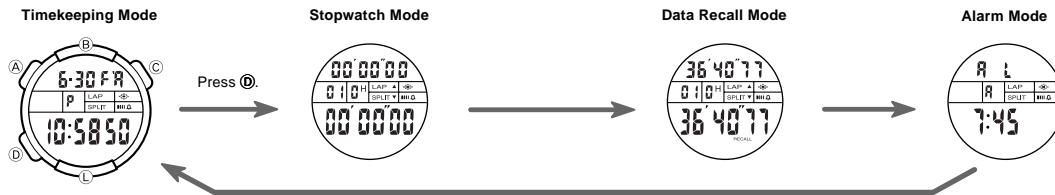


GENERAL GUIDE

- Press **(D)** to change from mode to mode.
- In any mode, press **(L)** to illuminate the display for about two seconds.

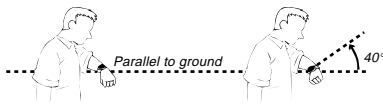


ABOUT THE BACKLIGHT

About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for two seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.



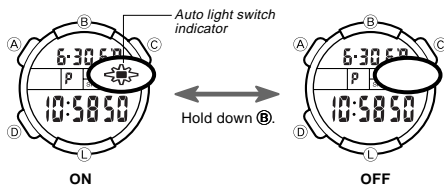
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.



- Static electricity or magnetic force can interfere with proper operation of the auto backlight function. If the auto backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions the backlight may not light until about one second or less after turning the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto light switch function on and off

In the Timekeeping Mode, hold down **(B)** for one or two seconds to turn the auto light switch function on and off.



- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately three hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing **(L)** while in the Timekeeping Mode illuminates the display, regardless of the auto light switch's on/off setting.

Caution

- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

Warning!

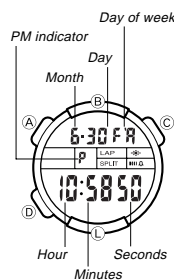
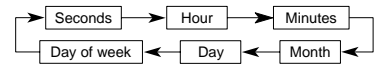
- **Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.**
- **When you are wearing the watch, make sure that its auto light switch function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.**

TIMEKEEPING MODE

- In the Timekeeping Mode, press **(C)** to switch between the 12-hour and 24-hour formats.

To set the time and date

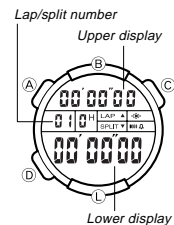
1. Press **(A)** while in the Timekeeping Mode. The seconds digits flash on the display because they are *selected*.
2. Press **(D)** to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press **(C)** to reset the seconds to "00". If you press **(C)** while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
 4. While any other digits (besides seconds) are selected (flashing), press **(C)** to increase the number or **(B)** to decrease it. While the day of the week is selected, pressing **(C)** advances to the next day and **(B)** goes to the previous day. Holding down either button changes the current selection at high speed.
 5. After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.
 - The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.

STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, lap times, and split times. Time is measured with 1/100 of a second accuracy. You can also store up to 10 lap and split times in memory.



- The lap time appears in the upper part of the display. You can use this function to time how long it takes to complete a specific portion (such as a single lap) of a race.
- The split time appears in the lower part of the display. You can use this function to time how long it takes to get from the start to a specific point in a race.

To measure elapsed time

1. Press **(B)** to start the stopwatch.
2. Press **(B)** to stop the stopwatch.
- You can resume the measurement operation by pressing **(B)** again.
3. Press **(C)** to clear the stopwatch to all zeros.

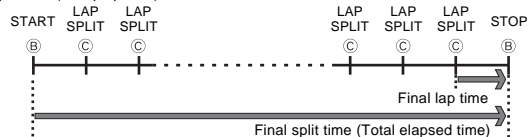
To record lap and split times

1. Press **(B)** to start the stopwatch.
2. Press **(C)** to display the timing up to that point. Stopwatch timing continues internally.
- When you press **(C)**, the lap and split times remain on the display for about seven seconds. Then the display automatically changes back to the stopwatch (elapsed time) display.
3. You can repeat step 2 as many times as you want.
4. Press **(B)** to stop the time measurement.
5. Press **(C)** to clear the stopwatch to all zeros.

About the memory function

Whenever you perform a lap/split time operation, the measured times are automatically stored into memory along with the lap/split number. You can store up to 10 lap/split times in memory.

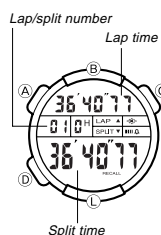
If you perform more than 10 lap/split time operations, the memory will contain the times for the first 9 laps/splits (as lap/split numbers 1 through 9), and the final lap and split time (as lap/split 10).



Data in the lap/split memory is cleared whenever you start a new stopwatch timing operation. For details on recalling data in the lap/split memory, see "DATA RECALL MODE".

DATA RECALL MODE

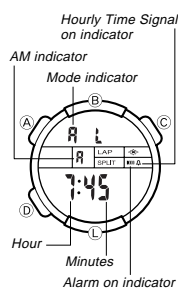
Use the Data Recall Mode to recall times stored in memory.



To recall data from memory

1. Enter the Data Recall Mode and the data for lap/split number 1 appears on the display.
2. Press **C** to scroll through the other times stored in memory.
 - The data scrolls in sequence from 1 through 10.
 - Any lap/split for which there is no data shows 0'00"00 for the time.
3. If you enter the Data Recall Mode while a stopwatch operation is in progress, the time for the current lap/split is shown as 0'00"00.

ALARM MODE



When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time

1. Press **A** while in the Alarm Mode. The hour digits flash on the display because they are *selected*. At this time, the alarm is automatically switched on.
2. Press **D** to change the selection in the following sequence.

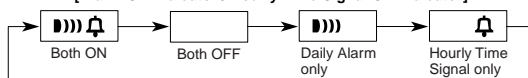
Hour ← → Minutes
3. Press **C** to increase the selected hour or minutes digits or **B** to decrease them. Holding down either button changes the selection at high speed.

- The format (12-hour or 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (A) or afternoon (P).
- 4. After you set the alarm time, press **A** to return to the Alarm Mode.

To switch the Daily Alarm and Hourly Time Signal on and off

Press **C** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

[Alarm ON Indicator / Hourly Time Signal ON Indicator]



To test the alarm

Hold down **B** while in the Alarm Mode to sound the alarm.