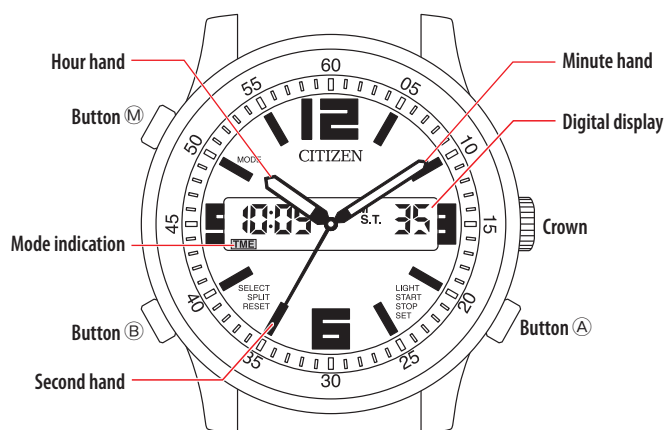


- To see details of specifications and operations, refer to the instruction manual:  C45* instruction manual

Component identification



- Actual appearance may differ from the illustration.

Using EL lights

The EL lights are turned on in the cases below:

- When pressing button **A** while the crown is pushed in and the mode is [TME] or [CAL].
- When pressing button **A** or **B** during time measurement using the chronograph.
- When pressing button **B** while using the timer.

Setting the time

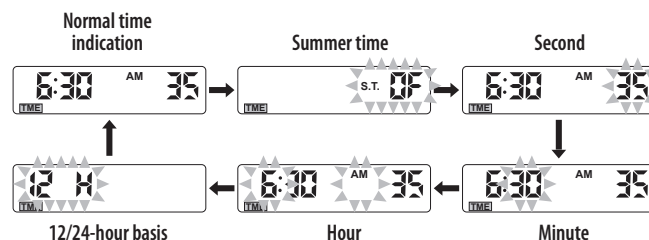
Setting the time of the analog section

- Pull out the crown when the second hand points 0 second.**
The second hand stops.
- Rotate the crown to set the time.**
 - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.
- Push in the crown in accordance with a reliable time source to finish the procedure.**
The second hand starts moving.

Setting the time of the digital section

- Press button **M** to cancel setting of the time of the digital section.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

- Press and release the upper left button **M** repeatedly to change the mode to [TME].**
- Press and hold the lower left button **B** for about 2 seconds.**
[S.T.] and [ON] or [OF] (off) starts blinking and the time becomes adjustable.
 - The blinking part is the target to adjust.
- Press and release the lower left button **B** repeatedly to change the target to be set.**
 - Each time you press button **B**, the target changes as follows:



- Press and release the lower right button **A** to adjust the target.**
 - Press button **A** in accordance with a reliable time source when setting the second.
 - Pressing and holding button **A** changes indication continuously when setting the minute and the hour.
 - "A" or "P" is displayed to indicate AM or PM in 12-hour basis indication.
- Repeat steps 3 and 4 to set other targets.**
- Press and release the upper left button **M** to finish the procedure.**

Setting the calendar

The calendar of this watch does not have to be adjusted manually until Thursday, December 31, 2099 including leap years. (perpetual calendar)

- Press button **(M)** to cancel setting of the calendar.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

1. Press and release the upper left button **(M) repeatedly to change the mode to [CAL].**

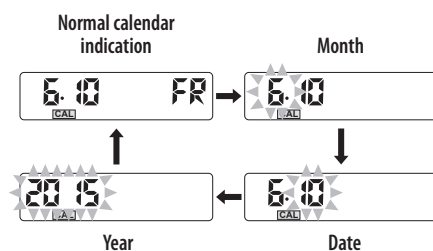
2. Press and hold the lower left button **(B) for about 2 seconds.**

The month indication starts blinking and the calendar becomes adjustable.

- The blinking part is the target to adjust.

3. Press and release the lower left button **(B) repeatedly to change the target to be set.**

- Each time you press button **(B)**, the target changes as follows:



4. Press and release the lower right button **(A) to adjust the target.**

- Pressing and holding button **(A)** changes indication continuously.

5. Repeat steps 3 and 4 to set other targets.

6. Press and release the upper left button **(M) to finish the procedure.**

- The day of week is set automatically.

Resetting the watch — All Reset

1. Pull out the crown.

2. Press and release buttons **(A), **(B)** and **(M)** at the same time.**

All the digital indication lights up.

3. Push in the crown.

The alarm sounds.

After All Reset

After All Reset, set the time and calendar and other settings. Set also the alarm.

