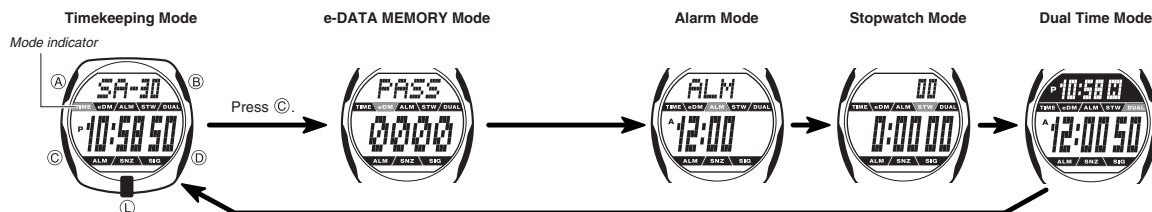


General Guide

- Press **C** to change from mode to mode.
- In any mode, press **L** to illuminate the display.

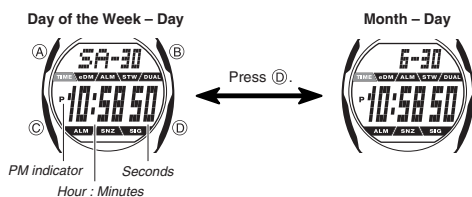
- The mode indicator uses white on red characters to indicate the watch's current mode.



Timekeeping

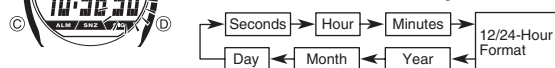
Use the Timekeeping Mode to set and view the current time and date. You also use the Timekeeping Mode to select the display color pattern.

- In the Timekeeping Mode, press **D** to toggle between the Day of the Week – Day and the Month – Day screens.



To set the time and date

1. In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
2. Press **C** to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, press **D** to change it as described below.

To change this setting	Perform this button operation
Seconds	Press D to reset to 00 .
12/24-Hour Format	Press D to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
Hour, Minutes, Year, Month, Day	Press D to increase the setting.

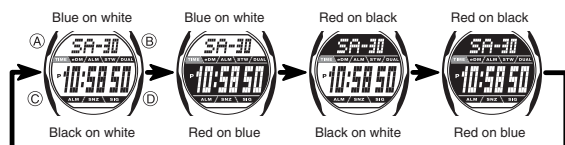
- Pressing **D** while the seconds are in the range of 30 to 59 resets them to **00** and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
- 4. Press **A** to exit the setting screen.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

Color Pattern Setting

You can select one of four different color patterns for the Timekeeping Mode display.

To change the color pattern setting

In the Timekeeping Mode, each press of **B** cycles through available display color patterns in the sequence shown below.



e-DATA MEMORY

You can use the watch's e-DATA MEMORY to store e-mail addresses, Web page URLs, and other text data. e-DATA MEMORY contents are password protected, which means that no one can view, input, edit, or delete them without inputting the correct password.

- All of the operations in this section are performed in the e-DATA MEMORY Mode, which you enter by pressing **C**.

Important!

- Entering the e-DATA MEMORY Mode causes a password input screen to appear. Input the correct password to access e-DATA MEMORY data.
- The initial factory default password is "0000", which allows free access to e-DATA MEMORY data without input of a password.
- The figures **0000** on the password input screen indicate that the current password setting is "0000". When another password is set, the ******** is displayed in place of **0000**.
- When the password is "0000", you can access e-DATA MEMORY data by pressing **B**, without inputting a password. Pressing **B** displays an e-DATA MEMORY record screen or remaining memory screen. After that you can recall, edit, and delete e-DATA MEMORY records.

Using a Password to Protect e-DATA MEMORY Data

You can register a 4-digit password to keep e-DATA MEMORY data secure.

Important!

- A password of "0000" allows anyone to access e-DATA MEMORY data. It is the same as leaving e-DATA MEMORY data unlocked.
- Use a 4-digit password that is easy for you to remember, but difficult for others to decipher. If you forget the password, you will not be able to access the e-DATA MEMORY data without having the watch initialized, which deletes all data in its memory. To have the watch initialized, contact the store or dealer where you purchased it, and ask to have the AC operation performed.

To register a new password

1. While **PASS 0000** is on the e-DATA MEMORY Mode screen, hold down **A** for about two seconds until **NEW? 0000** appears, with the first **0** flashing.
- This is the new password registration screen.
2. Press **D** to scroll through numbers at the first digit.
3. When the first digit is the number you want, press **B** to advance to the next digit.
4. Repeat steps 2 and 3 to input all four digits of the password you want.

- Pressing **A** while inputting a new password clears your input and returns the display to **NEW? 0000**.
- 5. After all four of the password digits are the way you want, press **B** to register it.
- The message **SAVE** appears for about one second, followed by **PASS ******, which is the password input screen. Input the password you just registered to access e-DATA MEMORY records. See "To input the password" for more information.

To input the password

1. When the password input screen is on the display, input the password.
- Press **D** to scroll through numbers at each digit.
- Press **B** to advance to the next digit.
2. After the password is the way you want, press **B**.
- If the input password matches the one registered, the message **PASS OK!** appears, followed by an e-DATA MEMORY record screen (or remaining memory screen).
- If the password does not match, the message **PASS ERR.** appears, followed by the password input screen.

To change the password

1. Enter the e-DATA MEMORY Mode.
2. When the password input screen appears, hold down **A** for about two seconds until **OLD? ****** appears with the first asterisk flashing.
- This is the current password input screen.
3. Input the current password.
- Press **D** to scroll through numbers at each digit.
- Press **B** to advance to the next digit.
4. After the password is the way you want, press **B**.
- If the input password matches the one registered, the message **PASS OK!** appears, followed by **NEW? 0000**, which is the new password input screen.
- If the password does not match, the message **PASS ERR.** appears, followed by the current password input screen. Return to step 2 and input the correct password.
5. Input the new password.
- Press **D** to scroll through numbers at each digit.
- Press **B** to advance to the next digit.
6. After the new password is the way you want, press **B** to register it.
- The message **SAVE** appears for about one second, followed by **PASS ******, which is the password input screen. Input the password you just registered to access e-DATA MEMORY records. See "To input the password" for more information.

e-DATA MEMORY Records

Each e-DATA MEMORY record can contain up to 95 characters. Records are stored in memory in the sequence they are created.

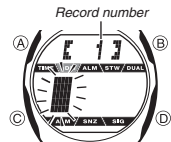
- Before you can input, recall, edit or delete an e-DATA MEMORY record, you must first access the data by entering the e-DATA MEMORY Mode.
- The number of records you can store in e-DATA MEMORY depends on the number of characters that make up each record. See "e-DATA MEMORY Management" for more information.

To create a new e-DATA MEMORY record

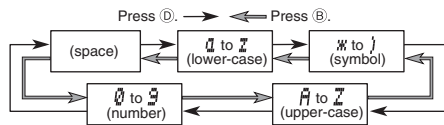
1. While an e-DATA MEMORY record screen is on the display, press (B) and (D) at the same time to display the remaining memory screen.
 - You do not have to perform the above step if the remaining memory screen is already on the display.
 - If 100% is shown for remaining memory, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
2. Hold down (A) until the flashing cursor (■) appears on the display, which indicates the setting screen.
3. Use (D) and (B) to change the character at the cursor position. The character changes in the sequence shown below.



Remaining memory



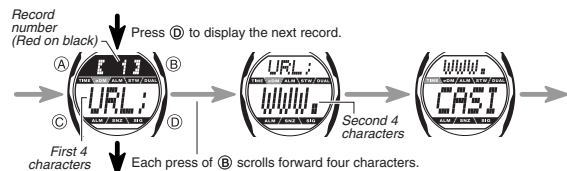
Record number



- See the "Character List" at the back of this manual for information about the characters you can input.
4. When the character you want is at the cursor position, press (C) to move the cursor to the right.
 5. Repeat steps 3 and 4 until the text is complete.
 - If memory becomes full while you are inputting text, the cursor will jump to the first (leftmost) character of the text when you press (C), instead of advancing to the right.
 6. Press (A) to store your data and return to the e-DATA MEMORY record screen (without the cursor).
- The message 3:1:1 appears for about one second, followed by an e-DATA MEMORY record screen, which shows the text you just input in the lower part of the display, and a record number automatically assigned by the watch in the upper part of the display.
 - While the record number is in the upper part of the display, you can see only four characters of the text in the record. You can scroll through the text on the screen by pressing the (B) button. See "To recall e-DATA MEMORY records" for more information.

To recall e-DATA MEMORY records

1. While an e-DATA MEMORY record screen or the remaining memory screen is on the display, press (D) to scroll forward through e-DATA MEMORY records.
 - Each press of (D) advances to the next record and shows its record number and first four characters of its text.
2. Press (B) to display the next four characters of text.



- Pressing (D) while the last record in memory is on the display changes to the remaining memory screen. Pressing (D) again displays the first record.

To edit an e-DATA MEMORY record

1. In the e-DATA MEMORY Mode display the record you want to edit.
2. Hold down (A) until the flashing cursor appears on the display.
3. Press (C) to move the flashing to the character you want to change.
4. Use (D) and (B) to change the character.
5. After making the changes you want, press (A) to store them and return to the e-DATA MEMORY record screen.

To delete an e-DATA MEMORY record

1. In the e-DATA MEMORY Mode, display the record you want to delete.
2. Hold down (A) until the flashing cursor appears on the display.
3. Press (B) and (D) at the same time to delete the record.
 - The message 1:1:1 appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
4. Input data or press (A) to return to the e-DATA MEMORY record screen.

Alarm

AM indicator



Alarm time (Hour : Minutes)

To set an alarm time



You can select a standard Daily Alarm that sounds only once each day, or a snooze alarm that repeats up to seven times, every five minutes.

You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- Pressing (D) in the Alarm Mode toggles between the alarm screen (ALM) and the hourly time signal screen (SIG).
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing (C).

1. In the Alarm Mode, press (D) to display the alarm screen.
2. 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 normal alarm.
3. Press (C) to move the flashing between the hour and minute settings.
4. While a setting is flashing, press (D) to increase it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
5. Press (A) to exit the setting screen.

Alarm Operation

Starting from the point the Timekeeping Mode time reaches one hour before an alarm time the display pattern changes each second. This pre-alarm feature lets you know that an alarm time is about to be reached.

When the actual alarm time is reached, an alarm tone sounds for 10 seconds. In the case of the snooze alarm, the alarm repeats up to seven times every five minutes.

- Pressing any button stops the pre-alarm operation or the alarm tone operation.
- The pre-alarm feature works in the Timekeeping Mode only.

Stopping a Snooze Alarm Operation

After a snooze alarm time is reached, you can perform the following steps during any 5-minute interval between alarms to stop the snooze alarm operation.

To stop a snooze alarm operation

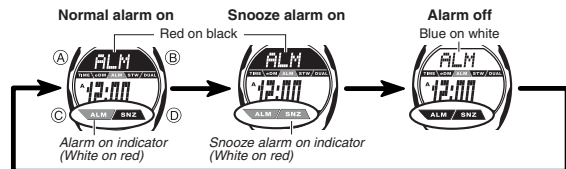
1. While in the Alarm Mode, press (D) to display the alarm screen.
2. Next, press (A) to turn off the alarm or to select the normal alarm.
 - Note that this also changes the alarm type setting. If you want to use the snooze alarm again, you must re-select it as the alarm type. See "To select the Daily Alarm type" for more information.

To test the alarm

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

To select the Daily Alarm type

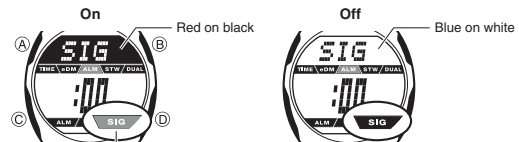
1. In the Alarm Mode, press (D) to display the alarm screen.
2. Press (A) to cycle through the available Daily Alarm settings shown below.



- The alarm on indicator and the snooze alarm on indicator are shown on the display in all modes while these functions are turned on.
- The snooze alarm on indicator flashes during the 5-minute intervals between alarms.
- Displaying the Alarm Mode setting screen automatically changes the alarm type to normal alarm.
- Displaying the Timekeeping Mode setting screen during a 5-minute interval between snooze alarms stops the current snooze alarm operation (but snooze alarm remains as the alarm type setting).

To turn the Hourly Time Signal on and off

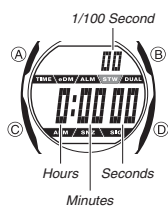
1. In the Alarm Mode, press (D) to display the Hourly Time Signal screen.
2. Press (A) to turn it on and off.



Hourly time signal on indicator (White on red)

- The Hourly Time Signal on indicator is shown on the display in all modes while this function is turned on.

Stopwatch



- The stopwatch lets you measure elapsed time, split times, and two finishes.
- The display range of the stopwatch is 23 hours, 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.
 - Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
 - All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **C**.

To measure times with the stopwatch

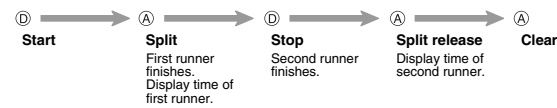
Elapsed Time



Split Time



Two Finishes



Dual Time

Timekeeping Mode time



Dual time
(Hour : Minutes Seconds)

- The Dual Time Mode lets you keep track of time in a different time zone.
- The seconds count of the Dual Time is synchronized with the seconds count of the Timekeeping Mode.
 - The Timekeeping Mode time is displayed on a red on black screen for PM times, and on a blue on white screen for AM times.

To set the Dual Time

- Press **C** to enter the Dual Time Mode.
 - Use **A**, **B**, and **D** to set the Dual Time Mode time.
- Pressing **A** sets the Dual Time Mode to the same time as the Timekeeping Mode.
 - Each press of **D** (+) and **B** (-) changes the time setting in 30-minute increments.

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.

Auto Display



Auto Display continually changes the contents of the digital display.

To turn off Auto Display

Press any button (except for **L**) to turn off Auto Display. This returns to the Timekeeping Mode.

To turn on Auto Display

- Hold down **C** for about two seconds until the watch beeps.
- Note that Auto Display cannot be performed while a setting screen is on the display.

Color Pattern Precaution

Note the following points about the different color patterns used for the display of this watch.

- When using the red on black or red on blue color pattern, red figures may be difficult to read from some viewing angles.
- When using a pattern with a blue or black background, the backlight may be difficult to see.

Auto Return Features

- After you perform any button operation (except for the backlight button) in any mode, pressing **C** returns directly to the Timekeeping Mode.
- If you leave the watch in the e-DATA MEMORY or Alarm Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

Data and Setting 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.

Timekeeping

- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and the **A** (AM) indicator appears to the left of the hour digits 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.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically 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 battery replaced.

e-DATA MEMORY Management

e-DATA MEMORY can hold up to 356 characters total, while each record can contain up to 95 characters. This means that 60 records can be stored in e-DATA MEMORY when each record contains five characters of text. Note that the color pattern of the e-DATA MEMORY Mode remaining memory screen changes as shown below as remaining capacity changes.

Remaining capacity:
11% or more



Remaining capacity:
10% or less



Memory full



Backlight Precautions

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode, press **L** to illuminate the display for about two seconds.

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.