

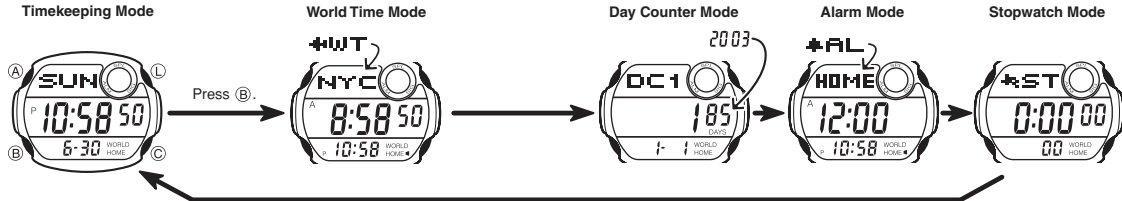
## About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

## General Guide

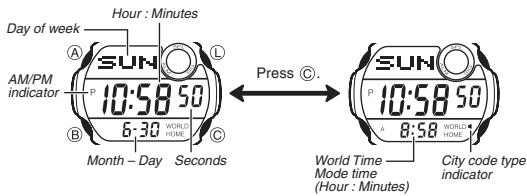
- Press (B) to change from mode to mode.
- In any mode, press (L) to illuminate the display.



## Timekeeping

Use the Timekeeping Mode to set and view the current time and date. You can also select the color of the "Magical Illumination" backlight, which uses LEDs to illuminate the display in different colors.

- In the Timekeeping Mode, press (C) to toggle the lower part of the display between the date and world time.

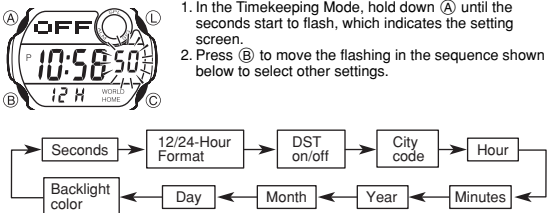


### Important!

- World Time Mode times will not be correct unless you set the correct current date, time, and city code in the Timekeeping Mode. See "To set the time and date" for more information.

### 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 (B) to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, use (C) to change it as described below.

| To change this setting          | Perform this button operation  |
|---------------------------------|--|
| Seconds                         | Press (C) to reset to 00.  |
| 12/24-Hour Format               | Press (C) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.   |
| DST on/off                      | Press (C) to toggle between DST on (ON displayed) and off (OFF displayed).                                       |
| City code                       | Use (C) to scroll through the available codes until the one you want to use as your Home Time city is displayed. |
| Hour, Minutes, Year, Month, Day | Use (C) to increase the setting.   |
| Backlight color                 | Use (C) to cycle through the available color settings.   |

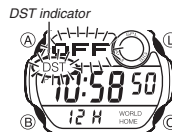
- Pressing (C) while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
  - For full information on city codes, see the "City Code Table".
  - See "To change the backlight color" for information about backlight color settings.
4. Press (A) to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
  - 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 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all other modes.
  - 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.

## Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

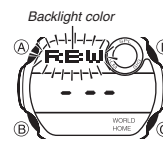
### To toggle the Timekeeping Mode time between DST and Standard Time

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
  2. Press (B) twice to move the flashing to the DST On/Off setting.
  3. Press (C) to toggle between Daylight Saving Time (ON displayed) and standard time (OFF displayed).
  4. Press (A) to exit the setting screen.
- The DST indicator appears on the display when Daylight Saving Time is turned on.



### To change the backlight color

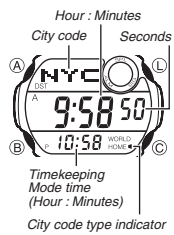
1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (B) nine times until the backlight color setting screen appears, and then use (C) to cycle through the available color settings as shown below.



| For this type of backlight:   | Select this setting:    |
|---|-------------------------|
| Random selection among three gradation patterns (Aurora, Sunset, Ocean)   | RBW                     |
| Change to one of 12 different colors every hour.  | TIM                     |
| Always use one of seven colors<br>SEL - 1 - : Juicy Red<br>SEL - 2 - : Tangerine Orange<br>SEL - 3 - : Natural<br>SEL - 4 - : Pure Green<br>SEL - 5 - : Aqua Blue<br>SEL - 6 - : Silky Violet<br>SEL - 7 - : Passion Pink | SEL - 1 - through - 7 - |

- In the case of TIM, the same color is used for corresponding AM and PM time.
3. Press (A) to exit the setting screen.
- A preset special backlight color pattern is used in place of the current backlight color setting during December 24 and December 25 each year.

## World Time



The World Time shows the current time in 40 cities (27 time zones) around the world.

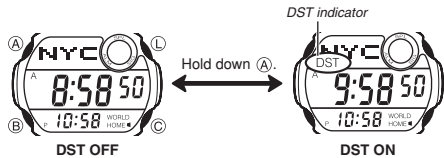
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (B).

### To view the time in another city code

- In the World Time Mode, press (C) to scroll city codes (time zones).
- For full information on city codes, see the "City Code Table".
- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.

### To switch between Standard Time and Daylight Saving Time

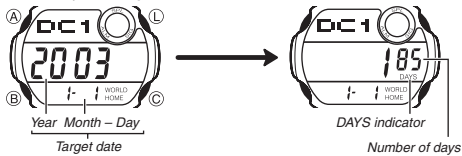
In the World Time Mode, hold down (A) to toggle between Daylight Saving Time (DST displayed) and Standard Time (DST not displayed).



- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

## Day Counter

The Day Counter lets you count the number of days from the Timekeeping Mode's current date to a specific target date.



- There are 10 Day Counter records (DC1 through DC10), each of which can be set with its own target date (year, month, and day).
- Whenever the date specified by any one of the Day Counters matches the date of the Timekeeping Mode (regardless of the Day Counter's year setting), the DAYS indicator flashes in the Timekeeping Mode and Day Counter Mode screens.
- All of the operations in this section are performed in the Day Counter Mode, which you enter by pressing (B).

### To create a new Day Counter record



- In the Day Counter Mode, use (C) to scroll through the Day Counter records until the one you want is on the display.
- Hold down (A) until the year starts to flash, which indicates the setting screen.
- Press (B) to move the flashing in the sequence shown below.



- While a setting is flashing, use (C) to increase the setting.
  - You can set a target date in the range of January 1, 1940 to December 31, 2039.
- Press (A) to exit the setting screen.

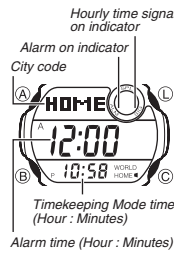
### Note

- Use the above procedure to edit Day Counter records, too.

### To recall Day Counter records

In the Day Counter Mode, use (C) to scroll through the Day Counter records.

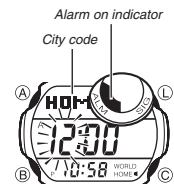
## Alarm



The alarm sounds at the preset time each day while the Daily Alarm is turned on. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- You can also set up the watch so the backlight flashes to indicate an alarm and a Hourly Time Signal, instead of beeping.
- You can configure the alarm so it sounds when the alarm time setting matches the time either in your current Home Time city or the city you specify in the Alarm Mode.
- If the DST indicator is on the display in the Alarm Mode, it means that Daylight Saving Time (summer time) is turned on for the city that is specified in the Alarm Mode.
- Alarm settings (and Hourly Time Signal setting) are available in the Alarm Mode, which you enter by pressing (B).

### To set the alarm time



- In the Alarm Mode, hold down (A) until the hour flashes on the display, which indicates the setting screen.
  - At this time, the alarm is turned on automatically.
- Press (B) to move the flashing in the sequence shown below.

- While the hour or minute setting of the alarm time is flashing, press (C) to increase it.
- While the city code is flashing, press (C) to scroll city codes (time zones).
- While the Beep/Light setting is flashing, press (C) to toggle between a beep alert (BEEP) and a display light alert (L.T.).

- Press (A) to exit the setting screen.

- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (A displayed) or afternoon (P displayed).

### Alarm Operation

The alarm tone sounds at the preset time for about 20 seconds. The light flashes for about 10 seconds.

- Pressing any button stops the alert operation (beep or light).

### To test the alarm

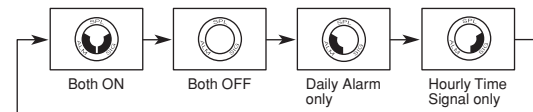
In the Alarm Mode, hold down (C) to sound the alarm or flash the light alert.

- Note that pressing (C) to test the alarm also cycles through the Daily Alarm and Hourly Time Signal settings described below.

### To turn the Daily Alarm and Hourly Time Signal on and off

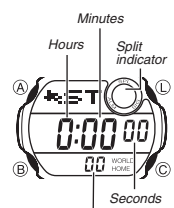
In the Alarm Mode, press (C) to cycle through the Daily Alarm and Hourly Time Signal settings shown below.

#### Alarm On Indicator / Hourly Time Signal On Indicator



- When the Hourly Time Signal is turned on (SIG displayed) and the display light alert is on, a preset special hourly time signal pattern flashes on the display for about one second every hour on the hour during December 24 and December 25 each year.

## 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 (B).

### To measure times with the stopwatch

#### Elapsed Time



#### Split Time



#### Two Finishes



## 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 (B) for about two seconds until the watch beeps.  
 • Note that Auto Display cannot be performed while a setting screen is on the display.

### Auto return features

- If you leave a screen with a flashing setting 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.

### Scrolling

The (C) button is used in various modes and setting screens to scroll through data on the display. In most cases, holding down this button during a scroll operation scrolls through the data at high speed.

### Initial Screens

When you enter the World Time or Day Counter Mode, the data you were viewing when you last exited the mode appears first.

### World Time

- The current time in all World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
- The GMT differential is the time difference between the time zone where the city is located and Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

### Backlight Precautions

The backlight uses an LED (light-emitting diode) and a light guide panel that cause the entire display to glow for easy reading in the dark. In any mode, press (L) to illuminate the display for about three seconds.

- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

## City Code Table

| City Code | City           | GMT differential | Other major cities in the same time zone                          |
|-----------|----------------|------------------|---|
| PPG       | PAGO PAGO      | -11              | —   |
| HNL       | HONOLULU       | -10              | PAPEETE   |
| ANC       | ANCHORAGE      | -9               | NOME  |
| LAX       | LOS ANGELES    | -8               | LAS VEGAS, SEATTLE, DAWSON CITY                                   |
| SFO       | SAN FRANCISCO  |                  |   |
| YVR       | VANCOUVER      |                  |   |
| DEN       | DENVER         | -7               | EL PASO, EDMONTON   |
| CHI       | CHICAGO        | -6               | HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, WINNIPEG                 |
| MEX       | MEXICO CITY    | -5               | MONTREAL, DETROIT, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA      |
| NYC       | NEW YORK       |                  |   |
| MIA       | MIAMI          |                  |   |
| CCS       | CARACAS        | -4               | LA PAZ, SANTIAGO, PORT OF SPAIN                                   |
| RIO       | RIO DE JANEIRO | -3               | SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO                     |
| GMT       |                | +0               | DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN                        |
| LON       | LONDON         | +1               | MADRID, FRANKFURT, AMSTERDAM, VIENNA, ALGIERS, STOCKHOLM, HAMBURG |
| PAR       | PARIS          |                  |   |
| MIL       | MILAN          |                  |   |
| ROM       | ROME           |                  |   |
| BER       | BERLIN         |                  |   |
| IST       | ISTANBUL       | +2               | ATHENS, HELSINKI, BEIRUT, DAMASCUS, CAPE TOWN                     |
| JRS       | JERUSALEM      |                  |   |
| CAI       | CAIRO          |                  |   |
| JED       | JEDDAH         | +3               | MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI                |
| THR       | TEHRAN         | +3.5             | SHIRAZ  |
| DXB       | DUBAI          | +4               | ABU DHABI, MUSCAT   |
| KBL       | KABUL          | +4.5             | —   |
| KHI       | KARACHI        | +5               | —   |
| MLE       | MALE           |                  |   |
| DEL       | DELHI          | +5.5             | MUMBAI, KOLKATA   |
| DAC       | DHAKA          | +6               | COLOMBO   |
| RGN       | YANGON         | +6.5             | —   |
| BKK       | BANGKOK        | +7               | JAKARTA, PHNOM PENH, HANOI, VIENTIANE                             |
| HKG       | HONG KONG      | +8               | KUALA LUMPUR, TAIPEI, PERTH, BEIJING, MANILA, ULAANBAATAR         |
| SIN       | SINGAPORE      |                  |   |
| TYO       | TOKYO          | +9               | PYONGYANG   |
| SEL       | SEOUL          | +9.5             | DARWIN  |
| ADL       | ADELAIDE       |                  |   |
| SYD       | SYDNEY         |                  |   |
| GUM       | GUAM           | +10              | MELBOURNE, RABAU  |
| NOU       | NOUMEA         | +11              | PORT VILA   |
| WLG       | WELLINGTON     | +12              | CHRISTCHURCH, NADI, NAURU ISLAND                                  |

\*Based on data as of June 2002.