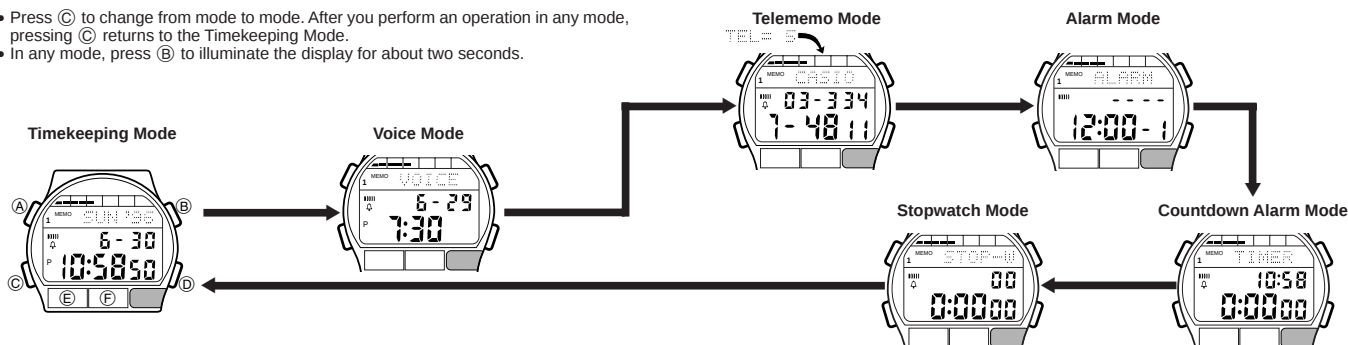


## GENERAL GUIDE

- Press **(C)** to change from mode to mode. After you perform an operation in any mode, pressing **(C)** returns to the Timekeeping Mode.
- In any mode, press **(B)** to illuminate the display for about two seconds.

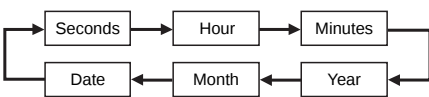


## TIMEKEEPING MODE

Use the Timekeeping Mode to set the time and date.

### To set the time and date

- Hold down **(A)** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are *selected*.
- Press **(C)** to change the selection in the following sequence.

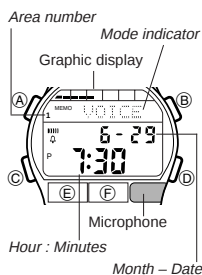


- While the seconds digits are selected (flashing), press **(D)** to reset the seconds to **00**. If you press **(D)** while the seconds count is in the range of 30 to 59, the seconds are reset to **00** and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
- While any other digits (besides seconds) are selected (flashing), press **(D)** to increase the number or **(B)** to decrease it. Holding down either button changes the current selection at high speed.
- While any of the above digits are flashing, press **(F)** to switch between the 12-hour and 24-hour formats.
- When the 12-hour format is selected, the indicator **P** appears on the display to indicate "p.m." times. There is no indicator for "a.m." times. Selecting the 24-hour format causes the indicator **24** to appear on the display.
- After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- 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.

### About the backlight

- In any mode, press **(B)** to illuminate the display for about two seconds.
- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates when the EL panel lights up. It does not indicate malfunction of the watch.
- The backlight automatically turns off whenever an alarm sounds.

## VOICE MODE



The Voice Mode lets you record and playback your voice or other sounds. You can also clear recordings when you no longer need them.

- The area number shows a value from **1** to **5** that indicates the location of a recording and number of recordings currently in memory.
- The watch also has a built in speaker.
- If you do not operate any button for a few minutes while in the Voice Mode, the watch automatically goes back to the Timekeeping Mode.

### Recording Duration

The watch has enough voice memory for up to 30 seconds of sound data. You can make one recording 30 seconds long, or up to five recordings that total up to 30 seconds. Whenever you make a recording, the sound data is stored together with the date and time that the recording operation began.

### Important!

- You can also perform record, playback, and clear operations in the Timekeeping Mode. In the Timekeeping Mode voice memory contents can be played back in sequence starting from the newest recording. In the Voice Mode, you can select a specific area for playback.
- Total recording time is 30 seconds, and a full 30 seconds of recording are provided when only a single recording is stored in voice memory. A full 30 seconds of recording may not be provided when more than one recording is stored in voice memory (due to memory used up by memory partitioning).

- Once voice memory is full, you will not be able to record any more until you clear all existing data.
- It is always a good idea to check the number of recordings already in voice memory and the voice memory's remaining capacity before starting a new recording.
- Recordings may overlap slightly when more than one recording is stored in voice memory. To avoid this problem, it is recommended that you pause slightly before starting a recording that comes after an existing recording.
- All alarms (including the hourly time signal and Countdown Alarm) are temporarily turned off while a recording operation is being performed. Any alarm that occurs during a recording operation will sound after the recording operation is complete.
- If playback produces a sound that is broken or unclear, try changing the distance between the source of the sound and the microphone. Good results can normally be obtained by speaking clearly in a normal voice with about 5cm (2 inches) between your mouth and the microphone.

### To record a sound

- In the Voice Mode or Timekeeping Mode, hold down **(E)** for about one second until the watch beeps.
  - Release **(E)** after the watch beeps.
  - Recordings are stored in voice memory areas in sequence starting from area **1**.
  - If voice memory is full or if there are already five recordings stored in voice memory, the message **FULL** appears in the upper part of the display for about one second after you press **(E)**.
- Record the sound that you want.
  - The message **REC** remains in the upper part of the display and the number of the area being recorded to flashes while the record operation is in progress.
  - During a recording operation, the graphic display indicates the amount to voice memory remaining.
- To stop the record operation, press **(E)** or **(F)**.
  - When you stop the record operation, the message **STOP** appears on the display and then the watch returns to the mode you were in when you started the record operation.
  - It takes a moment for the record operation to stop after you press **(E)** or **(F)**.
  - The record operation stops automatically if voice memory becomes full.

### To play back voice memory contents in sequence

- In the Voice Mode or Timekeeping Mode, press **(F)** to play back the contents of the highest numbered voice memory area (newest recording).
- Each press of **(F)** plays back the contents of each successive voice memory area.
  - Pressing **(F)** after area **1** is played plays back the highest numbered area again.
- Press **(E)** to stop playback.

### To play back the contents of a specific voice memory area

- In the Voice Mode, use **(D)** to select the voice memory area you want.
  - Each press of **(D)** reduces the flashing area number by one. Numbers appear only for voice memory areas that contain sound data.
- Press **(F)** to play back the contents of the selected voice memory area.
- Pressing **(F)** again plays back the contents of the previous voice memory area.
- Press **(E)** to stop playback.

### About the Graphic Display

- The graphic display of the watch provides you with recording time information at a glance. Each block (■) in the graphic display represents 2.5 seconds.
- In any mode other than the Voice Mode, the graphic display indicates the total number of seconds recorded in voice memory, as shown in the illustration on the left below. The graphic display shown in this illustration indicates there is a total of 20 seconds of data recorded in voice memory.
  - In the Voice Mode, the graphic display shows the number of seconds recorded in the currently selected voice memory area, as shown in the middle illustration below.
  - During playback (in the Voice Mode or Timekeeping Mode), the graphic display shows the number of seconds recorded in the voice memory area being played back, as shown in the middle illustration below.
  - During recording (in the Voice Mode or Timekeeping Mode), the graphic display shows the number of seconds of memory remaining, as shown in the illustration on the right below. The graphic display shown in this illustration indicates there is a total of 10 seconds of voice memory remaining.

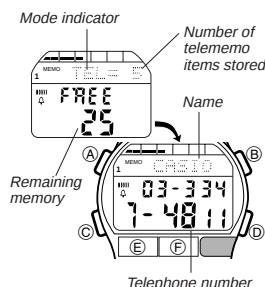


### To clear voice memory contents

In the Voice Mode or Timekeeping Mode, hold down (D) for about three seconds until the watch beeps.

- This operation clears all data in voice memory. Note that you cannot clear data in a specific area.
- The message  $\diamond$  CLEAR remains on the display for about four seconds as voice memory contents are being cleared. You cannot perform a record operation while the  $\diamond$  CLEAR message is on the display.
- The watch returns to the mode you were in when you started the memory clear operation after all memory contents are cleared.
- If voice memory contents are being used for a voice alarm, the messages  $\diamond$  CLEAR and  $\diamond$  ALARM alternate in the upper part of the display to indicate that the voice alarm is also being cancelled.

### TELEMEMO MODE

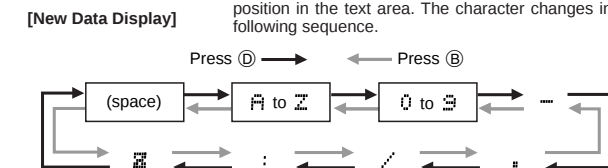


The Telememo Mode lets you store up to 30 pairs of name and telephone number data. Data is automatically sorted based on the characters of the name. You can recall data by scrolling through it on the display.

- See the "CHARACTER LIST" for details on how the watch sorts data.
- The data item on the display when you exit the Telememo Mode appears first the next time you enter the Telememo Mode.
- If you do not operate any button for a few minutes while in the Telememo Mode, the watch automatically goes back to the Timekeeping Mode.

### To input new Telememo data

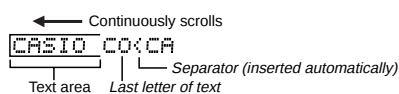
- In the Telememo Mode, press (D) to display the new data display.
- Hold down (A) until the flashing cursor appears in the text area.
- Use (D) and (B) to change the character at the cursor position in the text area. The character changes in the following sequence.



- Holding down either button changes the character at high speed.
- 4. When the character you want is at the cursor position, press (C) to move the cursor to the right.
- 5. Repeat the steps 3 and 4 until your text is complete.
- You can input up to eight characters in the text area.
- 6. After you input a name, use (C) to move the cursor to the number area.
- The text area can hold up to eight characters. When the cursor is located at the eighth space of the text area, moving the cursor to the right causes it to jump down to the first digit in the number area. When the cursor is at the 12th digit of the number area, moving it to the right causes it to jump back up to the first character of the text area.
- 7. Use (D) and (B) to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.



- Holding down either button changes the character at high speed.
- 8. When the character you want is at the cursor position, press (C) to move the cursor to the right.
- 9. Repeat steps 7 and 8 until you complete number input.
- You can input up to 12 digits in the number area.
- After you input data, you can return to the new data display for input of more that by pressing (E) or (F). Next, continue from step 3.
- 10. After inputting your data, press (A) to store it and return to the Telememo Mode.
- When you press (A) to store data, the message SORT appears on the display for a few seconds. After the sort operation is complete, the normal Telememo Mode display (without the cursor) appears.
- The text area of the display can show only six characters at a time, so longer text scrolls continuously from right to left.



- If the message  $\diamond$  FULL appears in the text area of the display, it means that memory is full. To store more data, you will first have to delete some of the data stored in memory.
- If you do not perform any button operation for a few minutes while the cursor is on the display, the watch automatically returns to the normal Telememo Mode (without the cursor).

### To recall Telememo data

In the Telememo Mode, press (F) to scroll forward through stored data items or (E) to scroll in reverse.

- Holding down either button scrolls through the data at high speed.

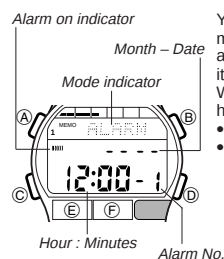
### To edit Telememo data items

- In the Telememo Mode, scroll through the data items and display the one you want to edit.
- Hold down (A) until the flashing cursor appears in the text area.
- Use (C) to move the cursor to the character you want to change.
- Use (D) and (B) to change the character.
- For details on inputting characters, see "To input new Telememo data" (steps 3 for name input and 7 for number).
- After making the changes that you want, press (A) to store it and return to the Telememo Mode.

### To delete Telememo data

- In the Telememo Mode, scroll through the data items and display the one you want to delete.
- Hold down (A) until the flashing cursor appears in the text area.
- Press (B) and (D) at the same time to delete the data item.
- At this time the cursor appears in the text area, ready for input.
- Input data or press (A) to return to the Telememo Mode.

### ALARM MODE



You can set five independent alarms with hour, minutes, month, and date. When the alarm is on, the alarm sounds at the preset time. Press any button to stop the alarm after it starts to sound.

- When the hourly time signal is on, the watch beeps every hour on the hour.
- You can use voice memory contents as your alarm sound.
- If you do not operate any button for a few minutes while in the Alarm Mode, the watch automatically goes back to the Timekeeping Mode.

### Alarm Types

The types of alarm you get depends on the information you set.

#### • To set a Daily Alarm

Set the hour and minutes for the alarm time. Set - for the month and -- for the date (see step 4 under "To set alarms"). This type of setting causes the alarm to sound every day at the time you set.

#### • To set a Date Alarm

Set the month, date, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

#### • To set a 1-Month Alarm

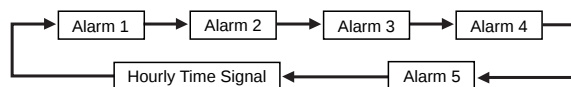
Set the month, hour and minutes for the alarm time. Set -- for the date (see step 4 under "To set alarms"). This type of setting causes the alarm to sound every day at the time you set, only during the month you set.

#### • To set a Monthly Alarm

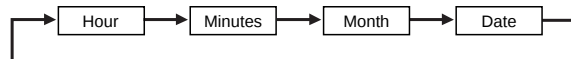
Set the date, hour and minutes for the alarm time. Set - for the month (see step 4 under "To set alarms"). This type of setting causes the alarm to sound every month at the time you set, on the date you set.

### To set alarms

- Press (D) while in the Alarm Mode to select Alarm 1 through Alarm 5.



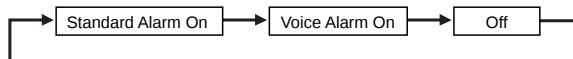
- After you select an alarm, hold down (A) until the hour digits flash on the display. The hour digits flash because they are *selected*.
- At this time, the alarm is automatically turned on.
- Press (C) to change the selection in the following sequence.



- Press (D) to increase the selected digits and (B) to decrease them. Holding down either button changes the selection at high speed.
- To set an alarm that does not include a month (daily alarm, 1-month alarm), set - for the month. Press (D) or (B) until the - mark appears (between 12 and 1) while the month digits are flashing.
- To set an alarm that does not include date (daily alarm, 1-month alarm), set -- for the date. Press (D) or (B) until the -- mark appears (between 31 and 1) while the date digits are flashing.
- The format (12-hour and 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 (no indicator) or afternoon P.
- After you set the alarm, press (A) to return to the Alarm Mode.

### To turn an Alarm and hourly time signal on and off

1. In the Alarm Mode, press (D) to select an alarm or the hourly time signal.
  2. When the alarm or hourly time signal you want to is selected, press (E) to turn it on and off.
- When an alarm is selected, each press of (E) changes its setting in the following sequence:



- ■ ■ ■ Indicates standard alarm is on.
- ■ ■ ■ Indicates voice alarm is on.
- ⏰ Indicates hourly time signal is on.

- The standard alarm on indicator (■ ■ ■ ■), voice alarm on indicator (■ ■ ■ ■) and the hourly time signal on indicator (⏰) are shown on the display in all modes while these functions are turned on.
- Turning on the voice alarm causes the contents of voice memory to be used as the alarm sound.

### To test the alarm

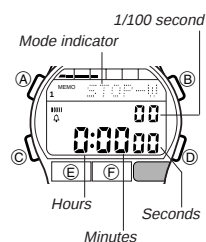
Hold down (F) while in the Alarm Mode to sound the alarm.

- Holding down (F) while one of the alarms (1 through 5) is displayed sounds the alarm sound. Holding down (F) while the hourly time signal is displayed sounds the hourly time signal.
- Holding down (F) while the voice alarm is turned on sounds the contents of the voice alarm and a beep sound.

### Voice Alarm Precautions

- To use the voice alarm, record a message, set the alarm, and turn on the voice alarm.
- You should use the voice memory of this watch either as a voice memo or as voice alarm contents. The watch automatically use the standard beeper alarm whenever there is nothing stored in voice memory. Deleting voice memory contents while the voice alarm is turned on automatically switches to the standard beeper alarm.
- When the voice alarm is turned on, all voice memory contents are played back in sequence, starting from the highest numbered voice memory area.
- When an alarm time is reached while the voice alarm is turned on, the standard beeper alarm sounds for about one second and then voice memory contents are played.
- The alarm operation (standard beeper alarm followed by voice memory contents) is repeated for at least 20 seconds. If voice memory contents are 15 seconds long, for example, the alarm operation takes a total of 16 seconds, so two alarm operations are performed for a total of 32 seconds.
- If a single alarm operation takes more than 20 seconds, it is performed only once.
- The voice alarm does not sound in the Stopwatch Mode. When an alarm time is reached while the watch is in the Stopwatch Mode, the standard beeper alarm sounds even when the voice alarm is turned on.

### STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

#### (a) Elapsed time measurement

(F) Start → (F) Stop → (F) Re-start → (F) Stop → (E) Clear

#### (b) Split time measurement

(F) Start → (E) Split → (E) Split release → (F) Stop → (E) Clear

#### (c) Split time and 1st-2nd place times

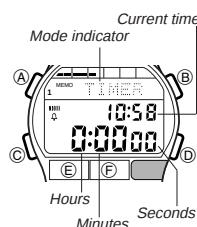
(F) Start → (E) Split → (F) Stop → (E) Split release → (E) Clear

First runner finishes. Second runner finishes. Record time of first runner. Record time of second runner.

### CHARACTER LIST

|   |         |    |   |    |   |    |   |    |   |
|---|---------|----|---|----|---|----|---|----|---|
| 1 | (space) | 10 | I | 19 | R | 28 | 0 | 37 | 9 |
| 2 | A       | 11 | J | 20 | S | 29 | 1 | 38 | - |
| 3 | B       | 12 | K | 21 | T | 30 | 2 | 39 | . |
| 4 | C       | 13 | L | 22 | U | 31 | 3 | 40 | / |
| 5 | D       | 14 | M | 23 | V | 32 | 4 | 41 | : |
| 6 | E       | 15 | N | 24 | W | 33 | 5 | 42 | 2 |
| 7 | F       | 16 | O | 25 | X | 34 | 6 |    |   |
| 8 | G       | 17 | P | 26 | Y | 35 | 7 |    |   |
| 9 | H       | 18 | Q | 27 | Z | 36 | 8 |    |   |

### COUNTDOWN ALARM MODE



The countdown timer can be set within a range of 1 minute to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

Note that you can also select auto repeat timing that automatically restarts the countdown from the original value you set whenever zero is reached. This continues until you manually stop the countdown.

- Note that the P (p.m. times) and 24 (24-hour format) indicator (for the current time) does not appear in the Countdown Alarm Mode.
- If you do not operate any button for a few minutes while in the Countdown Alarm Mode, the watch automatically goes back to the Timekeeping Mode.

### To set the countdown start time

1. Hold down (A) while in the Countdown Alarm Mode until the hours digit starts to flash on the display. The hours digit flashes because it is *selected*.
2. Press (C) to change the selection in the following sequence.



3. Press (D) to increase the selected number or (B) to decrease it. Holding down either button changes the selection at high speed.
- To set the starting value of the countdown time to 24 hours, set 0:00.
4. After you set the countdown start time, press (A) to return to the Countdown Alarm Mode.

### To use the countdown timer

1. Press (F) while in the Countdown Alarm Mode to start the countdown timer.
  2. Press (F) again to stop the countdown timer.
- You can continue countdown timer operation by pressing (F).
  - 3. Stop the timer and then press (E) to reset the countdown time to its starting value.
  - When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops, and the countdown time is automatically reset to its starting value after the alarm stops.

### To switch auto repeat timing on and off

Auto repeat on indicator



1. Hold down (A) while in the Countdown Alarm Mode until the hours digit starts to flash on the display. The hours digit flash because it is *selected*.
2. Press (F) to switch auto repeat on and off.
3. Press (A) to return to the Countdown Alarm Mode.
- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing (F) and manually reset to the start time by pressing (E).