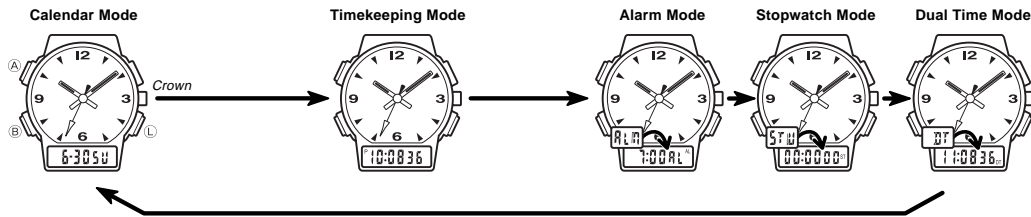


## GENERAL GUIDE

- Press **(B)** to change from mode to mode.



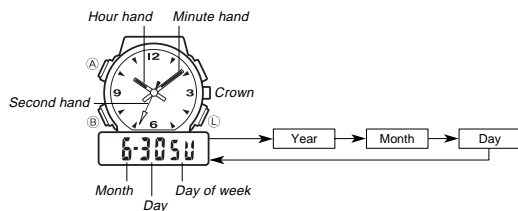
### ABOUT THE BACKLIGHT

- Hold down **(L)** to illuminate the display for about 2 seconds. The backlight is disabled while an input screen (with a flashing setting) is on the display.
- 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 does not indicate malfunction of the watch.
- 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.

### CALENDAR MODE

- This is the normal mode for this watch.

#### To set the date

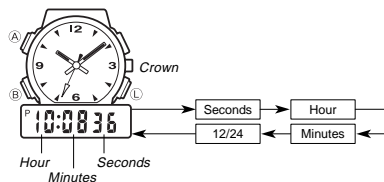


1. Hold down **(A)** until the **ADJ** indicator starts to flash, followed by flashing of the year digits.
  2. Press **(B)** to increase the year digits. Holding down **(B)** changes the digits at high speed.
  3. Press **(A)** to move the selection to month digits.
  4. Press **(B)** to increase the month digits. Holding down **(B)** changes the digits at high speed.
  5. Press **(A)** to move the selection to the day digits.
  6. Press **(B)** to increase the day digits. Holding down **(B)** changes the digits at high speed.
  7. Press **(A)** to complete the procedure.
- 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 Calendar Mode automatically.
  - The date can be set with the range of January 1, 1995 to December 31, 2039.
  - The day of the week changes automatically in accordance with the date.

### TIMEKEEPING MODE

- Use this mode to set the current time. An incorrect time setting will result in incorrect operation of the calendar.

#### To set the time and date

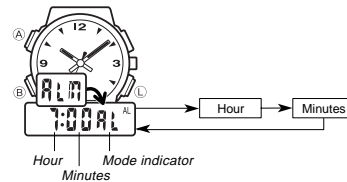


1. Hold down **(A)** until the **ADJ** indicator starts to flash, followed by flashing of the seconds digits.
  2. Press **(B)** to reset the seconds to 00. If you press **(B)** while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
  3. Press **(A)** to move the selection to the hour digits.
  4. Press **(B)** to increase the hour digits. Holding down **(B)** changes the hour digits at high speed.
  5. Press **(A)** to move the selection to the minutes digits.
  6. Press **(B)** to increase the minutes digits. Holding down **(B)** changes the minutes digits at high speed.
  7. Press **(A)** to move the selection to 12/24.
  8. Press **(B)** to toggle the timekeeping format between 12-hour and 24-hour.
  9. Press **(A)** to complete the procedure.
- 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.

#### To set the hands

1. When the second hand is at 12 o'clock position, stop it by pulling the crown out.
2. Set the hands by turning the crown.
3. Press the crown in on a time signal.

### ALARM MODE



When the Daily Alarm is turned on, an alarm sounds for 20 seconds at the preset time each day.

#### To set the Alarm Time

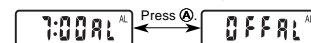
1. Hold down **(A)** until the **ADJ** indicator starts to flash, followed by flashing of the hour digits of the alarm.
  - The alarm turns on at this time.
  2. Press **(B)** to increase the hour digits. Holding down **(B)** changes the digits at high speed.
  3. Press **(A)** to move the selection to the minutes digits.
  4. Press **(B)** to increase the minutes digits. Holding down **(B)** changes the digits at high speed.
  5. Press **(A)** to complete the procedure.
- 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 Alarm Mode automatically.

#### To stop the alarm

- Press any button to stop the alarm after it starts to sound.

#### To turn the Daily Alarm on and off

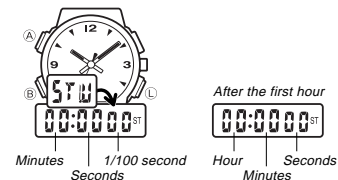
Press **(A)** while in the Alarm Mode to turn the Daily Alarm on and off.



#### To test the alarm

Hold down **(L)** to sound the alarm.

### STOPWATCH MODE

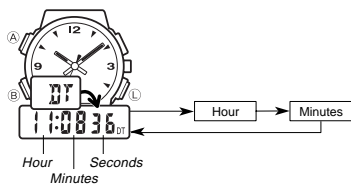


The stopwatch Mode lets you measure elapsed time. The range of the stopwatch is 23 hours, 59 minutes 59 seconds. The measuring unit for the first hour of elapsed time measurement is 1/100-second. After that the unit is one second. You can use the EL backlight at any time while the stopwatch is operating by pressing **(L)**.

#### To use the Stopwatch

1. Press **(A)** to start the stopwatch.
2. Press **(A)** to stop the time measurement.
- You can press **(A)** as many times as you want to resume and stop timing.
3. After you are finished using the stopwatch, hold down **(A)** to clear the stopwatch time to all zeros.

### DUAL TIME MODE



#### To set the Dual Time

1. Hold down **(A)** until the **ADJ** indicator starts to flash, followed by flashing of the hour digits.
  2. Press **(B)** to increase the hour digits. Holding down **(B)** changes the digits at high speed.
  3. Press **(A)** to move the selection to the minutes digits.
  4. Press **(B)** to increase the minutes digits. Holding down **(B)** changes the digits at high speed.
  5. Press **(A)** to complete the procedure.
- 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 Dual Time Mode automatically.
  - The format (12-hour and 24-hour) of the Dual Time Mode matches the format you select for normal timekeeping.
  - In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.