## Operation Guide 3079

## About This Manual



General Guide

- Press (c) 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.
Read This Before You Set the Time and Date! The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch) before you set the time and date.

To set the time and date

## City code



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

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

| Screen | To do this: | Do this: |
| :---: | :---: | :---: |
| 50 | Reset the seconds to 40 | Press (D). |
| AFF | Toggle between Daylight Saving Time ( $\mathbf{6 f f}$ ) and Standard Time (EFF) | Press (D). |
| Tケד | Change the city code | Use (D) (east) and (B) (west). |
| ${ }^{\text {P } 18: 58}$ | Change the hour or minutes | Use ( ${ }^{\text {( }}$ ( $)$ and (B) ( - ). |
| 12 H | Toggle between 12 -hour ( $\mathbf{i 2 4}$ ) and 24 -hour (24H) timekeeping | Press (D). |
| 2097 | Change the year | Use (D) (+) and (B) (-). |
| 5-30 | Change the month or day |  |

- For full information on city codes, see the "City Code Table".
- See "Daylight Saving Time (DST)" for details about DST setting.

4. Press (A) to exit the setting screen.

- With the 12 -hour format, the $\mathbf{P}$ (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to $11: 59 \mathrm{am}$
- 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
applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

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


On /Off status In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (C) to display the DST setting screen.
3. Press (D) to toggle between Daylight Saving Time
(6f displayed) and Standard Time ( 6 FF displayed). - Note that you cannot switch between Standard Time and Daylight Saving Time while EITT is selected as
the Home City code. the Home City code.
4. Press (A) to exit the setting screen.

The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.
e-DATA MEMORY


Record number
(Page number)
You can use the watch's e-DATA MEMORY to store e-mail addresses, Web page URLs, and other text data. addresses, Web page URLs, and other text data. MEMORY contents.

- All of the operations in this section are performed in the e-DATA MEMORY Mode, which you enter by pressing ©.
e-DATA MEMORY Management
e-DATA MEMORY can hold up to 315 characters total, while each record can contain up to 63 characters. The
maximum number of records depends on the number of maximum number of records depends on the number of - 63 characters per record: 5 records
- 7 or fewer characters per record: 40 records

To create a new e-DATA MEMORY record

4. Press (A) to store your data and return to the e-DATA MEMORY record screen (without the cursor).

- Pressing (A) causes the message $\triangle E T$ to appear for about two seconds as the data
is stored. After that, the e-DATA MEMORY record screen appears.
- The text can show only three characters at a time, so longer text scrolls continuously
from right to left. The last character is indicated by the symbol \& after it. Press (A) to stop and rest scrolling
- Records are stored in memory in the sequence they are created.


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To recall e-DATA MEMORY records
In the e-DATA MEMORY Mode, use (D) (+) and (B) $(-)$ to cycle through e-DATA MEMORY records as shown below.



Remaining Memory Scree


Password Setting Screen

- The value on the remaining memory screen is the percentage of memory that is still available. It does not indicate the number of records that can be stored.
- The Password Setting screen shows -- - when a password is already registered See "Using a Pasword to Protect e-DATA MEMORY Data" for more information


## To edit an e-DATA MEMORY record

1. In the e-DATA MEMORY Mode, use (D) (+) and (B) (-) to display the record you want to edit.
2. Hold down (A) until the flashing cursor appears on the display.
3. Use (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

To delete an e-DATA MEMORY record

1. In the e-DATA MEMORY Mode, use (D) (+) and (B) ( - ) to 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 ㄷ..... 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 remaining memory screen.

Using a Password to Protect e-DATA MEMORY Data
You can register a 4-digit password to keep e-DATA MEMORY data secure Important!
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 have to have your watch initialized (which deletes all data in memory) in order to access the e-DATA MEMORY again. To have the watch initialized, contact the store or dealer where you purchased it, and ask to have the AC operation performed.


1. In the e-DATA MEMORY Mode, use (D) (+) and (B) ( - ) to display the Password Setting screen - This displays a screen that shows $\triangle$ ET PRS 2. Hold down (A) for about one second until $\mid$ ED appears, with the first $\boldsymbol{G}$ flashing. - This is the New Password Setting screen.
2. Use (D) $(+)$ and ${ }^{(B)}(-)$ to scroll through numbers at the first digit
3. When the first digit is the number you want, press (C) to advance to the next digit 5. Repeat steps 3 and 4 to input all four digits of the password you want. Password Setting screen a new password clears your input and returns to the Password Setting screen.
4. After all four of the password digits are the way you want, press (C) to register them.

- Pressing (C) causes the message $=$ ET to appear for about one second as the password is stored. After that, the Password Setting screen appears.
After registering a password, you can input, recall, edit and delete data, if you want. tery every time you want to enter it again.


## To input the password



Enter the e-DATA MEMORY Mode
2. On the Password Input screen (--- P955), press (D) or (B). This causes the first digit of the password to flash.
3. Input the password

- Use (D) (+) and (B) (-) to scroll through numbers at each digit.
- Press (C) to advance to the next digit.
- Pressing (A) while inputting the password clears your input and returns to the Password Input screen.

4. After the password is the way you want, press (C)

- If the input password matches the one registered, the message © $!$ appears,
followed by an e-DATA MEMORY screen.
- If the password does not match, the message EFF: appears, followed by the

To change the password

1. Enter the e-DATA MEMORY Mode by inputting the current password.
2. Enter the e-DATA MEMORY Mode by inputting the current pass
3. Use (D) $(+)$ and (B) $(-)$ to display the Password Setting screen.
4. Perform the procedure starting from step 2 under "To register a new password" to specify the new password

## To delete the password

1. Enter the e-DATA MEMORY Mode by inputting the current password.
2. Use (D) (+) and (B) ( - ) to display the Password Setting screen.
3. Hold down (A) for about one second until lUE 0 appears, with the first 4 flashing. 4. Press (B) and (D) at the same time to delete the password.
 password is deleted, the Password Setting screen appears.

World Time


World Time shows the current time in 27 cities ( 29 time zones) around the world.

- All of the operations in this section are performed in the
,
To view the time in another city code
In the World Time Mode, press (D) to scroll through city codes (time zones) to the east or (B) to scroll to the west - For full information about city codes, see the "City Code Table".
Time current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.
When the currently selected time zone is one that includes mostly ocean, a value indicating the zone's Greenwich Mean Time differential appears in place of a city code.

To toggle a city code time between Standard Time and Daylight Saving Time
 . In the World Time Mode, use (B) and (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down (A) for about one second to toggle Daylight Saving Time (DST displayed) and Standard Time (DST not displayed).
The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.

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

Standard Time and Daylight Saving Time while EIT is selected as the city code.

## Alarms



You can set up to five independent multi-function alarms with hour, minutes, month, and day. When an alarm is turned on, the alarm tone sounds when the alarm time is
 other four are one-time alarms. You can also input eminder text that appears when the alarm time is eached.
You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour. There are five alarm screens numbered for the one-time alarm, a snooze alarm scregh indicated by $=\mathbb{Z}$. The Hourly Time Signal screen is indicated by $\subseteq \mathrm{T}:$
In the case of the snooze alarm screen, the snooze alarm indicator (s**) appears in the lower right corner of the display.

- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing (C).


## Alarm Types

The alarm type is determined by the settings you make, as described below.

- Daily alarm

Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.

- Date alarm

Set the month, day, 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.

## - 1-Month alarm

Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set. - Monthly alarm

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

## To set an alarm time



1. In the Alarm Mode, use (D) and (B) to scroll through the alarm screens until the one whose time you want to set is displayed.


- To set a one-time alarm, display one of the screens indicated by an alarm number from FL. 1 through mi. 4 . To set the snooze alarm, display the screen indicated from $\# L$. through $F L .4$. To set the snooze a

2. After you select an alarm, 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 alarm.

3. Press (C) to move the flashing in the sequence shown below to select other settings.

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| Screen | To do this: | Do this: |
| :---: | :---: | :---: |
| 12:90 | Change the hour and minutes | Use (D) (+) and (B) (-). <br> - With the 12 -hour format, set the time correctly as a.m. or p.m. (P indicator). <br> - To set an alarm that does not include a month and/or day, set - for each setting. |
|  | Change the month and day |  |
| 㗴 | Input reminder text | Use (D) (+) and (B) ( - ) to cycle through characters at the current cursor location, and (c) to move the cursor to the right. See "Inputting Text". |

- Pressing (B) and (D) at the same time while any setting is flashing automatically sets the time to AM12:00 and the date to .-.-. It also clears any text that is input for the alarm.


5. Press (A) to exit the setting screen.

- If you input reminder text, the text appears in place of
the alarm number.
If the reminder text is more than three characters, it will
If the alarm has a mont
day appears at the bottom of the display, in place of the Timekeeping Mode time.

Alarm Operation


All of the graphic area segments start to flash, starting from the point the Timekeeping Mode time reaches one hour before an alarm time. This pre-alarm feature lets you know that an alarm time is about to be reached. The alarm tone sounds at the preset time for 10 seconds,
regardless of the mode the watch is in In the case of the regardless of the mode the watch is in. In the case of the seven times, every five minutes, until you turn the alarm off. off.

- To stop the alarm tone after it starts to sound, press any button
- The pre-alarm feature works in the Timekeeping Mode only. To stop the pre-alarm after it starts, press any button. Note, however, that pressing (C) also changes to the DATA MEMORY Mode.
Timekeeping Mode screen an alarm, the text appears for one minute on the reminder text display by pressing the alarm time is reached. You can clear the Mode.
- In the case of the snooze alarm, the reminder text appears on the Timekeeping Mode screen for the initial alarm operation only.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
Displaying the Timekeeping Mode setting screen
Displaying the $=\mathrm{A} \mathbb{Z}$ setting screen
Changing the DST setting of the Home City code in the World Time Mode
To test the alarm
In the Alarm Mode, hold down (D) to sound the alarm
To turn an alarm on and of
 - Turning on a alarm (FL to to 4 , or 5 Z ) displays the alarm on indicator ( $\mathbb{L}$ ) on its Alarm Mode screen - In all modes, the alarm on indicator is shown for any alarm that is currently turned on
The alarm on indicator flashes while the alarm is sounding.
The snooze alarm indicator (*) flashes while the snooze alarm is sounding and during the 5 -minute intervals between alarms.

To turn the Hourly Time Signal on and off


1. In the Alarm Mode, use (D) and (B) to select the Hourly Time Signal ( $=\mathrm{IE}$ ).

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

Hourly tim
indicator

Countdown Timer


You can set the countdown timer within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.
restarts the countd auto-repeat, which automatically restarts the countdown from the original value you set The initial default countd. purchase the watch or after you have its battery replaced is 15 minutes.
Countdown timer functions are available in the Countdown Timer Mode, which you can enter using (C).

To set up the countdown timer


While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.

- If the countdown start time is not displayed, use the procedure "To use the countdown timer" to display it. Press © to move the flashing in the sequence shown below to select other settings.


3. While a setting is flashing, use (D) and (B) to change it as described below.

| Screen | To do this: | Do this: |
| :--- | :--- | :--- |
| G: $\mathbf{5}$ | Change the hours or minutes | Use (D) (+) and (B) (-). |
| GFF | Toggle auto-repeat on (Eff) and off (EFF) | Press (D). |

## To specify a countdown start time of 24 hours, set 8:04.

4. Press (A) to exit the setting screen

- The auto-repeat on indicator $(\mathbf{L})$ appears on the display while this function is turned on
- Frequent use of auto-repeat and the alarm can run down battery power.

- The time on the screen may not appear to stop immediately when you press a button to stop timing or to perform a split operation. Despite this, the time recorded by your button operation is accurate.


## Illumination

Auto light switch indicator


The display of the watch is illuminated by an LED (lightemitting diode) and a light guide panel for easy reading in he dark. The watch's auto light switch turns on illumination automatically when you angle the watch towards your face for reading.
The auto light switch must be turned on (indicated by Se "llumination Precaution" for to operate. Precautions" for more important information.

To illuminate the display manually
In any mode, press (L) to turn on illumination for about one second.
The above operation turns on illumination regardless of the current auto light switch setting.

About the Auto Light Switch
While the auto light switch is enabled, illumination turns on whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you at more than 40 degrees causes illumination to turn on.

- Wear the watch on the outside of your wrist.



## Warning!

- Always make sure you are in a safe place whenever you are reading the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not startle or distract others around you. When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.


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To turn the auto light switch on and off
In the Timekeeping Mode, hold down (L) for about one second to toggle the auto light


- The auto light switch indicator is on the display in all modes while the auto light switch is turned on
- In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.


## 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.

## Graphic Areas

The following describes the information indicated by the three graphic areas in each mode.

- In the Timekeeping Mode, World Time Mode, and Alarm Mode, the graphic areas indicate the passage of each minute and second of the current time (Timekeeping
- In the e-DATA MEMORY Mode, the graphic areas indicate the number at the flashing digit during password input.
- In the Countdown Timer Mode, the graphic areas indicate the passage of each
minute and second of the countdown.
- In the Stopwatch Mode, the graphic areas indicate the passage of each second and $1 / 10$ second of the elapsed time


Timekeeping Mode

e-DATA MEMORY Mode

## Inputting Text

The following describes how to input text in the e-DATA MEMORY and Alarm Modes.


To input characters
When the cursor is on the display, use (D) and (B) to cycle through the available letters, numbers and symbols, in the sequence shown below.

2. When the character you want is at the cursor position, press © to move the cursor to the right.
3. Repeat steps 1 and 2 to input the rest of the characters you want.

- See the "Character List" for information about the characters you can input.

Auto Return Features

- 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 exits the setting screen. Except for password input, any settings you have made up to that point are saved automatically.


## 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 at high speed.

## Initial Screens

When you enter the e-DATA MEMORY, World Time, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

## Timekeeping

- Resetting the seconds to $\mathbf{8 E}$ while the current count is in the range of 30 to 59 causes the minutes to be increased by 1 . In the range of 00 to 29 , the seconds are reset to 80 without changing the minutes
- The year can be set in the range of 2000 to 2039
- The watch's built-in full automatic calendar 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.


## 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 seconds count of the World Time is synchronized with the seconds count of the - The GMT differentia
from Gre difference of the time zone where the city is located (UTC) data.

Illumination Precautions

- Illumination may be hard to see when viewed under direct sunlight.
- lllumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Auto light switch precautions

- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light it not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.
- Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make
- llumination turns off in about is parall to the ground keep the watch pointed towards your face.
- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (paralle win he gll the way down so it hangs at your you again. fo bring not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
You may forth. This coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

Character List

| a | $\square$ | n | T | A | F | N | H | 0 | \% | @ | In | " | " |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| b | E | 0 | $\%$ | B | $E$ | 0 | $\square$ | 1 | 1 | ~ | * |  | $\stackrel{ }{*}$ |
| c | $\pm$ | p | F | C | \% | P | F | 2 | = | 1 | $\cdots$ | \& | \% |
| d | $\pm$ | q | 9 | D | Ei | Q | 8 | 3 | \# | 1 | ध | = | $=$ |
| e | E | r | ${ }^{+}$ | E | E | R | $F$ | 4 | 4 | ? | $\because$ | + | $+$ |
| f | $\pm$ | s | $\because$ | F | F | S | $=$ | 5 | 튼 | \# | 柱 | ( | ; |
| g | 3 | t | $\pm$ | G | E | T | T | 6 | 판 | ! | ! | ) | 1 |
| h | H. | u | 1.1 | H | H | U | L. | 7 | 7 | \% | F |  |  |
| i | i | v | $\because$ | 1 | I | V | U | 8 | \% | . | " |  |  |
| , | . ${ }^{\text {i }}$ | w | 4 | J | . 7 | W | 10 | 9 | $\pm$ | : | : |  |  |
| k | L | x | $\cdots$ | K | - | X | $X$ | * | \% | ; | : |  |  |
| I | 1. | y | 3 | L | L. | Y | $\because$ | - | $\cdots$ |  | 3 |  |  |
| m | \% | z | Z | M | 1 | Z | I | - | $\ldots$ |  | 3 |  |  |


| $\begin{array}{\|l\|} \hline \text { City } \\ \text { Code } \end{array}$ | City | $\begin{gathered} \text { GMT } \\ \text { Differential } \end{gathered}$ | Other major cities in same time zone |
| :---: | :---: | :---: | :---: |
| -11 |  | -11.0 | Pago Pago |
| HNL | Honolulu | -10.0 | Papeete |
| ANC | Anchorage | -09.0 | Nome |
| LAX | Los Angeles | -08.0 | San Francisco, Las Vegas, Vancouver, Seattle/Tacoma, Dawson City |
| DEN | Denver | -07.0 | El Paso, Edmonton |
| CHI | Chicago | -06.0 | Houston, Dallas/Ft. Worth, New Orleans, Mexico City, Winnipeg |
| NYC | New York | -05.0 | Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota |
| CCS | Caracas | -04.0 | La Paz, Santiago, Pt. Of Spain |
| RIO | Rio De Janeiro | -03.0 | Sao Paulo, Buenos Aires, Brasilia, Montevideo |
| -2 |  | -02.0 |  |
| -1 |  | -01.0 | Praia |
| $\begin{array}{\|l\|} \hline \text { GMT } \\ \hline \text { LON } \\ \hline \end{array}$ | London | +00.0 | Dublin, Lisbon, Casablanca, Dakar, Abidjan |
| PAR | Paris | +01.0 | Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm, Berlin |
| CAI | Cairo | +02.0 | Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town |
| JRS | Jerusalem | +02.0 | Cape Town Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow |
| JED | Jeddah | +03.0 | Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow |
| KBL | Kabul | +04.5 |  |
| KHI | Karachi | +05.0 | Male |
| DEL | Delhi | +05.5 | Mumbai, Kolkata, Colombo |
| DAC | Dhaka | +06.0 |  |
| RGN | Yangon | +06.5 |  |
| BKK | Bangkok | +07.0 | Jakarta, Phnom Penh, Hanoi, Vientiane |
| HKG | Hong Kong | +08.0 | Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar |
| TYO | Tokyo | +09.0 | Seoul, Pyongyang |
| ADL | Adelaide | +09.5 | Darwin |
| SYD | Sydney | +10.0 | Melbourne, Guam, Rabaul |
| NOU | Noumea | +11.0 | Pt. Vila |
| WLG | Wellington | +12.0 | Christchurch, Nadi, Nauru Is. |


[^0]:     spaces in the text, so you have to press (c) eight times to move to the Hour

