

Operation Guide 3109

About This Manual

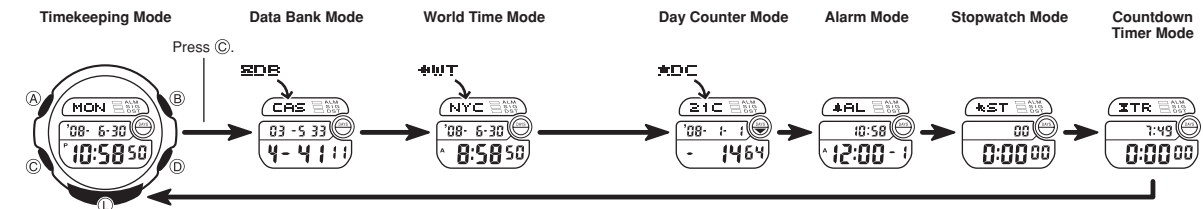


- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- 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.

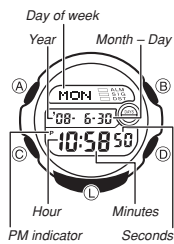
General Guide

- Press (C) to change from mode to mode.
- Pressing (L) in any mode illuminates the display.

- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch exits the setting screen automatically.
- If you do not perform any operation for a few minutes in the Day Counter Mode or Data Bank Mode, the watch reverts to the normal timekeeping screen automatically.



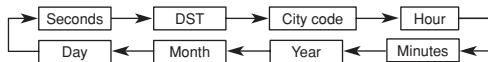
Timekeeping



- Use the Timekeeping Mode to set and view the current time and date.
- Pressing (A) in the Timekeeping Mode will display the currently selected Home City.
 - Press (D) to toggle between 12-hour and 24-hour formats.
 - With 12-hour format, times between midnight and noon are indicated by A (am), while times between noon and midnight are indicated by P (pm).
 - The A and P indicators do not appear when you are using 24-hour format.

To set the time and date

- While in the Timekeeping Mode, hold down (A) until the second's digits flash on the display, which indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below.

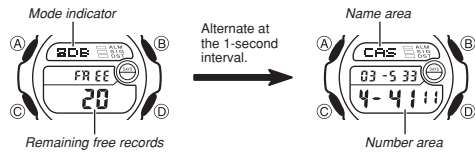


- While the seconds setting is selected (flashing), press (D) to reset it to 00. If you press (D) while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
 - While the DST* setting is selected (DST on indicator is flashing), press (D) to toggle it on (On) and off (Off).
 - The DST on/off setting you select for the Timekeeping Mode affects the World Time Mode.
 - While the city code setting is selected, use (D) and (B) to scroll through the available codes until the one you want to use as your home time city is displayed.
 - For full information on city codes, see the "City Code Table".
- While any other setting is selected (flashing), press (D) to increase it or press (B) to decrease it. Holding down (D) or (B) scrolls at high speed.
- Press (A) to exit the setting screen.
 - The day of the week is set in accordance with the date automatically.
 - The date can be set within the range of January 1, 2000 to December 31, 2099.
 - The watch's built-in full automatic calendar makes allowances for different month lengths and leap years automatically. Once you set the date, there should be no reason to change it except after replacement of the watch's battery.
 - * See "Daylight Saving Time (DST) Setting" for details about the DST setting.

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 turns off automatically whenever an alarm sounds.
 - Frequent use of the backlight shortens the battery life.

Data Bank

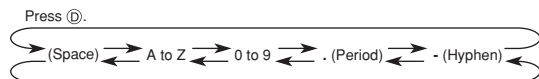


The Data Bank Mode lets you store up to 25 records, each with a name (up to eight characters) and a phone number (up to 12 digits). Entering the Data Bank Mode displays a screen that shows the mode name (DB) and remaining memory capacity (number of records) for a few moments. After that, the record you were viewing the last time you exited the Data Bank Mode will appear. Anytime you input a new record, all records will be sorted automatically into alphabetic sequence on the name.*

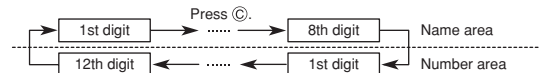
* A to Z, 0 to 9, symbols (, or -)

To input a new Data Bank record

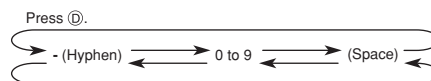
- In the Data Bank Mode, use (D) (+) and (B) (-) to scroll through the Data Bank records and display the one you want to input data.
- Hold down (A) until a cursor appears on the name area.
- Use (D) and (B) to scroll through characters at the current cursor position. Characters scroll in the sequence shown below.



- Press (D).
- Press (B).
- Holding down (D) or (B) scrolls at high speed.
 - When the character you want is at the current cursor position, press (C) to move the cursor to the right.



- Repeat the steps 3 and 4 to input the rest of the characters.
 - You can input up to eight characters for the name, though only three characters are visible at a time.
 - If the name you input has fewer than eight characters, use (C) to move the cursor to the eighth space (which means you would press (C) three times after inputting a five-character name).
- After you input the name, use (C) to move the cursor to the number area.
 - Pressing (C) while the cursor is located at the eighth character of the name area advances to the number area. Pressing (C) while the cursor is located at the 12th digit of the number area returns to the name area.
- Use (D) and (B) to scroll through characters (hyphen, numbers, space) at the current cursor position on the number area. Characters scroll in the sequence shown below.



- Press (D).
- Press (B).
- Holding down (D) or (B) scrolls characters at high speed.

- When the character you want is at the cursor position, press **C** to move the cursor to the right.
- Repeat steps 7 and 8 to input the rest of the numbers you want.
 - You can input up to 12 digits for the number.
- After inputting the name and number of the record, press **A** to store it and exit the setting screen.
 - The display can show only three name characters at a time. Longer names scrolls continuously from right to left. The symbol "⏪" indicates that the character to the left is the last, and the character to the right is the first.

To recall Data Bank records

In the Data Bank Mode, use **D** (+) and **B** (-) to scroll through Data Bank records on the display.

- Holding down **B** or **D** scrolls at high speed.

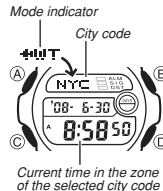
To edit a Data Bank record

- In the Data Bank Mode, scroll through the records and display the one you want to edit.
- Hold down **A** until the cursor appears in the display.
- Use **C** to move the cursor to the character you want to change.
- Use **D** and **B** to change the character.
 - See step 3 of "To input a new Data Bank record" for information on inputting name characters, and step 7 for inputting number characters.
- After making the changes that you want, press **A** to store them and exit the setting screen.

To delete a Data Bank record

- In the Data Bank Mode, scroll through the records and display the one you want to delete.
- Hold down **A** until the cursor appears in the display.
- Press **B** and **D** at the same time. The message "CLR" appears in the display, indicating that the record was deleted.
 - After the record is deleted, the cursor appears in the name area, ready for input.
- Input a new record or press **A** to exit the setting screen.

World Time



World Time shows the current time in 30 cities (29 time zones) around the world.

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

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".
 - 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.

Daylight Saving Time (DST) Setting

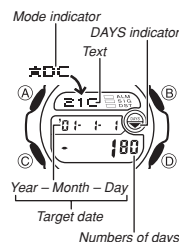
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle 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.
- Hold down **A** for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
 - The DST indicator will appear 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.

Day Counter



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

- This watch has five day counters. You can assign text titles up to eight characters long to each of the five Day Counters. 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 on the screen of the particular day counter whose date matches the date of the Timekeeping Mode.
- The day counter on the display when you exit the Day Counter Mode appears first the next time you enter the Day Counter Mode.

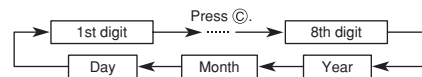
Recalling Day Counter Data

In the Day Counter Mode, use **D** (+) and **B** (-) to scroll through the day counters.

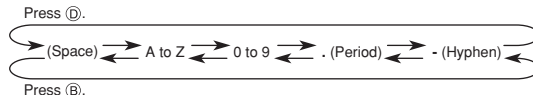
To set the target date



- In the Day Counter Mode, use **D** (+) and **B** (-) to display the day counter you want to set.
- Hold down **A** until the flashing cursor appears in the text area. This indicates the input screen.
- Press **C** to move the flashing in the sequence shown below.

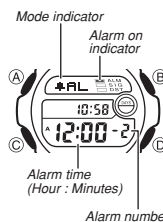


- While the cursor is in the text area, use **D** and **B** to scroll through characters at the current cursor position. Characters scroll in the sequence shown below. Holding down **D** or **B** scrolls at high speed.



- While the cursor is in the date area, press **D** and **B** to scroll through digits at the current cursor position. Holding down **D** or **B** scrolls at high speed.
 - Press **B** and **D** at the same time, and the message "CLR" will appear in the display. The characters in the text area are cleared and today's date is set as the target date. You then can make any changes in the date you want.
- After you make the settings you want, press **A** to exit the input screen.
 - The date can be set within the range of January 1, 1950 to December 31, 2049.
 - The text area display can show only three characters at a time. Longer text scrolls continuously from right to left. The symbol "⏪" indicates that the character to the left is the last, and the character to the right is first.

Alarms



You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached.

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

- There are six screens in the Alarm Mode. Five are for daily alarms (indicated by numbers from -1 through -5), and one is for the Hourly Time Signal (indicated by SIG).
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **C**.

To set an alarm time

- In the Alarm Mode, use **D** 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 -1 through -5.
- 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 turns on the alarm automatically.
 - Press **C** to move the flashing between the hour and minute settings.
 - While a setting is flashing, use **D** (+) and **B** (-) to change 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).
 - Press **A** to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.

- To stop the alarm tone after it starts to sound, press any button.

To test the alarm

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

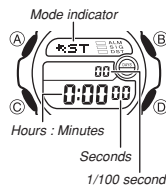
To turn an alarm on and off

- In the Alarm Mode, use **D** to select an alarm.
- Press **B** to toggle it on (the alarm on indicator displayed) and off (the alarm on indicator not displayed).
 - Turning on a daily alarm (-1 through -5) displays the alarm on indicator on its Alarm Mode screen.
 - In all modes, the alarm on indicator is shown for any alarm that is currently turned on.

To turn the Hourly Time Signal on and off

- In the Alarm Mode, use **D** to select the Hourly Time Signal (SIG).
- Press **B** to toggle it on (the hourly time signal on indicator displayed) and off (the hourly time signal on indicator not displayed).
 - The Hourly Time Signal on indicator is shown on the display in all modes while the Hourly Time Signal 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).

Elapsed time measurement



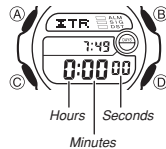
Split time measurement



Split time and 1st-2nd place times



Countdown Timer



- The countdown timer can be set within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.
- The countdown operation continues even if you exit the Countdown Timer Mode.
 - All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C).

To use the countdown timer

- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is reset to its starting value automatically after the alarm stops.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
 - To stop a countdown operation completely, first pause it (by pressing (D)), and then press (B). This returns the countdown time to its starting value.

To set the countdown start time

- In the Countdown Timer Mode, hold down (A) until the hours of the countdown start time start to flash, which indicates the setting screen.
- Press (C) to move the flashing between the hours and minutes.
- While a setting is flashing, use (D) (+) or (B) (-) to change it.
 - To set the starting value of the countdown time to 24 hours, set 0:00.
- Press (A) to exit the setting screen.

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.

Button Operation Tone

Mute indicator



- The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.
- Even if you turn off the button operation tone, the alarm, Hourly Time Signal, and Countdown Timer Mode alarm all operate normally.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down (C) for about three seconds to toggle the button operation tone on (mute indicator not displayed) and off (mute indicator displayed).

- Holding down (C) to turn the button operation tone on or off also causes the watch's current mode to change.
- The mute indicator is displayed in all modes when the button operation tone is turned off.

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 World Time or Alarm Mode, the data you were viewing when you last exited the mode appears first.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- 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 of the time zone where the city is located from Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
PPG	PAGO PAGO	-11.0	
HNL	HONOLULU	-10.0	PAPEETE
ANC	ANCHORAGE	-09.0	NOME
LAX	LOS ANGELES	-08.0	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-07.0	EL PASO, EDMONTON
CHI	CHICAGO	-06.0	HOUSTON, DALLAS/FORT 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, PORT OF SPAIN
YYT	ST. JOHNS	-03.5	
RIO	RIO DE JANEIRO	-03.0	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
RAI	PRAIA	-01.0	
LON	LONDON	+00.0	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
PAR	PARIS	+01.0	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
PPG	PAGO PAGO	-11.0	
HNL	HONOLULU	-10.0	PAPEETE
ANC	ANCHORAGE	-09.0	NOME
LAX	LOS ANGELES	-08.0	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-07.0	EL PASO, EDMONTON
CHI	CHICAGO	-06.0	HOUSTON, DALLAS/FORT 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, PORT OF SPAIN
YYT	ST. JOHNS	-03.5	
RIO	RIO DE JANEIRO	-03.0	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
RAI	PRAIA	-01.0	
LON	LONDON	+00.0	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
PAR	PARIS	+01.0	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
CAI	CAIRO	+02.0	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM	+03.0	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
JED	JEDDAH	+03.0	
THR	TEHRAN	+03.5	SHIRAZ
DXB	DUBAI	+04.0	ABU DHABI, MUSCAT
KBL	KABUL	+04.5	
KHI	KARACHI	+05.0	MALE
DEL	DELHI	+05.5	MUMBAI, KOLKATA
DAC	DHAKA	+06.0	COLOMBO
PGN	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, RABAU
NOU	NOUMEA	+11.0	PORT VILA
WLG	WELLINGTON	+12.0	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of June 2007.