Operation Guide 4770

About This Manual

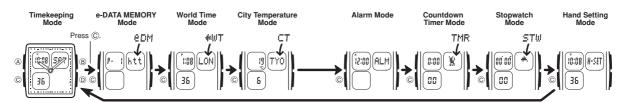


 Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light

- 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.

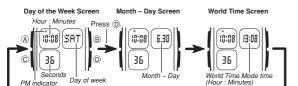
General Guide

Press © to change from mode to mode.
In any mode, press B to illuminate the display



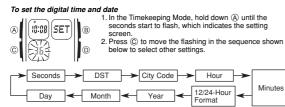
Timekeeping

- Use the Timekeeping Mode to set and view the current digital time and date. This watch features separate digital and analog timekeeping. Note that the digital time and analog time are independent of each other, and must be set separately. Pressing (1) in the Timekeeping Mode cycles through available screen formats as shown below



Read This Before You Set the Digital 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 digital time and date

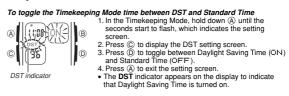


3. When the setting you want to change is flashing, use ${\rm \textcircled{D}}$ and ${\rm \textcircled{B}}$ to change it as described below

described below.						
Screen	To do this:	Do this:				
56	Reset the seconds to DD	Press D.				
OFF	OFF Toggle between Daylight Saving Time (DN) Press (D. and Standard Time (DFF)					
түо	Change the city code	Use (D) (east) and (B) (west).				
° 10:58	Change the hour or minutes	Use () (+) and () (-).				
12H	Toggle between 12-hour (1 ㄹH) and 24-hour (ㄹHH) timekeeping	Press D.				
r 005	Change the year	Use (D) (+) and (B) (-).				
6-30	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.
 Press (a) to exit the setting screen.
 With the 12-hour format, the P (PM) indicator appears on the display for times in the range of moint on 11:59 p.m. and the A (AM) indicator appears for times in the range of moint to 11:59 p.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 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.



e-DATA MEMORY



• All of the operations in this section are performed in the e-DATA MEMORY to store e-mail addresses, Web page URLs, and other text data. • All of the operations in this section are performed in the e-DATA MEMORY Mode, which you enter by pressing ©. You can use the watch's e-DATA MEMORY to store e-mail

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 characters per record, as shown below. 63 characters per record: 5 records

7 or fewer characters per record: 40 records



- - arave to detect some or the records stored in memory.
 2. Hold down (a) until the flashing cursor (a) appears on the display, which indicates the setting screen.
 The setting screen also shows the record number that is automatically assigned to the new record.
 3. Input the text you want.
 When inputting the text, use (a) (+) and (b) (-) to civel through characters at the current cursor.
 - cycle through characters at the current curso location, and O to move the cursor to the right. See "Inputting Text".

4. Press (A) to store your data and return to the e-DATA MEMORY record screen

- Press (a) to store your data and return to the e-DATA MEMORY record screen (without the cursor).
 Pressing (a) causes the message SET 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 4 after it. Press (a) to the cord cardiacter is indicated by the symbol 4 after it. Press (a) to stop and restart scrolling.
- · Records are stored in memory in the sequence they are created

To recall e-DATA MEMORY records

In the e-DATA MEMORY Mode, use (1) to cycle through e-DATA MEMORY records as shown below.



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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.

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

D

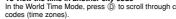
- To delete an e-DATA MEMORY record 1. In the e-DATA MEMORY Mode, use () to display the record you want to delete. 2. Hold down (a) until the flashing cursor appears on the display. 3. Press () and () at the same time to delete the record.
- The message CLR appears to indicate that the record is being 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

World Time

A

C 36

World Time shows the current time in 30 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 C. Dav of week -::08][LON] B



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.

t time in the zon of the selected city code (Hour : Minutes)

SATK

Citv



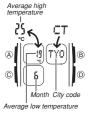
To view the time in another city code In the World Time Mode, press D to scroll through city

For full information about city codes, see the "City Code

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.

City Temperature



In the City Temperature Mode, the display shows the average high and low monthly temperatures in 30 cities around the globe Note

- Displayed temperatures are monthly averages. They do not ensure that the temperature on any particular date will fall within the indicated range. The average high temperature and low temperature
- The average high temperature and low temperature values alternate on the display at two-second intervals.
 The screen that appears first is the one for the city and month that was on the display when you last exited the City Temperature Mode.
 All of the operations in this section are performed in the City Temperature Mode, which you enter by pressing
- 0

Alarm



When the daily alarm is turned on, the alarm tone sounds when the alarm time is reached. You can also turn on an Hourly Time Signal (:BC) that

Causes the watch to beep twice every hour on the hour.
 You can configure alarm settings and Hourly Time Signal settings in the Alarm Mode, which you enter by pressing ^(C).

To set an alarm time (alm)

- 1. In the Alarm Mode, 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. 2. Press © to move the flashing between the hour and
- minutes. 3. While a setting is flashing, use D (+) and B (-) to
- change it.

• With the 12-hour format, set the time correctly as a.m. (A indicator) or

p.m. (P indicator).4. Press (A) to exit the setting screen.

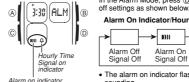
B

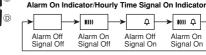
Alarm Operation

- tone sounds at the preset time for 20 seconds, regardless of the mode the The alarm atch 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 the Daily Alarm and Hourly Time Signal on and off In the Alarm Mode, press (1) to cycle through the on and





. The alarm on indicator flashes while the alarm is

sounding. • The alarm on indicator and Hourly Time Signal on indicator are displayed in all modes

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. You can also select auto-repeat, which automatically restarts the countdown from the original value you set
- whenever zero is reached. All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing \mathbb{C} .

To use the countdown timer

40

- reaches zero.



Auto-repeat on indicato

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

Hours Minutes Auto-repeat

3. While a setting is flashing, use (1) and (8) to change it as described below.					
Screen To do this: Do this:					
0:00	Change the hours or minutes	Use () (+) and () (-).			
OFF	Toggle auto-repeat on (ON) and off (OFF)	Press D.			

- To specify a countdown start time of 24 hours, set **0:00**.
 A. Press (a) to exit the setting screen.
 The auto-repeat on indicator appears on the display while this function is turned on. · Frequent use of auto-repeat and the alarm can run down battery power

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes. • The display range of the stopwatch is 59 minutes,

- 59.99 seconds
- . The stopwatch continues to run, restarting from zero

- The stopwatch 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 cleared time measurement elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing ©.

- Io 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 and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
 When the end of the countdown starts again automatically whenever the countdown reaches a turned on the countdown starts again automatically whenever the countdown
- The countdown timer measurement operation continues even if you exit the
- The countown timer measurement operation containes even in you exit the Countown Timer Mode.
 Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing $\overline{\mathbb{O}}$), and then press $\overline{\mathbb{O}}$. This returns the countdown time to its starting value.



- To set up the countdown time

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Elapsed Time D A Clear D Stop D Start Stop Re-start Split Time A Split (≅PL displayed) A Split release A Clear D Stop Start Two Finishes A Split D Stop A Split release (A) Clear Start Second runner finishes. First runner finishes. Display time of first runner. Display time of second runner

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.

Hand Setting

36

Hou hand (10:08) (H-5277

(A)

0

To measure times with the stopwatch

When the analog setting does not match the time shown on the digital display, use this mode to correct the analog Minute hand

This watch features separate digital and analog timekeeping. Note that the digital time and analog timekeeping. Note that the digital time and analog time separately. B

D

To set the analog time 1. Hold down (a) while in the Hand Setting Mode until H-SET starts to flash.

- H-SET starts to tlash.
 2. Use @ and @ to set the analog time.
 Each press of @ advances the hands 20 seconds.
 Pressing @ while holding down @ causes the hand setting to change at high speed, even if you release the buttons. Press any button to stop.
- . The analog time setting does not stop automatically when it reaches the current

- The analog time setting does not stop automatically when it reaches the current time. You must stop the hands manually.
 Note that the hands can be advanced only and cannot be moved back. Take care so you do not go past the setting you want to make.
 After you set the analog time, press (A) to exit the setting screen.
 Depending on your timing when you operate the (D) button, the above operation can cause the minute hand timing to become late. If this happens, repeat the above operate the correct the correct the results of the setting the provide the setting the provide the setting the sett 3. operation to correct the minute hand timing.

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

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Auto Display continually changes the contents of the digital display.

To turn off Auto Display Press any button (except for (B)) to turn off Auto Display.

To turn on Auto Display In the Timekeeping Mode, hold down © for about three seconds until the watch beeps.

Note that Auto Display cannot be performed while a setting screen is on the display.

The following describes how to input text in the e-DATA MEMORY Mode.

To input characters 1. When the cursor is on the display, use ()) and (B) to cycle through the available letters, numbers and symbols, in the sequence shown below.

Inputting Text

B Ô

Press (D). = Press ®



- 2. When the character you want is at the cursor position, press (C) to move the cursor

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

Auto Return Features

- Auto Heturn Features If you leave the watch in the e-DATA MEMORY, City Temperature, 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 saves any settings you have made up to that point and exits the setting screen.

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 City Temperature Mode, the data you were viewing when you last exited the mode appears first

- Timekeeping
 Resetting the seconds to GG 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 GG 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 leads are due users to have a base.
- 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

- World Time
 The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
 The world time that appears in the Timekeeping Mode screen always uses 24-hour format, regardless of the watch's current 12/24-hour setting.
 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.
- from Greenwich Mean Time. GMT differential is calculated by this watch based on Universal Time Coordinated
- (UTC) data

Illumination Precautions

The display of the watch is illuminated by an LED (light-emitting diode) and a light guide panel for easy reading in the dark. In any mode, press (a) to illuminate the display for about two seconds. Illumination may be hard to see when viewed under direct sunlight. Illumination turns off automatically whenever an alarm sounds. • Frequent use of illumination runs down the battery.

Character List

-											
а	a	n	n	А	Ĥ	Ν	N	0	Ø	@	æ
b	Ь	0	0	В	B	0	0	1	1	~	~
С	С	р	p	С	C	Ρ	P	2	В	/	\sim
d	d	q	ą	D	D	Q	Q	3	Э	1	\sim
е	е	r	r	Е	Ε	R	R	4	4	#	#
f	÷	s	S	F	F	S	W.	5	5	•	
g	.9	t	t	G	G	Т	Т	6	ε	:	:
h	h	u	u	Н	Н	U	U	7	7	;	1
i	i.	٧	∇	1	Ι	V	V.	8	8	,	2
j	j	W	W	J	J	W	ιų.	9	9	,	2
k	k.	х	ж	Κ	К	Х	\times	*	36	"	
1	I.	у	\geq	L	L	Υ	Y	-		^	~
m	m	Z	2	М	М	Ζ	N	_		&	\otimes

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			
СНІ	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			
LON	London	+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan			
PAR	Paris	+01.0	Milan, Rome, Madrid, Amsterdam, Algiers,			
BER	Berlin	+01.0	Hamburg, Frankfurt, Vienna, Stockholm			
CAI	Cairo	+02.0	Athens, Helsinki, Istanbul, Beirut, Damascus,			
JRS	Jerusalem	+02.0	Cape Town			
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow			
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, 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			
SEL	Seoul	+09.0	Bungung			
TYO	Tokyo	+09.0	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.			
*Racon	Based on data as of June 2006.					