

Operation Guide 5422

ENGLISH

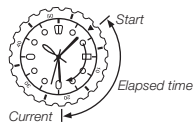
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• Your watch may differ somewhat from the one shown in the illustration.

Before Using the Watch for the First Time

If your watch has a rotary bezel...

You can rotate the bezel to align its ▼ mark with the minute hand. Then you will be able to tell how much time has elapsed since aligning the ▼ mark.



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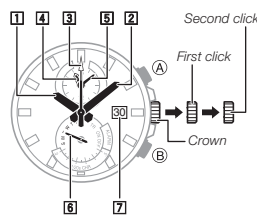
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B

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Indicators and Crown Operation

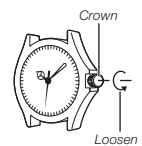


Hand Functions

- 1 Hour Hand
- 2 Minute Hand
- 3 Second Hand
- 4 Small Hour Hand
- 5 Small Minute Hand
- 6 Lower Dial Hand
- 7 Day Indicator

This User's Guide uses numbers shown above to identify watch hands and indicators.

Some water-resistant models (100 meters, 200 meters) have a screw-in crown. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in.



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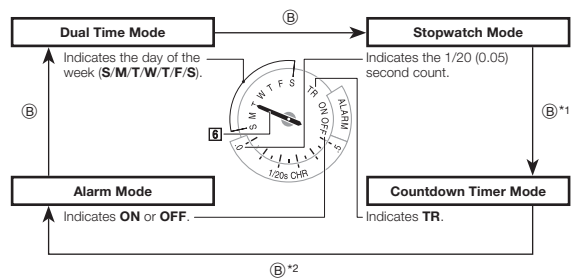
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Mode Reference Guide

Your watch has four "modes". The mode you should select depends on what you want to do. Use (B) to cycle between modes.

To do this:	Enter this mode:	See:
• View the current time and date in your Home City • Manually adjust the time or date setting	Any Mode	E-11
View the current time in one of 29 other cities around the globe	Dual Time Mode	E-11
Use the stopwatch to measure elapsed time	Stopwatch Mode	E-21
Use the countdown timer	Countdown Timer Mode	E-25
Set an alarm time	Alarm Mode	E-28

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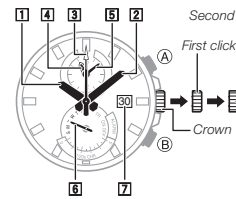
- *1 After resetting the stopwatch, press (B) (page E-23).
- *2 After resetting the timer to its start time, press (B) (page E-26).
- You can return to the Dual Time Mode from the Stopwatch Mode or Countdown Timer Mode by holding down (B) for at least two seconds.

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Timekeeping (Dual Time Mode)

In addition to viewing the current time (Home Time), day, and day of the week at your location (Home City), you can also use World Time to view the time at locations around the globe.

- To enter the Dual Time Mode, hold down (B) at least two seconds.



Hand Functions

- 1 Hour Hand: Home Time hour
- 2 Minute Hand: Home Time minute
- 3 Second Hand: Home Time second
- 4 Small Hour Hand: World Time hour hand
- 5 Small Minute Hand: World Time minute hand
- 6 Lower Dial Hand: Current day of the week
- 7 Day Indicator

E-11

To adjust the time, day, and day of the week setting

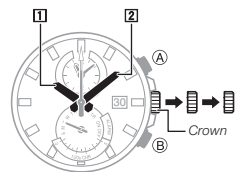
Important!

- When setting the time, be sure to set the position of all of the hands. If you change the position of only one hand, the other hands will still be incorrect.

1. Pull out the crown to the second click.
 - Some of the hands will start to move. Wait until they stop.

2. Rotate the crown to set the 1 Hour Hand and 2 Minute Hand.

Example: To set a time of 10:08 p.m.



- Take care that you set the correct AM or PM time. Watch the day indicator when the hour hand passes 12 o'clock. If the day indicator changes, it means you just passed midnight.
- When setting the minute hand, move it four or five minutes past the desired setting, and then back it up.

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3. Use (B) to change the day of the week.



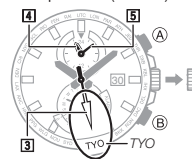
4. Push the crown in and then pull it out to the first click.
 - Some of the hands will start to move. Wait until they stop.



5. Rotate the crown away from you to set the 7 Day Indicator.

- The day indicator setting uses a 31-day month. Make adjustments for months of shorter lengths.
- Avoid changing the day indicator setting between the hours of 10 p.m. and 1 a.m. Otherwise, the day indicator may not change correctly at midnight.

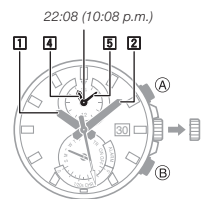
Example: TYO (TOKYO)



6. Use (A) to move the 3 Second Hand to the location (Home City) where you will normally use the watch.
 - The 4 Small Hour Hand and 5 Small Minute Hand will also move along with the 3 Second Hand.
 - For information about city codes, see the list on page E-19.

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7. Use (B) to set the 4 Small Hour Hand and 5 Small Minute Hand to the same time as the 1 Hour Hand and 2 Minute Hand.
 - If summer time is being applied to the 1 Hour Hand and 2 Minute Hand, set the 4 Small Hour Hand and 5 Small Minute Hand one hour later.
 - Holding down (B) moves the hands at high speed.
8. Push the crown back in.
 - This will start normal timekeeping.

Using World Time

World Time can be used to view the current time in any one of 29 cities (time zones) around the world.

Important!

- Check the points below before using World Time.
 - Make sure the crown is pushed all the way in.
 - Make sure the current time setting is correct (page E-12).

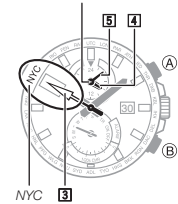
1. In the Dual Time Mode, hold down (A) for about 0.5 seconds.
 - This will cause the 3 Second Hand to move to the currently set World Time City. If you do not perform any operation for two or three seconds, the watch will return to the Dual Time Mode display.

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Example: NYC (NEW YORK)

New York Time: 8:08 a.m.



2. While the 3 Second Hand is indicating a World Time City, use (A) to move it to another position and change the World Time City setting.
 - Each press of (A) advances to the next city.
 - The 4 Small Hour Hand and 5 Small Minute Hand will indicate the current time in the city indicated by the 3 Second Hand.
 - See the city list on page E-19.
3. If you do not perform any operation for two or three seconds, the 3 Second Hand will go back to indicating seconds.
 - At this time the 4 Small Hour Hand and 5 Small Minute Hand will continue to indicate the current time in the currently set World Time City.

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City Code	City	UTC Offset/ GMT Differential*	City Code	City	UTC Offset/ GMT Differential*
PPG	Pago Pago	-11	THR	Tehran	+3.5
HNL	Honolulu	-10	DXB	Dubai	+4
ANC	Anchorage	-9	KBL	Kabul	+4.5
LAX	Los Angeles	-8	KHI	Karachi	+5
DEN	Denver	-7	DEL	Delhi	+5.5
CHI	Chicago	-6	DAC	Dhaka	+6
NYC	New York	-5	RGN	Yangon	+6.5
SCL	Santiago	-4	BKK	Bangkok	+7
RIO	Rio De Janeiro	-3	HKG	Hong Kong	+8
RAI	Praia	-1	TYO	Tokyo	+9
UTC	-	-	ADL	Adelaide	+9.5
LON	London	0	SYD	Sydney	+10
PAR	Paris	+1	NOU	Noumea	+11
ATH	Athens	+2	WLG	Wellington	+12
JED	Jeddah	+3			

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- * UTC: Universal Time Coordinated;
GMT: Greenwich Mean Time
- Based on data as of December 2013.

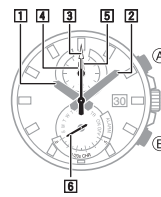
Important!

- To check the current time in a location that is not among the 29 city names, select a city that is in the same time zone as the one you want to check.
Example: To check the time in Osaka (Offset: +9), select Tokyo, which has the same offset.
- To check the current time in a city where summer time is in effect, select a city with a time that is one hour ahead of the desired city.
Example: To check the time in NEW YORK (Offset: -5) during summer time, select SANTIAGO (Offset: -4).

E-20

Using the Stopwatch

The stopwatch measures elapsed time and split times, and two finishes.

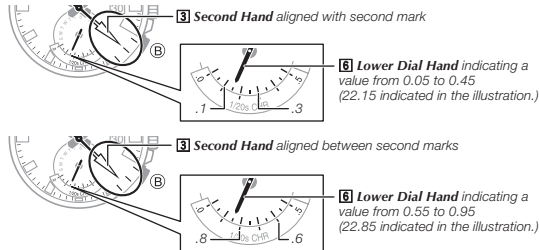


Hand Functions

- 1 Hour Hand
- 2 Minute Hand
- 3 Second Hand:
• Indicates stopwatch elapsed time measurement in 1/2 (0.5)-second units.
• The position of the 3 Second Hand also provides information about the 6 Lower Dial Hand position.*
- 4 Small Hour Hand:
Indicates the stopwatch hour count.
- 5 Small Minute Hand:
Indicates the stopwatch minute count.
- 6 Lower Dial Hand:
Indicates the 1/20 (0.05)-second count.*

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- * You can determine what is being indicate by the 6 Lower Dial Hand by checking the 3 Second Hand position.



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To enter the Stopwatch Mode

- Refer to the Mode Reference Guide (page E-8).
- Entering the Stopwatch Mode will cause the 6 Lower Dial Hand to move to 0.

To measure elapsed time



To pause at a split time



E-23

To measure two finishes



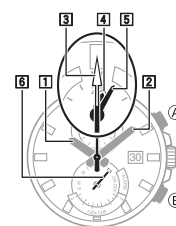
Note

- The Stopwatch Mode can indicate elapsed time up to 23 hours, 59 minutes, 59.95 seconds. Elapsed time measurement will stop automatically when the maximum time is reached.
- The 6 Lower Dial hand will move for 60 seconds after you start an elapsed time operation. After that, it will stop at 0. When you stop the elapsed time operation, the 6 Lower Dial hand will move to the 1/20-second reading for the current elapsed time.

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Using the Countdown Timer

The countdown timer can be configured within a range of one minute to 24 hours. An alarm sounds for about 10 seconds when the timer reaches zero.



Hand Functions

- 1 Hour Hand
- 2 Minute Hand
- 3 Second Hand: Indicates countdown seconds.
- 4 Small Hour Hand: Indicates countdown hours.
- 5 Small Minute Hand: Indicates countdown minutes.
- 6 Lower Dial Hand: Points to TR.
- All hands move counterclockwise during a countdown.

E-25

To enter the Countdown Timer Mode

- Refer to the Mode Reference Guide (page E-8).
- Entering the Countdown Timer Mode will cause the 6 Lower Dial Hand to move to TR.

To specify the countdown start time

1. In the Countdown Timer Mode, pull out the crown to the first click.
2. Use (A) and (B) to move the 4 Small Hour Hand and 5 Small Minute Hand to the desired start time.
• Holding down (A) (-) or (B) (+) will move the hands at high speed.
3. Push the crown back in.

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To perform a countdown timer operation



- Pressing (B) while the Countdown Timer is stopped resets the displayed time to the start time specified by you.
- Pulling out the crown while a countdown operation is in progress will stop the ongoing operation so you can change the countdown start time setting.

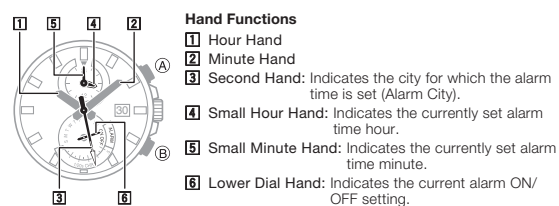
To stop the alarm

Press any button.

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Using the Alarm

When the alarm time is reach in the Timekeeping Mode, the watch sounds an alarm for 20 seconds. You can also set an alarm for one of the World Time cities (World Time Alarm).



Hand Functions

- 1 Hour Hand
- 2 Minute Hand
- 3 Second Hand: Indicates the city for which the alarm time is set (Alarm City).
- 4 Small Hour Hand: Indicates the currently set alarm time hour.
- 5 Small Minute Hand: Indicates the currently set alarm time minute.
- 6 Lower Dial Hand: Indicates the current alarm ON/OFF setting.

E-28

Important!

- Check the points below before using the alarm.
– Make sure the current time setting is correct (page E-12).

To enter the Alarm Mode

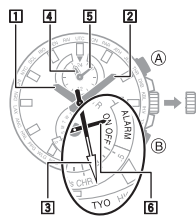
- Refer to the Mode Reference Guide (page E-8).
- Entering the Alarm Mode will cause the 6 Lower Dial Hand to move to ON or OFF.

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To change the alarm time setting

1. In the Alarm Mode, pull out the crown to the first click.

Example: TYO
(Same as Home City)



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- Use (A) to select the Alarm City.
 - Each press of (A) advances to the next city.
 - To set an alarm based on your Home Time (indicated by the **1 Hour Hand** and **2 Minute Hand**), select your Home City (page E-15) as the Alarm City. To set an alarm based on your World Time (indicated by the **3 Small Hour Hand** and **4 Small Minute Hand**), select your World Time City (page E-17) as the Alarm City.
 - See the city list on page E-19.
 - While summer time is in effect in the desired time zone, change to the time zone whose time is one hour ahead.

Example: If you are setting an alarm for the NEW YORK (Offset: -5) time zone and summer time is in effect there, change to the SANTIAGO (Offset: -4) time zone to have the alarm sound at the correct time.

- Use (B) to set the **3 Small Hour Hand** and **4 Small Minute Hand** to the desired alarm time.
 - Holding down (B) will move the hands at high speed.
- Push the crown back in.
 - The alarm always works based on the time kept by the watch.

To turn the alarm on or off

In the Alarm Mode, press (A) to toggle the alarm between on and off. The **6 Lower Dial Hand** will indicate the current ON/OFF setting.

To stop the alarm

Press any button.

E-31

Adjusting Hand Home Positions

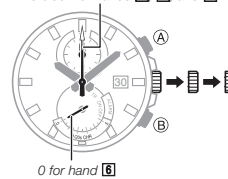
If the watch is exposed to strong magnetism or impact, it can cause its hands to go out of alignment. Use the procedure in this section to make adjustments if you notice that the hands are out of alignment.

Example: The **3 Second Hand** does not point to 12 o'clock when the stopwatch is reset.

To adjust home positions

Correct hand position

12 o'clock for hands **3**, **4** and **5**



0 for hand **6**

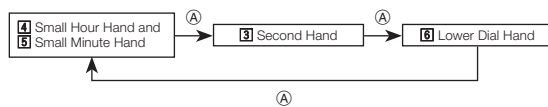
- In any mode, pull the crown out to the second click.
 - Some of the hands will start to move. Wait until they stop.
- Hold down (A) for about five seconds.
 - Release (A) after the hands start moving. Wait until the hands stop moving.

E-32

B

E-33

- If any of the hands are out of alignment, adjust them.
 - Use (A) to select a hand and (B) to adjust it.
 - Holding down (B) will move the selected hand at high speed.



- Push the crown back in.
 - This exits the adjustment mode and returns to normal timekeeping.
 - Timekeeping stops while the crown is pulled out to the second click. Adjust the current time setting (page E-12) after pushing it back in.

Correcting Abnormal Hand Movement (General Reset)

- Pull the crown out to the second click.
- Hold down (A) and (B) at the same time for about one second.
 - This resets all of the watches settings.
 - If hands are out of alignment, you can adjust their positions here by performing step 3 on page E-34.
- Push the crown back in.
- Set the hands to the current time (page E-12).

E-34

B

E-35

Troubleshooting

- I lost track of what mode the watch is in.**
Refer to "Mode Reference Guide" (page E-8). To return directly to the Dual Time Mode, hold down (B) for at least two seconds.
- The indicated World Time is wrong by a number of hours.**
The Home City setting (page E-12) or World City Setting (page E-17) is not correct.
- The indicated World Time is wrong.**
Check if the **3 Small Hour Hand** and **4 Small Minute Hand** are set correctly (page E-16).
- The alarm does not sound when the alarm time is reached.**
The Alarm City setting (page E-30) is not correct.

Specifications

- Accuracy at normal temperature:** ±20 seconds a month
- Timekeeping:** Hour, minutes, seconds, day, day of the week
- World Time:** 29 cities (29 time zones) and Coordinated Universal Time
- Stopwatch:** Measuring capacity: 23:59'59.95"
Measuring unit: 1/20 (0.05) seconds
Measuring modes: Elapsed time, split time, two finishes
- Countdown Timer:**
Measuring unit: 1 second
Input range: 1 minute to 24 hours (1-minute increments)
- Alarm:** World Time Alarm (Alarm settings for a particular city)
- Battery:** One silver oxide battery (Type: SR927W)
- Battery Life:** Approximately 2 years under the conditions below:
Stopwatch: 1 hour/day
Timer: 1 hour/day
Alarm: 20 seconds/day

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