To change the color pattern setting

1. In the Timekeeping Mode, hold down \( \text{C} \) until the seconds start to flash, which indicates the setting screen.
2. Use \( \text{C} \) to cycle through the available setting screens until the color pattern setting screen (indicated by the flashing \( \text{C} \)) is on the display.
3. Use \( \text{C} \) and \( \text{D} \) to select the color pattern you want.
4. Press \( \text{A} \) to exit the setting screen.

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

1. In the Timekeeping Mode, hold down \( \text{D} \) until the seconds start to flash, which indicates the setting screen.
2. Use \( \text{D} \) to toggle between Daylight Saving Time (ON) and standard time (OFF).
3. Press \( \text{B} \) to toggle between Daylight Saving Time (ON) displayed and standard time (OFF) displayed.
4. Press \( \text{A} \) to exit the setting screen.

The \( \text{D} \) indicator appears on the display to indicate that daylight saving time is turned on.

Color Pattern Setting

This watch is equipped with two color LCD panels, which provide a choice of 12 different color patterns from which you can choose.

To change the color pattern setting

1. In the Timekeeping Mode, hold down \( \text{D} \) until the seconds start to flash, which indicates the setting screen.
2. Use \( \text{D} \) to cycle through the available setting screens until the color pattern setting screen (indicated by the flashing \( \text{C} \)) is on the display.
3. Use \( \text{D} \) and \( \text{C} \) to select the color pattern you want.
4. Press \( \text{A} \) to exit the setting screen.

Press \( \text{C} \) to change from mode to mode.
Alarms

You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms is a snooze alarm, which starts to sound when the alarm time is reached. The initial default alarm is normal (non-snooze), other four are normal. The snooze alarm repeats up to seven times every five minutes until the alarm time is reached. In the case of the snooze alarm, the alarm repeats up to seven times every five minutes until the alarm is turned off.

To set an alarm

1. In the Alarm Mode, press A to scroll through the alarm screens until the one whose time you want to set is displayed.
2. After you select an alarm, hold down B until the hour setting of the alarm time starts to flash, which indicates the setting screen.
3. Press C to move the flashing between the hour and minute settings.
4. When setting the alarm time using the 12-hour format, take the time in the correct time as A (indicated) or p.m. (P indicator).
5. Press D to exit the setting screen.

Alarm Operation

Starting from the point the Timekeeping Mode time reaches one hour before an alarm time, the display pattern changes each second. This pre-alarm feature helps you know that an alarm time is about to be reached. When the actual alarm time is reached, an alarm tone sounds for 20 seconds. In the case of the snooze alarm, the alarm repeats up to seven times every five minutes until the alarm is turned off.

Press any button stops the pre-alarm operation or the alarm tone operation.

The pre-alarm feature works in the Timekeeping Mode only.

To test the alarm

In the Alarm Mode, hold down E to sound the alarm.

To turn a normal 20-second alarm and the Hourly Time Signal on and off

1. In the Alarm Mode, press F to select an normal 20-second alarm (A L1 through A L5) or the Hourly Time Signal (A L6).
2. When the alarm or the Hourly Time Signal you want is selected, press G to turn it on and off.

Indicates alarm is on.
G Indicates Hourly Time Signal is on.

The alarm number on indicator (A L) and the Hourly Time Signal on indicator (A L6) are shown on the display in all modes while these functions are turned on.

If any alarm is on, the alarm on indicator is shown on the display when you change to another mode.

To turn the snooze alarm on and off

1. In the Alarm Mode, press H to select the snooze alarm (A SNZ).
2. Press B to turn it on (A SNZ displayed) and off (A SNZ and A L not displayed).

The snooze alarm on indicator (A SNZ) is shown on the display in all modes while this function is turned on.

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 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 D.

Auto Display

The Auto Display feature of this watch automatically cycles through the available color patterns.

To turn off Auto Display

Press any button to turn off Auto Display. Doing so also performs the corresponding button function as described below.

A, B, C, and D operate the Auto Display function as described below.

: Enters the Timekeeping Mode.
: Enters the Telememo Mode.
: Enters the Telememo Mode.
: Enters the Telememo Mode.

The stopwatch Mode also returns to the default color pattern.

To turn on Auto Display

Hold down E for about two seconds until the watch beeps.

Note that Auto Display cannot be performed while a setting screen is displayed.

Auto Return Features

If you leave the watch in the Telememo 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.

Data and Setting Scrolling

The A and B 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 through the data at high speed.

Initial Screens

When you enter the Telememo or Alarm Mode, the data you were viewing when you last exited the mode appears first.

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 L1 to illuminate the display for about two seconds.

The electro-luminescent panel provides illumination lasts 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 automatically turns off whenever an alarm sounds.

Frequent use of the backlight shortens the battery life.

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.