

Display Illumination

Pressing the **(B)** button in any mode (except when a setting screen is on the display) illuminates the digital display for about 1.5 seconds for easy reading in the dark.



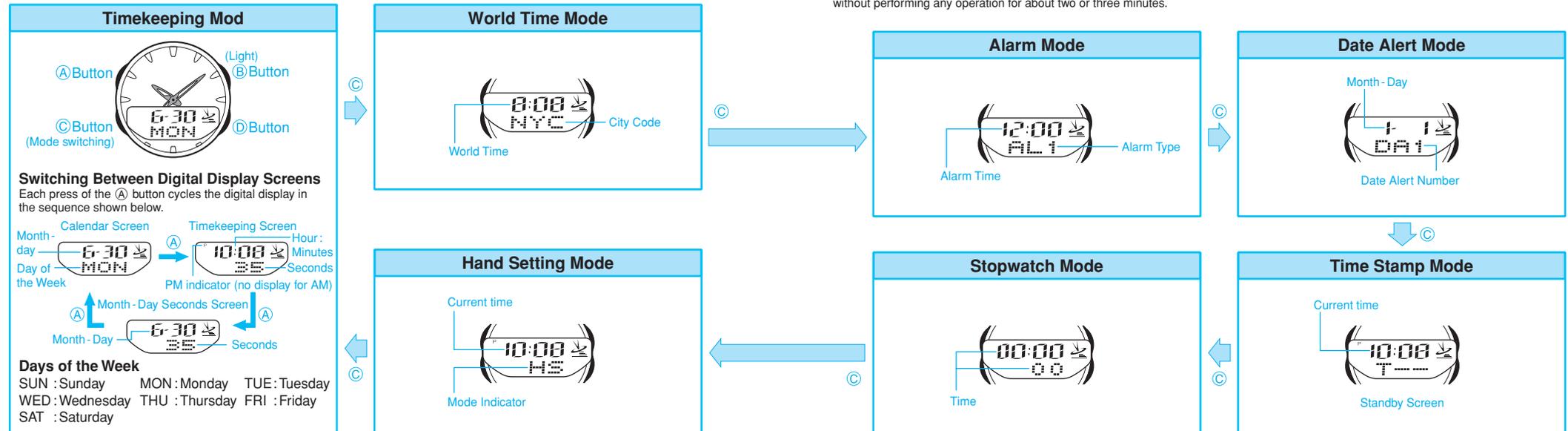
Important!

- The light may be difficult to see if you turn it on under bright sunlight.
- The light is shut off automatically if the alarm starts to sound while it is on.
- You may notice a slight sound from the watch while the display is illuminated. This is the sound of EL panel vibration, and does not indicate malfunction.

Modes and Display Screens

Each press of the **(C)** button sounds a confirmation tone and cycles through available modes in the sequence shown below.

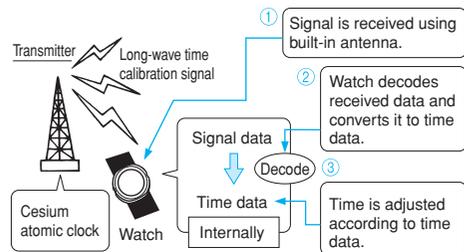
- The watch will automatically revert to the Timekeeping Mode if you leave it in the Alarm Mode, Date Alarm Mode, or Hand Setting Mode without performing any operation for about two or three minutes.



How a Radio-controlled Watch Works

What is a radio-controlled watch?

Your radio-controlled watch is designed to receive a time calibration signal that contains standard time data and adjust its current time setting accordingly.



After the watch receives the Standard Time signal, it performs internal calculations to determine the current time. Because of this, there may be an error of up to one second in the displayed time.

Calibration Signal

- The Japanese calibration signal (Call Sign: JJY) is maintained by the independent Japan Ministry of Posts and Telecommunications Communication Research Laboratory (CRL). It is a long wave signal transmitted 24 hours a day from the Mt. Otakadoya transmitter (40kHz) located in Tamura-gun, Fukushima Prefecture, and from the Mt. Hagane transmitter (60kHz) located on the border between Saga Prefecture and Fukuoka Prefecture.
- The U.S. calibration signal (Call Sign: WWVB) is transmitted by the National Institute of Standards and technology from Fort Collins, Colorado.

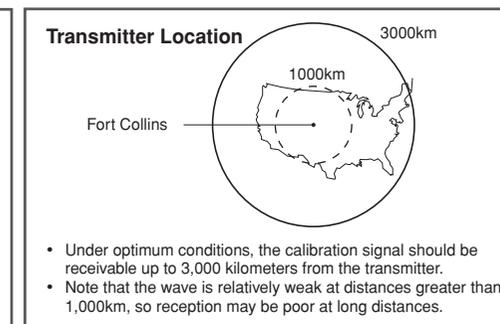
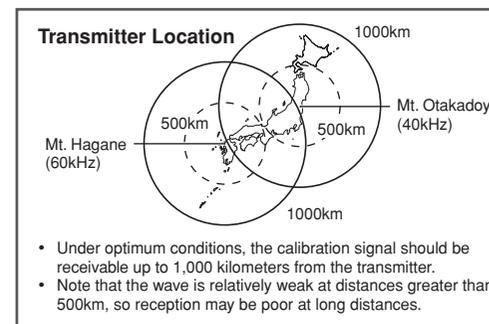
Though the calibration signal is normally transmitted 24 hours a day, transmission may be interrupted occasionally due to maintenance, lightning, etc.

Reception Range

This watch is designed to receive the standard time calibration signal of Japan (JJY) or of the United States (WWVB). The signal that is received depends on the current Home City setting.

- For information about selecting a Home City, see "To set the time and date manually".

Home City	Transmitter
TYO	Either the Mt. Otakadoya signal (40kHz) or the Mt. Hagane signal (60kHz)
LAX, DEN, CHI, NYC	Fort Collins, Colorado signal



- Geographic contours, nearby buildings, the season, the time of day, can even make reception impossible even when you are within range of the transmitter.
- Best reception is possible late at night.

Location

Reception is difficult and may even be impossible in the locations described below. Avoid such locations when performing signal reception.

- You should think of your watch operating like a radio or TV when it is receiving the calibration signal.



Among or near buildings



Near high-voltage lines



Inside a vehicle (automobile, train, plane, etc.)



Next to a household appliance or office equipment (TV, speaker, fax, PC, mobile phone, etc.)



In a location where there is radio interference (construction site, airport, etc.)



Near mountains

If you are experiencing problems with reception, move away from the types of locations described above to a location with better reception, and try again.

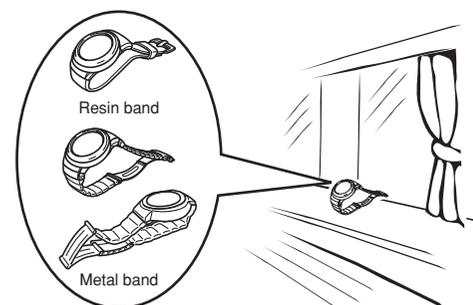
Receiving the Calibration Signal

There are two methods you can use to receive the time calibration signal.

- Auto reception (Reception is performed automatically at 2:00, 3:00, 4:00, and 5:00 each morning.)
- Manual receive (You initiate reception using a button operation.)
- The watch is set up for auto reception at the factory, so all you need to do is to place it in a location that allows good reception each night.

Setting Up to Make Reception Easier

Remove the watch from your wrist and place it somewhere so its top (12 o'clock side, where the antenna is located) is facing approximately in the direction of the signal transmitter. Keep it away from metal objects.



- Orienting the watch so it is sideways to the transmitter makes it more difficult to receive the signal.
- Do not move the watch while it is receiving the calibration signal.

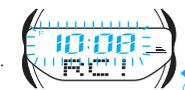
Time Required for Reception

Signal reception takes anywhere from about two to six minutes.

- Note that when "A/T" (auto) is specified as the transmitter mode, signal reception can take up to 12 minutes.
- See "To specify the transmitter mode" for more information.

To trigger reception manually

Hold down the **Ⓜ** button for about two seconds.



- The watch beeps and reception starts. The current time digits flash and the receive icon changes to "Ⓜ" while a signal receive operation is in progress.

To stop signal reception

Press the **Ⓜ** button.

- All other buttons besides **Ⓜ** are disabled during signal reception.

When reception is successful

The watch terminates reception and adjusts the current time. Next it beeps and then displays the date and time the adjustment was performed.

- The "Ⓜ" icon on the display also indicates successful signal reception.

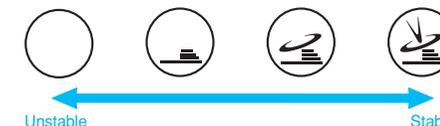
When reception fails

The watch does not adjust its current time setting, and displays "ERR" instead.

- The display will return to the normal timekeeping screen automatically if you do not perform any operation for about one or two minutes.

Receive icon

The receive indicator cycles from "Unstable" through "Stable" as shown below while reception is in progress. How far it cycles depends on the signal strength. Keep the watch in a location where reception is stable while reception is in progress.



- Even under optimum reception conditions, it can take about 10 seconds for reception to stabilize.

- Use the receive icon to check reception status and to determine the best location for signal reception.
- Note that weather, the time of day, surroundings, and other factors can all affect reception.

■ To view the last reception date and time

In the Timekeeping Mode, press the **D** button.

- This displays the date and time that signal reception was complete and the current time and date were adjusted.
- The month and day screen and hour and minute screen alternate at two-second intervals.
- To return to the Timekeeping Mode, press the **D** button again.
- The display will return to the normal timekeeping screen automatically if you do not perform any operation for about one or two minutes.



Important!

- The calibration signals received by this watch include two data groups: an hour-minute-second group and a year-month-day group.
- The “” icon is displayed only when both the hour-minute-second group and year-month-day group are received. It will not remain on the display if only the hour-minute-second group is received.

Hour-minute-second group and year-month-day group received	displayed
Hour-minute-second group only received	not displayed

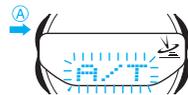
- If only hour, minute, and second data (no date data) is received, the last reception date shows the date that the receive operation was performed (as kept in the Timekeeping Mode).

■ To specify the Transmitter Mode

When **TYO** (Tokyo) is selected as the Home City, you can select either of two different transmitters for reception.

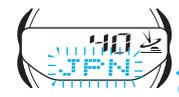
- For information about selecting a Home City, see “To set the time and date manually”.
- The initial factory default settings of the watch are **TYO** (Tokyo) for the Home City, and **A/T** (auto) for the transmitter mode.

1. In the Timekeeping Mode, hold down the **A** button for about two seconds until the transmitter selection mode setting flashes on the display.



- This is the setting screen.

2. Press the **D** button to cycle through the available transmitter select mode settings, described below.



- A/T**
With this setting, the watch automatically selects either the Mt. Otakadoya signal (40kHz) or the Mt. Hagane signal (60kHz), whichever is strongest.
- The transmitter that was last received successfully is given priority for the next receive operation.

- JPN 40**
With this setting, the watch always receives the Mt. Otakadoya signal (40kHz).

- JPN 60**
With this setting, the watch always receives the Mt. Hagane signal (60kHz).

3. When the city code you want is displayed, press the **A** button twice to exit the setting screen.

- This exits the setting screen.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

4. When the city code you want is displayed, press the **A** button twice to exit the setting screen.

- This exits the setting screen.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

Calibration Signal Reception

Precautions

- Auto reception can be performed while the watch is in the Timekeeping Mode or World Time Mode only.
- Receipt of a calibration signal causes the digital time to be adjusted first, followed by adjustment of the analog time. In order to ensure correct correction of the analog time, be sure to match the analog time with the digital time before performing a signal receive operation.
- Note that analog timekeeping is not performed during signal reception, so the time indicated by the analog hands may be wrong.
- Operating any button while auto reception is in progress will cause the watch to beep and then exit the receive operation.
- Make sure you are within the range of the calibration signal transmitter before performing the reception operation. Remember that geographic contours, nearby buildings, the season, the time of day, can even make reception impossible even when you are within range of the transmitter.
- Proper reception may be impossible if there is something blocking the signal. If reception is unsuccessful, try again.
- This watch is designed to adjust its current time setting in accordance with the calibration signal transmitted in Japan and the United States only. Note that you will need to make your own adjustments when using this watch outside of Japan or the United States, or in any area that is outside the range of one of the receivable time calibration signal transmitters.
- When the watch is unable to adjust its time signal using the calibration signal for some reason, timekeeping accuracy is within ± 20 seconds per month.
- Strong electrostatic charge can cause timekeeping error.
- Signal reception is cancelled if an alarm starts to sound while it is being performed.
- The watch's calendar shows dates up to the year 2039. Attempting a receive operation after that causes an error.

Troubleshooting

Cannot perform manual reception.

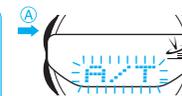
- | | |
|----------------------|---|
| Cause: | <ul style="list-style-type: none"> Manual receive can be performed in the Timekeeping Mode only. The Home City is set to a city other than TYO (Tokyo), NYC (New York), CHI (Chicago), DEN (Denver), or LAX (Los Angeles). |
| Corrective Measures: | <ul style="list-style-type: none"> Perform manual receive in the Timekeeping Mode. Change Home City to TYO (Tokyo), NYC (New York), CHI (Chicago), DEN (Denver), or LAX (Los Angeles). For details, see “To set the time and date manually”. |

The “” icon is not on the display even though auto signal reception is turned on.

- | | |
|----------------------|---|
| Cause: | <ul style="list-style-type: none"> The “” icon appears after the watch successfully receives the calibration signal and adjusts the current time setting. A single receive operation was not successful. The “” icon is displayed only when both the hour-minute-second group and year-month-day group were received. It will not remain on the display if only the hour-minute-second group is received. The watch is not in the Timekeeping Mode or World Time Mode when an auto reception time is reached. |
| Corrective Measures: | <ul style="list-style-type: none"> Check to make sure the watch is in a location where it can receive the signal. Place the watch in a location where reception conditions are good. |

Turning Auto Reception on and off

1. In the Timekeeping Mode, hold down the **A** button for about two seconds until the transmitter selection mode setting flashes on the display.



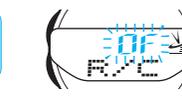
- This is the setting screen.

2. Press the **C** button three times.



- This causes the current auto receive setting (On or Off) to flash on the display.

3. Press the **D** button to toggle auto reception on or off.



- Press the **D** button to toggle auto reception ON and OFF.

- | |
|--|
| <ul style="list-style-type: none"> On
Auto receive is turned on. |
| <ul style="list-style-type: none"> Off
Selecting this setting turns off auto receive and auto transmitter selection. |

Time setting is incorrect following signal reception.

- | | |
|----------------------|---|
| Cause: | <ul style="list-style-type: none"> Summer time is turned on or the wrong Home City is selected. |
| Corrective Measures: | <ul style="list-style-type: none"> If the time is advanced by one hour, it probably means that summer time (indicated by the DST indicator on the display) is turned on. If the time is off by more than one hour, it probably means that the Home City is selected. Correctly configure the summer time and Home City settings as detailed under “To set the time and date manually”. |

If you cannot receive the calibration signal or if the current time setting is incorrect after signal reception, check the current setup of the watch.

- The following are the watch's factory default settings, which are configured automatically whenever you have the battery of the watch replaced.

Transmitter	A/T	Auto Japan transmitter select (40kHz/60kHz)
Home City	TYO	Tokyo
Summer Time	A	Auto (according to signal data)
Auto Receive	R/C ON	On

Alarm Mode

Using the Alarms

Alarm Types

This watch has five alarms: three daily alarms, one target alarm, and one snooze alarm.

Daily Alarm (AL1, AL2, AL3)

The watch beeps for 10 seconds when the alarm time is reached.

Target Alarm (TAL)

The watch beeps for 10 seconds when the alarm time is reached.

- With a target alarm, the time remaining until the alarm time counts down on the display.

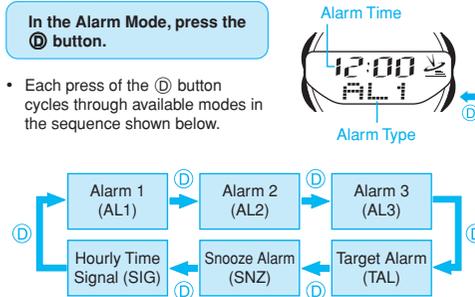
Snooze Alarm (SNZ)

With the snooze alarm, the watch beeps for 10 seconds when the alarm time is reached, and up to seven times at five-minute intervals thereafter. Pressing any button stops the beeper, but the alarm will sound again after five minutes.

To view an alarm time

In the Alarm Mode, press the **(D)** button.

- Each press of the **(D)** button cycles through available modes in the sequence shown below.



About the Target Alarm Screen

If the target alarm (TAL) is turned on, the alarm time appears first, followed by a screen that shows how much time remains until the alarm time is reached (target alarm time).

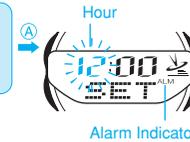


To set an alarm

- In the Alarm Mode, use the **(D)** button to scroll through the alarm screens (AL1 to AL5) until the one you want is displayed.



- Hold down the **(A)** button for about two seconds until the hour digits of the alarm time start to flash.



- This is the setting screen. Displaying the setting automatically turns on the alarm.

- Use the **(D)** (+) and **(B)** (-) buttons to change the hour setting.



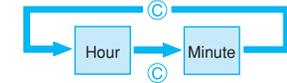
- Holding down either button changes the setting at high speed.
- When setting the hour, make sure you specify AM (no indicator) or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time.
- The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the Alarm Mode.

- Press the **(C)** button to move the flashing to the minute digits.



- As with the hour setting, use the **(D)** (+) and **(B)** (-) buttons to change the minute setting.

- Each press of the **(C)** button moves the flashing between the hour digits and the minute digits as shown below.



- When the setting is the way you want, press the **(A)** button.

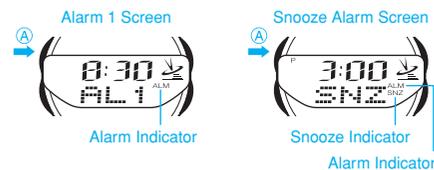
- This exits the setting screen.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

To turn an alarm time on or off

- In the Alarm Mode, use the **(D)** button to display the screen for the alarm you want to turn on or off.

- Press the **(A)** button to toggle the displayed alarm on reception on or off.

- Turning on an alarm causes the alarm indicator (ALM) to appear on its screen. The snooze alarm screen also has a snooze indicator (SNZ).



To stop the alarm beeper

Pressing any button while the beeper is sounding stops it.

- In the case of the snooze alarm the alarm will sound again. The snooze indicator flashes while the snooze alarm is active (indicating that the alarm will sound again).
- Use the procedure under "To turn an alarm on or off" to turn off the snooze alarm so it does not sound any more.

Important!

Performing any of the following operations while the snooze indicator is flashing on the display cancels the snooze operation and stops the flashing.

- Displaying the Timekeeping Mode setting screen
- Displaying the Alarm Mode (snooze alarm) setting screen

To test the alarm

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

Using the Hourly Time Signal

The hourly time signal causes the watch to beep every hour on the hour.

To turn the hourly time signal on or off

- In the Alarm Mode, use the **(D)** button to display the screen for the hourly time signal (SIG).

- Press the **(A)** button to toggle the hourly time signal on or off.

- Turning on the hourly time signal causes its indicator (SIG) to appear on the screen.



Date Alert Mode

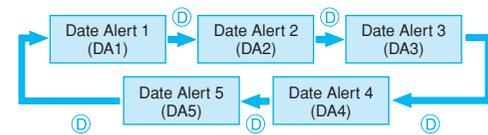
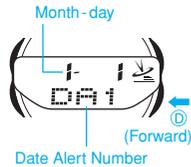
The Date Alert Mode lets you configure up to five date alerts that cause the display to flash on the specified date. It is good way to keep track of birthdays, anniversaries, and other regular events.

- When you display the Date Alert screen, the date alert that was displayed when you last exited the Date Alert Mode appears first.

To view Date Alert records

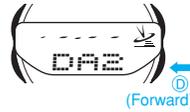
Each press of the **D** button scrolls through date alerts in the sequence shown below.

- The month and day is not displayed while the Date Alert function is turned off.



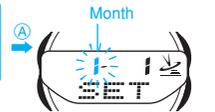
To configure Date Alert settings

1. In the Date Alert Mode, use the **D** button to scroll through the Date Alert screens (DA1 to DA5) until the one you want is displayed.

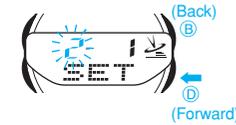


2. Hold down the **A** button for about two seconds until the month of the Date Alert starts to flash.

- This is the setting screen. Displaying the setting automatically turns on the Date Alert.

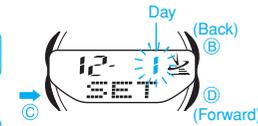


3. Use the **D** (+) and **B** (-) buttons to change the month setting.



- Holding down either button changes the setting at high speed.

4. Press the **C** button to select the day.



5. As with the hour setting, use the **D** (+) and **B** (-) buttons to change the day setting.

- Each press of the **C** button moves the flashing between the hour digits and the minute digits as shown below.



6. When the setting is the way you want, press the **A** button.

- This exits the setting screen.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

To turn a Date Alert on or off

1. In the Date Alert Mode, use the **D** button to display the Date Alert whose alarm you want to turn on or off.

2. Press the **A** button to toggle the displayed Date Alert on or off.

- Turning on a Date Alert displays its month and day setting.



When an alert date is reached

When a Date Alert is turned on, the month and day digits flash on the digital display when current date matches the alert date.

- The flashing date appears on the Calendar Screen and the Month, Day screen of the digital display.
- The month and day continue flashing all day.
- You can stop the flashing of the month and day by using the procedure under "To turn a Date Alert on or off" to turn off the Date Alert.

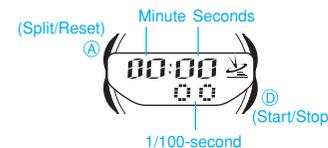


Stopwatch Mode

The stopwatch measures elapsed time in units of 1/100 second up to 59 minutes, 59.99 seconds (60 minutes). When the maximum limit is reached, the elapsed time automatically returns to zero and timing continues from there.

Performing Stopwatch Operations

Each press of the **D** button starts or stops the stopwatch.



Elapsed Time Measurement



Cumulative Time Measurement

Pressing the **D** button to restart the stopwatch without resetting it to all zeros resumes elapsed time measurement from where it was last stopped.

Split Time Measurement



1st and 2nd Place Finisher



- Pressing the **A** button while timing is being performed freezes the current elapsed time on the display, but timing of the next split continues internally.
- Changing to another mode while a split time is displayed cancels the split time operation.
- Pressing the **A** button while timing is stopped resets the stopwatch.

World Time Mode

World time lets you display the current time in any one of 30 cities (29 time zones) around the world.

- When you enter the World Time Mode, the screen for the city that was displayed when you last exited the mode appears first.
- The seconds count in the World Time Mode is linked with the Timekeeping Mode seconds count.
- The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the World Time Mode.

Important!

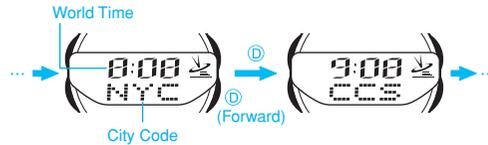
If the World Time Mode time is incorrect, correct the setting of the current time in the Timekeeping Mode.

- See "To set the time and date manually" for more information.

To search for a city

In the World Time Mode, press the **D** button to scroll through the city codes and the current time in each mode.

- Holding down the **D** advances the hand at high speed.



Using Summer Time (DST)

Summer time, or Daylight Saving Time (DST) as it is called in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

To turn summer time on or off

1. In the World Time Mode, use the **D** button to display the screen for the city code whose summer time setting you want to change.

2. Hold down the **A** button for about two seconds to toggle summer time for the currently displayed city on or off.



- The "DST" indicator appears on the display and timekeeping is advanced by one hour when summer time is turned on.
- You can turn summer time on or off independently for each World Time Mode city. Note, however, that you cannot turn on summer time for the "GMT" city code.

City Code List

City Code	GMT Differential	City Name	City Code	GMT Differential	City Name
---	-11		JRS	+2	Jerusalem
HNL	-10	Honolulu	JED	+3	Jeddah
ANC	-9	Anchorage	THR	+3.5	Teheran
LAX	-8	Los Angeles	DXB	+4	Dubai
DEN	-7	Denver	KBL	+4.5	Kabul
CHI	-6	Chicago	KHI	+5	Karachi
NYC	-5	New York	DEL	+5.5	Delhi
CCS	-4	Caracas	DAC	+6	Dakar
RIO	-3	Rio de Janeiro	RGN	+6.5	Yangon
---	-2		BKK	+7	Bangkok
---	-1		HKG	+8	Hong Kong
GMT	+0	Greenwich Mean Time	SEL	+9	Seoul
LON	+0	London	TYO	+9	Tokyo
PAR	+1	Paris	ADL	+9.5	Adelaide
BER	+1	Berlin	SYD	+10	Sydney
ATH	+2	Athens	NOU	+11	Noumea
CAI	+2	Cairo	WLG	+12	Wellington

- The contents of the above table are current as of June 2002.
- Time differentials in the above table are in accordance with Universal Time Coordinated (UTC).

Time Stamp Mode

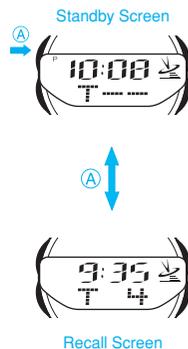
The Time Stamp function lets you store up to 30 records of time data (month, day, hour, minute, second). Time Stamp records serve as helpful memos when you need to remember the current date and time for some reason.

- Entering the Time Stamp Mode causes a standby screen to appear.
- The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the Time Stamp Mode.

To switch between Time Stamp screens

In the Time Stamp Mode, press the **A** button to toggle between the standby screen and the recall screen.

- Use the standby screen when you want to create a new Time Stamp record.
- Use the recall screen to view Time Stamp records currently stored in memory. See "To view Time Stamp records" for more information.
- Pressing the **A** button will not switch to the recall screen if there is no Time Stamp data currently stored in memory.



To create a Time Stamp record

While the Time Stamp standby screen is on the display, press the **D** button.

- This causes the display contents to flash as the Time Stamp data (month, day, hour, minute) is stored in memory.
- After data storage is complete, the display stops flashing and the standby screen reappears.
- You can have up to 30 Time Stamp records in memory at one time.



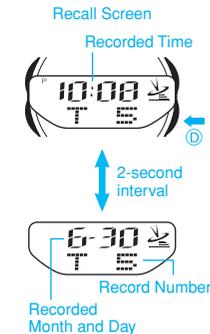
Auto Data Replacement

Creating a Time Stamp record when there are already 30 records in memory causes the oldest record in memory to be replaced by the new record.

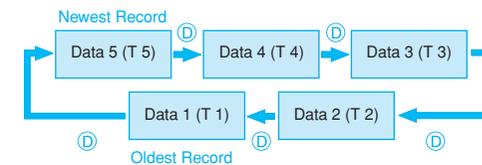
To view Time Stamp records

While the recall screen is on the display, press the **D** button to scroll through the Time Stamp records.

- Holding down the **D** button scrolls at high speed.
- The month and day screen, and the hour and minute screen alternate at two-second intervals.
- When you display the recall screen, the record that was displayed when you last recalled records appears first. If you have stored a new Time Stamp record since then, however, the new record appears first.



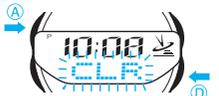
Example: When there are five Time Stamp records in memory



To delete Time Stamp records

While the Time Stamp standby screen or recall screen is displayed, press the **A** button and **D** button at the same time.

- This causes "CLR" to flash on the display as all of the Time Stamp records are deleted.
- After data delete is complete, the display stops flashing and the standby screen reappears.
- Note that you cannot delete individual Time Stamp records.



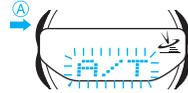
Setting the Time and Date Manually

You can use the following procedure to set the current time and date of the Home City that you have selected in the Timekeeping Mode. If you are planning to manually change both the digital and analog settings, be sure to adjust the digital setting first.

■ To set the time and date manually

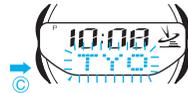
1. In the Timekeeping Mode, hold down the (A) button for about two seconds until the transmitter selection mode setting flashes on the display.

- This is the setting screen.
- See "To specify the transmitter mode" for more information.



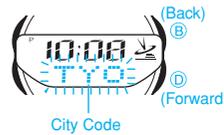
2. Press the (C) button to change to display the home time setting screen.

- The currently selected city code will be flashing on the screen.



3. Use the (D) (+) and (B) (-) buttons to scroll through the city codes until the one you want to use as your Home City is displayed.

- Holding down either button scrolls the city codes at high speed.
- See the "City Code List" for more information.



4. Press the (C) button to display the summer time setting.

- See "Using Summer Time (DST)" for more information about summer time.



5. Press the (D) button to select the summer time setting you want.

• **OFF**
This setting turns off summer time, and displays the current time normally.

• **ON**
This setting turns on summer time.
• Selecting this setting displays the DST indicator, and advances the current time setting by one hour.

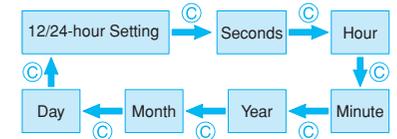
• **A (AUTO)**
This setting enables the auto summer time setting, which turns summer time on or off in accordance with the received time calibration signal.
• This setting uses Japan summer time data when TYO is selected as the Home City code, and U.S. summer time data when NYC, CHI, DEN, or LAX is selected as the Home City code.
• In the United States, Daylight Saving Time (summer time) is from 2:00 a.m. on the first Sunday in April until 1:00 a.m. on the last Sunday in October.

- Note that the above setting toggles between "OFF" and "ON" when any city code other than **HKG, SEL, TYO, NYC, CHI, DEN, LAX, ANC, or HNL** is selected as the Home City.

6. Press the (A) button to select the 12/24-hour timekeeping format setting.



7. Use the (C) button to cycle through the time and date settings shown below. Each press of the (C) button causes the applicable setting to flash.



8. Use the (D) (+) and (B) (-) buttons to change the currently selected setting.

To select 12/24-hour timekeeping

While the 12/24-hour setting is selected, press the (D) button to toggle the timekeeping format between 12-hour ("12H" indicator) and 24-hour ("24H" indicator).



To reset the seconds to 00

While the seconds are selected, press the (D) button to reset them to 00 in accordance with the time signal on the radio, TV, etc.

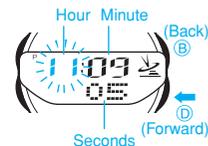
- Pressing the (D) button while the seconds count is in the range of 30 to 59 resets it to 00 and also adds 1 to the minutes. Pressing the (D) button in the range of 00 to 29 resets the seconds count without changing the minutes.



To change the hour, minutes, year, month, or day setting

Press the (B) button to increase the selected setting or the (D) button to decrease it.

- Holding down either button changes the setting at high speed.



Repeat the above step as many times as necessary to select each setting and change it as required.

- When setting the hour, make sure you specify AM (no indicator) or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time.
- You can set the year within the range of 2000 to 2039. The day of the week is set automatically in accordance with the date you set.
- The watch automatically makes adjustments for leap years and month lengths.

9. When the setting is the way you want, press the (A) button.

- This exits the setting screen.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

Digital-Analog Synchronization

The watch automatically adjusts its analog setting to match the current digital time setting.

- When adjusting the analog time, the watch always moves the hands forward (clockwise direction).
- Depending on how many hours different the digital and analog time settings are, it may take some time for the analog hand setting procedure to be finished.

Manually Setting the Analog Time

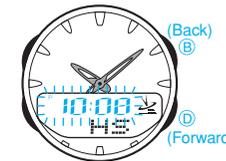
You can use the Hand Setting Mode to manually adjust the analog time when it does not match the digital time.

1. Hold down the (A) button for about two seconds until the hour and minutes of the digital time start to flash.



- This is the setting screen.

2. Use the (D) and (B) buttons to adjust the analog time.



- Each press of the (D) button moves the hands 20 seconds clockwise, while the (B) button moves them 20 seconds counterclockwise.
- Holding down either button moves the hands at high speed.

High-speed Lock

- While holding down the (D) button to start high-speed clockwise movement of the hands, press the (B) button to lock the high-speed movement.
- While holding down the (B) button to start high-speed counterclockwise movement of the hands, press the (D) button to lock the high-speed movement.
- High-speed movement of the hands will continue until it completes a 12-hour cycle, or until you press any button to stop it.

3. When the setting is the way you want, press the (A) button.

- This exits the setting screen and automatically synchronizes the minute hand with the current seconds count.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.