General Guide

- Press to change from mode to mode. After you perform an operation (except for ) in any mode, pressing returns to the Timekeeping Mode.
- In any mode, press to illuminate the display.

**Timekeeping**

This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different.

- In the Timekeeping Mode, press (A) to toggle the display between the date screen and the time screen.

**Digital Time and Date**

Use the Timekeeping Mode to set and view a digital display of the current time and date. When setting the digital time, you can also configure settings for summer time (Daylight Saving time or DST).

To set the digital time and date:

1. In the Timekeeping Mode, hold down until the seconds start to flash, which indicates the setting screen.
2. Press to move the flashing in the sequence shown below to select the other settings.
3. When the setting you want to change is flashing, use and to change it as described below.
4. Press to exit the setting screen.

- Reset the seconds to 00: Press (A).
- DST (Daylight Saving Time) setting: Press (B).
- Change the hour, minute, or DST setting: Use (+) or (-).
- Change the month or day: Press (C).
- Change the year: Press (D).

**To adjust the analog time**

1. In the Timekeeping Mode, hold down until the current count is increased by 1. In the range of 30 to 59, the seconds are reset to 00 without changing the minutes.
2. The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
3. The year can be set in the range of 2000 to 2099.
4. To return to the Timekeeping Mode, press (A).

- If you need to advance the analog time a long way, press (A) and (B) at the same time. This locks the high-speed hand movement, so you can release the two buttons. High-speed hand movement continues until you press any button. It will also stop automatically after the time advances 12 hours or if an alarm (daily alarm, Hourly Time Signal, or countdown alarm) starts to sound.

- Holding down advances the analog time setting at high speed.

**Digital Time Daylight Saving Time (DST) Setting**

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

To toggle between Daylight Saving Time and Standard Time:

1. In the Timekeeping Mode, hold down until the seconds start to flash, which indicates the DST setting screen.
2. Press once to display the DST setting screen.
3. Press to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
4. Press to exit the setting screen.

- The DST indicator appears on the Daytime, Alarm, and Hand Setting Mode to indicate that Daylight Saving Time is turned on.

**Setting the Analog Time**

Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time:

1. In the Timekeeping Mode, press six times to enter the Hand Setting Mode.
2. Hold down until the current digital time starts to flash, which indicates the analog setting screen.
3. Press to advance the analog time setting by 20 seconds.
4. Holding down advances the analog time setting at high speed.

- If you need to advance the analog time a long way, press (A) and (B) at the same time. This locks the high-speed hand movement, so you can release the two buttons. High-speed hand movement continues until you press any button. It will also stop automatically after the time advances 12 hours or if an alarm (daily alarm, Hourly Time Signal, or countdown alarm) starts to sound.

- Press to exit the setting screen.

**About This Manual**

- 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.
Telememo

Telememo lets you store up to 30 records, each containing name and telephone number data. Records are automatically sorted based on the characters of the name. You can recall records by scrolling through them on the display.

A Telememo Mode record has a name field and a number field.

• To change the character at the cursor position, use (space) as many times as necessary to move the cursor to the number field.

• To change the character at the cursor position in the number field, use (space) as many times as necessary to move the cursor to the number field.

• You tell when you are in the name field because of the long cursor (_). The number field has a short cursor ( ).

The new data screen shows, which indicates that there is no text in the name field.

If the new data screen does not appear, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.

1. In the Telememo Mode, use (space) as many times as necessary to move the cursor to the right.

2. Hold down (space) until the flashing cursor ( _ ) appears in the name field of the display, which indicates the setting screen.

3. Use ( ) and ( ) to change the character at the cursor position in the name field. The character changes in the following sequence:

You can input spaces, alpha characters, symbols, and numbers in a name. For details, see the “Character List”.

3. Use ( ) and ( ) to change the character at the cursor position in the number field.

5. After making the changes that you want, press (space) to store them and return to the Telememo record screen.

6. After you input the name, press (space) as many times as necessary to move the cursor to the number field.

The name field has spaces for eight characters, so you must press ( ) to move the past the 8th character in order to get to the number field.

The number field has spaces for 16 digits. Pressing ( ) until the cursor moves past the 16th digit causes it to jump back to the first character of the name field.

7. Use ( ) and ( ) to change the character at the cursor position in the number field. The character changes in the following sequence:

• You can input spaces, alpha characters, symbols, and numbers in a name. For details, see the “Character List”.

8. When the character you want is at the cursor position, press ( ) to move the cursor to the right.

9. Repeat steps 7 and 8 until you complete number input.

10. Press ( ) to store your data and return to the Telememo record screen (without the cursor).

When you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.

If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

For full information on city codes, see the “City Code Table”.

To view the time in another city code

In the Time World Mode, press ( ) to scroll through city codes.

To toggle a city code between Standard Time and Daylight Saving Time

1. In the World Time Mode, press ( ) to display the city code before the Timekeeping Mode setting you want to change.

2. Hold down ( ) until the DST On/Off setting of the world time starts to flash, which indicates the setting screen.

3. Press ( ) to toggle between Daylight Saving Time (ON) and Standard Time (OFF).

4. Press ( ) to exit the setting screen.

You can set three 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 allows you to turn the alarm off and then restart it. The alarm is turned off automatically after five minutes.

You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour. There are four screens in the Alarm Mode. Two are for one-time alarms (indicated by numbers R1 and R12), one is for a snooze alarm (indicated by SNZ), and one is for the Hourly Time Signal (indicated by S1). All of the operations in this section are performed in the Alarm Mode, which you enter by pressing ( ).

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).

To set an alarm time

1. In the Alarm Mode, use ( ) 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 ( ) until the setting time of the alarm starts to flash, which indicates the setting screen.

3. Press ( ) to move the flashing between the hour and minute settings.

4. While the setting is flashing, use ( ) and ( ) to change it.

5. Press ( ) to exit the setting screen.
2. Press The countdown timer measurement operation continues even if you exit the
To measure times with the stopwach
1. In the Stopwatch Mode, use to select an item or the Hour Time Signal.
2. Press (+) to toggle it on and off.
3. While a setting is flashing, use (+) and (–) to change it.
4. To set the starting value of the countdown time to 24 hours, set 24.
5. Press (–) to enter the setting screen.

To use the countdown timer
Press (–) while in the Countdown Timer Mode to start the countdown timer.
Press (–) while a countdown operation is in progress to pause it. Press (–) again to resume the countdown.
To completely stop a countdown operation, first pause it by pressing (–), and then press (–). This returns the countdown time to its starting value.
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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.

To set the countdown start time
1. In the Countdown Timer Mode, hold down until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
2. Press (–) to move the flashing between the hour and minute settings.
3. While a setting is flashing, use (+) and (–) to change it.

To turn on and the Hour Time Signal on and off
1. In the Alarm Mode, use to select an alarm or the Hour Time Signal.
2. Press (+) to toggle it on and off.
3. While a setting is flashing, use (+) and (–) to change it.
4. To set the starting value of the countdown time to 24 hours, set 24.
5. Press (–) to enter the setting screen.

Stopwatch
The stopwatch lets you measure elapsed time, split times, and two finishes.
1. The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
2. The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
3. 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 automatically reset to its starting value after the alarm stops.

To measure times with the stopwatch
Press (–) while in the Countdown Timer Mode to start the countdown timer.
Press (–) while a countdown operation is in progress to pause it. Press (–) again to resume the countdown.
To completely stop a countdown operation, first pause it by pressing (–), and then press (–). This returns the countdown time to its starting value.
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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 Return Feature
• The watch automatically returns to the Timekeeping Mode if you do not perform any button operation for two or three minutes in the Telememo, Alarm, or Hand Setting 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 exits the setting screen.
• Holding down for about one second in any mode jumps directly to the
Timekeeping Mode. This operation does not work while a setting screen is on the display.

Scrolling
The (–) and (–) 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, World Time, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

World Time
• The UTC differentials associated with each city code are used to calculate World Time Mode times, based on the time you set for any one of the World Time cities.
• The UTC differential is a value that indicates the time difference between a given city's time and UTC, the international time reference point in Greenwich, England and the time zone where a city is located.
• The letters “UTC” is the abbreviation for “Coordinated Universal Time”, which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth’s rotation.

Display Illumination Precautions
The light that illuminates the face uses two LEDs (light-emitting diodes) and a light guide panel that cause the display to glow for easy reading in the dark. In any mode (except when a setting screen is on the display), press (–) to illuminate the display for about one second.
• The illumination provided by the light may be hard to see when viewed under direct sunlight.
• The light automatically stops illuminating whenever an alarm sounds.
• Frequent use of the light shortens the battery life.

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