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### Procedure Lookup

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### General Guide

- **Press \( \) to change from mode to mode.
- **After you perform an operation in any mode, pressing \( \) returns to the Timekeeping Mode.
- **If you do not press any button for a few minutes while making settings in any mode (indicated when settings are flashing), the watch automatically clears the setting screen (settings stop flashing) and returns to the normal display for the mode you are in.

### Timekeeping Mode

#### To set the time and date
1. Hold down \( \) while in the Timekeeping Mode until the seconds digits flash on the display because they are selected.
2. Press \( \) to change the selection in the following sequence.
   - **Seconds**
   - **Hour**
   - **Minutes**
   - **Day/PM indicator**
   - **Month**
   - **Year**

#### Vibration alarm on indicator (page E-10)

- **Day of week**
- **Month – Day**
- **Hour – Minutes**
- **PM indicator**
- **Seconds**

#### To return to the Timekeeping Mode

- After you set the time and date, press \( \) to return to the Timekeeping Mode.

#### Illumination

- In any mode, press \( \) 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.**
Vibration Alarm

When the Vibration Alarm is turned on, the watch vibrates instead of sounding an alarm. This lets you use the watch without disturbing others by beeping sounds.

- The Vibration Alarm can be used to replace alarm sounds in the Countdown Alarm, Stopwatch, and Alarm Modes.
- All explanations in this manual use expressions such as "sounds the alarm" for alarm operations. When the Vibration Alarm is turned on, these expressions should be understood to mean "causes the watch to vibrate".
- Watches with a metal band may produce a noise when a vibration operation is performed. This is due to vibration of the metal band, and does not indicate malfunction of the watch.

To turn the vibration alarm on and off

In the Timer/StopWatch Mode, hold down \( \text{\textcircled{B}} \) for about two seconds to toggle the Vibration Alarm between on (Vibration Alarm on indicator displayed) and off (indicator not displayed).

- The watch will vibrate when you toggle to on, and beep when you toggle to off.
- Turning on the Vibration Alarm also disables the button operation tone.

Countdown Alarm Mode

The countdown alarm can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown start time

1. Hold down \( \text{\textcircled{C}} \) while in the Countdown Alarm Mode. The hours digits flash on the display because they are selected.
2. Press \( \text{\textcircled{D}} \) to change the selection in the following sequence.

- Press \( \text{\textcircled{E}} \) to increase the selected number or \( \text{\textcircled{F}} \) to decrease it. Holding down either button changes the selection at high speed.
- Press \( \text{\textcircled{B}} \) and \( \text{\textcircled{G}} \) at the same time to set the starting value of the countdown time to 00:00:00.

To use the countdown alarm

1. Press \( \text{\textcircled{G}} \) while in the Countdown Alarm Mode to start the countdown alarm.
2. Press \( \text{\textcircled{B}} \) again to stop the countdown alarm.
3. You can resume countdown alarm operation by pressing \( \text{\textcircled{C}} \).
4. Press \( \text{\textcircled{D}} \) twice to return to the Countdown Alarm Mode.

When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops and the countdown time is automatically reset to its starting value after the alarm stops.

Stopwatch Mode

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hour, 59 minutes, 59.99 seconds. The Stopwatch Mode also features an Auto-Start function.

(a) Elapsed time measurement

- When the Auto-Start function is activated, the watch performs a 5-second countdown. When the countdown reaches zero, stopwatch operation starts automatically. During the final three seconds of the countdown, a beeper sounds with each second. When the countdown time is returned to zero, the watch stops.

(b) Split time measurement

- Press \( \text{\textcircled{C}} \) to set the starting value of the countdown time to 24 hours, set 0:00:00.
- To set the starting time of the countdown alarm, press \( \text{\textcircled{D}} \) twice to return to the Countdown Alarm Mode.

When the vibration alarm is turned on, the watch beeps every hour on the hour. The alarm on indicator \( \text{\textcircled{E}} \) is shown and the second hand of the second hand of the current time second hand \( \text{\textcircled{F}} \) is shown. When the vibration alarm is turned off, the alarm on indicator \( \text{\textcircled{B}} \) is not shown and the upper part of the display shows the current time when Auto-Start is turned off.

When the Daily Alarm is turned on, an alarm operation (20-second tone or 10-second vibration) is performed at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time

1. Hold down \( \text{\textcircled{G}} \) until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. This operation will switch the Daily Alarm on automatically.
3. Press \( \text{\textcircled{B}} \) to change the selection in the following sequence.

- Press \( \text{\textcircled{D}} \) to increase the selected number or \( \text{\textcircled{F}} \) to decrease it. Holding down either button changes the selection at high speed.
- Press \( \text{\textcircled{G}} \) and \( \text{\textcircled{B}} \) at the same time to clear the starting time to 00:00:00.

To set the starting value of the countdown time to 24 hours, set 0:00:00.

3. Press \( \text{\textcircled{E}} \) twice to return to the Countdown Alarm Mode.
4. After you set the alarm time, press \( \text{\textcircled{D}} \) to return to the Alarm Mode.

Alarm Mode

When the Daily Alarm is turned on, an alarm operation (20-second tone or 10-second vibration) is performed at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time

- Hold down \( \text{\textcircled{G}} \) until the hour digits start to flash on the display. The hour digits flash because they are selected.
- This operation will switch the Daily Alarm on automatically.
- Press \( \text{\textcircled{B}} \) to change the selection in the following sequence.

- Press \( \text{\textcircled{C}} \) to increase the selected number or \( \text{\textcircled{D}} \) to decrease it. Holding down either button changes the selection at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for regular timekeeping.

3. Press \( \text{\textcircled{B}} \) twice to return to the Countdown Alarm Mode.
4. After you set the alarm time, press \( \text{\textcircled{D}} \) to return to the Alarm Mode.

To turn the daily alarm and hourly signal on and off

Press \( \text{\textcircled{G}} \) while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence:

- The alarm on indicator \( \text{\textcircled{E}} \) and the Hourly Time Signal on indicator \( \text{\textcircled{F}} \) are shown on the display in all modes while these functions are turned on.
To test the alarm sound
Hold down \( B \) while in the Alarm Mode to sound the alarm.
- Note that pressing \( B \) also changes the alarm and the hourly time signal ON/OFF settings.

Dual Time Mode
The Dual Time Mode lets you keep track of the time in another time zone. You can also select the timekeeping format (12-hour or 24-hour) separately from the Timekeeping Mode.

To set the Dual Time
1. Hold down \( A \) while in the Dual Time Mode. The hour digits flash on the display because they are selected.
2. Press \( C \) to change the selection in the following sequence:
   - Mode indicator
   - Current time
3. Press \( A \) to increase the selected digits and \( B \) to decrease them. Holding down either button changes the selection at high speed.

Specifications
- Accuracy at normal temperature: ±30 seconds a month
- Timekeeping: Hour, minutes, seconds, pm (P), day of the week, month, day
- Time format: 12-hour and 24-hour formats
- Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099
- Countdown Alarm
  - Measuring unit: 1/10 second
  - Input range: 1 second to 24 hours
- Stopwatch
  - Measuring unit: 1/100 second
  - Measuring capacity: 23 hours 59 minutes, 59.99 seconds
  - Measuring modes: Elapsed time, split time and two finishes
- Alarm: Daily alarm, hourly time signal

Dual Time
- Other: LED (light-emitting diode), vibration alarm
- Battery: One lithium battery (Type: CR2032)
- Battery life: 10 years under the following conditions
  - One 2-second light operation per day
  - One alarm operation per day
- Note: One alarm operation is 20-second audible alarm or 10-second vibration alarm.