Detailed instructions and guidance on various operations of the device, including:

- Setting the time and date
- Using the countdown timer
- Configuring the alarm
- Measuring times with the stopwatch
- Toggling between 12-hour and 24-hour timekeeping
- Adjusting the illumination duration
- Specifying a city code time
- Setting the UTC offset
- Choosing the Home Time zone
- Setting the Daylight Saving Time (DST)
- Viewing the time for another city code
- To illuminated the display.

Additional sections cover:

- General Guide
- Stopwatches
- Timekeeping
- Countdown Timer
- Alarm Mode
- World Time Mode
- Button operations
- Screen illustrations
- Specifying the UTC offset range
- The UTC offset setting range
- Daylight Saving Time (DST) settings
- The UTC offset setting range for DST

The manual provides a comprehensive guide to the device's capabilities, ensuring users can effectively utilize its features.
To toggle the Timekeeping Mode time between DST and Standard Time

1. In the Timekeeping Mode, hold down \\boxed{A} until the second hand flashes, which indicates the setting screen.
2. Press \boxed{B} to display the DST setting screen.
3. Press \boxed{C} to toggle between Daylight Saving Time (\boxed{DST} displayed) and Standard Time (\boxed{ST} displayed).
4. Press \boxed{C} to exit the setting screen.

Note: The Standard Time/Daylight Saving Time setting affects only the currently displayed city code. Other city codes are not affected.

To configure the 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. The countdown timer also has an auto-repeat feature and a progress beeper that signals the progress of the countdown.

About Auto-Start (Stopwatch Mode (ST1))

With Auto-Start, the watch performs a 5-second countdown, and stopwatch operation starts automatically when the countdown reaches zero.

1. While the stopwatch screen is showing all zeros in the display, press \boxed{A}.
2. Press \boxed{A} to start the countdown.
3. When the countdown reaches zero, a short tone sounds and a stopwatch measurement operation starts automatically.

To measure times with the stopwatch (Stopwatch Mode (ST1) and Stopwatch Mode (ST2))

The following are the settings you should configure before actually using the countdown timer.

1. While the countdown start time is on the display in the Countdown Timer mode, hold down \boxed{C} to display it.
2. Press \boxed{C} to toggle auto-repeat on (\boxed{ON}) and off (\boxed{OFF}).
3. When the setting you want to change is flashing, use \boxed{D} and \boxed{E} to change it as described below.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Screen</th>
<th>Button Operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>000</td>
<td>Use \boxed{F} (C) and \boxed{G} (D) to change the setting.</td>
</tr>
<tr>
<td>Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auto-repeat</td>
<td>\boxed{H} (E) displayed</td>
<td>Press \boxed{I} to toggle auto-repeat on (\boxed{ON}) displayed and off (\boxed{OFF}) displayed.</td>
</tr>
<tr>
<td>Progress Beep</td>
<td>\boxed{J} (A) displayed</td>
<td>Press \boxed{K} to toggle the progress beeper on (\boxed{ON}) and off (\boxed{OFF}).</td>
</tr>
</tbody>
</table>

The countdown timer mode can be set with the Timekeeping Mode setting. To specify a countdown start time of 24 hours, set the countdown start time as 24:00.

Progress Beep

When the progress beeper is turned on, the watch emits beeps to signal countdown progress as described below.

- Starting from five minutes before the end of the countdown, the watch emits four short beeps at the top of each countdown minute.
- 30 seconds before the end of the countdown, the watch emits four short beeps.
- The watch emits a short beep for each of the last 10 seconds of the countdown.
- The countdown timer is six minutes or greater, the watch emits a short beep for each second of the final 10 seconds before the five-minute point is reached. Four short beeps are emitted to signal when the five-minute point is reached.

Auto-restart

When auto-restart is turned on, the countdown restarts automatically from the countdown start time when the countdown reaches zero. The auto-repeat feature and a progress beeper that signals the progress of the countdown.

- Starting from five minutes before the end of the countdown, the watch emits four short beeps at the top of each countdown minute.
- 30 seconds before the end of the countdown, the watch emits four short beeps.
- The watch emits a short beep for each of the last 10 seconds of the countdown.
- The countdown timer is six minutes or greater, the watch emits a short beep for each second of the final 10 seconds before the five-minute point is reached. Four short beeps are emitted to signal when the five-minute point is reached.

To configure the countdown timer

1. While the countdown start time is displayed in the Countdown Timer Mode, hold down \boxed{A} until the second hand flashes, which indicates the setting screen.
2. Press \boxed{B} to move the flashing in the sequence shown below to select other settings.
3. When the setting you want to change is flashing, use \boxed{C} and \boxed{D} to change it as described below.
4. Press \boxed{C} to exit the setting screen.

- To specify a countdown start time of 24 hours, set the countdown start time as 24:00.
- You can also perform steps 1 and 2 of the above procedure whenever you need to view the current auto-repeat and progress beeper settings.
To use the countdown timer

1. In the Countdown Timer Mode, press D to start the countdown timer.
2. After you select an alarm, hold down A until the alarm time is reached. One of the alarms is a snooze alarm, while the other four are one-time alarms.
3. Press D to stop a countdown operation completely, first pause it by pressing C, and then press D. This returns the countdown time to its starting value.

Alarm Types

The alarm type is determined by the settings you make, as described below.
- Daily alarm
- Date alarm
- Monthly alarm
- 1-Month alarm
- Monthly alarm

To set an alarm time

1. In the Alarm Mode, use Z or Y to scroll through the alarm screens until the one whose time you want to set is displayed.
2. Press D to set an alarm time. The alarm on indicator flashes while the alarm is sounding.
3. To set a one-time alarm, display an alarm screen AL1, AL2, AL3, or AL4. To set the snooze alarm, display the SNZ screen.
4. The snooze alarm repeats every five minutes.

To test the alarm

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

To turn an alarm on and off

1. In the Alarm Mode, use Z to select an alarm.
2. Press D to toggle it on or off.
3. The alarm on indicator switches flashes while the alarm is sounding.

To turn the Hourly Time Signal on and off

1. In the Alarm Mode, use Z to select the Hourly Time Signal.
2. Press D to turn on and off.
3. The Hourly Time Signal on indicator is displayed on the display in all modes while this function is turned on.

World Time

World Time shows the current time in 48 cities (29 time zones) around the world.

To view the time for another city code

1. In the World Time Mode, press Z to scroll westwardly through city codes.
2. In the World Time Mode, press D to scroll eastwardly through city codes.
3. For full information about city codes, see the “City Code Table” at the back of this manual.
4. If the current time for a city is wrong, check your Timekeeping Mode time and time zone settings and make necessary changes.
To toggle a city code time between Standard Time and Daylight Saving Time

1. In the World Time Mode, use (left) and (right) to display the city code (time zone) whose Standard Time/ Daylight Saving Time setting you want to change.

2. Hold down (left) for about one second to toggle Daylight Saving Time (DST displayed) and Standard Time (DST not displayed).

The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.

Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

About the Auto Light Switch

While the auto light switch is enabled, illumination turns on whenever you position your wrist as described below in any mode.

- Moving the watch to a position that is parallel to the ground and then tilting it towards you at more than 40 degrees causes illumination to turn on.
- Wear the watch on the outside of your wrist.

Warning!

- Always make sure you are in a safe place whenever you are reading the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not startle or distract others around you.

- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn on and off the auto light switch

In any mode (except when a setting screen is on the display), hold down (left) for about three seconds to toggle the auto light switch on (auto light switch indicator displayed) or off (auto light switch indicator not displayed).

The auto light switch indicator is on the display in all modes while the auto light switch is enabled.

In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on.

- The mute indicator is displayed in all modes when the button operation tone is turned off.

Timekeeping

- The time is displayed using two-digit AM/PM indicators.

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode using UTC time differential values.

- The watch’s built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch’s battery replaced.

World Time

- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time differential values.

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.

- The UTC differential is a value that indicates the time difference between a reference point (in Greenwich, England and the time zone where a city is located).

Auto Return Features

- If you leave the watch in the Alarm 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 on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

- The mute indicator is displayed in all modes when the button operation tone is turned off.

Initialization

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

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.

Graphic Areas

There are three graphic areas named A, B, and C. The information shown in each graphic area depends on the current mode.
You may notice a very faint clicking sound coming from the watch when it is shaken under certain conditions, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch, and does not indicate a problem with the watch.

**Illumination Precautions**
- Illumination loses power after very long use.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.
- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.

### CountDown Timer
- Measuring unit: 1 second
- Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)
- Other: Auto-repeat timing; Progress beeper
- Alarms: 5 multi-function* alarms (four one-time alarms; one snooze alarm); Hourly Time Signal
- *Alarm type: Daily alarm, date alarm, 1-month alarm, monthly alarm
- World Time: 48 cities (29 time zones)
- Other: Daylight Saving Time/Standard Time
- Auto Light Switch
- Button operation tone on/off
- Battery: One lithium battery (Type: CR2016) Approximately 2 years on type CR2016 (assuming alarm operation 20 seconds per day and one illumination operation 3 seconds per day).

### City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Offset/GMT Differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>JPN</td>
<td>Tokyo</td>
<td>+9</td>
</tr>
<tr>
<td>AUS</td>
<td>Sydney</td>
<td>+10</td>
</tr>
<tr>
<td>NZL</td>
<td>Auckland</td>
<td>+13</td>
</tr>
<tr>
<td>NZL</td>
<td>Wellington</td>
<td>+12</td>
</tr>
<tr>
<td>USA</td>
<td>New York</td>
<td>–4</td>
</tr>
<tr>
<td>USA</td>
<td>Washington</td>
<td>–5</td>
</tr>
<tr>
<td>CAN</td>
<td>Vancouver</td>
<td>–8</td>
</tr>
<tr>
<td>CAN</td>
<td>Toronto</td>
<td>–7</td>
</tr>
<tr>
<td>MEX</td>
<td>Mexico City</td>
<td>–6</td>
</tr>
<tr>
<td>MEX</td>
<td>Caracas</td>
<td>–10</td>
</tr>
<tr>
<td>USA</td>
<td>Los Angeles</td>
<td>–8</td>
</tr>
<tr>
<td>USA</td>
<td>Chicago</td>
<td>–3</td>
</tr>
<tr>
<td>USA</td>
<td>New York</td>
<td>–4</td>
</tr>
<tr>
<td>USA</td>
<td>New Orleans</td>
<td>–5</td>
</tr>
<tr>
<td>USA</td>
<td>Denver</td>
<td>–7</td>
</tr>
<tr>
<td>USA</td>
<td>Houston</td>
<td>–6</td>
</tr>
<tr>
<td>DEU</td>
<td>Berlin</td>
<td>–1</td>
</tr>
<tr>
<td>DEU</td>
<td>Munich</td>
<td>–1</td>
</tr>
<tr>
<td>DEU</td>
<td>Paris</td>
<td>0</td>
</tr>
<tr>
<td>DEU</td>
<td>Rome</td>
<td>+1</td>
</tr>
<tr>
<td>DEU</td>
<td>Moscow</td>
<td>+3</td>
</tr>
<tr>
<td>DEU</td>
<td>Paris</td>
<td>+2</td>
</tr>
<tr>
<td>DEU</td>
<td>Rome</td>
<td>–6</td>
</tr>
<tr>
<td>DEU</td>
<td>Moscow</td>
<td>–6</td>
</tr>
<tr>
<td>DEU</td>
<td>Paris</td>
<td>+1</td>
</tr>
<tr>
<td>DEU</td>
<td>Rome</td>
<td>–5</td>
</tr>
<tr>
<td>DEU</td>
<td>Moscow</td>
<td>–5</td>
</tr>
<tr>
<td>DEU</td>
<td>Paris</td>
<td>+4</td>
</tr>
<tr>
<td>DEU</td>
<td>Rome</td>
<td>+3</td>
</tr>
<tr>
<td>DEU</td>
<td>Moscow</td>
<td>+4</td>
</tr>
<tr>
<td>DEU</td>
<td>Paris</td>
<td>+7</td>
</tr>
<tr>
<td>DEU</td>
<td>Rome</td>
<td>+8</td>
</tr>
<tr>
<td>DEU</td>
<td>Moscow</td>
<td>+9</td>
</tr>
<tr>
<td>DEU</td>
<td>Paris</td>
<td>+11</td>
</tr>
<tr>
<td>DEU</td>
<td>Rome</td>
<td>+12</td>
</tr>
<tr>
<td>DEU</td>
<td>Moscow</td>
<td>+13</td>
</tr>
</tbody>
</table>

* In December 2007, Venezuela changed its offset from –4 to –4.5. Note, however, that this watch displays an offset of –4 (the old offset) for the CDS (Caracas, Venezuela) city code.

**Auto Light Switch Precautions**
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.
- Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- Illumination turns off after the preset illumination duration (see “To specify the illumination duration” (page E-32)), even if you keep the watch pointed towards your face.

### Specifications
- **Accuracy at normal temperature:** ±15 seconds a month
- **Timekeeping:** Hour, minutes, seconds, p.m. (P), month, day, day of the week
- **Time format:** 12-hour and 24-hour
- **Calendar system:** Full Auto-calendar pre-programmed from the year 2000 to 2099
- **Other:** Home Time zone (selectable in 0.5-hour increments in the range of –12:00 to +14:00); Daylight Saving Time (summer time)/Standard Time
- **Stopwatch (ST1)**
  - Measuring unit: 1/100 second
  - Measuring capacity: 999:59.99*
  - Measuring modes: Elapsed time, split time, two finishes
  - Other: Auto-Start

- **Stopwatch (ST2)**
  - Measuring unit: 1/100 second
  - Measuring capacity: 999:59.99*
  - Measuring modes: Elapsed time, split time, two finishes

* The above is current as of December 2012. This watch does not reflect the above.

The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.