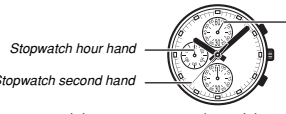


• To set the time

1. Pull the crown out when the second hand is at 12 o'clock position and the second hand stops.
2. Set the hands by rotating the crown. Rotate the crown to move the hands. Move the minute hand four or five minutes past the time you want to set, and then back it up to the proper setting.
3. Push the crown back in to the normal position.

Using the Stopwatch



The stopwatch lets you measure elapsed time up to 11 hours, 59 minutes, 59 seconds.

To measure times with the stopwatch

Elapsed Time

(A) Start → (A) Stop → (A) Re-start → (A) Stop → (B) Clear

To adjust the positions of the stopwatch second hand

1. Press (B) to reset the stopwatch, and check the alignment of the stopwatch minute hand and second hand.
2. Pull out the crown.
3. Press (A) to move the stopwatch second hand forward until it points to the 12 o'clock position.
4. Push the crown back in to its normal position.

- For a watch with an elapsed time bezel
Rotate the elapsed time bezel to align the ▼ mark with the minute hand.
After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to.
The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

