To set the digital time and date
1. In the Timekeeping Mode, hold down A for about three seconds until the currently selected city code flashes in the right digital dial. This is the setting mode.
2. Use D (east) and B (west) to display the city code you want to select.
   • Make sure you select your Home City code before changing any other setting.
   • For full information on city codes, see the "City Code Table" at the back of this manual.

Timekeeping
You can adjust the Home Time city date and time in the Timekeeping Mode.
1. The analog time of this watch is synchronized with the digital time. The analog time setting is adjusted automatically whenever you change the digital time.
2. If the analog time does not match the digital time for any reason, use the procedure described under "To adjust home positions" (page E-44) to match the analog setting to the digital setting.
3. Pressing B in the Timekeeping Mode toggles digital display between the Home City Date and Home City Time.

About This Manual
- Depending on the model of your watch, digital display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

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Stopwatch

You can use the stopwatch to measure elapsed time, lap times and split times.

1. In the Timekeeping Mode, hold down Z for about three seconds until the currently selected city code flashes in the right digital dial. This is the setting mode.
2. Press C. This will display the DST setting screen.
3. Use B to toggle the DST setting on (on) and off (OFF).
4. When the setting you want is selected, press A to exit the setting mode.

To specify a distance value

1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
   - If you need to reset the stopwatch to all zeros, press A.
2. Hold down Z for about three seconds until the current distance value setting flashes in the left digital dial.
   - This is the distance value setting mode.
3. Press C to move the flashing between the values on the left side and right side of the distance value decimal point.
4. While a distance value is flashing, use B (+) and B (-) to change it.
   - You can specify a distance value in the range of 0.1 to 99.9.
5. After specifying the distance value you want, press A to exit the setting mode.

Example:
When the speed value is 1.740, Speed hand: Indicates 40.
Right dial display segments: Indicate 700.
1000 indicator: Displayed

How speed is indicated

While an elapsed time measurement operation is being performed in the Stopwatch Mode, the watch will indicate a speed value, which is calculated based on the distance you specified and the elapsed time.

The speed value is indicated as described below.

Speed hand: Up to 100
Right dial display segments: 100 unit
A 1000 indicator points to 1000 (located to the right of the right dial display segment) when the speed value is between 1000 and 1998.

The speed hand indicator speed values less than 100. Only even-numbered values are indicated.

Speed can be indicated from 0 to 1998. OVER is indicated by the speed hand when the speed exceeds 1998.

To specify lap time or split time readings
1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
   - Make sure that LAP (lap times) or SPL (split times) is shown in the left digital dial.
2. If you need to reset the stopwatch to all zeros, press A.

Time Measurement
You need to specify either lap time (page E-21) or split time (page E-23) measurement before you start a stopwatch operation.

If you want to measure total elapsed time, select split time measurement.

DST
Daylight Saving Time (summer time) advances the time setting by one hour from
Daylight Saving Time (DST)

4. When the setting you want to change is flashing, use B or B to change it as described below.

Screen:

<table>
<thead>
<tr>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>TYO</td>
<td>Change the city code</td>
</tr>
<tr>
<td>OFF</td>
<td>Toggle the DST setting between Daylight Saving Time (on) and Standard Time (OFF)</td>
</tr>
</tbody>
</table>

Saving Time.

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

To change the Daylight Saving Time (summer time) setting

1. In the Timekeeping Mode, hold down Z for about three seconds until the currently selected city code flashes in the right digital dial. This is the setting mode.
2. Press C. This will display the DST setting screen.
3. Use B to toggle the DST setting on (on) and off (OFF).
4. When the setting you want is selected, press A to exit the setting mode.

• The DST indicator appears to indicate that Daylight Saving Time is turned on.

12-hour and 24-hour timekeeping

• With the 12-hour format, the PM indicator appears in the left digital dial for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
• With the 24-hour format, times are displayed in the range of 0.00 to 23:59, without the PM indicator.

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Important!

• Check to make sure that the speed hand is not moving before you perform any Stopwatch Mode button operation.

Specifying a Distance Value

You can use the procedure below to specify a distance value, if you want. If you specify a distance value, the watch will calculate and indicate speed for certain stopwatch operations.

• The distance value represents kilometers, miles, or any other distance unit you want. Specifying a distance value of 10.0, for example, can mean 10.0 kilometers or 10.0 miles.
• No speed calculation is performed when 0.0 is specified as the current distance value.
• For lap reading, you can specify either the lap distance (when all the laps are the same distance) or the total race distance.
• For split time readings, you can specify the total race distance only. Though the watch will indicate a split each time you take a split reading, they will be based on the total race distance, and so they will not indicate actual intermediate split speeds.

Check to make sure that the speed hand is not moving before you perform any Stopwatch Mode button operation.
Elapse Time Measurement

Use the following procedure to measure elapsed time, without taking lap time or split time readings.

To perform elapsed time measurement

Select split time (SPL) measurement and then perform the following button operations.
1. Start ➝ (Lap) ➝ Stop ➝ A Reset
2. If you have a distance value (page E-15) specified for the current elapsed time measurement, the right dial display segments and speed hand will indicate the speed when you press D to stop the elapsed time operation.
3. After pressing D to stop an elapsed time operation, you could press D again to restart from the point where you left off.

To set up the stopwatch to take lap time readings
1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
2. Make sure that SPL (lap times) is shown in the left digital dial.

To set up the stopwatch to take split time readings
1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
2. Make sure that SPL (split times) is shown in the left digital dial.

Countdown Timer

You can set the countdown start time within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

To configure countdown start time and auto-repeat settings
1. While the countdown start time is shown in the left digital dial in the Countdown Timer Mode, hold down (Hours) for about three seconds until the hour setting of the countdown start time starts to flash. This is the setting mode.
2. Press (Minutes) to move the flashing in the sequence shown below, and select the setting you want to change.
3. Press ( ) (+) and ( ) (-) to change it.
4. Press (Start/Stop) to exit the setting mode.
5. The auto-repeat on (LAP) indicator is displayed on the Countdown Timer Mode screen while this function is turned on.
To turn the Hourly Time Signal on and off

1. In the Alarm Mode, use (1) to select the Hourly Time Signal (SIG) (page E-35).
2. Press A to toggle it on (on) and off (OFF). If the Hourly Time Signal is on, the display in all modes while this function is turned on.

To view the current time in another time zone

In the World Time Mode, use (1) to scroll through available city codes (time zones).
• The left digital dial will show the time in the currently selected World Time City.
• A PM indicator will be displayed in the left digital dial between the hours of noon and midnight.
• When the city code (time zone) you want is selected, you can press B to display the date. After about one second, the watch will resume regular timekeeping for the currently selected city.

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

1. In the World Time Mode, press (2) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down (2) for about three seconds to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
• A DST indicator will be displayed in the left digital dial if Daylight Saving Time is turned on.
• You can turn on DST individually for each city code, except UTC.
• Turning on DST for the city code that is currently selected as your Home City will turn on DST for normal timekeeping.

To set a daily alarm

1. In the Alarm Mode, use (2) to scroll through the alarm screens in the right digital dial until the one whose time you want to set is displayed.
• To set a daily alarm, display alarm screen AL1, AL2, AL3, or AL4. To set the snooze alarm, display the SNZ screen.
• SIG is the Hourly Time Signal setting (page E-38).
• The snooze alarm repeats every five minutes.
2. After you select an alarm, hold down (2) for about three seconds until the hour setting of the alarm time starts to flash. This is the setting mode.
• This operation turns on the alarm automatically.

Swapping your Home City and World Time City

You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and you Home City to your World Time City. This capability can come in handy when you frequently travel between two cities in different time zones.

To swap your Home City and World Time City

1. In the World Time Mode, use (3) to select the World Time City you want.
2. Hold down A and B until the watch beeps.
• This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City, and cause the content of left digital dial to change accordingly.
• After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.

World Time

World Time digitally displays the current time in one of 48 cities (29 time zones) around the world. A simple operation swaps your Home City with the currently selected World Time City.
• The times kept in the World Time Mode are synchronized with the times being kept in the Timekeeping Mode. If you feel that there is an error in any World Time Mode time, check to make sure you have the correct city selected as your Home City. Also check to make sure that the current time as shown in the Timekeeping Mode is correct.
• Times in the World Time Mode are based on UTC offsets. See the “City Code Table” at the back of this manual for information about the UTC offsets that are supported.
• All of the operations in this section are performed in the World Time Mode, which you enter by pressing C (page E-7).

Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off (page E-37).
• Alarm and Hourly Time Signal operations are performed in accordance with the current time in your Home City, as kept in the Timekeeping Mode.
• To stop the alarm tone after it starts to sound, press any button. When the alarm tone is turned off, the alarm number (indicated by SIG) and the alarm index (indicated by SNZ) are displayed.

Swapping your Home City and World Time City

You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

To swap your Home City and World Time City

1. In the World Time Mode, use (3) to select the World Time City you want.
2. Hold down A and B until the watch beeps.
• This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City, and cause the content of left digital dial to change accordingly.
• After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.

To set a daily alarm

1. In the Alarm Mode, use (2) to scroll through the alarm screens in the right digital dial until the one whose time you want to set is displayed.
• To set a daily alarm, display alarm screen AL1, AL2, AL3, or AL4. To set the snooze alarm, display the SNZ screen.
• SIG is the Hourly Time Signal setting (page E-38).
• The snooze alarm repeats every five minutes.
2. After you select an alarm, hold down (2) for about three seconds until the hour setting of the alarm time starts to flash. This is the setting mode.
• This operation turns on the alarm automatically.

Swapping your Home City and World Time City

You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

To swap your Home City and World Time City

1. In the World Time Mode, use (3) to select the World Time City you want.
2. Hold down A and B until the watch beeps.
• This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City, and cause the content of left digital dial to change accordingly.
• After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.

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1. In the Alarm Mode, use (2) to scroll through the alarm screens in the right digital dial until the one whose time you want to set is displayed.
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• The snooze alarm repeats every five minutes.
2. After you select an alarm, hold down (2) for about three seconds until the hour setting of the alarm time starts to flash. This is the setting mode.
• This operation turns on the alarm automatically.

Swapping your Home City and World Time City

You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

To swap your Home City and World Time City

1. In the World Time Mode, use (3) to select the World Time City you want.
2. Hold down A and B until the watch beeps.
• This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City, and cause the content of left digital dial to change accordingly.
• After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.

To set a daily alarm

1. In the Alarm Mode, use (2) to scroll through the alarm screens in the right digital dial until the one whose time you want to set is displayed.
• To set a daily alarm, display alarm screen AL1, AL2, AL3, or AL4. To set the snooze alarm, display the SNZ screen.
• SIG is the Hourly Time Signal setting (page E-38).
• The snooze alarm repeats every five minutes.
2. After you select an alarm, hold down (2) for about three seconds until the hour setting of the alarm time starts to flash. This is the setting mode.
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Swapping your Home City and World Time City

You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

To swap your Home City and World Time City

1. In the World Time Mode, use (3) to select the World Time City you want.
2. Hold down A and B until the watch beeps.
• This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City, and cause the content of left digital dial to change accordingly.
• After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.
About the Auto Light Switch

Turning on the auto light switch causes illumination to turn 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 more than 40 degrees causes illumination to turn on.

- Wear the watch on the outside of your wrist.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down [C] for about three seconds to toggle the auto light switch on (auto light switch on indicator displayed) and off (auto light switch off indicator not displayed).

- The auto light switch on indicator remains in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch will turn off automatically approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.

Hand Home Position Correction

The speed, hour, and minute hands of the watch can be thrown off by exposure to strong magnatism or impact. The watch is designed to correct speed, hour and minute hand manually.

To adjust home positions

1. In the Timekeeping Mode, hold down [C] for about three seconds until ‘D’ flashes in the left digital dial.
   - This is the home position adjustment mode.
2. Check the position of the speed hand.
   - The speed hand is in the correct home position if it is pointed at 50 (12 o’clock). If it isn’t, use [A] to move the hand clockwise until it is.
   - After confirming that the speed hand is in its correct home position, press [A].

Correct speed hand position

- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Coordinated Universal Time (UTC) for each city, based on your Home City time setting.
- 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 when battery has replaced.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Coordinated Universal Time (UTC) for each city, based on your Home City time setting.

Initial Screens

When you enter the Stopwatch Mode, World Time Mode or Alarm Mode, the data you were viewing when you last exited the mode will appear first in the left digital dial.

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- The year can be set in the range of 2000 to 2099.
- 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 when battery has replaced.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Coordinated Universal Time (UTC) for each city, based on your Home City time setting.

Illumination Precautions

- Illumination may be difficult to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

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 in about 1.5 seconds or 3 seconds, even if you keep the watch pointed towards your face.

- 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 toward 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.
- 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.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.
Specifications

Accuracy at normal temperature: ±1 5 seconds a month

Digital Timekeeping: Hour, minutes, seconds, p.m., month, day, day of the week
   Time format: 12-hour and 24-hour
   Calendar system: Full Auto-calender pre-programmed from the year 2000 to 2099
   Other: Home City code (can be assigned one of 48 city codes); Standard Time / Daylight Saving Time (summer time)

Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)

Stopwatch:
   Measuring unit: 1/10000 seconds
   Measuring capacity: 99:59:59.999"
   Measuring accuracy: ±0.0006%
   Measuring modes: Elapsed time, Lap time, Split time
   Other: Speed

Countdown Timer:
   Measuring unit: 1 second
   Input range: 1 minute to 24 hours (1-minute increments)
   Other: Auto-repeat timing

World Time: 48 cities (29 time zones)
   Other: Daylight Saving Time/Standard Time; Home City/World Time City Swapping

Alarms: 5 daily alarms (with one snooze alarm); Hourly Time Signal

Illumination: LED (light-emitting diode); Auto Light Switch; Selectable illumination duration

Battery: One lithium battery (Type: CR1220)

Approximate Battery Life: 3 years on type CR1220
(10 seconds of alarm operation per day, one illumination operation (1.5 seconds) per day)

Specifications are subject to change without notice.

City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Offset/ GMT Differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>PPP</td>
<td>Pago Pago</td>
<td>–11</td>
</tr>
<tr>
<td>PHL</td>
<td>Manila</td>
<td>–10</td>
</tr>
<tr>
<td>AMC</td>
<td>Anchorage</td>
<td>–9</td>
</tr>
<tr>
<td>VLY</td>
<td>Vancouver</td>
<td>–8</td>
</tr>
<tr>
<td>LAX</td>
<td>Los Angeles</td>
<td>–8</td>
</tr>
<tr>
<td>YEG</td>
<td>Edmonton</td>
<td>–7</td>
</tr>
<tr>
<td>MEX</td>
<td>Mexico City</td>
<td>–6</td>
</tr>
<tr>
<td>CHI</td>
<td>Chicago</td>
<td>–6</td>
</tr>
</tbody>
</table>

* As of January 2016, the official UTC offset for Santiago, Chile (SCL) has been changed from –4 to –3, but this watch still uses an offset of –4 (the old offset) for SCL. Because of this, you should leave the summer time setting turned on (which advances the time by one hour) for the SCL time.

* This table shows the city codes of this watch.
* The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.