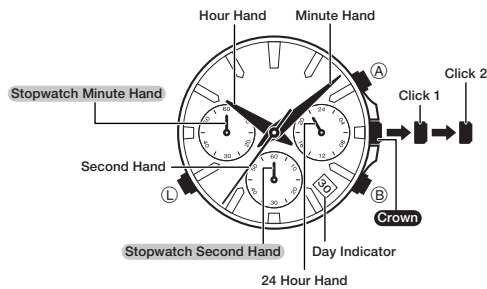


# Operation Guide 5378

- Your watch may differ somewhat from the one shown in the illustration.
- Some models may use a combination of hands and rotating disks to indicate information. The word "hand" in this section is used to mean both analog hands and rotating disks.



**Stopwatch functions**

**To adjust the time setting**

When the second hand is at 12 o'clock, pull the **Crown** out to Click 2.

Rotate the **Crown** to change the time setting.

Push the **Crown** back in.

**Note**

- Take care that you set the correct AM or PM time.
- When changing the time, move the minute hand four or five minutes past your final setting, and then back it up to the setting you want.

**To change the day indicator setting**

Pull the **Crown** out to Click 1.

Rotate the **Crown** to set the day.

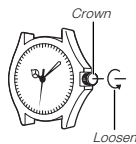
Push the **Crown** back in.

**Note**

- The day indicator setting uses a 31-day month. Make adjustments for months of shorter lengths.
- Avoid changing the day indicator setting between the hours of 9 p.m. and 1 a.m. Otherwise, the day indicator may not change correctly at midnight.

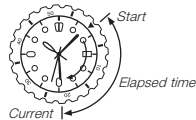
**Crown Operations**

Some water-resistant models (100 meters, 200 meters) have a screw-in crown. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in.



**If your watch has a rotary bezel...**

You can rotate the bezel to align its ▼ mark with the minute hand. Then you will be able to tell how much time has elapsed since aligning the ▼ mark.



**Using the Stopwatch**

The stopwatch measures elapsed time in 1-second increments up to 59 minutes, 59 seconds.

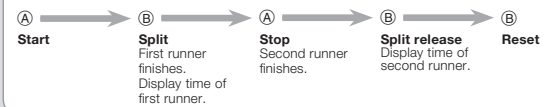
**Elapsed time**



**Split time**



**Two finishes**



**Important!**

- Do not operate the stopwatch with the crown pulled out.

**Note**

- An elapsed time operation will stop automatically at the end of 60 minutes.

**Correcting the 0 Positions of the Hands**

Perform the following procedure if the stopwatch hands do not return to their 0 (zero) positions when you reset the stopwatch.

Pull the **Crown** out to Click 2.

Use **B** (clockwise) and **A** (counterclockwise) to move the **Stopwatch Second Hand** and **Stopwatch Minute Hand** to 12 o'clock.

- Holding down either button will move the second hand at high speed, until you release the button.
- The **Stopwatch Minute Hand** is synchronized with the **Stopwatch Second Hand**.

After all of the hands are the way you want, push the **Crown** back in.

**Important!**

- Timekeeping stops while the crown is pulled out. Correct the current time setting after performing the above operation.

**To turn on illumination**

Hold down **L**.

**Note**

- Illumination remains turned on as long as **L** is depressed.
- Illumination will turn off about four seconds after **L** is released.

**Illumination Precautions**

- Illumination may be hard to see when viewed under direct sunlight.
- Frequent use of illumination runs down the battery.

**Specifications**

**Accuracy:** ±20 seconds average per month

**Stopwatch:** Measuring Capacity: 59'59" (60 minutes)

Measuring Unit: 1 second

Measurements: Elapsed time; split time; two finishes

**Illumination:** LED (light-emitting diode)

**Battery:** One silver oxide battery (Type: SR920SW) and one lithium battery (Type: CR1616)

**Battery Life:** Approximately 2 years (60 minutes stopwatch operation and 16 seconds illumination per day)

- Always have both batteries replaced at the same time.