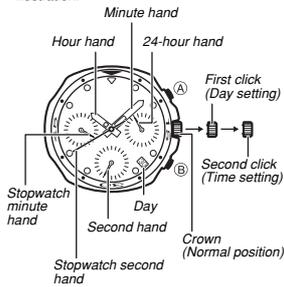


* The configuration of your watch may differ somewhat from that shown in the illustration.



To set the time

1. Pull out the crown to the second click.
 - This causes the second hand to stop.
2. Set the hands by rotating the crown. 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 to restart timekeeping.

To set the day

1. Pull out the crown to the first click.
2. Set the day by rotating the crown.
3. Push the crown back in to the normal position.
 - Avoid setting the day between 9:00 p.m. and 1:00 a.m. (the day display may not change in the following day).

Using the Stopwatch

The stopwatch lets you measure elapsed time up to 59 minutes, 59 seconds. You can also correct the position of the stopwatch second hand when necessary.

- The illustration shows a time of 20 minutes, 40 seconds.
- Do not try to perform stopwatch operations while the crown is pulled out either to the first or second click. If you try to press a button, you might accidentally cause the crown to rotate and change the current time or day setting.

To measure elapsed time

1. Press (A) to start the stopwatch.
2. Press (A) to stop the stopwatch.
 - You can resume the measurement operation by pressing (A) again.
3. Press (B) to reset the stopwatch.

Adjusting the Stopwatch Second and Minute Hand Positions

Use of the stopwatch can cause the starting positions of the stopwatch minute hand and second hand to become misaligned. Use the following procedures to check hand alignment and to adjust the positions of the hands so they point to 12 o'clock when the stopwatch is reset.

To adjust the positions of the stopwatch hands

1. Press (B) to reset the stopwatch, and check the alignment of the stopwatch minute hand and second hand.
2. Pull out the crown to the second click.
3. Press (A) to move the stopwatch second hand forward until it points to 12 o'clock.
4. If the stopwatch minute hand is aligned correctly, proceed to step 5. If the stopwatch minute hand is also misaligned, press (B) so the stopwatch minute hand jumps to 0.
5. After making the adjustments you want, push the crown back in to its normal position.
 - Note that pulling the crown out also stops the timekeeping second hand. After performing the above procedure, you should also adjust the timekeeping setting.

■ For watch with the 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.



Elapsed time bezel

- 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.

