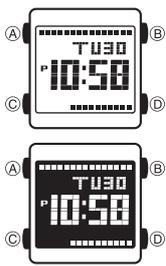


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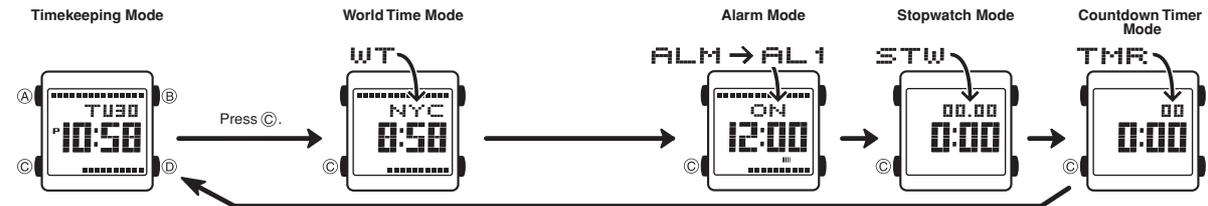
About This Manual



- Depending on the model of your watch, 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.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

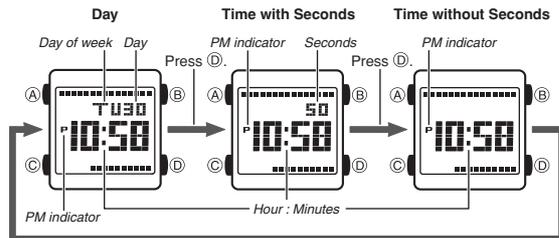
- Press **C** to change from mode to mode.
- In any mode (except when a setting screen is on the display), press **B** to illuminate the display.



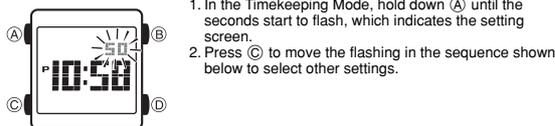
Timekeeping

Use the Timekeeping Mode to set and view the current time and date.

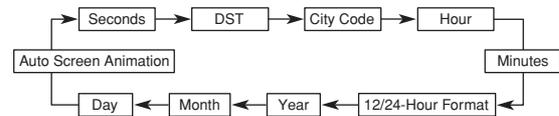
- Each press of the **D** button in the Timekeeping Mode will cycle through the three screens shown below.
- The day screen shows the current day and day of the week.



To set the time and date



- In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
- Press **C** to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, use **D** and **B** to change it as described below.

Screen	To do this:	Do this:
50	Reset the seconds to 00	Press D .
OFF DST	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press D .
TYO	Change the city code	Use D (east) and B (west).
10:58	Change the hour or minutes	Use D (+) and B (-).
1 2H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press D .
6:30 20 09	Change the year, month, or day	Use D (+) and B (-).
ON	Change the Auto Screen Animation display setting	Press D .

- See "Daylight Saving Time (DST)" for details about the DST setting.
- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits 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 any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

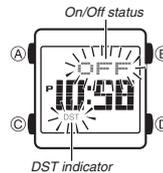
- Press **A** to exit the setting screen.
- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- The year can be set in the range of 2000 to 2099.
- 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 after you have the watch's battery replaced.
- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

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 toggle the Timekeeping Mode time between DST and Standard Time

- In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
- Press **C** to display the DST setting screen.
- Press **D** to toggle between Daylight Saving Time (ON) and Standard Time (OFF).
- Press **A** to exit the setting screen.



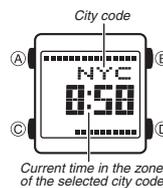
World Time

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

- All of the operations in this section are performed in the World Time Mode, which you enter by pressing **C**.

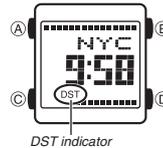
To view the time for another city code

- In the World Time Mode, press **D** to scroll eastwardly through city codes.
- For full information about city codes, see the "City Code Table".
 - If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.



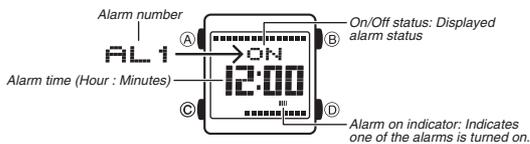
To toggle a city code time between Standard Time and Daylight Saving Time

- In the World Time Mode, use **D** to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
 - Hold down **A** for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator 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.
 - Note that you cannot switch between Standard Time and Daylight Saving Time while UTC is selected as the city code.



Alarms

You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms is a snooze alarm, while the other four are one-time alarms. You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.



- There are five alarm screens numbered **AL1** through **AL4** for the one-time alarm, and a snooze alarm screen indicated by **SNZ**. The Hourly Time Signal screen is indicated by **SIG**.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **C**.

To set an alarm time



1. In the Alarm Mode, use **D** to scroll through the alarm screens until the one whose time you want to set is displayed.



- To set the one-time alarm, display one of the screens indicated by an alarm number from **AL1** through **AL4**. To set the snooze alarm, display the **SNZ** screen.
- The snooze alarm repeats every five minutes.

- After you select an alarm, hold down **A** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation turns on the alarm automatically.
- Press **C** to move the flashing between the hour and minute settings.
- While a setting is flashing, use **D** (+) and **B** (-) to change it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
- Press **A** to exit the setting screen.

Alarm Operation

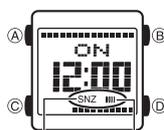
The alarm tone sounds at the preset time for 20 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off.

- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.
- To stop the alarm tone after it starts to sound, press any button.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
 - Displaying the Timekeeping Mode setting screen
 - Displaying the **SNZ** setting screen

To test the alarm

In the Alarm Mode, hold down **D** to sound the alarm.

To turn an alarm on and off



Snooze alarm indicator Alarm on indicator

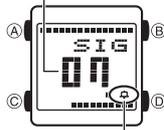
- In the Alarm Mode, use **D** to select an alarm.
- Press **A** to toggle it on and off.
- Turning on an alarm (**AL1** through **SNZ**) displays the alarm on indicator (iii) on its Alarm Mode screen.
 - In all modes, the alarm on indicator is shown for any alarm that currently is turned on.
 - The alarm on indicator flashes while the alarm is sounding.
 - The snooze alarm indicator (**SNZ**) flashes while the snooze alarm is sounding and during the 5-minute intervals between alarms.

About the Alarm indicators

- The alarm on indicator is displayed in all modes when any alarm (**AL1** to **AL4** or **SNZ**) is turned on.
- When you display an alarm screen (**AL1** to **AL4** or **SNZ**) in the Alarm Mode, the ON/OFF indicator in the upper display area shows the ON/OFF status of that alarm.

To turn the Hourly Time Signal on and off

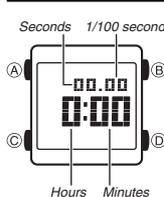
On/Off status



Hourly time signal on indicator

- In the Alarm Mode, use **D** to select the Hourly Time Signal (**SIG**).
- Press **A** to toggle it on (iii displayed) and off (FF displayed).
 - Turning on the Hourly Time Signal displays the Hourly Time Signal indicator on its Alarm Mode screen.
 - While the Hourly Time Signal is turned on, the Hourly Time Signal on indicator is shown on the display in all modes besides the Alarm Mode.

Stopwatch



Hours Minutes

The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **C**.

To measure times with the stopwatch

Elapsed Time



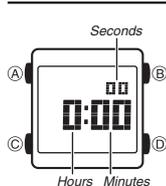
Split Time



Two Finishes



Countdown Timer



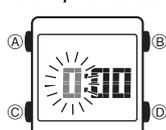
You can set the countdown timer within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- All of the operations in this section are performed in the Countdown Timer Mode, which you can enter using **C**.

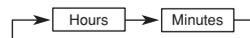
To use the countdown timer

- Press **D** while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown returns to its start time automatically after the alarm stops.
 - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
 - Press **D** while a countdown operation is in progress to pause it. Press **D** again to resume the countdown.
 - To stop a countdown operation completely, first pause it (by pressing **D**), and then press **A**. This returns the countdown time to its starting value.

To set up the countdown timer



- While the countdown start time is on the display in the Countdown Timer Mode, hold down **A** until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
 - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- Press **C** to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use **D** (+) and **B** (-) to change the hours or minutes.
 - To specify a countdown start time of 24 hours, set **0:00**.
- Press **A** to exit the setting screen.

Auto Screen Animation

While Auto Screen Animation is turned on, angling the watch towards your face to read the time will cause the time and date digits, and the graphic areas along the top and bottom of the screen to go through one of a variety of different animated graphic patterns.

To turn Auto Screen Animation on or off



Auto Screen Animation on indicator

- Use the **C** button to enter the Timekeeping Mode as shown under General Guide.
- Hold down the **A** button for about one second until the seconds digits of the time start to flash. This is the setting screen.
 - The watch will exit the setting screen automatically if you do not perform any operation for about two or three minutes.
- Press the **C** button nine times to display the Auto Screen Animation setting screen.
- Press the **D** button to toggle Auto Screen Animation on or off.
- When the setting is the way you want, press the **A** button to exit the setting screen.

Mode Switching Initial Screen

When you switch from one mode to another, the graphic areas along the top and bottom of the screen will go through an animated graphic pattern. This always happens, regardless of the current Auto Screen Animation setting.

illumination



Auto light switch indicator

This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch turns on illumination automatically when you angle the watch towards your face for reading.

- The auto light switch must be enabled (indicated by the auto light switch indicator) for it to operate.
- See "illumination Precautions" for more important information.

To illuminate the display

In any mode (except when a setting screen is on the display), press (B) to turn on illumination.

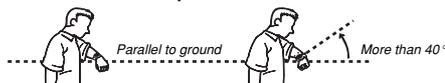
- The above operation turns on illumination regardless of the current auto light switch setting.

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!

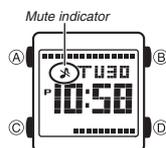
- Always make sure you are in a safe place whenever you are reading the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not startle or distract 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 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 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 turned on.
- In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on.

Button Operation Tone

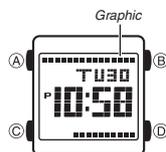


- Holding down (C) to turn the button operation tone on or off also causes the watch's current mode to change.
- The mute indicator is displayed in all modes when the button operation tone is turned off.

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.

Display Graphics



The timekeeping display of this watch has two graphic areas at the top and the bottom of the screen. Graphic images appear and disappear at two-second intervals with the passage of time in the Timekeeping, World Time, and Alarm Modes.

To select a graphic pattern or turn off display graphics

1. Use the (C) button as shown in the "General Guide" to enter the Timekeeping Mode.
 2. Use the (A) button to select the graphic pattern you want.
- Each press of the (A) button cycles screen between graphic patterns. You also can select a pattern that turns off display graphics.
 - Graphic images do not appear on setting screens.

Auto Return Features

- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it changes to the Timekeeping Mode automatically.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch saves any settings you have made up to that point and exits the setting screen automatically.

Scrolling

The (B) and (C) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons scrolls at high speed.

Initial Screens

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

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time offset values.
- The UTC offset is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Coordinated Universal Time", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- 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.

More than 15 degrees too high



- 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 one second, 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 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.

- 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: ±30 seconds a month

Timekeeping: Hour, minutes, seconds, p.m. (P), 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 City code (can be assigned one of 48 city codes); Daylight Saving Time (summer time)/Standard Time

World Time: 48 cities (29 time zones)

Other: Daylight Saving Time/Standard Time

Alarms: 5 alarms (four one-time alarms; one snooze alarm); Hourly Time Signal

Stopwatch

Measuring unit: 1/100 second

Measuring capacity: 23:59'59.99"

Measuring modes: Elapsed time, split time, two finishes

Countdown Timer

Measuring unit: 1 second

Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)

Illumination: EL Backlight (electro-luminescent panel); Auto Light Switch

Other: Auto Screen Animation; Button operation tone on/off

Battery: One lithium battery (Type: CR1616)

Approximately 3 years on type CR1616 (1.5 seconds of light operation and 20 seconds of beeper operation per day; 100 auto screen animations per hour)

City Code Table

City Code	City	UTC Offset/ GMT Differential	City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	-11	ATH	Athens	
HNL	Honolulu	-10	CAI	Cairo	+2
ANC	Anchorage	-9	JRS	Jerusalem	
YVR	Vancouver	-8	MOW	Moscow	+3
LAX	Los Angeles	-8	JED	Jeddah	
YEA	Edmonton	-7	THR	Tehran	+3.5
DEN	Denver	-7	DXB	Dubai	+4
MEX	Mexico City	-6	KBL	Kabul	+4.5
CHI	Chicago	-6	KHI	Karachi	+5
MIA	Miami		DEL	Delhi	+5.5
YTO	Toronto	-5	DAC	Dhaka	+6
NYC	New York	-5	RGN	Yangon	+6.5
SCL	Santiago	-4	BKK	Bangkok	+7
YHZ	Halifax	-4	SIN	Singapore	
YYT	St. Johns	-3.5	HKG	Hong Kong	
RIO	Rio De Janeiro	-3	BJS	Beijing	+8
RAI	Praia	-1	TPE	Taipei	
UTC			SEL	Seoul	+9
LIS	Lisbon	0	TYO	Tokyo	
LON	London		ADL	Adelaide	+9.5
MAD	Madrid		GUM	Guam	+10
PAR	Paris		SYD	Sydney	+10
ROM	Rome	+1	NOU	Noumea	+11
BER	Berlin		WLG	Wellington	+12
STO	Stockholm				

- Based on data as of June 2008.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.