

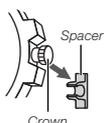
Operation Guide 5274

• Your watch may differ somewhat from the one shown in the illustration.

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Before Using the Watch for the First Time

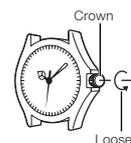
- Depending on your watch model, there may be a spacer installed at the factory around the crown. If your watch has a spacer, you should remove the spacer before using the watch.
- After removing the spacer, use the procedures in "Crown Operations" (page E-3) and "To adjust the time setting" (page E-12) to set up the watch for use.



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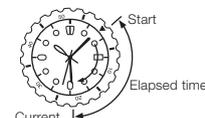
Crown Operations

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.



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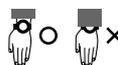
Solar Charging

A solar panel generates electrical power that charges a built-in (secondary) battery. The entire face is a solar panel, so power is generated when the face is exposed to light. Keep the watch exposed to light as much as possible.

Charging the Battery



When you are not wearing the watch, leave it where it is exposed to light. For stable operation, expose the watch to at least a half day of light per month.



When wearing the watch, try to keep your clothing from blocking its face (solar panel). Charging efficiency is reduced significantly even if the face is blocked only partially.

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Caution!

- The case of the watch may become quite hot when charging. Guard against burn injury after charging.
- Avoid charging in the following locations, and anywhere else where the watch may become very hot.
 - On the dashboard of an automobile parked in the sun
 - Close to an incandescent light source or other sources of heat
 - Locations exposed to direct sunlight for long periods

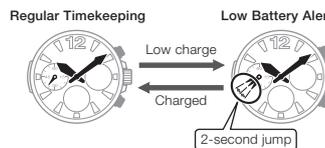
Low Charge and Dead Battery Conditions

An alert operation is performed when the battery charge goes low.

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Low Battery Alert

The second hand will jump at two-second intervals to alert you when the charge is low.



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Charging Time

The times below are general guidelines for reference only.

Charging Time to Support Daily Use

Exposure Level (Brightness)	Approximate Charging Time
Outdoor sunlight (50,000 lux)	8 minutes
Sunlight through a window (10,000 lux)	30 minutes
Daylight through a window on an overcast day (5,000 lux)	48 minutes
Indoor fluorescent lighting (500 lux)	8 hours

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Charging Time to Recover from Dead Battery

Exposure Level (Brightness)	Approximate Charging Time to 1-second Hand Movement	Approximate Time to Full Charge
Outdoor sunlight (50,000 lux)	3 hours	24 hours
Sunlight through a window (10,000 lux)	11 hours	94 hours
Daylight through a window on an overcast day (5,000 lux)	18 hours	144 hours
Indoor fluorescent lighting (500 lux)	175 hours	- - -

Important!

The watch will continue to run for about six months after a full charge, even if it is not exposed to light. For stable operation, however, expose it to light as much as possible.

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Note

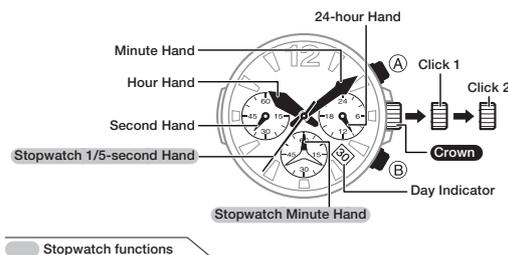
Actual charging time depends on environmental conditions.

Over-charge Protection

Charging stops automatically when a full charge is attained. This protects against over-charging.

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Indicators and Crown Operation



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Setting the Current Time and Day

To adjust the time setting

1. When the second hand is at 12 o'clock, pull the **Crown** out to Click 2.
2. Rotate the **Crown** to change the time setting.
3. 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.

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24-hour Hand

The 24-hour hand indicates the current hour of the day, making one complete rotation every 24 hours.

To change the day indicator setting

1. Pull the **Crown** out to Click 1.
2. Rotate the **Crown** away from you to set the day.
3. 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.

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Using the Stopwatch

The stopwatch measures elapsed time in 1/5-second increments up to 59 minutes, 59.8 seconds.

Elapsed time



Split time



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Two finishes



Important!

Do not operate the stopwatch with the crown pulled out.

Note

- The **Stopwatch 1/5-second Hand** and **Stopwatch Minute Hand** move for only the first 60 minutes of an elapsed time operation. After that, they stop at the 12 o'clock position.
- The stopwatch will not operate while the second hand is jumping at two-second intervals, which indicates that the watch's charge is low.
- If a low charge state (indicated by the second hand jumping at two-second intervals) is entered while a stopwatch operation is in progress, the stopwatch will reset automatically to zero.

Correcting the 0 Positions of the Stopwatch Hands

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

1. Pull the **Crown** out to Click 2.
2. Hold down **(A)** for about three seconds, the **Stopwatch Minute Hand** will rotate to indicate the minute hand setting mode.

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- If the hand does not align with 12 o'clock, use the **(B)** button to adjust it.
- Holding down **(B)** moves the current hand at high speed.

3. Hold down (A) for about three seconds, the Stopwatch 1/5-second Hand will rotate to indicate the second hand setting mode.

- If the hand does not align with 12 o'clock, use the **(B)** button to adjust it.
- Holding down **(B)** moves the current hand at high speed.

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

Important!

Pulling out the crown to click 2 to perform the above procedure causes current timekeeping to stop. Because of this, the current time setting will be different when you push the crown back in. After performing the above procedure, be sure to correct the current time setting.

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Abnormal Hand Movement or Function

Should the watch ever exhibit abnormal hand movement or function, or if the second hand does not move normally (one-second increments) even after the watch is fully charged, perform the procedure below to perform a system reset.

1. Pull the **Crown** out to Click 2.
2. Hold down both **(A)** and **(B)** for about three seconds.
3. Push the **Crown** back in.
 - The second hand will start to move.
 - If the second hand is jumping at two-second intervals, expose the watch to light to charge it (page E-5).
4. If the **Stopwatch 1/5-second Hand** and **Stopwatch Minute Hand** do not return to their 0 (zero) positions when you reset the stopwatch, correct their 0 positions (page E-16).

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Reference

- To adjust the time setting (page E-12)
- To change the day indicator setting (page E-13)

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