ABOUT THE BACKLIGHT

When you switch the backlight function on, the backlight of the watch flashes whenever an alarm, countdown alarm or hourly time signal is sounding.

• The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.

• Frequent use of the backlight shortens the battery life.

To switch the backlight function on and off

In the Timekeeping Mode, hold down the button for one or two seconds to switch the backlight function on and off. When you switch the backlight function on, an indicator appears on the display as shown.

Backlight function on indicator

• The backlight function indicator remains on the display in all modes until you switch the backlight function off.

• Pressing the button at any time illuminates the display for about two seconds, regardless of the backlight's on/off setting.

• The above operation controls operation of the backlight function only. It does not affect operation of audible tones and signals.

TIMEKEEPING MODE

To set the time and date

1. Press to enter the Timekeeping Mode. The seconds digits flash on the display because they are selected.

2. Press to change the selection in the following sequence.

Date

Month

Year

3. While the seconds digits are selected (flashing), press to reset the seconds to “00”. If you press while the seconds count is in the range of 30 to 59, the seconds are reset to “00” and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.

4. While any other digits (besides seconds) are selected (flashing), press to increase the number. Holding down changes the number at high speed.

To switch between 12-hour and 24-hour formats, press while some digits are flashing.

• If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

ALARM MODE

You can set an alarm with hour, minutes, month, and date. When the alarm is on, the alarm sounds for 30 seconds at the preset time. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

Alarm Types

The types of alarm you get depends on the information you set.

• To set a daily alarm

Set the hour and minute for the alarm time. Set “---” for the month and “---” for the date (see step 3 under “To set the alarm time”). This type of setting causes the alarm to sound every day at the specific time you set.

• To set an alarm for a specific day

Set the date, hour and minutes for the alarm time. Set “---” for the month and “---” for the date (see step 3 under “To set the alarm time”). This type of setting causes the alarm to sound every month at the time you set, on the date you set.

• To set an alarm for a specific date

Set the date, hour and minutes for the alarm time. Set “---” for the month and “---” for the date (see step 3 under “To set the alarm time”). This type of setting causes the alarm to sound every day at the specific time you set.

COUNCROWN ALARM MODE

The countdown timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown time

1. Press while in the Countdown Alarm Mode. The hours digit flashes on the display because it is selected.

2. Press to change the selection in the following sequence.

Mode indicator

Hour

Minutes

Seconds

3. Press to increase the selected number. Holding down changes the number at high speed.

• To set the starting value of the countdown time to 24 hours, set to “00:00:00”.

4. After you set the countdown time, press to return to the Countdown Alarm Mode.

• If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Countdown Alarm Mode automatically.

To use the countdown timer

1. Press while in the Countdown Alarm Mode to start the countdown timer.

2. Press again to stop the countdown timer.

3. Stop the timer and then press until the countdown time is reset to its starting value.

• When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops, and the countdown time is automatically reset to its starting value after the alarm stops.

To switch auto repeat timing on and off

1. Press while in the Countdown Alarm Mode. The hours digit flashes on the display because it is selected.

2. Press to switch auto repeat on and off.

3. Press to return to the Countdown Alarm Mode.

• When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the starting countdown time is reset and countdown timing starts again automatically whenever the countdown reaches zero. You can stop timing by pressing and manually reset to the starting countdown time by pressing .
STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59 seconds.

To measure elapsed time
1. Press ° to start the stopwatch.
2. Press ° to stop the stopwatch.
   - You can resume the measurement operation by pressing ° again.
3. Press ° to clear the stopwatch to all zeros.
   - For the first 60 minutes, the display shows minutes, seconds, and 1/100 second. After 60 minutes, the display format changes to show hours, minutes, and seconds.

To record split times
1. Press ° to start the stopwatch.
2. Press ° to display the timing up to that point. Stopwatch timing continues internally.
3. Press ° to clear the split time and to continue time measurement on the display.
   - You can repeat steps 2 and 3 as many times as you want.
4. Press ° to stop the time measurement.
5. Press ° to clear the stopwatch to all zeros.

To time first and second place finishes
1. Press ° to start the stopwatch.
2. Press ° when the first finisher crosses the line, and record the time.
3. Press ° when the second finisher crosses the line.
4. Press ° to display the finishing time of the second finisher.
5. Press ° again to clear the stopwatch to all zeros.