GENERAL GUIDE

• Press the button to change from mode to mode.
• In the Timekeeping Mode and Alarm Mode, press the button to illuminate the display for about two seconds. In the Countdown Alarm Mode and Stopwatch Mode, press the button to illuminate the display. The watch can be set so that the backlight flashes whenever an alarm sounds.

TIMEKEEPING MODE

This watch is equipped with a backlight that can be set to flash whenever an alarm sounds.
- In the Timekeeping Mode, press the button to switch between the 12-hour and 24-hour format.
- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- The EL Alarm indicator remains on the display in all modes.
- The week day can be set within the range of Monday to Sunday.
- The current time can be set within the range of 00'00” to 23’59”.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- About the backlight: The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long use.
- To turn the EL Alarm feature on and off: The EL Alarm indicator remains on the display in all modes.
- The above operation controls the operation of the EL Alarm only. It does not affect operation of audible tones and signals.
- Pressing the button (Timekeeping Mode, Alarm Mode) or the button (Countdown Alarm Mode, Stopwatch Mode) illuminates the display for about two seconds, regardless of the EL Alarm’s on/off setting.
- The watch will emit an audible sound whenever the display is illuminated. It does not indicate malfunction of the watch.

COUNTDOWN ALARM MODE

The countdown alarm can be set within a range of 1 minute to 60 minutes. When the countdown reaches zero, an alarm sound for 10 seconds or until you press any button.
- To set the countdown start time: Press the button to increase the selected number. Holding down the button changes the selection at high speed.
- To use the countdown alarm:
  1. Press the button while in the Countdown Alarm Mode to start the countdown alarm.
  2. Press the button again to stop the countdown alarm.
  3. To stop the countdown alarm and then press the button to reset the countdown alarm to its starting value.
  4. The countdown alarm is automatically reset to its starting value after the alarm stops.

About countdown indicators:
An audible beep and the EL Backlight keep you informed about the progress of the countdown as noted in the following table:

<table>
<thead>
<tr>
<th>Remaining</th>
<th>Audible beep</th>
<th>EL Backlight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 minute</td>
<td>1 second</td>
<td>1 second</td>
</tr>
<tr>
<td>30 seconds</td>
<td>1 second</td>
<td>1 second</td>
</tr>
<tr>
<td>60 seconds</td>
<td>1 second</td>
<td>1 second</td>
</tr>
</tbody>
</table>

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, 59.99 seconds.
- To measure elapsed time:
  1. Press the button to start the stopwatch.
  2. Press the button to stop the stopwatch.
  3. You can reset the measurement operation by pressing the button again.
  4. Press the button to clear the stopwatch to all zeros (0H 00’00”).

ALARM MODE

When the Daily Alarm is switched on, the alarm sounds for 26 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound.
- When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm:
1. Press the button while in the Alarm Mode. The hour digits flash on the display because they are selected.

[Alarm On Indicator/Hourly Time Signal On Indicator]

To switch the Daily Alarm and Hourly Time Signal on and off:
Press the button while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence:

Both ON  Both OFF  Daily Alarm only  Hourly Time Signal only

To test the alarm:
Hold down the button while in the Alarm Mode to sound the alarm.