Module No.1909

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GENERAL GUIDE

TIMEKEEPING MODE

This section provides information on setting the time and using the backlight.

To set the time and date
1. Hold down \( \text{A/CR/CR} \) while in the Timekeeping Mode until the seconds digits start to flash on the display.
2. Press \( \text{A/CR/CR} \) to change the selection in the following sequence:
   - Day
   - Month
   - Year

3. While the seconds digits are selected (flashing), press \( \text{A/CR/CR} \) to reset the seconds to 00.
4. If you press \( \text{A/CR/CR} \) 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.
5. While any other digits (besides seconds) are selected (flashing), press \( \text{A/CR/CR} \) to increase the number. Holding down \( \text{A/CR/CR} \) changes the current selection at high speed.
6. After you set the time and date, press \( \text{A/CR/CR} \) to return to the Timekeeping Mode.

About the backlight
A backlight that uses an EL (electro-luminescent) panel causes the entire display to glow for easy reading in the dark. Depending on the mode, pressing \( \text{A/CR/CR} \) or \( \text{A/CR/CR} \) turns on the backlight for about two seconds. See the sections that cover each mode for information on whether you should press \( \text{A/CR/CR} \) or \( \text{A/CR/CR} \).

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

The backlight automatically turns off whenever an alarm sounds.

COUNTDOWN ALARM MODE

The Countdown Alarm Mode has three 60-minute timers whose starting time can be set in one-minute increments. When the countdown reaches zero, an alarm sounds.

- In the Countdown Alarm Mode, press \( \text{A/CR/CR} \) to illuminate the display for about two seconds. To illuminate the display while setting the countdown time (while the minutes digits are flashing), press \( \text{A/CR/CR} \).
- The starting times of the countdown timers are preset to 15, 30, and 60 minutes when you purchase it. You can use these settings as they are, or you can change to different starting times if you want.

STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. You also get Auto-Start function. The range of this stopwatch is 59 minutes, 59.99 seconds.

- In the Stopwatch Mode, press \( \text{A/CR/CR} \) to illuminate the display for about two seconds.

To measure elapsed time
1. Press \( \text{A/CR/CR} \) to start the stopwatch.
2. Press \( \text{A/CR/CR} \) to stop the stopwatch.
3. You can resume the measurement operation by pressing \( \text{A/CR/CR} \) again.
4. Press \( \text{A/CR/CR} \) to stop the time measurement.
5. Press \( \text{A/CR/CR} \) to clear the stopwatch to all zeros.

To record split times
1. Press \( \text{A/CR/CR} \) to start the stopwatch.
2. Press \( \text{A/CR/CR} \) to display the timing up to that point. Stopwatch timing continues internally.
3. Press \( \text{A/CR/CR} \) to clear the split time and to continue time measurement on the display.
4. You can repeat steps 2 and 3 as many times as you want.
5. Press \( \text{A/CR/CR} \) to stop the time measurement.
6. Press \( \text{A/CR/CR} \) to clear the stopwatch to all zeros.

To time first and second place finishes
1. Press \( \text{A/CR/CR} \) to start the stopwatch.
2. Press \( \text{A/CR/CR} \) when the first finisher crosses the line, and record the time.
3. Press \( \text{A/CR/CR} \) when the second finisher crosses the line.
4. Press \( \text{A/CR/CR} \) to display the finishing time of the second finisher.
5. Press \( \text{A/CR/CR} \) again to clear the stopwatch to all zeros.
About the Auto-Start function
With the Auto-Start function, the watch performs a 5-second countdown. When the countdown reaches zero, stopwatch operation starts automatically. During the final three seconds of the countdown, a beeper sounds with each second.

To use the Auto-Start function
1. While the stopwatch display is showing all zeros (00'00"00/CR) in the Stopwatch Mode, press D/CR/CR. • At this time the auto-start indicator appears on the display to indicate that auto-start is on. Press D/CR/CR again to turn auto-start off (indicated when the auto-start indicator is not on the display).
2. Press E/CR to start the countdown.
• Pressing E/CR also causes the countdown time to appear on the display.
• When the countdown reaches zero, a tone sounds, the backlight illuminates the display, and a stopwatch timing operation starts automatically.
• To stop the Auto-Start countdown and return to the all-zeros display, press D/CR/CR.

ALARM MODE
Five independent Daily Alarms can be set. Each alarm lets you set the hour and minutes. When the Daily Alarm is turned on, the alarm sounds for 20 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 turned on, the watch beeps every hour on the hour.

To set an alarm time
1. Press D/CR/CR in the Alarm Mode to select the alarm whose time you want to set.
2. After you select an alarm, hold down A/CR/CR until the hour digits start to flash on the display. The hour digits flash because they are selected.
• This operation automatically turns on the alarm.
3. Press C/CR/C to change the selection in the following sequence.
4. Press D/CR/CR to increase the selected digits. Holding down D/CR/CR changes the selection at high speed.
• The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
• When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
5. After you set the alarm time, press A/CR/CR to return to the 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 Alarm Mode automatically.

To turn an alarm and the Hourly Time Signal on and off
1. In the Alarm Mode, press A/CR/CR to select an alarm or the Hourly Time Signal.
2. Press B/CR/CR to toggle the select item on and off.
• The indicators ALM and SIG appear on the display whenever an alarm is turned on.
• The indicators ALM and SIG appear on the display whenever the Hourly Time Signal is turned on.
• In other modes (besides the Alarm Mode), the ALM indicator remains on the display as long as at least one of the alarms is on, while the SIG indicator remains on the display while the Hourly Time Signal is on.

To test the alarm
Hold down B/CR/CR in the Alarm Mode to sound the alarm.