**Module No. 1950**

**GENERAL GUIDE**

**TIMEKEEPING MODE**

To set the time and date:
1. Hold down the button while in the Timekeeping Mode until the seconds digit is flashing on the display. Release the button.
2. Press to change the selection in the following sequence:
   - Day of week
   - Month - Day
   - Hour
   - Minutes

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 00 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 60 to 29, the minutes count is unchanged.
4. While any other digits (minute, second) are selected (flashing), press to increase the number or to decrease it. While the 12/24-hour format setting is selected, press to toggle it between 12 and 24. While the day of the week is selected (flashing), press to advance to the next day or to return to the previous day.
5. Except for when adjusting the seconds or setting the 12/24-hour format, hold down a button to change the selection at high speed.

When the 12-hour format is selected, the indicator appears on the display to indicate "P.M." times. There is no indicator for "A.M." times.

When the 24-hour format is selected, the indicator appears on the display.

After you set the time and date, press to return to the Timekeeping Mode.

**COUNTDOWN ALARM MODE**

The countdown alarm 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 start time**

1. Hold down while in the Countdown Alarm Mode. The hours digits flash on the display because they are selected.
2. Press to change the selection in the following sequence:
   - Days
   - Hours
   - Minutes
   - Seconds
3. Press to increase the selected number or to decrease it. Holding either button changes the selection at high speed.
4. After you set the countdown start time, press twice to return to the Countdown Alarm Mode.

**To use the countdown alarm**

1. Press while in the Countdown Alarm Mode to start the countdown alarm.
2. Press again to stop the countdown alarm.
3. You can resume countdown alarm operation by pressing .
4. Stop the countdown alarm and then press to reset the countdown time to its starting value.
5. 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 the auto light switch function on and off

1. Hold down while in the Timekeeping Mode. The hour digits flash on the display because they are selected.
2. Press to move the flashing to the auto light switch indicator.
3. Press while in the Countdown Alarm Mode. The hour digits flash on the display.
4. Press to move the flashing to the progress beeper indicator.
5. Press to return to the Countdown Alarm Mode.

To switch auto repeat timing and the progress beeper on and off

1. Hold down while in the Countdown Alarm Mode. The hour digits flash on the display because they are selected.
2. Press to move the flashing to the auto repeat indicator.
3. Press while in the Countdown Alarm Mode.
4. Press to move the flashing to the progress beeper indicator.
5. Press to return to the Countdown Alarm Mode.
STOPWATCH MODE
The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 24 hours, 59 minutes, 59.99 seconds. You can also have an alarm sound when a target time is reached. The Stopwatch Mode also features an Auto-Start function.

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 turn the Auto-Start function on and off
While the display is showing all zeros in the Stopwatch Mode, press [AUTO-ST] to toggle it on and off.
- The indicator AUTO-ST appears and 05 is shown in the upper display while Auto-Start is turned on. The AUTO-ST indicator is not shown and the upper part of the display shows the current time when Auto-Start is turned off.

About the Target Time function
With the Target Time function, an alarm sounds for ten seconds whenever the time being kept by the stopwatch reaches a target time you have preset.

To set the Target Time and to turn it on and off
1. While the display is showing all zeros in the Stopwatch Mode, hold down [TARGET], and the hour digit of the target time starts to flash because it is selected.
2. Press [TARGET] to change the selection in the following sequence.
   - Hour
   - Minutes
   - Seconds
3. Press [TARGET] to increase the selected number or [C] to decrease it. Holding down either button changes the selection at high speed.
   - Press [TARGET] and [C] at the same time to clear the setting to 0:00' 00".
4. Press [TARGET] to move the flashing to the target time ON/OFF setting.
5. [TARGET] or [C] to toggle the target time ON/OFF.
6. Press [TARGET] to return to the Stopwatch Mode.

Important!
The alarm will not sound if you do not turn on the target time.
- Press [TARGET] or [C] to stop the alarm after it starts to sound.

ALARM MODE
When the Daily Alarm is switched 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 on, the watch beeps every hour on the hour.

To set the alarm time
1. Hold down [DAILY] until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. This operation will switch the Daily Alarm on automatically.
3. When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (no indicator) or afternoon (P).
4. After you set the alarm time, press [DAILY] to return to the Alarm Mode.

To turn the daily alarm and hourly time signal on and off
Press [DAILY] while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.
- The alarm on indicator [P] and the Hourly Time Signal on indicator [H] are shown on the display in all modes while these functions are turned on.

To test the alarm sound
Hold down [DAILY] while in the Alarm Mode to sound the alarm.
- Note that pressing [DAILY] also changes the alarm and the hourly time signal ON/OFF settings.

DUAL TIME MODE
The Dual Time Mode lets you keep track of the time in another time zone. You can also select the timekeeping format (12-hour or 24-hour) separately from the Timekeeping Mode.

To set the Dual Time
1. Hold down [DUAL] while in the Dual Time Mode. The hour digits flash on the display because they are selected.
2. Press [DUAL] to change the selection in the following sequence.
3. Press [DUAL] to increase the selected digits and [C] to decrease them. Holding down either button changes the selection at high speed.
   - Press [DUAL] and [C] at the same time to clear the setting to 0:00' 00".
4. After you set the time, press [DUAL] to return to the Dual Time Mode.
- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.
- In the Dual Time Mode, press [DUAL] to toggle between the 12-hour and 24-hour formats.