GENERAL GUIDE

ABOUT THE BACKLIGHT (Module 2319 only)

- Hold down ADJ to illuminate the display for about 2 seconds. The backlight is disabled while an input screen (with a flashing setting) is on the display.
- 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.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

CALENDAR MODE

- This is the normal mode for this watch.
- To set the date

1. Hold down ADJ until the ADJ indicator starts to flash, followed by flashing of the year digits.
2. Press to increase the year digits. Holding down changes the digits at high speed.
3. Press to move the selection to month digits.
4. Press to increase the month digits. Holding down changes the digits at high speed.
5. Press to move the selection to the day digits.
6. Press to increase the day digits. Holding down changes the digits at high speed.
7. Press to complete the procedure.
- 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 Calendar Mode automatically.
- The day of the week changes automatically in accordance with the date.

TIMEKEEPING MODE

- Use this mode to set the current time. An incorrect time setting will result in incorrect operation of the calendar.
- To set the time

1. Hold down ADJ until the ADJ indicator starts to flash, followed by flashing of the seconds digits.
2. 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.
3. Press to move the selection to the hour digits.
4. Press to increase the hour digits. Holding down changes the digits at high speed.
5. Press to move the selection to the minutes digits.
6. Press to increase the minutes digits. Holding down changes the minutes digits at high speed.
7. Press to move the selection to 12/24.
8. Press to toggle the timekeeping format between 12-hour and 24-hour.
9. Press to complete the procedure.
- 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

When the Daily Alarm is turned on, an alarm sounds for 20 seconds at the preset time each day.
- To set the Alarm Time

1. Hold down ADJ until the ADJ indicator starts to flash, followed by flashing of the hour digits of the alarm.
2. The alarm turns on at this time.
3. Press to increase the hour digits. Holding down changes the digits at high speed.
4. Press to increase the minutes digits. Holding down changes the digits at high speed.
5. Press to complete the procedure.
- 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 test the alarm

Press while in the Alarm Mode to turn the Daily Alarm on and off.

DUAL TIME MODE

To set the Dual Time

1. Hold down ADJ until the ADJ indicator starts to flash, followed by flashing of the hour digits.
2. Press to increase the hour digits. Holding down changes the digits at high speed.
3. Press to move the selection to the minutes digits.
4. Press to increase the minutes digits. Holding down changes the digits at high speed.
5. Press to complete the procedure.
- In the Dual Time Mode, the seconds count is not displayed. But it is synchronized with the seconds count of the Timekeeping 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 Dual Time Mode automatically.
- The format (12-hour and 24-hour) of the Dual Time Mode matches the format you select for normal timekeeping.