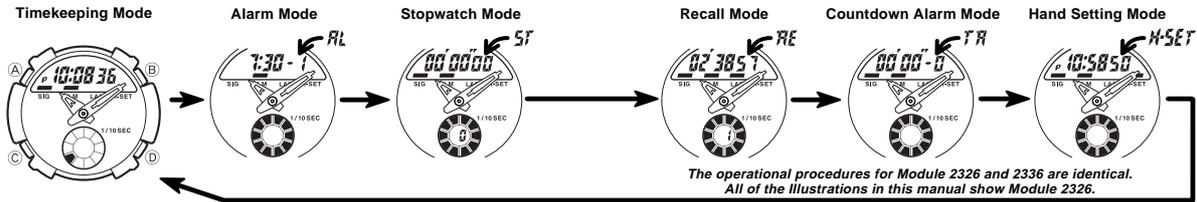


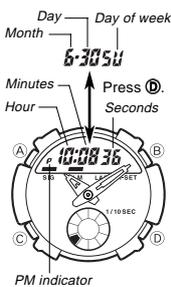
GENERAL GUIDE

- Press **C** to change from mode to mode.
- Pressing **C** after performing an operation in any mode besides the Stopwatch Mode returns directly to the Timekeeping Mode.
- If you do not press any button in any mode besides the Stopwatch Mode or Recall Mode, the watch automatically returns to the Timekeeping Mode after a few minutes.
- If you do not press any button while a setting screen (with flashing digits or settings) is on the display, the watch automatically exits the setting screen after a few minutes.



ABOUT THE BACKLIGHT

- Press **B** to illuminate the digital 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.

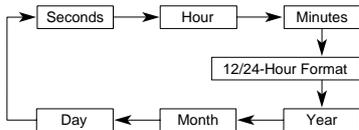


TIMEKEEPING MODE

- Press **D** to toggle between the time and date screens.

To set the time and date

1. In the Timekeeping Mode, hold down **A** until the seconds digits start to flash.
2. Press **C** to move the selection around the display in the following sequence.



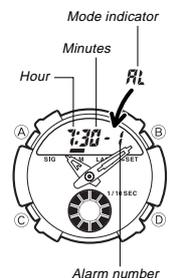
3. While the seconds digits are selected (flashing), press **D** to reset the seconds to 00. If you press **D** while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds), are selected (flashing), press **D** to increase the number or **B** to decrease it. Holding down either button changes the current number at high speed.
- While the 12/24-hour setting is selected, press **D** to switch between the two formats.
- The day of the week is automatically set in accordance with the date.
- The date can be set with the range of January 1, 1995 to December 31, 2039.
5. After you set time and date, press **A** to return to the Timekeeping Mode.
- Whenever you change the digital time setting, the hands move automatically until they match the digital setting.

ALARM MODE

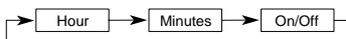
You can set three independent daily alarms. You can specify the hour and minutes for each alarm time. When the Daily Alarm is on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time

1. Press **D** while in the Alarm Mode to select Alarm 1 through Alarm 3.



2. Hold down **A** until the hour digits start to flash on the display. The hour digits flash because they are selected.
3. The above operation also turns on the Daily Alarm.
3. Press **C** to move the flashing around the display in the following sequence.



4. While the hour or minutes digits are selected (flashing) press **D** to increase the number or **B** to decrease it. Holding down either button changes the current selection at high speed.
- While the On/Off setting is selected, press **D** to switch the alarm on (ALM indicator appears above ALM) and off (no indicator).
- 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 morning (no indicator) or afternoon (P).

5. After you set the alarm time, press **A** to return to the Alarm Mode.
- The alarm on indicator (ALM) is shown on the display in all modes when any alarm is on.

To switch the hourly time signal on and off

1. In the Alarm Mode, press **D** to select :00.
2. Hold down **A** until 00 starts to flash on the display.
- The above operation also turns on the Hourly Time Signal.
3. Press **D** to turn the Hourly Time Signal on (SIG indicator appears above SIG) and off (no indicator).
4. Press **A** to return to the Alarm Mode.
- The Hourly Signal on indicator (SIG) is shown on the display in all modes when the Hourly Time Signal is on.

To test the alarm sound

- Hold down **C** to sound the alarm.
- Note that pressing **C** also changes the mode.

To change the alarm sound

1. Hold down **C** to sound the alarm.
2. While the alarm is sounding (because you are holding down **C**), press **D** to change the alarm sound.
- You can select from among eight different alarm sounds.
- The sound last being produced when you press **D** is the one used for the alarm.

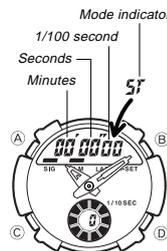
STOPWATCH MODE

The Stopwatch Mode can record elapsed time and lap times up to 59 minutes, 59.99 seconds. Measured times are automatically stored into memory. If you preset a lap distance, the watch automatically calculates the speed of each lap.

- The term "lap time" refers to the amount of time that it takes to complete a specific segment of a race (such as each lap of a track race).

To measure elapsed time

1. Press **D** to start the stopwatch.
2. Press **D** to stop the stopwatch.
- You can resume the measurement operation by pressing **D** again.
3. Press **A** to clear the stopwatch to 00' 00" 00.



To measure lap times

1. Press **D** to start an elapsed time measurement.
2. Press **A** to record the time of the first lap.
- At this time, the measured lap time stays on the display for about seven seconds, after which the display automatically changes back to the stopwatch time.
3. Repeat step 2 to record more lap times and store them in memory.
- The watch can store up to 20 lap times, and so the display shows up to 20 lap numbers. After lap 20, the indicator starts over from lap 1, which indicates that the oldest lap times in memory are being replaced by the newest measured times.
4. Press **D** to stop the stopwatch and store the final lap time.
5. Press **A** to clear the stopwatch to 00' 00" 00.
- Pressing **A** clears the lap time to 00' 00" 00, without changing the current lap number. The lap number returns to 0 when you perform the next elapsed time measurement operation with the stopwatch.
- For details on the recalling lap times, see "RECALL MODE".
- Lap times are kept in memory until you clear the stopwatch (by pressing **A**) and then start a new elapsed time measurement operation.

About time memories

This watch can store up to 20 lap times per stopwatch operation. Once 20 lap times are stored, pressing **A** again (record the 21st lap time) replaces the oldest lap time measurement with the newest one. All lap times in memory are automatically cleared whenever you clear the stopwatch to 00' 00" 00 and then start a new elapsed time measurement operation.

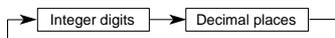
About speed calculations

Once you preset a lap distance, the watch automatically calculates the speed of each lap (in Kilometers or miles per hour) in accordance with the time measured by the stopwatch. This function is useful in the timing of motor sports events.

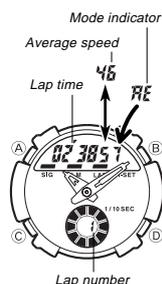
- You can view calculated speeds in the Recall Mode.
- Speeds can be calculated up to 999 (km/h or mph).
- You can input or change the length either before or after the timing operation.

To preset the lap distance

- Note that the following explanation applies to both kilometers and miles, and no adjustment is necessary to switch between the two distance units.
 - Note that you will not be able to preset the lap distance unless the elapsed time on the Stopwatch Display is cleared to 00' 00" 00.
- Hold down **(A)** while in the Stopwatch Mode until the digits of the distance value to the left of the decimal point start to flash. The digits flash because they are *selected*.
 - Press **(C)** to change the selection in the following sequence.



- Press **(D)** to increase the selected digit or **(B)** to decrease it. Holding down either button changes the current selection at high speed.
- The maximum lap distance you can preset is 99.99.
- After you set the lap distance, press **(A)** to return to the Stopwatch Mode.

**RECALL MODE**

The Recall Mode lets you look up data that you recorded in the Stopwatch Mode. You can also delete data in the Recall Mode.

To recall times

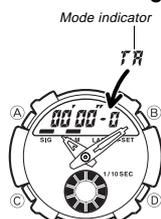
- Whenever you enter the Recall Mode, the display shows the time for the oldest lap.
- Press **(D)** to scroll forward through the lap times.



- When you recall data that includes a time and speed, the display alternately shows the time and speed.
- The speed display shows the message **Err** whenever you recall data whose speed is greater than 999.

To clear lap times

- In the Recall Mode, hold down **(A)** until the watch beeps to clear all the lap times in memory.
- Clearing a lap time causes the displayed time and lap number to become zero.

COUNTDOWN ALARM MODE

The countdown alarm can be set within a range of 1 second to 60 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown start time

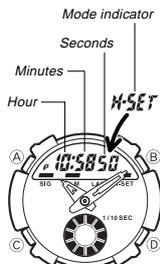
- Hold down **(A)** until the minutes digits start to flash on the display. The minutes digits flash because they are *selected*.
- Press **(C)** to move the flashing around the display in the following sequence.



- Press **(D)** to increase the selected number or **(B)** to decrease it. Holding down either button changes the selection at high speed.
- To set the starting value of the countdown time to 60 minutes, set 00 00.
- After you set the countdown start time, press **(A)** to return to the Countdown Alarm Mode.

To use the countdown alarm

- Press **(D)** while in the Countdown Alarm Mode to start the countdown alarm.
- Press **(D)** again to stop the countdown alarm.
- You can continue countdown alarm operation by pressing **(D)**.
- Stop the countdown and then press **(A)** to reset the countdown alarm to its starting value.
- The countdown alarm is automatically reset to its starting value after the alarm stops.

HAND SETTING MODE

When the time shown on the display does not match the analog setting, use this mode to correct the analog setting. When setting the hands, set the hour and minutes while ignoring the seconds. When setting 7:10 and 30 seconds, for example, set 7:10.

To set the analog time

- Hold down **(A)** while in the Hand Setting Mode until the digital time starts to flash on the display.
- The following step changes the hands of the analog time-piece without changing the flashing digital time.
- Press **(D)** to advance the hand setting of the analog time-piece. Holding down **(D)** changes the hand setting at high speed.
- Note that there is not function for moving the hands back, so make sure you do not move the hand too far. Otherwise, you will have to set them again.

- After you set the analog time, press **(A)** to return to the Hand Setting Mode.