

- Button operations are indicated using the letters shown
in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press © to change from mode to mode.
- In any mode, press (B) to illuminate the display.
- In any mode, hold down (C) for about two seconds to return to the Timekeeping
Mode.


Timekeeping

3. When the setting you want to change is flashing, press (D) to change it as described below.

| To change this setting | Perform this button operation |
| :---: | :---: |
| Seconds | Press (D) to reset to 00. |
| Hour, Minutes, Year, Month, Day | Press (D) to increase the setting. |
| - Pressing (D) while the seco adds 1 to the minutes. In th <br> 4. Press (A) to exit the setting sc <br> - The day of the week is autom month, and day) settings. <br> - The year can be set in the ran <br> - The watch's built-in full autom different month lengths and le reason to change it except aft | are in the range of 30 to 59 resets them to 00 and range of 00 to 29 , the minutes are unchanged. n. <br> ally displayed in accordance with the date (year, <br> of 2000 to 2099. <br> calendar automatically makes allowances for years. Once you set the date, there should be no you have the watch's battery replaced. |
| To toggle between 12-hour and In the Timekeeping Mode, press 24 -hour timekeeping. <br> - With the 12 -hour format, the $\mathbf{P}$ times in the range of noon to hour digits for times in the ran <br> - With the 24 -hour format, time any indicator. <br> - The 12-hour/24-hour timekeep applied in all other modes. | 24-hour timekeeping <br> (D) to toggle between 12-hour timekeeping and <br> (PM) indicator appears to the left of the hour digits fo $1: 59 \mathrm{p} . \mathrm{m}$. and no indicator appears to the left of the ge of midnight to 11:59 a.m. are displayed in the range of $0: 00$ to $23: 59$, without <br> ing format you select in the Timekeeping Mode is |

Alarm


Alarm Types
The alarm type is determined by the settings you make, as described below. - Daily alarm

Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.

## - Date alarm

Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

- 1-Month alarm

Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at time you set, only during the month you set.

- Monthly alarm
- Monthly alarm Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at time you set, on the day you set

To set an alarm time


1. In the Alarm Mode, press (D) to display the alarm screen.
2. Hold down (A) until the hour setting of the alarm time
starts to flash, which indicates the setting screen. - This operation automatically turns on the single alarm.
brelow to move the flashing in the sequence shown below to select other settings.

3. While a setting is flashing, press (D) to increase it

- To set an alarm that does not include a month (Daily alarm, Monthly alarm), set for the month. Press (D) until the - mark appears (between 12 and 1) while month setting is flashing
- To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set for the day. Press (D) until the - mark appears (between the end of the month and 1) while the day setting is flashing.
When setting the alarm time using the 12 -hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).

5. Press (A) to exit the setting screen.

## Alarm Operation

The alarm tone sounds at the preset time for about 10 seconds. In the case of the snooze alarm, the alarm repeats up to seven times every five minutes.

- The alam and the Hourly Time Signal sound in all mod


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To select the alarm type
Alarm on indicator

1. In the
screen
2. Press (A) to cycle through the available alarm setting shown below.


- The alarm on indicator and the snooze alarm on indicator are shown on the display in all modes while these functions are turned on.
- The snooze alarm on indicator flashes during the 5 -minute intervals between alarms. - Displaying the Alarm Mode setting screen automatically changes the alarm type to
- Changing the Timekeeping Mode setting screen during a 5 -minute interval between snooze alarms stops the current snooze alarm operation (but snooze alarm remains as the alarm type setting).
- If a snooze alarm time is reached while you are setting the current time in the Timekeeping Mode, the alarm sounds only once. Subsequent snooze alarm operations are not performed


## Stopping a Snooze Alarm Operation

After a snooze alarm time is reached, you can perform the following steps during any 5 -minute interval between alarms to stop the snooze alarm operation.

## To stop a Snooze Alarm Operation

1. While in the Alarm Mode, press (D) to display the alarm screen.
2. Next, press (A) to turn off the alarm or to select the single alarm.

- Note that this also changes the alarm type setting. If you want to use the snooze alarm again, you must re-select it as the alarm type. See "To select the alarm type" for more information.


## To test the alarm

- In the Alarm Mode, hold down (D) to sound the alarm.

To turn the Hourly Time Signal on and off

1. In the Alarm Mode, press (D) to display the Hourly Time Signal screen
2. Press (A) to turn it on and off.

SIGNAL Indicates Hourly Time Signal is on.
SIGNAL - Indicates Hourly Time Signal is off.

- The Hourly Time Signal on indicator is shown on the display in all modes while this function is turned on.


## Countdown Timer



The countdown timer can be set within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set - Countdown timer functions Countdown Timer Mode, which you enter by pressing Coun.

Seconds To use the countdown timer
Press (D) while in the Countdown Timer Mode to start the countdown timer.

- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown
time is automatically reset to its starting value after the alarm stops.
- The countdown timer measurement operation continues even if you exit the

Countdown Timer Mode

- Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

To set the countdown start time

1. In the Countdown Timer Mode, hold down (A) until the hours setting of the countdown start time starts to flash,
2. Press (C) to move the flashing between the hours and minutes settings.
3. While a setting is flashing, use (D) to increase it.

- To set the starting value of the countdown time to 24 hours, set $\mathbf{A}$ : $\mathbf{t E}$.

4. Press (A) to exit the setting screen.

To turn auto-repeat on and off


In the Countdown Timer Mode, hold down (A) until the hours setting of the countdown start time starts to flash Pres indicates the setting screen.
2. Press (B) to toggle auto-repeat on ( $O$ displayed) and off ( $O$ not displayed).

- Note that pressing (B) in the above operation also turns on the backlight.

3. Press (A) to exit the setting screen

When the end of the countdown is reached while auto-repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can
stop the countdown by pressing (D) and manually reset to the start time by pressing (A).
The auto-repeat indicator appears in the Countdown Timer Mode only.

Stopwatch


The stopwatch lets you measure elapsed time, split times, and two finishes.
The display range of the stopwatch is 23 hours,
59 minutes, 59.99 seconds.

- The stopwatch continues to run, restarting from zero
after it reaches its limit, until you stop it.
The stopwatch measurement operation continues even
if you exit the Stopwatch Mode.
Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
ion are performed in the Stopwatch Mode, which you enter by pressing (©).

To measure times with the stopwatch
Elapsed time


Dual Time
The Dual Time Mode lets you keep track of time in a different time zone

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.

To set the Dual Time

1.Press (C) to enter the Dual Time Mode 2. In the Dual Time Mode, hold down (A) until the hour screen.
3 Press.
minutes settings
While a setting is flashing use (D) to increase it
5. Press (A) to exit the setting screen.

## Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

## Auto return features

If you leave a screen with flashing digits for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

## Scrolling

The (D) button is used to scroll through setting screen data on the display. Holding down this button during a scroll operation scrolls through the data at high speed.

## Backlight Precautions

The backlight uses an LED (light-emitting diode) and a light guide panel that cause the entire display to glow for easy reading in the dark.
In any mode, press (B) to illuminate the display for about one second.

- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically stops illuminating whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

