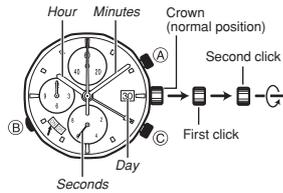


■ Setting the Time



1. Pull the crown out to the second click.
 - This causes the second hand to stop and jump to 0.
2. Set the hands by turning the crown.
3. Push the crown back in to the normal position to restart timekeeping.

Notes

- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown by turning it towards you (C arrow from illustration) before you can pull it out. Do not pull too forcibly on such crown.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

For watch with the elapsed time bezel

Rotate the elapsed time bezel to align the ∇ mark with the minute hand.

After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



■ Setting the Day

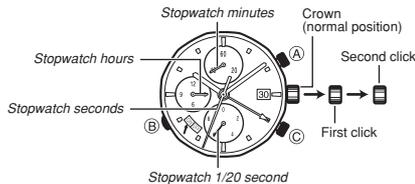
1. Pull the crown out to the first click.
 2. Set the day by turning the crown towards you (C arrow from illustration).
 3. Push the crown back in to the normal position.
- Avoid setting the day between 9:00 p.m. and 1:00 a.m. (the day display may not change in the following day).

■ Using the Stopwatch

The stopwatch lets you measure elapsed time up to 11 hours, 59 minutes, 59.95 seconds. You can also correct the position of the stopwatch second hand when necessary.

- The illustration shows a time of 3 hours, 40 minutes, 33.60 seconds.
- Do not try to perform stopwatch operations while the crown is pulled out either to the first or second click.

To measure elapsed time



1. Press (B) to reset the stopwatch.
 - Pressing (B) causes the timekeeping seconds dial to change function to a 1/20-second dial hand for the stopwatch operation. This is indicated by the hand of the dial jumping to 0.
 - If the minute and second hands do not align exactly with zero, use the procedure under "Adjusting the Stopwatch Minute and Second Hand Positions" to make necessary adjustment.
2. Press (A) to start the stopwatch.
 - The 1/20-second dial hand measures the initial 30 seconds of the elapsed time, but stops at 0 after that.
3. Press (A) to stop the stopwatch.
 - You can resume the measurement operation by pressing (A) again.
 - When you stop the stopwatch operation, the hand of the bottom dial jumps to the 1/20 second count of the timing operation.
 - Pressing (A) to stop a stopwatch operation after the first 30 seconds of a timing operation causes the 1/20-second dial hand to move to the correct position to show the seconds count kept internally by the watch.
 - If you restart the timing operation, the 1/20-second dial hand also restarts from its current position and continues moving for the first 30 seconds of the restarted timing operation. After that, it stops at 0. Internal measurement of 1/20-second units continues internally.
4. Press (B) to reset the stopwatch.
5. Press (B) again.
 - This causes the 1/20-second dial hand to switch functions and indicate the seconds count of normal timekeeping.

Adjusting the Stopwatch Minute and Second Hand Positions

Use of the stopwatch can cause the starting positions of the stopwatch minute hand and second hand to become misaligned. Use the following procedures to check hand alignment and to adjust the positions of the hands so they point to 12 o'clock when the stopwatch is reset.

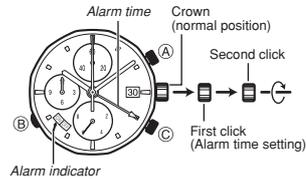
To adjust the positions of the stopwatch hands

1. Press (B) to reset the stopwatch, and check the alignment of the minute hand and second hand.
2. Pull out the crown to the second click.
3. Press (A) to move the second hand forward until it points to 12 o'clock.
4. Press (B) so the hour hand jumps to 12 and the minute hand jumps to 60.
5. Push the crown back in to its normal position.
 - Note that pulling the crown out also stops the timekeeping second hand. After performing the above procedure, you should also adjust the timekeeping setting.

■ Using the Alarm

While the alarm is turned on, the alarm sounds whenever the hour hand becomes aligned with the alarm hand (twice a day). A snooze alarm feature causes the alarm to sound again at about three-minute intervals.

To set the alarm time



1. Pull the crown out to the first click.
2. Set the alarm time you want by turning the crown away from you (C arrow from illustration).
3. Push the crown back in to the normal position.

To turn the alarm on and off

Pull out (B) to turn the alarm on. Push (B) in to turn the alarm off.

- Note that the alarm of this watch is an analog type, which means the alarm sounds when the hour hand aligns with the alarm hand. The alarm sounds twice a day if you leave it on. If the alarm hand is pointing at 6, for example, the alarm will sound at 6:00 a.m. and 6:00 p.m.
- If you leave the alarm turned on ((B) pulled out), it will sound five times, at about three-minute intervals, after the alarm time is reached. You can turn off this snooze alarm feature by pushing in (B).

To stop the alarm

The alarm continues to sound for 15 seconds or until you stop it by pushing (B) in.

Note

Leave (B) pushed in when you do not need to use the alarm. If you want to use the snooze feature, pull out (B) after stopping the alarm. The alarm will sound up to five times at about three-minute intervals while (B) is pulled out.