General Guide

- Press  to change from mode to mode.
- Pressing  in any mode illuminates the display.

About This Manual

- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- 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.

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Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual:

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General Guide

- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch exits the setting screen automatically.
- If you do not perform any operation for a few minutes in the Alarm Mode, Day Counter Mode, or Data Bank Mode, the watch reverts to the normal timekeeping screen automatically.

Timekeeping

- Press  
- The watch’s built-in full automatic calendar makes allowances for different month lengths and leap years automatically. Once you set the date, there should be no reason to change it except after replacement of the watch’s battery.
- Press  to move the flashing in the sequence shown below.

Day Counter

- To set the date and time
  1. While in the Timekeeping Mode, hold down  until the second’s digits flash on the display, which indicates the setting screen.

Use the Timekeeping Mode to set and view the current time and date.
- Pressing  in the Timekeeping Mode will display the currently selected Home City.
- Press  to toggle between 12-hour and 24-hour formats.
- While the DST setting is selected (DST on indicator is flashing), press  to toggle it on (On) and off (Off).
- The DST on/off setting you select for the Timekeeping Mode affects the World Time Mode.
- While the city code setting is selected, use  and  to scroll through the available codes until the one you want to use as your home time city is displayed.
- For full information on city codes, see the ‘City Code Table’ at the back of this manual.

Day Counter

- The day of the week is set in accordance with the date automatically.
- The data can be set within the range of January 1, 2000 to December 31, 2099.
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Backlight Precautions
The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode, press (L) to illuminate the display for about two seconds. • The backlight is activated when the display is illuminated. • The illumination provided by the backlight may be hard to see when viewed under direct sunlight. • The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction. • The backlight turns off automatically whenever an alarm sounds. • Frequent use of the backlight shortens the battery life.

Data Bank

To input a new Data Bank record
1. In the Data Bank Mode, use (+) and (-) to scroll through the Data Bank records and display the one you want to input data.
2. Hold down (A) until a cursor appears on the name area.
3. Use (A) and (B) to scroll through characters at the current cursor position.
4. Input a new record or press (C) to move the cursor to the right.
5. Repeat steps 3 and 4 to input the rest of the characters.
6. After inputting the name and number of the record, press (D) to store it and exit the setting screen.

To edit a Data Bank record
1. In the Data Bank Mode, scroll through the records and display the one you want to edit.
2. Hold down (A) until the cursor appears in the display.
3. Use (A) to move the cursor to the character you want to change.
4. Use (A) and (B) to change the character.
5. See step 3 of “To input a new Data Bank record” for information on inputting name characters, and step 7 for inputting number characters.
6. After making the changes that you want, press (D) to store them and exit the setting screen.

To delete a Data Bank record
1. In the Data Bank Mode, scroll through the records and display the one you want to delete.
2. Hold down (A) until the cursor appears in the display.
3. Press (A) and (B) at the same time. The message "CLR" appears in the display, indicating that the record was deleted.
4. After the record is deleted, the cursor appears in the name area, ready for input.
5. Input a new record or press (D) to exit the setting screen.

Daylight Saving Time (DST) Setting
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle a city code time between Standard Time and Daylight Saving Time
1. In the World Time Mode, use (A) and (B) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down (C) for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).

Day Counter
The Day Counter Mode lets you count the number of days from the Timekeeping Mode’s current date to a specific target date.

To toggle the current date between Daylight Saving Time and Standard Time
1. While the current date specified by any one of the day counters matches the date of the Timelapse Mode (regardless of the day counter’s year setting), the DAYS indicator flashes on the Timekeeping Mode screen. In the Day Counter Mode, the DAYS indicator flashes on the screen of the particular day counter whose date matches the date of the Timelapse Mode.
2. The day counter on the display when you exit the Day Counter Mode appears first the next time you enter the Day Counter Mode.
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Recalling Day Counter Data

In the Day Counter Mode, use • (+) and • (-) to scroll through the day counters.

To set the target date

1. In the Day Counter Mode, use • (+) and • (-) to display the day counter you want to set.
2. Hold down • until the flashing cursor appears in the text area. This indicates the input screen.
3. Press • to move the flashing in the sequence shown below.

<table>
<thead>
<tr>
<th>1st digit</th>
<th>Press •</th>
<th>6th digit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>•</td>
<td>Month</td>
</tr>
<tr>
<td></td>
<td>Press •</td>
<td>Year</td>
</tr>
</tbody>
</table>

4. While the cursor is in the text area, use • and • to scroll through characters at the current cursor position. Characters scroll in the sequence shown below. Holding down • or • scrolls at high speed.

5. While the cursor is in the date area, press • and • to scroll through digits at the current cursor position. Holding down • or • scrolls at high speed.

6. After you make the settings you want, press • to exit the input screen.

- The date can be set within the range of January 1, 1950 to December 31, 2049.
- The text area display can show only three characters at a time. Longer text scrolls continuously from right to left. The symbol "•" indicates that the character to the left is the last, and the character to the right is first.

Alarms

You can set five independent Daily Alarms. When an alarm is turned on, the alarm time sounds when the alarm time is reached.

- You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are six screens in the Alarm Mode. Five are for daily alarms (indicated by numbers from 1 through 5), and one is for the Hourly Time Signal (indicated by P).
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing • (page E-5).

To set an alarm time

1. In the Alarm Mode, use • to scroll through the alarm screens until the one whose time you want to set is displayed.
2. Press hold down • until the hour setting of the alarm time starts to flash, which indicates the setting screen.
3. This operation turns on the alarm automatically.

- To set a one-time alarm, display one of the screens indicated by an alarm number from 1 through 5.
- To turn an alarm on and off, display the day counter you want to set.
- Turning on a daily alarm (indicated by an alarm number not displayed) clears the display. The characters in the text area are cleared and today’s date is set as the target date. You then can make any changes in the date you want.

To turn an alarm on and off

1. In the Alarm Mode, use • to select an alarm.
2. Press • to toggle it on (the alarm on indicator displayed) and off (the alarm on indicator net displayed).

- Turning on a daily alarm (-1 through -5) displays the alarm on indicator on its Alarm Mode screen.
- In all modes, the alarm on indicator is shown for any alarm that is currently turned on.

- There are six screens in the Alarm Mode. Five are for daily alarms (indicated by numbers from 1 through 5), and one is for the Hourly Time Signal (indicated by P).

To turn the Hourly Time Signal on and off

1. In the Alarm Mode, use • to select the Hourly Time Signal.
2. Press • to toggle it on (the hourly time signal on indicator displayed) and off (the hourly time signal on indicator not displayed).

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

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.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing • (page E-5).
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.
- The countdown operation continues even if you exit the Countdown Timer Mode.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing \( \text{C} \) (page E-5).

To use the countdown timer

Press \( \text{C} \) while in the Countdown Timer Mode to start the countdown timer.

- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown timer is reset to its starting value automatically after the alarm stops.

- **Press \( \text{B} \) while a countdown operation is in progress to pause it. Press \( \text{B} \) again to resume the countdown.**
- **To stop a countdown operation completely, first pause it (by pressing \( \text{B} \)), and then press \( \text{C} \). This returns the countdown timer to its starting value.**

To set the countdown start time

1. In the Countdown Timer Mode, hold down \( \text{C} \) until the hours of the countdown start time start to flash, which indicates the setting screen.
2. Press \( \text{C} \) to move the flashing between the hours and minutes.
3. While a setting is flashing, use \( \text{A} \) (+) or \( \text{B} \) (–) to change it.
4. **To set the starting value of the countdown timer to 24 hours, set \( \text{D} \).**
5. Press \( \text{A} \) to exit the setting screen.

- **Press \( \text{B} \) while the button operation tone on or off also causes the watch’s current mode to change.**
- **The mute indicator is displayed in all modes when the button operation tone is turned off.**

Scrolling

The \( \text{A} \) and \( \text{B} \) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls at high speed.

Initial Screens

When you enter the World Time or Alarm Mode, the data you were viewing when you last exited the mode appears first.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time offset values.
- The UTC offset is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters “UTC” is the abbreviation for “Coordinated Universal Time”, which is the world-wide scientific standard of Timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately within micro-seconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth’s rotation.

Other: Day counter alarm (DAYS indicator flashes on the display when a target date is reached regardless of year.)

Alarm: 5 Daily Alarms, Hourly Time Signal

Stopwatch

- Measuring unit: 1/100 of a second
- Measuring capacity: 23 hours, 59 minutes, 59.99 seconds
- Functions: Elapsed time, split time and two finishes

Countdown Timer

- Measuring unit: 1 second
- Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)

Battery: One lithium battery (Typ: CR1616)

Battery life

- 3 years under the following conditions
  - 2 seconds of backlight operation per day
  - 10 seconds of alarm operation per day

City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Offset</th>
<th>GMT Differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>000</td>
<td>PARIS</td>
<td>+0</td>
<td>0</td>
</tr>
<tr>
<td>001</td>
<td>NEW YORK</td>
<td>+5</td>
<td>5</td>
</tr>
<tr>
<td>002</td>
<td>LONDON</td>
<td>+1</td>
<td>1</td>
</tr>
<tr>
<td>003</td>
<td>TOKYO</td>
<td>+9</td>
<td>9</td>
</tr>
<tr>
<td>004</td>
<td>MEXICO</td>
<td>+13</td>
<td>13</td>
</tr>
<tr>
<td>005</td>
<td>MEXICO CITY</td>
<td>+16</td>
<td>16</td>
</tr>
<tr>
<td>006</td>
<td>HONG KONG</td>
<td>+8</td>
<td>8</td>
</tr>
<tr>
<td>007</td>
<td>BANGKOK</td>
<td>+7</td>
<td>7</td>
</tr>
<tr>
<td>008</td>
<td>SYDNEY</td>
<td>+10</td>
<td>10</td>
</tr>
<tr>
<td>009</td>
<td>SINGAPORE</td>
<td>+8</td>
<td>8</td>
</tr>
<tr>
<td>010</td>
<td>SEOUL</td>
<td>+9</td>
<td>9</td>
</tr>
<tr>
<td>011</td>
<td>CHIANG MAI</td>
<td>+7</td>
<td>7</td>
</tr>
<tr>
<td>012</td>
<td>BANGALORE</td>
<td>+5</td>
<td>5</td>
</tr>
<tr>
<td>013</td>
<td>MUMBAI</td>
<td>+5</td>
<td>5</td>
</tr>
<tr>
<td>014</td>
<td>DUBAI</td>
<td>+4</td>
<td>4</td>
</tr>
<tr>
<td>015</td>
<td>JERUSALEM</td>
<td>+2</td>
<td>2</td>
</tr>
<tr>
<td>016</td>
<td>DUBAI</td>
<td>+4</td>
<td>4</td>
</tr>
<tr>
<td>017</td>
<td>JERUSALEM</td>
<td>+2</td>
<td>2</td>
</tr>
</tbody>
</table>

- Based on data as of July 2010.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.
- In December 2007, Venezuela changed its offset from –4 to –4.5. Note, however, that this watch displays an offset of –4 (the old offset) for the CCS (Caracas, Venezuela) city code.