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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.

Procedure Lookup
The following is a handy reference list of all the operational procedures contained in this manual.
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General Guide
• Press C to change from mode to mode.

Timekeeping
To set the time and date
1. Press A while in the Timekeeping Mode. The seconds digits flash on the display because they are selected.
2. Press C to change the selection in the following sequence:
   - Press B to change from mode to mode.
   - Press A to change the selection in the following sequence:
     - To change the Day, press B to change between AM and PM.
     - To change the time, press A to change the selection in the following sequence:
       - To change the day of the week, press B to change between Monday and Sunday.
       - To change the month, press B to change between January and December.
       - To change the date, press B to change between 01 and 31.
       - To change the year, press B to change between 2000 and 2099.
3. While the seconds digits are selected (flashing), press B to read the seconds to “00”. If you press B 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 B to increase the number. Holding down B changes the number at high speed.
   - To switch between the 12-hour and 24-hour formats, press C while some digits are flashing.
5. After you set the time and date, press A to return to the Timekeeping Mode.
   - The day of the week is automatically set in accordance with the date.
   - 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.

To switch the backlight function on and off
In the Timekeeping Mode, hold down A for about two seconds to switch the backlight function on and off. When you switch the backlight function on, an indicator appears on the display as shown.
Backlight function on indicator
• The backlight function indicator remains on the display in all modes until you switch the backlight function off.
• The above operation controls operation of the backlight function only. It does not affect operation of audible tones and signals.

About the backlight
The backlight automatically stops illuminating whenever an alarm sounds.
The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
Frequent use of the backlight shortens the battery life.
The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
Pressing A whenever alarm (page E-10), countdown timer or hourly time signal is sounding.

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Alarm
You can set an alarm with hour, minute, month, and year. When the alarm is on, the alarm sounds for 20 seconds at the preset time. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

Alarm Types
The types of alarm you get depends on the information you set.

• To set a daily alarm
  Set the hour and minutes for the alarm time. Set “—” for the month and “—” for the day (see step 3 under “To set the alarm time”). This type of setting causes the alarm to sound every day at the time you set.

• To set a date alarm
  Set the alarm, 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.

• To set a 1-month alarm
  Set the month, hour and minutes for the alarm time. Set “—” for the day (see step 3 under “To set the alarm time”). This type of setting causes the alarm to sound every month at the time you set, on the day you set.

To set the alarm time
1. Press (D) while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. At this time, the alarm is automatically switched on.
3. Press (C) to change the selection in the following sequence.
4. After you set the alarm time, press (B) to return to the Alarm Mode.

To stop the alarm
Press any button to stop the alarm after it starts to sound.

To switch an alarm and Hourly Time Signal on and off
Press (D) while in the Alarm Mode to change the status of an alarm (see “Alarm Types” on page E-10) and Hourly Time Signal in the following sequence.

Countdown Timer
The countdown timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown time
1. Press (D) while in the Countdown Timer Mode. The hours digit flashes on the display because it is selected.
2. Press (C) to change the selection in the following sequence.

To use the countdown timer
1. Press (D) while in the Countdown Timer Mode to start the countdown timer.
2. Press (D) again to stop the countdown timer.
3. Stop the timer and then press (D) until the countdown time is reset to its starting value.
4. When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops, and the countdown time is automatically reset to its starting value after the alarm stops.

To switch auto repeat timing on and off
1. Press (D) while in the Countdown Timer Mode. The hours digit flashes on the display because it is selected.
2. Press (D) to switch auto repeat on and off.
3. Press (D) to return to the Countdown Timer Mode.
4. When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the starting countdown time is reset and countdown timing starts again automatically whenever the countdown reaches zero. You can stop timing by pressing (D), and manually reset to the starting countdown time by pressing (C).

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

To measure elapsed time
1. Press (D) to start the stopwatch.
2. Press (D) to stop the stopwatch.
3. You can resume the measurement operation by pressing (D) again.
4. Press (D) to clear the stopwatch to all zeros.

To record split times
1. Press (D) to start the stopwatch.
2. Press (D) to display the timing up to that point. Stopwatch timing continues internally.
3. Press (D) to clear the split time and to continue time measurement on the display.
4. You can repeat steps 2 and 3 as many times as you want.
5. Press (D) to stop the stopwatch.

To time first and second place finishes
1. Press (D) to start the stopwatch.
2. Press (D) when the first finisher crosses the line, and record the time.
3. Press (D) when the second finisher crosses the line.
4. Press (D) to display the finishing time of the second finisher.
5. Press (D) again to clear the stopwatch to all zeros.

Specifications
Accuracy at normal temperature: ±15 seconds a month
Timekeeping: Hour, minutes, seconds, pm (PM), month, day, the day of the week
Time system: Switchable between 12-hour and 24-hour formats
Calendar system: Auto-calendar pre-programmed from the year 2000 to 2099
Alarm: Multi-function alarm, hourly time signal

Countdown Timer
Measuring unit: 1 second
Input range: from 1 second to 24 hours
Other: Auto-repeat function

Stopwatch
Measuring units: 1/100 second (for the first 60 minutes)
1 second (after 60 minutes)
Measuring capacity: 23 hours, 59 minutes, 59 seconds
Measuring modes: Elapsed time, split time and two finishes
Illumination: EL (electro-luminescent) backlight
Battery: One lithium battery (Type: CR2016)
Approximately 2 years on type CR2016 (Assuming 3.5 seconds light operation and 20 seconds alarm operation per day)
Note: Frequent use of the backlight shortens the battery life noted above.