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.

Contents
General Guide..........................................................E-4
Timekeeping............................................................E-6
Alarm ............................................................E-10
Countdown Timer ......................................................E-14
Stopwatch ...............................................................E-17
Specifications ..........................................................E-19

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

To set the time and date ....................................................E-6
To switch the backlight function on and off ......................E-9
To set the alarm time ......................................................E-12
To stop the alarm ............................................................E-13
To switch an alarm and Hourly Time Signal on and off ....E-13
To set the countdown time ..............................................E-14
To use the countdown timer ............................................E-15
To switch auto repeat timing on and off .........................E-16
To measure elapsed time ................................................E-17
To record split times ......................................................E-18
To time first and second place finishes ..........................E-18

General Guide
- All of the illustrations in this manual show Module 3230.

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.
   Hours → Minutes → Seconds → Days → Month → Year
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 [B] to increase the number. Holding down [B] changes the number at high speed.
5. To switch between the 12-hour and 24-hour formats, press [E] while some digits are flashing.
6. After you set the time and date, press [F] to return to the Timekeeping Mode.
7. The date can be set within the range of January 1, 2000 to December 31, 2099.
8. 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.

About the backlight
- 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.

To switch the backlight function on and off
In the Timekeeping Mode, hold down [G] 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

[Module 3230]  [Module 3232]
Alarm

You can set an alarm with hour, minutes, month, and day. 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 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 4 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.

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 4 while the stopwatch is running to start the stopwatch.
2. Press 4 while the stopwatch is stopped to stop the stopwatch.
3. You can resume the measurement operation by pressing 4 again.
4. Press 5 to clear the stopwatch to all zeros.
   - For the first 60 minutes, the display shows minutes, seconds, and 1/100 second. After 60 minutes, the display format changes to show hours, minutes, and seconds.

Specifications

Accuracy at normal temperature: ±15 seconds a month

Timekeeping: Hour, minutes, seconds, on (P), month, day, the day of the week, and the day of the week.

Calendar system: Auto-calender pre-programmed from the year 2000 to 2099

Alarm: Multi-function alarm, hourly time signal

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 4 while in the Countdown Timer Mode. The hours digit flashes on the display because it is selected.
2. Press 3 to change the selection in the following sequence.
3. Press 5 to increase the selected number. Holding down 5 changes the number at high speed.
4. To set the starting value of the countdown time to 24 hours, set 0:00:00.

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 4 while the stopwatch is running to start the stopwatch.
2. Press 4 while the stopwatch is stopped to stop the stopwatch.
3. You can resume the measurement operation by pressing 4 again.
4. Press 5 to clear the stopwatch to all zeros.
   - For the first 60 minutes, the display shows minutes, seconds, and 1/100 second. After 60 minutes, the display format changes to show hours, minutes, and seconds.

Specifications

Accuracy at normal temperature: ±15 seconds a month

Timekeeping: Hour, minutes, seconds, on (P), month, day, the day of the week and the day of the week.

Calendar system: Auto-calender pre-programmed from the year 2000 to 2099

Alarm: Multi-function alarm, hourly time signal

Countdown Timer

Measuring units: 1/100 second

Input range: from 1 second to 24 hours

Other: Auto-repeat function

Stopwatch

Measuring units: 1/100 second (for the first 60 minutes) and 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 backlight operation 3.5 sec./day and alarm operation 20 sec./day)

Note: Frequent use of the backlight shortens the battery life noted above.