Operation Guide 3237

About This Manual
- 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
- Press C to change from mode to mode.
- In any mode, press C to illuminate the display.

Timekeeping
Use the Timekeeping Mode to set and view the current time and date.

To set the time and date
1. In the Timekeeping Mode, hold down C until the seconds start to flash, which indicates the setting screen.
2. Press C to move the flashing in the sequence shown below to select other settings:

<table>
<thead>
<tr>
<th>Seconds</th>
<th>Hour</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>To change this setting</th>
<th>Perform this button operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seconds</td>
<td>Press C to change to 00</td>
</tr>
<tr>
<td>Hour, Minutes, Year, Month, Day</td>
<td>Press C to increase the setting.</td>
</tr>
</tbody>
</table>

- Pressing C while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.

4. Press C to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2099.
- The watch’s built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch’s battery replaced.

Alarms
You can set up to five independent multi-function alarms with hour, minutes, month, and day. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms can be configured as a snooze alarm or a one-time alarm, while the other four are one-time alarms.

You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are five alarms numbered 1 through 5. You can configure Alarm 1 as a snooze alarm or a one-time alarm. Alarms 2 through 5 can be used as one-time alarms only.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing C (page E-4).
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### 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**
  - 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, use \( \mathbb{D} \) to scroll through the alarm screens until the one whose time you want to set is displayed.
2. Press \( \mathbb{A} \) to exit the setting screen.

#### Alarm Operation
The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off or change it to a one-time alarm (page E-14).

- **To stop the alarm tone after it starts to sound, press any button.**
- **Performing any one of the following operations during a 2-minute interval between snooze alarms cancels the current snooze alarm operation.**
  - Performing any one of the following operations during a 2-minute interval between snooze alarms cancels the current snooze alarm operation.
  - Pressing any button while an alarm is sounding.
  - Turning off the watch.
  - Performing any one of the following operations during a 2-minute interval between snooze alarms cancels the current snooze alarm operation.

### 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.

1. In the Alarm Mode, use \( \mathbb{D} \) to select a one-time alarm (alarm number 1 through 5) or the Hourly Time Signal (\( \mathbb{D} \)).
2. Press \( \mathbb{A} \) to toggle it on and off.
3. The on/off status of Alarms 1 through 5 and the Hourly Time Signal is shown by indicators along the bottom of the display.
4. The alarm indicators and Hourly Time Signal on the display are displayed in all modes.
5. While an alarm is sounding, the applicable alarm indicator flashes on the display.

#### To use the countdown timer
Press \( \mathbb{A} \) while in the Countdown Timer Mode to start the countdown timer.

- **To turn off the alarm sound**
  - While an alarm is sounding, press \( \mathbb{A} \) to turn it off.

- **To stop the countdown**
  - Press \( \mathbb{A} \) while in the Countdown Timer Mode to stop the countdown.

- **To resume the countdown**
  - Press \( \mathbb{A} \) while in the Countdown Timer Mode to resume the countdown.

### To turn auto-repeat on and off
1. In the Countdown Timer Mode, hold down \( \mathbb{D} \) until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
2. Press \( \mathbb{A} \) to toggle auto-repeat on \( \mathbb{C} \) (displayed) and off \( \mathbb{D} \) (not displayed).

#### Note that pressing \( \mathbb{D} \) in the above operation also turns on the backlight.

- 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 \( \mathbb{A} \) and manually reset it to the start time by pressing \( \mathbb{C} \).
- The auto-repeat indicator appears in the Countdown Timer Mode only.

### Stopwatch
The stopwatch lets you measure elapsed time, split times, and two finishes.

1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the split time.
2. Press \( \mathbb{A} \) to start the stopwatch.

#### To set the stopwatch mode
1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the stop time.
2. Press \( \mathbb{A} \) to stop the stopwatch.

#### Note that pressing \( \mathbb{D} \) in the above operation also turns on the backlight.

- 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 \( \mathbb{A} \) and manually reset it to the start time by pressing \( \mathbb{C} \).
- The auto-repeat indicator appears in the Countdown Timer Mode only.

#### To set the stopwatch mode
1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the split time.
2. Press \( \mathbb{A} \) to stop the stopwatch.

#### To set the stopwatch mode
1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the stop time.
2. Press \( \mathbb{A} \) to stop the stopwatch.

#### Note that pressing \( \mathbb{D} \) in the above operation also turns on the backlight.

- 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 \( \mathbb{A} \) and manually reset it to the start time by pressing \( \mathbb{C} \).
- The auto-repeat indicator appears in the Countdown Timer Mode only.

#### To set the stopwatch mode
1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the split time.
2. Press \( \mathbb{A} \) to stop the stopwatch.

#### To set the stopwatch mode
1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the stop time.
2. Press \( \mathbb{A} \) to stop the stopwatch.

#### Note that pressing \( \mathbb{D} \) in the above operation also turns on the backlight.

- 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 \( \mathbb{A} \) and manually reset it to the start time by pressing \( \mathbb{C} \).
- The auto-repeat indicator appears in the Countdown Timer Mode only.

#### To set the stopwatch mode
1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the split time.
2. Press \( \mathbb{A} \) to stop the stopwatch.

#### To set the stopwatch mode
1. In the StopWatch Mode, enter \( \mathbb{E} \) to select the stop time.
2. Press \( \mathbb{A} \) to stop the stopwatch.
**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 \( \square \) to enter the Dual Time Mode (page E-5).
2. In the Dual Time Mode, hold down \( \triangle \) until the hour setting starts to flash, which indicates the setting screen.
3. Press \( \square \) to change the selection in the following sequence.

   - \( \square \): Hour
   - \( \triangledown \): Minutes
   - \( \square \): Seconds
   - \( \triangle \): Display time of first runner.

4. Press \( \square \) to increase the setting.
5. Press \( \triangle \) to exit the setting screen.

**Specifications**

- **Accuracy at normal temperature:** ±30 seconds a month
- **Timekeeping:** Hour, minutes, seconds, p.m. (P), month, day, day of the week
- **Time system:** Switchable between 12-hour and 24-hour formats
- **Calendar system:** Full Auto-calendar pre-programmed from the year 2000 to 2099
- **Alarms:** 5 Multi-function alarms (Four one-time alarms; one snooze/one-time alarm); Hourly Time Signal
- **Countdown Timer**
  - Measuring unit: 1 second
  - Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)
  - Other: Auto-repeat function
- **Stopwatch**
  - Measuring unit: 1/100 of a second
  - Measuring capacity: 23:59' 59.99''
  - Measuring modes: Elapsed time, split time, two finishes

**Backlight**

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.

- See “Backlight Precautions” on page E-24 for other important information about using the backlight.

**To turn on the backlight**

In any mode, press \( \square \) to illuminate the display for about one second.

**Backlight Precautions**

- 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.

**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.

**Data and Setting Scrolling**

The \( \square \) 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.

**Battery**

- One lithium battery (Type: CR2025)
  - Approximately 10 years on type CR2025 (assuming alarm operation 10 sec./day, and one backlight operation 1.5 sec./day)