General Guide

- Press \( \text{\( \odot \)} \) to change from mode to mode.
- In any mode, press \( \text{\( \odot \)} \) to illuminate the display.
- In any mode, hold down \( \text{\( \odot \)} \) for about one second to return to the Timekeeping Mode.
- In the Alarm, Stopwatch and Dual Time modes, the watch always shows the current Timekeeping Mode time in the lower display area.

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 \( \text{\( \odot \)} \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \text{\( \odot \)} \) to move the flashing in the sequence shown below to select other settings.

To toggle between 12-hour and 24-hour timekeeping
- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 00:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Alarm

The multi-function alarm lets you specify the hour, minute, month, and day for the alarm (page E-10). You can set up the alarm so it sounds once when the alarm time is reached, or for a snooze alarm that repeats up to seven times, every five minutes.
- You can also turn the Hourly Time Signal on and off (E-16).
- An alarm setting (and an Hourly Time Signal setting) is available in the Alarm Mode, which you enter by pressing \( \text{\( \odot \)} \) (page E-4).
- 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.

About This Manual

- The operational procedures for Modules 3239 and 3240 are identical. All of the illustrations in this manual show Module 3239.
- 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.
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 the 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 the time you set, on the day you set.

To set an alarm time
1. In the Alarm Mode, press \( \text{D} \) to display the alarm screen.
2. Hold down \( \text{D} \) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
3. Press \( \text{D} \) to move the flashing in the sequence shown below to select other settings.
4. While a setting is flashing, press \( \text{D} \) to increase it.
5. Press \( \text{D} \) to exit the setting screen.

Changing the Timkeeping Mode setting screen (page E-8) during a 5-minute interval between snooze alarms stops the current snooze alarm operation (but snooze alarm remains as the alarm type setting).

If a snooze alarm time is reached while you are setting the current time in the Timkeeping Mode, the alarm sounds only once. Subsequent snooze alarm operations are not performed.

Stopping a Snooze Alarm Operation
1. When a snooze alarm time is reached, you can perform the following steps during any 5-minute interval between alarms to stop the snooze alarm operation.
   - **To stop a Snooze Alarm Operation**
     1. While in the Alarm Mode, press \( \text{D} \) to display the alarm screen.
     2. Next, press \( \text{D} \) to turn off the alarm or to select the one-time alarm.
     3. Note that this also changes the alarm type setting. If you want to use the snooze alarm again, you must re-select it as the alarm type. See “To select the alarm type” (page E-14) for more information.

To set the alarm
In the Alarm Mode, hold down \( \text{A} \) to sound the alarm.

To turn the Hourly Time Signal on and off
1. In the Alarm Mode, press \( \text{D} \) to display the Hourly Time Signal screen.
2. Press \( \text{A} \) to cycle through the available alarm settings shown below.
   - **Alarm on/off indicator**
     - The alarm on indicator and the snooze alarm on indicator are shown on the display in all modes while these functions are turned on.

To select the alarm type
1. In the Alarm Mode, press \( \text{D} \) to display the alarm screen.
2. Press \( \text{A} \) to cycle through the available alarm settings shown below.
   - **Alarm type**
     - To set an alarm that does not include a month (Daily alarm, Monthly alarm), set \( \text{A} \) for the month. Press \( \text{D} \) until the \( \text{A} \) mark appears (between \( \text{A} \) and \( \text{A} \)) while month setting is flashing.
     - To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set \( \text{A} \) for the day. Press \( \text{D} \) until the \( \text{A} \) mark appears (between the end of the month and \( \text{A} \)) while day setting is flashing.
     - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. or p.m. (P indicator).

To test the alarm
In the Alarm Mode, hold down \( \text{A} \) to sound the alarm.

To measure times with the stopwatch

<table>
<thead>
<tr>
<th>Elapsed Time</th>
<th>Start</th>
<th>Stop</th>
<th>Re-start</th>
<th>Stop</th>
<th>Clear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Split Time</td>
<td>Start</td>
<td>Split release</td>
<td>Stop</td>
<td>Clear</td>
<td></td>
</tr>
<tr>
<td>Two Finishes</td>
<td>Start</td>
<td>Split release</td>
<td>Display time of second runner.</td>
<td>Clear</td>
<td></td>
</tr>
</tbody>
</table>

To stop the stopwatch
1. While in the Alarm Mode, press \( \text{D} \) to stop the stopwatch.
2. Press \( \text{D} \) to return to the current time.
3. You can also stop the stopwatch by pressing \( \text{D} \) in any mode.

To set the Dual Time

<table>
<thead>
<tr>
<th>Dual Time</th>
<th>Start</th>
<th>Stop</th>
<th>Re-start</th>
<th>Stop</th>
<th>Clear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setup</td>
<td>Start</td>
<td>Split release</td>
<td>Stop</td>
<td>Clear</td>
<td></td>
</tr>
<tr>
<td>Stop Time</td>
<td>Display time of second runner.</td>
<td>Clear</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To set the Dual Time
1. While in the Alarm Mode, press \( \text{D} \) to enter the Dual Time Mode.
2. While in the Dual Time Mode, hold down \( \text{A} \) until the hour setting starts to flash, which indicates the setting screen.
3. Press \( \text{D} \) to change the selection in the following sequence.
4. Press \( \text{D} \) to increase the setting.
5. Press \( \text{D} \) to exit the setting screen.
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 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.

Specifications
Accuracy at normal temperature: ±30 seconds a month
Timekeeping: Hour, minutes, seconds, p.m. (P), year, month, day, day of the week
Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099
Alarm: Multi-function* alarm (One-time or 7-time snooze); Hourly Time Signal
*Alarm types: Daily alarm, date alarm, 1-month alarm, monthly alarm
Stopwatch
Measuring unit: 1/100 second
Measuring capacity: 23:59’ 59.99’’
Measuring modes: Elapsed time, split time, two finishes
Dual Time: Hour, minutes, seconds, p.m. (P)
Other: Backlight (light-emitting diode)

Backlight Precautions
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.
- In any mode, press to illuminate the display for about one second.
- 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.

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)
Frequent use of the backlight shortens the battery life.