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.

Indicators

- Alarm on indicator
- Mute indicator
- Hourly time signal on indicator
- DST indicator
- PM indicator
- Flash Alert on indicator
- Auto light switch on indicator

General Guide

- Press C to change from mode to mode.
- In any mode (except when a setting screen is on the display), press D to illuminate the display.

Timekeeping Mode World Time Mode Alarm Mode Countdown Timer Mode Stopwatch Mode

The Timekeeping Mode’s Multi Time feature gives you quick and easy access to the current time and date in four different cities, numbered from T-1 (Time 1) through T-4 (Time 4). T-1 is your Home City Time, and T-2, T-3, and T-4 are Local Times. Local Times are kept in synchronization with your Home City Time (T-1).

Switching Between Time Screens

Each press of D cycles the time screens in the sequence shown below.

- While the Home City Time (T-1) screen is displayed, pressing A will switch the day of the week/month-day indication to the currently selected Home City code and the T-1 indicator for about one second.
- For Local Times (T-2, T-3, T-4), you can only change the city code and DST setting.

Scrolling through the Time Screens

- In the Timekeeping Mode, holding down C for about three seconds will cycle the time screens in sequence, from T-1 through T-4.
- Pressing any button will display the Home City Time (T-1) screen.

Changing the Current Home City Time and Date Settings

1. Use C to display the current Home City Time (T-1) screen.
2. Hold down A until the seconds start to flash, which indicates the setting screen.
3. Press C to move the flashing in the sequence shown below to select other settings.
4. When the setting you want to change is flashing, use D and B to change it as described below.

Screen To do this: Do this:
--- --- --- --- --- --- --- --- --- ---
1. T-1 Reset the seconds to 00:00. Press C.
2. T-1 Change the city code. Use C (east) and D (west).
3. T-1 Change the hour or minutes. Use D (+) and B (–).
4. T-1 Toggle between 12-hour (AM/PM) and 24-hour (0-23) timekeeping. Press C.
5. T-1 Change the year. Use D (+) and B (–).
6. T-1 Change the month or day. Use C (≤) and D (≥).
7. T-1 Toggle the setting between 1.5 seconds (1) and 3 seconds (2). Press C.
8. DST Toggle between Flash Alert on (01) and off (00). Press C.

- See “Daylight Saving Time (DST)” for details about DST setting.
- For information about Flash Alert, see “Flash Alert.”
- Press D to exit the setting screen.
- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

Daylight Saving Time (DST)

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 the Timekeeping Mode time between DST and Standard Time

1. Use \( \text{A} \) to display the current Home City Time (T-1) screen.
2. Hold down \( \text{A} \) until the seconds start to flash, which indicates the setting screen.
3. Press \( \text{B} \) to display the DST setting screen.
4. Press \( \text{C} \) to toggle between Daylight Saving Time \( \text{(DST)} \) displayed and Standard Time \( \text{(STD)} \) displayed.
5. Press \( \text{D} \) to exit the setting screen.

The DST indicator appears on the Timekeeping screen to indicate that Daylight Saving Time is turned on.

Changing the City Setting of a Local Time

You can select any one of the city codes in the table at the back of this manual as a Local Time city.

1. Display the Local Time whose city setting you want to change, and then hold down \( \text{D} \) for about one second until the current city code starts to flash.
2. Use \( \text{A} \) (east) and \( \text{B} \) (west) to select the city code you want.
3. Press \( \text{C} \) to display the DST setting screen.
4. Press \( \text{D} \) to toggle between Daylight Saving Time \( \text{(DST)} \) displayed and Standard Time \( \text{(STD)} \) displayed.
5. After the settings are the way you want, press \( \text{A} \).

Swapping the Home City Time with a Local Time

You can use the procedure below to swap the current Home City Time (T-1) with one of the Local Cities (T-2, T-3, T-4).

1. In the Timekeeping Mode, use \( \text{A} \) to display the Local Time that you want to swap with the Home City Time.
2. Press \( \text{B} \) and \( \text{C} \) at the same time.

World Time

World Time shows the current time in 48 cities (31 time zones) around the world.

- All of the operations in this section are performed in the World Time Mode, which you enter by pressing \( \text{A} \).
- To view the time for another city code in the World Time Mode, press \( \text{B} \) to scroll eastwardly through city codes.
- To change the city code, press \( \text{C} \). Use \( \text{A} \) (east) and \( \text{B} \) (west) to select the city code.
- If the current time for a city is wrong, check your Timekeeping Mode time and time zone settings and make the necessary changes.

To toggle a city code time between Standard Time and Daylight Saving Time

1. In the World Time Mode, use \( \text{D} \) (east) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down \( \text{D} \) for about one second to toggle Daylight Saving Time \( \text{(DST)} \) displayed and Standard Time \( \text{(STD)} \) not displayed.
3. The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
4. Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
5. Note that you cannot switch between Standard Time and Daylight Saving Time while UTC is selected as the city code.

To change your Home Time city to the current World Time city

1. In the World Time Mode, use \( \text{A} \) to display the city you want to make your new Home City Time.
2. Press \( \text{A} \) and \( \text{B} \) at the same time.
3. This makes the World Time city you selected in step 1 your new Home City Time.

Alarms

Your watch has a total of five alarms, each of which you can configure as a daily alarm or one-time alarm.
- Daily Alarm: Sounds at the preset time each day.
- One-time Alarm: Sounds once at the preset time and then is disabled automatically.

- You can also turn on an Hourly Time Signal that causes the watch to beep every hour on the hour.
- Alarms operate in coordination with the current Home City Time.

To set an alarm time

1. In the Alarm Mode, use \( \text{B} \) to scroll through the alarm screens until the alarm number you want to set is displayed.
2. After you select an alarm, hold down \( \text{C} \) 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.
   - \( \text{E} \) to specify a countdown start time of 24 hours, set \( \text{A} \) and \( \text{B} \) to change it as described below.

### Alarm Operation

- Alarm and Hourly Time Signal operations are performed in accordance with the Home City Time (T-1).
- To stop the alarm time after it starts to sound, press any button.
- In the Alarm Mode, hold down \( \text{C} \) to sound the alarm.
- To turn an alarm on and off
  1. In the Alarm Mode, use \( \text{A} \) to select an alarm.
  2. Press \( \text{A} \) to cycle through the alarm settings as shown below.

### Countdown Timer

The countdown timer can be set within a range of one second to 24 hours. An alarm sounds when the countdown reaches zero.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing \( \text{D} \).

To configure the countdown timer

1. While the countdown start time is on the display in the Countdown Timer Mode, hold down \( \text{D} \) until the current countdown start time starts to flash, which indicates the setting screen.
2. If the countdown start time is not displayed, use the procedure under “To use the countdown timer” to display it.
3. When the setting you want to change is flashing, use \( \text{A} \) (+) and \( \text{B} \) (–) to change the flashing item.
4. Press \( \text{C} \) to exit the setting screen.
In the Timekeeping Mode and World Time Mode, segments indicate the current time (in units of 1/10 second). In the Countdown Timer Mode and Stopwatch Mode, segments indicate the ongoing timer measurement (in units of 1/10 second).

The auto light switch on indicator is on the display in all modes while the auto light switch is turned on.

In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), press \( \text{(4)} \) to toggle the button operation tone on (the mute indicator not displayed) and off (the mute indicator displayed).

Holding down \( \text{(4)} \) to turn 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.

Auto Return Features

If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.

If you leave a watch with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

The \( \text{(4)} \) and \( \text{(5)} \) 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.

Timekeeping

- Reseting the seconds to \( \text{(4)} \) while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to \( \text{(4)} \) without changing the minutes.
- The year can be set in the range of 2000 to 2099.
- The watch’s built-in full automatic calendar 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.

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 to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth’s rotation.

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.

Graphic Areas

There are two graphic areas named A and B.

- Graphic area A: In the Timekeeping Mode and World Time Mode, segments indicate the current time (in units of 15 seconds).
- Graphic area B: In the Timekeeping Mode and World Time Mode, segments indicate the ongoing timer measurement (in units of 1/10 second).
- In the Countdown Timer Mode and Stopwatch Mode, segments indicate the current time (in units of one second).
- In the CountDown Timer Mode and Stopwatch Mode, segments indicate the ongoing timer measurement (in units of one second).

Button Operation Tone

The button operation tone sounds any time you press one of the watch’s buttons. You can turn the button operation tone on or off as desired.

Even if you turn off the button operation tone, the alarms, the Hourly Time Signal, and the countdown alarm all operate normally.

Warning!

Always make sure you are in a safe place whenever you are reading the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not startle or distracts others around you.

When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn the auto light switch off and on

In the Timekeeping Mode, hold down \( \text{(4)} \) for about three seconds to toggle the auto light switch on (auto light switch on indicator displayed) or off (auto light switch on indicator not displayed).

The auto light switch on indicator is on the display in all modes while the auto light switch is turned on.

In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on.
When Flash Alert is turned on, the illumination flashes for the alarms, the Hourly Time Signal and the countdown alarm.

**To turn Flash Alert on and off**

1. In the Timekeeping Mode, hold down 1 until the seconds start to flash, which indicates the setting screen.
2. Press 1 ten times to display the Flash Alert setting screen.
3. Press 1 to toggle Flash Alert on and off.
   - The Flash Alert on indicator is shown on the display in all modes while this function is turned on.
4. Press 1 to exit the setting screen.

**Illumination Precautions**

- Illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination will turn off automatically if an alarm starts to sound while Flash Alert is turned off. When Flash Alert is turned on, illumination will flash with the alarm.
- Frequent use of illumination runs down the battery.

**Illumination Duration**

- The Flash Alert on indicator is shown on the display in all modes while this function is turned on.
- Press 4 to exit the setting screen.

**Auto light switch precautions**

- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

  - Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
  - Illumination turns off after the preset illumination duration (see “To specify the illumination duration”), even if you keep the watch pointed towards your face.
  - Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards you again.

**Specifications**

**Accuracy at normal temperature:** ±15 seconds a month

**Timekeeping:** Hour, minutes, seconds, p.m. (P), month, day, day of the week

- Time format: 12-hour and 24-hour
- Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099
- Other: Multi Time (one Home City Time and three Local Times); Daylight Saving Time (summer time)/Standard Time

**World Time:** 48 cities (31 time zones) and Coordinated Universal Time

**Other:** Standard Time/Daylight Saving Time (summer time); Home Time City/World Time City swapping

**Alarms:** 5 alarms (One-time or Daily), Hourly Time Signal

**Countdown Timer**

- Measuring unit: 1/10-second
- Input range: 1 second to 24 hours (1-second increments, 1-minute increments and 1-hour increments)

**Stopwatch**

- Measuring unit: 1/100 second
- Measuring capacity: 23:59' 59.99"
- Measuring modes: Elapsed time, split time, two finishes

**Illumination:** LED (light-emitting diode); Selectable illumination duration

**Other:** Button operation tone on/off; Auto Light Switch; Flash alert

**Battery:** One lithium battery (Type: CR2025)

- Approximately 7 years on type CR2025; 20 seconds of alarm operation (with flash alert), 1.5 seconds of illumination per day

**City Code Table**

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<th>UTC Offset/ GMT Differential</th>
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- Based on data as of December 2009.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.