General Guide

Press ② to change from mode to mode. Each mode is explained in detail on the following pages. After you perform an operation in any mode, pressing ① returns to the Timekeeping Mode.

- Holding down ③ at any time illuminates the display.
- The backlight of this watch employs an electroluminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.

Timekeeping Mode

- In the Timekeeping Mode, press ① to switch between the 12-hour and 24-hour formats.
- Day of the week is displayed as follows.
- SU: Sunday
- MO: Monday
- TU: Tuesday
- WE: Wednesday
- TH: Thursday
- FR: Friday
- SA: Saturday

- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (PM).

Alarm Mode

- Hourly time signal on indicator
- Alarm on indicator

Stopwatch Mode

- Elapsed time measurement
- Start, Stop, Re-start, Stop, Clear
- Split time measurement
- Start, Split, Split release, Stop, Clear
- Split time and 1st-2nd place times
- Start, Split, Stop, Split release, Record time of first runner, Record time of second runner, Clear

Time Setting Mode

- To set the time and date
- Use ① to enter the Time Setting Mode.
- The seconds digits flash because they are selected.
- 2. Press ① to change the selection in the following sequence.
  - Day of Week
  - Date
  - Month
  - Hour
  - Minutes
  - Seconds

- While the seconds digits are selected (flashing), press ① to reset the seconds to “00”.
- If you press ① 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.
- While any other digits (besides seconds) are selected (flashing), press ① to increase the number. While the day of the week is selected, pressing ② advances to the next day.
- Holding down ⑨ changes the current selection at high speed.
- After you set the time and date, press ② to return to the Timekeeping Mode.

- 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.

3. While the seconds digits are selected (flashing), press ① to reset the seconds to “00”. If you press ① 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 ① to increase the number. While the day of the week is selected, pressing ② advances to the next day.

5. Holding down ⑨ changes the current selection at high speed.

6. After you set the time and date, press ① to return to the Timekeeping Mode.

- 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.
Specifications

Accuracy at normal temperature: ± 30 seconds a month
Timekeeping Mode: Hour, minutes, seconds, am/pm, date and day of the week
Calendar system: Auto-calendar set at 28 days for February
Alarm Mode: Daily alarm, hourly time signal
Stopwatch Mode
- Measuring units: 1/100th of a second
- Measuring capacity: 59 minutes, 59.99 seconds
- Measuring modes: Elapsed time, split time and two finishes
Other: Backlight (Electro-luminescent light)
Battery: One lithium battery (Type: CR2016)
- Approximately 7 years on type CR2016 (Assuming 1 second light operation and 20 seconds alarm operation per day)
- Frequent use of the backlight shortens the battery life noted above.