

Operation Guide 3267 3400

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.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

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- 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

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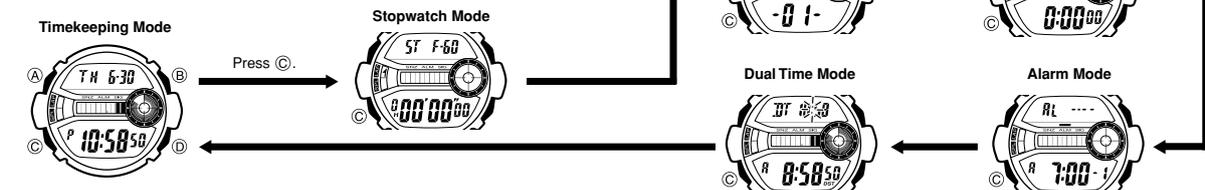
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General Guide

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

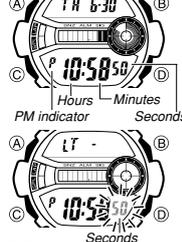


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Timekeeping

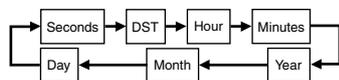
Use the Timekeeping Mode to set and view the current time and date.



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To set the time and date

- In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
- Press **C** to move the flashing in the sequence shown below to select other settings.



- 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:
36	Reset the seconds to 00	Press D .
00	Toggle between Daylight Saving Time (DT) and Standard Time (ST)	Press D .
P 10:58	Change the hour or minutes	Use D (+) and B (-).
20 11	Change the year	Use D (+) and B (-).
6:30	Change the month or day	Use D (+) and B (-).

- Press **A** to exit the setting screen.

- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.
- See "Daylight Saving Time (DST) Setting" below for details about the DST setting.

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To toggle between 12-hour and 24-hour timekeeping

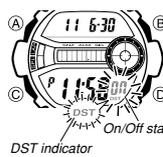
In the Timekeeping Mode, press **(D)** to toggle between 12-hour timekeeping and 24-hour timekeeping.

- 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 the A (AM) 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 0:00 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.
- The A and P indicators are not displayed with the Timekeeping Mode time on the Countdown Timer Mode and Dual Time Mode screens.

Daylight Saving Time (DST) Setting

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 between DST and Standard Time



1. In the Timekeeping Mode, hold down **(A)** until the seconds start to flash, which indicates the setting screen.
 2. Press **(C)** once and the DST setting screen appears.
 3. Press **(D)** to toggle between Daylight Saving Time (**DT** displayed) and Standard Time (**ST** displayed).
 4. Press **(A)** to exit the setting screen.
- The **DST** indicator appears on the Timekeeping and Alarm Mode screens to indicate that Daylight Saving Time is turned on.

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Stopwatch



The stopwatch lets you measure elapsed time, lap times, split times, and two finishes. Lap times and split times can be stored in memory.

- The display range of the stopwatch is 99 hours, 59 minutes, 59 seconds.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **(C)** (page E-6).

Note

- "Lap time" is the time spent to cover a specific segment of a race, such as one lap around a track. "Split time" is the time spent from the beginning of a race up to a certain point.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.

- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- For information about how stopwatch times are stored in memory, see "Memory Management" (page E-19).

Viewing the Stopwatch Displays

The information that appears in the watch's upper and lower displays depends on whether you are measuring lap times or split times.

Lap Time Measurement

Upper Display: Lap time
Lower Display: Elapsed time

Split Time Measurement

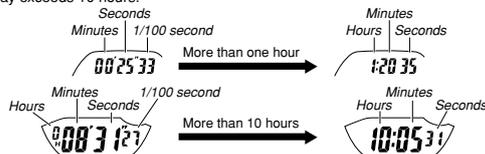
Upper Display: Lap time
Lower Display: Elapsed time (Split time appears here for eight seconds as it is stored in memory.)

- See "To measure elapsed time with lap times" (page E-15) and "To measure elapsed time with split times" (page E-17) for more information about each type of measurement.

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- You can perform elapsed time measurement starting from either the lap time screen or the split time screen (page E-15 and E-17). Whenever you enter the Stopwatch Mode, the screen (lap time or split time) that was displayed when you last exited the mode will appear first.
- During a stopwatch elapsed time operation, the upper display initially shows minutes, seconds, and a 1/100-second value. This changes to hours, minutes, and seconds when the time in the upper display exceeds 60 minutes.
- The lower display initially shows hours, minutes, seconds, and a 1/100-second value. This changes to hours, minutes, and seconds when the time in the lower display exceeds 10 hours.



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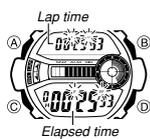
To measure elapsed time

Note

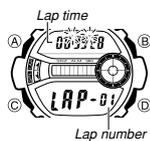
- You can perform the following steps starting from either the lap time screen or the split time screen.
1. Press **(D)** to start the stopwatch.
 2. Press **(D)** again to stop the stopwatch.
 - You can resume the measurement operation by pressing **(D)**.
 3. Press **(A)** to clear the stopwatch to all zeros.

To measure elapsed time with lap times

1. When the stopwatch display shows all zeros, press **(A)** to display the lap time screen (indicated by **LAP**).
2. Press **(D)** to start an elapsed time measurement.
 - At the time, both the upper and lower displays will show identical times.
3. Press **(A)** to record the time of the first lap.



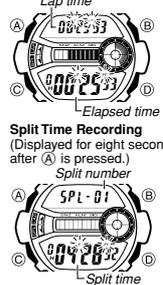
- This freezes the current lap time in the upper part of the display for about eight seconds, while measurement of total elapsed time and the next lap time continue internally. The lap number of the displayed time appears in the lower display.
 - After eight seconds, the ongoing elapsed time measurement re-appears in the lower display.
4. Repeat step 3 to record more lap times.
 5. Press **(D)** to stop the stopwatch.
 6. Press **(A)** to clear the stopwatch to all zeros.
- Lap numbers are incremented automatically starting from 1 whenever you press **(A)** in step 3 of the above procedure. The maximum lap number is 99. Recording a lap after that causes the lap number count to restart from 00.



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To measure elapsed time with split times

1. When the stopwatch display shows all zeros, press **(A)** to display the split time screen (indicated by **SPL**).
2. Press **(D)** to start an elapsed time measurement.
 - At the time, both the upper and lower displays will show identical times.
3. Press **(A)** to record the time of the first split.
 - The current split time appears in the lower display for about eight seconds, as the total elapsed time, next lap time, and next split time continue to be timed internally by the watch. The split number of the displayed time appears in the upper display.
 - After eight seconds, the ongoing lap time measurement appears in the upper display and the ongoing elapsed time measurement appears in the lower display.
4. Repeat step 3 to record more split times.
5. Press **(D)** to stop the stopwatch.
6. Press **(A)** to clear the stopwatch to all zeros.



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- Split numbers are incremented automatically starting from 1 whenever you press **(A)** in step 3 of the above procedure. The maximum split number is 99. Recording a split time after that causes the split number count to restart from 00.

To time first and second place finishes

1. When the stopwatch display shows all zeros, press **(A)** to display the split time screen (indicated by **SPL**).
2. Press **(D)** to start a time measurement.
3. Press **(A)** when the first finisher crosses the finish line.
 - This freezes the time of the first finisher in the lower part of the display for about eight seconds. After that, the display returns to elapsed time measurement.
4. Press **(D)** when the second finisher crosses the finish line.
 - The second finisher's time will appear in the lower display.
 - The difference between the first finisher's and the second finisher's time will appear in the upper display.
5. Press **(A)** to clear the stopwatch to all zeros.

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Memory Management

A new log is created each time you press **(D)** in the Stopwatch Mode to start a new elapsed time measurement operation. A log contains a log title screen, and records of all the lap or split times you record during the current elapsed time measurement operation.

- The capacity of the watch's memory is 60 records.
- If you are adding records to the only log in memory and watch memory becomes full, adding another record causes the oldest record in the log to be deleted automatically to make room for the new record.
- If you are adding records to a log when there are multiple logs in memory and watch memory becomes full, adding another record causes the oldest log in memory and all of its records to be deleted automatically to make room for new records.

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How stopwatch data is stored

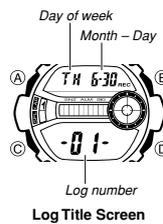
The following table shows how stopwatch data is stored when you perform stopwatch button operations.

Stopwatch Button Operation	Data Storage Description
From all-zeros, press (D) to start.	Creates a new log. Stores the date the button was pressed, and the new log number.
Press (A) to display lap/split time.	Creates a new record with each button operation. Stores the lap and split times and total elapsed time at each point the button is pressed.
Press (D) to stop elapsed time measurement and then press (A) to reset.	Resets the elapsed time to all zeros without recording data.

- See "Recall Mode" (page E-21) for details on how to recall time records from memory.

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Recall Mode



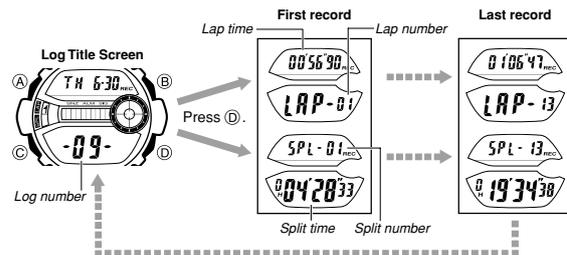
Use the Recall Mode to recall and delete logs and records you stored in the Stopwatch Mode. You can use the Recall Mode to view both lap and split time records.

- When you enter the Recall Mode, the newest log recorded in the Stopwatch Mode will appear first. If there are no logs in memory, ---- appears on the display.
- You can use the Recall Mode to check memory data even while a stopwatch elapsed time measurement operation is in progress. However, the time data that is currently being measured will not appear in the Recall Mode.
- You can convert a lap time saved in the Stopwatch Mode to a split time (page E-22).

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To recall stopwatch time records

1. In the Stopwatch Mode, check to make sure that the displays reset to all zeros (page E-15).
 - If all zeros are not displayed, reset the stopwatch.
2. Use the (A) button to select either the lap time records (to view lap time records) or the split time screen (to view split time records) (page E-15 and E-17).
 - To convert a lap time saved in the Stopwatch Mode to a split time, select the split time screen.
3. Press the (C) button to enter the Recall Mode.
4. Use the (A) button to scroll through the log title screens from the newest to the oldest until the title screen of the log whose records you want to view is displayed.
5. Press (D) to scroll through the records contained in the log you selected in step 4, from the oldest to the newest.



- Whether you will be able to view lap time records or split time records will depend on the screen you selected in step 2, above.

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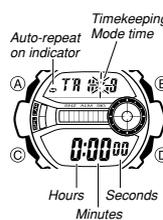
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To delete a log

1. In the Recall Mode, display the title screen of the log you want to delete.
2. Hold down (B) and (D) until stops flashing on the display.
- This deletes the log and all the records inside it.
- Deleting a single log slides all newer logs (ones with higher log numbers) upwards to fill the empty space. This causes the log numbers of all the newer logs to be reduced by 1. If there are six logs currently in memory (numbered 01 through 06) and you delete log 03, the numbers of logs that previously were numbered 04, 05, and 06 will change to 03, 04, and 05.

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Countdown Timer



You can set the countdown timer within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- You also can select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C) (page E-7).

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To use the countdown timer

- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is reset automatically to its starting value after the alarm stops.
 - When auto-repeat is turned on, the countdown will restart automatically without pausing when it reaches zero. The alarm sounds when the countdown reaches zero.
 - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
 - To stop a countdown operation completely, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

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To configure countdown start time and auto-repeat settings

Auto-repeat on indicator



1. While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
 - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" (page E-26) to display it.
2. Press (C) to move the flashing in the sequence shown below, and select the setting you want to change.



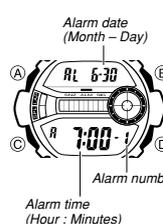
E-27

3. Perform the following operations, depending on which setting currently is selected on the display.
 - While the start time setting is flashing, use (D) (+) and (B) (-) to change it.
 - Set to specify 24 hours.
 - While the auto-repeat on/off setting (or) is flashing on the display, press (D) to toggle auto-repeat on () and off ().

4. Press (A) to exit the setting screen.
 - The auto-repeat on indicator () is displayed on the Countdown Timer Mode screen while this function is turned on.
 - Frequent use of auto-repeat and the alarm can run down battery power.

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Alarms



You can set up to three 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 two are one-time alarms.

- You also can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are three alarm screens numbered through . The hourly time signal screen is indicated by .
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C) (page E-7).

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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.

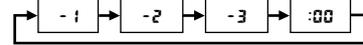
• Monthly alarm

Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

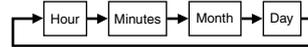
To set an alarm time



1. In the Alarm Mode, use (D) to scroll through the alarm screens until the one whose time you want to set is displayed.



- You can configure Alarm 1 as a snooze alarm or a one-time alarm. Alarms 2 and 3 can be used as one-time alarms only.
- The snooze alarm repeats every five minutes.
- 2. After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash. This indicates the setting screen.
- This operation turns on the alarm automatically.
- 3. Press (C) to move the flashing in the sequence shown below to select other settings.



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4. While a setting is flashing, use (D) (+) and (B) (-) to change it.

- To set an alarm that does not include a month (daily alarm, monthly alarm), set - for the month. Use (D) and (B) until the - mark appears (between 12 and 1) while month setting is flashing.
- To set an alarm that does not include a day (daily alarm, 1-month alarm), set - for the day. Use (D) and (B) until the - mark appears (between the end of the month and 1) while the day setting is flashing.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
- 5. Press (A) to exit the setting screen.

Note

- Pressing any button stops the alarm tone operation.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
 - Displaying the Timekeeping Mode setting screen (page E-8)
 - Displaying the Alarm 1 setting screen (page E-31)

To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds. 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-34).

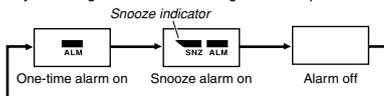
- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.

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To select the operation of Alarm 1

- In the Alarm Mode, use (D) to select Alarm 1.
- Press (A) to cycle through the available settings in the sequence shown below.



- The applicable alarm on indicator is displayed in all modes when an alarm is turned on.
- The snooze indicator flashes while the snooze alarm is sounding and during the 5-minute intervals between alarms.
- Displaying the Alarm 1 setting screen (page E-31) while the snooze alarm is turned on turns off the snooze alarm automatically (making Alarm 1 a one-time alarm).

To turn Alarms 2 and 3 on and off

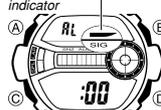
Alarm on indicator



- In the Alarm Mode, use (D) to select a one-time alarm (alarm number 2 or 3).
- Press (A) to toggle the displayed alarm on and off.
- Turning on a one-time alarm (2 or 3) displays the alarm on indicator on its screen.
- The alarm on indicator is displayed in all modes.
- If any alarm is on, the alarm on indicator is shown on the display in all modes.

To turn the hourly time signal on and off

Hourly time signal on indicator



- In the Alarm Mode, use (D) to select the Hourly Time Signal.
- Press (A) to toggle the displayed item on and off.
- Turning on the Hourly Time Signal displays the hourly time signal on indicator on its screen.
- The hourly time signal on indicator is displayed in all modes.

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Dual Time

Timekeeping Mode time



Dual time (Hour : Minutes Seconds)

The Dual Time Mode lets you keep track of time in a different time zone. You can select Standard Time or Daylight Saving Time for the Dual Time.

- The seconds count of the Dual Time is synchronized with the seconds count of the Timekeeping Mode.

To set the Dual Time

- Press (C) to enter the Dual Time Mode (page E-7).
- In the Dual Time Mode, hold down (A) until the DST setting starts to flash, which indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select the other settings.



4. When the setting you want to change is flashing, use (B) and (D) to change it as described below.

Screen:	To do this:	Do this:
	Toggle between Daylight Saving Time (DST) and Standard Time (ST)	Press (D).
	Change the hour or minutes	Use (D) (+) and (B) (-).

5. Press (A) to exit the setting screen.

- The DST indicator on the Dual Time Mode screen indicates that DST is turned on for the Dual Time Mode time.

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Illumination

Auto light switch on indicator



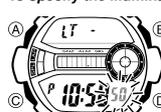
An LED (light-emitting diode) illuminates the face of the watch for easy reading in the dark. The watch's auto light switch turns on illumination automatically when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Illumination Precautions" (page E-45) for other important information about using illumination.

To illuminate the display manually

- In any mode, press (B) to turn on illumination.
- The above operation turns on illumination regardless of the current auto light switch setting.
- You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press (B), illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.

To specify the illumination duration



- In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
- While the seconds are flashing, press (B) to toggle the setting between 1.5 seconds (-) and 3 seconds (3).
- Press (A) to exit the setting screen.

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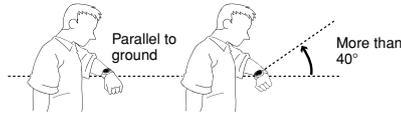
E-39

About the Auto Light Switch

Turning on the auto light switch causes illumination to turn on, whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes illumination to turn on.

- Wear the watch on the outside of your wrist.



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Warning!

- Always make sure you are in a safe place whenever you are reading the display of 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 distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding 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 on and off

In the Timekeeping Mode, hold down (B) for about three seconds to toggle the auto light switch on (auto light switch on indicator displayed) and off (auto light switch on indicator not displayed).

- The auto light switch on indicator remains in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch will turn off automatically approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.

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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 Feature

- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch saves any settings you have made up to that point and exits the setting screen automatically.
- The watch will change to the Timekeeping Mode automatically if you do not perform any operation in the Recall Mode or Alarm Mode for two or three minutes.

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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.

- The multi-function alarms and Countdown Timer Mode alarm will sound even if the button operation tone is turned off.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down (C) to toggle the button operation tone on (mute indicator not displayed) and off (mute indicator displayed).

- Holding down (C) 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.

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Scrolling

The (B) and (C) 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 through the data at high speed.

Timekeeping

- Resetting the seconds to 00 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 00 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 batteries replaced.

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Illumination Precautions

- Illumination may be difficult to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

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.

More than 15 degrees too high



- 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 in about 1.5 seconds or 3 seconds, even if you keep the watch pointed towards your face.

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- 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 toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

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Specifications

Accuracy at normal temperature: ± 15 seconds a month

Timekeeping: Hour, minutes, seconds, a.m. (A)/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: Daylight Saving Time (summer time)/Standard Time

Stopwatch:

Measurement Capacity: 99 hours, 59 minutes, 59 seconds

Measurement Unit: 1/100 second (from 0 to 59 minutes, 59.99 seconds) or

1 second (from 1 hour to 99 hours, 59 minutes, 59 seconds)

Measurement Types: Elapsed time, lap times, split times, two finishes

Memory Capacity: 60 records (used for lap times and split times)

Other: Lap/split numbers

Countdown Timer:

Measuring unit: one second

Input range: one minute to 24 hours (1-minute increments and 1-hour increments)

Other: Auto-repeat timing

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Alarms: 3 Multi-function*alarms (Two one-time alarms; one snooze/one-time alarm); Hourly Time Signal

*Alarm type: Daily alarm, Date alarm, 1-month alarm, Monthly alarm

Dual Time: Hour, minutes, seconds, a.m. (A)/p.m. (P)

Other: Daylight Saving Time (summer time)/Standard Time

Illumination: LED (light-emitting diode), Auto Light Switch; Selectable illumination duration (approximately 1.5 seconds or 3 seconds)

Other: Button operation tone on/off

Battery:

Module 3267: One lithium battery (Type: CR2016)

Approximately 5 years on type CR2016 (10 seconds of alarm operation per day, one illumination operation (1.5 seconds) per day)

Module 3400: One lithium battery (Type: CR2025)

Approximately 7 years on type CR2025 (10 seconds of alarm operation per day, one illumination operation (1.5 seconds) per day)

- The module number of your watch is stamped on its back cover.

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