After you perform an operation in any mode, pressing \( \text{E-8} \) returns to the Timekeeping Mode.

If you do not press any button for a few minutes while making settings in any mode (indicated when settings are flashing), the watch automatically clears the setting screen and returns to the normal display for the mode you are in.

To test the alarm sound, press \( \text{E-2} \) and \( \text{E-18} \) to turn the daily alarm and hourly time signal on and off.

To set the time and date, press \( \text{E-6} \) and \( \text{E-2} \) to change from mode to mode.

To turn the vibration alarm on and off, press \( \text{E-10} \) and \( \text{E-11} \) to change the selection in the following sequence.

To change the selection in the following sequence, press \( \text{E-12} \) while in the Timekeeping Mode until the seconds digits flash on the display because they are selected.

3. While the seconds digits are selected (flashing), press \( \text{E-13} \) to reset the seconds to 00. If you press \( \text{E-14} \) 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 \( \text{E-15} \) to increase the number or \( \text{E-16} \) to decrease it. When the 12/24-hour format setting is selected, press \( \text{E-17} \) or \( \text{E-18} \) to toggle it between 12 and 24.

5. After you set the time and date, press \( \text{E-19} \) to return to the Timekeeping Mode.

Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

To set the time and date

To turn the vibration alarm on and off

To test the alarm sound

To set the Dual Time

To set the countdown start time

To use the countdown timer

To turn the Auto-Start function on and off

To set the alarm time

To turn the daily alarm and hourly time signal on and off

To set the Dual Time

This watch returns to the Timekeeping Mode whenever you hold down the \( \text{E-20} \) button for one or two seconds. If you ever lose track of what modes you are in or what you should do next, hold down \( \text{E-21} \) to return to regular timekeeping.

In any modes press \( \text{E-22} \) to illuminate the display.
**Countdown Timer Mode**

The countdown can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

* The countdown time hour count is shown in place of the current time when the countdown start time setting is one hour or greater, and while a countdown operation is in progress.

To use the countdown timer
1. Press while in the Countdown Timer Mode to start the countdown.
2. Press again to pause the countdown.
3. Press to resume the countdown.
4. Press to turn off the countdown.
5. The countdown time is automatically reset to its starting value after the alarm ends.

**Stopwatch Mode**

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. The Stopwatch Mode also features an Auto-Start function.

About the Auto-Start function
With the Auto-Start function, pressing causes the watch to perform a five-second countdown. When the countdown reaches zero, stopwatch operation starts automatically. During the final three seconds of the countdown, a beeper sounds with each second.

To turn the Auto-Start function on and off
While the display is showing all zeros in the Stopwatch Mode, press ( ) to toggle the Auto-Start function on and off.

3. Press to increase the selected number or to decrease it. Holding down either button changes the selection at high speed.
4. After you set the countdown start time, press ( ) to return to the Countdown Timer Mode.

**Alarm Mode**

When the Daily Alarm is turned on, an alarm operation (20-second tone or 10-second vibration) is performed at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time
1. Hold down until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. Press to increase the selected digits and to decrease them. Holding down either button changes the selection at high speed.
3. When the daily alarm using the 12-hour format, take care to set the time correctly as morning (no indicator) or afternoon (P).
4. After you set the alarm time, press ( ) to return to the Alarm Mode.
Dual Time Mode

The Dual Time Mode lets you keep track of the time in another time zone. You can also select the timekeeping format (12-hour or 24-hour) separately from the Timekeeping Mode.

To set the Dual Time
1. Hold down \( \text{A} \) while in the Dual Time Mode. The hour digits flash on the display because they are selected.
2. Press \( \text{C} \) to change the selection in the following sequence.
3. Press \( \text{D} \) to increase the selected digits and \( \text{B} \) to decrease them. Holding down either button changes the selection at high speed.

4. After you set the time, press \( \text{E} \) to return to the Dual Time Mode.
   • In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.
   • In the Dual Time Mode, press \( \text{F} \) to toggle between the 12-hour and 24-hour formats.

Specifications

- **Accuracy at normal temperature:** ±30 seconds a month
- **Timekeeping:** Hour, minutes, seconds, pm (P), day of the week, month, day
  - Time format: 12-hour and 24-hour formats
  - Calendar system: Full Auto-calender pre-programmed from the year 2000 to 2099
- **Countdown Timer**
  - Measuring unit: 1/10 second
  - Input range: 1 second to 24 hours
- **Stopwatch**
  - Measuring unit: 1/100 second
  - Measuring capacity: 23 hours 59 minutes, 59.99 seconds
  - Measuring modes: Elapsed time, split time and two finishes
  - Other: Auto-Start
- **Alarm**
  - Daily alarm, hourly time signal

Dual Time

Other: LED (light-emitting diode); Vibration alarm

Battery: One lithium battery (Type: CR2032)

Battery life: 10 years under the following conditions
• One 2-second light operation per day
• One alarm operation per day

Specifications are subject to change without notice.

To test the alarm sound

Hold down \( \text{P} \) while in the Alarm Mode to sound the alarm.

Note that pressing \( \text{P} \) also changes the alarm and the hourly time signal ON/OFF settings.

To turn the daily alarm and hourly time signal on and off

Press \( \text{P} \) while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.

- The alarm on indicator (\( \bullet \)) and the Hourly Time Signal on indicator (\( \bullet \)) are shown on the display in all modes while these functions are turned on.