

# Operation Guide 5156

## About This Manual



- 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.

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## Procedure Lookup

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

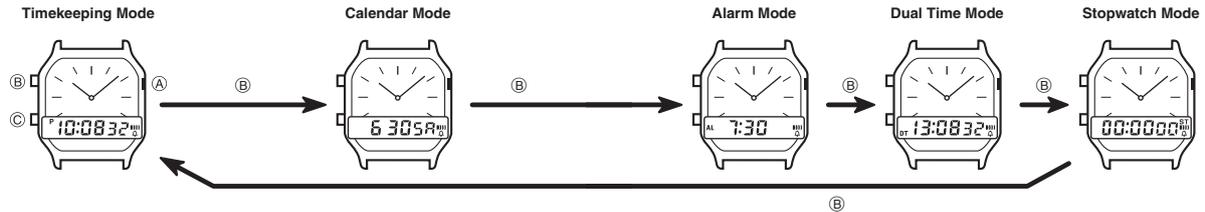
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## General Guide

- Press (B) to change from mode to mode.



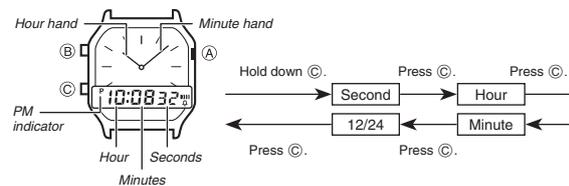
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## Timekeeping

Use this mode to set the current time. An incorrect digital time setting will cause incorrect operation of the calendar.

### To set the digital time



1. In the Timekeeping Mode, hold down (C) until the seconds digits start to flash, which indicates the setting screen.
2. Press (B) to reset the seconds to 00.
3. Press (C) to move the selection to the hour digits.
4. Press (B) to increase the hour digits.
5. Press (C) to move the selection to the minutes digits.
6. Press (B) to increase the minutes digits.
7. Press (C) to move the selection to 12/24.
8. Press (B) to toggle the timekeeping format between 12-hour and 24-hour.
9. Press (C) to exit the setting screen.

- 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.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears 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.

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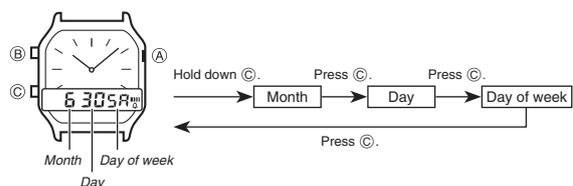
### To set the hands

In any mode, press (A) with a thin object to advance the analog time setting. Each press of (A) advances the time by 20 seconds. Three presses advance by one minute. Holding down (A) advances the analog setting at high speed. You can only advance the setting. You cannot reverse it.

## Calendar

Use this mode to set today's date (month, day, day of the week).

### To set the date



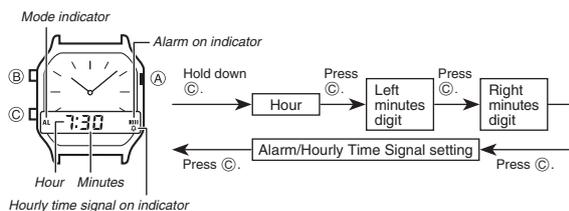
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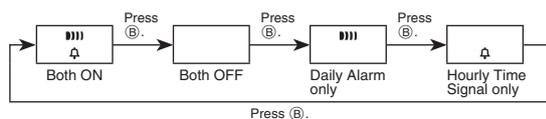
1. In the Calendar Mode, hold down **C** until the month digits start to flash, which indicates the setting screen.
  2. Press **B** to increase the month digits.
  3. Press **C** to move the selection to the day digits.
  4. Press **B** to increase the day digits.
  5. Press **C** to move the selection to the day of the week.
  6. Press **B** to advance to the next day.
  7. Press **C** to exit the setting screen.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 when one occurs during a leap year.

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### To set the alarm time and to turn the Daily Alarm and Hourly Time Signal on and off



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9. Press **C** to exit the setting screen.

### To stop the alarm

Press any button to stop the alarm after it starts to sound.

## Alarm

When the Daily Alarm is turned on, an alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- You can configure alarm settings and Hourly Time Signal settings in the Alarm Mode, which you enter by pressing **B** (page E-5).

1. In the Alarm Mode, hold down **C** until the hour digits start to flash, which indicates the setting screen.
2. Press **B** to increase the hour digits.
  - The 12/24-hour format of the alarm time matches the format you select for normal timekeeping.
3. Press **C** to move the selection to the left minutes digit.
4. Press **B** to increase the left minutes digit.
5. Press **C** to move the selection to the right minutes digit.
6. Press **B** to increase the right minutes digit.
7. Press **C** to move to the Daily Alarm and Hourly Time Signal on and off setting.
8. Press **B** to cycle through the Daily Alarm and Hourly Time Signal settings as shown in the sequence below.
  - At this time Daily Alarm and Hourly Time Signal automatically turn on.

### To test the alarm and select an alarm tone

Hold down **B** in any mode (except when making any settings) to sound the alarm. Note that the alarm sound changes each time you hold down **B** to test the alarm. There are a total of four different alarm sounds. The last alarm sound you hear when performing the above test is the one that is used for the Daily Alarm and the Hourly Time Signal.

- Note that holding down **B** also changes the mode.

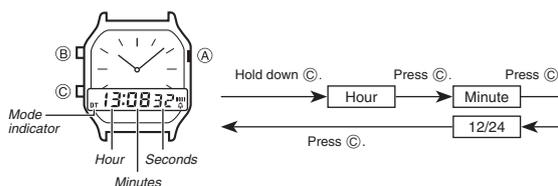
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## Dual Time

The Dual Time Mode lets you keep track of time in a different time zone.

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode digital time.

### To set the Dual Time



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1. In the Dual Time Mode, hold down **C** until the hour digits start to flash, which indicates the setting screen.
  2. Press **B** to increase the hour digits.
  3. Press **C** to move the selection to the minutes digits.
  4. Press **B** to increase the minutes digits.
  5. Press **C** to move the selection to 12/24.
  6. Press **B** to toggle the timekeeping format between 12-hour and 24-hour.
  7. Press **C** to exit the setting screen.
- With the 12-hour format, the **P** (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears 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.

## Stopwatch

The Stopwatch Mode lets you measure elapsed time. The range of the stopwatch is 59 minutes, 59.99 seconds.

- 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.

### To use the Stopwatch

1. In the Stopwatch Mode, press **C** to start the stopwatch.
2. Press **C** to stop the time measurement.
  - You can press **C** as many times as you want to resume and stop timing.
3. After you are finished using the stopwatch, hold down **C** to clear the stopwatch time to all zeros.

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