Timekeeping Mode

This watch features separate digital and analog timekeeping. The procedures for setting the digital time (page E-11) and analog time (page E-15) are different.

• In the Timekeeping Mode, you can press \( A \) to change the display format as shown below.
Digital Time and Date

Use the Timekeeping Mode to set and view a digital display of the current time and date. When setting the digital time, you can also configure settings for summer time (Daylight Saving Time or DST), your Home City code (the code for the city where you normally use the watch), the 12/24 hour format, and the illumination duration.

- This watch is pre-set with a number of city codes, each of which represents the time zone where that city is located. When setting the digital time, it is important that you select the correct city code for your Home City. If your location is not included in the pre-set city codes, select the pre-set city code that is in the same time zone as your location.
- Note that all of the times for the World Time Mode city codes (page E-17) are displayed in accordance with the digital time and date settings you configure in the Timekeeping Mode.

To set your Home City time and date, you can set the watch up for normal use (without Daylight Saving Time), the 12/24-hour format, and the illumination duration.

When setting the digital time, you can also configure settings for summer time (summer time) advances the digital time setting by one hour.

To set the digital time and date

1. In the Timekeeping Mode, hold down \( \text{DST} \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \text{DST} \) twice to move the flashing to the Home City code setting (use the illustration below), and then use \( \text{DST} \) and \( \text{DST} \) to select the code you want.
3. Make sure you select your Home City code before changing any other setting.
4. For full information on city codes, see the "City Code Table" at the back of this manual.
5. Press \( \text{DST} \) to move the flashing in the sequence shown below to select the other settings.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Illustration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>DST</td>
<td></td>
<td>Daylight Saving (DST) indicator is on the display whenever Daylight Saving Time is turned on.</td>
</tr>
<tr>
<td>Home City</td>
<td></td>
<td>Current time for the selected city code.</td>
</tr>
<tr>
<td>Month, Year</td>
<td></td>
<td>All of the operations in this section are performed in the World Time Mode, which you enter by pressing ( \text{DST} ) (page E-6).</td>
</tr>
<tr>
<td>Hour, Minute</td>
<td></td>
<td>World Time digitally displays the current time in 27 cities (29 time zones) around the world.</td>
</tr>
<tr>
<td>Illumination</td>
<td></td>
<td>All of the operations in this section are performed in the World Time Mode, which you enter by pressing ( \text{DST} ) (page E-6).</td>
</tr>
</tbody>
</table>

To toggle the Timekeeping Mode digital time between DST and Standard Time

1. In the Timekeeping Mode, hold down \( \text{DST} \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \text{DST} \) once to display the DST setting screen.
3. Press \( \text{DST} \) to toggle between Daylight Saving Time (DST) displayed) and Standard Time (\( \text{DST} \) displayed).
4. Press \( \text{DST} \) to exit the setting screen.

- The \( \text{DST} \) indicator appears on the Timekeeping, Alarm, and Hand Setting Mode to indicate that Daylight Saving Time is turned on.

Setting the Analog Time

Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time

1. In the Timekeeping Mode, press \( \text{DST} \) five times to enter the Hand Setting Mode (page E-7).
2. Hold down \( \text{DST} \) until the current digital time starts to flash, which indicates the analog setting screen.
3. Press \( \text{DST} \) to advance the analog time setting by 20 seconds.
4. Holding down \( \text{DST} \) advances the analog time setting at high speed.

To view the time in another city

In the World Time Mode, press \( \text{DST} \) to scroll eastwardly through city codes.

For full information about city codes, see the "City Code Table" at the back of this manual.

If the current time shown for a city is incorrect, it probably means there is a problem with your Timekeeping Mode time and/or Home City code settings. Go to the Timekeeping Mode and make the necessary adjustments.

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

1. In the World Time Mode, use \( \text{DST} \) to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down \( \text{DST} \) for about two seconds to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
3. The \( \text{DST} \) indicator on the display advances 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 GMT is selected as the city code.

Countdown Timer

The countdown timer can be set within a range of one minute to 60 minutes. An alarm sounds when the countdown reaches zero. The countdown timer also has an auto-repeat feature and a progress beeper that signals the progress of the countdown.

To use the countdown timer

1. In the Timekeeping Mode, press \( \text{DST} \) to enter the Countdown Timer Mode.
2. Count down from the set time (up to 60 minutes).
3. Press \( \text{DST} \) to start the countdown timer.

For details about illumination duration, see "Illumination" on page E-32.

- Resetting the seconds only (without changing the DST, Home City code, hour, or minute setting) causes the analog minute hand setting to be adjusted automatically.
- Be sure to set the Digital Time Daylight Saving Time (DST) setting before you set your Home City time and date.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

See "Digital Time Daylight Saving Time (DST) Setting" below for details about the DST setting.

For full information on city codes, see the "City Code Table" at the back of this manual.

If the current time shown for a city is incorrect, it probably means there is a problem with your Timekeeping Mode time and/or Home City code settings. Go to the Timekeeping Mode and make the necessary adjustments.

...
Auto-repeat
When auto-repeat is turned on, the countdown automatically restarts from the countdown start time when it reaches zero. If left running, the countdown is reset to a total of eight times, after which it stops automatically.
When auto-repeat is turned off, the countdown stops when it reaches zero and the display shows the original countdown start time.
- Pressing \( \text{D} \) while an auto-repeat countdown is in progress pauses the countdown.
- Pressing \( \text{D} \) to resume the countdown.
- Pressing \( \text{D} \) to change it as described below.

Countdown Timer Beeper Operations
The watch beeps at various times during a countdown so you can keep informed about the countdown status without looking at the display. The following describes the type of beeper operations the watch performs during a countdown.

Countdown End Beeper
The countdown end beeper lets you know when the countdown reaches zero.
- When the progress beeper is turned off, the countdown end beeper sounds for about one second.
- When the progress beeper is turned on, the countdown end beeper sounds for about one second.

Progress Beeper
When the progress beeper is turned on, the watch uses beeps to signal countdown progress as described below.
- Starting from five minutes before the end of the countdown, the watch emits short beeps at the top of each countdown minute.
- 30 seconds before the end of the countdown, the watch emits four short beeps.
- The watch emits a short beep for each of the last 10 seconds of the countdown.
- If the countdown start time is six minutes or greater, the watch emits a short beep for each second of the final 10 seconds before the five-minute point is reached. Four short beeps are emitted to signal the five-minute point is reached.

To configure the countdown timer
1. While the countdown start time is on the display in the Countdown Timer Mode, hold down \( \text{A} \) until the current 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-24) to display it.
2. Press \( \text{B} \) to move the flashing in the sequence shown below to select other settings.
3. When the setting you want to change is flashing, use \( \text{C} \) and \( \text{D} \) to change it as described below.

To use the countdown timer
Press \( \text{A} \) while in the Countdown Timer Mode to start the countdown.
- The countdown timer operation continues even if you exit the Countdown Timer Mode.
- Press \( \text{A} \) while a countdown operation is in progress to pause it. Press \( \text{A} \) again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing \( \text{A} \)), then press \( \text{A} \). This returns the countdown time to its starting value.

To measure times with the stopwatch
The stopwatch lets you measure elapsed time, split times, and two finishes.
- The display range of the stopwatch is 5 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.
- Editing the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing \( \text{C} \) (page E-7).

To set an alarm
1. In the Alarm Mode, use \( \text{A} \) to scroll through the alarm screens until the one whose time you want to set is displayed.
2. After you select an alarm, hold down \( \text{A} \) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
3. This operation automatically turns on the alarm.
4. Press \( \text{C} \) to move the flashing between the hour and minute settings.
5. While a setting is flashing, use \( \text{C} \) and \( \text{D} \) to change it.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (PM indicator).
- When setting the alarm time using the 24-hour format, take care to set the time correctly as 00:00 through 23:59.

To test the alarm
In the Alarm Mode, hold down \( \text{A} \) to sound the alarm.
Analog Timekeeping:

- Hour, minutes, seconds, p.m. (PM), month, day, day of the week
- Measuring modes: Elapsed time, split time, two finishes
- Measuring capacity: 59’59.99’’
- Measuring unit: 1/100 second
- Time format: 12-hour and 24-hour
- Timekeeping:
  - Frequent use of illumination runs down the battery.
  - The illumination provided by the light may be hard to see when viewed under direct sunlight.

Digital Timekeeping:

- Hour, minutes (hand moves every 20 seconds)
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- With the 12-hour format, the minutes are displayed in the range of 00 to 29, and the seconds are displayed in the range of 00 to 59, without any indicator.

Accuracy at normal temperature: ±30 seconds a month

Specifications

- Accuracy at normal temperature: ±30 seconds a month
- Digital Timekeeping: Hour, minutes, seconds, p.m. (PM), month, day, day of the week
- Time format: 10-hour and 24-hour
- Calendar system: Full Auto calendar pre-programmed from the year 2000 to 2099
- Other: 3 screen formats (Day of the Week, Month – Day, Hour, Minutes); Home City code (can be assigned one of 31 city codes); Daylight Saving Time (summer time/Standard Time)
- Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)
- World Time: 27 cities (26 time zones)
- Other: Daylight Saving Time/Standard Time

To turn an alarm on and off

1. In the Alarm Mode, use ( ) to select an alarm.
2. Press ( ) to toggle it on ( ) or off ( ).
3. Turning on the one-time alarm (P1 through P4) displays the alarm on indicator and snooze alarm indicator on the Alarm Mode snooze alarm screen, and in all other modes.
4. In all modes (except for the Alarm Mode), the alarm on indicator is shown for any alarm that is currently turned on.
5. The alarm on indicator flashes while the alarm is sounding.
6. The snooze alarm indicator flashes during the 5-minute intervals between alarms.

To turn the Hourly Time Signal on and off

1. In the Alarm Mode, use ( ) to select the Hourly Time Signal ( ).
2. Press ( ) to toggle it on ( ) or off ( ).
3. The Hourly Time Signal on indicator is shown on the display on the Alarm Mode Hourly Time Signal screen, and in all other modes while the Hourly Time Signal is turned on.

To specify the illumination duration

1. In the Timekeeping Mode, hold down ( ) until the seconds start to flash, which indicates the setting screen.
2. Press ( ) nine times so the illumination duration setting screen is on the display.
3. While the illumination duration setting is flashing, press ( ) to toggle the setting between one second ( ) and three seconds ( ).
4. Press ( ) to exit the setting screen.

Illumination

An LED (light-emitting diode) illuminate the display for easy reading in the dark.

- See “Illumination Precautions” on page E-37 for more important information.
- To turn on illumination:
  - In any mode (except when a setting screen is on the display), press ( ) to turn on illumination.
  - You can use the procedure below to select either one second or three seconds as the illumination duration.
  - When you press ( ), the illumination will remain on for about one second or three seconds, depending on the current illumination duration setting.

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 Area

The following describes the information indicated by the graphic area in each mode.

<table>
<thead>
<tr>
<th>Mode</th>
<th>Graphic Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timekeeping</td>
<td>Timekeeping</td>
</tr>
<tr>
<td>World Time</td>
<td>World Time Mode minutes</td>
</tr>
<tr>
<td>Countdown Timer</td>
<td>Countdown time seconds</td>
</tr>
<tr>
<td>Stopwatch</td>
<td>Stopwatch time 1/10 seconds</td>
</tr>
<tr>
<td>Alarm</td>
<td>Alarm indicator</td>
</tr>
<tr>
<td>Hand Setting</td>
<td>Hand Setting no indication</td>
</tr>
</tbody>
</table>

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 automatically exits the setting screen.

Scrolling

The (A) and (B) 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.

Initial Screens

When you enter the World Time or Alarm Mode, the data you were viewing when you last exited the mode appears first.

World Time

- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time differential values.
- The UTC differential 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 “Universal Time Coordinated”, 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.

Illumination Precautions

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

Specifications

- Accuracy at normal temperature: ±30 seconds a month
- Digital Timekeeping: Hour, minutes, seconds, p.m. (PM), month, day, day of the week
- Time format: 10-hour and 24-hour
- Calendar system: Full Auto calendar pre-programmed from the year 2000 to 2099
- Other: 3 screen formats (Day of the Week, Month – Day, Hour, Minutes); Home City code (can be assigned one of 31 city codes); Daylight Saving Time (summer time/Standard Time)
- Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)
- World Time: 27 cities (26 time zones)
- Other: Daylight Saving Time/Standard Time
- Countdown Timer
  - Measuring unit: 1 second
  - Countdown range: 60 minutes
  - Countdown start time setting range: 1 to 60 minutes (1-minute increments)
  - Other: Auto-repeat timing; Progress beeper

Stopwatch

- Measuring unit: 1/100 second
- Measuring capacity: 59:59:59
- Measuring modes: Elapsed time, split time, two finishes
- Alarm: 5 daily alarms (4 one-time alarms: 1 snooze alarm); Hourly Time Signal
- Illumination: LED (light-emitting diode); selectable illumination duration (approximately 1 second or 3 seconds)
- Battery: One lithium battery (Type: CR1220)

Approximately 3 years on type CR1220 (assuming alarm operation 20 seconds per day and one illumination operation 1.5 seconds per day).
• Based on data as of December 2010.
• The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

* In December 2007, Venezuela changed its offset from –4 to –4.5. Note, however, that this watch displays an offset of –4 (the old offset) for the CCS (Caracas, Venezuela) city code.