

Operation Guide 5453

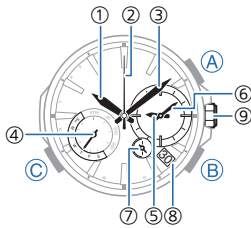
Basic Operations

This section provides an overview of the watch and its operations.

Note

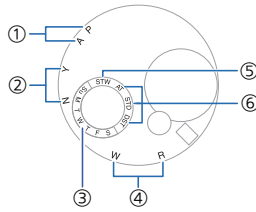
- In this manual, the expression “time signal” refers to a time calibration signal. Time signals include time information.
- Note that the watch illustrations in this manual are intended for reference only. The actual watch may appear somewhat different than depicted in the illustrations.

General Guide



- ① Hour hand
- ② Second hand
- ③ Minute hand
- ④ Mode hand
- ⑤ Small hour hand
- ⑥ Small minute hand
- ⑦ Small 24-hour hand
- ⑧ Day indicator
- ⑨ Crown

Watch Face Items



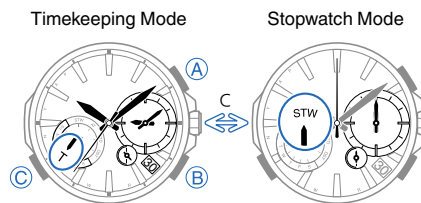
- ① am/pm
- ② Time signal reception result
- ③ Day of the week
- ④ Time signal reception in progress
- ⑤ Stopwatch Mode
- ⑥ Summer time setting

Navigating Between Modes

This watch has a Timekeeping Mode and a Stopwatch Mode.

You tell which mode the watch is currently in by checking the position of the mode hand.

- Timekeeping Mode (normal timekeeping): Current day of the week
- Stopwatch Mode: ST (STW)



Use the (C) button to navigate between modes.

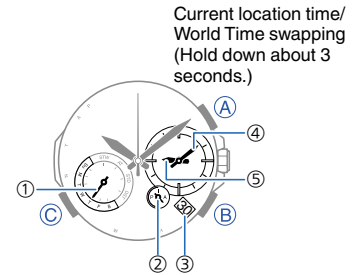
- Hold down (C) for at least two seconds to return to the Timekeeping Mode.

Mode Overview

Timekeeping Mode

The main hour, minute, and second hands indicate the current time.

The small hour and minute hands indicate the current World Time.

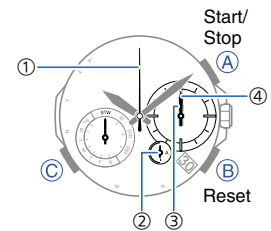


- ① Current location day of the week
- ② World Time hour (24-hour time)
- ③ Current location day
- ④ World Time minute
- ⑤ World Time hour

Stopwatch Mode

The main hour and minute hands indicate the current time.

The second hand, and the small hour and minute hands indicate the elapsed stopwatch time.

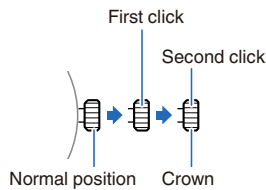


- ① Stopwatch seconds
- ② Stopwatch hours (24-hour time)*
- ③ Stopwatch hours
- ④ Stopwatch minutes

* The A-side of the dial indicates hours 0 through 12, while the P-side indicates hours 12 through 24.

Using the Crown

Depending on the operation you want to perform, pull out the crown to the first or second click and then rotate it.



Important!

- To prevent loss of water resistance and/or damage due to impact, be sure to push the crown in to its normal position after you are finished using it.
- When pushing the crown back in, take care not to apply too much force.

● Fast Forward/Fast Reverse

After pulling out the crown to the first or second click, rotating it quickly in succession in either direction will start a fast forward or fast reverse operation. While a fast forward operation is in progress, quickly rotating the crown in succession again will increase the speed even further.

- The fast reverse operation speed is fixed and cannot be changed.

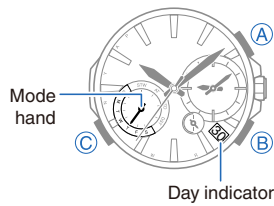
● Stopping Fast Forward/Fast Reverse

Rotate the crown in the direction opposite that of the ongoing operation or press any button.

Note

- If you do not perform any operation for about two minutes after pulling out the crown, crown operations will automatically become disabled. If that happens, push the crown back in and then pull it out again.

Changing Hand and the Day Indicator Settings



● Mode Hand and Day Indicator Movement

Changing the day setting of the watch will also cause the mode hand to move.

● Day

- It can take anywhere from about 90 seconds to three minutes for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day may not be indicated correctly while the watch's crown is pulled out.

Solar Charging

What is solar charging?

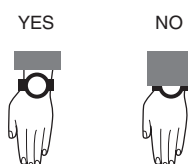
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

Charging the Watch

When you are not wearing the watch, put it in a location where it is exposed to bright light.



While you are wearing the watch, make sure that its face (solar panel) is not blocked from the light by the sleeve of your clothing. Power generation efficiency is reduced even when the face of the watch is blocked only partially.



Important!

- Depending on light intensity and local conditions, the watch may become hot to the touch when exposed to light for charging. Take care to avoid burn injury after charging. Also, avoid charging the watch under high-temperature conditions like the ones described below.
 - On the dashboard of a vehicle parked in the sun
 - Near an incandescent light bulb or other source of heat
 - Under direct sunlight or in other hot areas for long periods

Charging Time Guidelines

The table below shows guidelines for approximate charging times.

Required Charging Time for 1-day Use

Light Intensity	Approximate Charging Time
High ↓ Low	① 8 minutes
	② 30 minutes
	③ 48 minutes
	④ 8 hours

Time Required to Achieve Next Charge Level

Light Intensity		Approximate Charging Time	
		Charge Level 1	Charge Level 2
High ↓ Low	①	2 hours	24 hours
	②	6 hours	89 hours
	③	9 hours	144 hours
	④	99 hours	-

Light Intensity

- ① Sunny day, outdoors (50,000 lux)
- ② Sunny day, near a window (10,000 lux)
- ③ Overcast day, near a window (5,000 lux)
- ④ Indoor fluorescent lighting (500 lux)

Charge Level 1:

Time from dead battery until hand movement starts

Charge Level 2:

Time from hand movement starts until a full charge

Note

- Actual charging time depends on the local charging environment.

Remaining Charge and Dead Battery

The charge level is indicated by watch hand movement. Functions become disabled as battery power goes low.

Important!

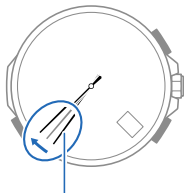
- Should battery go low or go dead, expose the face (solar panel) to light as soon as possible.

Note

- Exposing the watch face to light after the battery goes dead will cause the second hand to revolve counterclockwise until it stops at second 57. This indicates charging has started.

● Low Battery Power

The second hand jumps at two-second intervals.



Second hand

● Dead Battery

All hands are stopped.



Power Saving Function

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause the second hand to stop, and the watch will enter Level 1 power saving. If the watch is left in this condition for six or seven days, all hands will stop and the watch will enter Level 2 power saving.

Level 1:

Second hand stops to save power.

Level 2:

All hand movement is stopped to save power (day continues operating).

Note

- Note that the watch also may enter the power saving state if its face is blocked from light by your sleeve while you are wearing it.
- The watch will enter power saving from the Timekeeping Mode only.

● Recovering from Power Saving Operation

Press any button or place the watch in a well-lit area to recover from power saving.

Auto Time Adjustment

The watch's time and day settings can be configured in accordance with a received time signal.

Important!

- To receive a time signal, one of the cities shown under "Time Signal Cities" needs to be set as your Home City.
- Whenever you are in an area where a time signal cannot be received or if your Home City does not support time signal reception, you will need to configure time and date settings manually.

Receiving a Time Signal

Time Signal Cities

City code City Name	Offset	Second Hand Position
TOKYO (TYO) Tokyo	+9	28 seconds

Receivable Time Signal: Japan Time Calibration Signal (JJY)

City code City Name	Offset	Second Hand Position
HONG KONG (HKG) Hong Kong	+8	26 seconds

Receivable Time Signal: China Time Calibration Signal (BPC)

City code City Name	Offset	Second Hand Position
NEW YORK (NYC) New York	-5	50 seconds
CHICAGO (CHI) Chicago	-6	48 seconds
DENVER (DEN) Denver	-7	46 seconds
LOS ANGELES (LAX) Los Angeles	-8	44 seconds
ANCHORAGE (ANC) Anchorage	-9	42 seconds
HONOLULU (HNL) Honolulu	-10	40 seconds

Receivable Time Signal: U.S. Time Calibration Signal (WWVB)

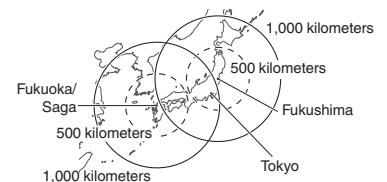
City code City Name	Offset	Second Hand Position
LONDON (LON) London	0	2 seconds
PARIS (PAR) Paris	+1	4 seconds
ATHENS (ATH) Athens	+2	6 seconds

Receivable Time Signal: U.K. (MSF) and German (DCF77) Time Calibration Signals

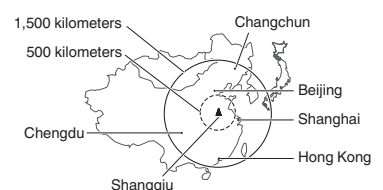
Time Signal Reception Ranges

Time signal reception is supported in the areas shown below.

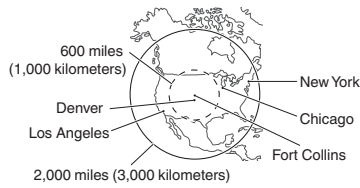
● Japan Time Calibration Signal (JJY)



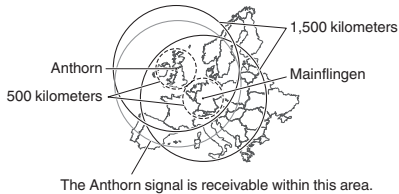
● Chinese Time Calibration Signal (BPC)



● U.S. Time Calibration Signal (WWVB)



● U.K. (MSF) and German (DCF77) Time Calibration Signal



Note

- Even if you are within the normal reception range of a time signal, reception may be made impossible by the following factors: geographic contours, weather, the season, the time of day, wireless noise. Signals become weaker outside of the smaller circles indicated by dashed lines in the maps above, so the above factors have greater effect on signal reception. Though the Honolulu and Anchorage areas (time zones) are outside of the time signal reception range of the watch, reception may be possible when reception conditions are good.
- With the AT (AUTO) summer time setting, the watch may not indicate correct time if you are using it in a country or region that is different from the country or region where the time calibration signal transmitter is located. This is due to differences in adoption of summer time rules, differences in summer time periods, etc. If this happens, change the city and/or summer time setting so the correct time is displayed.
[🔗 Setting a Home Time City](#)

Setting a Home Time City

Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summer time, you can also enable or disable summer time.

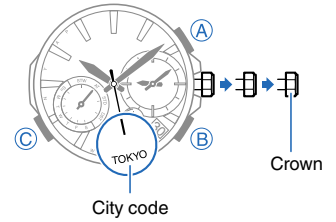
Important!

- World Time times will not be correct if you select the wrong city as your Home City.

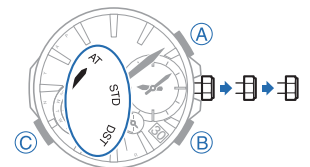
Note

- The initial factory default summer time setting for all cities (time zones) is "AT (AUTO)".
- Your watch has 29 built-in cities that you can select as a Home Time City. If you are using the watch in a location that is not among the built-in cities, use the built-in city that is in the same time zone as your location. For available city settings, see "[City \(Time Zone\) List](#)".
- You can check the current Home City setting by pressing (A) in the Timekeeping Mode. This will cause the second hand to move to the currently selected Home City time zone.
[🔗 Navigating Between Modes](#)

1. Pull out the crown to the second click.
The second hand will move to the currently selected city code.



2. Rotate the crown to move the second hand to the city you want to set.
3. To change the summer time setting, press (A).
 - While the mode hand is pointed at "AT (AUTO)", "STD", or "DST", you can hold down (A) for about one second to cycle the summer time setting in the sequence below.
 "AT (AUTO)" → "STD" → "DST"



- "AT (AUTO)"
The watch switches between standard time and summer time automatically.
[🔗 Summer Time Table](#)
 - "STD"
The watch always indicates standard time.
 - "DST"
The watch always indicates summer time.
4. Push the crown back in to its normal position.

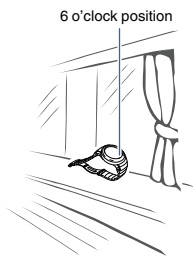
Summer Time

Summer time, which is also known as Daylight Saving Time (DST), advances the time setting one hour, 30 minutes, or some other amount of time from standard time (STD) during the summer months. Whether or not and how summer time is used depends on your country or local area. Summer time is not used in some countries and local areas.

Appropriate Signal Reception Location

A time calibration signal can be received while the watch is near a window.

- Keep metal objects away from the watch.
- Do not move the watch.
- Do not perform any operation on the watch.



Note

- You may experience time signal reception problems in the areas described below.
 - Among or near buildings
 - While riding in a vehicle
 - Near household appliances, office machines, mobile phones, etc.
 - On a construction site, in an airport, or any other location where radio wave interference occurs
 - Near high-voltage lines
 - In mountainous areas or behind a mountain

Auto Time Signal Receive

An automatic time signal receive operation is performed and the time and day settings are adjusted between midnight and 5:00 a.m. Once a signal receive operation is successful, no more auto receive operations are performed that day.

The receive operation is performed only while the watch is in the Timekeeping Mode.

[Navigating Between Modes](#)



Place the watch near a window or some other location appropriate for signal reception.

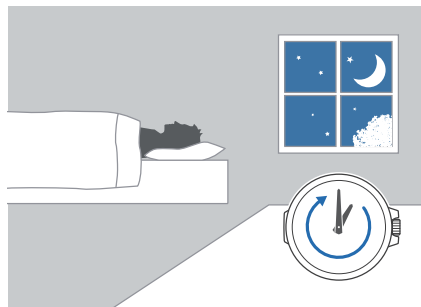
- When the receive operation is successful, the time and day settings will be adjusted automatically.

Note

- Reception takes anywhere from about two minutes to about 10 minutes. It can take as long as 20 minutes.

Using Auto Receive

Before going to bed at night, put the watch into the Timekeeping Mode (whose settings should be configured correctly), and leave it near a window.



Enabling/Disabling Auto Receive

Use the procedure below to enable or disable Auto Receive.

Getting ready

Enter the Timekeeping Mode.

[Navigating Between Modes](#)



1. Press (B).

This causes the last receive operation result to be indicated by the second hand.

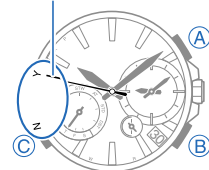
2. Within 10 seconds after the last receive result is indicated, pull out the crown to the first click.

The second hand will move to the current auto receive setting.

“Y (YES)”: Auto receive on

“N (NO)”: Auto receive off

Second hand



3. Rotate the crown to select either “Y (YES)” or “N (NO)”.

4. Push the crown back in to complete the setting operation.

Manual Time Signal Receive

You can use a button operation to receive the time signal.

Getting ready

Enter the Timekeeping Mode.

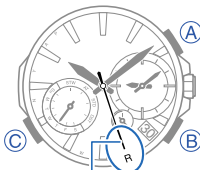
[Navigating Between Modes](#)



1. Hold down (B) for about two seconds until the second hand points to "R".
2. Place the watch near a window or some other location appropriate for time signal reception.

This indicates that time signal reception has started.

- While a time signal receive operation is in progress, the second hand indicates the current status.
"R (READY)": Reception unstable
"W (WORK)": Reception stable
- To cancel an ongoing time signal receive operation, press any button.



Second hand

- When a receive operation is successful, the time and day settings will be adjusted automatically.
- If reception fails for some reason, check the surrounding reception environment and then try again.

Note

- Reception takes anywhere from about two minutes to about 10 minutes. It can take as long as 20 minutes.

Checking the Receive Operation Result

Use the procedure below to check the result of the last time signal receive operation.

Getting ready

Enter the Timekeeping Mode.

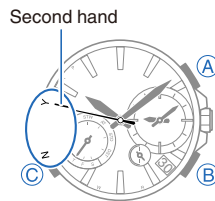
[Navigating Between Modes](#)

1. Press (B).

The second hand will move and indicate the receive operation result.

"Y (YES)": Receive successful

"N (NO)": Receive failed



2. The watch will return to current time indication if you press any button or do not perform any operation for 10 seconds.

Note

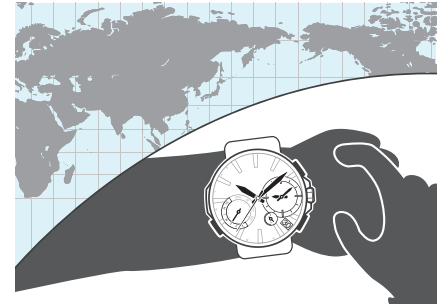
- Even if there was a successful receive operation, the second hand will point to "N (NO)" if you adjusted the time setting manually.

Signal Reception Precautions

- When the watch is unable to adjust its time in accordance with a calibration signal for some reason, average timekeeping accuracy is within ± 15 seconds per month.
- Time signal reception is not possible when any one of the conditions exists.
 - While battery power is low
 - While in the Stopwatch Mode
 - Power Saving Level 2
 - While the crown is pulled out
- Note that an internal decoding process the watch performs after it receives a signal may cause the time setting to be slightly off (by less than one second).
- As of July 2015, China does not observe summer time. If China starts to observe summer time in the future, the time displayed by the watch for China may not be correct.

World Time

You can view the current time in 29 cities and UTC (Coordinated Universal Time) time.



Getting ready

Enter the Timekeeping Mode.

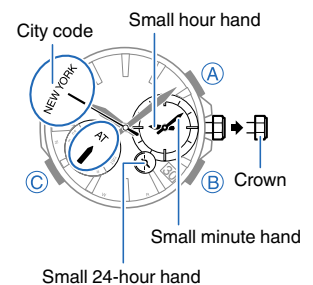
[Navigating Between Modes](#)

Specifying a World Time City

Use the procedure in this section to select a World Time city. If you are in an area that observes summer time, you can also enable or disable summer time.

1. Pull out the crown to the first click.

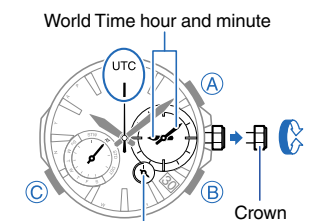
The second hand will move to the city code of the currently selected World Time City.



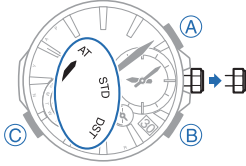
2. Rotate the crown to select another city code.

The small hour and minute hands will indicate the current time in the city you selected.

- Hold down (B) for about one second to display UTC (Coordinated Universal Time) time.



- Press (A) to change the summer time setting.
 - While the mode hand is pointed at "AT (AUTO)", "STD", or "DST", you can hold down (A) for about one second to cycle the summer time setting in the sequence below.
"AT (AUTO)" → "STD" → "DST"



- "AT (AUTO)"
The watch switches between standard time and summer time automatically.
[Summer Time Table](#)
- "STD"
The watch always indicates standard time.
- "DST"
The watch always indicates summer time.

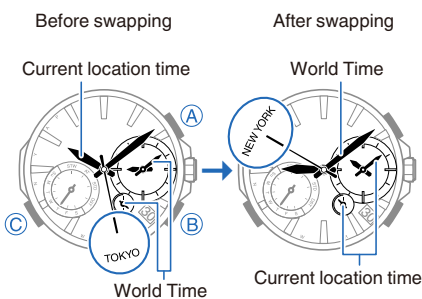
- Push the crown back in.

Note

- The initial factory default summer time setting for all cities (time zones) is "AT (AUTO)".
- You cannot switch between "STD" and "DST" while "UTC" is selected as the Home City (time zone).

Swapping the World Time and Current Location Time

Holding down (A) for about three seconds will swap your World Time with your current location time (Home Time).



- If a swapping operation causes a change in the day indicator setting, the mode hand will rotate repeatedly.
[Changing Hand and the Day Indicator Settings](#)

Note

- This function comes in handy when you need to move to another time zone. For details about how to use it, see ["Moving to Another Time Zone"](#).

Stopwatch

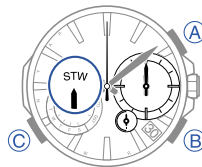
The stopwatch measures elapsed time in units of one second up to 23 hours, 59 minutes, 59 seconds (24 hours).

Getting ready

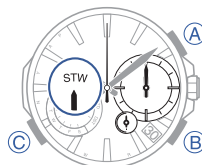
Perform this procedure in the Stopwatch Mode. Use (C) to navigate to the Stopwatch Mode.

[Navigating Between Modes](#)

Stopwatch Mode

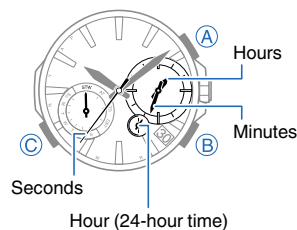


Measuring Elapsed Time



- Use the operations below to measure elapsed time.

- (A) Start
- ↓
- (A) Stop
- ↓
- (A) Resume
- ↓
- (A) Stop



- Press (B) to reset the stopwatch.
- Press (C) once to return to the Timekeeping Mode.

Manual Time Adjustment

You can use the procedure below to adjust the time and day settings when time signal reception and adjustment is not possible.

Setting a Home Time City

Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summer time, you can also enable or disable summer time.

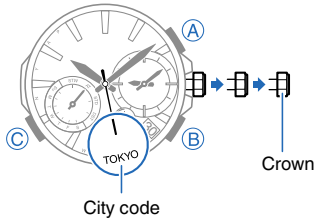
Important!

- World Time times will not be correct if you select the wrong city as your Home City.

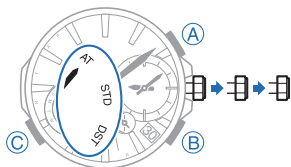
Note

- The initial factory default summer time setting for all cities (time zones) is "AT (AUTO)".
- Your watch has 29 built-in cities that you can select as a Home Time City. If you are using the watch in a location that is not among the built-in cities, use the built-in city that is in the same time zone as your location. For available city settings, see ["City \(Time Zone\) List"](#).
- You can check the current Home City setting by pressing (A) in the Timekeeping Mode. This will cause the second hand to move to the currently selected Home City time zone.
[Navigating Between Modes](#)

1. Pull out the crown to the second click.
The second hand will move to the currently selected city code.



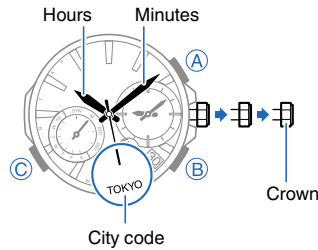
2. Rotate the crown to move the second hand to the city you want to set.
3. To change the summer time setting, press (A).
 - While the mode hand is pointed at "AT (AUTO)", "STD", or "DST", you can hold down (A) for about one second to cycle the summer time setting in the sequence below.
"AT (AUTO)" → "STD" → "DST"



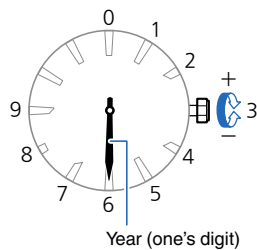
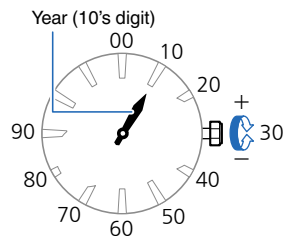
- "AT (AUTO)"
The watch switches between standard time and summer time automatically.
[Summer Time Table](#)
 - "STD"
The watch always indicates standard time.
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4. Push the crown back in to its normal position.

Adjusting the Time and Day Setting

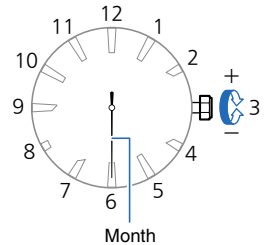
1. Pull out the crown to the second click.
The second hand will move to the currently selected city code.



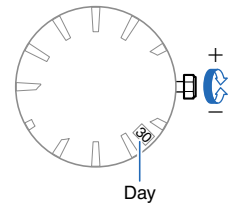
2. Hold down (C) for about two seconds.
This causes the second hand to move to "A" (am) or "P" (pm), which indicates the minute setting operation.
3. Rotate the crown to change the minute setting.
4. Press (C).
The hour hand will move slightly, indicating that the hour setting operation is enabled.
5. Rotate the crown to change the hour setting.
6. Press (C).
This changes to the year setting operation.



7. Rotate the crown to move the hour hand to the desired setting for the year ten's digit, and the minute hand to the desired one's digit.
8. Press (C).
This changes to the month setting operation.



9. Rotate the crown to change the month.
10. Press (C).
The mode hand will move slightly, indicating that the day setting operation is enabled.



- Changing the date setting will cause the mode hand to rotate repeatedly.
[Changing Hand and the Day Indicator Settings](#)
11. Rotate the crown to change the day.
 12. On a time signal at the top of a minute, push the crown back in.

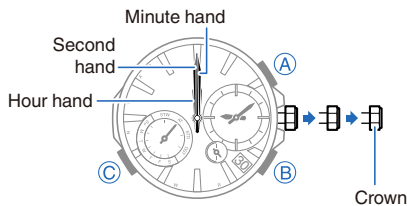
Adjusting Hand and Day Indicator Alignment

Strong magnetism or impact can cause the time indicated by the hands and the day indicator to go out of alignment. If this happens, adjust hand and day indicator alignment.

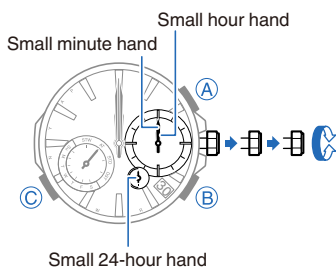
- The watch performs alignment of the hour hand, minute hand, and second hand automatically.

Adjusting Hand and Day Indicator Alignment

1. Pull out the crown to the second click.
2. Hold down (B) for about five seconds, until the second hand moves to 12 o'clock. This starts auto alignment of the hour hand, minute hand, and second hand.
 - After auto alignment is complete, the hands should be in the positions shown below.

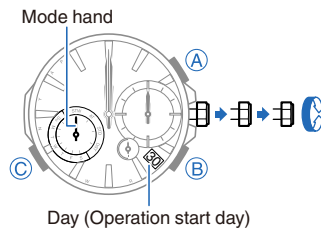


3. Press (C). Confirm that the small hour hand and small minute hand, and the small 24-hour hand are stopped at 12 o'clock.



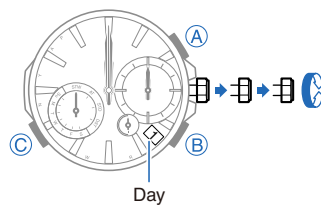
4. If the small hour hand and small minute hand, and the small 24-hour hand are not at 12 o'clock, rotate the crown to align them correctly.

5. Press (C). Confirm that the mode hand is stopped at 12 o'clock, and check if the day is indicated properly.



6. If the mode hand or the day indicator is not in the proper position, rotate the crown to move the mode hand to 12 o'clock and the day to the center of the indicator window.
 - The movement range of the mode hand and day indicator is limited when you rotate the crown. The maximum left-right movement of the mode hand is 180 degrees in either direction. The day indicator moves only slightly.
 - After the mode hand and day indicator are in the positions you want, advance to step 9 of this procedure. If you are unable to make the adjustments you want, go to step 7.

7. Press (C). Confirm that the day indicator shows 1.



- Changing the date setting will cause the mode hand to rotate repeatedly. In some cases, the mode hand may continue to rotate for about 30 minutes.
- [☞ Changing Hand and the Day Indicator Settings](#)
8. If 1 is not shown for the day, rotate the crown until 1 is shown.
 - The mode hand moves in conjunction with crown rotation. Move the mode hand to 12 o'clock.
 9. Push the crown back in.

Note

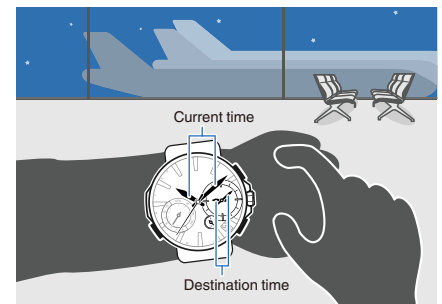
- Leaving the crown pulled out for more than approximately 30 minutes without performing any operation will automatically cause the adjustment operation to become disabled. If this happens, push the crown back in to its normal position and then pull it out again to restart the procedure from the beginning. Pushing the crown in to its normal position part way through the alignment procedure will cause the hands to return to their normal position. Any alignment you performed up to that point will be applied.

Moving to Another Time Zone

Use the procedure below to easily change day and time settings of the watch to a destination location.

● Before Boarding

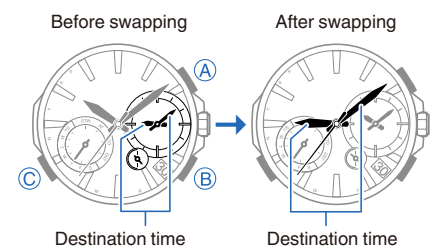
Select a World Time City that corresponds to your destination.



☞ Specifying a World Time City

● After Arriving

Swap the origin time zone time with the destination time zone time.



☞ Swapping the World Time and Current Location Time

Other Information

City (Time Zone) List

This list shows the 29 cities that are built in to watch memory.

City code	Offset	Second Hand Position
UTC (Coordinated Universal Time)	0	0 seconds
LONDON (LON)	0	2 seconds
PARIS (PAR)	+1	4 seconds
ATHENS (ATH)	+2	6 seconds
JEDDAH (JED)	+3	8 seconds
TEHRAN (THR)	+3.5	10 seconds
DUBAI (DXB)	+4	12 seconds
KABUL (KBL)	+4.5	14 seconds
KARACHI (KHI)	+5	16 seconds
DELHI (DEL)	+5.5	18 seconds
DHAKA (DAC)	+6	20 seconds
YANGON (RGN)	+6.5	22 seconds
BANGKOK (BKK)	+7	24 seconds
HONG KONG (HKG)	+8	26 seconds
TOKYO (TYO)	+9	28 seconds
ADELAIDE (ADL)	+9.5	30 seconds
SYDNEY (SYD)	+10	32 seconds
NOUMEA (NOU)	+11	34 seconds
WELLINGTON (WLG)	+12	36 seconds
PAGO PAGO (PPG)	-11	38 seconds
HONOLULU (HNL)	-10	40 seconds
ANCHORAGE (ANC)	-9	42 seconds
LOS ANGELES (LAX)	-8	44 seconds
DENVER (DEN)	-7	46 seconds
CHICAGO (CHI)	-6	48 seconds
NEW YORK (NYC)	-5	50 seconds
HALIFAX (YHZ)	-4	52 seconds
RIO DE JANEIRO (RIO)	-3	54 seconds
F. DE NORONHA (FEN)	-2	56 seconds
PRAIA (RAI)	-1	58 seconds

- The information in the above table is current as of July 2015.

Summer Time Table

When "AT (AUTO)" is selected for a city that observes summer time, switching between standard time and summer time will be performed automatically at the timing shown in the table below.

Note

- If the summer time start and end dates for a location have been changed from those indicated in the table, you will need switch between "STD" and "DST" manually.

City Name	Summer Time Start	Summer Time End
London	01:00, last Sunday in March	02:00, last Sunday in October
Paris	02:00, last Sunday in March	03:00, last Sunday in October
Athens	03:00, last Sunday in March	04:00, last Sunday in October
Tehran	00:00 on March 22, or 00:00 on March 21	00:00 on September 22, or 00:00 on September 21
Adelaide	02:00, first Sunday in October	03:00, first Sunday in April
Sydney	02:00, first Sunday in October	03:00, first Sunday in April
Wellington	02:00, last Sunday in September	03:00, first Sunday in April
Anchorage	02:00, second Sunday in March	02:00, first Sunday in November
Los Angeles	02:00, second Sunday in March	02:00, first Sunday in November
Denver	02:00, second Sunday in March	02:00, first Sunday in November
Chicago	02:00, second Sunday in March	02:00, first Sunday in November
New York	02:00, second Sunday in March	02:00, first Sunday in November
Halifax	02:00, second Sunday in March	02:00, first Sunday in November
Rio de Janeiro	00:00, third Sunday in October	00:00, third Sunday in February or 00:00, fourth Sunday in February

- The information in the above table is current as of July 2015.

Troubleshooting

Time signal reception

Q1 The watch cannot perform a receive operation.

Is the watch's battery charged?

Signal reception is not possible while battery power is low. Keep the watch exposed to light until it recharges sufficiently.

↙ [Charging the Watch](#)

Is the watch in the Timekeeping Mode?

Time signal reception is not possible while the watch is in the Stopwatch Mode. Return to the Timekeeping Mode.

↙ [Navigating Between Modes](#)

Is your Home City setting correct for your location?

The watch will not indicate the correct time if the Home City setting is wrong. Change your Home City setting so it correctly reflects your location.

↙ [Setting a Home Time City](#)

After checking the above, the watch still cannot perform a receive operation.

Time signal reception is not possible when any one of the conditions exists.

- During power saving
- When the crown is pulled out

The watch cannot perform auto receive if auto receive is turned off.

↙ [Enabling/Disabling Auto Receive](#)

If successful reception is not possible for some reason, you can adjust the time and day settings manually.

Q2 The signal receive operation always fails.

Is the watch in a location that is appropriate for signal reception?

Check your surroundings and move the watch to a location where signal reception is better.

🔗 [Appropriate Signal Reception Location](#)

Did you avoid touching the watch while the receive operation was in progress?

Minimize movement of the watch and do not perform any watch operation while a receive operation is in progress.

Is the signal transmitter in your area transmitting a signal?

The transmitter of the time signal may not be transmitting. Try again later.

Q3 Signal reception should have been successful, but the watch's time and/or day is wrong.

Do the hand and/or day indicator look out of alignment?

Correct hand and day indicator alignment.

🔗 [Adjusting Hand and Day Indicator Alignment](#)

After checking the above, the time and/or day settings is still wrong.

Adjust time and day settings manually.

🔗 [Manual Time Adjustment](#)

Hand Movement and Indications

Q1 I don't know what mode the watch is in.

You tell which mode the watch is currently in by checking the position of the mode hand.

🔗 [Navigating Between Modes](#)

- Hold down (C) for at least two seconds to return to the Timekeeping Mode.



Q2 The second hand is jumping at two-second intervals.

Battery power is low. Keep the watch exposed to light until it recharges sufficiently.

🔗 [Charging the Watch](#)

Q3 All hands are stopped at 12 o'clock and buttons do not work.

The battery is dead. Keep the watch exposed to light until it recharges sufficiently.

🔗 [Charging the Watch](#)

Q4 The hands suddenly start moving at high speed.

This is due to one of the reasons below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- The watch is recovering from a power saving state.
 - 🔗 [Power Saving Function](#)
- A time signal is being received and the time setting is being adjusted.
 - 🔗 [Auto Time Adjustment](#)

Q5 Hands are stopped and buttons do not work.

The watch is in the charge recovery mode. Wait until the recovery process is complete (for about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

Q6 The current time indicated by the watch is off by a relatively regular amount of time (such as nine hours, 3.5 hours, etc.).

The city setting is not correct. Select the correct setting.

🔗 [Setting a Home Time City](#)

Q7 The current time displayed by the watch is off by one hour.

The summer time setting is not correct. Select the correct setting.

🔗 [Setting a Home Time City](#)

Q8 Hands and/or the day indicator is out of alignment.

Strong magnetism or impact may cause the hands of the watch to go out of alignment. Correct hand position alignment.

🔗 [Adjusting Hand and Day Indicator Alignment](#)

Q9 The time setting is correct, but the day indicator is between days.

The day is in the process of changing. For information about how the day changes, see the section below.

🔗 [Changing Hand and the Day Indicator Settings](#)

Crown Operations

Q1 Nothing happens when I rotate the crown.

If you do not perform any operation for about two minutes after pulling out the crown (approximately 30 minutes in the case of hand and day indicator alignment operations), crown operations will automatically become disabled. Push the crown back in to its normal position and then pull it out again.

🔗 [Using the Crown](#)

Charging

Q1 The watch does not work even though it is exposed to light.

The watch stops operating whenever the battery goes dead. Keep the watch exposed to light until it recharges sufficiently.

🔗 [Charging the Watch](#)