To set the digital time and date

1. In the Timekeeping Mode, hold down \( \text{A} \) until the seconds start to flash, which indicates the setting screen.

2. Press \( \text{C} \) to move the flashing in the sequence shown below to select other settings.

- Seconds
- Day
- DST
- Hour
- Month
- Minutes
- Year

Timekeeping

Use the Timekeeping Mode to set and view the current time and date. This watch features separate digital and analog timekeeping. The procedures for setting the digital time (page E-9) and analog time (page E-13) are different.

Setting the 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 also can configure settings for the summer time (Daylight Saving Time or DST).
3. When the setting you want to change is flashing, use (B) and (C) to change it as described below.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this</th>
<th>Do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>20:17</td>
<td>Must press</td>
<td>Press (D).</td>
</tr>
</tbody>
</table>

4. Press (D) to exit the setting screen.

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 digital time 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 (A) once and the DST setting screen appears.
3. Press (B) to toggle between Daylight Saving Time (if displayed) and Standard Time (if displayed).
4. Press (C) to exit the setting screen.

• The DST indicator appears on the Timekeeping screen.

Setting the Analog Time
Performs 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 (A) six times to enter the Hand Setting Mode (page E-6).
2. Hold down (B) until the current digital time starts to flash, which indicates the setting screen.
3. Use (B) to adjust the analog setting.
   • Press (B) once to advance the hands 20 seconds.
   • Hold down (B) to advance the hands at high speed.
4. To lock high speed hands movement, hold down (C) to start it and then press (C) to lock. The hands will continue to advance for one 12-hour cycle or until you press any button to stop them.

Stopwatch

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

1. In the Timekeeping Mode, press (A) six times to enter the Hand Setting Mode (page E-6).
2. Hold down (A) until the current digital time starts to flash, which indicates the setting screen.
3. Use (A) to adjust the analog setting.
   • Press (A) once to advance the hands 20 seconds.
   • Hold down (A) to advance the hands at high speed.
4. To lock high speed hands movement, hold down (B) to start it and then press (B) to lock. The hands will continue to advance for one 12-hour cycle or until you press any button to stop them.

• 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-20).

Viewing the Stopwatch Digital Displays
The information that appears in the watch’s upper and lower digital 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: Split time
Lower Display: Elapsed time (Split time appears here for eight seconds as it is stored in memory.)

To measure elapsed time with split times
1. While the stopwatch display shows all zeros, press (B) to display the lap time screen (indicated by (LAP)).
2. Press (B) to start an elapsed time measurement.
   • At the time, both the upper and lower displays will show identical times.
3. Press (B) to record the time of the first lap.
   • This frees the current lap time in the upper part of the digital display for about eight seconds, while measurement of total elapsed time and the last lap time continues internally. The lap number of the displayed time appears in the lower digital display.
   • After eight seconds, the ongoing elapsed time measurement re-appears in the lower digital display.
4. Repeat step 3 to record more lap times.
5. Press (B) to stop the stopwatch.

• See “To measure elapsed time with lap times” (page E-19) and “To measure elapsed time with split times” (page E-20) for more information about each type of measurement.

You can perform elapsed time measurement starting from either the lap time screen or the split time screen.
1. Press (B) to start the stopwatch.
2. Press (C) again to stop the stopwatch.
3. You can resume the measurement operation by pressing (C).
4. Press (A) to clear the stopwatch to all zeros.
To measure elapsed time with split times

1. When the stopwatch display shows all zeros, press \( \text{A} \) to display the split time screen (indicated by SPL).

2. Press \( \text{A} \) to start an elapsed time measurement. At \( \text{A} \) to stop, the upper and lower displays will show identical times.

3. Press \( \text{A} \) to record the time of the first split.

Split Time Recording

(Displayed for eight seconds after \( \text{A} \) is pressed.)

4. Repeat step 3 to record more split times.

5. Press \( \text{A} \) to stop the stopwatch.

6. Press \( \text{A} \) to clear the stopwatch to all zeros.

Memory Management

A new log is created each time you press \( \text{A} \) 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 log in memory and all of its records 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.

How stopwatch data is stored

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

<table>
<thead>
<tr>
<th>Stopwatch Button Operation</th>
<th>Data Storage Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>From all-zeros, press ( \text{A} ) to start.</td>
<td>Creates a new log. Stores the date the button was pressed, and the new log number.</td>
</tr>
<tr>
<td>Press ( \text{A} ) to display lap/split time.</td>
<td>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.</td>
</tr>
<tr>
<td>Press ( \text{A} ) to stop elapsed time measurement and then press ( \text{A} ) to reset.</td>
<td>Resets the elapsed time to all zeros without recording data.</td>
</tr>
</tbody>
</table>

To delete a single log

1. In the Recall Mode, display the title screen of the log whose records you want to delete.

2. Hold down \( \text{A} \) and until \( \text{I} \) 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 (numbers 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.

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 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 \( \text{A} \) (page E-7).

To use the countdown timer

Press \( \text{A} \) 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 repeat automatically without pausing when it reaches zero. This alarm sounds when the countdown reaches zero.
- The countdown timer measurement 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 stop a countdown operation completely, first pause it (by pressing \( \text{A} \)), and then press \( \text{A} \). This returns the countdown time to its starting value.
To configure countdown start time and auto-repeat settings
1. While the countdown start time is on the display in the Countdown Timer Mode, hold down \( \text{A} \) 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-29) to display it.
2. Press \( \text{C} \) to move the flashing in the sequence shown below, and select the setting you want to change.
   - Start Time (Hours)
   - Start Time (Minutes)
   - Auto-Repeat
   - On/Off
3. Perform the following operations, depending on which setting currently is selected on the display.
   - While the start time setting is flashing, use \( \text{B} (+) \) and \( \text{B} (-) \) to change it.
   - If the auto-repeat on indicator \( \text{C} \) is flashing on the display, press \( \text{D} \) to toggle auto-repeat on \( \text{C} \) and off \( \text{D} \).

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.

1. In the Alarm Mode, use \( \text{E} \) to scroll through the alarm screens until the one whose time you want to set is displayed.
   - \( \text{E} \) can be used as an one-time alarm only.
   - The snooze alarm repeats every five minutes.

2. After you select an alarm, hold down \( \text{F} \) until the hour setting of the alarm time starts to flash. This indicates the setting screen.
   - This operation turns on the alarm automatically.
   - To sound the 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-37).

3. Press \( \text{G} \) to move the flashing in the sequence shown below to select other settings.
   - Hour
   - Minute
   - Month
   - Day

   - Alarm Types
   - Daily alarm
   - Date alarm
   - 1-Month alarm
   - Monthly alarm
   - The alarm sounds at the preset time for about 10 seconds. In the case of the snooze alarm, the alarm sounds at the preset time for about 10 seconds.

   - To set the Dual Time
   - 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.

   - To set the Dual Time
   - 1. In the Dual Time Mode, hold down \( \text{H} \) until the DST setting starts to flash, which indicates the setting screen.
   - 2. Press \( \text{I} \) to move the flashing in the sequence shown below to select the other settings.

To turn Alarms \( \text{J} \) on and off
1. In the Alarm Mode, use \( \text{J} \) to select a one-time alarm (alarm number 2 or 3).
   - The alarm on indicator \( \text{K} \) is displayed.
   - The alarm on indicator is displayed in all modes.

2. Press \( \text{L} \) to turn on and off.
   - Turning on the one-time alarm \( \text{M} \) 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 set the alarm
In the Alarm Mode, hold down \( \text{J} \) to sound the alarm.

Note
- Pressing any button stops the alarm tone operation.
- Performing any of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.

To test the alarm
- Displaying the Timekeeping Mode setting screen (page E-9)

To select the operation of Alarm \( \text{J} \)
1. In the Alarm Mode, use \( \text{J} \) to select Alarm \( \text{J} \).
   - To select the on/off setting
   - To select the alarm on indicator
   - The applicable alarm on indicator is displayed in all modes when an alarm is turned on.
   - The snooze alarm indicator flashes during the 5-minute intervals between alarms.
   - Displaying the Alarm setting screen (page E-34) while the snooze alarm is turned on turns off the snooze alarm automatically (making Alarm \( \text{J} \) a one-time alarm).

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.
- Set the hour, day, and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.

Date alarm
- Set the month, 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.

Alarm Types
- Daily alarm
- Date alarm
- 1-Month alarm
- Monthly alarm

Alarm Operation
- The alarm sounds at the preset time for about 10 seconds. In the case of the snooze alarm, the alarm sounds at the preset time for about 10 seconds.

- To set the Dual Time
- 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.

To set the Dual Time
1. Press \( \text{I} \) to enter the Dual Time Mode (page E-37).
   - The seconds count of the Dual Time is synchronized with the seconds count of the Timekeeping Mode.

2. In the Dual Time Mode, hold down \( \text{I} \) until the DST setting starts to flash, which indicates the setting screen.
   - Press \( \text{I} \) to move the flashing in the sequence shown below to select the other settings.

To turn the hourly time signal on and off
1. In the Alarm Mode, use \( \text{M} \) to select the Hourly Time Signal.
   - The hourly time signal on indicator \( \text{N} \) is displayed.

2. Press \( \text{I} \) to toggle the displayed alarm 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.

To turn the hour setting on and off
1. In the Alarm Mode, use \( \text{M} \) to select the Hourly Time Signal.
   - The hour setting on indicator \( \text{N} \) is displayed.

2. Press \( \text{I} \) to toggle the displayed alarm 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.

To turn Alarms \( \text{J} \) on and off
1. In the Alarm Mode, use \( \text{J} \) to select a one-time alarm (alarm number 2 or 3).
   - The alarm on indicator \( \text{K} \) is displayed.
   - The alarm on indicator is displayed in all modes.

2. Press \( \text{L} \) to toggle the displayed alarm on and off.
   - Turning on the one-time alarm \( \text{M} \) 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.

Dual Time
- 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.

To set the Dual Time
1. Press \( \text{I} \) to enter the Dual Time Mode (page E-37).
   - The seconds count of the Dual Time is synchronized with the seconds count of the Timekeeping Mode.

2. In the Dual Time Mode, hold down \( \text{I} \) until the DST setting starts to flash, which indicates the setting screen.
   - Press \( \text{I} \) to move the flashing in the sequence shown below to select the other settings.

Hour
- Minute
- Second
4. When the setting you want to change is flashing, use \( \mathbf{A} \) and \( \mathbf{B} \) to change it as described below.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toggle between Daylight Saving Time (( \mathbf{LT} )) and Standard Time (( \mathbf{ST} )):</td>
<td>Press ( \mathbf{B} ).</td>
<td></td>
</tr>
<tr>
<td>Change the hour or minutes</td>
<td>Use ( \mathbf{A} (+) ) and ( \mathbf{B} (-) ).</td>
<td></td>
</tr>
</tbody>
</table>

5. Press \( \mathbf{C} \) 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.
   - To specify the illumination duration
     1. In the Timekeeping Mode, hold down \( \mathbf{A} \) until the seconds start to flash, which indicates the setting screen.
     2. While the seconds are flashing, press \( \mathbf{B} \) to toggle the illumination duration between 1.5 seconds and 3 seconds.
     3. Press \( \mathbf{C} \) to exit the setting screen.

### Illumination

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” on page E-48 for other important information about using illumination.

**To illuminate the display manually**

In any mode (except when a setting screen is on the display), press \( \mathbf{B} \) to illuminate the face of the watch.

### 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 the Timekeeping Mode, hold down \( \mathbf{A} \) for about three seconds to toggle the auto light switch on or off.
  - The auto light switch on indicator (\( \mathbf{LT} \)) remains in all modes while the auto light switch is turned on.
  - To turn off automatically approximately six hours after you turn it on.

### Scrolling

The \( \mathbf{A} \) and \( \mathbf{B} \) 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.

### 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.
- 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.

### 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.
- Always take care that sudden illumination caused 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 motorcyle 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 \( \mathbf{A} \) for about three seconds to toggle the auto light switch on or off.
- The auto light switch on indicator (\( \mathbf{LT} \)) displayed and off (auto light switch on indicator (\( \mathbf{LT} \)) not displayed).
- The auto light switch on indicator (\( \mathbf{LT} \)) 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.

### 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, Alarm Mode, or Hand Setting Mode for two or three minutes.

**Scrolling**

The \( \mathbf{A} \) and \( \mathbf{B} \) 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.

**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 battery replaced.
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

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

Specifications

Accuracy at normal temperature: ± 30 seconds a month

Digital 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

Analog Timekeeping:
- Hour, minutes (hand moves every 20 seconds)

Stopwatch:
- Measurement Capacity: 99 hours, 59 minutes, 59 seconds
- Measurement Units: Depends on range.
- Lap Times: 1/100 second from 00:00 00 to 00:59 59.99; 1 second from 1:00 00 to 99:59 59
- Split Times: 1/100 second from 00:00 00 to 09:59 59.99; 1 second from 10:00 00 to 99:59 59
- Measurement Types: Elapsed time, lap times, split times

Battery:
- One lithium battery (Type: CR1220)
- Approximate Battery Life: 3 years on type CR1220
- (10 seconds of alarm operation per day; one illumination operation (1.5 seconds) per day)

Frequent use of the light shortens the battery life.
Specifications are subject to change without notice.