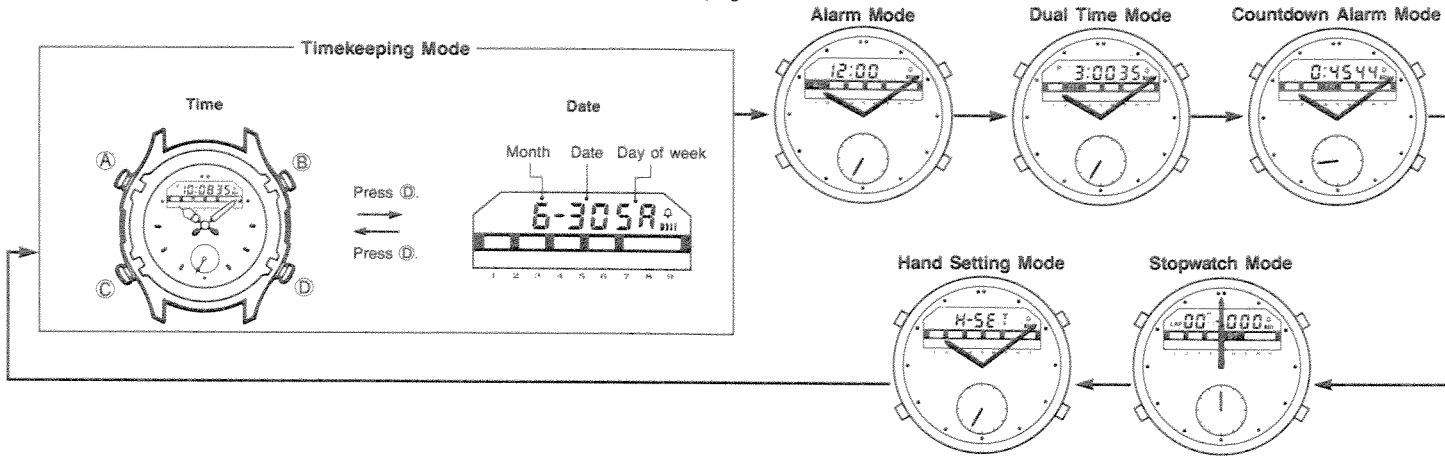


GENERAL GUIDE

- Press **C** to change from mode to mode. Each mode is explained in detail on the following pages.
- After you perform an operation in any mode, pressing **C** returns to the Timekeeping Mode.



TIMEKEEPING MODE

To set the digital time and date

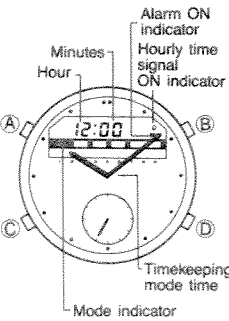
1. Hold down **A** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds digits flash because they are selected.
2. Press **C** to change the selection in the following sequence.
 - Seconds → Hour → Minutes → 12/24-Hour Format
 - Date → Month → Year
3. While the seconds digits are selected (flashing), press **D** to reset the seconds to "00". If you press **D** while the seconds count is in the range of 30 to 59, it is 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 **D** to increase the number or **B** to decrease it. Holding down either button changes the current selection at high speed.
5. After you set the time, format and date, press **A** to return to the Timekeeping Mode.

- When you use the above procedure to set the time on the digital display, the hands of the analog timepiece normally adjust according to your setting. If, for any reason, the digital time does not match the analog time, use the procedure described under HAND SETTING MODE to match the analog setting with the digital display. If the digital time and analog time settings do not match, other functions of this watch will not operate correctly.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1990 to December 31, 2029.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

ALARM MODE

When the Daily Alarm Function is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it sounds. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.



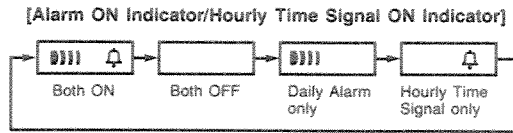
To set the alarm time

1. Hold down **A** while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. Press **C** to change the selection in the following sequence.
 - Hour → Minutes
3. Press **D** to increase the selected digits and **B** to decrease them. Holding down either button changes the selection at high speed.

4. After you set the alarm time, press **A** to return to the Alarm Mode. At this time the Daily Alarm is switched on automatically.

To switch the Daily Alarm and Hourly Time Signal on and off

1. Press **D** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



To test the alarm

1. Hold down **B** while in the Alarm Mode to sound the alarm.

DUAL TIME MODE

The Dual Time function of this watch lets you keep track of time in a different time zone.

To set the Dual Time

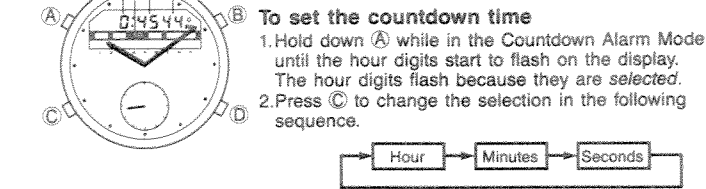
1. Hold down **A** while in the Dual Time Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. Press **C** to change the selection in the following sequence.
 - Hour → Minutes

3. Press **D** to increase the selected number or **B** to decrease it. Holding down either button changes the selection at high speed.
4. After you set the time, press **A** to return to the Dual Time Mode.

- The seconds count is synchronized with the seconds count of the Timekeeping Mode.

COUNTDOWN ALARM MODE

The countdown timer 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.



To set the countdown time

1. Hold down **A** while in the Countdown Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. Press **C** to change the selection in the following sequence.

3. Press **D** to increase the selected number or **B** to decrease it. Holding down either button changes the selection at high speed.
4. After you set the countdown time, press **A** to return to the Countdown Alarm Mode. At this time the second hand moves to show the number of seconds you set in the above procedure.
- To set the starting value of the countdown time to 24 hours, set "0:00 00".

To use the countdown

1. Press **D** while in the Countdown Alarm Mode to start the countdown timer.
2. Press **D** again to stop the countdown timer.
3. Press **B** to reset the countdown time to its starting value.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- When the starting value of the countdown is greater than 1 hour, the second hand moves in accordance with the countdown for the initial 30 minutes and the final 30 minutes of the countdown only.

STOPWATCH MODE

The Stopwatch Mode measures elapsed time, cumulative elapsed time and lap/split times. It also lets you store up to 10 lap times in memory. Time is measured with 1/1000 of a second accuracy. This is so fast that the digit on the far right of the display does not appear to change while the stopwatch is operating. But don't worry, the correct measured time will be displayed when you stop the stopwatch.

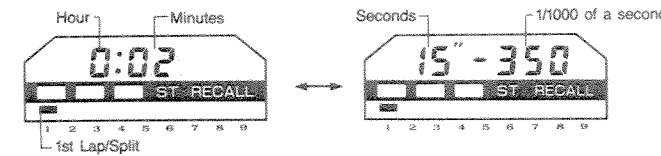
- During operation of the stopwatch, the hour hand shows the number of hours and the minute hand shows the number of minutes measured. The second hand moves in 1/10 second increments for the first 10 minutes of the measurement, and then stops in the 12 o'clock position.
- When you enter the Stopwatch Mode, the hands of the watch move automatically to match the current reading on the digital display. If you start the stopwatch (pressing **D**) before the analog hands stop moving, the timing is started on the digital display.

To measure elapsed time

1. Press **D** to start the stopwatch.
2. Press **D** stop the stopwatch.
3. Hold down **D** until the stopwatch is cleared to 00" - 000.

To view the hours and minutes display

While the stopwatch is stopped, press **A** to view the hours and minutes display. The watch continues to change between the following 2 displays for about 6 seconds.

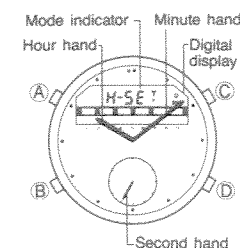


To measure cumulative elapsed time

1. Press **D** to start the stopwatch.
2. Press **D** stop the stopwatch.
3. Press **D** again to resume timing from the time shown on the display. You can repeat steps 2 and 3 as many times as you like.

To measure lap or split times

1. Press **B** to select lap time ("LAP" indicator shown on the display) or split time measurement (no indicator).
2. Press **D** to start the stopwatch.
3. Press **B** to record the time of the 1st lap (or split).
4. Repeat step 3. As you do, the lap times (or split times) are stored in memory.
- You can record up to 9 lap/split times. After 9 times are stored, the display will show "----" when you press **B**. This indicates that memory is full and no more times can be stored.



HAND SETTING MODE

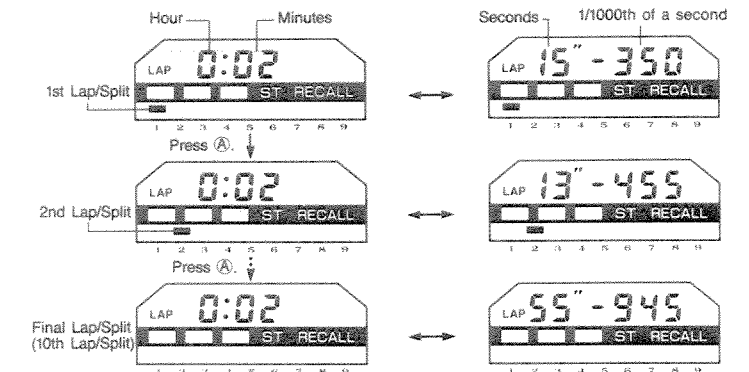
When the time shown on the display does not match the analog setting, use this mode to correct this situation by changing the analog setting. Note that if the digital time and analog time are not exactly the same, the watch may not operate correctly in other modes.

1. Hold down **A** while in the Hand Setting Mode until the seconds digits start to flash on the display.
2. Press **C** to change the flashing digits in the following sequence.

5. Press **D** stop the stopwatch. The final time will remain on the display.
- Times are kept in memory until you clear the stopwatch (by holding down **D**).
- For details on recalling times, see the "To recall lap/split times".
- The stopwatch can measure up to 11 hours, 59 minutes, 59.999 seconds. If a measurement exceeds this amount of time, the display restarts from 00" 000, but you will not be able to store any more lap/split times in memory.
- In the above case, you will be able to store more lap/split times after you perform the operation described under "To clear lap/split time memories."

To recall lap/split times

While the stopwatch is stopped, press **A** to recall the lap/split times stored in memory. When you recall a lap/split time, the watch automatically switches between an hours-minutes display and a seconds display, for about 6 seconds.



To clear lap/split time memories

1. In the Stopwatch Mode, press **D** to start the stopwatch.
2. Hold down **D** until the display clears to 00"-000, indicating that the memory is cleared.

To convert between lap times and split times

To convert lap times stored in memory to split times, press **B**. Conversely, split times stored in memory can be converted to lap times by pressing **B**.

To time the first 10 finishers

1. In the Stopwatch Mode, press **B** until the LAP indicator disappears from the display. This indicates split time measurement.
2. Press **D** at the start of the race to start the stopwatch.
3. At the end of the race, press **B** each time one of the first 9 racers crosses the finish line.
4. Press **D** when the 10th racer crosses the finish line.
5. Use **A** to recall the finishing time for each of the first 10 finishers.



- In the Hand Setting Mode, digits flash on the display only to indicate what setting is being made for the analog timepiece. The following steps change the hands of the analog timepiece without changing the flashing digits of the display.
- 3. Press **D** to advance the hands of the analog timepiece for the selection or **B** to make them move back.
- 4. After you set the analog time, press **A** to return to the Hand Setting Mode.