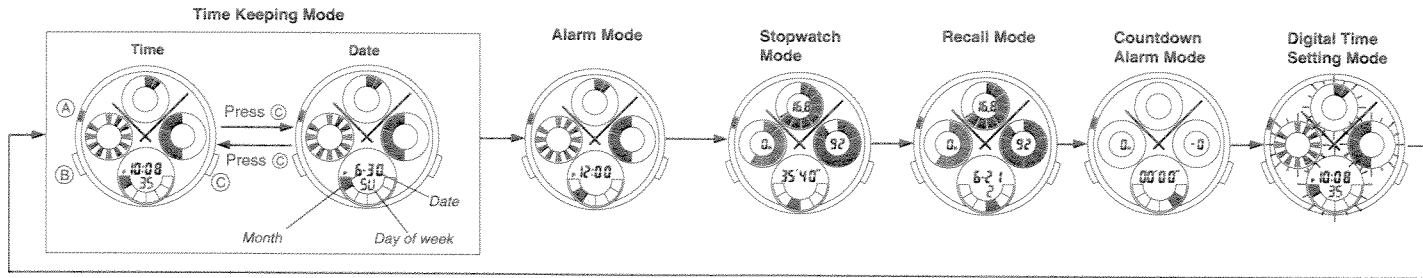


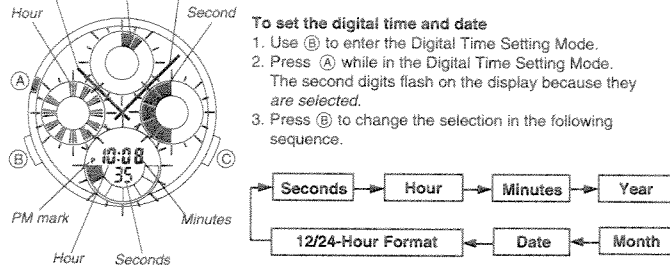
GENERAL GUIDE

- Press (B) 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 (B) returns to the Timekeeping Mode.

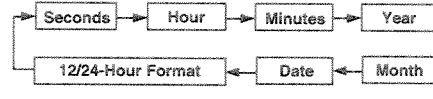


DIGITAL TIME SETTING MODE

When setting the time, first set the digital time as described below, and then the analog time (using the procedures described under Timekeeping Mode).



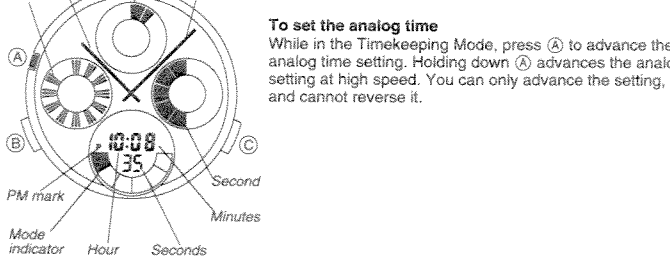
- To set the digital time and date**
1. Use (B) to enter the Digital Time Setting Mode.
 2. Press (A) while in the Digital Time Setting Mode. The second digits flash on the display because they are selected.
 3. Press (B) to change the selection in the following sequence.



4. While the seconds digits are selected (flashing), press (C) to reset the seconds to "00". If you press (C) 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.
 5. While any other digits (besides seconds), are selected (flashing), press (C) to increase the number. Holding down (C) changes the current selection at high speed. While the 12/24-hour setting is selected, press (C) to switch between the two formats.
 6. After you set the time, date, and format, press (A) to return to the Digital Time Setting Mode.
- 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.

TIMEKEEPING MODE

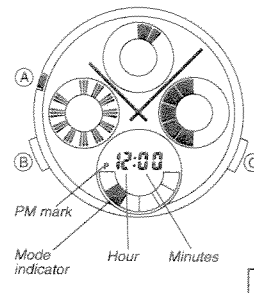
You can set the analog time to match the digital setting, or you can set it to a different time. Note that the seconds are automatically kept at the same value for both settings.



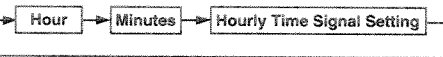
- To set the analog time**
- While in the Timekeeping Mode, press (A) to advance the analog time setting. Holding down (A) advances the analog setting at high speed. You can only advance the setting, and cannot reverse it.

ALARM MODE

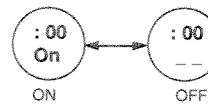
When the Daily Alarm Function is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it sounds. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and Hourly Time Signal Function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



- To set the alarm time and switch the Hourly Time Signal on and off**
1. Press (A) while in the Alarm Mode. The hour digits flash on the display because they are selected. At this time the Daily Alarm is switched on automatically.
 2. Press (B) to change the selection in the following sequence.



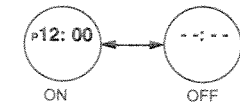
3. Press (C) to increase the selected hour or minutes digits. Holding down (C) changes the selection at high speed.
- The format (12-hour or 24-hour) of the alarm time matches the format you select for digital timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
4. While the Hourly Time Signal setting is selected, press (C) to switch the signal on and off.



5. Press (C) to switch.
6. After you set the alarm time, press (A) to return to the Alarm Mode.

To switch the Daily Alarm on and off

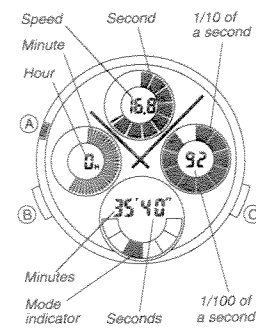
While in the Alarm Mode, press (C) to switch the Daily Alarm on and off.



To test the alarm

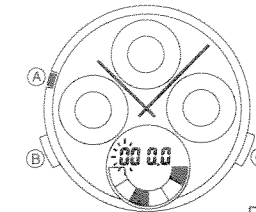
Hold down (C) while in the Alarm Mode to sound the alarm.

STOPWATCH MODE

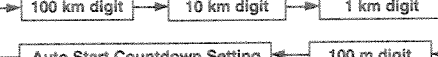


If you input the distance to be covered, the watch automatically calculates the average speed. Time, date, distance, speed, and finish data is automatically stored in memory each time you clear the stopwatch's display to 00'00". Note that the stopwatch continues operation, even if you change the watch to a different mode.

- To measure elapsed time**
1. Press (C) to start the stopwatch.
 2. Press (C) stop the stopwatch.
 3. Hold down (C) to clear the display to 00'00". At this time, the watch beeps and the REC indicator flashes to signal that the time that you cleared is stored in memory (see page 16 "Recall Mode").
- To measure cumulative elapsed time**
1. Press (C) to start the stopwatch.
 2. Press (C) stop the stopwatch.
 3. Press (C) again to resume timing from the time shown on the display. You can repeat steps 2 and 3 as many times as you like.
 4. Press (C) stop the stopwatch.
 5. Hold down (C) to clear the display to 00'00". At this time, the watch beeps and the REC indicator flashes to signal that the time that you cleared is stored in memory.



- To set the distance**
- Once you set the distance, the watch automatically calculates average speeds based on measured times. The following setting is necessary only if you want to calculate speeds.
1. Press (A) while in the Stopwatch Mode. The display shows the currently set distance, with its 100 km digit flashing on the display because it is selected.
 2. Press (B) to change the selection in the following sequence.

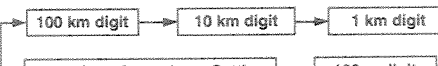


3. While any number is selected (flashing), press (C) to increase it. Holding down (C) changes the current selection at high speed.
 4. After you set the distance, press (A) to return to the Stopwatch Mode display.
- When the watch calculates times, it shows 1 decimal place for speeds from 0 through 99 kilometers per hour. From 100 kilometers per hour, only the integer part of the speed is displayed.
 - The average speed display shows "--" if the average speed is greater than 999 kilometers per hour.
 - The average speed display shows "-E-" if you do not set a distance.

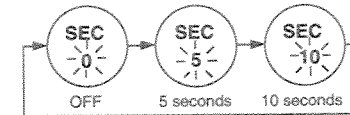
To select the Auto Start Countdown time

You can use the Auto Start Countdown time to countdown the time up to the start of a race. Once the entire time is counted down, the stopwatch starts automatically.

1. Press (A) while in the Stopwatch Mode. The display shows the currently set distance, with its 100 km digit flashing on the display because it is selected.
2. Press (B) to change the selection in the following sequence.



3. While an Auto Start Countdown time is selected, press (C) to change the selection as shown below.

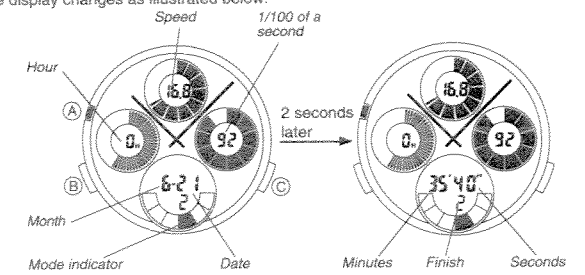


4. After you select the Auto Start Countdown time, press (A) to return to the Stopwatch Mode display.

- To use the Auto Start Countdown**
1. After you select an Auto Start Countdown time, press (C) in the Stopwatch Mode. The watch begins a countdown from the time you set. When the entire time is counted down, the stopwatch begins measuring time automatically.
 2. To interrupt the countdown, press (C). Press (C) again to resume the countdown.

RECALL MODE

Use this mode to recall data from memory and to delete data. When you enter the Recall Mode, the display changes as illustrated below.



- To recall data from memory**
- In the Recall Mode, each press (C) displays data stored in memory, starting from the newest data. The display changes as illustrated above only if the data recalled by pressing (C) is on a different date as the data that was displayed when you pressed (C).

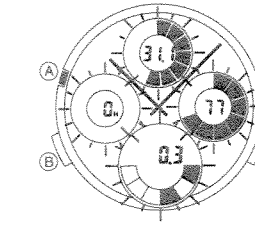
About the finish display

Finishes are only displayed when you enter the Recall Mode while a distance is preset for the Stopwatch Mode. Finishes are displayed only for times measured for distances that match the preset distance.

Example:
When the Stopwatch Mode is preset with a distance of 10 kilometers.

| Date | Time | Distance | Speed | Finish |
|------|---------------|----------|---------|--------|
| 6-21 | 0H 35' 40" 92 | 010.0km | 16.8kph | → 2 |
| | 0H 00' 34" 77 | 000.3km | 31.1kph | |
| 6-18 | 0H 00' 41" 03 | 000.3km | 26.3kph | → 3 |
| | 0H 05' 39" 24 | 001.0km | 10.6kph | |
| | 0H 36' 40" 11 | 010.0km | 16.4kph | |
| | 0H 35' 40" 15 | 010.0km | 16.8kph | |

- To delete data from memory**
1. In the Recall Mode, press (C) to locate the data you want to delete.
 2. Press (A) and the display starts to flash, indicating the data that will be deleted.
 3. While the display is flashing, hold down (B) and (C) at the same time. Once the flashing data is deleted, the following data appears on the display.



Important

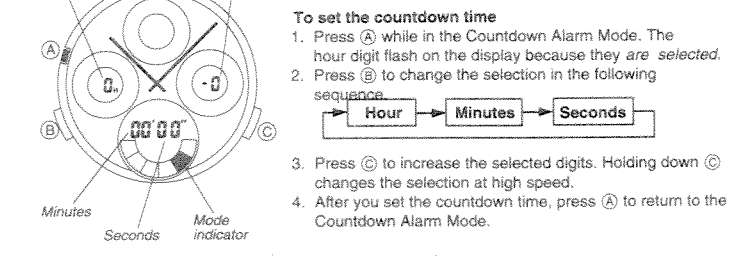
When you delete data, the watch may require some time (1 to 6 seconds) to resort the remaining data.

About data memories

The memory can hold up to 50 sets of data. When you store the 51st set of data, the oldest set of data is deleted automatically. This "first in, first out" system constantly replaces the oldest data with the newest once memory is full. The watch also automatically clears data once the data becomes one year old.

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. Press (A) while in the Countdown Alarm Mode. The hour digit flash on the display because they are selected.
 2. Press (B) to change the selection in the following sequence.



3. Press (C) to increase the selected digits. Holding down (C) changes the selection at high speed.
4. After you set the countdown time, press (A) to return to the Countdown Alarm Mode.

- To set starting value of the countdown time to 24 hours, set "0H 00' 00".
- To use the countdown timer**
1. Press (C) while in the Countdown Alarm Mode to start the countdown timer.
 2. Press (C) again to stop the countdown timer.