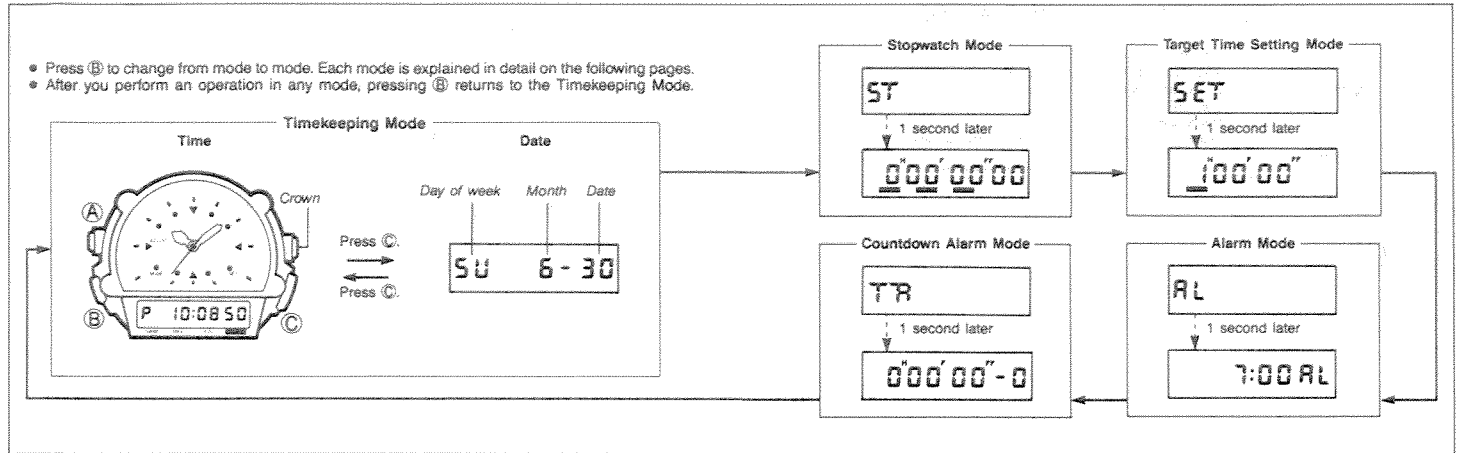


Module No. 721

GENERAL GUIDE

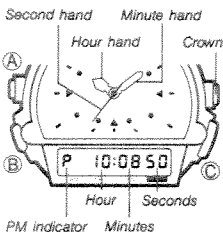


TIMEKEEPING MODE

To set the digital time and date

- 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.
- Press (B) to change the selection in the following sequence.

Seconds	Hour	Minutes	12/24-Hour Format
Date	Month	Year	
- 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.



- 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.
- After you set the time, format and date, press (A) to return to the Timekeeping 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.

To set the analog time

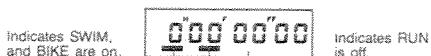
- Pull the crown out to stop the second hand. If you plan to restart analog timekeeping on some time signal (from the radio or television), pull the crown out when the second hand is at the 12 o'clock position.
 - Set the hands by turning the crown.
 - Push the crown back in to restart timekeeping.
- You can set the analog time to match the digital time setting, or you can set it to a different time.

STOPWATCH MODE

Besides total elapsed time and lap time, the stopwatch also lets you time three cumulative time events such as the swimming, biking, and running events of a triathlon. Times can be measured up to 23 hours, 59 minutes, 59.99 seconds. In addition, there is enough memory to store up to 30 lap times. First, second, and third place finishers (split times) are also stored in memory automatically. If you set target times in the Target Time Setting Mode (page 13), the watch also calculates and displays the difference between target and actual times.

About target times

You can switch target times on and off for each event (SWIM, BIKE, RUN), using the procedure described under "To switch target times on and off" on page 15. Indicators on the display tell you which events are on and off.



How the stopwatch function depends on how many target times you have switched on and off.

To use the stopwatch as:

- A normal stopwatch
- A target time stopwatch
- A biathlon stopwatch
- A triathlon stopwatch

You should:

- Switch off all events.
- Switch on only one event.
- Switch on two events.
- Switch on all three events.

To measure elapsed time

- You can use the following procedure simply to time a single event (all target times off) or to time a single event using a target time (one target time on). See "To switch target times on and off" on page 15.

- Press (C) to start the stopwatch.
- Press (C) to stop the stopwatch.
- If you have one target time switched on, the display shows the calculated difference between the measured time and the target time for about six seconds.
- Press (C) to restart timing from the displayed time, or hold down (C) to clear the stopwatch to 0H00'00'00.

To measure lap times

- Press (C) to start the stopwatch.
- Press (A) to record the time of the first lap. When you do, the lap time flashes on the display for about eight seconds, and then the display changes back automatically to the stopwatch display.
- Repeat step 2 to record more lap times and store them in memory.
- You can store up to 30 lap times. After 30 times are stored, the display changes to -H- -'-- whenever you press (A). This indicates that memory is full and no more lap times can be stored.
- Press (C) to stop the stopwatch.
- Lap times are kept in memory until you clear the stopwatch by holding down (C).
- For details on recalling times, see "To recall data from memory" on page 12.

To measure consecutive event times

- You can use the following procedure when two target times are switched on (SWIM+BIKE, SWIM+RUN, BIKE+RUN for biathlon) or when three target times are switched on (SWIM+BIKE+RUN for triathlon).
- You can record lap times during this operation by pressing (A).

- Press (C) to start the stopwatch.
- At the end of the first event, press (C) to record the time for that event and store it in memory. The difference between the target time for that event and the measured time flashes on the display for about six seconds.
- At the end of the second event, press (C) again to record the time. Again, the difference between the target time for that event and the measured time flashes on the display for about six seconds.
- If there are only two target times switched on, this step completes the procedure. If there are three target times switched on, continue with the following step.
- At the end of the third event, press (C) again to record the time. The difference between the target time for that event and the measured time flashes on the display for about six seconds. Following this, the final elapsed time for all three events appears on the display.

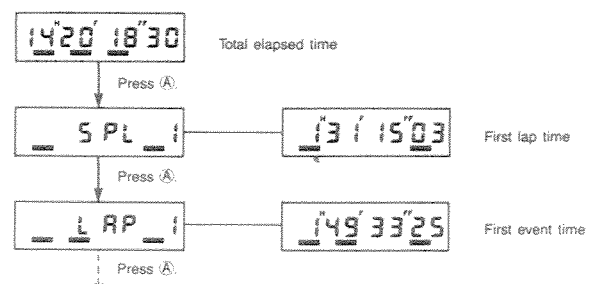
- Times are kept in memory until you clear the stopwatch by holding down (C).
- For details on recalling times, see "To recall data from memory" on page 12.

About the target time alarm

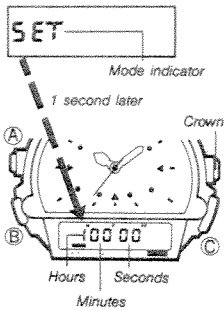
A buzzer sounds one minute before a target time is reached during stopwatch operation, and again 30 seconds before the target time. The watch also beeps as each of the last 10 seconds counts down to the target time. A buzzer then sounds for about three seconds when the target time is reached.

To recall data from memory

While the stopwatch is stopped, press (A) to recall the times stored in memory. Each press of (A) displays the times in sequence.



TARGET TIME SETTING MODE



Use this mode to set target times and to switch target times on and off. Note that target times are cumulative times (split times). If you are setting target times for a triathlon, for example, your first setting would be for the SWIM, the second setting for SWIM+BIKE, and the third setting for SWIM+BIKE+RUN. The following display indicates that the selected target time is off.

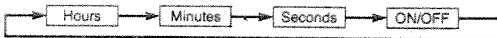


To set a target time

1. In the Target Time Setting Mode, press **(C)** to select the event for which you want to set a target time. Each press of **(C)** changes the selected event in the following sequence.



2. Hold down **(A)** until the hours digits start to flash on the display. The hours digits flash because they are *selected*. At this time the target time is switched on automatically.
3. Press **(B)** to change the selection in the following sequence.



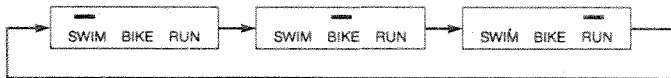
4. While any number is selected (flashing), press **(C)** to increase it. Holding down **(C)** changes selection at high speed.
- The maximum target time setting is 23 hours 59 minutes 59 seconds.
5. After you set the target time, press **(A)** to return to Target Time Setting Mode.
6. Repeat steps 1 through 5 above to set target times for the other events.

Important

- You cannot change target time settings while the stopwatch is running.
- Setting a target time of 0H00'00" is the same as switching that target time off.

To switch target times on and off

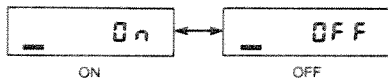
1. In the Target Time Setting Mode, press **(C)** to select the event for which you want to set a target time. Each press of **(C)** changes the selected event in the following sequence.



2. Hold down **(A)** until the hours digits start to flash on the display. The hours digits flash because they are *selected*. At this time the target time is switched on automatically.
3. Press **(B)** to change the selection in the following sequence.



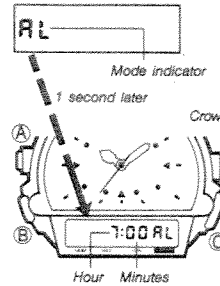
4. While ON/OFF is selected, press **(C)** to switch the target time on and off.



5. Press **(A)** to return to the Target Time Setting Mode.

- After you change the target times, be sure to clear the stopwatch to 0H00'00" before starting a new timing operation.

ALARM MODE



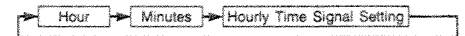
When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.

Important

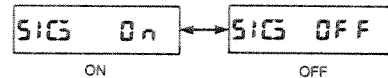
The alarm does not sound if a preset alarm time is reached while the stopwatch is operating in the Stopwatch Mode.

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*. At this time the Daily Alarm is switched on automatically.
2. Press **(B)** to change the selection in the following sequence.



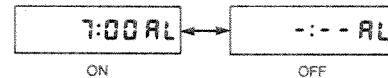
3. Press **(C)** to increase the selected hour or minutes digits. Holding down **(C)** changes the selection at high speed.
- The format (12-hour or 24-hour) of the alarm time matches the format you select for digital timekeeping.
- When setting the alarm time using the 12-hour format, take care to set 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. 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.



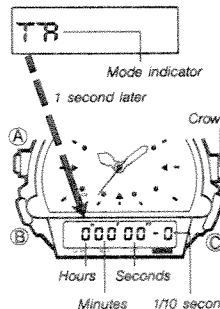
To stop the alarm

Press **(A)**, **(B)**, or **(C)** to stop the alarm after it starts to sound.

To test the alarm

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

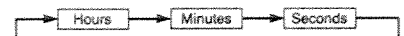
COUNTDOWN ALARM MODE



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 **(A)**, **(B)**, or **(C)**.

To set the countdown time

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



3. Press **(C)** to increase the selected number. 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 the starting value of the countdown time to 24 hours, set 0H00'00".

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.
- You can continue countdown timer operation by pressing **(C)**.
3. Stop the timer and then hold down **(C)** until the countdown time is reset to its starting value.
- The countdown time is automatically reset to its starting value after the alarm stops.