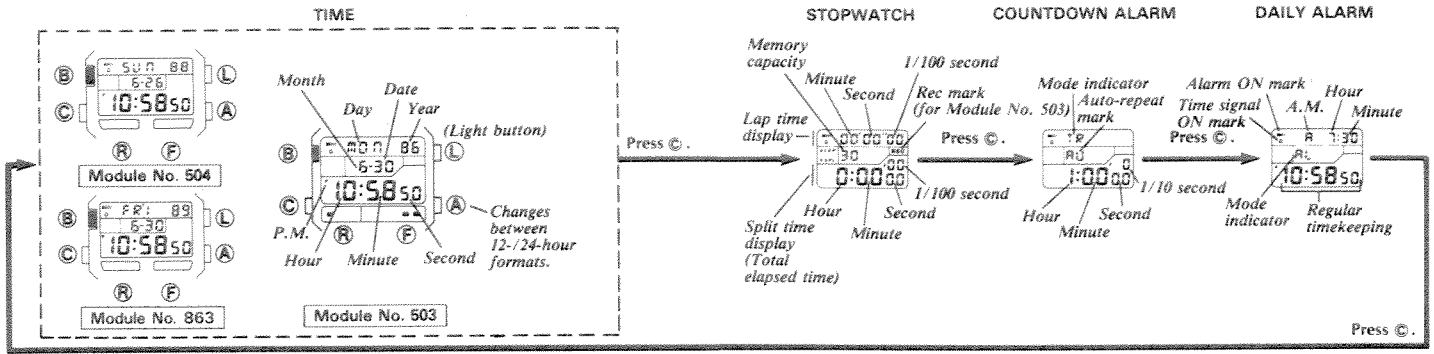
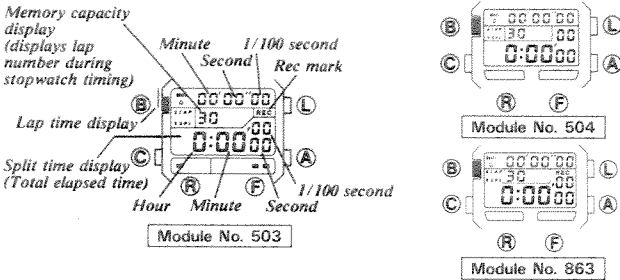


Module No. 503/504/863

READING THE DISPLAY

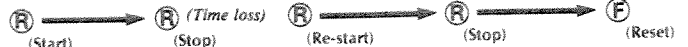


STOPWATCH OPERATION

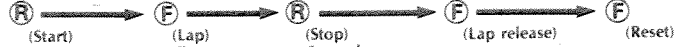


A signal confirms start/stop and lap/reset operations. (Working range) The total elapsed time display is limited to 99 hours 59 minutes 59.99 seconds. Lap time display is limited to 59 minutes 59.99 seconds. Thereafter it can be reset and started again. The lap number starts from 1 to 99 and repeats from 0.

a) NET TIME MEASUREMENT

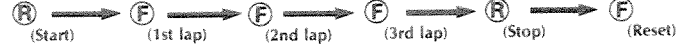


b) 1ST-2ND PLACE TIMES



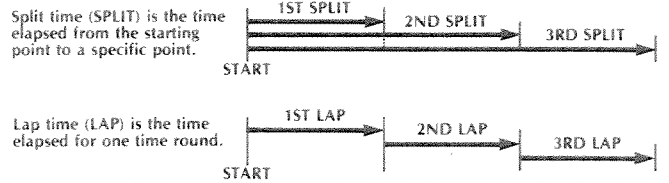
Time of 1st runner	Time of 1st runner	Difference of time between 1st and 2nd runners
Time of 1st runner	Time of 1st runner	Time of 2nd runner

c) LAP/SPLIT TIME MEASUREMENT



* Pressing \odot displays the lap and split times for the lap shown on the lap number display. During this period, the timing of the next lap and total elapsed time continues internally. After 7 seconds, the display automatically returns to the current lap/split time timing of the next lap.

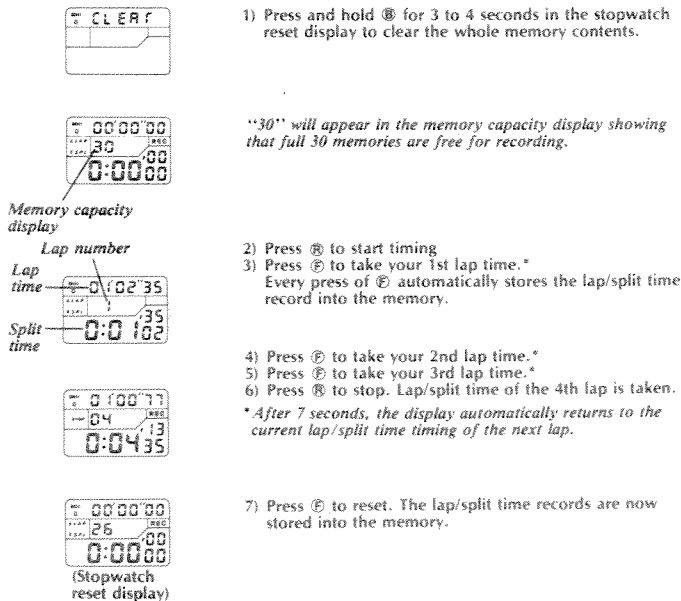
SPLIT TIME AND LAP TIME



HOW TO USE THE LAP/SPLIT TIME MEMORY

A maximum of 30 goal time records or lap/split time records (consisting of lap time, split time and lap number) with a run title (month, date, day of the run and run-number) is automatically stored into the memory, simply by operating the watch in the stopwatch mode.

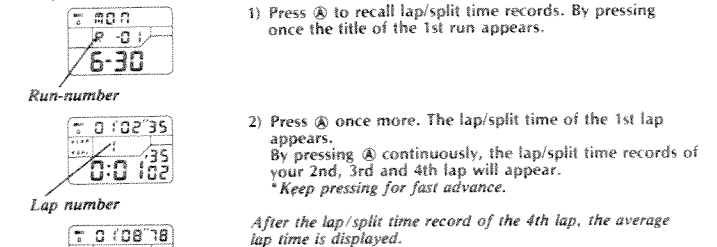
Example 1) Storing 4 lap/split time records



Recalling lap/split time records

Once a run is stored into the memory, the record (or a group of lap/split time records) will be titles with a run-number (R-1, R-2... etc.) with the date of the run. Also, if lap/split time is recorded, the average lap time will be calculated automatically.

Example 2) Recalling lap/split time records of a run timing 4 laps.



* If you have run twice in one day, two groups of records will be numbered as R-1 and R-2 with the same date. If you have run once in one day and once in another day, there will be two R-1 records, each with the date of the run.
* When recalling records by pressing \odot , the older records will appear first.
* Press \odot to return to the stopwatch reset display.
* Average lap time is calculated and displayed only when lap time(s) has been taken.

Recalling lap/split time records of the current run

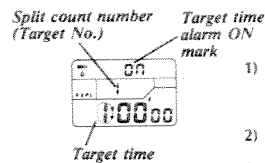
Lap/split time records of the current run can be recalled by pressing \odot , if the stopwatch timing has been stopped by pressing \odot . In this case, the lap/split time record of each lap will appear in sequence but the run title and total average lap time will not appear. Also, records of other runs will not appear. Stopwatch timing can be restarted by pressing \odot from final lap display.

How to delete memory contents

- Deleting all memory contents: Press and hold \odot for 3 to 4 seconds in the stopwatch reset display.
- Deleting your current run record: Press and hold \odot for 2 to 3 seconds while recalling your current run record.
- Deleting a stored run record: Press and hold \odot for 2 to 3 seconds while recalling any of the run records you want to delete.

Using target time function

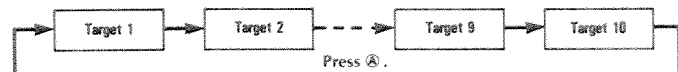
To help the runner improve his record, a maximum of 10 target times can be set for specific check points, prior to timing a run. A "be-bip" signal sounds on every target time so that the runner can check his pace. For example, if a runner had already reached his check point before a signal, he would know he is running at a faster pace. Also, a "bip" signal sounds each second for 10 seconds before the final target time (goal time).



- 1) Press **Ⓚ** (do not hold) in the stopwatch reset display to set target time.
*By pressing **Ⓚ**, target time signal for all target times can be set on or off.
- 2) Each press of **Ⓛ** advances the digit(s) by one. Keep pressed for quick digit advance.
- 3) Each press of **Ⓜ** shifts the flashing position.



- 4) Shift to the next target time by pressing **Ⓛ**. Up to 10 target times can be set in the same order.



- 5) Press **Ⓚ** to complete.

Auto-retrieve function

If no button is pressed for 2 to 3 minutes, the display automatically returns to the stopwatch reset display.

NOTE: Target times are target split times at a number of specific check points during a run, so each target time setting should be registered in sequence of time. If any target time setting is registered with less amount of time than the former target time setting, "bip" signal do not sound. Also, if "0:00'00" is set in between target times, the target time prior to "0:00'00" will be the final target time and no signal will be heard for any target time setting registered thereafter.

Example 3)

Split count number	Target time setting	Signal
1	0:00'00	No signal
2	2:01'00	1st signal
3	3:01'00	2nd signal
4	3:00'00	No signal Incorrect order
5	5:01'00	Final signal
6	4:01'00	No signal Incorrect order
7	0:00'00	No signal
8	6:01'00	No signal "0:00'00" set in between

COUNTDOWN ALARM OPERATION

The countdown can be set from 1 second to 100 hours (starting from 0:00'00") and times to an accuracy of 1/10 second. Start/stop operation is possible by pressing **Ⓚ** and is confirmed by a signal. When the display reaches zero, the beeper will sound for 10 seconds unless any button is pressed.

Auto-repeat function

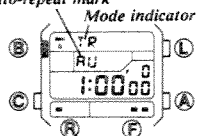
When the display reaches zero, pre-entered time is retrieved and countdown re-starts automatically.

*If you have set one second countdown alarm, the alarm will not stop unless you press the button **Ⓚ** twice in one second.

Repeat function

The pre-entered time is retrieved after a countdown.

Auto-repeat mark



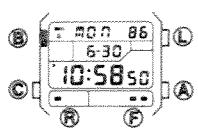
Setting countdown time

- 1) Press **Ⓚ** in the countdown alarm mode to set new time.
- 2) Each press of **Ⓛ** selects auto-repeat or repeat function.
- 3) Each press of **Ⓛ** advances flashing digit(s) one by one. Keep pressed to move quickly.
- 4) Each press of **Ⓜ** shifts the flashing digit(s).
- 5) Press **Ⓚ** to complete setting.

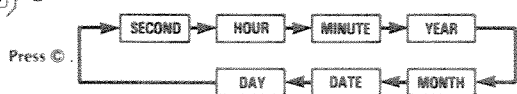
Auto-retrieve function

If no button is pressed for 2 to 3 minutes, the display automatically returns to the regular timekeeping mode display.

SETTING TIME AND CALENDAR



- 1) Press **Ⓚ** in the regular timekeeping mode to set time and calendar.
- 2) Press **Ⓛ** on a time signal to correct seconds.
- 3) Press **Ⓜ** to shift flashing digit(s). The digit(s) to be changed will flash.



- 4) Each press of **Ⓛ** advances the digit by one. Keep pressed to move quickly.
- 5) Press **Ⓚ** to complete setting.

Auto-retrieve function

If no button is pressed for 2 to 3 minutes, the display automatically returns to the regular timekeeping mode display.

Recalling target time of the current run during timing

Press **Ⓚ** during stopwatch timing. The target time set for the current run will be displayed while depressing **Ⓚ** and for 4 seconds after releasing the button.

Split count number (Target No.) Target time alarm ON mark



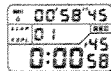
If 20-minute target time had been set for the 1st split time, the display will be as shown by pressing **Ⓚ** during 1st split timing.

Recalling the difference of time between target time and split time record
By taking the split time record at every check point, the difference of time between each set target time and your actual split time record can be checked, during or after timing.

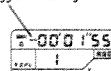
Target time Difference of time



You are 2.35 seconds late



Difference of time



Target time

You were 1.55 seconds fast.

- During timing
Press **Ⓚ** in 6 seconds after taking split time by pressing **Ⓛ**. Difference of time between target time and your actual split time record will be displayed while depressing **Ⓚ** and for 4 seconds after releasing the button.

- After timing (While recalling lap/split time record)
1) After resetting to stopwatch reset display by pressing **Ⓚ**, press **Ⓚ** and recall your 1st lap/split time record.

- 2) Press **Ⓚ**. Difference of time between target time and your actual split time record will be displayed while depressing **Ⓚ** and for 4 seconds after releasing the button.

Note: The difference of target time and split time will not be stored into the memory.

When recalling lap/split time records of 2 runs, for example R-1 and R-2, and the target time settings of R-1 have been re-registered for R-2, difference of time between target times and split time records of R-1 shown in the display will not be correct.

MEMORY CAPACITY

The memory of this watch can file a maximum of 30 goal time records or lap/split time records with a run title. However, two run titles on different days use the same amount of memory for storing one goal time record or lap/split time record. Run titles of several run records on a same day use only one memory area. This means that storing run records on different days use more memory area than storing several run records on a same day, and the number of records that can be stored differs accordingly.

If the number of lap/split timing exceeds 30 in a single run

29 sets of continuous lap/split time record, and the lap/split time record of the last lap will be stored into the memory.

If only the goal time records were stored on a single day

Up to 30 goal time records can be stored, each with a run title.

If one goal time record was stored per day

Up to 20 days of goal time records can be stored.

REC MARK (for Module Nos. 503/863)

The rec mark shows the capability of memory storage during stopwatch timing. The mark disappears from the display if no more memory storage is possible, and only the lap/split time of the final lap is to be stored. The remaining memory capacity is shown in the stopwatch reset display.

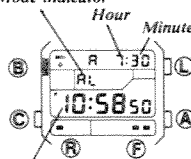
DAILY ALARM OPERATION

If the daily alarm is set, the beeper sounds for 20 seconds at the preset time every day until cleared. To stop the beeper press any button. If the time signal is set, the watch sounds every hour on the hour.

Sound demonstration

Press and hold the **Ⓚ** button in the alarm mode to sound the beeper.

Mode indicator

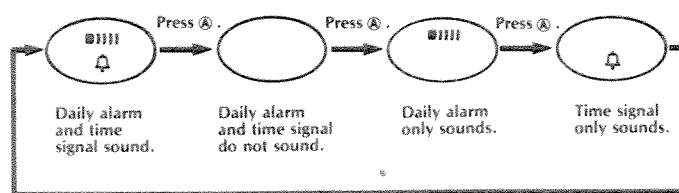


Setting daily alarm

- 1) Press **Ⓚ** in the daily alarm mode to set hour. One hour advances with every press of **Ⓛ**. Keep pressed to move quickly.
- 2) Press **Ⓜ** to set minute digits. One minute advances with every press of **Ⓛ**. Keep pressed to move quickly.
- 3) Press **Ⓚ** to complete.

Regular timekeeping

On or off setting of daily alarm and time signal



Auto-retrieve function

If no button is pressed for 2 to 3 minutes, the display automatically returns to the initial daily alarm mode display.

*When the watch is in the 24-hour system the alarm time is also displayed in the 24-hour system.