

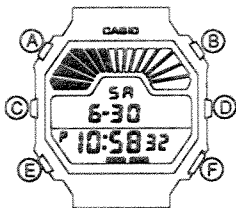
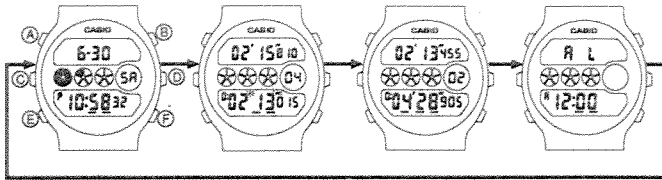
Module No. 902/904/939

This Manual applies to both "mile" display and "km" display. Some informations, therefore, may differ from your timepiece.

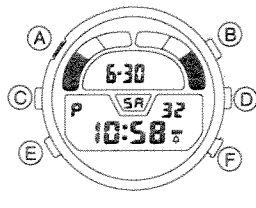
GENERAL GUIDE

Press (A) to change from mode to mode. Each mode is explained in detail on the following pages.

[Timekeeping Mode] [Stopwatch Mode] [Lap Time Recall Mode] [Alarm Mode]

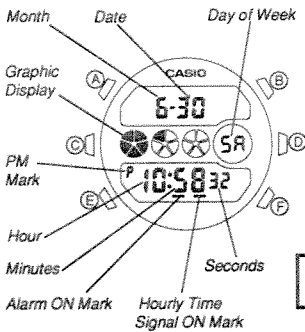


[Module No. 904]



[Module No. 939]

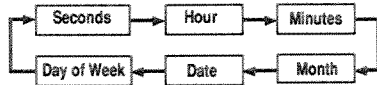
TIMEKEEPING MODE



- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- Press (A) to switch between the 12-hour and 24-hour formats.

To set the time and date

- Press (A) while in the Timekeeping Mode. The seconds digits flash on the display because they are selected.
- Press (C) to change the selection in the following sequence.



- 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 or (E) to decrease it. While the day of the week is selected, pressing (C) advances to the next day and (E) goes to the previous day. Holding down either button changes the current selection at high speed.
- After you set the time and date, press (A) to return to the Timekeeping Mode.

- The watch does not make any allowance for leap years. Be sure to manually set February 29 for the appropriate day of the week.
- 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.

RECALL MODE

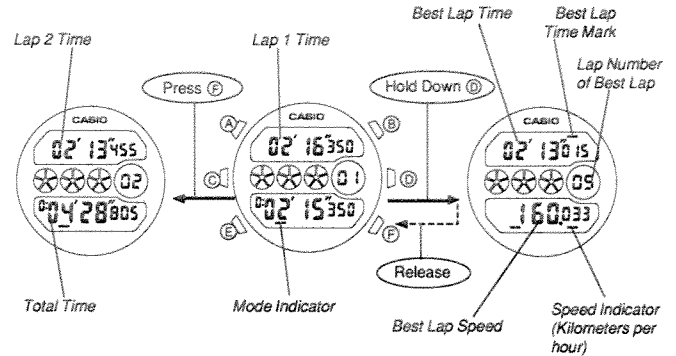
The Recall Mode lets you recall the lap times stored in memory, as well as the total time (from lap 1 to the recalled lap), best lap time and best lap speed. The final lap time (which is the one shown on the display when you press (A) to stop the stopwatch) is indicated by "-" for the lap number.

To recall stored lap times and total time

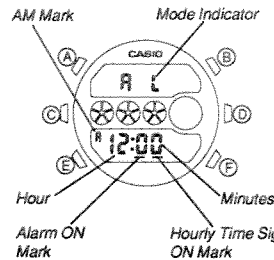
- Whenever you enter the Recall Mode, the display shows the time for the earliest lap (the lap time with the lowest lap number).
- Press (C) to scroll forward through the lap times and (E) to scroll back.

To recall the best lap time

- In the Recall Mode, hold down (E) to display the best lap time in memory.



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.

To set the alarm time

- Press (A) while in the Alarm Mode. The hour digits flash on the display because they are selected.
- Press (C) to change the selection in the following sequence.



- Press (C) to increase the selected digits and (E) to decrease them. Holding down either button changes the selection at high speed.
- After you set the alarm time, press (A) to return to the Alarm Mode.

To switch the daily alarm and time signal on and off

- Press (A) while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.

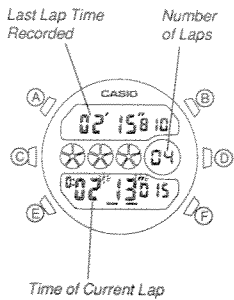
[Alarm ON Mark / Hourly Time Signal ON Mark]



To test the alarm

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

STOPWATCH MODE



The Stopwatch Mode measures elapsed time, cumulative elapsed time and lap times. It also includes a best lap time alarm and various target lap time functions. 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.

The term "lap time" means one full circuit (or lap) around a track. Though we use the terms "lap time" and "lap memory" in this manual, you can use the following procedures to measure the time for any portion of a race, even if the race does not consist of laps around a track.

To measure elapsed time

- Press (A) to start the stopwatch.
- Press (B) stop the stopwatch.
- Press (A) again to clear the display to 0:00'00"000.

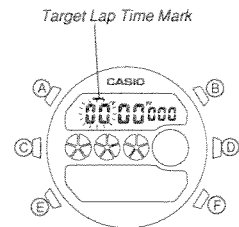
To measure cumulative elapsed time

- Press (A) to start the stopwatch.
- Press (B) stop the stopwatch.
- Press (A) again to resume timing from the time shown on the display. You can repeat steps 2 and 3 as many times as you like.
- Press (B) stop the stopwatch.
- Press (A) again to clear the display to 0:00'00"000.

To measure lap times

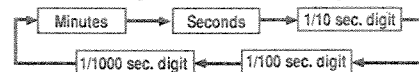
- Press (A) to start the stopwatch.
- Press (E) to record the time of the 1st lap. The lower line of the display restarts timing from 0:00'00"000.
- Repeat step 2. As you do, the lap times are stored in memory. Remember that memory is limited. For details on lap memories see page 14.
- Press (B) stop the stopwatch.

- Lap times are kept in memory until you clear the stopwatch (by pressing (A)), then start measurement of a new set of lap times (starting from step 1 above).
- For details on recalling the lap times, see the Recall Mode on page 15.



To set the target lap time

- In the Stopwatch Mode, press (A). The display shows the currently set target lap time, with its minutes digits flashing on the display because they are selected.
- Press (E) to change the selection in the following sequence.



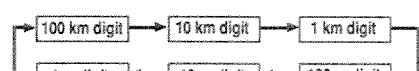
- While any number is selected (flashing), press (D) to increase it or (C) to decrease it. Holding down either button changes the current selection at high speed.
 - The maximum target lap time setting is 59 minutes, 59.999 seconds.

- After you set the target lap time, press (A) to display the current lap distance setting.
- Press (A) again to return to the Stopwatch Mode display or set the lap distance using the procedures described below.

- Press (C) and (D) at the same time during the above procedure to clear the target lap time.

To set the lap distance

- If you are not continuing from the target lap time setting procedure, press (A) twice in the Stopwatch Mode. The display shows the currently set lap distance, with its 100 km digit flashing on the display because it is selected.
- Press (E) to change the selection in the following sequence.



- While any number is selected (flashing), press (D) to increase it or (C) to decrease it. Holding down either button changes the current selection at high speed.
 - The maximum lap distance is 999.999 km.

- After you set the lap distance, press (A) to return to the Stopwatch Mode display.

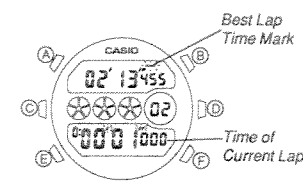
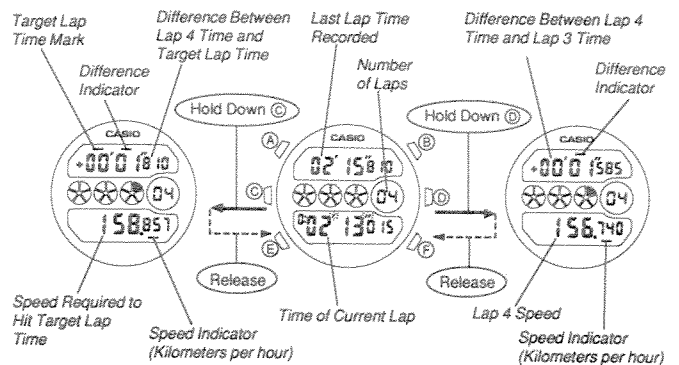
- Press (C) and (D) at the same time during the above procedure to clear the lap distance.

To calculate the difference from target lap time

- Set your target lap time and lap distance.
- Perform lap time measurements.
- At any point during the lap time measurements or after you finish lap time measurements, hold down (C) to show the display below.
 - "-" indicates that measured lap was faster, while "+" indicates that measured lap was slower.

To calculate the difference between laps and lap speed

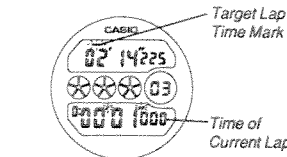
- Set your lap distance.
 - This setting is necessary only if you want to calculate lap speeds.
- Perform lap time measurements.
- At any point during the lap time measurements or after you finish lap time measurements, hold down (C).
 - "-" indicates that last lap time recorded was faster, while "+" indicates that last lap time recorded was slower.



About the Best Lap Time Alarm Function

During lap time measurements, the times for up to 9 laps can be stored in memory. If a lap time is the best recorded in memory when you press (E), the watch beeps for 3 seconds and a mark flashes under the "BEST" indicator.

- The Best Lap Time Function only operates for lap times that are less than 1 hour.
- The Best Lap Time Function does not operate for the final time recorded by pressing (B).



About the Target Lap Time Alarm Function

During lap time measurements, if a lap time you set by pressing (E) is within the target lap time you set, the watch beeps for 3 seconds and a mark flashes under the "TARGET" indicator.

- The Target Lap Time Alarm Function does not operate for the final time recorded by pressing (B).

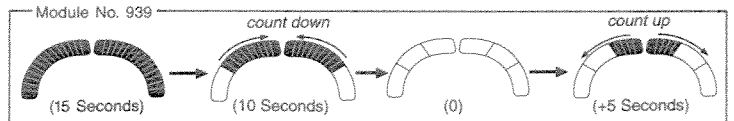
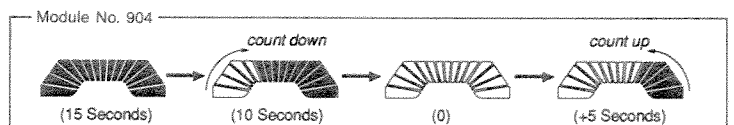
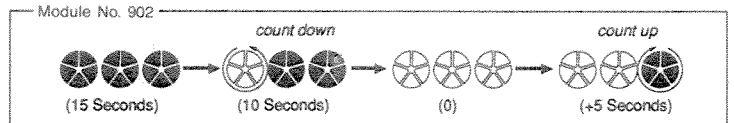
About the Target Lap Time Countdown Function

During lap time measurements, the watch starts to beep 16 seconds before the time of the current lap reaches the target lap time you have set. The pattern on the graphic display also counts down the seconds. After the target lap time is reached, the graphic display counts through the next 15 seconds.

About the Previous Lap Time Countdown Function

If you did not set a target lap time, the watch starts to beep 16 seconds before the time of the current lap reaches the time of the last lap stored in memory. The pattern on the graphic display also counts down the seconds. After the time of the last lap is reached, the graphic display counts through the next 15 seconds.

[Graphic Display]



About lap time memories

Each time you press (E) in the Stopwatch Mode to record a lap time (see "To measure lap times"), the stopwatch reading is stored in memory and timing restarts from 0:00'00"000. There are a total of 10 memories, 9 for storage of laps and 1 for storage of the best lap time.

This means that if you start the stopwatch and press (E) 20 times, the memory will contain times for laps 12 through 20, plus one more time as the best lap time.

About calculation errors

The following conditions cause errors in internal calculations of lap time differences and lap speeds. In such cases, "-" will be shown on the display in place of numeric data when you press (C) or (D) in the Stopwatch Mode.

- When the measured lap time exceeds 9 hours, 59 minutes, 59.999 seconds.
- When the difference between laps (either between the last 2 laps or between the last lap and the target lap) falls outside the range -59 minutes 59.999 seconds and +59 minutes 59.999 seconds.
- When the result of a speed is greater than 999.999 kph.
- When you check the lap time difference during the first lap.