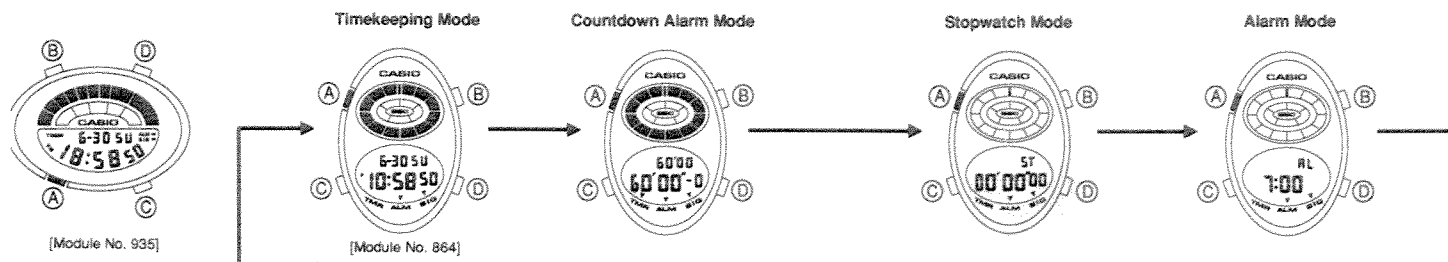


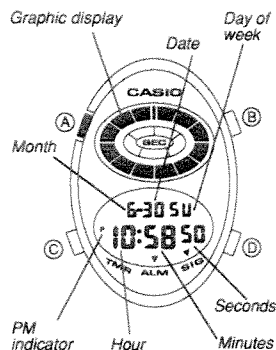
Module No. 864/935

GENERAL GUIDE

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



TIMEKEEPING MODE



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

To set the time and date

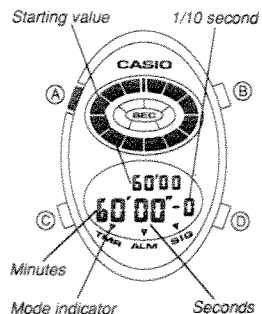
1. Press **(A)** while in the Timekeeping Mode. The seconds digits flash on the display because they are selected.
2. Press **(C)** to change the selection in the following sequence.



3. 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.
4. While any other digits (besides seconds), are selected (flashing), press **(C)** to increase the number. While the day of the week is selected, pressing **(C)** advances to the next day. Holding down **(C)** changes the current selection at high speed.
5. 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.

COUNTDOWN ALARM MODE



The countdown timer can be set within a range of 1 minute to 60 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown time

1. While in the Countdown Alarm Mode, press **(C)** to increase the minutes digits. Holding down **(C)** changes its setting high speed.

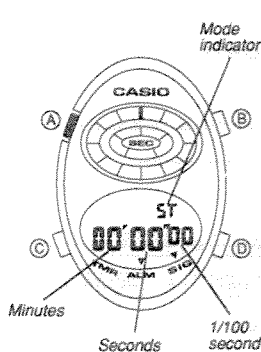
To use the countdown timer

1. Set the countdown time.
 2. To start the countdown timer, press **(C)**.
 3. To stop the countdown timer, press **(C)**.
- You can continue countdown timer operation by pressing **(C)**.

4. To reset the countdown time to its starting value, stop the timer and then press **(C)**.

- The countdown time is automatically reset to its starting value after the alarm stops.

STOPWATCH MODE



The Stopwatch Mode lets you record elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

(a) Elapsed time measurement



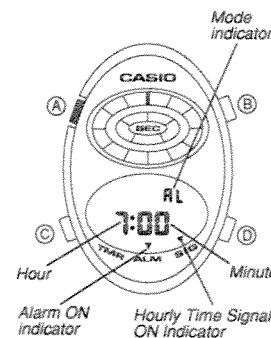
(b) Split time measurement



(c) Split time and 1st-2nd place times



ALARM MODE



When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time

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 **(C)** to change the selection in the following sequence.

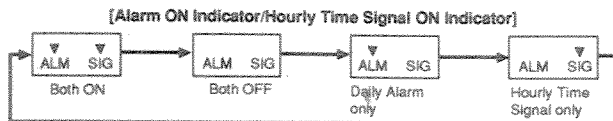


3. Press **(C)** to increase the selected digits. Holding down **(C)** changes the selection at high speed.

- The format (12-hour and 24-hour) of the alarm time matches the format you select for digital timekeeping.
- When setting the alarm time you using the 12-hour format, take care of set the time correctly as morning or afternoon.
- 4. After you set the alarm time, press **(A)** to return to the Alarm Mode.

To switch the daily alarm and hourly time signal on and off

1. Press **(C)** 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

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