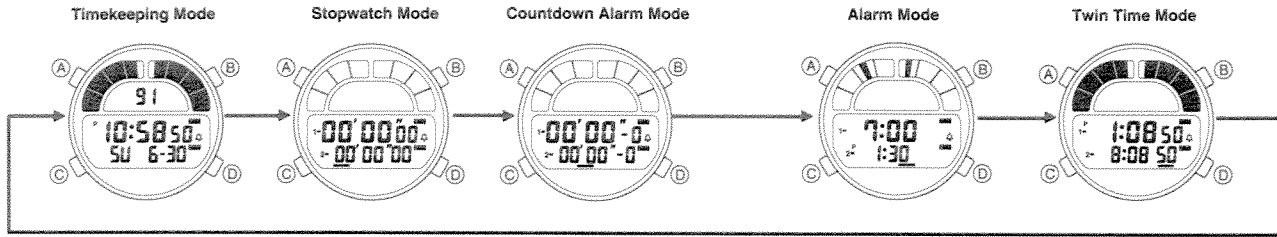


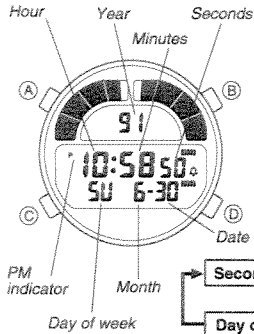
# Module No. 945

## GENERAL GUIDE

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



### TIMEKEEPING MODE

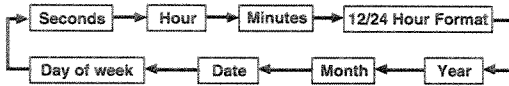


The Timekeeping Mode includes an innovative One-Touch Alarm function and a One-Push Timer function.

- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.

#### To set the time and date

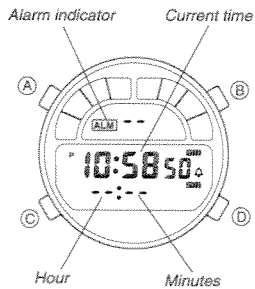
1. Hold down (A) while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds digits flash because they are selected.
2. Press (C) to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press (D) to reset the seconds to "00". If you press (D) 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 (B) to increase the number or (E) to decrease it. Holding down either button changes the current selection at high speed. While the 12/24-hour setting is selected, press (D) to switch between the two formats. While the day of the week is selected, press (D) to advance to the next day or (E) to go back to the previous day.
5. After you set the time, format, and date, press (A) to return to the Timekeeping Mode.

- A built-in fully automatic calendar automatically makes adjustments for leap years.
- 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.

### USING THE ONE-TOUCH ALARM FUNCTION



The One-Touch Alarm function lets you quickly and easily set alarm times at the 00, 15, 30, and 45 minute point of any hour. When the alarm time you preset is reached, an alarm sounds for 10 seconds, or until you press any button on the watch. When the alarm stops, the alarm time is cleared automatically.

#### Setting the One-Touch Alarm

1. In the Timekeeping Mode, hold down (E) until the alarm indicator appears on the display. The "ALM" on the display indicates that there is no alarm time currently preset. If you do not set a One-Touch Alarm time within 10-seconds after this display appears, the watch automatically returns to the normal Timekeeping Mode.
2. Press (B), and the One-Touch Alarm time will become the quarter hour time (00, 15, 30, 45) setting nearest to the current time. If you press (B) while the current time is 7:32, for example, the One-Touch Alarm time becomes 7:45.

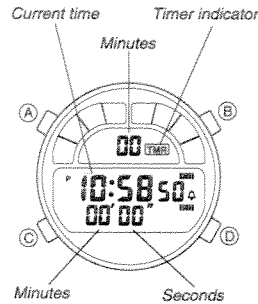
3. Each time you press (B) again, the One-Touch Alarm time advances by 15 minutes. Holding down (B) advances the alarm time at high speed. Use (E) to set the One-Touch Alarm time you want.

- If you leave a One-Touch Alarm time on the display for 10 seconds, it is stored in memory and cannot be changed without clearing it first.

#### To clear a One-Touch Alarm time

Hold down (E) to clear a One-Touch Alarm time and display "----" for input of a new time. If you want to clear the time and return immediately to the normal Timekeeping Mode, press (A). You should note that cleaning the One-Touch Alarm time by pressing (A) also clears the One-Push Timer time (if you are using both functions simultaneously).

### USING THE ONE-PUSH TIMER FUNCTION



The One-Push Timer function lets you quickly and easily set a countdown timer within the range of 1 to 60 minutes. When the end of the countdown is reached, an alarm sounds for 10 seconds, or until you press any button on the watch. When the alarm stops, the alarm time is cleared automatically.

#### Setting the One-Push Timer

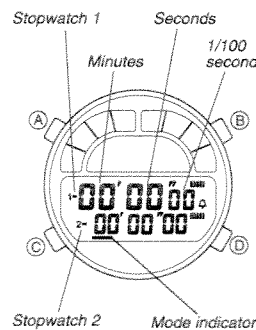
1. In the Timekeeping Mode, hold down (E) until the timer indicator appears on the display. The "00'00" on the display indicates that there is no time currently preset. If you do not set a time within 10-seconds after this display appears, the watch automatically returns to the normal Timekeeping Mode.
2. Press (B), and the One-Push Timer will become 1 minute.
3. Each time you press (B) again, the One-Push Timer time advances by 1 minute. Holding down (B) advances the time at high speed. Use (E) to set the One-Push Timer time you want. The countdown starts as soon as you release (B).

- If you leave a One-Push Timer time on the display for 10 seconds, it is stored in memory and cannot be changed without clearing it first.

#### To clear a One-Push Timer time

Hold down (E) to clear a One-Push Timer time and display "00'00" for input of a new time. If you want to clear the time and return immediately to the normal Timekeeping Mode, press (A). You should note that cleaning the One-Push Timer time by pressing (A) also clears the One-Touch Alarm time (if you are using both functions simultaneously).

### STOPWATCH MODE



Two independent stopwatches (Stopwatch 1 and Stopwatch 2) are both capable of measuring elapsed time and cumulative elapsed time up to 23 hours, 59 minutes, 59.99 seconds.

- The left side of the graphic display shows the timing for Stopwatch 1, while the right side shows the timing for Stopwatch 2.
- For the first 60 minutes, the display shows minutes, seconds, and 1/100 seconds. After 60 minutes, the display format changes to show hours, minutes, and seconds.

#### To measure elapsed time

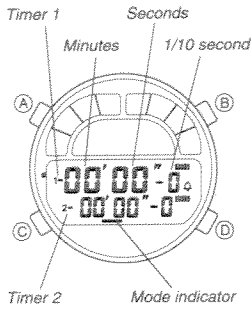
##### Stopwatch 1

1. Press (B) to start the stopwatch.
  2. Press (B) again to stop the stopwatch.
  3. Press (B) to restart timing from the displayed time, or press (A) to clear the stopwatch to 00'00'00.
- You cannot clear the stopwatch while it is running.

##### Stopwatch 2

1. Press (B) to start the stopwatch.
  2. Press (B) again to stop the stopwatch.
  3. Press (B) to restart timing from the displayed time, or press (A) to clear the stopwatch to 00'00'00.
- You cannot clear the stopwatch while it is running.

## COUNTDOWN ALARM MODE



Two independent countdown timers (Timer 1 and Timer 2) can be set within the range of 1 minute to 99 hours 59 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

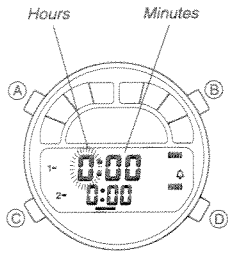
- The left side of the graphic display shows the timing for Timer 1, while the right side shown the timing for Timer 2.
- For the last 60 minutes, the display shows minutes, seconds, and 1/10 seconds. Up to the last 60 minutes, the display format shows hours, minutes, and seconds.

### To set the countdown time

1. Hold down (A) while in the Countdown Alarm Mode until the hours digits of Timer 1 (or Timer 2 if Timer 1 is currently in use) start to flash on the display. The hours digits flash because they are *selected*.
2. Press (C) to the selection in the following sequence.



- You cannot set a countdown timer while it is running.
3. Press (D) to increase the selected number or (B) to decrease it. Holding down either button changes selection at high speed.
  4. After you set the countdown time, press (A) to return to the Countdown Alarm Mode.



### To use the countdown timer

#### Important

Once you start the countdown timer, it continues to run until you switch it off. Even when the countdown reaches zero and the alarm sounds, the countdown restarts from the time you set.

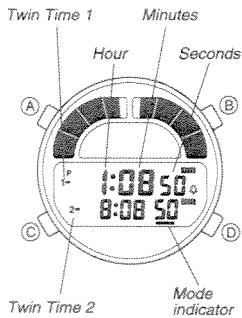
#### Timer 1

1. Press (B) while in the Countdown Alarm Mode to start the countdown timer.
  2. Press (B) again to stop the countdown timer.
- You can continue countdown timer operation by pressing (B).
  - Stop the timer and then press (A) to reset the countdown time to its starting value.
  - You cannot reset the countdown time while it is running.

#### Timer 2

1. Press (D) while in the Countdown Alarm Mode to start the countdown timer.
  2. Press (D) again to stop the countdown timer.
- You can continue countdown timer operation by pressing (D).
  - Stop the timer and then press (A) to reset the countdown time to its starting value.
  - You cannot reset the countdown time while it is running.

## TWIN TIME MODE

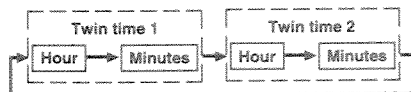


The Twin Time function simultaneously displays two independent times.

- The 12/24-hour timekeeping specification you make in the Timekeeping Mode is also applied in this mode.

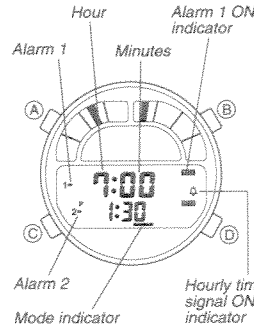
### To set the twin time

1. Hold down (A) while in the Twin Time Mode until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
2. Press (C) to change the selection in the following sequence.



3. Press (D) to increase the selected digits or (B) to decrease them. Holding down either button changes the selection at high speed.
4. After you set the time, Press (A) to return to the Twin Time Mode.

## ALARM MODE



You can set two independent daily alarms in the 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 on, the watch beeps every hour on the hour.

### 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 Alarm 1 is switched on automatically.
2. Press (C) to change the selection in the following sequence.



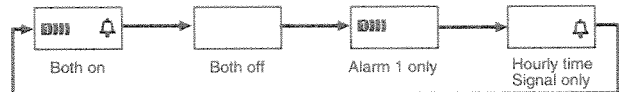
- Alarm 2 switched on automatically whenever you select the hour digits of Alarm 2.

3. Press (D) to increase the selected digits or (B) to decrease them. Holding down either button changes the selection at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
  - When setting the alarm time using the 12-hour format, take care to 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

In the Alarm Mode, press (B) to switch Alarm 1 and the Hourly Time Signal on and off. Use (C) to switch Alarm 2 on and off.

#### [Alarm 1 ON Indicator/Hourly Time Signal ON Indicator]



Press (B)

### To test the alarm

Hold down (B) or (D) while in the Alarm Mode to sound the alarm.