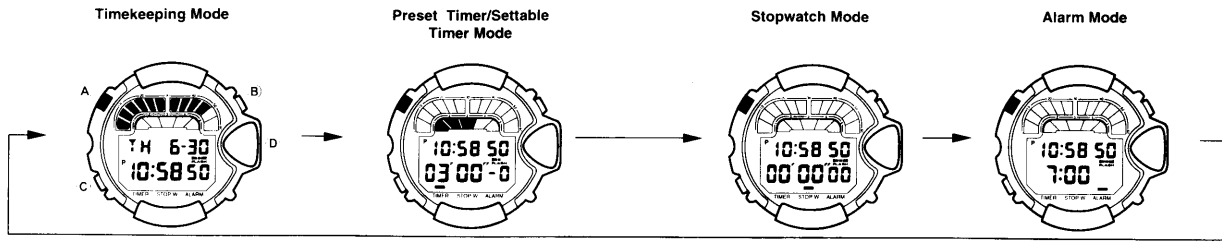
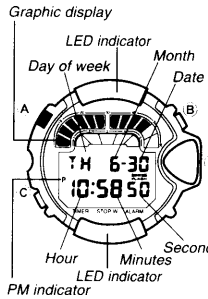


- Press C to change from mode to mode.



### TIMEKEEPING MODE

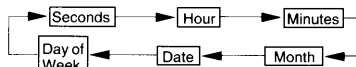


In addition to normal Timekeeping Mode functions, this watch also is equipped with LED (light emitting diode) indicators that flash whenever an alarm time is reached, and at the top of each hour.

- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- In the Timekeeping Mode, press D 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 D to reset the seconds to "00". If you press D while the seconds count is in the range of 30 to 59, the seconds are 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 D to increase the number or B to decrease it. While the day of the week is selected, pressing D advances to the next day and B goes to the previous day. Holding down either button 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 (when one occurs) to the appropriate date.
  - 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.

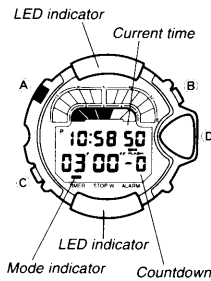
#### About the LED Indicator

The LED (light emitting diode) indicators of this watch flash whenever an alarm time is reached, and at the top of each hour, and when various signals are sounded in the stopwatch and timer modes. For details of each of these operations, see the applicable section of this manual.

#### Important!

- The flashing of the LED indicator may become difficult to see under direct sunlight.
- The flashing of the LED indicator may not be precisely synchronized with the audible signals. This does not indicate malfunction of the watch.

### PRESET TIMER/SETTABLE TIMER MODE

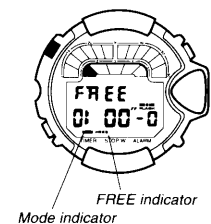


The timers in this mode include a 3-minute Timer and a 5-minute Timer, as well as a Settable Timer that can be set in 1-minute increments up to 60 minutes. All timers countdown in 1/10 of a second increments.

Both the Preset Timers and the Settable Timer are designed to repeat their countdown operations eight times. Note that the countdown operation continues even if you switch to another mode. You can stop the countdown operation at any point by pressing B while in the Preset Timer/Settable Timer Mode.

Each time a countdown operation is completed (the countdown reaches zero), a beeper sounds and the two LEDs flash for 10 seconds. Press C to stop the beeper and LED flashing. Note that pressing C also changes to the Stopwatch Mode.

#### To select a timer



1. Press A in the Preset Timer/Settable Timer Mode to switch between a Preset Timer and the Settable Timer.
- If the Settable Timer is selected when you enter the Preset Timer/Settable Timer Mode, the message "FREE" appears in the upper display for a few seconds after you enter the mode.
- Note that the message "FREE" appears next to the mode indicator whenever the Settable Timer is selected.
2. While either of the Preset Timers (3-minute timer or 5-minute timer) is selected, pressing B switches between the 3-minute timer and the 5-minute timer.

#### To set the Settable Timer's starting time

1. Select the Settable Timer.
2. Press B to set the starting time. Holding down B increases the time at high speed.
- The starting time can be set in a range from 1 minute to 60 minutes. When pressing B causes the starting time to reach 60, the next press of B changes the starting time to 00:00. Press B again to change the starting time to 01:00 (one minute).

#### To perform a timer operation

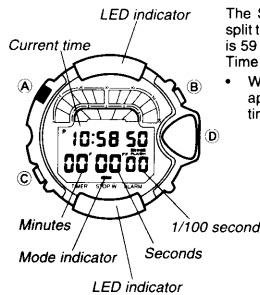
1. Select the type of timer (3-minute, 5-minute, or Settable) you want to use.
  2. Press D to start the countdown.
  3. Press B at any time to stop the countdown. You can press D to resume a stopped countdown from the displayed time.
  4. To reset the countdown to its starting value, stop the timer and then press B again.
- The watch beeps to confirm start, stop and reset operations.
  - Pressing D while a countdown operation is in progress restarts the operation to its starting value. Note that pressing D also resets the number of timer operations (so eight operations are performed starting from when you press D).
  - You cannot change between the 3-minute timer and 5-minute timer, and you cannot change the Settable Timer starting time while a countdown operation is in progress. You must first stop the countdown operation and reset the countdown to its starting value.

#### About countdown indicators

The watch beeps and the LEDs light to indicate various points of the countdown operation as noted in the following table.

Remaining	Time tone	Lower LED	Upper LED
5, 4, 3, 2, 1 minutes	4 times (1 second)	4 times (1 second)	-
50, 40, 30, 20, 10 seconds	4 times (1 second)	4 times (1 second)	-
9, 8, 7, 6 seconds	1 time (1 second)	1 time (1 second)	-
5, 4, 3, 2, 1 seconds	2 times (1 second)	2 times (1 second)	-
0'00"-0	10 seconds	10 seconds	10 seconds

### STOPWATCH MODE

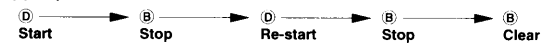


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

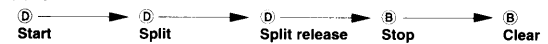
Time is measured with 1/100 of a second accuracy.

- Whenever a split time is shown, the indicator "SPL" appears in the upper display in place of the current time.

#### (a) Elapsed time measurement



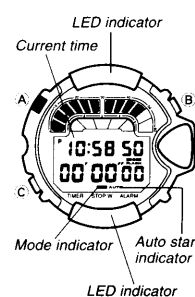
#### (b) Split time measurement



#### (c) 1st-2nd place times

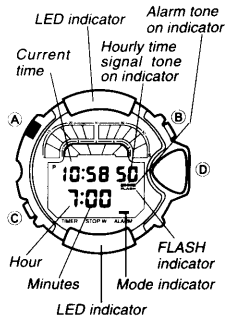


#### To use the Auto Start Countdown



1. In the Stopwatch Mode, press B so that the Auto Start indicator "AUTO" appears on the display.
- The Auto Start function is on when the indicator "AUTO" is shown on the display. Each time you press B at this time, the Auto Start function switches on and off.
2. Press D to start the countdown.
- A beeper sounds for each of the final five seconds of the countdown.
- When the countdown reaches zero, the stopwatch begins operation.
- When you start a countdown operation, the current time display is replaced by the starting value of the Auto Start countdown (10). This value is counted down until it reaches zero. At that time, the countdown value is again replaced by the current time.
- To stop an ongoing Auto Start countdown, press B.
- Pressing D while the Auto Start countdown is in progress immediately starts stopwatch operation.

## ALARM MODE



When the Daily Alarm tone is switched on, the alarm sounds and the LED Indicator flashes for 20 seconds at the preset time each day. You can also set a silent alarm that causes the LED Indicator to flash without any alarm sound.

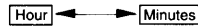
Press any button to stop operation of the alarm tone and flashing LED Indicator once they start. When the Hourly Time Signal tone is on, the watch beeps and the LED Indicator flashes every hour on the hour.

### Important

You can switch LED operation on and off. When the LED indicator is switched on, the indicator "FLASH" is shown on the display.

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

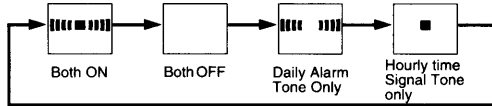


3. Press (D) to increase the selected digits and (B) to decrease them. Holding down either button changes the selection at high speed.
  - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
  - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (P).
4. After you set the alarm time, press (A) to return to the Alarm Mode.

### To switch the Daily Alarm and Hourly Time Signal tones on and off

Press (D) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal tones in the following sequence.

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



### To switch the LED on and off

In the Alarm Mode, press (B) to switch LED operation on and off.

- When the FLASH indicator is shown on the display, the LEDs light to indicate the alarm time and each hour. The LED operates regardless of the current alarm tone on/off status.

### To use the silent alarm

Set the alarm time and then switch off the tone you don't want to sound (alarm, hourly time signal). Switch the LED indicator on (so that FLASH is shown on the display). This causes the LED only to flash for the function (alarm, hourly time signal) whose tone you switched off.

- This watch is equipped with a repeat function that causes the LEDs to flash for 20 seconds when the alarm time is initially reached, and also one minute and two minutes after the alarm time is reached. This helps to make sure that you do not overlook an LED alarm indicator.

### Important!

The repeat function described above does not operate under the following conditions.

- If you press any button while the LEDs are flashing to indicate an alarm.
- If you change the Timekeeping Mode or Alarm Time setting after the first flashing of the LEDs to indicate an alarm.
- When the LED indicators are switched off (no FLASH indicator shown on the display).
- When the Alarm tone is switched on.

### To test the alarm

Hold down (D) while in the Alarm Mode to sound the alarm and flash the LED Indicator.