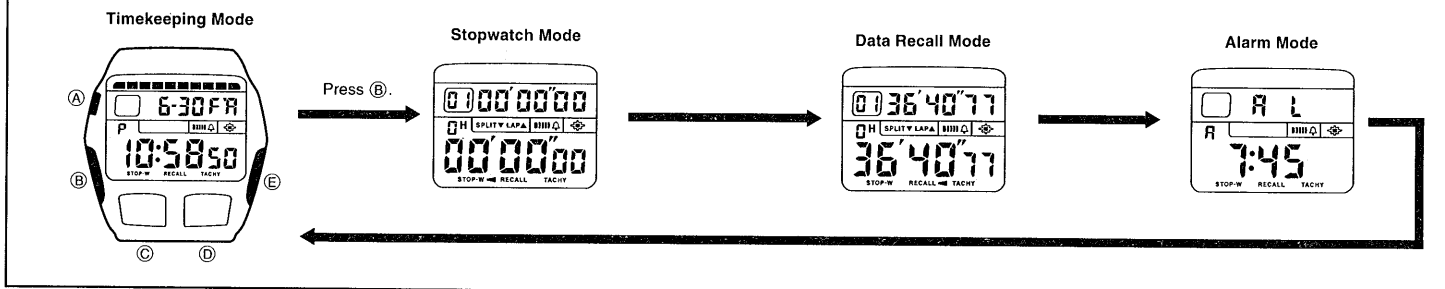


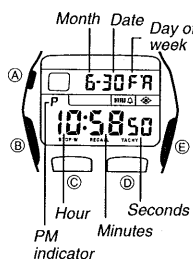
OPERATION CHART:MODULE QW-1264

GENERAL GUIDE

- Press (B) to change from mode to mode. Each mode is explained in detail on the following pages.
- In any mode, press (E) to illuminate the display for about two seconds. The watch can be set so that the backlight flashes whenever an alarm sounds.



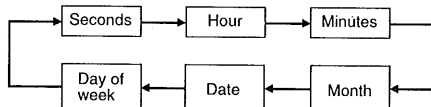
TIMEKEEPING MODE



- In the Timekeeping Mode, press (D) to switch between the 12-hour and 24-hour formats.
- This watch is equipped with a backlight that can be set to flash whenever an alarm sounds. For details, see "About the backlight".

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 (B) 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 (C) to decrease it. While the day of the week is selected, pressing (D) advances to the next day and (C) 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.
- 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.
 - The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.

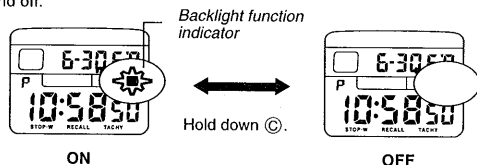
About the backlight

When you switch the backlight function on, the backlight of the watch flashes whenever an alarm is sounding.

- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.

To switch the backlight function on and off

In the Timekeeping Mode, hold down (C) for one or two seconds to switch the backlight function on and off.

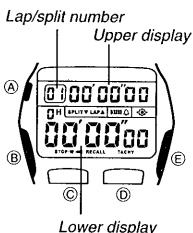


- The backlight function indicator remains on the display in all modes.
- Pressing (E) at any time illuminates the display for about two seconds, regardless of the backlight's on/off setting.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, lap times, and split times. Time is measured with 1/100 of a second accuracy. You can also store up to 10 lap and split times in memory.

A Target Lap Time function makes it easy for you to maintain a specific pace when running a race. See "About the Target Lap Time Function" for details.



- The lap time appears in the upper part of the display. You can use this function to time how long it takes to complete a specific portion (such as a single lap) of a race.
- The split time appears in the lower part of the display. You can use this function to time how long it takes to get from the start to a specific point in a race.

To measure elapsed time

1. Press (C) to start the stopwatch.
2. Press (C) to stop the stopwatch.
- You can resume the measurement operation by pressing (C) again.
3. Press (D) to clear the stopwatch to all zeros.

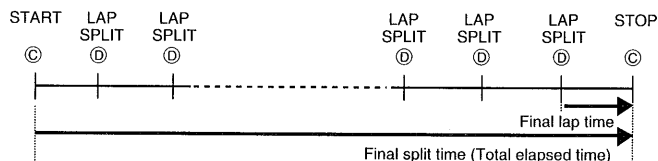
To record lap and split times

1. Press (C) to start the stopwatch.
2. Press (D) to display the timing up to that point. Stopwatch timing continues internally.
- When you press (D), the lap and split times remain on the display for about seven seconds. Then the display automatically changes back to the stopwatch (elapsed time) display.
3. You can repeat step 2 as many times as you want.
4. Press (C) to stop the time measurement.
5. Press (D) to clear the stopwatch to all zeros.

About the memory function

Whenever you perform a lap/split time operation, the measured times are automatically stored into memory along with the lap/split number. You can store up to 10 lap/split times in memory.

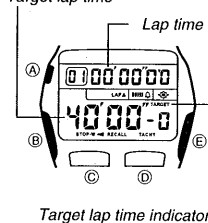
If you perform more than 10 lap/split time operations, the memory will contain the times for the first 9 laps/splits (as lap/split numbers 1 through 9), and the final lap and split time (as lap/split 10).



Data in the lap/split memory is cleared whenever you start a new stopwatch timing operation. For details on recalling data in the lap/split memory, see "DATA RECALL MODE".

About the Target Lap Time Function

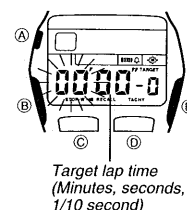
Target lap time



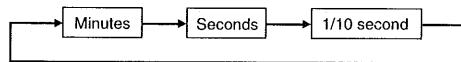
Set a target lap time, and the remaining time until the target is reached counts down on the lower display in the Stopwatch Mode. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

- Pressing (D) to perform a lap/split operation while stopwatch timing is in progress resets the target lap time on the lower display to its starting value.
- To activate the Target Lap Time function, simply set a target lap time. The function is automatically deactivated whenever the target time is set to 00'00"-0.
- Whenever the target time countdown reaches zero, it starts counting up to indicate how much time has elapsed since the target time was reached. This continues until you press (D) to perform a lap/split operation.
- Though the lower display shows the target time countdown when you are using the Target Lap Time Function, the watch internally keeps track of split times (which normally appear in the lower display) and stores them in memory whenever you press (D).

To set the Target Lap Time



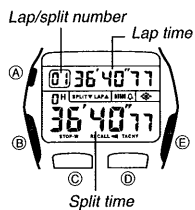
1. While the display (lap/split) is showing all zeros (00'00"00) in the Stopwatch Mode, press (A), and the minute digits of the target lap time start to flash. The minute digits flash because they are selected.
2. Press (B) to change the selection in the following sequence.



3. While any digits are selected (flashing), press (D) to increase the number or (C) to decrease it. Holding down either button changes the current selection at high speed.
- The maximum target time setting is 59 minutes, 59.9 seconds.
- Press (D) and (C) at the same time to reset the target time to 00'00"-0.
4. After you set the target lap time, press (A) to return to the Stopwatch Mode.
- The Target Lap Time Indicator (TARGET) appears on the display in the Stopwatch Mode whenever a target lap time is preset.

DATA RECALL MODE

Use the Data Recall Mode to recall times stored in memory, to set a distance value, and to display your calculated speed based on the distance.



To recall data from memory

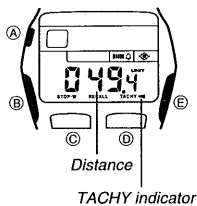
1. Enter the Data Recall Mode and the data for lap/split number 1 appears on the display.
2. Press (D) to scroll through the other times stored in memory.
 - The data scrolls in sequence from 1 through 10.
 - Any lap/split for which there is no data shows 0'00"00 for the time.
3. If you enter the Data Recall Mode while a stopwatch operation is in progress, the time for the current lap/split is shown as 0'00"00.

About the distance setting

Once you set a distance, the watch calculates the speed that a lap was run, based on the lap time stored in memory. You can set only one distance which is used for all the laps. Note that the following explanation applies to both kilometers and miles, and no adjustment is necessary to switch between the two distance units.

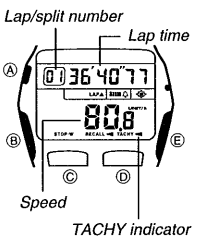
- The maximum distance is 999.9 (kilometers or miles).

To set the distance



1. In the Data Recall Mode, press (A) to change to the distance input display.
2. Each time you press (D), the distance increases in increments of 0.1, while pressing (C) decreases it. Holding down either button changes the distance at high speed.
 - All lap times already stored in memory use the distance you input, and speeds are displayed for each.
 - Press (D) and (C) at the same time to clear the distance to 000.0.
 - After you set the distance, press (A) to return to the Data Recall Mode.
 - If you do not press any button for a few minutes, the display returns to the Data Recall Mode automatically.

To display the speed



1. Set the distance in the Data Recall Mode.
2. Perform lap/split measurements in the Stopwatch Mode.
3. Enter the Data Recall Mode.
4. Press (C) to display the speed in the lower display.
 - This speed is the average lap speed calculated based on the distance you set and the lap time in the upper display.
 - The maximum speed is 999.9 (kilometers or miles per hour).
 - Each time you press (C) the lower display switches between the average lap speed and the split time.
5. Press (E) to scroll through the speeds for other times stored in memory.
 - The data scrolls in sequence from 1 through 10.

About speed calculation errors

Whenever the distance is preset to zero, the speeds also become zero. The following conditions cause errors in internal calculations of speed. In such cases, "----" will be shown on the display in place of numeric data.

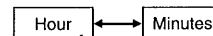
- When the measured lap time exceeds 60 minutes.
- When the result of a speed is greater than 999.9 kph (or mph).
- When no times are stored in memory (while the first lap is being timed).

ALARM MODE

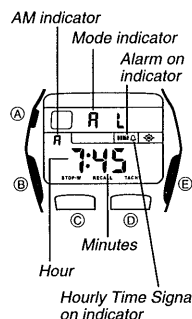
When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

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 alarm is automatically switched on.
 - This operation will switch the Daily Alarm on automatically.
2. Press (B) to change the selection in the following sequence.



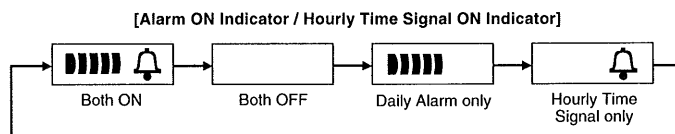
3. Press (D) to increase the selected hour or minutes digits or (C) to decrease them. Holding down either button changes the selection at high speed.



- The format (12-hour or 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 (A) 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 on and off

Press (D) 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.