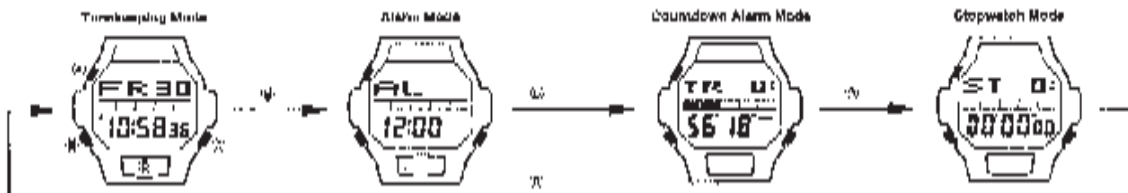


OPERATION CHART:MODULE QW-1431/1433

GENERAL GUIDE

- Press **2** to change LCD Mode to Mode.
- Press **2** in any mode (except when a time setting operation is performed) to luminize the display.
- In the digital display of your watch is continually changing, press any button to stop it.



TIMEKEEPING MODE

To set the time and date

1. Press **2** while in the Timekeeping Mode. The seconds digit flash or the display because they are selected.
2. Press **2** to change the selector in the following sequence.
 - Seconds
 - Hour
 - Minute
 - 12/24-hour format
 - Month
 - Year
3. While the seconds digit are selected (flashing), press **2** to raise the seconds to 60. If you press **2** 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 20 to 29, the minutes are increased.

4. If the day of the week (Day of week) is not selected (flashing), press **2** to select the month. Holding down **2** will change the number of days in the month.

5. If the Day of the Week is selected, press **2** to select the Day of the Week. After you set the time and date, press **2** to return to the Timekeeping Mode.

- The day of the week is auto updated each accordance with the date.
- The date can be set within the range of January 1, 1990 to December 31, 2000.
- 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 backlight

When you push the backlight function on, the backlight of the watch luminizes whenever a crown manipulation (press or touch) has happened by touching the crown. Holding down **2** in any mode illuminates the display for about three minutes.

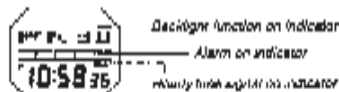
Notes

The display goes off by itself when when any time setting operation is performed (locking but when you clear by touching on the display).

- The backlight of this watch operates on glowing phosphorus (EL) light, which keeps the illuminating power after very long term use.
- Prolonged use of the backlight shortens the battery life.
- The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates when the EL panel lights up. It does not hinder the functions of the watch.

To switch the backlight function on and off

In the Timekeeping Mode, hold down **2** for two or three seconds to switch the backlight function on and off. When you switch the backlight function on, an indicator appears on the display as shown.



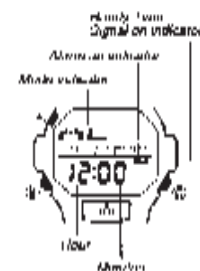
- The backlight function indicator time, any on the display as all modes, until you push the backlight function off.
- The crown operation operates operation of the backlight function only. It does not affect operation of other time and date.

ALARM MODE

When the alarm is on, the alarm sounds for 20 seconds at the preset time. When the hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time

1. Press **2** while in the Alarm Mode and the time digit flash or blink on the display. The time digit first luminizes (they are selected).
- All the time of the alarm is auto corrected (set).
2. Press **2** to change the selector in the following sequence.
 - Hour
 - Minute



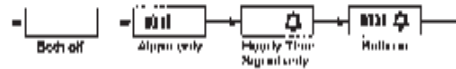
3. Press **2** to increase the selected digit. Holding down **2** changes the number of high speed.
- The format (12-hour and 24-hour) of the alarm time setting, the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, when you finish the time setting as morning or afternoon.
4. After you set the alarm time, press **2** to return to the Alarm 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 Alarm Mode automatically.

To stop the alarm

Press any button to stop the alarm with a signal to sound.

To switch an Alarm and Hourly Time Signal on and off

Press **2** while in the Alarm Mode to change the status of the Alarm and Hourly Time Signal in the following sequence.



To test the alarm

Hold down **2** while in the Alarm Mode to sound the alarm.

COUNTDOWN ALARM MODE

The countdown timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sound for 10 seconds or until you press any button.

To set the countdown time

1. Press **2** while in the Countdown Alarm Mode. The hours digit flashes on the display because it is selected.
2. Press **2** to change the selector in the following sequence.
 - Hours
 - Minute
 - Seconds
 - Auto repeat (Time signal)

3. Press **2** to increase the selected number. Holding down **2** changes the number of high speed.

4. To set the starting value of the countdown time to 24 hours, set to 0:00:00.

5. While the auto repeat timing is selected, press **2** to select auto repeat or stop all.

6. After you set the countdown time, press **2** to return to the Countdown Alarm 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 Countdown Alarm Mode automatically.

To use the countdown timer

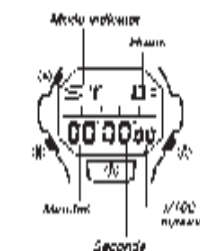
1. Press **2** while in the Countdown Alarm Mode to select the countdown timer.
2. Press **2** again to stop the countdown time.
3. You can quickly you set the time questions by pressing **2**.
4. When the time and days (press **2**) and the countdown time is set to read the starting value for 10 seconds or more, you stop the alarm by pressing any button. Countdown timing stops, but the countdown time is automatically reset to the starting value with the auto repeat.
5. When the end of the countdown is reached with a sound, the alarm sounds, the vibrating system (time by type) and automatically counting starts again continuously whenever the countdown reaches zero.

STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, with 1/100 second resolution. The range of the stopwatch is 25 hours, 59 minutes, 59.99 seconds.

To measure elapsed time

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



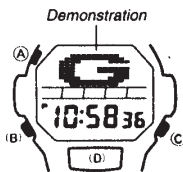
To record split times

1. Press **(C)** to start the stopwatch.
2. Press **(A)** to display the timing up to that point. Stopwatch timing continues internally.
3. Press **(A)** to clear the split time and to continue time measurement on the display.
 - You can repeat steps 2 and 3 as many times as you want.
4. Press **(C)** to stop the time measurement.
5. Press **(A)** to clear the stopwatch to all zeros.

To time first and second place finishes

1. Press **(C)** to start the stopwatch.
2. Press **(A)** when the first finisher crosses the line, and record the time.
3. Press **(C)** when the second finisher crosses the line.
4. Press **(A)** to display the finishing time of the second finisher.
5. Press **(A)** again to clear the stopwatch to all zeros.

AUTO DISPLAY FUNCTION



The upper part of the display continually repeats a short demonstration if you hold down **(B)** for a few seconds in any mode. The demonstration is also performed when you illuminate the display by pressing **(D)**. Press any button to stop the demonstration.

Notes

- The Auto Display function cannot be performed while you are making settings (i.e. while digits or other settings are flashing on the display).
- Frequent use of the Auto Display function shortens the battery life.