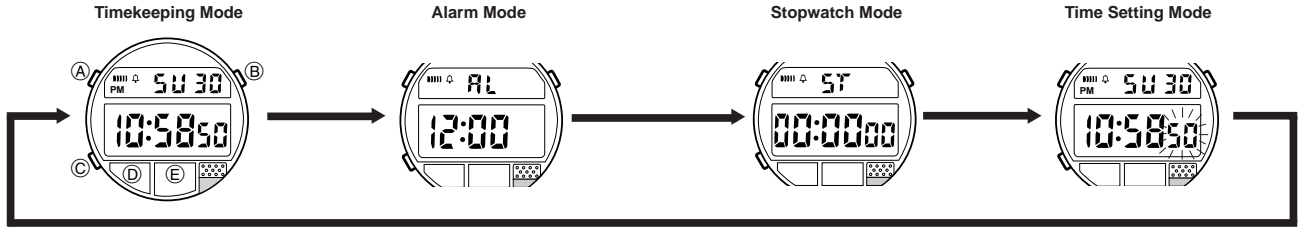


## GENERAL GUIDE

- Press (C) to change from mode to mode. After you perform an operation in any mode, pressing (C) returns to the Timekeeping Mode.
- Hold down (A) in any mode to illuminate the display.



- In addition to the modes illustrated below, this watch is also equipped with voice memory feature that lets you record sounds. See "Voice Memory Functions" for details.

## VOICE MEMORY FUNCTIONS



This watch lets you record and playback your voice or other sounds. You can also clear recordings when you no longer need them.

- You can record, playback, and clear voice memory contents in any mode.
- The watch also has a built in speaker.

### Important!

- Voice memory can hold a total of up to 30 seconds of recorded sound.

- We strongly recommend that you always clear current voice memory contents before recording something new.
- After making a recording, try playing it back to make sure it is what you want.
- If playback produces a sound that is broken or unclear, try changing the distance between the source of the sound and the microphone. Good results can normally be obtained by speaking clearly in a normal voice with about 5cm (2 inches) between your mouth and the microphone.

### To record a sound

- In any mode, hold down (D) to record. Release (D) to stop recording.
- If voice memory is already full, pressing (D) plays back voice memory contents.
- It takes a moment for the record operation to stop after you release (D).
- The record operation stops automatically if voice memory becomes full.

### To play back voice memory contents

- Pressing (E) in any mode plays back voice memory contents.
- Press (E) again to stop playback.

### To clear voice memory contents

- In any mode, press (D) and (E) at the same time.
- The voice memory clear operation takes for about four seconds. You cannot perform a record operation during this time.

### Multiple Recordings

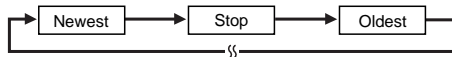
As mentioned above, we strongly recommend that you clear voice memory contents before recording something new. You can, however, have more than one recording in voice memory, though it is a bit difficult to manage multiple recordings.

### To store multiple recordings

Perform the operation under "To record a sound" without clearing voice memory first. Your new recording is appended to the end of current voice memory contents. Though total capacity is 30 seconds, some memory is used for partitioning, so you may get somewhat less than 30 seconds of total recording time with multiple recordings.

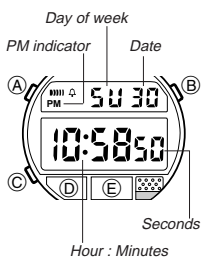
### To play back multiple recordings

Pressing (E) plays back the newest recording. Voice memory contents are played back in the following sequence.



- If there are more than one recordings stored in voice memory, each press of (E) jumps to the next recording in the above loop. If pressing (E) jumps from the newest recording to "Stop", playback stops.
- Pressing (E) after you reach "Stop" restarts playback from the oldest recording in voice memory.

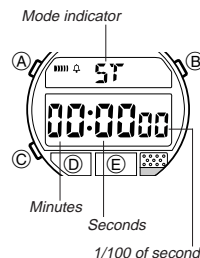
## TIMEKEEPING MODE



The current time and date is shown on the display in the Timekeeping Mode. See "Time Setting Mode" for information on how to set the time and date.

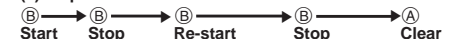
- In the Timekeeping Mode, press (B) to switch between the 12-hour and 24-hour format. When the 12-hour format is selected, the indicator PM appears on the display to indicate "p.m." times. There is no indicator for "a.m." Selecting the 24-hour format causes the indicator 24 to appear on the display.
- Day of the week is displayed as follows.  
 SU : Sunday    M : Monday    TU : Tuesday  
 W : Wednesday    TH : Thursday    F : Friday  
 SA : Saturday

## STOPWATCH MODE

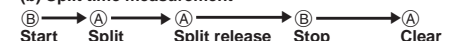


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

### (a) Elapsed time measurement



### (b) Split time measurement



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

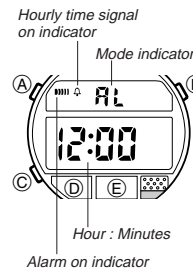


## About the backlight

In any mode, hold down (A) to illuminate the display.

- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- 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 indicate malfunction of the watch.

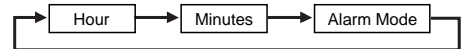
## ALARM MODE



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

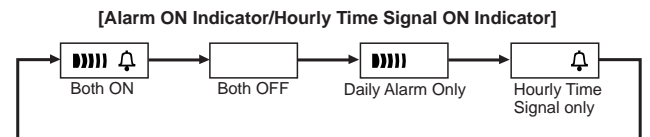
1. Press (A) while in the Alarm Mode. The hour digits flash on the display because they are selected.
- At this time, the alarm is automatically turned on.
2. Press (A) to change the selection in the following sequence.



- Once you reach the Alarm Mode (no digits flashing on the display), you have to press (A) again to make the hour digits flash.
- 3. Press (B) to increase the selected digits. Holding down (B) increases 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 (no indicator) or afternoon (PM).
- 4. After you set the alarm time, press (A) to select the Alarm Mode.

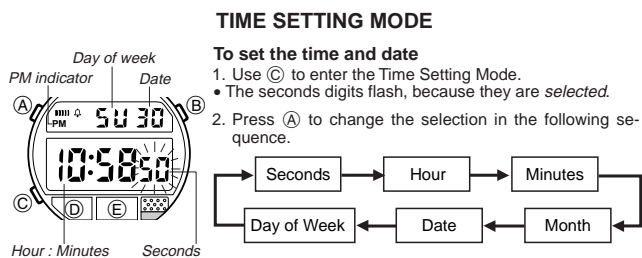
### To switch the Daily Alarm and Hourly Time Signal on and off

Press (B) 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 (B) while in the Alarm Mode to sound the alarm.



3. While the seconds digits are selected (flashing), press (B) to reset the seconds to 00. If you press (B) 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 (B) to increase the number. While the day of the week is selected, pressing (B) advances to the next day. Holding down (B) changes the current selection at high speed.
5. After you set the time and date, press (C) 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.

**Important!**  
 Keep the watch about 5cm (2 inches) from your mouth when recording!

