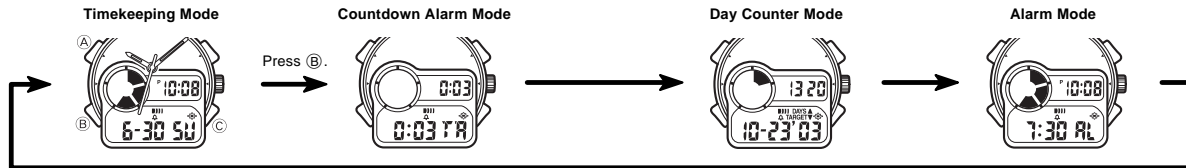


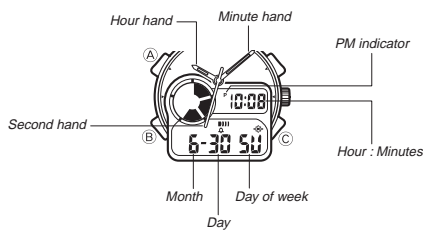
GENERAL GUIDE

- Press (B) to change from mode to mode.
- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch automatically exits the setting screen.

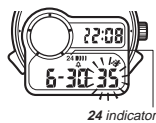


TIMEKEEPING MODE

- Pressing (C) in the Timekeeping Mode illuminates the display for about two seconds. The backlight is disabled while a setting screen is on the display.
- When using 12-hour timekeeping, a P appears on the display for "pm" times (noon to 11:59 pm). An "am" time (midnight to 11:59 am) is indicated when there is no P indicator on the display. 24-hour timekeeping is being used when the 24 indicator is on the display.

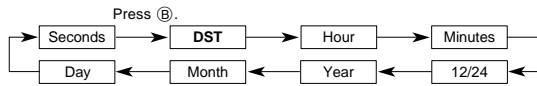


To set the time and date

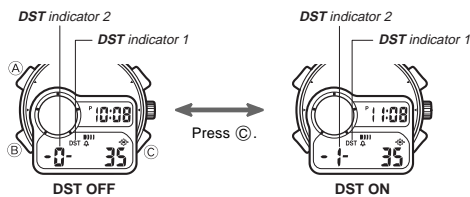


1. While in the Timekeeping Mode, hold down (A) until the seconds digits appear and flash on the display. This indicates the setting screen.

2. Press (B) to move the flashing in the sequence shown below.



3. While the seconds setting is selected (flashing), press (C) to reset it to 00.
- If you press (C) while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the DST* (Daylight Saving Time) setting is selected, press (C) to toggle it on and off.



- * Daylight Saving Time (DST), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.
- DST indicator 1 flashes while the DST setting is selected. It also appears in the Timekeeping Mode and Alarm Mode to indicate that DST is turned on. DST indicator 1 does not appear in the Timekeeping Mode when DST is turned off.
- DST indicator 2 appears (flashing) only while the DST setting is selected on the setting screen. 0 indicates that DST is turned off, while 1 indicates that DST is turned on.
- While the 12/24 setting is selected, press (C) to toggle it between 12-hour and 24-hour timekeeping.
- 4. While any other digits are selected (flashing), press (C) to increase the selected digits. Holding down changes them at high speed.
- 5. After you make the settings you want, press (A) to exit the setting screen.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 2000 to December 31, 2039.
- When setting the year, you need to specify only the rightmost two digits. To specify the year 2001, for example, set 01.

To set the hands

When the analog setting does not match the time shown on the display, use the following procedure to correct the analog setting.

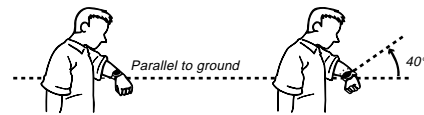
1. When the second hand reaches the 12 o'clock position (00 seconds), pull out the crown to stop the second hand.
2. Hold down (A) until the seconds digits appear and flash on the display.
3. Rotate the crown to set the hour and minutes.
4. When the seconds count on the digital display reaches 00, press in the crown to restart the second hand.
5. Press (A) to exit the setting screen.

ABOUT THE BACKLIGHT

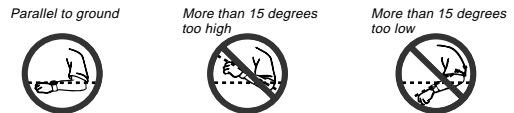
About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for two seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.



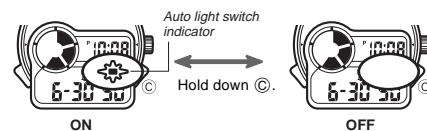
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.



- Static electricity or magnetic force can interfere with proper operation of the auto light switch function. If the backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions the backlight may not light until about one second or less after turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto light switch function on and off

In the Timekeeping Mode (except when making any settings), hold down (C) for two seconds to turn the auto light switch function on and off.



- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately five hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing (C) in the Timekeeping Mode (except when making any settings) illuminates the display, regardless of the auto light switch's on/off setting.

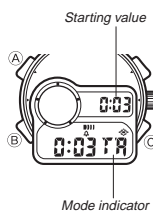
Caution

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

Warning!

- Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.
- When you are wearing the watch, make sure that its auto light switch function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

COUNTDOWN ALARM MODE

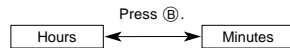


The countdown timer can be set within a range of 1 minute to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown time

Note that you cannot change the countdown time setting while a countdown is being performed. First press (A) to stop the countdown and then press (C) to return the countdown time to its starting value.

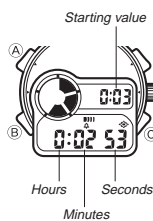
1. Hold down (A) while in the Countdown Alarm Mode until the hours digit flashes on the display. The hours digit flashes because it is *selected*.
2. Press (B) to change the selection in the following sequence.



3. Press (C) to increase the selected number. Holding down (C) changes the number at high speed.
- To set the starting value of the countdown time to 24 hours, set "0:00".
4. After you set the countdown time, press (A) to exit the setting screen.

To use the countdown timer

1. Press (A) while in the Countdown Alarm Mode to start the countdown time.
 - To stop a countdown operation, press (A). Pressing (A) again resumes the countdown.
 - To restart the countdown, stop it and then press (C) to reset to the starting value.
2. When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops, and the countdown time is automatically reset to its starting value after the alarm stops.



DAY COUNTER MODE

There are five day counters, each identified by a counter number. Whenever the date specified by a day counter matches the date of the Timekeeping Mode (regardless of the day counter's year setting), the day counter's number flashes on the Timekeeping Mode and Day Counter Mode screens.

The initial default date for all Day Counters is 2001/1/1.

When setting the year, you need to specify only the rightmost two digits. To specify the year 1970, for example, set 70. To specify the year 2015, set 15.

You can set the year, month, and day for a day counter, or a month and day only.

Setting a Year, Month, and Day

Setting a year, month, and day displays the number of days from the preset date to the Timekeeping Mode date. There is no indication of whether the preset date is before or after the Timekeeping Mode date.

- You can use this type of setting to keep track of the number of days since you were born or the number of days you have been married, or to count down the number of days until graduation, etc.

Setting a Month and Day Only

With this type of setting, you specify "--" for the year. The "--" setting is located between the years 39 (2039) and 40 (1940).

Setting a month and a day without a year displays the number of days left until that month and day.

- You can use this type of setting to count down the number of days until your next birthday, etc.

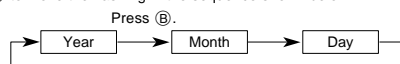
Recalling Day Counter Data

In the Day Counter Mode, press (C) to scroll through the day counters.

To set the target date

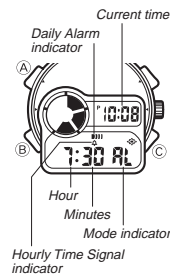
1. In the Day Counter Mode, press (C) to display the number of the counter you want to set.
2. Hold down (A) until the year digits start to flash on the display. This indicates the input screen.

3. Press (B) to move the flashing in the sequence shown below.



4. Press (C) to increase the selected digits. Holding down (C) changes the digits at high speed.
 - Holding down (B) sets today as the target date. You can then make any changes in the date you want.
5. After you make the settings you want, press (A) to exit the input screen.
 - The date can be set within the range of January 1, 1940 to December 31, 2039.

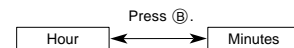
ALARM MODE



When a Daily Alarm is turned on, the alarm sounds for about 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 turned 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, indicating the setting screen. The alarm is automatically turned on at this time.
2. Press (B) to change the selection in the sequence shown below.



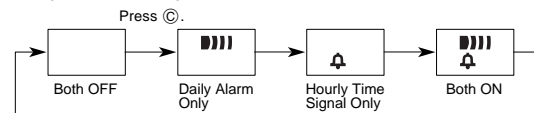
3. Press (C) to increase the selected digits. Holding down (C) changes the digits at high speed.
4. After you make the settings you want, press (A) to exit the input screen.
 - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as "am" or "pm."

To stop the alarm

- Press any button to stop the alarm after it starts to sound.

To turn a daily Alarm and the Hourly Time Signal on and off

Press (C) 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) in any mode (except when a setting screen is on the display) to sound the alarm. Note that this operation also changes the mode.