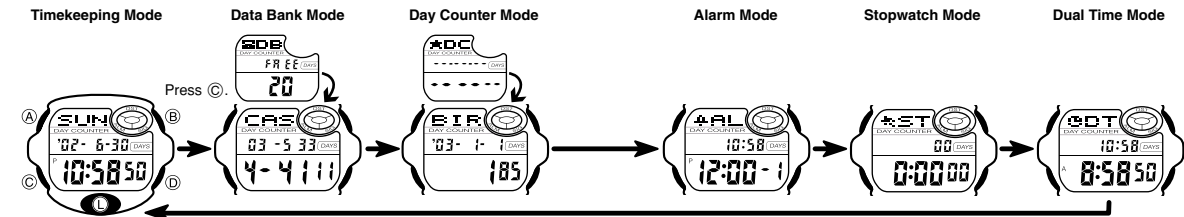


## General Guide

- Press **C** to change from mode to mode.
- Pressing **L** in any mode illuminates the display for about three seconds.



- 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.
- If you do not perform any operation for a few minutes in the Data Bank Mode or Day Counter Mode, the watch automatically reverts to the normal timekeeping screen.

## Timekeeping Mode

- Press **D** to toggle between 12-hour and 24-hour timekeeping.



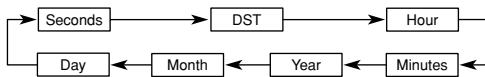
- With 12-hour timekeeping, times between midnight and noon are indicated by **A** (am), while times between noon and midnight are indicated by **P** (pm).
- The **A** and **P** indicators do not appear when you are using 24-hour timekeeping.

### To set the time and date

1. While in the Timekeeping Mode, hold down **A** until the seconds digits flash on the display, indicating the setting screen.



2. Press **C** to move the flashing in the sequence shown below.



3. While the seconds setting is selected (flashing), press **D** to reset it to 00. If you press **D** 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\* setting is selected (DST on indicator is flashing), press **D** to toggle it on (ON) and off (OFF). If DST setting is on, the DST on indicator is shown in the Timekeeping Mode, Day Counter Mode and Alarm Mode.
4. While any other setting is selected (flashing), press **D** to increase it or **B** to decrease it. Holding down either button changes the setting 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.
  - The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.

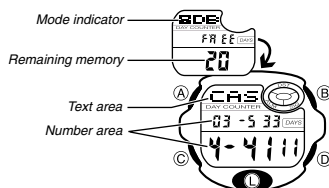
\* Daylight Saving Time (DST), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

## About the Backlight

- Press **L** to illuminate the display for about three seconds.
- 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 does not indicate malfunction of the watch.
  - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
  - The backlight automatically turns off whenever an alarm sounds.

## Data Bank Mode

The Data Bank Mode lets you store up to 25 records, each with a name (up to eight characters) and a phone number (up to 12 digits). Data is automatically stored into alphabetical order based on the name data. You can recall records by scrolling through them on the display.

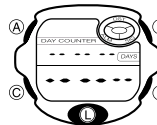


- The record on the display when you exit the Data Bank Mode appears first the next time you enter the Data Bank Mode.

### To input a new Data Bank record

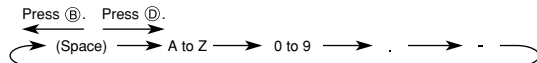
1. In the Data Bank Mode, use **D** or **B** until the new data screen appears.

- If the new data screen does not appear when you press **D** and **B**, it means that memory is full. To store another record, you will first have to delete a record stored in memory.
2. Hold down **A** and a cursor appears on the text area.

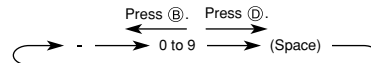


### [ New Data Screen ]

3. Use **D** or **B** to scroll through characters at the current cursor position. Characters scroll in the sequence shown below.



- Holding down either button scrolls at high speed.
4. When the character you want is at the current cursor position, press **C** to move the cursor to the right.
  5. Repeat the steps 3 and 4 to input the rest of the characters.
    - You can input up to eight characters for the name, though only three characters are visible at a time. If the name you input has fewer than eight characters, use **C** to move the cursor to the eighth space (which means you would press **C** three times after inputting a five-character name).
    - Holding down **C** to move the cursor at high speed.
  6. After you input the name, use **C** to move the cursor to the number area. Pressing **C** while the cursor is located at the eighth character of the text area advances to the number area. Pressing **C** while the cursor is located at the 12th digit of the number area returns to the text area.
  7. Use **D** or **B** to scroll through characters (hyphen, numbers, space) at the current cursor position on the number area. Characters scroll in the sequence shown below.



- Holding down either button scrolls characters at high speed.
  - You can input up to 12 digits for the number.
8. After inputting the name and number of the record, press **A** to store it and exit the setting screen.
    - The display can show only three name characters at a time. Longer names scrolls continuously from right to left. The symbol "⏪" indicates that the character to the left is the last, and the character to the right is the first.

### To recall Data Bank data

- In the Data Bank Mode, press **D** to scroll forward through the stored data items or **B** to scroll in reverse.
- Holding down either button scrolls at high speed.

### To edit Data Bank data items

1. In the Data Bank Mode, use **D** or **B** to display the data you want to edit.
2. Hold down **A** until the cursor appears in the display.
3. Use **C** to move the cursor to the character you want to change.
  - Holding down **C** to move the cursor at high speed.
4. Use **D** or **B** to change the character.
  - Holding down either button scrolls characters at high speed.
  - See step 3 of "To input a new Data Bank record" for information on inputting name characters, and step 7 for inputting number characters.
5. After making the changes that you want, press **A** to store them and exit the setting screen.

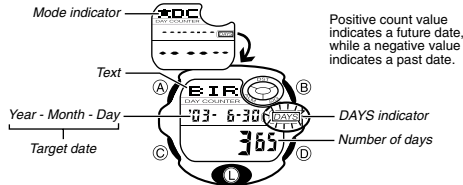
### To delete a Data Bank record

1. In the Data Bank Mode, use **D** or **B** to display the record you want to delete.
2. Hold down **A** until the cursor appears in the display.
3. Press **D** and **B** at the same time. The message "CLR" appears in the display, indicating that the record was deleted.
  - After the record is deleted, the cursor appears in the text area, ready for input.
4. Input a new record or press **A** to exit the setting screen.

## Day Counter Mode

The Day Counter Mode lets you count the number of days from the Timekeeping Mode's current date to a specific target date. This watch has five Day Counter records, each of which can be assigned up to 8 characters of text and a target date. Whenever the date specified by a day counter matches the date of the Timekeeping Mode (regardless of the day counter's year setting), the DAYS indicator flashes on the Timekeeping Mode and Dual Time Mode screen. In the Day Counter Mode, the DAYS indicator flashes on the screen of the particular day counter whose date matches the date of the Timekeeping Mode.

- The initial default date for all Day Counters is January 1, 2001.



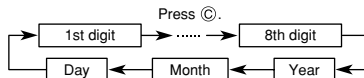
- The day counter on the display when you exit the Day Counter Mode appears first the next time you enter the Day Counter Mode.

### Recalling Day Counter Data

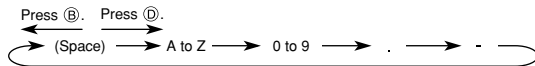
In the Day Counter Mode, use (D) and (B) to scroll through the day counters.

### To set the target date

- In the Day Counter Mode, use (D) or (B) to display the day counter you want to set.
- Hold down (A) until the flashing cursor appears in the text area. This indicates the input screen.
- Press (C) to move the flashing in the sequence shown below.
  - Holding down (C) to move the cursor at high speed.

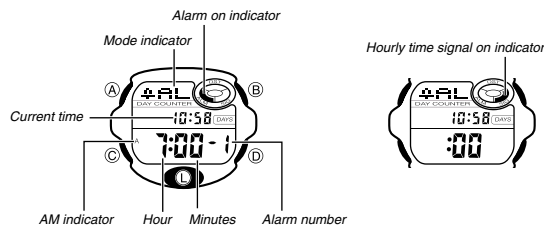


- While the cursor is in the text area, use (D) or (B) to scroll through characters at the current cursor position. Characters scroll in the sequence shown below. Holding down either button scrolls at high speed.



- While the cursor is in the date area, press (D) to increase the number or (B) to decrease it. Holding down either button changes at high speed.
  - To clear a Day Counter record, press (D) and (B) at the same time while the cursor is in either the text area or number area. The message "CLR" appears on the display, the characters in the text area are deleted, and today's date is set as the target date. After the clear operation is complete, you can create a new record by changing the date setting.
- 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



You can set up to five alarms. When a Daily Alarm is turned on, the alarm sounds for 20 seconds each day when the current Timekeeping Mode time matches the alarm time setting. Note that the alarm setting has no relation to the Dual Time Mode time. 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.

- The alarm on the display when you exit the Alarm Mode appears first the next time you enter the Alarm Mode.

### To set the alarm time

- In the Alarm Mode, use (D) to display the number of the alarm you want to set.



- Hold down (A) until the hour digits start to flash on the display, indicating the setting screen.
  - At this time, the alarm is turned on automatically.
- Press (C) to move the flashing in the sequence shown below.



- Press (D) to increase the selected digits and (B) to decrease them. Holding down either button changes the setting at high speed.
- After you set the alarm time, press (A) to exit the setting screen.
  - The format (12-hour and 24-hour) of the alarm time matches the format you select in the Timekeeping Mode.
  - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.

### To stop the alarm

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

### To switch a daily Alarm or the Hourly Time Signal on and off

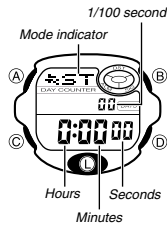
- In the Alarm Mode, press (D) to select an alarm or the Hourly Time Signal.
- When the alarm or Hourly Time Signal you want to is selected, press (B) to switch it on and off.
  - If any alarm is on, the Alarm on indicator is shown on the display when you change to another mode.
  - If the Hourly Time Signal is on, the Hourly Time Signal on indicator is shown in any mode.

### To test the alarm

In the Alarm Mode, hold down (B) to sound the alarm.

- Holding down (B) to test the alarm also changes the Daily Alarm or Hourly Time Signal on/off settings.

## Stopwatch Mode

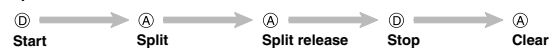


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. You can use the EL backlight by pressing (L) at any time while the stopwatch is operating.

### Elapsed time measurement



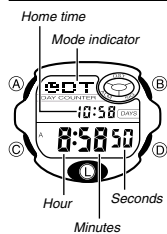
### Split Time measurement



### Split time and 1st-2nd place times



## Dual Time Mode



The Dual Time Mode lets you keep track of the time in another time zone.

### To set the dual time

Press (D) to increase the time by 30 minutes or (B) to decrease by 30 minutes.

- Holding down either button changes at high speed.
- Press (A) to set current time as the dual time. You can then make any changes you want.
- The format (12-hour and 24-hour) of the Dual Time matches the format you select in the Timekeeping Mode.
- Changing the Timekeeping Mode setting causes a corresponding change in the Dual Time Mode time. If you ever need to change the Timekeeping Mode setting (say to set the time back three hours when you move from New York to Los Angeles), you should then make the necessary adjustment to the Dual Time Mode time (setting it back three hours, in this case).