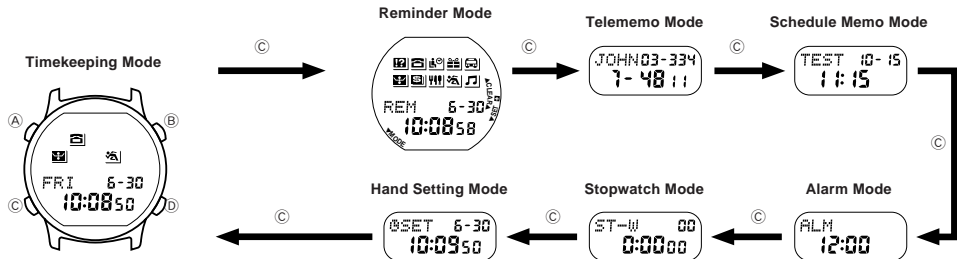


GENERAL GUIDE

- Press (C) to change from mode to mode.
- If the digital display of your watch is continually changing, see "Auto Display function" for information on how to stop it.



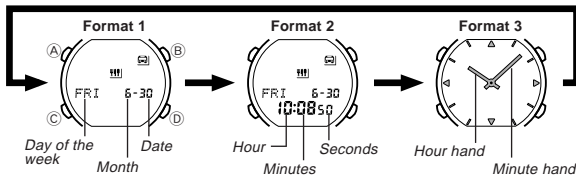
TIMEKEEPING MODE

Note

For the sake of simplicity, the sample displays in this manual do not show the analog hands of the watch.

About the Timekeeping Mode display

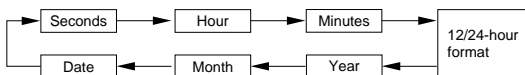
Press (D) to change the display format in the Timekeeping Mode as shown below.



- The following describes the icons that are shown in Format 1 and Format 2 displays.
- All icons that are turned on in the Reminder Mode.
 - All icons that are turned on for appointments registered in the Schedule Memo Mode for the current date. The icon of the next appointment flashes on the display. Icons automatically disappear from the display when the time for the appointment expires.
 - For details on schedules and reminders, see the sections of this manual covering the Reminder Mode and Schedule Memo Mode.

To set the time and date

1. Make sure that the watch is in the Timekeeping Mode. If not, use (C) to enter the Timekeeping Mode.
2. Hold down (A) while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds digits flash because they are selected.
3. Press (C) to change the selection in the following sequence.



4. 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.
5. While any other digits (besides seconds) are selected (flashing), press (D) to increase the number or (B) to decrease it. Holding down either button changes the current number at high speed. While the 12/24-hour setting is selected, press (B) or (D) to switch between two formats.
6. After you set the time and date, press (A) to return to the normal Timekeeping Mode (the flashing stops).

- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- 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 normal Timekeeping Mode automatically.

Day of the week abbreviations

Day of the week is displayed as shown below.

SUN : Sunday MON : Monday TUE : Tuesday
 WED : Wednesday THU : Thursday FRI : Friday
 SAT : Saturday

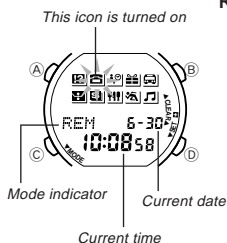
About the Reminder signal

Whenever reminder icons are turned on (see "Reminder Mode" for details), all turned on icons and current time appear on the display for about 20 seconds every hour on the hour, regardless of what display format the watch is in.

REMINDER MODE

Use the Reminder Mode to turn on icons that help you remember things you have to do. Any reminder icon you turn on in the Reminder Mode appears on the Timekeeping Mode's display format 1 and 2 (see "About the Timekeeping Mode display").

- Whenever you enter the Reminder Mode, all of the available icons appear. The icons that are turned on flash.

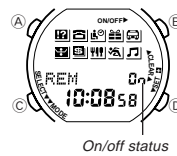


About icons

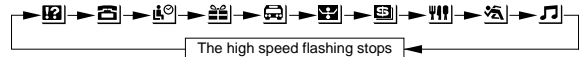
The following table shows the icons used by this watch.

Icon	Meaning	Icon	Meaning
	Don't forget!		Telephone call
	Meeting		Gift/Anniversary
	Travel		Documentation
	Payment/Receipt		Dining
	Sports		Music

To turn an icon on and off



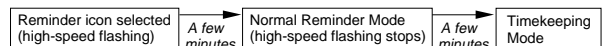
1. Make sure that the watch is in the Reminder Mode. If not, use (C) to enter the Reminder Mode.
2. Press (D) and the icon flashes at high speed on the display because it is currently selected. Also, any icons that are turned on flash, at a somewhat slower speed.
3. Use (D) to select the icon you want. Each press of (D) moves the high-speed flashing (selection) in the following sequence.



- The on/off status of the selected icon is shown on the display as "On" and "OFF".

4. Press (B) to turn an icon on and off.
5. Repeat steps 3 and 4 to turn other icons on and off.
6. Press (C) to exit the Reminder Mode.

- The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Reminder Mode.



To turn all Reminder Mode icons off

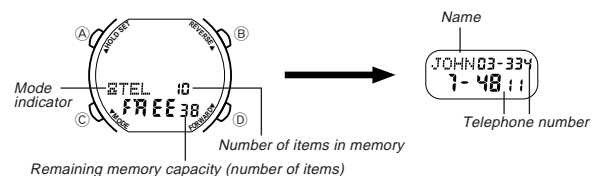
In the Reminder Mode, press (B) and (D) at the same time to turn all Reminder Mode icons off.

TELEMEMO MODE

The Telememo Mode lets you store up to 50* pairs of name and telephone number data. The name can be up to 8 characters long and the numbers 12 digits each. Data is automatically sorted into alphabetical order based on the name data. You can recall data by scrolling through a sorted list.

* The Telememo Mode shares memory with the Schedule Memo Mode. This means that the maximum number of Telememo Mode entries you can store is reduced each time you store data in the Schedule Memo Mode.

To input Telememo data



1. Make sure that the watch is in the Telememo Mode. If not, use (C) to enter the Telememo Mode.
- Whenever you enter the Telememo Mode, the display shows how many items are already stored in memory and how many items you can input before memory becomes full. After a few seconds, the display changes to show the item that was selected when you last exited the Telememo Mode.

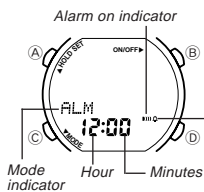
To delete a specific Schedule Memo item

1. In the Schedule Memo Mode, use (B) or (D) to scroll through the data items and display the one you want to delete.
2. Press (A) and the month digits begin to flash because they are selected.
3. Press (B) and (D) at the same time. The watch beeps and the message "CLR" appears on the display, indicating that the item is deleted. At this time, the cursor appear on the display, ready for input.
4. Input data or press (A) to return to the normal Schedule Memo Mode (the flashing stops).

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. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.

To set the alarm time



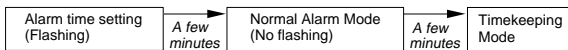
1. Make sure that the watch is in the Alarm Mode. If not, use (C) to enter the Alarm Mode.
2. Hold down (A) while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected. At this time the Daily Alarm is switched on automatically.

3. Press (C) to change the selection in the following sequence.



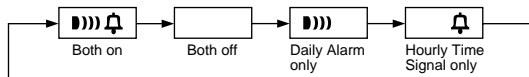
4. Press (D) to increase the selected digits and (B) to decrease them. Holding down either button changes the number at high speed.
 - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (indicated as "F" on the display).
5. After you set the alarm time, press (A) to return to the normal Alarm Mode (the flashing stops).

The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Alarm Mode.



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

Press (B) while in the normal Alarm Mode (when no digit is flashing) to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



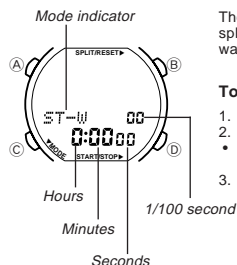
To stop the alarm

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

To test the alarm and select an alarm tone

1. Hold down (D) while in the normal Alarm Mode to sound the alarm.
2. While holding down (D), press (B) to switch between the three available alarm tones. The last alarm tone that is sounding is selected when you release (D).

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.

To measure elapsed time

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

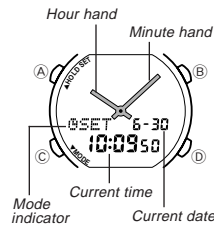
To record split times

1. Press (D) to start the stopwatch.
2. Press (B) to display the timing up to that point. Stopwatch timing continues internally.
 - At this time, the display also changes from "ST-||" to "SFL", indicating that the split time is being recorded.
3. Press (B) 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 (D) to stop the time measurement.
5. Press (B) to clear the stopwatch to all zeros.

To time first and second place finishes

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

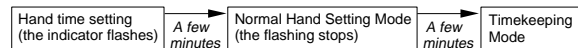
HAND SETTING MODE



When the time shown on the display does not match the analog setting, use this mode to correct this situation by changing the analog setting.

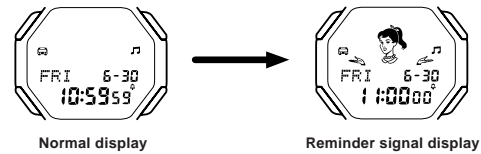
To set the analog time

1. Make sure that the watch is in the Hand Setting Mode. If not, use (C) to enter the Hand Setting Mode.
2. Hold down (A) while in the Hand Setting Mode until the indicator "SET" starts to flash on the display.
3. Press (D) to advance the hands of the analog timepiece.
4. After you set the analog time, press (A) to return to the normal Hand Setting Mode (the flashing stops).
 - The following shows how the display automatically changes if you do not operate any button for a few minutes while in the Hand Setting Mode.



ABOUT THE MODULE 1361 DISPLAY

The following shows how the display of module 1361 changes for about 20 seconds when a Reminder signal sounds.



- The display changes similarly when a Schedule Memo signal sounds, or when a daily alarm sounds in the Timekeeping Mode. When a Schedule Memo signal sounds, time of the nearest scheduled appointment appears, instead of the current time.

AUTO DISPLAY FUNCTION

The Auto Display function of this watch continually changes the contents of the digital display. Note that you cannot use any of the watch's other function while the Auto Display function is operating.



To turn the Auto Display on

Hold down (C) for about three seconds in any mode until the watch beeps.

To turn the Auto Display off

Hold down (C) for about three seconds until the watch beeps. At this time, the watch is in the Timekeeping Mode.

Note

The Auto Display function cannot be performed while you are making settings (i.e. while digits or other settings are flashing on the display).