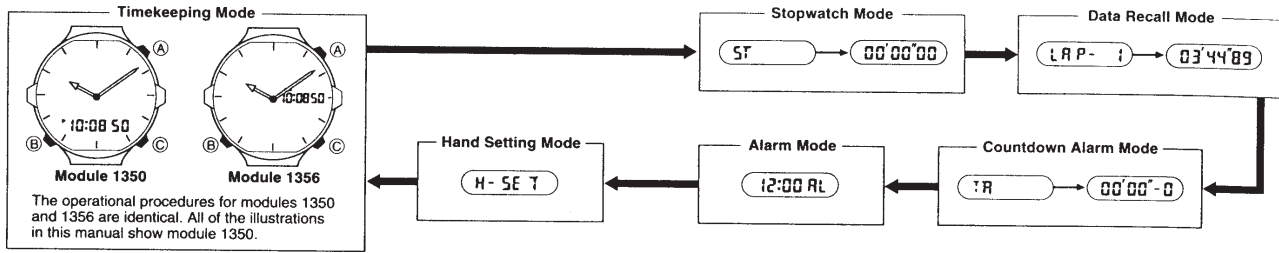


OPERATION CHART:MODULE QW-1350 / 1356

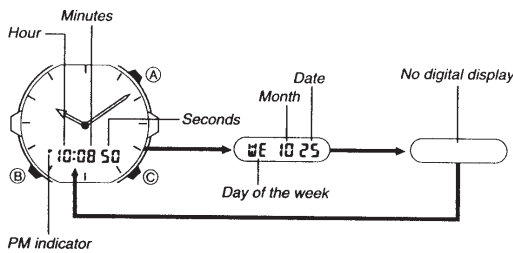
GENERAL GUIDE

- Press (B) to change from mode to mode. Each mode is explained in detail on the following pages.
- If the digital display of your watch is continually changing, see "AUTO DISPLAY FUNCTION" for information on how to stop it.



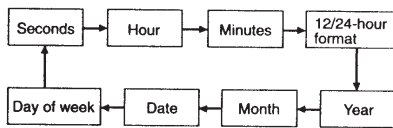
TIMEKEEPING MODE

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



To set the digital time and date

1. 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.
2. Press (B) to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press (C) to reset the seconds to "00". If you press (C) 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 (C) to increase the number. Holding down (C) changes the current selection at high speed. While the 12/24-hour setting is selected, press (C) to switch between the two formats.
 5. After you finish making all the settings, press (A) to return to normal timekeeping (the flashing stops).
- If you do not operate any button for a few minutes while a selection is flashing, the watch goes back to the normal timekeeping automatically.
 - The date can be set within the range of January 1, 1995 to December 31, 2039.

Day of the week abbreviations

Day of the week is displayed as follows.

SU : Sunday MO : Monday TU : Tuesday
 WE : Wednesday TH : Thursday FR : Friday
 SA : Saturday

STOPWATCH MODE

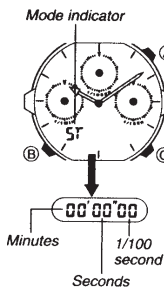
The Stopwatch Mode lets you measure elapsed time and lap times. The range of the stopwatch is 59 minutes, 59.99 seconds.

To measure elapsed time

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

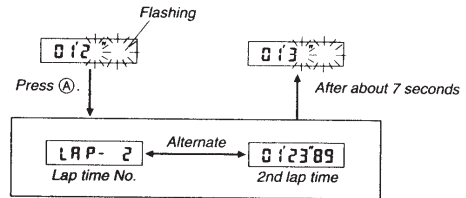
About lap time

The term "lap time" refers to the amount of time that it takes to complete a specific segment of a race (each lap in the case of a track race). In this watch, you can record up to 20 lap times. And lap times are identified as LAP-1, LAP-2, LAP-3, and so on up to LAP-20.



To record lap times

1. Press (C) to start the stopwatch.
 2. Press (A) to display the timing up to that point.
- At this time, the lap time is recorded in memory, and stopwatch timing continues internally. The following illustrates what happens when you press (A) to record a lap time.



- To recall the recorded lap times, use the Data Recall Mode.
- You can record up to 20 lap times in memory. After 20 lap times are stored, the next lap time record operation causes the oldest lap time to be replaced by the newest one.
- 3. Press (C) to stop the time measurement.
- This records the time measured from the last operation of (A) (to record a lap time) up to the operation of (C) (to end the stopwatch operation). The time is stored as the final lap time.
- 4. Press (A) to clear the stopwatch to all zeros.

Important

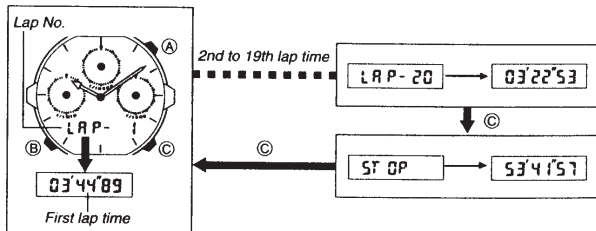
Starting a new stopwatch operation causes all previously recorded lap time data in memory to be deleted.

DATA RECALL MODE

Use this mode to recall the lap times stored by stopwatch operations.

To recall data from memory

1. Use (B) to enter the Data Recall Mode.
- Lap number (LAP-1) appears on the display for about 1 second, and then it is replaced by the first lap time that was recorded in the Stopwatch Mode.
2. Use (C) to scroll forward through memory data in the following sequence.

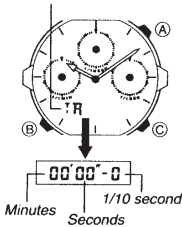


To delete data from memory

In the Data Recall Mode, hold down (A) until the display shows "LAP --".

COUNTDOWN ALARM MODE

Mode indicator



The countdown timer can be set within a range of 1 second to 60 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown time

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

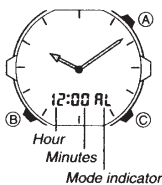


3. Press (C) to increase the selected number. Holding down (C) changes the number at high speed.
- To set the starting value of the countdown time to 60 minutes, set to 00'00".
4. After you set the countdown time, press (A) to return to the normal Countdown Alarm Mode (the flashing stops).
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch automatically goes back to the normal Countdown Alarm Mode.

To use the countdown timer

1. Press (C) while in the Countdown Alarm Mode to start the countdown timer.
2. Press (C) again to stop the countdown timer.
- You can continue countdown timer operation by pressing (C).
3. Stop the timer and then press (A) until the countdown time is reset to its starting value.
- 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.

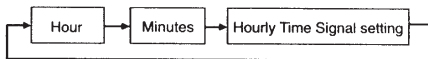
ALARM MODE



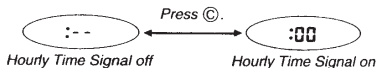
When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.

To set the alarm time

1. 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.
2. Press (B) to change the selection in the following sequence.



3. Press (C) to increase the selected hour or minutes digits. Holding down (C) 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.
4. While the Hourly Time Signal setting is selected, press (C) to switch the signal on and off.



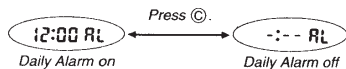
5. After you set the alarm time or Hourly Time Signal, press (A) to return to the normal Alarm Mode.
- If you do not operate any button for a few minutes while the alarm time setting is not finished, the watch automatically goes back to the normal Alarm Mode.

To stop the alarm

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

To switch the Daily Alarm on and off

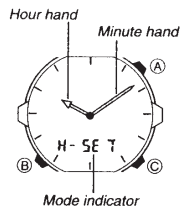
While in the normal Alarm Mode, press (C) to switch the Daily Alarm on and off.



To test the alarm and select an alarm tone

Hold down (C) while in the normal Alarm Mode to sound the alarm. Each time you sound the alarm, it switches between two tones (high and low).

HAND SETTING MODE

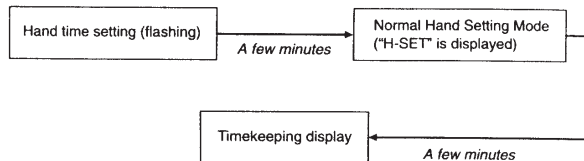


When the time shown on the display does not match the analog setting, use this mode to correct this situation by changing the analog setting.

To set the analog time

1. Hold down (A) while in the Hand Setting Mode until the digits start to flash on the display.
2. Hold down (C) to advance the hands of the analog timepiece.
3. 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 press any button for a few minutes while the digits are flashing.



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 functions while the Auto Display function is operating.

To turn the Auto Display on

Hold down (B) for about three seconds until the watch beeps.

To turn the Auto Display off

Hold down (B) for about three seconds until the watch beeps.

Note

The auto display operation cannot be performed while digit is flashing on the display during time setting.