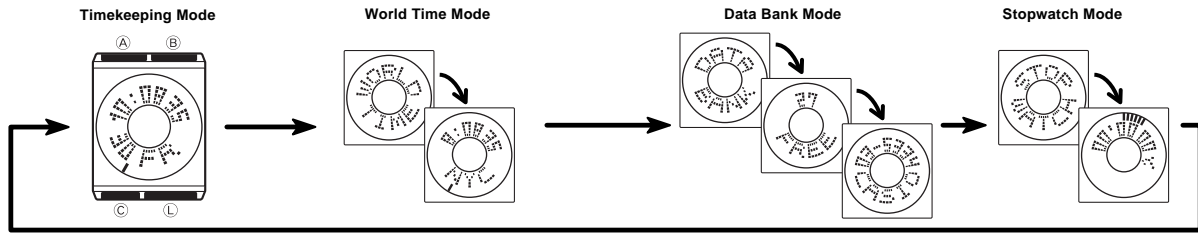


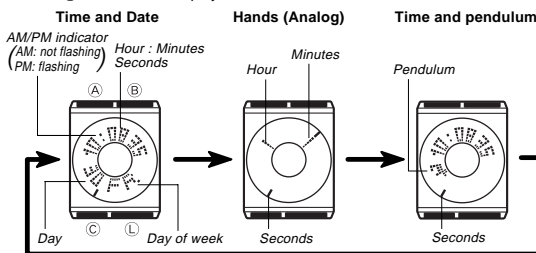
GENERAL GUIDE

- Press **(A)** to change from mode to mode.
- In any mode (except when making settings) press **(L)** to illuminate the display for about 1.5 seconds.



TIMEKEEPING MODE

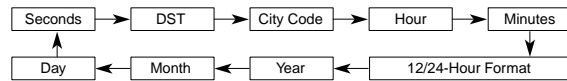
- Press **(A)** to switch the display as shown below.



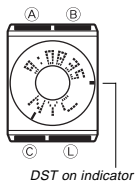
- The display type you select is used until you change it.

To set the time and date

1. While in the Timekeeping Mode, hold down **(A)** until the seconds digits flash on the display.
2. Press **(C)** to change the selection (flashing) in the following sequence.



3. While the seconds setting is selected (flashing), press **(B)** to reset it to 00. If you press **(B)** 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 **(B)** to toggle it on and off.
- While the 12/24-hour format setting is selected, press **(B)** to toggle it between 12 and 24.
- While any other setting (besides seconds) is selected (flashing), press **(B)** to increase it or **(L)** to decrease it.
- Holding down either button changes the setting at high speed.
- 4. After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.

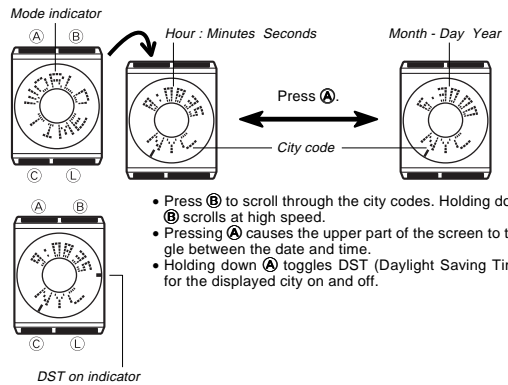
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- If you do not press any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.
- The current time for all other World Time cities are adjusted in accordance with the Timekeeping Mode settings you make.

ABOUT THE BACKLIGHT

- In any mode (except when making any settings), press **(L)** to illuminate the display for about 1.5 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.

WORLD TIME MODE

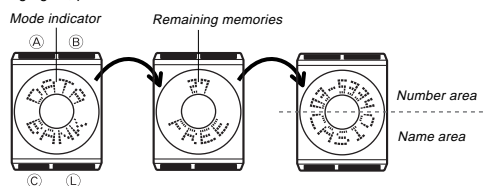
The World Time Mode shows the current time in any one of 27 different cities. See the "CITY CODE TABLE" for information about city codes, time zones, etc. You cannot use the World Time Mode to change the time setting. The time, city, and DST (Daylight Saving Time) on/off settings you make in the Timekeeping Mode are applied to all the World Time cities.



- Press **(B)** to scroll through the city codes. Holding down **(B)** scrolls at high speed.
- Pressing **(A)** causes the upper part of the screen to toggle between the date and time.
- Holding down **(A)** toggles DST (Daylight Saving Time) for the displayed city on and off.

DATA BANK MODE

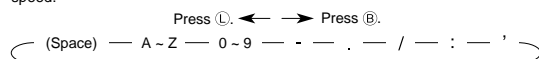
The Data Bank Mode lets you store up to 30 name and telephone number records. You can recall data by scrolling it on the display. You can input up to eight characters for the name and 14 digits for the number. When the name is longer than five characters or when the phone number is longer than seven digits, the data automatically scrolls across the display. The scroll operation continues for about two or three minutes and then stops. To start scrolling again, press **(B)**.



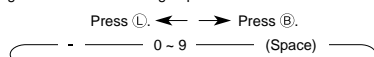
- When you enter the Data bank Mode, the initial screen appears first, followed by the number of empty record areas remaining, and then the data record that was displayed when you last exited the Data bank Mode.
- If memory is full, the message "FULL" appears in place of the number of empty record areas. When this happens, you can input more data only if you first delete records no longer need.

To input new Data Bank data

1. In the Data Bank Mode, press **(B)** until the screen showing the number of empty record areas appears.
- If there is no Data Bank data stored in memory yet, the screen showing the number of empty record areas appears as soon as you enter the Data Bank Mode.
2. Hold down **(A)** and a cursor appears.
3. Use **(B)** or **(L)** to input a character at the cursor position. The character changes in the following sequence. Holding down either button changes the character at high speed.



4. After you select the character you want, press **(C)** to advance the cursor to the right.
- Repeat 3 and 4 until you complete name input.
- You can input up to 8 characters in the name area.
5. After the name input is through, use **(C)** to move the cursor to the telephone number area.
6. While the cursor is in the telephone number area, use **(B)** or **(L)** to input a number you want. The character changes in the following sequence. Holding down either button changes the character at high speed.



7. After you select the character you want, press **(C)** to advance the cursor to the right.
- Repeat 6 and 7 until you complete telephone number input.
8. After inputting your data, press **(A)** to store it.
- When you press **(A)** to store data, the message "SORT" appears on the display for a few seconds. After the sort operation is complete, the cursor appears in the name area, ready for input next record. Input next record or press **(A)** to exit the new data input procedure.
- If you do not operate any button for a few minutes while a setting is flashing, the message "SORT" appears on the display for a few seconds. After the sort operation is complete, the watch goes back to the Data Bank Mode automatically.

To recall Data Bank data

- In the Data Bank Mode, press **(B)** to scroll forward through stored records.
- Holding down **(B)** scrolls through the data at high speed.

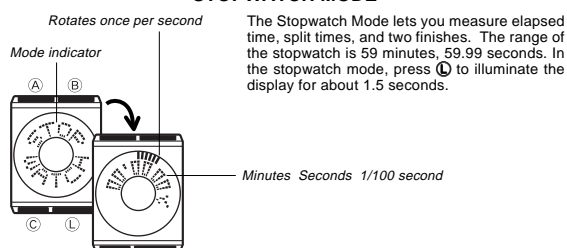
To edit Data Bank data

1. In the Data Bank Mode, scroll through the records and display the one you want to edit.
2. Hold down **(A)** until a cursor appears in the name area.
3. Use **(C)** to move the cursor to the character you want to change.
4. Change the character using **(B)** or **(L)**.
- See "To input new Data Bank data" for details.
5. After making the changes you want, press **(A)** to store the record.
- When you press **(A)**, the message "SORT" appears on the display for a few seconds. After the sort operation is complete, the watch goes back to the Data Bank Mode automatically.
- If you do not operate any button for a few minutes while a setting is flashing, the message "SORT" appears on the display for a few seconds. After the sort operation is complete, the watch goes back to the Data Bank Mode automatically.

To delete Data Bank data

1. In the Data Bank Mode, scroll through the records and display the one you want to delete.
2. Hold down **(A)** until a cursor appears in the name area.
3. Press **(B)** and **(L)** at the same time to delete the record.
- At this time the message "CLEAR" appears on the display for a few seconds and the cursor appears in the name area, ready for input.
4. Input new data or press **(A)** to exit the delete procedure.
- If you do not operate any button for a few minutes while a setting is flashing, the watch goes to the screen that shows the number of empty record areas automatically.

STOPWATCH MODE



Elapsed time measurement



Split time measurement



Split time and 1st-2nd place times



CITY CODE TABLE

City Code	City	GMT Differential	Other major cities in same time zone
---		-11	PAGO PAGO
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-9	NOME
LAX	LOS ANGELES	-8	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-7	EL PASO, EDMONTON
CHI	CHICAGO	-6	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-5	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-4	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-3	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-2	
---		-1	PRAIA
GMT	LONDON	+00	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
PAR	PARIS	+01	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
CAI	CAIRO	+02	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM		
JED	JEDDAH	+03	MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+04	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+05	MALE
DEL	DELHI	+5.5	MUMBAI, CALCUTTA
DAC	DHAKA	+06	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+07	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+08	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	+09	SEOUL, PYONGYANG
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABUL
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of June 1999.