Module No. 2117/2265/2275

GENERAL GUIDE

- Press Ⓑ to change from mode to mode.
- After you perform an operation in any mode, pressing Ⓑ returns to the Timekeeping Mode.
- Holding down Ⓒ at any time illuminates the display.
- Frequent use of the backlight shortens the battery life.
- If you do not perform any operation for a few minutes in Alarm Mode and Time Setting Mode, the watch automatically reverts to the normal timekeeping screen.

Timekeeping Mode	Alarm Mode	Stopwatch Mode	Time Setting Mode
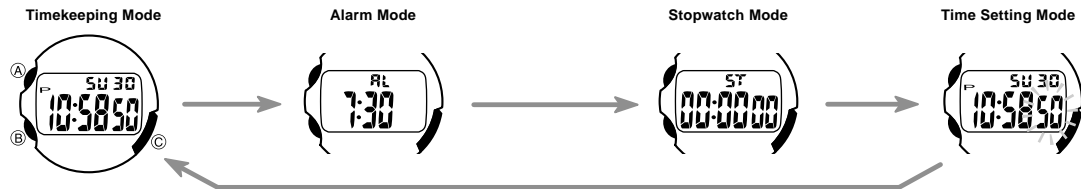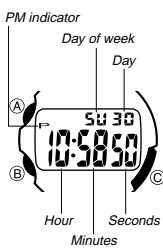
TIMEKEEPING MODE

- In the Timekeeping Mode, press Ⓐ to switch between the 12-hour and 24-hour formats.
- When using 12-hour format, 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 format is being used when the **24** indicator is on the display.
- Day of the week is displayed as follows.

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

ALARM MODE
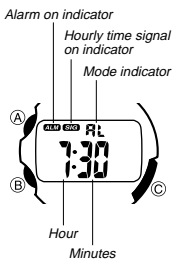
When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time
1. Press Ⓒ while in the Alarm Mode. The hour digits flash because they are *selected*.
   At this time the Daily Alarm is switched on automatically.
2. Press Ⓒ to change the selection in the following sequence.
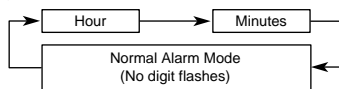
3. Press Ⓐ to increase the selected digits. Holding down Ⓐ changes the number at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (PM).
4. After you set the alarm time, use Ⓒ to return to the Alarm Mode.

To stop the alarm
Press Ⓒ to stop the alarm after it starts to sound.

To switch the Daily Alarm and Hourly Time Signal on and off
Press Ⓐ while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.
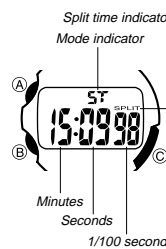
[Alarm on Indicator/Hourly Time Signal on Indicator]

Both ON	Both OFF	Daily Alarm only	Hourly Time Signal only
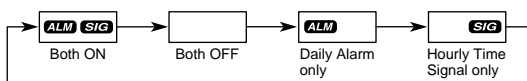
To test the alarm
Hold down Ⓐ while in the Alarm Mode to sound the alarm.

STOPWATCH MODE

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

(a) Elapsed time measurement

| Ⓐ	Ⓐ	Ⓐ	Ⓐ	Ⓒ
Start	Stop	Re-start	Stop	Clear

(b) Split time measurement

Ⓐ	Ⓒ	Ⓒ	Ⓐ	Ⓒ
Start	Split	Split release	Stop	Clear

(c) Split time and 1st-2nd place times

Ⓐ	Ⓐ	Ⓐ	Ⓒ	Ⓒ
Start	Split	Stop	Split release	Clear
	First runner finishes.	Second runner finishes. Record time of first runner.	Record time of second runner.	

TIME SETTING MODE

To set the time and date
1. Use Ⓑ to enter the Time Setting Mode.
- The seconds digits flash because they are *selected*.
2. Press Ⓒ to change the selection in the following sequence.
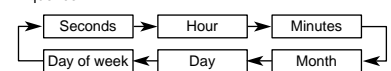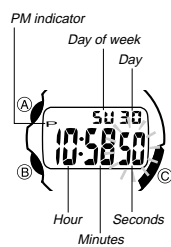
3. While the seconds digits are selected (flashing), press Ⓐ to reset the seconds to "00". If you press Ⓐ while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds) are selected (flashing), press Ⓐ to increase the number. While the day of the week is selected, pressing Ⓐ advances to the next day. Holding down Ⓐ changes the current selection at high speed.
5. After you set the time and date, press Ⓑ to return to the Timekeeping Mode.
- 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 Timekeeping Mode automatically.