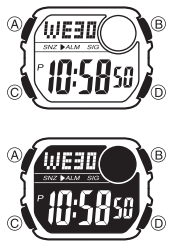


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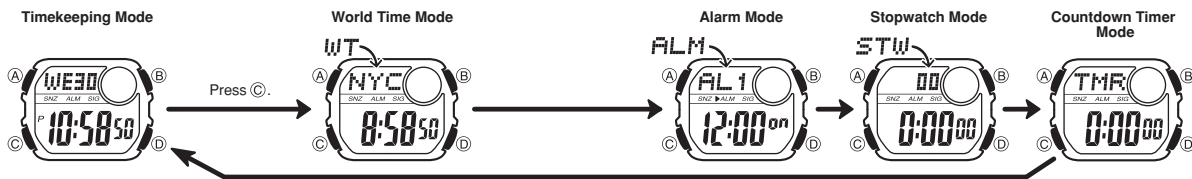
About This Manual



- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

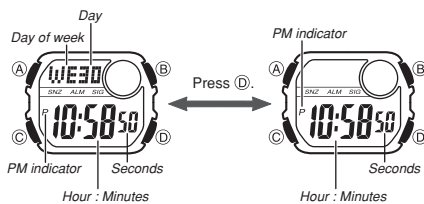
General Guide

- Press (C) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press (B) to illuminate the display for about one second.



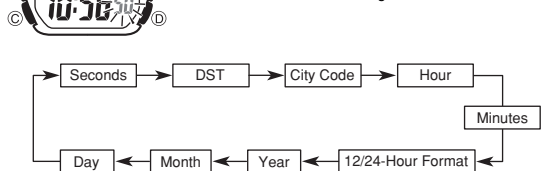
Timekeeping

- Use the Timekeeping Mode to set and view the current time and date.
- Each press of (D) in the Timekeeping Mode will toggle between the two screens shown below.



To set the time and date

- In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select other settings.



- When the setting you want to change is flashing, use (D) and (B) to change it as described below.

Screen	To do this:	Do this:
50	Reset the seconds to 00	Press (D).
OFF DST	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press (D).
TYO	Change the city code	Use (D) (east) and (B) (west).
10:58	Change the hour or minutes	Use (D) (+) and (B) (-).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
5:30 20 10	Change the year, month, or day	Use (D) (+) and (B) (-).

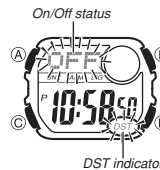
- See "Daylight Saving Time (DST)" for details about the DST setting.
- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.
- Press (A) to exit the setting screen.
- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time

- In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
 - Press (C) to display the DST setting screen.
 - Press (D) to toggle between Daylight Saving Time (ON) and Standard Time (OFF).
 - Press (A) to exit the setting screen.
- The DST indicator is displayed on the Timekeeping Mode screen while Daylight Saving Time is turned on.



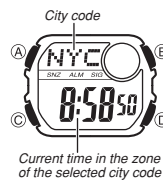
World Time

World Time shows the current time in 48 cities (29 time zones) around the world.

- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).

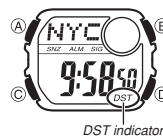
To view the time for another city code

- In the World Time Mode, press (D) to scroll eastwardly through city codes.
- For full information about city codes, see the "City Code Table".
 - If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.



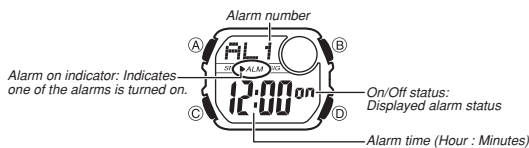
To toggle a city code time between Standard Time and Daylight Saving Time

- In the World Time Mode, use (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
 - Hold down (A) for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
 - Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
 - Note that you cannot switch between Standard Time and Daylight Saving Time while UTC is selected as the city code.



Alarms

You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms is a snooze alarm, while the other four are one-time alarms. You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.



- There are five alarm screens numbered **AL1** through **AL4** for the one-time alarm, and a snooze alarm screen indicated by **SNZ**. The Hourly Time Signal screen is indicated by **SIG**.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **(C)**.

To set an alarm time



1. In the Alarm Mode, use **(D)** to scroll through the alarm screens until the one whose time you want to set is displayed.



- To set the one-time alarm, display one of the screens indicated by an alarm number from **AL1** through **AL4**. To set the snooze alarm, display the **SNZ** screen.
- The snooze alarm repeats every five minutes.

- After you select an alarm, hold down **(A)** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation turns on the alarm automatically.
- Press **(C)** to move the flashing between the hour and minute settings.
- While a setting is flashing, use **(D)** (+) and **(B)** (-) to change it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
- Press **(A)** to exit the setting screen.

Alarm Operation

The alarm tone sounds at the preset time for 20 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off.

- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.
- To stop the alarm tone after it starts to sound, press any button.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.

Displaying the Timekeeping Mode setting screen
Displaying the **SNZ** setting screen

To test the alarm

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

To turn an alarm on and off

Snooze alarm indicator
Alarm on indicator



- In the Alarm Mode, use **(D)** to select an alarm.
- Press **(A)** to toggle it on (**on**) and off (**--**).
 - Turning on an alarm (**AL1** through **SNZ**) displays the alarm on indicator on its Alarm Mode screen.
 - In all modes, the alarm on indicator is shown for any alarm that currently is turned on.
 - The alarm on indicator flashes while the alarm is sounding.
 - The snooze alarm indicator flashes while the snooze alarm is sounding and during the 5-minute intervals between alarms.

About the Alarm indicators

- The alarm on indicator is displayed in all modes when any alarm (**AL1** to **AL4** or **SNZ**) is turned on.
- When you display an alarm screen (**AL1** to **AL4** or **SNZ**) in the Alarm Mode, the on/off indicator shows the on/off status of that alarm.

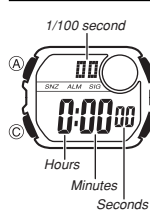
To turn the Hourly Time Signal on and off



On/Off status
Hourly time signal on indicator

- In the Alarm Mode, use **(D)** to select the Hourly Time Signal (**SIG**).
- Press **(A)** to toggle it on (**on** displayed) and off (**--** displayed).
 - Turning on the Hourly Time Signal displays the Hourly Time Signal indicator on its Alarm Mode screen.
 - While the Hourly Time Signal is turned on, the Hourly Time Signal on indicator is shown on the display in all modes besides the Alarm Mode.

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **(C)**.

To measure times with the stopwatch

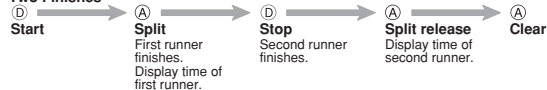
Elapsed Time



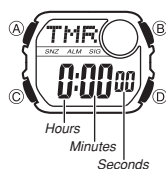
Split Time



Two Finishes



Countdown Timer



You can set the countdown timer within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- All of the operations in this section are performed in the Countdown Timer Mode, which you can enter using **(C)**.

To use the countdown timer

- Press **(D)** while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown returns to its start time automatically after the alarm stops.
 - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
 - Press **(D)** while a countdown operation is in progress to pause it. Press **(D)** again to resume the countdown.
 - To stop a countdown operation completely, first pause it (by pressing **(D)**), and then press **(A)**. This returns the countdown time to its starting value.

To set up the countdown timer

- While the countdown start time is on the display in the Countdown Timer Mode, hold down **(A)** until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
 - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- Press **(C)** to move the flashing between the hour and minute settings.
- While a setting is flashing, use **(D)** (+) and **(B)** (-) to change it.
 - To specify a countdown start time of 24 hours, set **0:00**.
- Press **(A)** to exit the setting screen.

Illumination



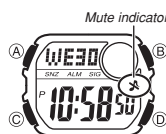
This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.

- See "Illumination Precautions" for more important information.

To illuminate the display

In any mode (except when a setting screen is on the display), press **(B)** to turn on illumination for about one second.

Button Operation Tone



The button operation tone will sound any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- The daily alarm and countdown alarm tones continue to sound even if you turn off the button operation tone.
- To turn the button operation tone on and off**
In any mode (except when a setting screen is on the display), hold down **(C)** to toggle the button operation tone on (mute indicator not displayed) and off (mute indicator displayed).

- Holding down **(C)** to turn the button operation tone on or off also causes the watch's current mode to change.
- The mute indicator is displayed in all modes when the button operation tone is turned off.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto Return Features

- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it changes to the Timekeeping Mode automatically.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch saves any settings you have made up to that point and exits the setting screen automatically.

Scrolling

The \odot and \ominus buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons scrolls at high speed.

Initial Screens

When you enter the World Time or Alarm Mode, the data you were viewing when you last exited the mode appears first.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time offset values.
- The UTC offset is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Coordinated Universal Time", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

Illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Specifications

Accuracy at normal temperature: ± 30 seconds a month

Timekeeping: Hour, minutes, seconds, p.m. (P), day, day of the week

Time format: 12-hour and 24-hour

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home City code (can be assigned one of 48 city codes); Daylight Saving Time (summer time)/Standard Time

World Time: 48 cities, (29 time zones)

Other: Daylight Saving Time/Standard Time

Alarms: 5 alarms (four one-time alarms; one snooze alarm); Hourly Time Signal

Stopwatch

Measuring unit: 1/100 second

Measuring capacity: 23:59'59.99"

Measuring modes: Elapsed time, split time, two finishes

Countdown Timer

Measuring unit: 1 second

Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)

Illumination: EL Backlight (electro-luminescent panel)

Other: Button operation tone on/off

Battery: One lithium battery (Type: CR1616)

Approximately 3 years on type CR1616 (1.5 seconds of light operation and 20 seconds of beeper operation per day)

City Code Table

City Code	City	UTC offset/ GMT Differential	City Code	City	UTC offset/ GMT Differential
PPG	Pago Pago	-11	ATH	Athens	
HNL	Honolulu	-10	CAI	Cairo	+2
ANC	Anchorage	-9	JRS	Jerusalem	
YVR	Vancouver		MOW	Moscow	+3
LAX	Los Angeles	-8	JED	Jeddah	
YEA	Edmonton		THR	Tehran	+3.5
DEN	Denver	-7	DXB	Dubai	+4
MEX	Mexico City		KBL	Kabul	+4.5
CHI	Chicago	-6	KHI	Karachi	+5
MIA	Miami		DEL	Delhi	+5.5
YTO	Toronto	-5	DAC	Dhaka	+6
NYC	New York		RGN	Yangon	+6.5
SCL	Santiago		BKK	Bangkok	+7
YHZ	Halifax	-4	SIN	Singapore	
YYT	St. Johns	-3.5	HKG	Hong Kong	
RIO	Rio De Janeiro	-3	BJS	Beijing	+8
RAI	Praia	-1	TPE	Taipei	
UTC			SEL	Seoul	+9
LIS	Lisbon	0	TYO	Tokyo	
LON	London		ADL	Adelaide	+9.5
MAD	Madrid		GLM	Guam	+10
PAR	Paris		SYD	Sydney	+10
ROM	Rome	+1	NOU	Noumea	+11
BER	Berlin		WLG	Wellington	+12
STO	Stockholm				

• Based on data as of June 2009.

• The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.