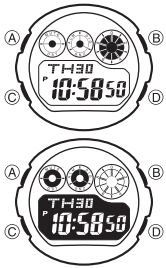


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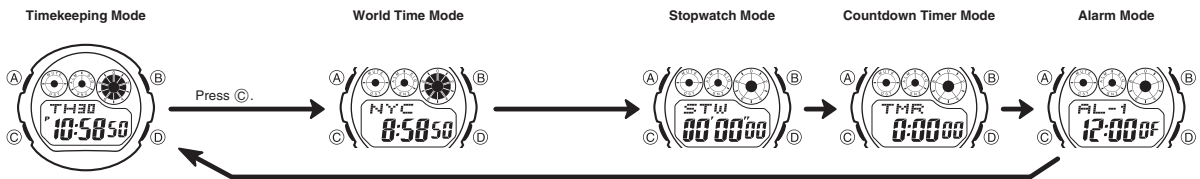
About This Manual



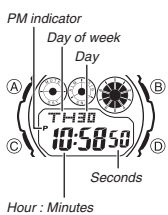
- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- 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.



Timekeeping



Use the Timekeeping Mode to set and view the current time and date.

Read this before you set the time and date!

The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch) before you set the time and date.

- To view the current Home City code setting, press **A** while in the Timekeeping Mode.
- For full information on city codes, see the "City Code Table".

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.

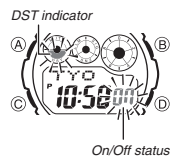
Screen	To do this:	Do this:
58	Reset the seconds to 58	Press D .
T Y C	Change the city code	Use D (east) and B (west).
DF	Toggle between Daylight Saving Time (DF) and Standard Time (SF)	Press D .
10:58	Change the hour or minutes	Use D (+) and B (-).
12 H	Toggle between 12-hour (12 H) and 24-hour (24 H) timekeeping	Press D .
6.30 20 11	Change the year, month, or day	Use D (+) and B (-).

- See "Daylight Saving Time (DST)" for details about the DST setting.
- Press **A** to exit the setting screen.
- Resetting the seconds to 58 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 58 without changing the minutes.
- 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 modes.
- 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 automatically displayed in accordance with the date (year, month, and day) settings.

Daylight Saving Time (DST)

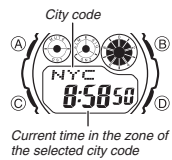
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

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** twice to display the DST setting screen.
 - Press **D** to toggle between Daylight Saving Time (DF) and Standard Time (SF).
 - Press **A** to exit the setting screen.
- The **DST** indicator is displayed on the Timekeeping Mode and Alarm 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.

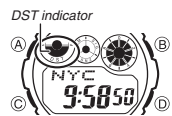
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing **C**.

To view the time in another city code

In the World Time Mode, press **D** (eastward) to scroll through the available city codes. Holding down the button scrolls at high speed.

- 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.

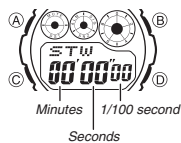
To toggle a city code time between Standard Time and Daylight Saving Time



- 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.

- In the World Time Mode, you can switch the city code you currently have selected as your Timekeeping Mode Home City between Standard Time and DST. The setting you select in the World Time Mode will also be applied in the Timekeeping Mode.

Stopwatch



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

- The display range of the stopwatch is 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

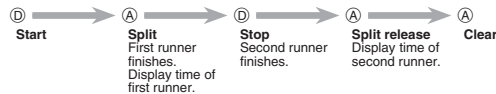
Elapsed Time



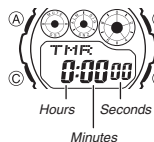
Split Time



Two Finishes



Countdown Timer



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

- The countdown operation continues even if you exit the Countdown Timer Mode.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C).

To use the countdown timer

Press (D) while in the Countdown Timer Mode to start the countdown timer.

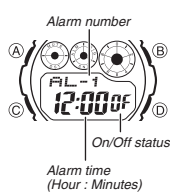
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume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

To set the countdown start time



- In the Countdown Timer Mode, hold down (A) until the hours of the countdown start time start to flash, which indicates the setting screen.
- Press (C) to move the flashing between the hours and minutes.
- While a setting is flashing, use (D) (+) or (B) (-) to change it.
 - To set the starting value of the countdown time to 24 hours, set $\overline{24}$.
- Press (A) to exit the setting screen.

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 six screens in the Alarm Mode. Four are for one-time alarms (indicated by numbers from $\overline{AL-1}$ through $\overline{AL-4}$), one is for a snooze alarm (indicated by \overline{SNZ}), and one is for the Hourly Time Signal (indicated by \overline{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



- 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 a one-time alarm, display one of the screens indicated by an alarm number from $\overline{AL-1}$ through $\overline{AL-4}$. To set the snooze alarm, display the screen indicated by \overline{SNZ} .
 - 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. (indicator not displayed) or p.m. (P indicator).
 - Press (A) to exit the setting screen.

Alarm Operation

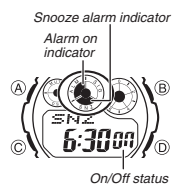
The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off.

- 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 snooze alarm setting screen

To test the alarm

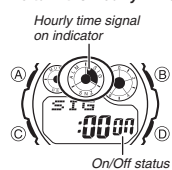
In the Alarm Mode, hold down (D) to sound the alarm.

To turn an alarm on and off



- In the Alarm Mode, use (D) to select an alarm.
- Press (A) to toggle it on (\overline{OFF} displayed) and off (\overline{ON} displayed).
 - Turning on a one-time alarm ($\overline{AL-1}$ through $\overline{AL-4}$) displays the alarm on indicator on its Alarm Mode screen.
 - Turning on the snooze alarm (\overline{SNZ}) displays the alarm on indicator and snooze alarm indicator on the Alarm Mode snooze alarm screen.
 - In all modes, the alarm on indicator is shown for any alarm that is currently turned on.
 - The alarm on indicator flashes while the alarm is sounding.
 - The snooze alarm indicator flashes during the 5-minute intervals between alarms.

To turn the Hourly Time Signal on and off



- In the Alarm Mode, use (D) to select the Hourly Time Signal (\overline{SIG}).
- Press (A) to toggle it on (\overline{OFF} displayed) and off (\overline{ON} displayed).
- The Hourly Time Signal on indicator is shown on the display in all modes while the Hourly Time Signal is turned on.

Illumination



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

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 automatically turns off whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

To illuminate the display

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

You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press (B), the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.

To specify the illumination duration

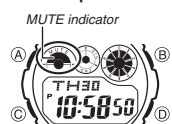


- In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
- While the seconds are flashing, press (B) to toggle the illumination duration between 1.5 seconds (→) and 3 seconds (⊗).
- Press (A) to exit the setting screen.

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.

Button Operation Tone



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

- Even if you turn off the button operation tone, the alarm, Hourly Time Signal, and Countdown Timer Mode alarm all operate normally.

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.

Auto Return Features

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

Scrolling

The **⊕** and **⊙** buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation 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 differential values.
- The UTC differential 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.

Specifications

Accuracy at normal temperature: ±30 seconds a month

Timekeeping: Hour, minutes, seconds, a.m./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

Stopwatch

Measuring unit: 1/100 second

Measuring capacity: 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)

Alarms: 5 daily alarms (4 one-time alarms; 1 snooze alarm); Hourly Time Signal

Illumination: EL Backlight (electro-luminescent panel); Selectable illumination duration

Other: Button operation tone on/off

Battery: One lithium battery (Type: CR1616)

Approximately 3 years on type CR1616 (assuming alarm operation 10 seconds per day, and one illumination operation 1.5 seconds per day)

City Code Table

City Code	City	UTC Offset/ GMT Differential	City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	-11	THR	Tehran	+3.5
HNL	Honolulu	-10	DXB	Dubai	+4
ANC	Anchorage	-9	KBL	Kabul	+4.5
YVR	Vancouver		KHI	Karachi	+5
SFO	San Francisco	-8	MLE	Male	+5.5
LAX	Los Angeles		DEL	Delhi	+6
DEN	Denver	-7	DAC	Dhaka	+6.5
MEX	Mexico City	-6	RGN	Yangon	+7
CHI	Chicago		BKK	Bangkok	+8
MIA	Miami	-5	SIN	Singapore	
NYC	New York	-4	HKG	Hong Kong	+9
CCS*	Caracas	-3.5	BJS	Beijing	+9.5
YYT	St. Johns	-3	SEL	Seoul	+10
RIO	Rio De Janeiro	-1	TYO	Tokyo	+11
RAI	Praia	0	ADL	Adelaide	+12
LIS	Lisbon		GUM	Guam	
LON	London		SYD	Sydney	
BCN	Barcelona		NOU	Noumea	
PAR	Paris		WLG	Wellington	
MIL	Milan	+1			
ROM	Rome				
BER	Berlin				
ATH	Athens				
JNB	Johannesburg	+2			
IST	Istanbul				
CAI	Cairo				
JRS	Jerusalem				
MOW	Moscow	+3			
JED	Jeddah				

- Based on data as of December 2009.
 - The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.
- * In December 2007, Venezuela changed its offset from -4 to -4.5. Note, however, that this watch displays an offset of -4 (the old offset) for the CCS (Caracas, Venezuela) city code.