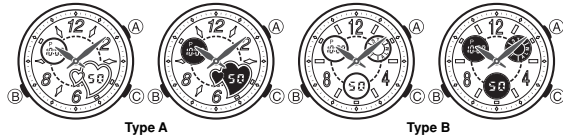


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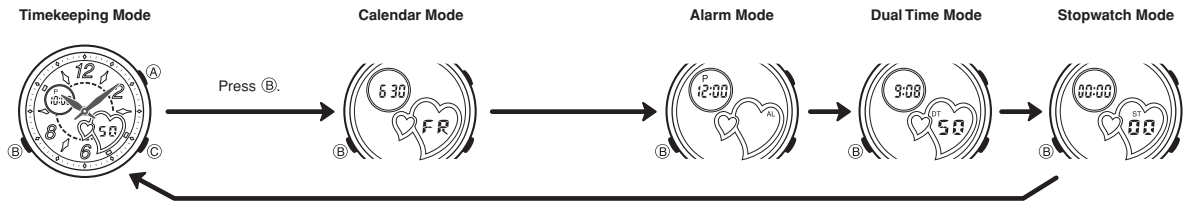
About This Manual

- This watch is available with either of two display types: Type A and Type B. All of the examples in this manual show Type A.
- 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.



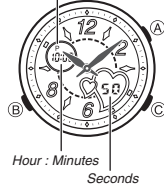
General Guide

- Press (B) to change from mode to mode.



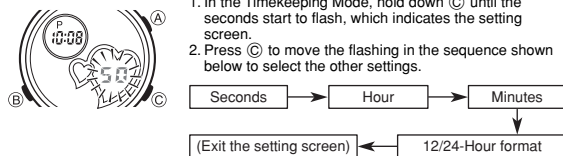
Timekeeping

This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different.



Setting the Digital Time
Use the Timekeeping Mode to set and view a digital display of the current time. When setting the digital time, you can also configure settings for the 12/24-hour format.

To set the digital time



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

Screen	To do this:	Do this:
50	Reset the seconds to 00	Press (B).
P 10:00 50	Change the hour or minutes	
12 H	Toggle between 12-hour (12 H) and 24-hour (24 H) timekeeping	

4. Press (C) to exit the setting screen.

Setting the Analog Time

Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time

- In any Mode, press (A) to advance the analog time setting by 20 seconds.
- Holding down (A) advances the analog time setting at high speed.

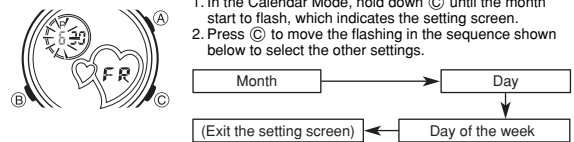
Calendar

The watch's calendar normally makes allowances for different month lengths. However, you will have to adjust the date manually in the case of leap years.

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



To set the date

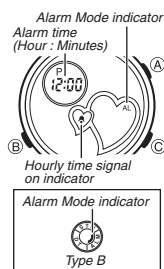


3. When the setting you want to change is flashing, use (B) to change it as described below.

Screen	To do this:	Do this:
5 30 FR	Change the month	Press (B).
	Change the day	
	Change the day of the week	

4. Press (C) to exit the setting screen.

Alarm



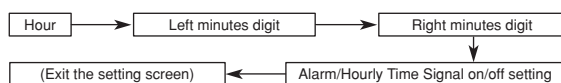
When the Daily Alarm is turned on, the currently selected alarm tone sounds when the alarm time is reached. Turning on the Hourly Time Signal causes the currently selected alarm tone to sound at the top of each hour.

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

To set an alarm time

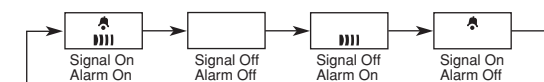


- In the Alarm Mode, hold down (C) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select the other settings.



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

Screen	To do this:	Do this:
12:00	Change the Hour	Press (B).
12:00	Change the Left minutes digit	
12:00	Change the Right minutes digit	



- Press (C) to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 20 seconds, regardless of the mode the watch is in.

- To stop the alarm tone after it starts to sound, press any button.

To select an alarm tone

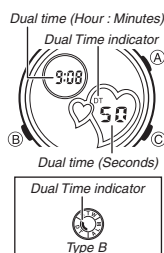
- In any mode (except when a setting screen is on the display), hold down (B) until an alarm tone sounds.
- There are a total of four different alarm tones. The alarm tone that sounds when you hold down (B) will be the one that is currently selected. If you want to select a different alarm tone, hold down (B) again.
 - The alarm tone you select is used for the Daily Alarm and the Hourly Time Signal.
 - Note that holding down (B) to select an alarm tone also changes the watch's mode. After you are finished, use (B) to change back to the mode you want.

Dual Time

The Dual Time Mode lets you keep a different time.

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the current digital time.
- All of the operations in this section are performed in the Dual Time Mode, which you enter by pressing (B).

To set the Dual Time



- In the Dual Time Mode, hold down (C) until the hour setting starts to flash, which indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select the other settings.

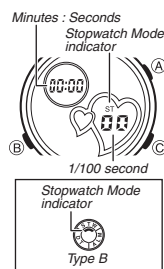


- When the setting you want to change is flashing, use (B) to change it as described below.

Screen	To do this:	Do this:
3:00	Change the hour	Press (B).
3:00	Change the minute	
12 H	Toggle between 12-hour (12 H) and 24-hour (24 H) timekeeping	

- Press (C) to exit the setting screen.

Stopwatch



The stopwatch lets you measure elapsed time.

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

To measure times with the stopwatch



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 Feature

If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.

Scrolling

The (B) button is used in various modes and setting screens to scroll through data on the display. In most cases, holding down (B) during a scroll operation scrolls through the data at high speed.

Timekeeping

- 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.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears 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.

Specifications

Accuracy at normal temperature: ±30 seconds a month

Digital Timekeeping: Hour, minutes, seconds, p.m. (P)

Time format: 12-hour and 24-hour

Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)

Calendar: Month, day, day of the week

Calendar system: Auto-calendar set at 28 days for February

Alarm: Daily alarm; Hourly Time Signal

Dual Time: Hour, minute, second

Time format: 12-hour and 24-hour

Stopwatch

Measuring unit: 1/100 of a second

Measuring capacity: 59' 59.99"

Measuring modes: Elapsed time

Battery: One silver oxide battery (Type: SR726W)

Approximately 2 years on type SR726W (assuming 20 seconds alarm operation per day).