

Operation Guide 5155

About This Manual



- 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.

E-1

Contents

General Guide.....	E-4
Timekeeping.....	E-6
Calendar.....	E-9
Alarm.....	E-11
Dual Time.....	E-15
Stopwatch.....	E-18
Reference.....	E-19
Specifications.....	E-21

Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

To set the digital time.....	E-6
To set the hands.....	E-8
To set the date.....	E-9
To set the alarm time and to turn the Daily Alarm and Hourly Time Signal on and off.....	E-12
To stop the alarm.....	E-14
To test the alarm and select an alarm tone.....	E-14
To set the Dual Time.....	E-16
To use the Stopwatch.....	E-18

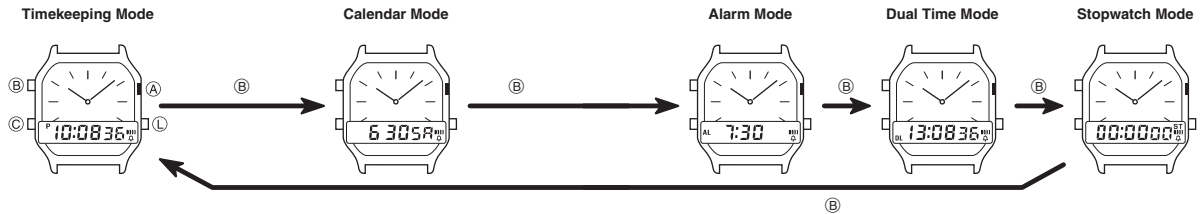
E-2

E-3

General Guide

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

- In any mode, hold down (L) to illuminate the face of the watch.



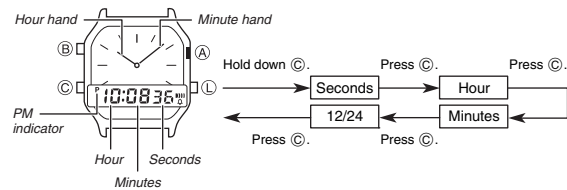
E-4

E-5

Timekeeping

Use this mode to set the current time. An incorrect digital time setting will cause incorrect operation of the calendar.

To set the digital time



1. In the Timekeeping Mode, hold down (C) until the seconds digits start to flash, which indicates the setting screen.
2. Press (B) to reset the seconds to 00.
3. Press (C) to move the selection to the hour digits.
4. Press (B) to increase the hour digits.
5. Press (C) to move the selection to the minutes digits.
6. Press (B) to increase the minutes digits.
7. Press (C) to move the selection to 12/24.
8. Press (B) to toggle the timekeeping format between 12-hour and 24-hour.
9. Press (C) 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.
- 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.

E-6

E-7

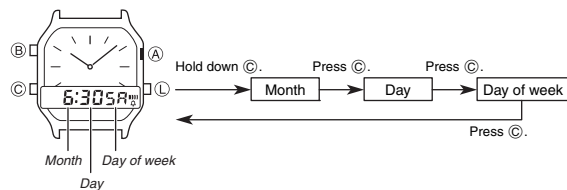
To set the hands

In any mode, press (A) with a thin object to advance the analog time setting. Each press of (A) advances the time by 20 seconds. Three presses advance by one minute. Holding down (A) advances the analog setting at high speed. You can only advance the setting. You cannot reverse it.

Calendar

Use this mode to set today's date (month, day, day of the week).

To set the date



E-8

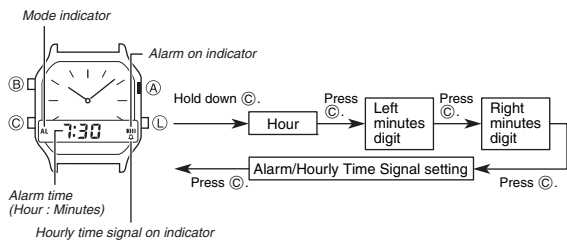
E-9

1. In the Calendar Mode, hold down **C** until the month digits start to flash, which indicates the setting screen.
 2. Press **B** to increase the month digits.
 3. Press **C** to move the selection to the day digits.
 4. Press **B** to increase the day digits.
 5. Press **C** to move the selection to the day of the week.
 6. Press **B** to advance to the next day.
 7. Press **C** to exit the setting screen.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 when one occurs during a leap year.

E-10

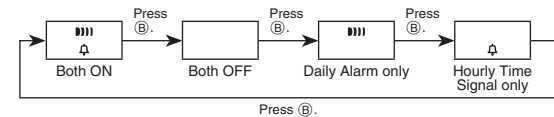
E-11

To set the alarm time and to turn the Daily Alarm and Hourly Time Signal on and off



E-12

E-13



9. Press **C** to exit the setting screen.

To stop the alarm

Press any button to stop the alarm after it starts to sound.

To test the alarm and select an alarm tone

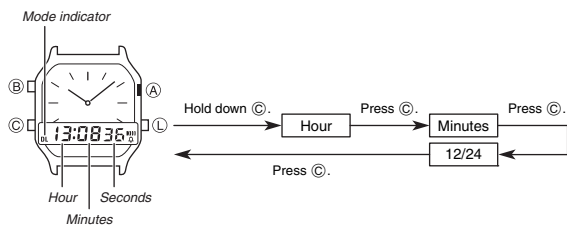
Hold down **B** in any mode (except when making any settings) to sound the alarm.

- Note that holding down **B** also changes the mode.

E-14

E-15

To set the Dual Time



E-16

E-17

Stopwatch



The Stopwatch Mode lets you measure elapsed time. The 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.

To use the Stopwatch

1. In the Stopwatch Mode, press **C** to start the stopwatch.
2. Press **C** to stop the time measurement.
 - You can press **C** as many times as you want to resume and stop timing.
3. After you are finished using the stopwatch, hold down **C** to clear the stopwatch time to all zeros.

E-18

Alarm

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

- You can configure alarm settings and Hourly Time Signal settings in the Alarm Mode, which you enter by pressing **B** (page E-5).

1. In the Alarm Mode, hold down **C** until the hour digits start to flash, which indicates the setting screen.
2. Press **B** to increase the hour digits.
 - The 12/24-hour format of the alarm time matches the format you select for normal timekeeping.
3. Press **C** to move the selection to the left minutes digit.
4. Press **B** to increase the left minutes digit.
5. Press **C** to move the selection to the right minutes digit.
6. Press **B** to increase the right minutes digit.
7. Press **C** to move to the Daily Alarm and Hourly Time Signal on and off setting.
8. Press **B** to cycle through the Daily Alarm and Hourly Time Signal settings as shown in the sequence below.
 - At this time Daily Alarm and Hourly Time Signal automatically turn on.

Dual Time

The Dual Time Mode lets you keep track of time in a different time zone.

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode digital time.

1. In the Dual Time Mode, hold down **C** until the hour digits start to flash, which indicates the setting screen.
2. Press **B** to increase the hour digits.
3. Press **C** to move the selection to the minutes digits.
4. Press **B** to increase the minutes digits.
5. Press **C** to move the selection to 12/24.
6. Press **B** to toggle the timekeeping format between 12-hour and 24-hour.
7. Press **C** to exit the setting screen.

- 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.

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 a screen with flashing digits for one or two 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 **B** button is used to scroll through setting screen data on the display. Holding down this button during a scroll operation scrolls through the data at high speed.

E-19

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.

E-20

Specifications**Accuracy at normal temperature:** ±30 seconds a month**Timekeeping:** Hour, minutes, seconds, p.m. (P)

Time system: Switchable between 12-hour and 24-hour formats

Calendar: Month, day, day of week

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

Alarm: Daily Alarm; Hourly Time Signal**Dual Time:** Hour, minutes, seconds, p.m. (P)

Time system: Switchable between 12-hour and 24-hour formats

Stopwatch

Measuring unit: 1/100 second

Measuring capacity: 59 minutes 59.99 seconds

Measuring mode: Elapsed time

Other: 2 analog hands: hour, minutes (hand moves every 20 seconds)

E-21

Watch Function Battery: One silver oxide battery (Type: SR-920W)
Approximately 3 years (assuming alarm operation 20 sec./day)**Light Battery:** One lithium battery (Type: CR1616)
Approximately 3 years (assuming light operation 5 sec./day)** The manufacturer recommends that the watch function battery and light battery always be replaced at the same time.*

E-22