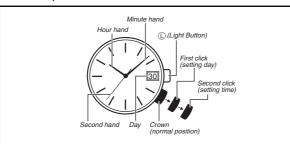
Your watch may differ somewhat from the one shown in the illustration.



To set the time

- Pull out the crown to the second click.
 This causes the second hand to stop.
 Set the hands by rotating the crown.
 Move the minute hand four or five minutes past the time you want to set, and then
- back it up to the proper setting.

 3. Push the crown back in to the normal position to restart timekeeping.

- 1. Pull out the crown to the first click.
 2. Set the day by rotating the crown.
 3. Push the crown back in to the normal position.
 4. Avoid setting the day between 9:00 p.m. and 1:00 a.m. (the day display may not change in the following day).

About the backlight

- About the backlight

 Hold down ① to illuminate the face of the watch.

 Pressing ① illuminates the display for about one second.

 The backlight of this watch employs an electroluminescent (EL) light, which loses its illuminating power after very long term use.

 Frequent use of the backlight shortens the battery life.

 Leaving the backlight on for a long time or turning on the backlight while battery power is low can cause the hands of the watch to stop momentarily.
- \blacksquare For a watch with an elapsed time bezel Rotate the elapsed time bezel to align the $\mathbb{V}\!\!/\!\!/$ mark with the minute hand.

After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock
- crown.

 With such models, you must unscrew the crown in the
- with such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.

 Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.



Specifications

Accuracy at normal temperature: ± 20 seconds a month

Approximately 2 years on type SR621W (assuming one backlight operation for 5 sec./day)