GENERAL GUIDE
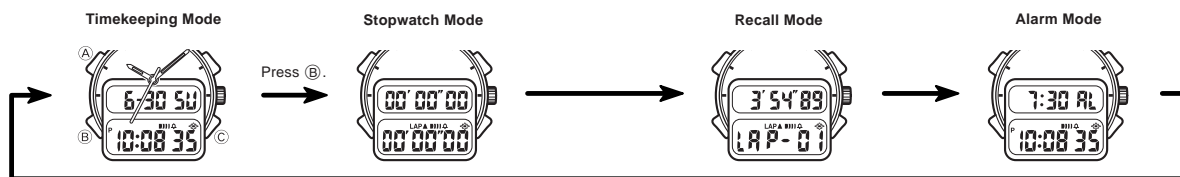
- Press Ⓑ to change from mode to mode.
- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch automatically exits the setting screen.

Timekeeping Mode	Stopwatch Mode	Recall Mode	Alarm Mode

Press Ⓑ.

TIMEKEEPING MODE

- Pressing Ⓒ in the Timekeeping Mode illuminates the display for about two seconds. The backlight is disabled while a setting screen is on the display.
- When using 12-hour timekeeping, a **P** appears on the display for "pm" times (noon to 11:59 pm). An "am" time (midnight to 11:59 am) is indicated when there is no **P** indicator on the display. 24-hour timekeeping is being used when the **24** indicator is on the display.

Hour hand — Minute hand
Second hand
Month – Day
PM indicator
Hour Seconds
Minutes
Day of week
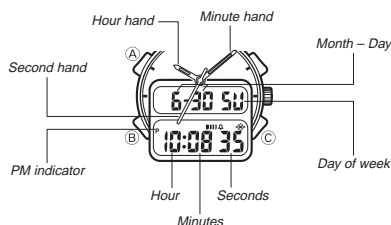
To set the time and date

1. While in the Timekeeping Mode, hold down Ⓐ until the seconds digits flash on the display, indicating the setting screen.
2. Press Ⓑ to move the flashing in the sequence shown below.

Seconds → DST → Hour → Minutes
Day ← Month ← Year ← 12/24
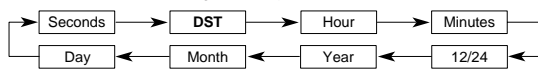
3. While the seconds setting is selected (flashing), press Ⓒ to reset it to 00.
- If you press Ⓒ while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the **DST*** (Daylight Saving Time) setting is selected, press Ⓒ to toggle it on and off.
* Daylight Saving Time (**DST**), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

DST indicator 2
DST indicator 1
Press Ⓒ.
DST OFF   DST ON
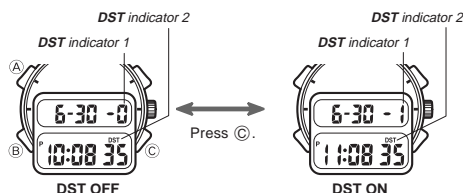
- **DST** indicator 1 flashes on the display only while the **DST** setting is selected on the setting screen. It shows 0 when **DST** is turned off, and 1 when **DST** is turned on.
- **DST** indicator 2 also flashes on the display while the **DST** setting is selected on the setting screen. In addition, it appears in the Timekeeping Mode and Alarm Mode while **DST** is turned on. **DST** indicator 1 is not displayed in these modes while **DST** is turned off.
- While the 12/24 setting is selected, press Ⓒ to toggle it between 12-hour and 24-hour timekeeping.
4. While any other digits are selected (flashing), press Ⓒ to increase them. Holding down Ⓒ changes the digits at high speed.
5. After you make the settings you want, press Ⓐ to exit the setting screen.
- The day of the week is set automatically in accordance with the date.
- The date can be set within the range of January 1, 2000 to December 31, 2039.

To set the hands

When the analog setting does not match the time shown on the display, use this procedure to correct the analog setting.
1. When the second hand reaches the 12 o'clock position (00 seconds), pull out the crown to stop the second hand.
2. Rotate the crown to set the hour and minutes.
3. When the seconds count on the digital display reaches 00, press in the crown to restart the second hand.

ABOUT THE BACKLIGHT

About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for two seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.

Parallel to ground   40°
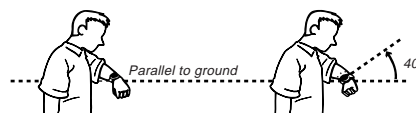
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.

Parallel to ground   More than 15 degrees too high   More than 15 degrees too low

- Static electricity or magnetic force can interfere with proper operation of the auto light switch function. If the backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions the backlight may not light until about one second or less after turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto light switch function on and off

In the Timekeeping Mode (except when making any settings), hold down Ⓒ for two seconds to turn the auto light switch function on and off.

Auto light switch indicator
Hold down Ⓒ.
ON   OFF
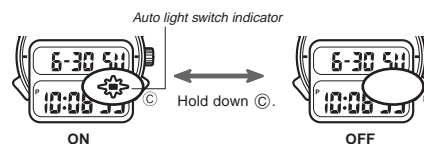
- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately five hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing Ⓒ in the Timekeeping Mode (except when making any settings) illuminates the display, regardless of the auto light switch's on/off setting.

Caution

- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlighft shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

Warning!

- **Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.**
- **When you are wearing the watch, make sure that its auto light switch function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.**

STOPWATCH MODE

The Stopwatch Mode has a capacity of 9 hours, 59 minutes, 59 seconds. You can also record lap times and split times, which are recorded in memory for later recall in the Recall Mode.

After the first hour

Minutes — *Seconds* — *1/100 second*

Hours — *Minutes* — *Seconds*
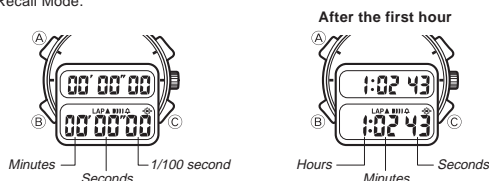
Elapsed time is measured in 1/100 second units up to 59' 59" 99. After that, it is measured in 1 second units.

About Laps and Splits

Lap Time
A lap time is the amount of time it takes for you to get from one point to another during a race. When running on a track, for example, you can time how long it takes you to complete each lap.

Split Time
A split time is the time from the start of a race until the point that the split is measured. For example, you could measure split times to determine how long it takes for you to get from the starting line to the 5-kilometer mark, the 10-kilometer mark, etc.

To measure elapsed time
The following operation is the same regardless of whether you want to record lap times or split times.
1. Press Ⓐ to start the stopwatch.
2. Press Ⓐ to stop the stopwatch.
• You can restart and stop the measurement operation whenever you want by pressing Ⓐ again.
3. Press Ⓒ to clear the stopwatch to all zeros (00' 00" 00).

To record a lap time
1. In the Recall Mode, use Ⓐ to select lap time as the timing operation.
• See "RECALL MODE" for more information about selecting the stopwatch operation.
2. Enter the Stopwatch Mode, and then press Ⓐ to start the stopwatch.
3. Press Ⓒ to freeze the lap time and display the lap number for about six seconds. Stopwatch timing continues internally.
• The first nine lap times you record are stored in memory. The final time you record when you press Ⓒ is also stored, for a total of 10 times.

1/100 second
Seconds
Minutes

Lap number

LAP indicator

• If you continue to perform the lap time operation after there are already nine times in memory, the lap times are shown on the display but are not stored into memory.
• You can perform up to 99 lap time operations (9 stored + 90 unstored) during each elapsed time operation.
• You can recall lap times using the Recall Mode.
4. Press Ⓐ to stop the time measurement.
5. Press Ⓒ to clear the stopwatch to all zeros.
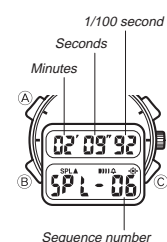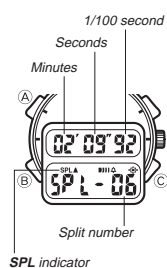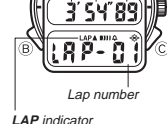
To record a split time
1. In the Recall Mode, use Ⓐ to select split time as the timing operation.
• See "RECALL MODE" for more information about selecting the stopwatch operation.
2. Enter the Stopwatch Mode, and then press Ⓐ to start the stopwatch.
3. Press Ⓒ to freeze the split time and display the split number for about six seconds. Stopwatch timing continues internally.
• The first nine split times you record are stored in memory. The final time you record when you press Ⓒ is also stored, for a total of 10 times.

1/100 second
Seconds
Minutes

Split number

SPL indicator

• If you continue to perform the split time operation after there are already nine times in memory, the split times are shown on the display but are not stored into memory.
• You can perform up to 99 split time operations (9 stored + 90 unstored) during each elapsed time operation.
• You can recall split times using the Recall Mode.
4. Press Ⓐ to stop the time measurement.
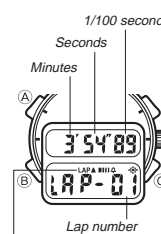5. Press Ⓒ to clear the stopwatch to all zeros.

To record multiple finishes
1. In the Recall Mode, use Ⓐ to select split time as the timing operation.
• See "RECALL MODE" for more information about selecting the stopwatch operation.
2. Enter the Stopwatch Mode, and then press Ⓐ to start the stopwatch.
3. Press Ⓒ as each runner finishes. The finish time and sequence number remains on the display for about six seconds. Stopwatch timing continues internally.
• The first nine split times (finish time) you record are stored in memory. The final time you record when you press Ⓒ is also stored, for a total of 10 times.

1/100 second
Seconds
Minutes

Sequence number

• If you continue to perform the split time operation after there are already nine times in memory, the split times are shown on the display but are not stored into memory.
• You can perform up to 99 split time operations (9 stored + 90 unstored) during each elapsed time operation.
• You can recall split times using the Recall Mode.
4. Press Ⓐ to stop the time measurement.
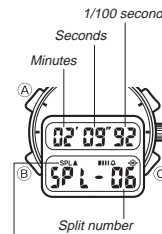5. Press Ⓒ to clear the stopwatch to all zeros.

RECALL MODE

Use the Recall Mode to recall the lap times and split times stored in memory.
• Press Ⓐ to toggle the display between lap times and split times.
• Press Ⓒ to scroll through Recall Mode records.
Starting a new elapsed time operation in the Stopwatch Mode automatically clears the data (lap or split) that is currently displayed in the Recall Mode.

1/100 second
Seconds
Minutes
Lap number
LAP indicator

[LAP time display]

1/100 second
Seconds
Minutes
Split number
SPL indicator

[SPLIT time display]

ALARM MODE

Mode indicator
Minutes
Hour
Current time
Daily Alarm indicator
Hourly Time Signal indicator

When a Daily Alarm is turned on, the alarm sounds for about 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

To set the alarm time
1. Hold down Ⓐ while in the alarm Mode, until the hour digits starts to flash on the display, indicating the setting screen. The alarm is automatically turned on at this time.
2. Press Ⓑ to change the selection in the sequence shown below.

| Hour | ⬌ | Minutes |
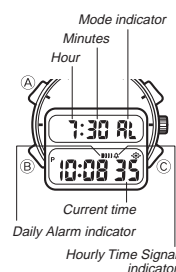
3. Press Ⓒ to increase the selected digits. Holding down Ⓒ changes them at high speed.
4. After you make the settings you want, press Ⓐ to exit the input screen.
• The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
• When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.

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

To turn a daily Alarm and the Hourly Time Signal on and off
Press Ⓒ while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

| Both OFF | → | Daily Alarm Only | → | Hourly Time Signal Only | → | Both ON |
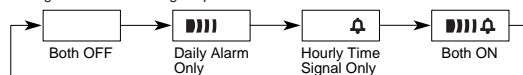
To test the alarm
Hold down Ⓑ in any mode (except when making any settings) to sound the alarm. Note that this operation also changes the mode.