

Watch Settings

When communicating with a mobile phone, the time and date of the mobile phone is automatically adjusted to. When there is no communication with a mobile phone, the time and date can be adjusted with the procedure below.

【Preparation】

The procedure here is performed in the Timekeeping Mode. Press **B** to switch to the Timekeeping Mode.

See: [Mode Switching](#).

(Timekeeping Mode)



Setting the City

Sets the time offset of the city where the watch is used. When summer time is implemented in the city where the watch is used, summer time can also be set.

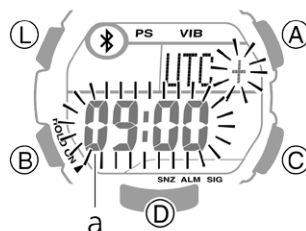
Important!

Incorrectly setting the time offset will cause incorrect times to be displayed in the World Time Mode.

• Time Offset Setting

1. Hold down **C** for about two seconds.

[SET Hold] will appear and the time offset will flash.



a. Time differential

2. Use **D** and **A** to change the flashing time offset setting.
 - For the time offset, specify a time zone listed in the [City Name List](#).

Example:

If you plan to use the watch in Tokyo, set a time offset of [+ 09:00].

3. Press **C** to end setting.

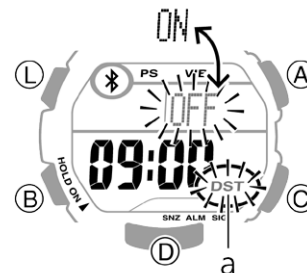
• Summer Time Setting

1. Hold down **C** for about two seconds.

[SET Hold] will appear and the time offset value will flash.

2. Press **B** to display the summer time setting screen.

3. Press **D** to specify ON (summer time) or OFF (standard time).



a.DST indicator

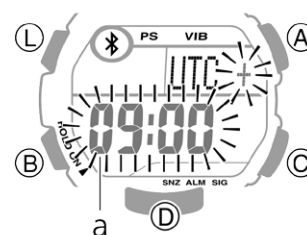
4. Press **C** to end setting.

Note

The DST indicator is displayed while summer time is set.

Setting the Time and Date

1. Hold down **C** for about two seconds.
[SET Hold] will appear and the time offset value will flash.



a. Time differential

2. Press **B** three times to display the seconds reset screen.
 - Press **D** to reset the seconds to 00.

Supplement:

Pressing **D** between 30 seconds and 59 seconds will advance the "minutes" by one minute and reset the seconds.

- Press **B** to display the date and time setting screen.



a. Hour

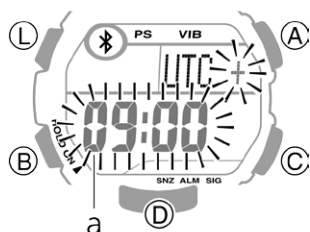
Date and time setting:

- Each press of **B** moves the flashing in the following sequence: "hour", "minute", "year", "month", "day".
- Press **D** or **A** to change the setting of the flashing item.

- Press **C** to end setting.

Switching between 12-hour and 24-hour Timekeeping

- Hold down **C** for about two seconds. [SET Hold] will appear and the time offset value will flash on the display.



a. Time differential

- Press **B** twice to display the screen for selecting 12-hour or 24-hour timekeeping.

- Press **D** to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).



a. PM indicator

Note:

The PM indicator appears between noon and 11:59 p.m. while 12-hour timekeeping is being used. It is not displayed if 24-hour timekeeping is being used.

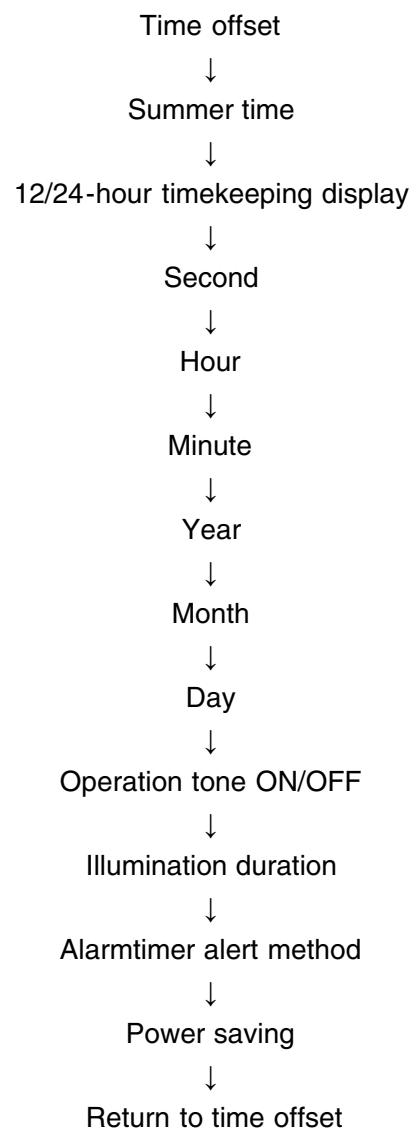
- After all the settings are the way you want, press **C** to exit the setting screen.

Summer Time

Summer time is also called DST (Daylight Saving Time) and it is a summer time system that advances one hour ahead of standard time (STD: standard time). The summer time implementation period and implementation regions differ by country. Also, there are countries and/or regions that do not use the summer time system.

Setting Supplement

On the Timekeeping Mode setting screen, each press of **B** switches items in the sequence below.



Stopwatch

A maximum of 99 hours, 59 minutes, 59.99 seconds can be measured.

In addition to normal measurement, you can also measure lap times and split times.

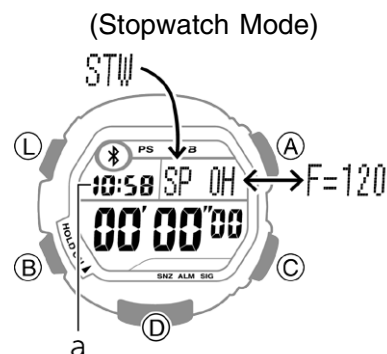
Measured results are recorded to up to 120 memories, so records can be checked later.

Reference:

Recalling Records - Recall -

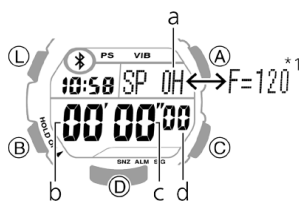
【Preparation】

The procedure here is performed in the Stopwatch Mode. Press **B** to switch to the Stopwatch Mode. See: [Mode Switching](#).



a. Current time

Measuring Elapsed Time



- a. Hours
- b. Minutes
- c. Seconds
- d. 1/100 seconds

*1 Number of remaining memories
Shows the current number of memories that can record.

1. Use the button operations below to measure elapsed time.

D Start



A Stop



D Resume



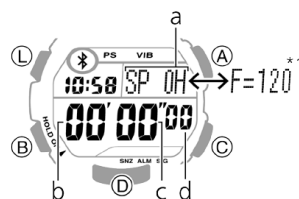
A Stop

2. Press **A** to reset the display.
3. Press **B** six times to return to the Timekeeping Mode.

Note

When the number of remaining memories becomes 0, the oldest record is deleted and new measurement results are recorded.

Measuring Splits



- a. Hours
- b. Minutes
- c. Seconds
- d. 1/100 seconds

*1 Number of remaining memories
Shows the current number of memories that can record.

1. Make sure [SP OH] (split) is displayed.
 - If [LP OH] (lap) is displayed, press **C** to switch to [SP OH] (split)

2. Use the button operations below to measure elapsed time.

D Start

Measurement starts.



D Split 1

The first split time remains on the display for eight seconds, and then measurement returns.



D Split 2

The second split time remains on the display for eight seconds, and then measurement returns.



A Goal

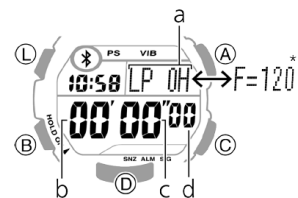
Cumulative time is displayed and measurement stops.

3. Press **A** to reset the display.
4. Press **B** six times to return to the Timekeeping Mode.

Note

When the number of remaining memories becomes 0, the oldest record is deleted and new measurement results are recorded.

Measuring Laps



- a. Hours
- b. Minutes
- c. Seconds
- d. 1/100 seconds

*1 Number of remaining memories
Shows the current number of memories that can record.

- Make sure [LP 0H] (lap) is displayed.
 - If [SP 0H] (split) is displayed, press **C** to switch to [LP 0H] (lap)

- Use the button operations below to measure elapsed time.

D Start

Measurement starts.



D Lap 1

After the Lap 1 time is displayed for eight seconds, returns to next lap measurement.



D Lap 2

After the Lap 2 time is displayed for eight seconds, returns to next lap measurement.



A Goal

Last lap time is displayed and measurement stops.

- Press **A** to reset the display.
- Press **B** six times to return to the Timekeeping Mode.

Note

When the number of remaining memories becomes 0, the oldest record is deleted and new measurement results are recorded.

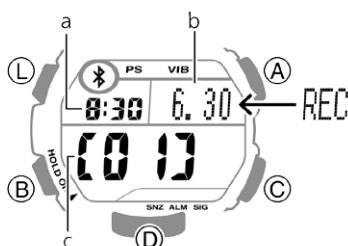
Recalling Records

— Recall —

You can check recorded measurement times.

- Use **B** to switch to the Recall Mode.
See: [Mode Switching](#)

(Recall Mode)



- Measurement time
- Measurement date (month, day)
- Measurement number

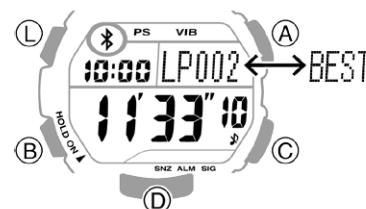
Supplement:

The last recorded date, time, measurement number appears (a measurement number is a number for managing recorded data).

- Press **C** to select a measurement number.
 - If you do not know the measurement number, select according to measurement date and/or measurement time.



- Each press of **D** displays recorded measurement time in the sequence it was saved.
 - The [BEST] is displayed for the fastest lap time.



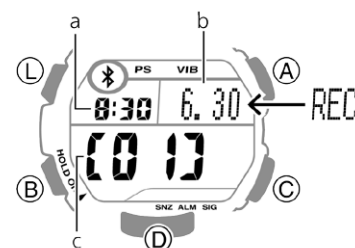
- Press **B** five times to return to the Timekeeping Mode.

Deleting Memory Data

• Deleting a Specific Record

- Use **B** to switch to the Recall Mode.
See: [Mode Switching](#)

(Recall Mode)



- Measurement time
- Measurement date (month, day)
- Measurement number

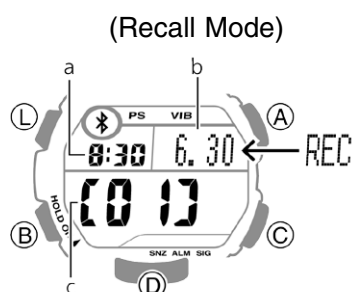
- Press **C** to select the measurement number you want to delete.

- Hold down **A** for about two seconds.
Displays [Hold CLEAR], deletes the specified record.

- Press **B** five times to return to the Timekeeping Mode.

• Deleting All Records

- Press **B** to enter the Recall Mode.
See: [Mode Switching](#)



- Measurement time
- Measurement date (month, day)
- Measurement number

- Hold down **A** for about five seconds.
[Hold A-CLR] appears, indicating that all records are deleted.

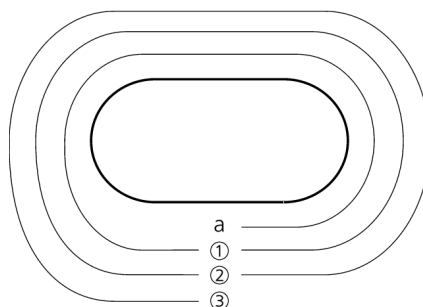


- Press **B** five times to return to the Timekeeping Mode.

Laps and Splits

• Laps

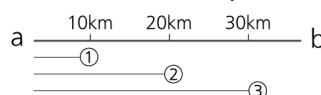
The time required to cover a fixed section, as in a race around a track is called a "lap".



- Start
- Lap 1
 - Lap 2
 - Lap 3

• Splits

The elapsed time from the start of a race to any point along the way, such as the times at 10 km, 20 km, and 30 km point of a marathon, is called "split".



- Start
 - Stop
- Split 1
 - Split 2
 - Split 3

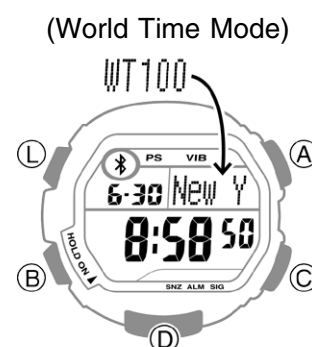
World Time

You can know the time in 100 world cities.

【Preparation】

The procedure here is performed in the World Time Mode. Press **B** to switch to the World Time Mode.

See: [Mode Switching](#)



Looking Up Times in Other Countries

- Press **D** or **A** to select a city.
The time of that city is displayed.

- Holding down **D** or **A** fast forwards city names.



- City name
- Time of selected city

- Press **B** four times to return to the Timekeeping Mode.

Setting Summer Time

When summer time is used in another city, summer time can be set for that city.

1. Hold down **C** for about two seconds.
After [DST Hold] is displayed, switch summer time ON or OFF.
 - The DST indicator is lit while summer time is set.



- a. City name
- b. DST indicator

2. Press **B** four times to return to the Timekeeping Mode.

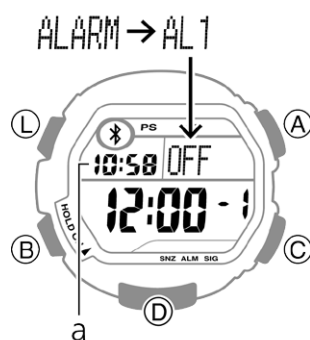
Alarm

At the specified time, alerted by beep or vibration.

【Preparation】

The procedure here is performed in the Alarm Mode. Press **B** to switch to the Alarm Mode.
See: [Mode Switching](#)

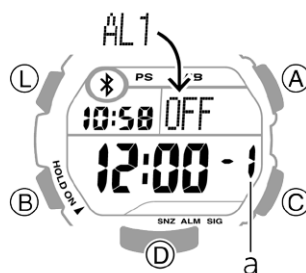
(Alarm Mode)



- a. Current time

Setting an Alarm Time

1. Press **D** to select the alarm screen you want to set.



- a. Alarm number

Six alarms can be selected, including the hourly time signal.

Check the alarm you want to set by the alarm number on the screen.

- - 1 to - 4
Normal alarms.
- - 5
Snooze alarm.
Alerts at the specified time. Alert repeats every five minutes, seven times.

- :00
Hourly time signal.
Alerts at 00 minutes every hour.

Displaying an alarm screen:

- Press **D** to cycle between alarm screens in the following sequence:
normal alarms
(- 1 through - 4),
snooze alarm, hourly time signal.

2. Press **A** to specify the alarm or hourly time signal operation.

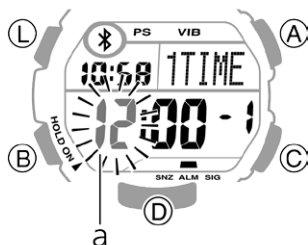
The operations below can be specified for each alarm number.

- - 1 to - 4 and - 5
OFF : Alarm does not sound.
1TIME : Alarm sounds only once at the preset time.
DAYLY : Alarm sounds at the preset time each day.

- :00
OFF : Hourly time signal does not sound.
ON : Hourly time signal sounds at 00 minutes every hour.

- Hold down **C** for about two seconds.

[SET Hold] will appear,
"hour" will flash.



a. Hour

Alarm time setting:

- Each press of **B** moves the flashing between the "hour" and the "minute" settings.
- Use **D** and **A** to change the setting of the flashing item.

- Press **C** to end setting.
- Press **B** three times to return to the Timekeeping Mode.

Alarm indicators:

Appropriate indicators light when the alarm and/or hourly time signal is set to ON.

Alarm set to ON



a. Alarm indicator

When ON is set for the snooze alarm



- Alarm indicator
- Snooze indicator

When ON is set for the hourly time signal



- Hourly time signal indicator

Turning OFF an Alarm

- Press **D** to select the alarm screen whose settings you want to change.



- Press **A** to set OFF for alarm and/or hourly time signal operation.

- Press **B** three times to return to the Timekeeping Mode.

Stopping the Alarm

When an alarm tone is sounding or when vibrating, it can be stopped by pressing any button or by double-tapping the center of the watch display.

Important!

With the snooze alarm, even if the beep or vibration is stopped by pressing any button or by double tapping, it will repeat at five-minute intervals seven times. To stop part way through, set snooze alarm operation to OFF.

Timer

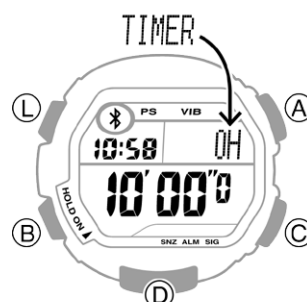
Performs a countdown of the set time. When the remaining time becomes zero, alert by beep or vibration.

【Preparation】

The procedure here is performed in the Timer Mode. Press **B** to switch to the Timer Mode.

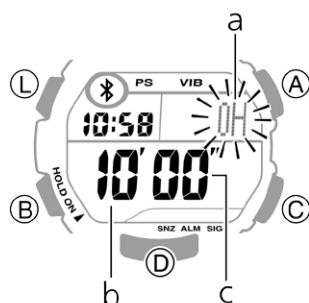
See: [Mode Switching](#)

(Timer Mode)



Setting the Time

1. Hold down **C** for about two seconds.
[Set Hold] will appear and "hours" will flash.



- a. Hours
- b. Minutes
- c. Seconds

Time Setting:

- Each press of **B** moves the flashing in the following sequence:
"hour", "minute", "second".
- Use **D** and **A** to change the setting of the flashing item.

2. Press **C** to end setting.
3. Press **B** twice to return to the Timekeeping Mode.

Note

Setting "0H00'00"" can set a 100-hour countdown timer.

Using the Timer



- a. Hours
- b. Minutes
- c. Seconds
- d. 1/10 seconds

1. Use the button operations below to perform a countdown.

D Start

Timer starts.



D Stop

Timer stops.



D Resume

Timer resumes.



Time up (00:00)
Alert by beep or vibration.

To discontinue a timer operation part way through, press **D** to stop it and then press **A** to reset to the timer start time.

To stop a beep or vibration alert operation, press any button or double-tap the center of the watch's display.

2. Press **B** twice to return to the Timekeeping Mode.

Display Illumination

A simple operation illuminates the display of the watch for easy reading in the dark. You can also enable an Auto Light feature that illuminates the display whenever you angle the watch towards your face for viewing.

Illuminating the Display



Press **L** in any mode to illuminate the display.

Supplement

The display illumination will turn off automatically if an alarm alert, incoming call alert, or any alert operation starts while it is on.

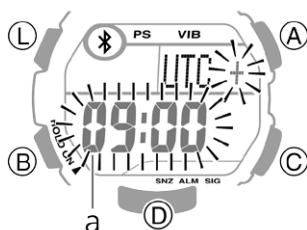
• Changing the Illumination Duration

The illumination duration can be set to two types: 1.5 seconds and three seconds.

1. Press **B** to switch to the Timekeeping Mode.
See: [Mode Switching](#)

- Hold down **C** for about two seconds.

[SET Hold] will appear and the time offset value will flash.



a. Time differential

- Press **B** 10 times to display the illumination duration setting screen.
- Press **D** to select [LT1] (1.5 seconds) or [LT3] (3 seconds).



- Press **C** to end setting.

Enabling Auto Light

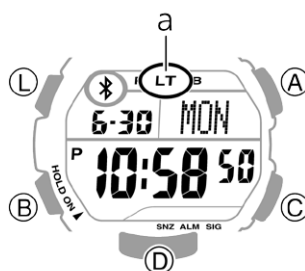
Use the procedure below to enable Auto Light, which will automatically turn on display illumination whenever you tilt the watch towards for face to read it.

Important!

While Auto Light is enabled, display illumination will turn on whenever your wrist is in certain positions, even if you are not looking at the watch. This can shorten battery life.

• Enabling Auto Light

- Press **B** to switch to the Timekeeping Mode.
See: [Mode Switching](#)
- Hold down **L** for about three seconds.
This cause the Auto Light ON indicator to appear on the display.



a. Auto Light ON indicator

Supplement

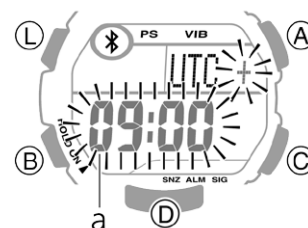
Auto Light remains enabled for about six hours. After that disables automatically.

Other Settings

Button Operation Tone Setting

Tone sounds or no sound when a button is pressed can be set.

- Press **B** to switch to the Timekeeping Mode.
See: [Mode Switching](#)
- Hold down **C** for about two seconds.
[SET Hold] will appear and the time offset value will flash.



a. Time offset

- Press **B** nine times to display the button operation tone setting screen.
- Press **D** to select [KEY] or [MUTE].
 - Selecting [MUTE] causes a mute indicator to light and the button operation tone will not sound.



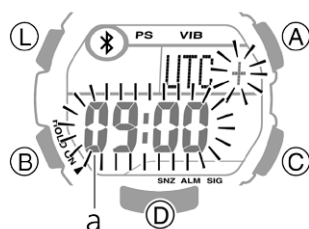
a. Mute indicator

- Press **C** to end setting.

Alert Method Setting

Alarm, timer, etc. alerts can be switched to beep or vibration.

1. Press **B** to switch to the Timekeeping Mode.
See: [Mode Switching](#)
2. Hold down **C** for about two seconds.
[SET Hold] will appear and the time offset value will flash.



a. Time differential

3. Press **B** 11 times to display the alert method setting screen.
4. Press **D** to select [BEEP] or [VIB].
 - Selecting [VIB] will cause a vibration indicator to light and enable vibration alert.



a. Vibration indicator

5. Press **C** to end setting.

Battery Replacement Period

About the Battery Replacement Period

When battery voltage drops, a battery icon is displayed on the display. While the battery icon is displayed, usable functions are limited.

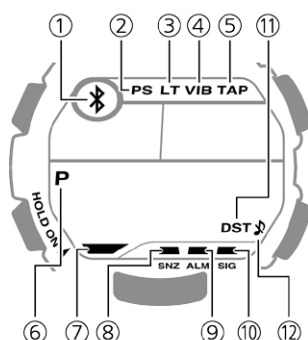
If the battery icon is always displayed, replace the battery.



a. Battery icon

Viewing the Display

Marks Displayed on the Display



- ① Bluetooth icon
Meaning: Mobile Link can be used.
- ② Power Saving indicator
Meaning: Mobile Link function availability is limited to save power.

- ③ Auto Light ON indicator
Meaning: Light lights automatically.
- ④ Vibration indicator
Meaning: Alarms and timer alerted by vibration.
- ⑤ Tap indicator
Meaning: Double-tap operation is possible.
- ⑥ PM indicator
Meaning: Watch 12-hour timekeeping display time is afternoon.
- ⑦ Control indicator
Meaning: Control Mode can be used.
- ⑧ Snooze indicator
Meaning: Snooze alarm sounds.
- ⑨ Alarm indicator
Meaning: Alarm sounds.
- ⑩ Hourly time signal indicator
Meaning: Hourly time signal sounds.
- ⑪ DST indicator
Meaning: Time is summer time.
- ⑫ Mute indicator
Meaning: Operation tone does not sound.

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Supplementary Info

City Name List

City Name	Time Zone
(UTC)	0
Reykjavik	
Lisbon	
Casablanca	
London	
Madrid	+1
Paris	
Algiers	
Brussels	
Amsterdam	
Zurich	
Frankfurt	
Oslo	
Rome	
Copenhagen	
Berlin	
Stockholm	
Budapest	
Warsaw	

Cape Town	+2
Sofia	
Athens	
Helsinki	
Istanbul	
Kyiv	
Cairo	
Jerusalem	+3
Moscow*	
Addis Ababa	
Jeddah	+3.5
Tehran	
Dubai	+4
Kabul	+4.5
Karachi	+5
Delhi	+5.5
Kathmandu	+5.75
Novosibirsk*	+6
Dhaka	
Yangon	+6.5
Bangkok	+7
Hanoi	
Jakarta	

Kuala Lumpur	+8
Singapore	
Hong Kong	
Perth	
Beijing	
Manila	
Shanghai	+9
Taipei	
Seoul	
Tokyo	+9.5
Adelaide	
Vladivostok*	+10
Guam	
Sydney	
Noumea	+11
Wellington	+12
Suva	
Chatham Islands	+12.75
Nukualofa	+13
Kiritimati	+14
Pago Pago	-11
Honolulu	-10

Anchorage	−9
Vancouver	−8
San Francisco	
Seattle	
Los Angeles	
Tijuana	
Edmonton	−7
Phoenix	
Chihuahua	
Denver	
Mexico City	−6
Winnipeg	
Dallas	
Houston	
Guatemala City	
Chicago	−5
Atlanta	
Havana	
Toronto	
Lima	
Washington DC	
Kingston	
Philadelphia	
Bogota	
New York	
Boston	

Caracas	−4.5
Santiago	−4
La Paz	
San Juan	
Halifax	−3.5
St. John's	
Buenos Aires	−3
Montevideo	
Rio de Janeiro	−2
Fernando de Noronha	
Praia	−1

* As of June 2014, the change of the time offsets of the cities below to plus one hour is not reflected by this watch.

When the summer time setting is ON, advance by one hour and use it.

Moscow
Novosibirsk
Vladivostok