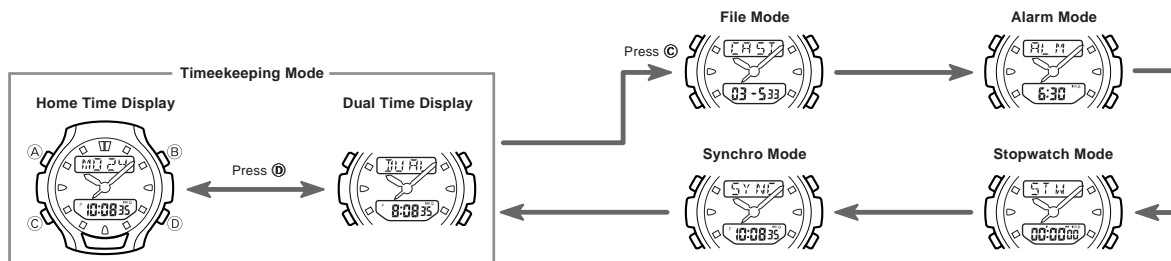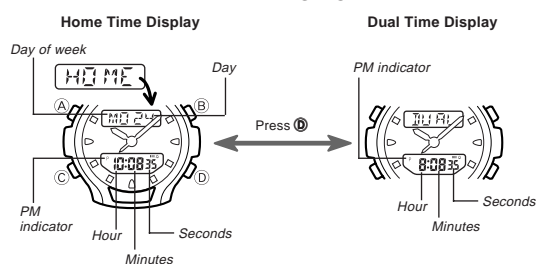## GENERAL GUIDE

The figures on the display of your watch may be black-on-white or white-on-black, depending on the model. Operations are the same regardless of the display type.
• Press Ⓒ to change from mode to mode.
• In any mode (except when making any settings), press Ⓑ to illuminate the display for about four seconds.

TIMEKEEPING MODE

Home Time and Dual Time
Home Time shows the current time in the area you normally live, while Dual Time shows the current time in another time zone. You can switch the digital display between Home Time and Dual Time without changing the analog (hands) setting, or you can make the current Dual Time setting your Home Time setting (which also changes the analog setting).

Switching the Digital Time Display Between the Home Time and Dual Time
Press Ⓓ to toggle the digital time display between Home Time and Dual Time. The analog setting does not change.
• The indicator " 𝙹𝚄𝙰𝙻 " in the upper part of the display indicates Dual Time is selected. The indicator " 𝙷𝙾𝙼𝙴 " appears after you select Home Time, but after about one second it is replaced by the current day of the week and day of the month.
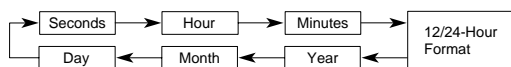
Making the Dual Time Setting Your Home Time Setting
• Hold down Ⓓ for about two or three seconds to change the Dual Time setting to your Home Time setting. The previous Home Time setting becomes the new Dual Time setting.
• This operation also changes the analog setting so it matches the new Home Time.

Important!
The alarm sounds when the Home Time matches the currently set alarm time, regardless of whether Home Time or Dual Time is selected.

To set the Home Time and date
1. Hold down Ⓐ while the Home Time is displayed in the Timekeeping Mode until the second digits flashes on the display because they are *selected*.
2. Press Ⓒ to change the selection (flashing) in the following sequence.

```
Seconds → Hour → Minutes → 12/24-Hour Format
Day ← Month ← Year ←
```

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 any other setting (besides seconds) is selected (flashing), press Ⓓ to increase it or Ⓑ to decrease it.
• While the 12/24-hour format setting is selected, press Ⓓ to toggle it between 12 and 24.
• Except for when adjusting the seconds or setting the 12/24-hour format, holding down a button changes the current selection at high speed.
• When the 12-hour format is selected, the indicator **P** appears on the display to indicate "P.M." times. There is no indicator for "A.M." times.
4. After you set the time and date, press Ⓐ to return to the Timekeeping Mode Home Time display.
• This operation also changes the analog setting so it matches the new Home Time.
• The day of the week is automatically set in accordance with the date.
• The date can be set within the range of January 1, 1995 to December 31, 2039.
• If you do not operate any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Timekeeping Mode Home Time display automatically.

To set the Dual Time
1. Hold down Ⓐ while the Dual Time is displayed in the Timekeeping Mode, until the hour digits flashes on the display because they are *selected*.
2. Press Ⓒ to change the selection (flashing) in the following sequence.

```
Hour ←→ Minutes
```

3. While any setting is selected (flashing), press Ⓓ to increase it or Ⓑ to decrease it.
• Holding down a button changes the current selection at high speed.
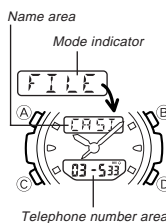4. After you set the dual time, press Ⓐ to return to the Timekeeping Mode Dual Time display.

• The second count of the Dual Time is synchronized with the second count in the Home Time.
• If you do not operate any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Timekeeping Mode Dual Time display automatically.
• The format (12-hour and 24-hour) of the dual time matches the format you select for Home Time.

About the Backlight
In any mode (except when making settings) press Ⓑ to illuminate the digital display for about four seconds.
• The backlight automatically turns off whenever an alarm sounds.
• The backlight of the watch employs an electro-luminescent (EL) panel, which loses illuminating power after very long use.
• The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
• The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates while the EL panel is lit. It does not indicate malfunction of the watch.
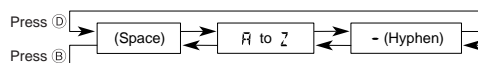
FILE MODE

The File Mode lets you store up to 20 pages of name and telephone number data. You can recall data by scrolling through it on the display.
• You can input up to four characters in the text area, and 12 digits in number areas.
• The data item on the display when you exit the File Mode appears first the next time you enter the File Mode.
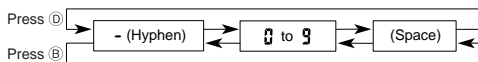
To input new File data

1. In the File Mode, press Ⓓ until the capacity display appears.
• Holding down Ⓓ and pressing Ⓑ scrolls through data in reverse sequence.
• If there is no File data stored in memory yet, the capacity display appears as soon as you enter the File Mode.
• If the message " 𝙵𝚄𝙻𝙻 " appears on the display, it means that memory is full. To store more data, you will first have to delete some of the data.
2. Hold down Ⓐ while the capacity display is on the screen and a cursor appears in the name area.
3. Use Ⓓ or Ⓑ to input a character at the cursor position. The character changes in the following sequence. Holding down either button changes the character at high speed.

```
Press Ⓓ
(Space) ←→ 𝙰 to 𝚉 ←→ - (Hyphen)
Press Ⓑ
```

4. After you select the character you want, press Ⓒ to advance the cursor to the right.
• Repeat 3 and 4 until you complete name input.
• You can input up to 4 characters in the name area.
5. After the name input is through, use Ⓒ to move the cursor to the telephone number area.
6. While the cursor is in the telephone number area, use Ⓓ or Ⓑ to input a number you want. The character changes in the following sequence. Holding down either button changes the character at high speed.

```
Press Ⓓ
- (Hyphen) ←→ 0 to 9 ←→ (Space)
Press Ⓑ
```

7. After you select the character you want, press Ⓒ to advance the cursor to the right.
• Repeat 6 and 7 until you complete number input.
• You can input up to 12 characters in the telephone number area.
8. After inputting your data, press Ⓐ to store it and return to the File Mode.
• When you press Ⓐ to store data, the message " 𝚂𝙾𝚁𝚃 " appears on the display for a few seconds. After the sort operation is complete, the normal File Mode display (without the cursor) appears.
• The number area of the display can show only six digits at a time, so longer numbers scroll continuously from right to left.
• Inputting hyphens into your phone numbers make them easier to read when you recall them.

To recall File data

In the File Mode, press **D** to scroll forward through stored data items.
- Holding down **D** scrolls forward through the data at high speed.

In the File Mode, hold down **D** and press **B** to scroll in reverse.
- Holding down **D** and **B** scrolls back through the data at high speed.
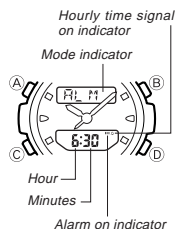
To edit File data items

1. In the File Mode, scroll through the data items and display the one you want to edit.
2. Hold down **A** and a cursor appears in the text area.
3. Use **C** to move the cursor to the character you want to change.
4. Change the character using **D** and **B**.
5. After making the changes that you want, press **A** to store it and return to the File Mode.
- When you press **A** to store data, the message "SORT" appears on the display for a few seconds. After the sort operation is complete, the normal File Mode display (without the cursor) appears.

To delete File data

1. In the File Mode, scroll through the data items and display the one you want to delete.
2. Hold down **A** and a cursor appears in the text area.
3. Press **B** and **D** at the same time to delete the data item. The indicator "CLR" appears on the display.
- At this time the cursor appears in the text area, ready for input.
4. Input data or press **A** to return to the File Mode.

ALARM MODE

Hourly time signal on indicator
Mode indicator

Hour
Minutes
Alarm on indicator

When the Daily Alarm is turned on, the alarm sounds for 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.
- The alarm sounds whenever the Home Time matches the currently set alarm time.
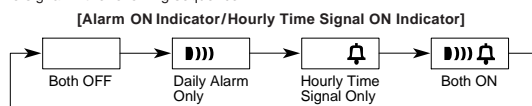- You cannot set an alarm to sound in accordance with the Dual Time.

To set the alarm time

1. Hold down **A** while in the Alarm Mode. The hour digits flash on the display because they are *selected*. At this time the Daily Alarm is turned on automatically.
2. Press **C** to change the selection in the following sequence.

Hour	⟷	Minutes

3. Press **D** to increase the selected digits or **B** to decrease them. Holding down either button changes the selection at high speed.
- 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 (no mark) or afternoon (**P**).
4. After you set the alarm time, press **A** to return to the Alarm Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To switch the daily alarm and hourly time signal on and off

Press **D** while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.
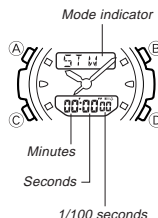
[Alarm ON Indicator / Hourly Time Signal ON Indicator]

Both OFF → Daily Alarm Only → Hourly Time Signal Only → Both ON

To test the alarm

Hold down **C** while in any Mode to sound the alarm.
- Pressing **D** while you are holding down **C** changes the alarm sound to one of the four available tones.

STOPWATCH MODE

Mode indicator

Minutes
Seconds
1/100 seconds

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.
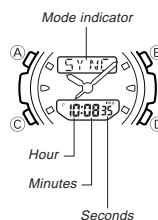
(a) Elapsed time measurement

D	D	D	D	A
Start	**Stop**	**Re-start**	**Stop**	**Clear**

(b) Split time measurement

D	A	A	D	A
Start	**Split**	**Split release**	**Stop**	**Clear**

(c) Split time and 1st-2nd place times

D	A	D	A	A
Start	**Split**	**Stop**	**Split release**	**Clear**
	First runner finishes.	Second runner finishes. Record time of first runner.	Record time of second runner.	

SYNCHRO MODE

Mode indicator

Hour
Minutes
Seconds

Flashes

When the Home Time shown on the display does not match the analog setting, use this mode to correct the analog setting.

To set the analog time

1. Hold down **A** while in the Synchro Mode until the digital time (hour and minutes) starts to flash on the display.
- The following step changes the hands of the analog timepiece without changing the flashing digital time.
2. Press **D** to advance the hand setting of the analog timepiece. Holding down **D** changes the hand setting at high speed.
- Pressing **B** while holding down **D** causes the hand setting to change at high speed, even if you release the buttons. Press **D** or **B** to stop.
- The analog time setting does not stop automatically when it reaches the current time. You must stop the hands manually.
- Note that there is not function for moving the hands back, so be sure that you stop any high-speed hand setting operation before the time you want to set is reached.
3. After you set the analog time, press **A** to return to the Synchro Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Synchro Mode automatically.