Module No.1977
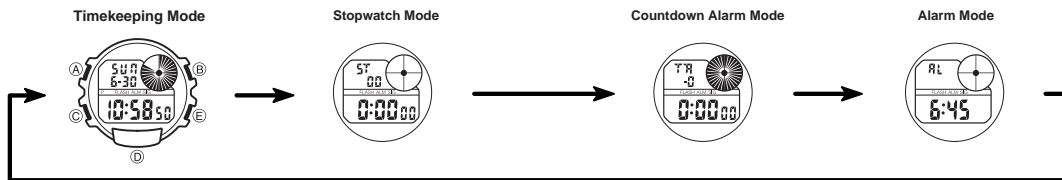
GENERAL GUIDE

- Press Ⓒ to change from mode to mode.
- In the Timekeeping Mode and Alarm Mode, press Ⓓ to illuminate the display for about two seconds. In the Countdown Alarm Mode and Stopwatch Mode, press Ⓔ to illuminate the display.
- 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 backlight 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.

Timekeeping Mode → Stopwatch Mode → Countdown Alarm Mode → Alarm Mode

TIMEKEEPING MODE

Month, Day of week, Day, PM indicator, Hour, Seconds, Minutes

To set the time and date
1. Hold down Ⓐ while in the Timekeeping Mode until the seconds digits flash on the display.
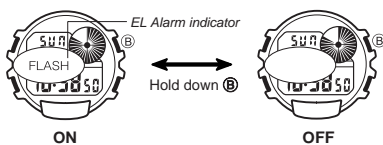2. Press Ⓒ to change the selection (flashing) in the following sequence.

Seconds → Hour → Minutes → 12/24-Hour Format → Year → Month → Day (back to Seconds)
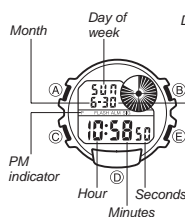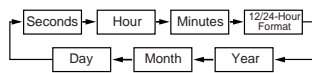
3. While the seconds setting is selected (flashing), press Ⓔ to reset it to 00. If you press Ⓔ while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
4. While any other setting (beside 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 the seconds or 12/24-hour setting, holding down a button changes the setting 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.
5. After you set the time and date, press Ⓐ to return to the Timekeeping Mode.
- 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 automatically.

ABOUT THE EL ALARM

While the EL alarm feature is turned on, the watch's EL backlight flashes along with the audible tone when a daily alarm time is reached, when the hourly time signal sounds, or when the end of a countdown alarm operation is reached. Pressing Ⓓ while the EL alarm feature is turned on causes the display to remain illuminated for five seconds, instead of the normal two seconds when the EL alarm is turned off.

To turn the EL Alarm feature on and off
- In the Timekeeping Mode, hold down Ⓑ until the EL Alarm indicator appears on (EL alarm on) or disappears from (EL alarm off) the display.
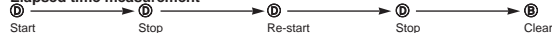
EL Alarm indicator — Hold down Ⓑ — ON / OFF

STOPWATCH MODE

Mode indicator, 1/100 seconds, Hours, Seconds, Minutes
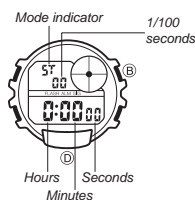
The stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. You can use the EL backlight at any time while the stopwatch is operating.

Elapsed time measurement
Ⓓ Start → Ⓓ Stop → Ⓓ Re-start → Ⓓ Stop → Ⓑ Clear

Split time measurement
Ⓓ Start → Ⓑ Split → Ⓑ Split release → Ⓓ Stop → Ⓑ Clear

Split time and 1st-2nd place times
Ⓓ Start → Ⓑ Split → Ⓓ Stop → Ⓑ Split release → Ⓑ Clear

First runner finishes. / Second runner finishes. Record time of first runner. / Record time of second runner.

COUNTDOWN ALARM MODE

Mode indicator, 1/10 seconds, Hours, Seconds, Minutes

The countdown alarm can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown start time
1. Hold down Ⓐ while in the Countdown Alarm Mode. The hour setting flashes on the display because it is selected.
2. Press Ⓒ to change the selection in the following sequence.

Hour → Minutes → Seconds (back to Hour)
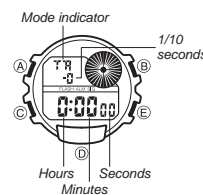
3. Press Ⓔ to increase the selected setting or Ⓑ to decrease it. Holding down either button changes the setting at high speed.
- To set the starting value of the countdown time to 24 hours, set 0:00'00".
4. After you set the countdown start time, press Ⓐ to return to the Countdown Alarm Mode.
- If you do not operate any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Countdown Alarm Mode automatically.

To use the countdown alarm
1. Press Ⓓ while in the Countdown Alarm Mode to start the countdown alarm.
2. Press Ⓓ again to stop the countdown alarm.
- You can resume a paused countdown alarm operation by pressing Ⓓ.
3. Stop the countdown alarm and then press Ⓑ to reset the countdown time to its starting value.
- When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops and the countdown time is automatically reset to its starting value after the alarm stops.

To turn auto repeat timing on and off
1. Hold down Ⓐ while in the Countdown Alarm Mode until the hour setting flashes.
2. Press Ⓓ to turn auto repeat on and off.

Auto repeat indicator — Press Ⓓ — OFF / ON
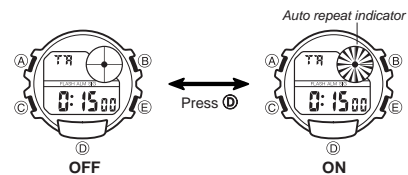
3. Press Ⓐ to return to the Countdown Alarm Mode.
- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing Ⓓ and manually reset to the start time by pressing Ⓑ.
- When the starting value of the countdown time is set at 10 seconds or less and auto repeat is turned on, the countdown alarm tone sounds for only one second instead of the normal 10 seconds. If the EL Alarm is turned on, the EL backlight does not flash under the above conditions.

ALARM MODE

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 on, the watch beeps every hour on the hour.

Mode indicator

Alarm on indicator

Ⓐ   Ⓑ

Hourly time signal on indicator

Ⓒ   6:45   Ⓔ

Ⓓ

Hours   Minutes
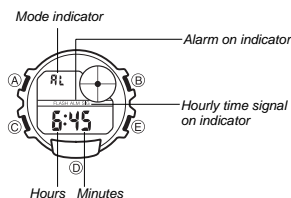
To set the alarm time
1. Hold down Ⓐ until the hour setting starts to flash on the display. The hour setting flashes because it is selected.
• This operation automatically turns on the Daily Alarm.
2. Press Ⓒ to change the selection in the following sequence.
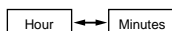
Hour	←→	Minutes

3. While the hour or minutes setting is selected (flashing) press Ⓔ to increase it or Ⓑ to decrease it. Holding down either button changes the current setting 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 indicator) or afternoon (**P**).
4. After you set the alarm time, press Ⓐ to return to the Alarm Mode.
• 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 Alarm Mode automatically.

To turn the daily alarm and 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.

ALM SIG	→		→	ALM	→	SIG
Both ON		Both OFF		Daily Alarm Only		Hourly Time Signal Only
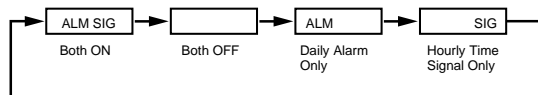
• The alarm on indicator (**ALM**) and the Hourly Signal on indicator (**SIG**) are shown on the display in all modes while these functions are turned on.

To test the alarm sound
Hold down Ⓔ while in the Alarm Mode to sound the alarm.