Module No. 2349

GENERAL GUIDE

- Press Ⓒ to change from mode to mode.
- Pressing Ⓑ in any mode illuminates the digital display for about 1.5 seconds. The backlight is disabled while a setting screen is on the display.
- 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	World Time Mode	Telememo Mode	Alarm Mode	Stopwatch Mode	Hand Setting Mode
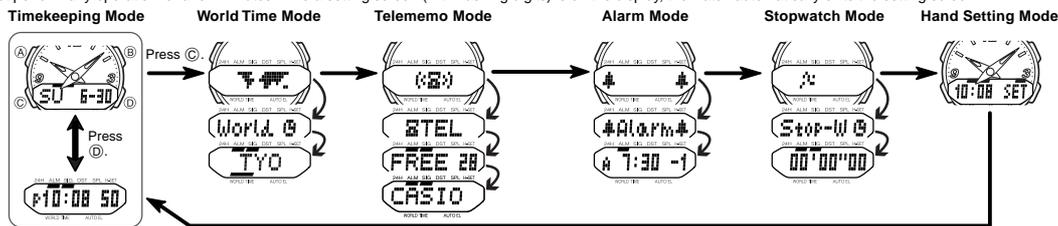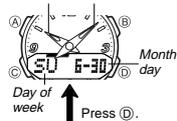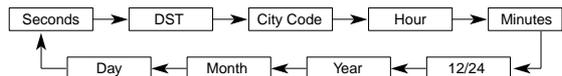
TIMEKEEPING MODE

- Press Ⓓ to toggle the display between the date screen (day of the week, month, day) and the time screen (hour, minutes, seconds).
- With 12-hour timekeeping, times between midnight and noon are indicated by **A** (am), while times between noon and midnight are indicated by **P** (pm).
- The **24H** indicator is on the display while 24-hour timekeeping is selected.

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 → City Code → Hour → Minutes → 12/24 → 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.
- While the **DST** (Daylight Saving Time) setting is selected, press Ⓓ to toggle it on and off. If you turn the **DST** on, the **DST** on indicator appears on the display.
- The **DST** on/off setting you make for the city code that is currently selected in the Timekeeping Mode (your home time city) is also applied to that city code in the World Time Mode.
- While the city codes setting is selected, use Ⓓ (+) and Ⓑ (−) to scroll thorough the available codes until the one you want to use as your home time city is displayed.
- For full information on city codes, see the "CITY CODE TABLE".
- While any other setting is selected (flashing), press Ⓓ (+) or Ⓑ (−) to change it. Holding down either button changes the setting at high speed.
4. After you make the settings you want, press Ⓐ to exit the setting screen.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 2000 to December 31, 2039.

ABOUT THE BACKLIGHT

About the Auto Light Switch Function
When the auto light switch function is turned on, the backlight automatically turns on for about 1.5 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.
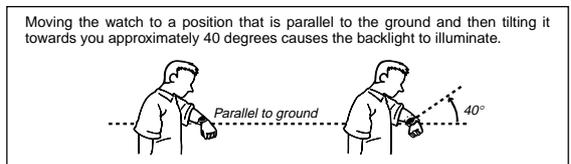
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.


- Static electricity or magnetic force can interfere with proper operation of the auto backlight function. If the auto 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, hold down Ⓓ for one or two seconds to turn the auto light switch function on and off.
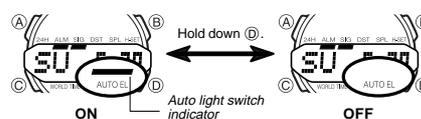
- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing Ⓑ at any time 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 backligfht 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.

WORLD TIME MODE
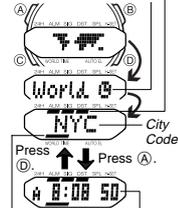
The World Time Mode shows you the current time in 27 cities (29 time zones) around the world.
- For full information on city codes, see the "CITY CODE TABLE".
- The time setting of the Timekeeping Mode and the World Time Mode are synchronized. Whenever you change the time setting for any city in the Timekeeping Mode, the settings of all World Time cities are changed accordingly.

To select a World Time City and view its time
1. In the World Time Mode, press Ⓓ to scroll forward through the city codes (time zones). Holding down Ⓓ scrolls at high speed.
2. When the city code you want is on the display, press Ⓐ to view its current time.

- While the time screen is on the display, press Ⓓ to switches back to the city code screen.
- At this point you could press Ⓓ again to scroll through city codes.

Daylight Saving Time (DST)
Daylight Saving Time automatically advances the time setting by one hour from Standard Time. You can make individual Daylight Saving Time settings for each city code (time zone). Remember that not all countries or even local areas use Daylight Saving Time.

To switch between Standard Time and Daylight Saving Time
1. In the World Time Mode, use Ⓓ to display the city code (time zone) whose standard time/daylight saving time setting you want to change.
2. Hold down Ⓐ toggle between Daylight Saving Time and Standard Time.
- The **DST** indicator appears on the display whenever you display a city code for which daylight saving time is turned on.

TELEMEMO MODE

Remaining memory

Mode indicator

Name

Telephone number

The Telememo Mode lets you store up to 30 records, each with a name (up to eight characters) and a phone number (up to 14 digits). Records are automatically sorted based on the names. You can recall records by scrolling through them on the display.
• See the "CHARACTER LIST" for details on how the watch sorts records.
• The blank screen appears when there are no records stored in memory, or when you scroll to the location between the last and the first records stored in memory.

Press Ⓐ. Press Ⓓ.

• The record on the display when you exit the Telememo Mode appears first the next time you enter the Telememo Mode.

To input a new Telememo record
1. In the Telememo Mode, press Ⓓ and Ⓑ at the same time. This causes the blank screen to appear.
• If the blank screen does not appear when you press Ⓓ and Ⓑ, it means that memory is full. To store another record, you will first have to delete a record stored in memory.
2. Hold down Ⓐ and a cursor appears on the display.
3. Use Ⓓ (+) and Ⓑ (–) to scroll through characters at the current cursor position. Characters scroll in the sequence shown below.

Press Ⓑ. Press Ⓓ.

(Space) — A ~ Z — 0 ~ 9 — (- . / : ')

• Holding down Ⓓ or Ⓑ scrolls at high speed.
4. When the character you want is at the current cursor position, press Ⓒ to move the cursor to the right.
5. Repeat the steps 3 and 4 to input the rest of the characters.
6. After you input the name, use Ⓒ to move the cursor to the right until the number input screen "------" appears.
• You can input up to eight characters for the name, though only six characters are visible at a time. If the name you input has fewer than eight characters, use Ⓒ to move the cursor to the eighth space (which means you would press Ⓒ three times after inputting a five-character name).
• Pressing Ⓒ again while the cursor is at the eighth space changes to the number input screen. When the cursor is at the 14th digit of the number input screen, pressing Ⓒ causes the name input screen to appear again.
7. Use Ⓓ (+) and Ⓑ (–) to scroll through characters (hyphen, numbers, space) at the current cursor position on the number screen. Characters scroll in the sequence shown below.

Press Ⓑ. Press Ⓓ.

(Space) — - — 0 ~ 9

• Holding down Ⓓ or Ⓑ scrolls characters at high speed.
8. When the character you want is at the cursor position, press Ⓒ to move the cursor to the right.
9. Repeat steps 7 and 8 to input the rest of the numbers you want.
• You can input up to 14 digits for the number.
10. After inputting the name and number of the record, press Ⓐ to store it.
• The message "SORT" appears on the display for a few moments after you press Ⓐ to indicate that the watch is sorting records.
• After the record is sorted, the cursor appears in the display, ready for input.
11. Input the next record or press Ⓐ to exit the setting screen.
• The display can show only six name characters or nine number digits at a time. Longer names and numbers scroll continuously from right to left. The symbol " ◀ " indicates that the character or digit to the left is the last, and the character or digit to the right is the first.
• Pressing Ⓓ while a name is scrolling on the display jumps to the first character of the name. Scrolling resumes from there.
• Pressing Ⓐ while a number is scrolling on the display jumps to the first digit of the number. Scrolling resumes from there.

To recall Telememo data
1. In the Telememo Mode, press Ⓓ to scroll forward through the names of the stored records.
• Holding down Ⓓ scrolls through the names at high speed.
2. When the name for the record you want is on the display, press Ⓐ to view its number.
• Pressing Ⓓ while a number screen is on the display returns to the name screen.
• At this point you could press Ⓓ again to scroll through names.

To edit Telememo data items
1. In the Telememo Mode, press Ⓓ to scroll forward through the names of the stored records.
• Holding down Ⓓ scrolls through the names at high speed.
2. When the name for the record you want is on the display, hold down Ⓐ until the cursor appears in the display.
3. Use Ⓒ to move the cursor to the character you want to change.
4. Use Ⓓ (+) and Ⓑ (–) to change the character.
• See step 3 of "To input a new Telememo record" for information on inputting name characters, and step 7 for inputting number characters.
5. After making the changes that you want, press Ⓐ to store them and exit the setting screen.
• The message "SORT" appears on the display for a few moments after you press Ⓐ to indicate that the watch is sorting records.

To delete Telememo data
1. In the Telememo Mode, press Ⓓ to scroll forward through the names of the stored records.
• Holding down Ⓓ scrolls through the names at high speed.
2. When the name for the record you want is on the display, hold down Ⓐ until the cursor appears in the display.
3. Press Ⓓ and Ⓑ at the same time. The message "CLEAR" appears in the display, indicating that the record was deleted.
• After the record is deleted, the cursor appears in the display, ready for input.
4. Input a record or press Ⓐ to exit the setting screen.

ALARM MODE

Mode indicator

Alarm number

Hour Minutes

Alarm on indicator
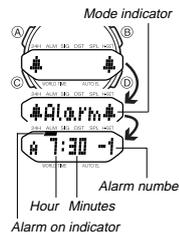
You can set up to five daily alarms. When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

To set the alarm time
1. While in the Alarm Mode, press Ⓓ to display the number of the alarm you want to set.

Alarm 1 → Alarm 2 → Alarm 3 → Alarm 4 → Alarm 5
Hourly Time Signal

2. Hold down Ⓐ until the hour digits flash on the display, indicating the setting screen.
• At this time, the alarm is turned on automatically.
3. Press Ⓒ to move the flashing in the sequence shown below.

Hour ⇄ Minutes

4. Use Ⓓ (+) and Ⓑ (–) to change the setting. Holding down either button changes the setting at high speed.
5. After you set the alarm time, press Ⓐ to exit the setting screen.
• The format (12-hour and 24-hour) of the alarm time matches the format you select in the Timekeeping Mode.
• 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 or the Hourly Time Signal on and off
1. Use Ⓓ to display the alarm you want to turn on or off, or the screen for turning the Hourly Time Signal on or off.
2. Press Ⓐ to toggle the displayed alarm or Hourly Time Signal on and off.

Daily Alarm indicator
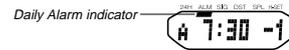
• In the Alarm Mode, the alarm on indicator appears to indicate the on/off status of the currently displayed alarm. In all other modes, the alarm on indicator appears when any one of the five alarms is turned on. The alarm on indicator is not displayed in other modes when all alarms are turned off.

Hourly Time Signal indicator

• The Hourly Time Signal indicator is displayed in all modes when the Hourly Time Signal is turned on.

To test the alarm
In the Alarm Mode, hold down Ⓓ to sound the alarm.
• The alarm test does not work while the Alarm Mode setting screen is on the display.
• Holding down Ⓓ to test the alarm also advances to the next alarm number.

STOPWATCH MODE

Mode indicator

Minutes

1/100 second

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. You can use the EL backlight by pressing Ⓑ at any time while the stopwatch is operating.
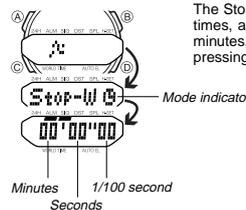
Elapsed time measurement
Ⓓ → Ⓓ → Ⓓ → Ⓓ → Ⓐ
Start Stop Re-start Stop Clear

Split time measurement
Ⓓ → Ⓐ → Ⓐ → Ⓓ → Ⓐ
Start Split Split release Stop Clear
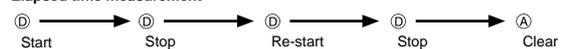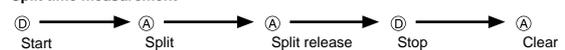
Split time and 1st-2nd place times
Ⓓ → Ⓐ → Ⓓ → Ⓐ → Ⓐ
Start Split Stop Split release Clear
        First runner Second runner Record time of
        finishes. finishes. second runner.
                   Record time of
                   first runner.
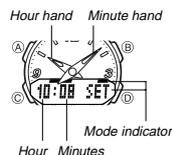
HAND SETTING MODE

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

1. Hold down Ⓐ while in the Hand Setting Mode until the message "**SET**" start to flash on the display.
2. Each press of Ⓓ advances the hands 20 seconds. Holding down Ⓓ advances the hand at high speed.
- Note that the hands can be advanced only and cannot be moved back. Take care so you do not go past the setting you want to make.
3. After you set the analog time, press Ⓐ to exit the setting screen.
- Depending on your timing when you operate the Ⓓ button, the above operation can cause the minute hand timing to become late. If this happens, repeat the above operation to correct the minute hand timing.

CHARACTER LIST

A	B	C	D	E	F	G
H	I	J	K	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z	0	1
2	3	4	5	6	7	8
9	–	.	/	:	'	

CITY CODE TABLE

GMT differential	City Code	City	Other major cities in same time zone
–11	–11		
–10	HNL	HONOLULU	PAPEETE
–9	ANC	ANCHORAGE	NOME
–8	LAX	LOS ANGELES	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
–7	DEN	DENVER	EL PASO, EDMONTON
–6	CHI	CHICAGO	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
–5	NYC	NEW YORK	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
–4	CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
–3	RIO	RIO DE JANEIRO	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
–2	–02		
–1	–01		
0	GMT		
0	LON	LONDON	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+1	PAR	PARIS	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
+2	CAI	CAIRO	ATHENS, HELSINKI, ISTANBUL,
+2	JRS	JERUSALEM	BEIRUT,DAMASCUS, CAPE TOWN
+3	JED	JEDDAH	MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
+3.5	THR	TEHRAN	SHIRAZ
+4	DXB	DUBAI	ABU DHABI, MUSCAT
+4.5	KBL	KABUL	
+5	KHI	KARACHI	MALE
+5.5	DEL	DELHI	MUMBAI, CALCUTTA
+6	DAC	DHAKA	COLOMBO
+6.5	RGN	YANGON	
+7	BKK	BANGKOK	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
+8	HKG	HONG KONG	SINGAPORE, KUALA LUMPUR, BEIJING,TAIPEI, MANILA, PERTH, ULAANBAATAR
+9	TYO	TOKYO	SEOUL, PYONGYANG
+9.5	ADL	ADELAIDE	DARWIN
+10	SYD	SYDNEY	MELBOURNE, GUAM, RABAUL
+11	NOU	NOUMEA	PORT VILA
+12	WLG	WELLINGTON	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of December 1999.