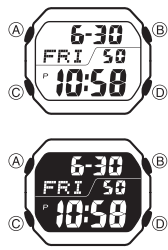


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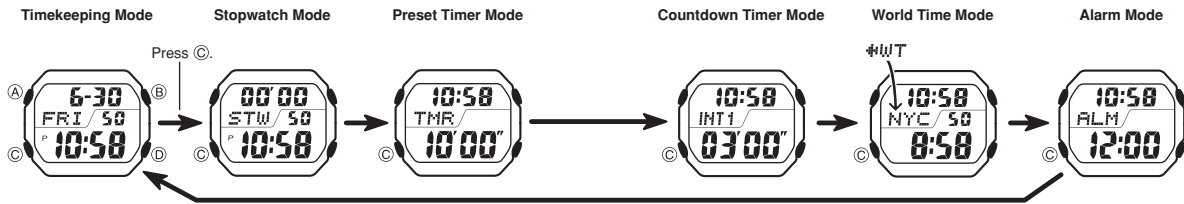
About This Manual



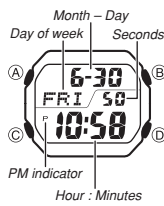
- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press (C) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press (B) to illuminate the display.



Timekeeping



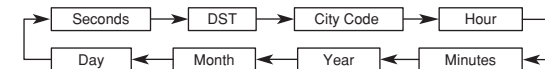
Use the Timekeeping Mode to set and view the current time and date.

Read This Before You Set the Time and Date !
The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a Home Time zone before you set the time and date.

To set the time and date



- In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select other settings.



- When the setting you want to change is flashing, use (D) and (B) to change it as described below.

Screen	To do this:	Do this:
50	Reset the seconds to 00	Press (D).
0FF	Toggle between Daylight Saving Time (0A) and Standard Time (0FF)	Press (D).
TYO	Change the city code	Use (D) (east) and (B) (west).
P 10:58	Change the hour or minutes	Use (D) (+) and (B) (-).
2 05	Change the year	
6:30	Change the month or day	

- For details about time zones, see the "City Code Table".
 - See "Daylight Saving Time (DST)" for details about DST setting.
- Press (A) to exit the setting screen.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time



- In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
 - Press (C) to display the DST setting screen.
 - Press (D) to toggle between Daylight Saving Time (0A displayed) and Standard Time (0FF displayed).
 - Press (A) to exit the setting screen.
- The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.

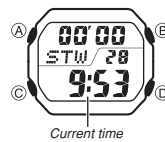
To toggle between 12-hour and 24-hour timekeeping

In the Timekeeping Mode, press (D) to toggle between 12-hour timekeeping and 24-hour timekeeping.

- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.
- The P indicator is not displayed when the current time is displayed in other modes.

Stopwatch

Initial Stopwatch Mode Screen

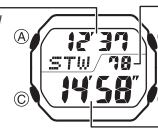


The stopwatch lets you measure elapsed time. The upper display and lower display can be used for official timing of an event or game.

- The measurement range of the upper display is 59 minutes 59 seconds.
- The measurement range of the lower display is 99 minutes 59 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

Elapsed Time Screen

Minutes' Seconds
* Press (D) to pause and restart elapsed time measurement.



* This time measurement (1/100 second) cannot be paused.

Minutes' Seconds"
* This time measurement cannot be paused. It shows the total elapsed time since the timing operation started.

To measure times with the stopwatch

Elapsed Time



*1 Elapsed time measurement in the lower display continues.

Using the Watch to Officially Time a Sporting

If you set a game or event time, the watch will sound an alarm when the time in the lower display reaches that time.

If the event is interrupted for some reason, you can press (D) to pause and restart timing in the upper display. The lower display shows the total elapsed time since the start of the timing operation. You can calculate the total amount of time that play was interrupted (lost time or injury time) by subtracting the upper display time from the lower display time.

To set the event time



- In the Stopwatch Mode, hold down (A) until current event time setting starts to flash in the lower display. This is the setting screen.
 - If the current event time is not displayed, use the procedure under "To reset elapsed time to zero" to display it.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - You can set the event time in the range of 1 minute to 60 minutes, in 1-minute units.
 - "--" indicates there is no event time set.
- Press (A) to exit the setting screen.

To start timing at the beginning of an event

When the current time in the lower display reaches the event start time, press (D) to start timing.

- This will display elapsed time measurement in the upper and lower displays.

To pause timing

- Press (D).
 - This stops elapsed time measurement in the upper display.
 - Elapsed time measurement in the lower display continues.
- To restart elapsed time measurement in the upper display, press (D) again.

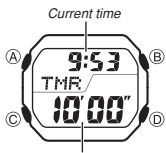
When the preset event time is reached

- The watch will sound an alarm when the elapsed time measurement in the lower display (total elapsed time since timing started) reaches the preset event time.
- Elapsed time measurement continues to be performed even after the preset event time is reached.

To reset elapsed time to zero

- Press (D). This stops elapsed time measurement in the upper display.
 - Elapsed time measurement in the lower display continues.
- Hold down (A) until the initial Stopwatch Mode screen appears.

Preset Timer

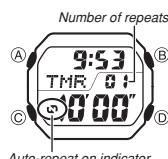
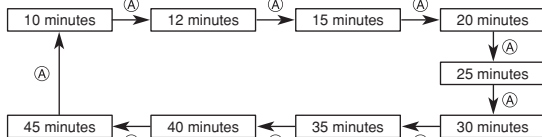


The watch includes a number of different preset time that you can select for the countdown start time. An alarm sounds when the countdown reaches zero.

- The following are the preset start times, all in minutes: 10, 12, 15, 20, 25, 30, 35, 40, 45.
- You can also select auto-repeat, which automatically restarts you set whenever zero is reached.
- All of the operations in this section are performed in the Preset Timer Mode, which you enter by pressing (C).

To perform a preset timer operation

- In the Preset Timer Mode, use (A) to scroll through the preset times until the one you want to use is displayed.



Auto-repeat on indicator

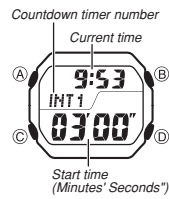
- To turn on auto-repeat, hold down (A) while a start time selection screen is displayed. The number of repeats will appear above the timer time.
- Frequent use of auto-repeat and the alarm can run down battery power.



- Press (D) to start the countdown timer.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.

- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button.
- When the end of the countdown is reached while auto-repeat is turned off, the watch will go into an elapsed time operation and display how much time has elapsed since the end of the countdown was reached. The elapsed time operation will stop automatically when it reaches 60 minutes. At that time the countdown timer start time selection screen will appear.
- When the end of the countdown is reached while auto-repeat is turned on, a new countdown starts for the preset start time. The number of repeats is displayed above the timer time. The number of repeats display changes to "--" when the count reaches 100.
- To completely stop a countdown operation, first pause it (by pressing (D)), and then press (A). This will display the initial Preset Timer Mode screen.

Countdown Timer

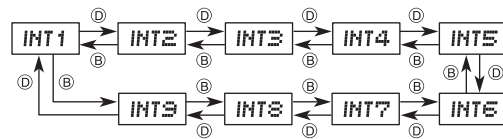


To configure countdown timer settings

With the countdown timer, you can set up to nine start times, which are counted down in sequence one after the other.

The countdown timer can be used for interval training (for example, three minutes running INT1, 1 minute rest INT2, five minutes running INT3) or for timing an multi-period event (for example, 45 minutes of play INT1, 15 minutes rest INT2, 45 minutes play INT3).

- The watch beeps when any timer reaches zero.
- An alarm sounds for about five seconds when the last countdown timer reaches zero.
- You can turn on an auto-repeat feature that restarts the timer sequence from the beginning when the end of the last timer is reached.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C).



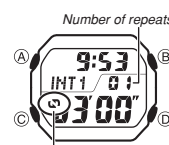
- Press (C) to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use (D) and (B) to change it as described below.

Screen	To do this:	Do this:
INT 1	Change the numbers	Use (D) (+) and (B) (-).
03:00	Change the minutes	Use (D) (+) and (B) (-).
03:00	Change the seconds (5-second units)	Use (D) (+) and (B) (-).
→	Toggle auto-repeat off (→) and on (↔)	Press (D).

- Any timer whose start time is 00:00 will not be used during the countdown timer operation.
- There is no auto-repeat for individual countdown timers. In the Countdown Timer Mode, auto-repeat repeats the entire set of timers.



Auto-repeat on indicator

- Set the times of all of the timers that you want.
- Press (A) to exit the setting screen.
 - When auto-repeat is turned on, the number of repeats will appear above the timer time.
 - Frequent use of auto-repeat and the alarm can run down battery power.

To perform a countdown timer operation

In the Countdown Timer Mode, press (D) to start the countdown timer.

- To pause a countdown timer operation, press (D). Press (D) again to restart.
- While auto-repeat is turned off, the watch beeps when each countdown timer reaches zero. An alarm will sound for about five seconds when the final countdown timer reaches zero.
- While auto-repeat is turned on, the watch beeps when each countdown timer reaches zero. An alarm will sound for about five seconds when the final countdown timer reaches zero. The timing restarts from the first timer when the final countdown timer reaches zero. The number of repeats is displayed above the timer time. The number of repeats display changes to "--" when the count reaches 100.
- An ongoing countdown timer operation continues to be performed even if you exit the Countdown Timer Mode.
- To stop the countdown timer, first press (D) to pause it, and then press (A). This returns the countdown time to its starting value.

World Time

Timekeeping Mode time



Current time in the zone of the selected city code

World Time shows the current time in 48 cities (29 time zones) around the world.

- When you enter the World Time Mode, the data you were viewing when you last exited the mode appears first.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).

To view the time for another city code

- In the World Time Mode, press (D) to scroll eastwardly through city codes.
- For full information about city codes, see the "City Code Table".
- If the current time for a city is wrong, check your Timekeeping Mode time and time zone settings and make necessary changes.

To toggle a city code time between Standard Time and Daylight Saving Time



DST indicator

- In the World Time Mode, use (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (A) for about one second to toggle Daylight Saving Time (DST displayed) and Standard Time (DST not displayed).
- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

Alarm

Hourly time signal on indicator



Alarm on indicator

Alarm time (Hour : Minutes)

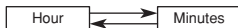
When the Daily Alarm is turned on, the alarm sounds for 10 seconds at the preset time each day. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

To set the alarm time

- Hold down (A) while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
- This operation automatically turns on the alarm.

- Press (C) to change the selection in the following sequence.



- While a setting is flashing, use (D) and (B) to change it as described below.

Screen	To do this:	Do this:
12:00	Change the hour and minutes	Use (D) (+) and (B) (-). • With the 12-hour format, set the time correctly as a.m. or p.m. (P indicator).

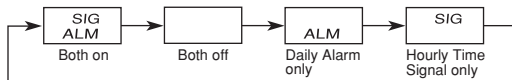
- After you set the alarm time, press (A) to return to the Alarm Mode.

To stop the alarm

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

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.



To test the alarm

Hold down (D) while in the Alarm Mode to sound the alarm.

Illumination

Auto light switch indicator



This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch turns on illumination automatically when you angle the watch for reading towards your face.

- The auto light switch must be turned on (indicated by the auto light switch indicator) for it to operate.
- See "Illumination Precautions" for more important information.

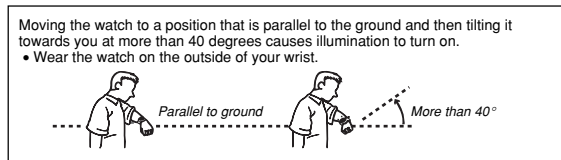
To illuminate the display

In any mode, press (B) to turn on illumination.

- The above operation turns on illumination regardless of the current auto light switch setting.

About the Auto Light Switch

While the auto light switch is enabled, illumination turns on whenever you position your wrist as described below in any mode.



Warning!

- Always make sure you are in a safe place whenever you are reading the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in an accident or injury. Also take care that sudden illumination by the auto light switch does not startle or distract others around you.
- When you are wearing the watch, make sure that its auto light switch 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.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down (B) for about three seconds to toggle the auto light switch on (auto light switch indicator displayed) or off (auto light switch indicator not displayed).

- The auto light switch indicator is on the display in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Button Operation Tone



The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, the alarms, the Hourly Time Signal, the countdown timer, and the event timer alarm all operate normally.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down (C) to toggle the button operation tone on (⌘ not displayed) and off (⌘ displayed).

- Holding down (C) to turn the button operation tone on or off also causes the watch's current mode to change.
- ⌘ is displayed in all modes when the button operation tone is turned off.

Scrolling

The (B) and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls at high speed. This is true except when the countdown number is flashing on the Countdown Timer Mode screen.

Auto Return Features

- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it changes to the Timekeeping Mode automatically.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch exits the setting screen automatically.

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time differential values.
- The UTC differential is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Universal Time Coordinated", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

Illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Auto light switch precautions

- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.



- Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- Illumination turns off in about one second, even if you keep the watch pointed towards your face.
- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards 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, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

City Code Table

City Code	City	UTC Differential	Other major cities in same time zone
PPG	Pago Pago	-11.0	
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
YVR	Vancouver	-08.0	Las Vegas, Seattle/Tacoma, Dawson City
SFO	San Francisco		
LAX	Los Angeles		
DEN	Denver	-07.0	El Paso, Edmonton
MEX	Mexico City	-06.0	Winnipeg, Houston, Dallas/Fort Worth, New Orleans
CHI	Chicago		
MIA	Miami	-05.0	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
NYC	New York		
CCS	Caracas	-04.0	La Paz, Santiago, Port Of Spain
YYT	St. Johns	-03.5	
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
RAI	Praia	-01.0	
LIS	Lisbon	+00.0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
BCN	Barcelona	+01.0	Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm, Madrid
PAR	Paris		
MIL	Milan		
ROM	Rome		
BER	Berlin		
ATH	Athens	+02.0	Helsinki, Beirut, Damascus, Cape Town
JNB	Johannesburg		
IST	Istanbul		
CAI	Cairo		
JRS	Jerusalem		
MOW	Moscow	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	
MLE	Male		
DEL	Delhi	+05.5	Mumbai, Kolkata
DAC	Dhaka	+06.0	Colombo
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
SIN	Singapore	+08.0	Kuala Lumpur, Taipei, Manila, Perth, Ulaanbaatar
HKG	Hong Kong		
BJS	Beijing		
SEL	Seoul	+09.0	Pyongyang
TYO	Tokyo		
ADL	Adelaide	+09.5	Darwin
GUM	Guam	+10.0	Melbourne, Rabaul
SYD	Sydney		
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

*Based on data as of June 2005.