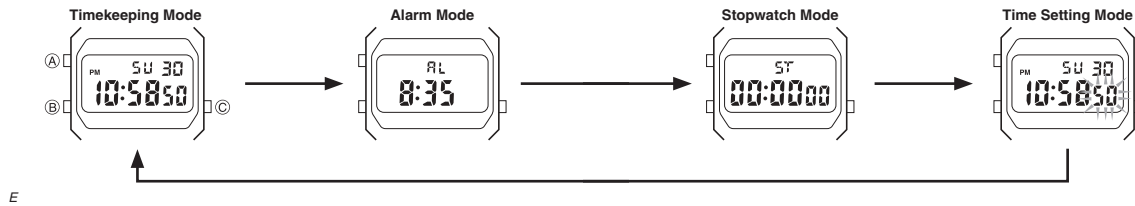


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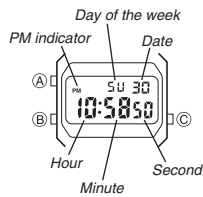
General Guide

- Press (B) to change from mode to mode. Each mode is explained in detail on the following pages.
- After you perform an operation in any mode, pressing (B) returns to the Timekeeping Mode.

- Holding down (A) at any time illuminates the display.
- The backlight of this watch employs an electroluminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.

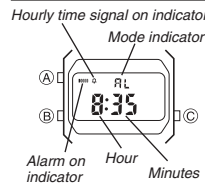


Timekeeping Mode



- In the Timekeeping Mode, press (C) to switch between the 12-hour and 24-hour formats.
- Day of the week is displayed as follows.
 SU: Sunday MO: Monday
 TU: Tuesday WE: Wednesday
 TH: Thursday FR: Friday
 SA: Saturday

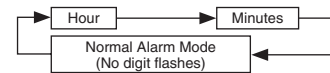
Alarm Mode



When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time

1. In the Alarm Mode, press (A). The hour digits flash because they are selected.
2. Press (A) to change the selection in the following sequence.



E-2

E-3

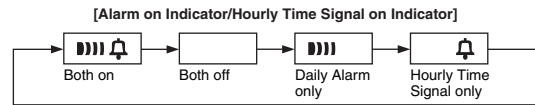
3. Press (C) to increase the selected digits. Holding down (C) changes the number at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (PM).
4. After you set the alarm time, press (A) to return to the Alarm Mode. At this time the Daily Alarm is switched on automatically.

To stop the alarm

Press (A) to stop the alarm after it starts to sound.

To switch the Daily Alarm and Hourly Time Signal on and off

Press (C) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



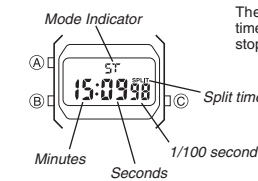
To test the alarm

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

E-4

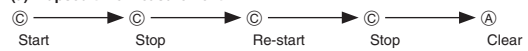
E-5

Stopwatch Mode

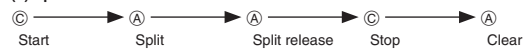


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

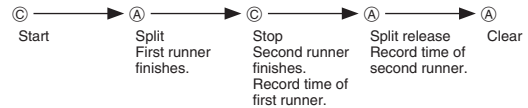
(a) Elapsed time measurement



(b) Split time measurement



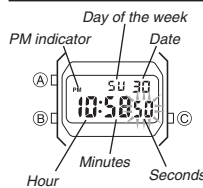
(c) Split time and 1st-2nd place times



E-6

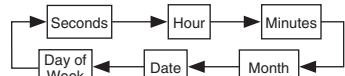
E-7

Time Setting Mode



To set the time and date

1. Use (B) to enter the Time Setting Mode.
- The seconds digits flash because they are selected.
2. Press (A) to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press (C) to reset the seconds to "00". If you press (C) while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds) are selected (flashing), press (C) to increase the number. While the day of the week is selected, pressing (C) advances to the next day. Holding down (C) changes the current selection at high speed.
5. After you set the time and date, press (B) to return to the Timekeeping 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 Timekeeping Mode automatically.

E-8

E-9

Specifications

Accuracy at normal temperature: ± 30 seconds a month

Timekeeping Mode: Hour, minutes, seconds, am/pm, date and day of the week

Time system: Switchable between 12-hour and 24-hour formats

Calendar system: Auto-calendar set at 28 days for February

Alarm Mode: Daily alarm, hourly time signal

Stopwatch Mode

Measuring units: 1/100th of a second

Measuring capacity: 59 minutes, 59.99 seconds

Measuring modes: Elapsed time, split time and two finishes

Other: Backlight (Electro-luminescent light)

Battery: One lithium battery (Type: CR2016)

Approximately 7 years on type CR2016 (Assuming 1 second light operation

and 20 seconds alarm operation per day)

Frequent use of the backlight shortens the battery life noted above.

E-10
