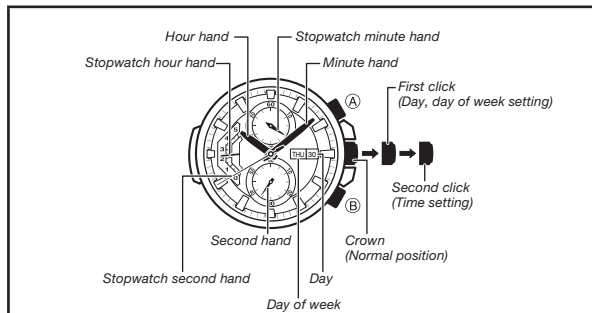


- Your watch may differ somewhat from the one shown in the illustration.



To set the time

- When the second hand is at 12 o'clock, pull out the crown to the second click to stop it.
- Set the hands by rotating the crown. Move the minute hand four or five minutes past the setting you want, and then back them up to the setting.
- Push the crown back in on a time signal to resume timekeeping.

To set the day and day of the week

- Avoid setting the day and day of the week between 9:00 p.m. and 6:00 a.m. The day and day of the week may not change in the following day if you do.

 - Pull out the crown to the first click.
 - Set the day by rotating the crown counterclockwise.
 - Set the day of the week by rotating the crown clockwise.
 - Push the crown back in to its normal position.

Using the Stopwatch

The stopwatch lets you measure elapsed time up to 4 hours, 59 minutes, 59 seconds.

- The illustration shows a time of 2 hours, 20 minutes, 40 seconds.
- Do not try to perform stopwatch operations while the crown is pulled out either to the first or second click. If you try to press a button, you might accidentally cause the crown to rotate and change the current time or day setting.
- When an elapsed time measurement reaches five hours, the stopwatch hour hand will stop but the stopwatch minute and second hands will continue to move.

To measure elapsed time

- Press (A) to start the stopwatch.
- Press (A) to stop the stopwatch.
 - You can resume the measurement operation by pressing (A) again.
- Press (B) to reset the stopwatch.

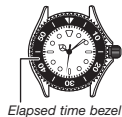
Adjusting the Stopwatch Hands Position

Use of the stopwatch can cause the starting positions of the stopwatch hour hand, minute hand and second hand to become misaligned. Use the following procedures to check hand alignment and to adjust the positions of the hands so they point to 12 o'clock when the stopwatch is reset.

To adjust the positions of the stopwatch hands

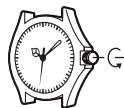
- Press (B) to reset the stopwatch, and check the alignment of the stopwatch hour hand, minute hand and second hand.
- Pull out the crown to the second click.
- Press (A) to move the stopwatch second hand forward until it points to 12 o'clock.
- If the stopwatch minute hand is aligned correctly, proceed to step 5. If the stopwatch hour hand and stopwatch minute hand are also misaligned, press (B) so the stopwatch hour hand and the stopwatch minute hand jump to 0 (60).
- After making the adjustments you want, push the crown back in to its normal position.
 - Note that pulling the crown out also stops the timekeeping second hand. After performing the above procedure, you should also adjust the timekeeping setting.

- For a watch with an elapsed time bezel
Rotate the elapsed time bezel to align the ∇ mark with the minute hand.
After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to.
The elapsed time is indicated.



Elapsed time bezel

- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.



Specifications

Accuracy at normal temperature: ± 20 seconds a month

Display: 3 analog hands (timekeeping hour and minutes, stopwatch seconds), 3 dials (timekeeping seconds, stopwatch hours and minutes), day, day of the week

Stopwatch function: Measuring capacity: 4:59:59"/Measuring unit: 1 second
Measuring modes: Elapsed time

Battery: One silver oxide battery (Type: SR927W)
Approximately 5 years on type SR927W (assuming one stopwatch operation 60 min./day)