GENERAL GUIDE
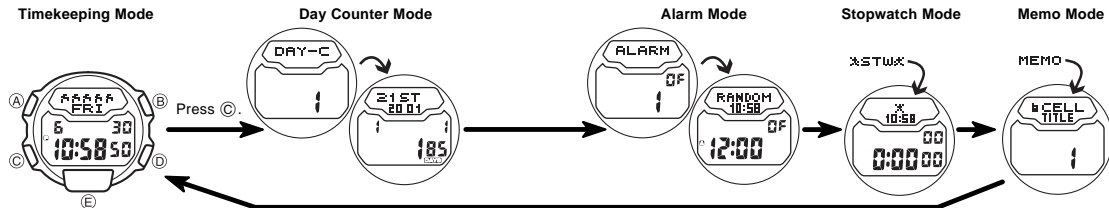
- Press Ⓒ to change from mode to mode.
- Pressing Ⓔ in any mode besides the Alarm Mode illuminates to the display for about three seconds. The backlight is disabled while a setting screen is on the display.
- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch automatically exits the setting screen.
- If you do not perform any operation for a few minutes in any mode besides stopwatch mode, the watch automatically reverts to the normal timekeeping screen.

Timekeeping Mode	Day Counter Mode	Alarm Mode	Stopwatch Mode	Memo Mode

Press Ⓒ.

TIMEKEEPING MODE

Month   Day
Day of week
Hour   Seconds
Minutes
PM indicator
DST indicator 2

Press Ⓓ to toggle between 12-hour and 24-hour time-keeping.
- 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 **A** and **P** indicators do not appear for 24-hour time-keeping.
- Pressing Ⓑ plays a randomly selected melody. To stop a playing melody, press any button besides Ⓔ.
- Pressing Ⓔ while a melody is playing toggles the display between an animated character and the name of the melody.
*See the "MELODY LIST" for the names of melodies.
- Press Ⓔ to illuminate the display for about three seconds. When 12-hour timekeeping is being used, pressing Ⓔ also displays an animated character.
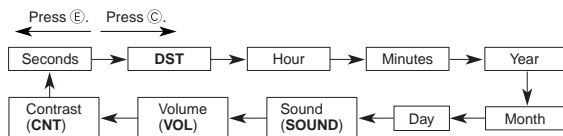
Timekeeping Mode Settings
In addition to settings for the current time and date, the Timekeeping Mode setting screen also lets you turn button tones and melody play on and off, adjust tones and melody volume, and adjust display contrast.

To make Timekeeping Mode settings
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. Press Ⓔ to move the flashing in the opposite direction.

Press Ⓔ.   Press Ⓒ.

Seconds → DST → Hour → Minutes → Year
Contrast (CNT) ← Volume (VOL) ← Sound (SOUND) ← Day ← Month

DST indicator 1

DST indicator 2

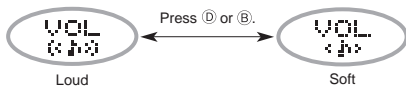3. While the seconds setting is selected (flashing), press Ⓓ or Ⓑ to reset it to 00.
- If you press Ⓓ or Ⓑ while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the **DST*** (Daylight Saving Time) setting is selected, press Ⓓ or Ⓑ to toggle it on and off.
- DST indicator 1 is displayed in the Timekeeping Mode setting screen only when the **DST** setting is selected. It shows **ON** when the **DST** setting is on, and **OFF** when the **DST** setting is off.
- DST indicator 2 is displayed in the Timekeeping Mode, Day Counter Mode and Alarm Mode when the **DST** setting is turned on.
*Daylight Saving Time (**DST**), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

- While the **SOUND** (button tones) setting is selected, press Ⓓ or Ⓑ to turn the beep and musical tone on and off, as shown below.
- Changing the **SOUND** also changes the Hourly Time Signal tones.

Press Ⓑ.   Press Ⓓ.

Beep   Musical tone   Off
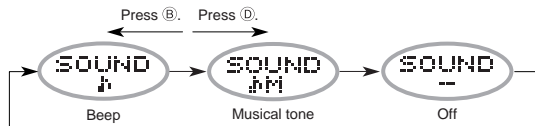
- While the **VOL** setting is selected, press Ⓓ or Ⓑ to toggle it between loud and soft.

Press Ⓓ or Ⓑ.

Loud   Soft

- While the **CNT** setting is selected, press Ⓓ to make the display darker, or Ⓑ to make it lighter.

- While any other setting is selected (flashing), press Ⓓ to increase it or Ⓑ to decrease 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.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years.
  Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.

ABOUT THE BACKLIGHT

About the Auto Light Switch Function
When the auto light switch function is turned on, the backlight automatically turns on for two 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.

Parallel to ground   40°
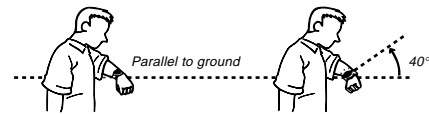
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.

Parallel to ground   More than 15 degrees too high   More than 15 degrees too low

- Static electricity or magnetic force can interfere with proper operation of the auto light switch 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 turning 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 two seconds to turn the auto light switch function on and off.

Auto light switch indicator

Hold down Ⓓ.

ON   OFF
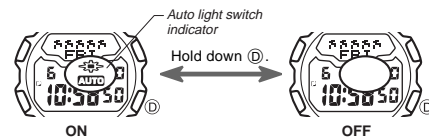
- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately three hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing Ⓔ in any mode besides the Alarm Mode illuminates the display for about three seconds, 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 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.

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.

DAY COUNTER MODE
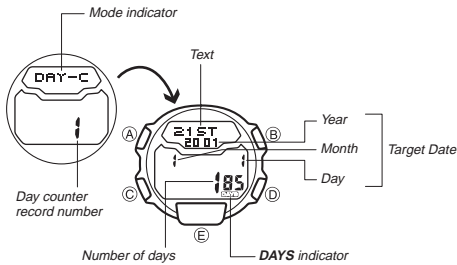
The Day Counter Mode lets you count the number of days from the Timekeeping Mode's current date to a specific target date.
- There are five Day Counter records, each of which can be assigned up to 12 characters of text and a target date.
- When a target date is reached, the **DAYS** indicator flashes on the display in the Timekeeping Mode. The **DAYS** indicator also flashes in the Day Counter Mode when the screen for the target date is on the display.
- The **DAYS** indicator flashes on the target date each year, regardless of the year setting of the target date.
- The initial default date for a Day Counter record is 2001/1/1, and the text area contains All spaces. (All spaces for the text display a series of hyphens "–––––".)

Recalling Day Counter Data
In the Day Counter Mode, press Ⓓ to scroll through the Day Counter record screens.
- The day count is a negative value whenever the target date comes before the current date.
- The display can show only five characters at a time. Longer text scrolls 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.

To set the target date
1. In the Day Counter Mode, press Ⓓ to display a record number you want to set.
2. Hold down Ⓐ until the first (leftmost) text character starts to flash on the display. This indicates the input screen.
3. Press Ⓒ to move the flashing in the sequence shown below. Press Ⓔ to move the flashing in the opposite direction.

Press Ⓔ.   Press Ⓒ.

Character 1 → ······ → Character 12
Day → Month → Year
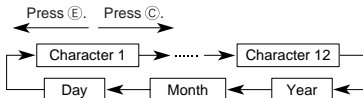
4. While the flashing is located within the text area, use Ⓓ or Ⓑ to scroll through characters at the current location of the flashing. Holding down either button scrolls through characters at high speed.

Press Ⓑ.   Press Ⓓ.

Space → A to Z → Punctuation → Japanese characters
Hyphen ← Numbers ← Symbols ←
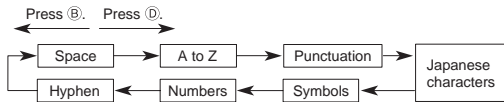
*See the "CHARACTER LIST" for details.

5. While any other setting is selected, press Ⓓ to increase it or Ⓑ to decrease it. Holding down either button changes the setting at high speed.
- Pressing Ⓓ and Ⓑ at the same time while the flashing is located within the text area clears any input text and resets the date setting to the current date. At this time the message "**CLEAR**" appears on the display.
- Pressing Ⓓ and Ⓑ at the same time while the flashing is located within the date area resets the date setting to the current date without affecting the text.
6. After you make the settings you want, press Ⓐ to exit the input screen.
- The date can be set within the range of January 1, 1940 to December 31, 2039.

ALARM MODE
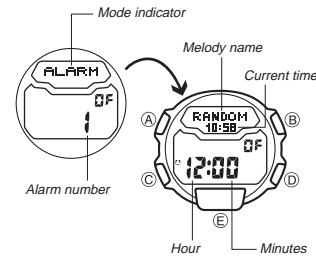
You can set up to five melody alarms. When a Daily Alarm is turned on, its melody alarm sounds for about 20 seconds at the preset time each day. In the Timekeeping Mode, press any button (except Ⓔ) to stop the melody alarm after it starts to sound. Pressing Ⓔ while a melody is playing toggles the display between an animated character and the name of the melody that is playing. 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 alarm number you want to set.

Alarm 1 → Alarm 2 → Alarm 3 → Alarm 4 → Alarm 5
SIG: 00 (Hourly Time Signal) ←
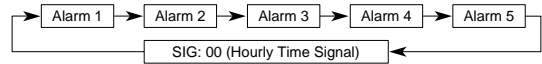
2. Hold down Ⓐ until the melody setting starts to flash on the display, indicating the setting screen. The alarm is automatically turned on at this time.
3. Press Ⓒ to change the selection in the sequence shown below.

Melody Setting → Hour → Minutes
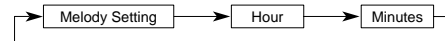
4. While melody setting is selected, use Ⓓ or Ⓑ to scroll through melody names.

	Setting	Alarm Sound
Press Ⓑ.	♪ – 0	Ramdom play of melodies 1, 2, 3, 4 and 5
	♪ – 1	Melody 1
	♪ – 2	Melody 2
	♪ – 3	Melody 3
Press Ⓓ.	♪ – 4	Melody 4
	♪ – 5	Melody 5
	♪ – ♪	Beeper

*See the "MELODY LIST" for the names of melodies.

*Some melody alarms tune names may be displayed in abbreviated format.

- While any other setting is selected, press Ⓓ to increase it or Ⓑ to decrease it. Holding down either button changes the setting at high speed.
5. After you make the settings you want, press Ⓐ to exit the setting screen.
- 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.
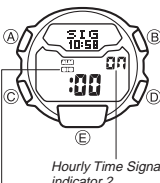
To stop a melody alarm
- Press any button (except Ⓔ) to stop a melody alarm after it starts to sound.

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.
- Alarm indicator 1 is displayed in all modes when any of the five alarms is turned on.
- Alarm indicator 2 is displayed in the Alarm Mode only. It shows **on** when the currently displayed alarm is on, and **OF** when the currently displayed alarm is off.

- Hourly Time Signal indicator 1 is displayed in all modes when the Hourly Time Signal is turned on.
- Hourly Time Signal indicator 2 is displayed in the Alarm Mode only. It shows **on** when the Hourly Time Signal is on, and **OF** when the Hourly Time Signal is off.

To test the alarm
In the Alarm Mode, display the alarm you want to sound, and then press Ⓔ to play its melody or beep. You can also press Ⓔ to play an alarm's melody while setting the alarm time.
- To stop a playing melody or beep, press any button.

STOPWATCH MODE

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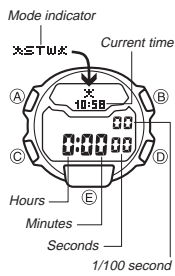
The stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. You can use the EL backlight by pressing Ⓔ at any time while the stopwatch is operating.
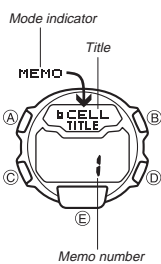
Elapsed time measurement

Ⓓ	Ⓓ	Ⓓ	Ⓓ	Ⓑ
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 finishes.	Second runner finishes. Record time of first runner.	Record time of second runner.	

MELODY LIST

1	That's the way I like it
2	Stayin' alive
3	Hello Mr. monkey
4	Got to be real
5	Hot stuff

JASRAC

MEMO MODE

Mode indicator
Title
Memo number

The Memo Mode lets you store up to five memos, each with an eight-character title and 16 characters of data.

Recalling a Memo
In the Memo Mode, press Ⓓ to scroll through the Memo titles. When you find the title you want, press Ⓑ, and the screen alternates between the title and data.
• The display can show only five characters at a time. Longer text scrolls 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.
• A series of hyphens " − − − − − " is displayed for a memo that does not contain any data.

To input a memo
1. In the Memo Mode, press Ⓓ to display the memo number you want to set.
2. Hold down Ⓐ until the first (leftmost) character of the memo title starts to flash on the display. This indicates the input screen.
3. Press Ⓒ to move the flashing in the sequence shown below. Press Ⓔ to move the flashing in the opposite direction.

← Press Ⓔ.   Press Ⓒ. →

Title Character 1	······	Title Character 8
Data Character 16	······	Data Character 1
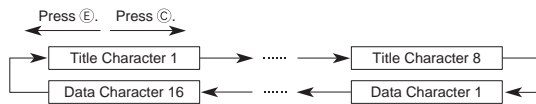
4. Use Ⓓ or Ⓑ to scroll through characters at the current location of the flashing. Holding down either button scrolls at high speed.

← Press Ⓑ.   Press Ⓓ. →

Space	A to Z	Punctuation	Japanese characters
Hyphen	Numbers	Symbols	
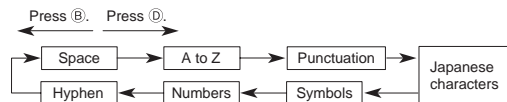
*See the "CHARACTER LIST" for details.

• Pressing Ⓓ and Ⓑ at the same time while inputting memo title or data clears all title and data. At this time the message "**CLEAR**" appears on the display.
5. After you input the data you want, press Ⓐ to exit the input screen.

CHARACTER LIST

(space)	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	&
@	/	.	!	?	ア	イ	ウ	エ	オ	カ	キ	ク	ケ
コ	サ	シ	ス	セ	ソ	タ	チ	ツ	テ	ト	ナ	ニ	ヌ
ネ	ノ	ハ	ヒ	フ	ヘ	ホ	マ	ミ	ム	メ	モ	ヤ	ユ
ヨ	ラ	リ	ル	レ	ロ	ワ	ヲ	ン	ァ	ィ	ゥ	ェ	ォ
ツ	ャ	ュ	ョ	゜	゜	、	。	：	'	・	…	(	)
<	>	←	→	★	♥	☻	▨	▭	▮	~	#	＊	+
1	2	3	4	5	6	7	8	9	0	−			

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