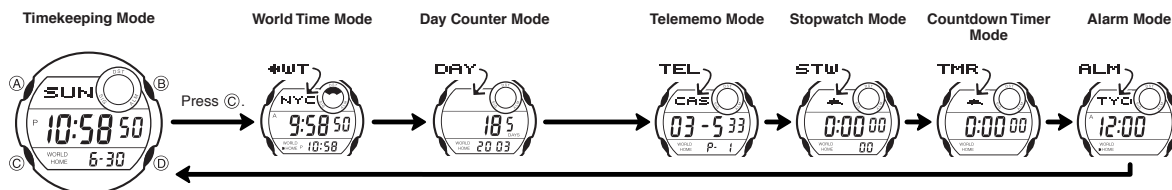


General Guide

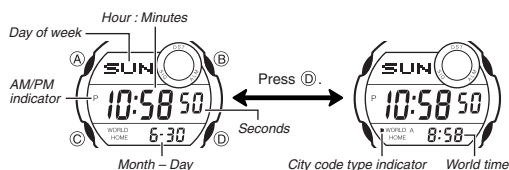
- Press **(C)** to change from mode to mode.
- In any mode, press **(B)** to illuminate the display.



Timekeeping

Use the Timekeeping Mode to set and view the current time and date. You can also select the color of the "Multi Illuminator" backlight, which uses LEDs to illuminate the display in different colors.

- In the Timekeeping Mode, press **(D)** to toggle the lower part of the display between the date and world time.



Important!

- World Time Mode times will not be correct unless you set the correct current date and time in the Timekeeping Mode. See "To set the time and date" for more information.
- Always use standard time when setting the Timekeeping Mode time and date, even if the area where your Home Time city (the city where you normally use the watch) is located is currently in Daylight Saving Time (summer time). After setting the time, turn DST on or off as required. See "Daylight Saving Time (DST)" for more information.

To set the time and date



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



3. When the setting you want to change is flashing, use **(D)** to change it as described below.

To change this setting	Perform this button operation
Seconds	Press (D) to reset to 00 .
DST on/off	Press (D) to toggle between DST on (ON displayed) and off (OFF displayed).
City code	Use (D) to scroll through the available codes until the one you want to use as your Home Time city is displayed.
Hour, Minutes, Year, Month, Day	Use (D) to increase the setting.
Backlight color	Use (D) to cycle through the available color settings.

- Pressing **(D)** while the seconds are in the range of 30 to 59 resets them to **00** and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
 - For full information on city codes, see the "City Code Table" at the back of this manual.
 - See "To change the backlight color" for information about backlight color settings.
4. Press **(A)** to exit the setting screen.
 - The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

To toggle between 12-hour and 24-hour timekeeping

- In the Timekeeping mode, hold down **(D)** for about two seconds 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 the **A** (AM) 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 also applied in all other modes.

Daylight Saving Time (DST)

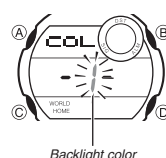
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time

1. In the Timekeeping Mode, hold down **(A)** until the seconds start to flash, which indicates the setting screen.
 2. Press **(C)** to move the flashing to the DST On/Off setting.
 3. Press **(D)** to toggle between Daylight Saving Time (**ON** displayed) and standard time (**OFF** displayed).
 4. Press **(A)** to exit the setting screen.
- The DST indicator appears on the display when Daylight Saving Time is turned on.



To change the backlight color



1. In the Timekeeping Mode, hold down **(A)** until the seconds start to flash, which indicates the setting screen.
2. Press **(C)** eight times until the backlight color setting screen appears, and then use **(D)** to cycle through the available color settings as shown below.

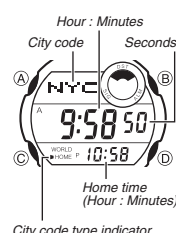


- The following shows how the available color settings affects the backlight color of the display in each mode.

Mode	Color Setting Number		
	1	2	3
Timekeeping Telememo Alarm	Pure Red	Tangerine Yellow	Forest Green
World Time Stopwatch	Tangerine Yellow	Forest Green	Pure Red
Day Counter Countdown Timer	Forest Green	Pure Red	Tangerine Yellow

3. Press **(A)** to exit the setting screen.

World Time



The World Time shows the current time in 40 cities (27 time zones) around the world.

- The basic time settings of the Timekeeping Mode and the World Time Mode are synchronized. The Daylight Saving Time (summer time) settings of the two modes, however, are independent of each other.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing **(C)**.

To view the time in another city code

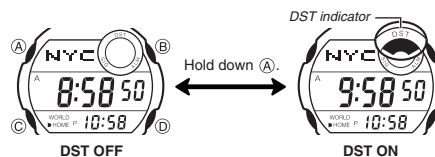
In the World Time Mode, press **(D)** to scroll city codes (time zones).

- For full information on city codes, see the "City Code Table" at the back of this manual.

- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.

To switch between Standard Time and Daylight Saving Time

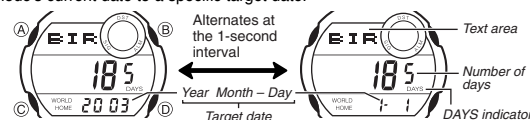
In the World Time Mode, hold down **(A)** to toggle between Daylight Saving Time and Standard Time.



- The above operation toggles all World Time city codes between Daylight Saving Time and Standard Time. Note that you cannot make settings for individual city codes.

Day Counter

The Day Counter lets you count the number of days from the Timekeeping Mode's current date to a specific target date.

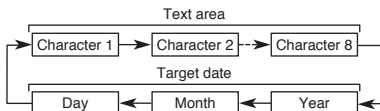


- Whenever the date specified by any one of the Day Counters matches the date of the Timekeeping Mode (regardless of the Day Counter's year setting), the **DAYS** indicator flashes in the Timekeeping Mode and Day Counter Mode screens.
- There are five Day Counter records, each of which can be set with its own text and target date (year, month, and day).
- All of the operations in this section are performed in the Day Counter Mode, which you enter by pressing **(C)**.

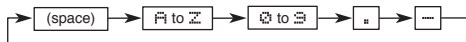
To create a new Day Counter record



- In the Day Counter Mode, use **(D)** to scroll through the Day Counter records until the one you want is on the display.
- Hold down **(A)** until the flashing cursor appears in the text area of the display, which indicates the setting screen.
- Press **(C)** to move the flashing in the sequence shown below.



- While the cursor is in the text area, use **(D)** to scroll through characters at the cursor position. The character changes in the sequence shown below.



- After inputting a character, press **(C)** to move to the next character position.
- Repeat steps 4 and 5 until you input the text you want.
 - You can input up to eight characters for the text.
- After you finish inputting the text you want, press **(C)** to skip past any remaining character positions and move the cursor to the target date.
- While the year, month, or day setting is flashing, use **(D)** to change the setting.
 - You can set a target date in the range of January 1, 1940 to December 31, 2039.
- After everything is the way you want, press **(A)** to exit the setting screen.
 - The text area display can show only three characters at a time. Longer text scrolls continuously from right to left. The symbol "⏪" indicates that the character to the left is the last, and the character to the right is first.

Note

- Use the above procedure to edit Day Counter records, too.

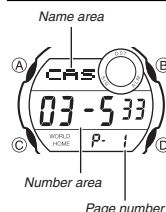
To recall Day Counter records

In the Day Counter Mode, use **(D)** to scroll through the Day Counter records.

To delete a Day Counter record

- In the Day Counter Mode, scroll through the records and display the one you want to delete.
- Hold down **(A)** until the flashing cursor appears on the display.
- Press **(B)** and **(D)** at the same time to delete the record.
 - The message "CLF" appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display and today's date is set as the target date, ready for input.
- Input data or press **(A)** to exit the setting screen.

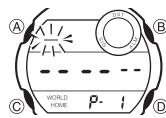
Telememo



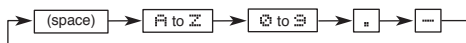
Telememo lets you store up to 20 records, each containing name and telephone number data. You can recall records by scrolling through them on the display.

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

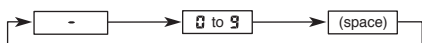
To create a new Telememo record



- In the Telememo Mode, use **(D)** to cycle through the record screens until the new data screen appears.
 - The new data screen is the one that is blank (contains no name and telephone number).
 - If the new data screen does not appear, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
- Hold down **(A)** until the flashing cursor (—) appears in the name area of the display, which indicates the setting screen.
- Use **(D)** to change the character at the cursor position in the name area. The character changes in the following sequence.



- When the character you want is at the cursor position, press **(C)** to move the cursor to the right.
- Repeat steps 3 and 4 until the name is complete.
 - You can input up to eight characters for the name.
- After you input the name, press **(C)** as many times as necessary to move the cursor to the number area.
 - When the cursor is located at the eighth space of the name area, moving the cursor to the right causes it to jump to the first digit of the number.
 - When the cursor is at the 12th digit of the number, moving it to the right (by pressing **(C)**) causes it to jump to the first character in the name.
- Use **(D)** to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.



- When the character you want is at the cursor position, press **(C)** to move the cursor to the right.

- Repeat steps 7 and 8 until you complete number input.

- You can input up to 12 digits for the number.
 - The number initially contains all hyphens. You can leave the hyphens or replace them with numbers or spaces.
- Press **(A)** to store your data and return to the Telememo record screen (without the cursor).
 - The name area can show only three characters at a time, so longer text scrolls continuously from right to left. The last character is indicated by the symbol "⏪" after it.
 - The number area can show up to six digits at a time. If a number has more than six digits, the display automatically switches between the first six digits (counting forward from the first digit) and the last six digits (counting backward from the last digit) of the number. This means that if a number is 12 digits long, the number area switches between the first six digits and the last six digits. If a number is seven digits long, the number area switches between digits 1 through 6, and 2 through 7.

To recall Telememo records

In the Telememo Mode, use **(D)** to scroll through Telememo records on the display.

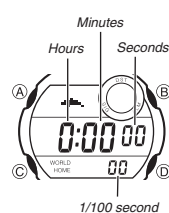
To edit a Telememo record

- In the Telememo Mode, scroll through the records and display the one you want to edit.
- Hold down **(A)** until the flashing cursor appears on the display.
- Use **(C)** to move the flashing to the character you want to change.
- Use **(D)** to change the character.
 - For details on inputting characters, see "To create a new Telememo record" (step 3 for name input and 7 for number input).
- After making the changes that you want, press **(A)** to store them and exit the setting screen.

To delete a Telememo record

- In the Telememo Mode, scroll through the records and display the one you want to delete.
- Hold down **(A)** until the flashing cursor appears on the display.
- Press **(B)** and **(D)** at the same time to delete the record.
 - The message "CLF" appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
- Input data or press **(A)** to exit the setting screen.

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- While the stopwatch is running, it beeps at the top of each elapsed hour.
- 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.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **(C)**.

To measure times with the stopwatch

Elapsed Time



Split Time



Two Finishes



Countdown Timer



The countdown timer can be set within a range of 1 minute to 24 hours. An alarm sounds when the countdown reaches zero.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- Countdown timer functions are available in the Countdown Timer Mode, which you enter by pressing **(C)**.

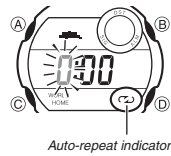
To set the countdown start time

- In the Countdown Timer Mode, hold down **(A)** until the hours of the countdown start time start to flash, which indicates the setting screen.
- Press **(C)** to move the flashing between the hours and minutes.
- While a setting is flashing, use **(D)** to increase it.
 - To set the starting value of the countdown time to 24 hours, set **0:00**.
- Press **(A)** to exit the setting screen.

To use the countdown timer

- Press **(D)** while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time automatically resets to its starting value after the alarm stops.
 - Press **(D)** while a countdown operation is in progress to pause it. Press **(D)** again to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing **(D)**), and then press **(A)**. This returns the countdown time to its starting value.

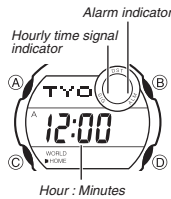
To turn auto-repeat on and off



Auto-repeat indicator

1. In the Countdown Timer Mode, hold down (A) until the hours of the countdown start time start to flash, which indicates the setting screen.
2. Press (B) to toggle auto-repeat on (↻ displayed) and off (↻ not displayed).
3. Press (A) to exit the setting screen.
- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing (D) and manually reset to the start time by pressing (A).
- The auto-repeat indicator appears in the Countdown Timer Mode only.

Alarm

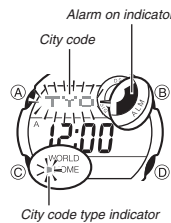


Alarm indicator
Hourly time signal indicator

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

- You can configure the alarm so it sounds when the alarm time setting matches the time either in your current Home Time city or the city currently selected in the World Time Mode.
 - The Hourly Time Signal also sounds in accordance with the city you specify in the Alarm Mode.
 - If you are planning to specify a World Time city in the Alarm Mode, enter the World Time Mode, display the city zone you want to use (to select it), and then enter the Alarm Mode to set the alarm.
- If the DST indicator is on the display in the Alarm Mode, it means that Daylight Saving Time (summer time) is turned on for the city that is specified in the Alarm Mode.
 - Alarm setting (and Hourly Time Signal setting) is available in the Alarm Mode, which you enter by pressing (C).

To set the alarm time



Alarm on indicator
City code
City code type indicator

1. In the Alarm Mode, hold down (A) until the city code flashes on the display, which indicates the setting screen.
 - At this time, the alarm is turned on automatically.
2. Press (C) to move the flashing in the sequence shown below.



3. While the city code is flashing, press (D) to toggle between your Home Time city (which you selected in the Timekeeping Mode) and the city that is currently selected in the World Time Mode.
 - The city code type indicator (▶) shows whether the alarm setting is based on your Home Time city (HOME) or a World Time Mode city (WORLD).

4. While the hour or minute setting of the alarm time is flashing, press (D) to increase it.
5. Press (A) to exit the setting screen.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (A displayed) or afternoon (P displayed).
- Changing the city code for the time (Home City time or World Time Mode time) also causes the Alarm Mode city code to change.

Alarm Operation

The alarm tone sounds at the preset time for about 20 seconds.

- Pressing any button stops the alarm tone.

To test the alarm

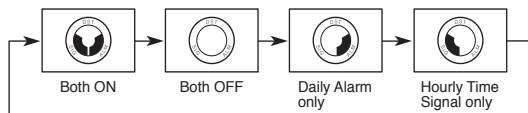
In the Alarm Mode, hold down (D) to sound the alarm.

- Note that pressing (D) to test the alarm also cycles through the Daily Alarm and Hourly Time Signal settings described below.

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

In the Alarm Mode, press (D) to cycle through the Daily Alarm and Hourly Time Signal settings shown below.

Alarm On Indicator / Hourly Time Signal On Indicator



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.

Auto return features

- If you leave a screen with a flashing setting or a cursor for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.
- If you leave the watch in the Day Counter Mode or Telememo Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.

Data and Setting Scrolling

The (D) button is used in various modes and setting screens to scroll through data on the display. In most cases, holding down this button during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the World Time, Day Counter or Telememo Mode, the data you were viewing when you last exited the mode appears first.

World Time

- The current time in all World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
- The GMT differential is the time difference between the time zone where the city is located and Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

Backlight Precautions

The backlight uses an LED (light emitting diode) and a light guide panel that cause the entire display to glow for easy reading in the dark. In any mode, press (B) to illuminate the display for about three seconds.

- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.