## 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.
- Note that the product illustrations in this manual are intended for reference only, and so the actual produc may appear somewhat different than depicted by an illustration.
- Button operations are indicated using the letters shown in the illustration.
Each section of this manual provides you with the mode Further details and fochnical information can found in the "Reference" section found in the "Reference" section.


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General Guide

- Press (C) to change from mode to mode.
- After you perform an operation in any mode, pressing © returns to the

Timekeeping Mode.

- Press (B) in any mode to illuminate the display for about two seconds.

(C)

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## Timekeeping


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

| To change this setting | Perform this button operation |
| :--- | :--- |
| Seconds | Press (D) to reset to 00 |

Seconds $\quad$ Press (D) to reset to $\mathbf{0 0}$.

| Hour, Minutes, Year, Month, Day | Press (D) to increase the setting. |
| :--- | :--- |

- Pressing (D) while the seconds are in the range of 30 to 59 resets them to $\mathbf{0 0}$ and adds 1 to the minutes. In the range of 00 to 29 , the minutes are unchanged.
- To toggle between the 12 -hour and 24 -hour formats, press (B) while some digits are flashing.

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
- The year can be set in the range of 2000 to 2099.


## Operation Guide 3294

- 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 different month lengths and leap years. Once you set the date, there should - With the 12-hour format, the PM indicator appears for times in the range of noon to 11:59 p.m. and no indicator appears 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 $23: 59$, with the $\mathbf{2 4 H}$ indicator.
The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.


## Backlight

When you switch the backlight function on, the backlight of the watch flashes
whenever Alarm, Hourly Time Signal or Countdown Timer is sounding.

- Pressing (B) at any time illuminates the display, regardless of the backlight's on/off setting
To switch the backlight function on and off


Backlight function on indicator

In the Timekeeping Mode, hold down (D) for about two seconds to switch the backlight function on and off. When you switch the backlight function on, an indicator appears or in

- The backing indicator remains on the display in all modes until you switch the backlight The above
The above operation controls operation of the backlight tones and signals.


## 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
about two seconds.

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


## Alarm



The multi-function alarm lets you specify the hour minutes, month, and day for the alarm (page $\mathrm{E}-14$ ). When the alarm is on, the alarm sounds for 20 seconds at the preset time. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

- The alarm and the Hourly Time Signal sound in all modes.
- An alarm setting (and an Hourly Time Signal setting) is available in the Alarm Mode, which you enter by pressing (C) (page E-6)


## Alarm Types

The alarm type is determined by the settings you make, as described below. - Daily alarm

Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.

## - Date alarm

Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

- 1-Month alarm $\quad$ Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.
- Monthly alarm

Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

To set the alarm time

1. In the Alarm Mode, press (A). The hour digits of the alarm time will start to flash which indicates the setting screen.

- This operation automatically turns on the alarm

2. Press (C) to move the flashing in the sequence shown below to select othe settings.

3. While a setting is flashing, press (D) to increase it.

- To set an alarm that does not include a month (Daily alarm, Monthly alarm) set - for the month. Press (D) until the - mark appears (between $\{\mathbf{i}$ and $\boldsymbol{i}$ ) while month setting is flashing.
- To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set for the day. Press (D) until the - mark appears (between the end of the month and i) while the day setting is flashing.
 correctly as a.m. or p.m. (PM indicator).

4. Press (A) to exit the setting screen.

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

## To switch an alarm and Hourly Time Signal on and off



Countdown Timer


The countdown timer can be set within a range of 1 secon to 24 hours. When the countdown reaches zero, an alarm sound a so - You can also selont aun from the original value you se henever zero is reached. whenever zero is reached.
Countdown Timer Mode, which you enter by pressing (C) (page E-7).

## To set the countdown start tim

1. In the Countdown Timer Mode, press (A). The hours digits of the countdown start time will 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. While a setting is flashing, press (D) to increase it.

- To set the starting value of the countdown time to 24 hours, set 0:00' 00 4. 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 sounds for 10 seconds or until you stop it by pressing any button.
time is automatically reset 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


1. In the Countdown Timer Mode, press (A). The hours digits of the countdown start time will start to flash, which indicates the setting screen.
2. Press (B) to toggle auto-repeat on (AUTO displayed) and off (AUTO not displayed).

- Note that pressing (B) in the above operation also
-Wen
- When the end of the countdown is reached while autorepeat is on, the alarm sounds, but the countdown estap the countdown by pressing $D$ and manully reset to the start time by pressing (A).
- The auto-repeat indicator appears in the Countdown Timer Mode only.


## Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59 seconds

- For the first 60 minutes, the display shows minutes seconds, and $1 / 100$ second. After 60 minutes, the display format changes to show hours, minutes, and seconds.
are performed in the Stopwatch Mode, which you enter by pressing (C) (page E-7).

To measure times with the stopwatch


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## Specifications

Accuracy at normal temperature: $\pm 30$ seconds a month
Timekeeping: Hour, minutes, seconds, pm (PM), month, day, the day of the week Time system: Switchable between 12-hour and 24-hour formats
Calendar systom: Full Auto calendar pre programmed from the year 2000 to 2000
Alarm: Multi-function* alarm; Hourly Time Signal
*Alarm type: Daily alarm, date alarm, 1-month alarm, monthly alarm
Countdown Timer
Measuring unit: 1 second
nput range: 1 second to 24 hours
Other: Auto-repeat function
Stopwatch
Measuring units: $1 / 100$ second (for the first 60 minutes) 1 second (after 60 minutes)
Measuring capacity: 23:59'59"
Measuring modes: Elapsed time, split time and two finishes

Other: Backlight (light-emitting diode)
Battery: One lithium battery (Type: CR2016)
Approximately 3 years on type CR2016 (Assuming 3.5 seconds light
operation and 20 seconds alarm operation per day)
Frequent use of the backlight shortens the battery life noted above.
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