

- Button operations are indicated using the letters shown
in the illustration.

This watch is equipped with two color LCD panels. Fo
the sake of simplicity, the screen shots in this manual
are shown using only one color.

- Each section of this manual provid
information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section

General Guide

- Press (© to change from mode to mode.
- In any mode, press (L) to illuminate the display.


Timekeeping

Use the Timekeeping Mode to set and view the current time and date.

- Pressing (D) in the Timekeeping Mode cycles through available screen formats as hown below.
Seconds Screen Seconds Screen Month - Day Month - Day PM indicator Day of week (color) Screen Screen (color)

- When a color screen (seconds screen, month-day screen) is selected in the Timekeeping Mode, the current time that appears at the bottom of the display in other modes is also shown in color.

Read This Before You Set the Time and Date !
The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch) before you set the time and date.
To set the time and date

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

| Screen | To do this: | Do this: |
| :---: | :---: | :---: |
| 50 | Reset the seconds to 00 | Press (D). |
| 6fF | Toggle between Daylight Saving Time ( $\mathbf{6 f}$ ) and Standard Time (dFF) | Press (D). |
| TYO | Change the city code | Use (D) (east) and (B) (west). |
| ${ }^{\text {P }}$ \% 6 : 58 | Change the hour or minutes | Use (D) (+) and (B) ( - ). |
| [24 | Toggle between 12-hour ( $\mathbf{1 2 H}$ ) and 24-hour ( 244 ) timekeeping | Press (D). |
| 2063 | Change the year | Use (D) (+) and (B) (-). |
| 5-30 | Change the month or day |  |
| -7\% | Change the message |  |

- For full information on city codes, see the "City Code Table".
- The preset message you select here appears in the Animation Mode. See "Using Graphic Animations" for more information
- See the list of preset messages for information about the preset messages that are available.

4. Press (A) to exit the setting screen

- With the 12 -hour format, the $\mathbf{P}$ (PM) indicator appears on the display for times in the range of noon to $11: 59 \mathrm{p} . \mathrm{m}$. and the $\mathbf{A}(\mathrm{AM})$ indicator appears for times in the range midnight to 11:59 a.m. The $\mathbf{A}$ and $\mathbf{P}$ indicators are not displayed with the current at the bottom of the display in other modes
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
applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

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
DST indicator

In the Timekeeping Mode, hold down (A) until the
seconds start to flash, which indicates the setting screen
2. Press (C) to display the DST setting screen
3. Press (D) to toggle between Daylight Saving Time (af) and Standard Time ( $\mathbf{6 F F}$ )
4. Press (A) to exit the setting screen.

The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.

Using Graphic Animations


Timekeeping Moct
(Hour : Minutes)
In the Animation Mode, the current time is shown in the lisplayed of the display, and a graphic animan specify one displayed in the center of the display. You can spe
You can also configure the Animation Mode so it
automatically displays the current time (as kept in the Timekeeping Mode) for about three seconds whenever you angle the watch towards your face for reading.

## Animation Patterns

You can select any one of the following three animation
patterns for the Animation Mode.

- Animal (Dolphin $\rightarrow$ Dog $\rightarrow$ Cat
- Baby-G $(\mathbf{B} \rightarrow \mathbf{A} \rightarrow \mathbf{B} \rightarrow \mathbf{Y} \rightarrow \mathbf{G})$
- Seconds count of current time

To select an animation pattern

1. Use (C) to enter the Animation Mode
2. Ise (C) to enter the Animation Mode. (D) cycles
through the animation patterns in the sequence shown equence shown
$\rightarrow$ Animal $\rightarrow$ Baby-G $\rightarrow$ Seconds

Preset Message Display
When the Animal animation pattern is selected, the watch will also display preset message selected by you in the Timekeeping Mode at the timing shown below.
$\longrightarrow$ Dolphin $\rightarrow$ Message $\rightarrow$ Dog $\rightarrow$ Cat

- Note that the preset message does not appear if you disable the preset message function.

To select a preset message


On/Preset message
function disabled (Ofi)

Use (C) to enter the Timekeeping Mod
In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
3. Press © nine times to advance to the preset message selection screen.
. Use (D) $(+$ ) and (B) ( - ) to scroll through the preset messages until the one you want appears on the

- To disable the preset message function, display off in step 4.


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- The following is a list of available preset messages.

| Displayed Message | Meaning |
| :--- | :--- |
| I YOU | I LOVE YOU |
| THNX | THANKS |
| CONGRATS | CONGRATULATIONS |
| CW2CU | CAN'T WAIT TO SEE YOU |
| MISN U | MISSING YOU |
| JST4U | JUST FOR YOU |
| UR GR8 | YOU ARE GREAT |
| $\overline{\text { OFF }}$ | (Preset message function disabled.) |

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

## Auto Time Display

You can configure the Animation Mode so it automatically displays the current time (as kept in the Timekeeping Mode) for about three seconds whenever you angle it towards your face for reading, as shown in the illustration below.
Be sur to wear the watc display.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the watch to display the current time automatically.


- See "Auto Time Display Precautions" for other important information


1. Use (C) to enter the Animation Mode.
2. In the Animation Mode, hold down (A) for about one second to toggle auto time display on (if displayed) and off ( 0 FF displayed).
The display returns to the animation screen automatically after about one second.

On/off status
World Time


Timekeeping Mode time
(Hour: Minutes)
To toggle a city code time


World Time shows the current time in 30 cities (27 time zones) around the world.
All of the operations in this section are performed in the
World Time Mode, which World Time Mode, which you enter by pressing (C).
To view the time for another city code
In the World Time Mode, press (D) to scroll through city codes (time zones) to the east or (B) to scroll to the west. - For full information about city codes, see the "City Code - 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.
between Standard Time and Daylight Saving Time 1. In the World Time Mode, use (B) and (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down (A) for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).

- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.


## Alarm

## Alarm time (Hour : Minute


(Hour : Minitues)

## To set an alarm time



When the daily alarm is turned on, the alarm tone sounds when the alarm time is reached.
You can also turn on an Hourly Time Signal (:0E) that causes the watch to beep twice every hour on the hour. - All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).
of the Alarm Mode, hold down (A) until the hour settin of the alarm time starts to flash, which indicates the setting screen.
2. Pres operation automatically turns on the alarm. 2. Press (C)
minutes.
3. While a change it.

- With the 12 -hour format, set the time correctly as a.m.

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

## Alarm Operation

The alarm tone sounds at the preset time for about 10 seconds, regardless of the mode the watch is in. If the watch is in the Timekeeping Mode, Animation Mode, or Alarm Mode when an alarm starts to sound, an animation pattern also appears on the display along with the alarm

- To stop the alarm tone after it starts to sound, press any button. Stopping the alarm also stops the animation associated with it.
To test the alarm
In the Alarm Mode, hold down (D) to sound the alarm

- The alarm on indicator flashes while the alarm is sounding.
The alarm on indicator and Hourly Time Signal on indicator are displayed in all modes.

Countdown Timer


You can set the countdown timer within a range of one minute to 60 minutes. The countdown starts automatically as soon as you set a countdown start time. An alarm sounds when the countdown reaches zero.
All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C).

Timekeeping Mode time
(Hour : Minutes)

## To use the countdown timer

Use (D) (+) and (B) ( - ) to set the countdown start time you want. The countdown will start automaically about one second after you set a time.

- Pressing (D) (+) or (B) ( - ) while a countdown is in progress changes the minute setting of the currently displayed time
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button.
- The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
- Press (A) to stop the countdown and return to the countdown start time to all zeros.
- If the watch is in the Timekeeping Mode, Animation Mode, or Countdown Timer Mode when the end of a countdown is reached, an animation pattern also appears on the display along with the alarm.


## Stopwatch



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

- The display range of the stopwatch is 59 minutes, 59.99 seconds.

The stopwatch continues to run, restarting from zero
after it reaches its limit, until you stop it
if you exit the Stopwatch Mode
Exiting the Stopwatch Mode whi
on the display clears the split tim elapsed time measurement.
All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).


- The time on the screen may not appear to stop immediately when you press a The time on the screen may not appear to stop immediately when you press a
button to stop timing or to perform a split operation. Despite this, the time recorded by your button operation is accurate.


## 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 Display



Auto Display continually changes the contents of the digital display.

Press any button (except for (L)) to turn off Auto Display.
To turn on Auto Display
In the Timekeeping Mode, hold down © for about three
seconds until the watch beeps.

- Note setting screen is on the display.


## Auto Return Features

If you leave a screen with flashing digits on the display 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.

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

## Initial Screens

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

## Timekeeping

- Resetting the seconds to $\mathbf{8 E}$ while the current count is in the range of 30 to 59 causes the minutes to be increased by 1 . In the range of 00 to 29 , the seconds are eset to wuthout changing the minut
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- 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 of the time zone where the city is located n Time.
GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.


## Auto Time Display Precautions

- The watch may not display the current time if its face is sure that 15 degrees above or below parallel. Make - The watch returns to the Animation Mode in about three seconds, even if you keep the watch pointed towards your face.
- Static electricity or magnetic force can interfere with proper auto time display. If the watch does not display the current time automatically, 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 watch may not display the current time until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of auto time display, and does not indicate a problem with the watch.


## Backlight Precautions

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.
In any mode, press (L) to illuminate the display for about two seconds.

- The electro-luminescent panel that provides illumination loses power after very long - The ill
- The illumination provided by the backlight may be hard to see when viewed under
direct sunlight. - Thect sunlight.
-The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate
malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

More than 15 degrees too high


## City Code Table

| $\begin{array}{\|l\|} \hline \text { City } \\ \text { Code } \\ \hline \end{array}$ | City | $\begin{gathered} \text { GMT } \\ \text { Differential } \end{gathered}$ | Other major cities in same time zone |
| :---: | :---: | :---: | :---: |
| PPG | PAGO PAGO | -11 |  |
| HNL | HONOLULU | -10 | PAPEETE |
| ANC | ANCHORAGE | -09 | NOME |
| LAX | LOS ANGELES | -08 | SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY |
| DEN | DENVER | -07 | EL PASO, EDMONTON |
| CH | CHICAGO | -06 | HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG |
| NYC | NEW YORK | -05 | MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA |
| CCS | CARACAS | -04 | LA PAZ, SANTIAGO, PORT OF SPAIN |
| RIO | RIO DE JANEIRO | -03 | SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO |
| LON | LONDON | +00 | DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN |
| $\begin{array}{\|l\|} \hline \text { PAR } \\ \hline \text { BER } \\ \hline \end{array}$ | PARIS BERLIN | +01 | MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG FRANKFURT VIENNA STOCKHOLM |
| CAI | CAIRO |  | ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, |
| JRS | JERUSALEM | +02 | CAPE TÓWN |
| JED | JEDDAH | +03 | KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW |
| THR | TEHRAN | +3.5 | SHIRAZ |
| DXB | DUBAI | +04 | ABU DHABI, MUSCAT |
| KBL | KABUL | +4.5 |  |
| KHI | KARACHI | +05 | MALE |
| DEL | DELHI | +5.5 | MUMBAI, KOLKATA |
| DAC | DHAKA | +06 | COLOMBO |
| RGN | YANGON | +6.5 |  |
| BKK | BANGKOK | +07 | JAKARTA, PHNOM PENH, HANOI, VIENTIANE |
| HKG | HONG KONG | +08 | SINGAPORE, KUALALUMMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR |
| SEL | SEOUL | +09 | PYONGYANG |
| TYO | TOKYO | +09 | PYongin |
| ADL <br> SYD | ADELAIDE | +9.5 +10 | DARWIN MELBOURNE GUAM, RABAUL |
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| WLG | WELLINGTON | +12 | CHRISTCHURCH, NADI, NAURU ISLAND |

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