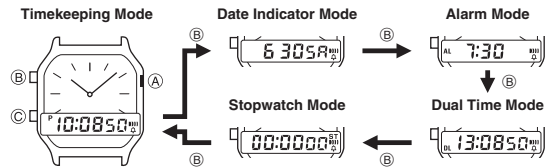


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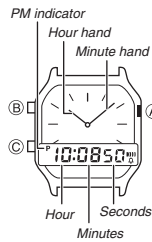
General Guide

- Press (B) to change from mode to mode. Each mode is explained in detail on the following pages.



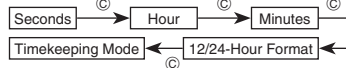
E-5

Timekeeping Mode



To set the digital time

1. In the Timekeeping Mode, hold down (C) until the seconds digits start to flash on the digital display. The seconds flash because they are selected.
2. Press (C) to change the selection in the following sequence.



- Once you reach the Timekeeping Mode screen, you have to hold down (C) again to display the flashing seconds.

3. While the seconds digits are selected (flashing), press (B) to reset the seconds to "00". If you press (B) while the second count is in the range of 30 to 59, it is reset to "00" and 1 is added to the minutes. If the second count is in the range of 00 to 29, the minute count is unchanged.
 4. While any other digits (besides seconds) are selected (flashing), press (B) to increase the number. Holding down (B) changes the current selection at high speed. While the 12/24 hour setting is selected, press (B) to switch between the two formats.
 5. After you set the time and format, press (C) to display the Timekeeping Mode screen.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode screen automatically.

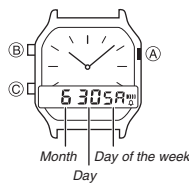
To set the analog time

When in any mode, press (A) to advance the analog time setting. Hold down (A) advances the analog setting at high speed. You can only advance the setting and cannot reverse it.

E-6

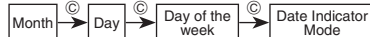
E-7

Date Indicator Mode



To set the date

1. In the Date Indicator Mode, hold down (C) until the month digits start to flash on the digital display. The month digits flash because they are selected.
2. Press (C) to change the selection in the following sequence.



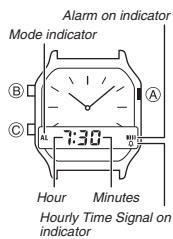
- Once you reach the Date Indicator Mode screen, you have to hold down (C) again to display the flashing month.

3. While the month or day digits are selected (flashing), press (B) to increase the number. While the day of the week is selected, pressing (B) advances to the next day of the week. Holding down (B) changes the current selection at high speed.
 4. After you set the date, press (C) to display the Date Indicator Mode screen.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) for the appropriate date.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

E-8

E-9

Alarm Mode



While the Daily Alarm function is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.

To set the alarm time

1. In the Alarm Mode, hold down (C) until the hour digits start to flash on the display. The hour digits flash because they are selected.

2. Press (C) to change the selection in the following sequence.



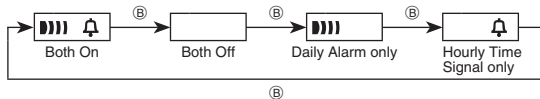
- Once you reach the Alarm Mode screen, you have to hold down (C) again to display the flashing hour.
3. Press (B) to increase the selected digits. Holding down (B) changes the selection at high speed.
- The format (12-hour or 24-hour) of the alarm time matches the format you select for digital timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (PM indicator).

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4. While the Daily Alarm/Hourly Time Signal setting is selected, press (B) to change the status in the following sequence.

Alarm On Indicator/Hourly Time Signal On Indicator



5. After you configure your alarm setting, press (C) to select the Alarm Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode screen automatically.

To test the alarm

Hold down (B) in any mode to sound the alarm. Note that pressing (B) also changes the mode.

E-12

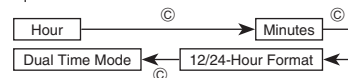
Dual Time Mode



The Dual Time function lets you set a second digital time that operates independently of the current analog and digital times. This means you can keep track of time in another time zone.

To set the Dual Time

1. In the Dual Time Mode, hold down (C) until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. Press (C) to change the selection in the following sequence.



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- Once you reach the Dual Time Mode screen, you have to hold down **(C)** again to display the flashing hour.
3. Press **(B)** to increase the selected digits. Holding down **(B)** changes the selection at high speed. While the 12/24-hour setting is selected, press **(B)** to switch between the two formats.
 4. After you set the time, press **(C)** to select the Dual Time Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode screen automatically.

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Stopwatch Mode



The Stopwatch Mode measures elapsed time and cumulative elapsed time. The range of the stopwatch is 59 minutes, 59.99 seconds.

To measure elapsed time

1. Press **(C)** to start the stopwatch.
2. Press **(C)** to stop the stopwatch.
3. Hold down **(C)** until the stopwatch is cleared to "00:00 00".

To measure cumulative elapsed time

1. Press **(C)** to start the stopwatch.
2. Press **(C)** to stop the stopwatch.
3. Press **(C)** again to resume timing from the time shown on the display. You can repeat steps 2 and 3 as many times as you like.
4. Hold down **(C)** until the stopwatch is cleared to "00:00 00".

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Specifications

Accuracy at normal temperature: ±30 seconds a month

- Timekeeping Mode
 - Analog: Hour, minute
 - Digital: Hour, minutes, seconds, pm (P)
 - Time system: Switchable between 12-hour and 24-hour formats
 - Date Indicator Mode: Month, day, day of the week
 - Calendar system: Auto-calendar set at 28 days for February
 - Alarm Mode: Daily alarm, hourly time signal
 - Dual Time Mode
 - Stopwatch Mode
 - Measuring capacity: 59 minutes 59.99 seconds
 - Measuring unit: 1/100 of a second
 - Measuring modes: Elapsed time, cumulative elapsed time
- Battery:** One silver oxide battery (Type: SR920W)
Approximately 3 years on type SR920W (assuming alarm operation 20 sec/day)

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