

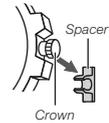
Operation Guide 5633

ENGLISH

- Your watch may differ somewhat from the one shown in the illustration.

Before Using the Watch for the First Time

- Depending on your watch model, there may be a spacer installed at the factory around the crown. If your watch has a spacer, you should remove the spacer before using the watch.
- After removing the spacer, use the procedures in "Crown Operations" (page E-2) and "To adjust the time setting" (page E-12) to set up the watch for use.

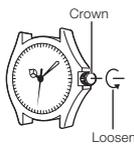


B

E-1

Crown Operations

Some water-resistant models (10BAR, 20BAR) have a screw-in crown. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in.

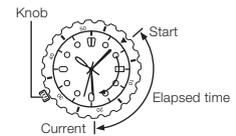


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B

If your watch has a rotary bezel or ring...

Rotate the bezel or ring to align its ▼ mark with the minute hand. Then you can keep track of how much time has elapsed since you aligned the mark.



If your watch has a rotary bezel or ring marked "COUNTDOWN"...

Align the ▼ mark with your target time (minutes) or align a minute value (start time or target time) on the rotary bezel/ring with the minute hand. Then you can use the minute hand to keep track of how much time remains until the end of the countdown.

- Some models have a bezel that can be rotated directly, while some models have a ring that can be rotating by turning a knob.

B

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B

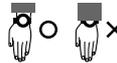
Solar Charging

A solar panel generates electrical power that charges a built-in (secondary) battery. The entire face is a solar panel, so power is generated when the face is exposed to light. Keep the watch exposed to light as much as possible.

Charging the Battery



When you are not wearing the watch, leave it where it is exposed to light. For stable operation, expose the watch to at least a half day of light per month.



When wearing the watch, try to keep your clothing from blocking its face (solar panel). Charging efficiency is reduced significantly even if the face is blocked only partially.

Caution!

- The case of the watch may become quite hot when charging. Guard against burn injury after charging.
- Avoid charging in the following locations, and anywhere else where the watch may become very hot.
 - On the dashboard of an automobile parked in the sun
 - Close to an incandescent light source or other sources of heat
 - Locations exposed to direct sunlight for long periods

Battery Indicator

The battery level/stopwatch minute hand normally indicates the approximate amount of remaining operating time of the battery will provide.

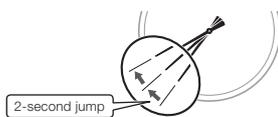
- Battery operating time is not indicated while the stopwatch is in use.
- After resetting the stopwatch to all zeros, the stopwatch minute hand will go back to indicating battery operating time if you press (B) or if you do not perform any operation for 60 seconds.

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Low Battery Alert

The second hand will jump at two-second intervals to alert you when the charge is low.



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Approximate Battery Operating Time

H	At least five months	Good (high charge)
M	Two days to five months	Good (medium charge)
L	No more than two days	Low

Low Charge and Dead Battery Conditions

An alert operation is performed when the battery charge goes low.

Charging Time

The times below are general guidelines for reference only.

Charging Time to Support Daily Use

Exposure Level (Brightness)	Approximate Charging Time
Outdoor sunlight (50,000 lux)	8 minutes
Sunlight through a window (10,000 lux)	30 minutes
Daylight through a window on an overcast day (5,000 lux)	48 minutes
Indoor fluorescent lighting (500 lux)	8 hours

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Charging Time Required to Restore Operation from a Dead Battery

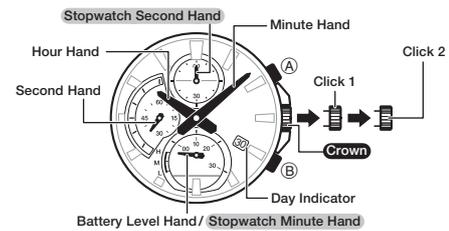
Exposure Level (Brightness)	Approximate Charging Time to 1-second Hand Movement	Approximate Time to Full Charge
Outdoor sunlight (50,000 lux)	4 hours	14 hours
Sunlight through a window (10,000 lux)	11 hours	66 hours
Daylight through a window on an overcast day (5,000 lux)	14 hours	114 hours
Indoor fluorescent lighting (500 lux)	195 hours	- - -

Note

- Actual charging time depends on environmental conditions.

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Indicators and Crown Operation



Stopwatch functions

E-11

Setting the Current Time and Day

To adjust the time setting

- When the second hand is at 12 o'clock, pull the **Crown** out to Click 2.
- Rotate the **Crown** to change the time setting.
- Push the **Crown** back in on a time signal to resume timekeeping.

Note

- Take care that you set the correct AM or PM time.
- When changing the time, move the minute hand four or five minutes past your final setting, and then back it up to the setting you want.

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To change the day indicator setting

- Pull the **Crown** out to Click 1.
- Rotate the **Crown** away from you to set the day.
- Push the **Crown** back in.

Note

- The day indicator setting uses a 31-day month. Make adjustments for months of shorter lengths.
- Avoid changing the day indicator setting between the hours of 9 p.m. and 1 a.m. Otherwise, the day indicator may not change correctly at midnight.

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Using the Stopwatch

The stopwatch measures elapsed time in 1-second increments up to 29 minutes, 59 seconds.

Elapsed time



Split time



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Two finishes



Important!

- Do not operate the stopwatch with the crown pulled out.

Note

- An elapsed time operation will stop automatically at the end of 30 minutes.

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Correcting Stopwatch Hand Alignment

Perform the following procedure if the stopwatch hands do not return to their home positions (12 o'clock or L) when you reset the stopwatch.

- When the second hand is at 12 o'clock, pull the **Crown** out to Click 2.
- Hold down **(A)** for at least two seconds.
 - The **Stopwatch Minute Hand** will rotate to indicate the minute hand setting mode.
 - If the hand does not align with L, use the **(B)** button to adjust it.
 - Holding down **(B)** moves the current hand at high speed.
- Press **(A)**.
 - The **Stopwatch Second Hand** will perform one full rotation to indicate the second hand setting mode.
 - If the hand does not align with 12 o'clock, use the **(B)** button to adjust it.
 - Holding down **(B)** moves the current hand at high speed.
- After all of the hands are the way you want, push the **Crown** back in.

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Important!

- Timekeeping stops while the crown is pulled out. Correct the current time setting after performing the above operation.

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Abnormal Hand Movement or Function

Should the watch ever exhibit abnormal hand movement or function, or if the second hand does not move normally (one-second increments) even after the watch is fully charged, perform the procedure below to perform a system reset.

- Pull the **Crown** out to Click 2.
- Hold down both **(A)** and **(B)** for at least two seconds.
- Push the **Crown** back in.
 - The second hand will start to move.
- As required, correct the current time and day settings (page E-12), and correct stopwatch hand alignment if necessary (page E-16).

Important!

- Timekeeping stops while the crown is pulled out. Correct the current time setting after performing the above operation.

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Specifications

Accuracy at normal temperature: ±20 seconds a month

Stopwatch: Measuring Capacity: 29'59" (30 minutes)

Measuring Unit: 1 second

Measurements: Elapsed time; split time; two finishes

Other: Low battery alert

Power Supply: Solar panel and one rechargeable battery

Approximate battery operating time: 6 months (no exposure to light after a full charge)

Specifications are subject to change without notice.

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