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## Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

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- The currently selected language indicator flashes on the display while the Language (setting) is selected in the above sequence.

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

| To Do This: | Do This: |
| :--- | :--- |
| Reset the seconds to | Press (E). |
| Change the year, month, day, <br> hour or minutes | Use (E) (+) and (D) (-). |
| Change the language | Use (E) and (D). |

- While the language indicator is flashing on the display, use (E) and (D) to cycle
through the language indicators as shown below, until the one for the language you want to select is displayed.

| Press (E). | Indicator | Language | Indicator | Language | Indicator | Language |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Erde | English | Dfl | Danish | Fom | Romanian |
|  | FOR: | Portuguese | DEU | German | TÜR | Turkish |
|  | EsF | Spanish | ITf | Italian | FYC | Russian |
|  | FFA | French | SUE | Swedish |  |  |
| Press (D). | NED | Dutch | FOL. | Polish |  |  |

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
Week List" at the back of this manual for information on abbreviations used.
- In addition to the day of the week display, the language setting also affects the type of characters you can input for the name in the Data Bank Mode.
- Pressing (A) in the Timekeeping Mode displays the indicator for the currently selected language. Keeping (A) depressed for one or two seconds changes to the rimekentally display the setting screen, press again to exit

To toggle between 12-hour and 24-hour timekeeping
In the Timekeeping Mode, press (c) to toggle between 12-hour timekeeping (indicated by $\$$ or $p$ on the display), or 24 -hour timekeeping.

- With the 12 -hour format, the $\mathbf{P}(\mathrm{PM})$ indicator appears on the display for times in the range of noon to $11: 59 \mathrm{p} . \mathrm{m}$. and the $\boldsymbol{f}(\mathrm{AM})$ 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 $23: 59$, without
- The 12-hour

4-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

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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
 olding down (c) for about two seconds in the rimekeeping Mode toggles between Daylight Saving Time (DST displayed) and Standard Time (DST not displayed). - Note that pressing © in the Timekeeping Mode also toggles between 12 -hour timekeeping and 24 -hour
The DST indi
that Display to indicate that Daylight Saving Time is turned on.

To display the Dual Time screen and Data Bank screen in the Timekeeping Mode Holding down (D) in the Timekeeping Mode displays the Dual Time screen. Holding down (E) displays the record you were viewing when you last used the Data Bank Mode.

## Data Bank



The Data Bank Mode lets you store up to 30 records, Records are automatically sorted based on the character of the name. You can recall records by scrolling through them on the display.

- The characters you can input for the name depend on the language you select in the Timekeeping Mode. See To set the time, date and language (page $E$ ) for mor affect names that are already stored
- All of the operations in this stored

Data Bank Mode, which you enter by performed in the E-4) $\mathrm{E}-4)$.

To create a new Data Bank record



- The above character sequence is for English input. See "Character List" at the - The above character sequence is for English input. See "Character

4. When the character you want is at the cursor position, press © to move the curso to the right.
5. Repeat steps 3 and 4 until the name is complete.

- You can input up to eight characters for the name

6. 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 15 th digit of the number, moving it to the right (by pressing (C) causes in mp to

E-14
7. In the number area, use (E) and (D) to cycle through numbers and symbols (hyphen, brackets, space) at the cursor position. The characters cycle in the sequence shown below.

Press (E). $\square \square-\boldsymbol{\theta}$ to $\mathbf{9} \longrightarrow \square$
Press (D). $\square \longrightarrow$ (space)
8. When the character you want is at the cursor position, press (C) to move the curso to the right.
9. Repeat steps 7 and 8 until you complete number input.

- The number area initially contains all hyphens. You can leave the hyphens or replace them with numbers or other symbols (brackets, space).
You can input up to 15 digits for the number

10. Press (A) to store your data and exit the Data Bank record input screen. - When you press (A) to store data, the name and number you input flash for about one second as Data Bank records are sorted. After the sort operation is complete, the Data Bank record screen appears.

- The name 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 $\boldsymbol{\triangleleft}$ after it.


## To recall Data Bank records

In the Data Bank Mode, use (E) (+) and (D) (-) to scroll through Data Bank records on the display

- See "Sort Table" at the back of this manual for details on how the watch sorts
- Pressing (E) while the last Data Bank record is on the display or (D) while the first record is on the display displays the new data screen.


## To edit a Data Bank record

1. In the Data Bank Mode, use (E) (+) and (D) (-) to scroll through the records and display the one you want to edit
2. Hold down (A) until the flashing cursor appears on the display This is the record
nd (left) to move the flashing to the character you want to
3. Use (E) (forward) and (D) (back) to change the character.
E-16
4. Use
5. After making the changes that you want, press (A) to store them and exit the Data Bank record input screen

To delete a Data Bank record

1. In the Data Bank Mode, use (E) (+) and (D) (-) to scroll through the records and display the one you want to delete
2. Hold down (A) until the flashing cursor appears on the display. This is the record input screen.
3. Press (B) and (C) at the same time to delete the record.

ILE appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
4. Input data or press (A) to return to the Data Bank record screen.

## Alarms

Alarm time Alarm number

| You can set up to five independent multi-function alarms |
| :--- | :--- |
| (Hour: Minutes) |

(A)

## 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

Set the month, hour and minutes for the alarm time. This type of setting causes the Set the month, hour and minutes for the alarm time. This type of setting caus
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.

## Note

The 12-hour/24-hour format of the alarm time matches the format you select in the Timekeeping Mode.

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To set an alarm time

Alarm number


| Indicator |  |
| :---: | :---: |
| $\begin{array}{r} \text { Alarm } 2 \\ \text { Hour. } \end{array}$ | on indicator Minutes |
| (AL-2) | +AL |
| $\begin{array}{lll} 8: 12: 1 \\ 0: 0: 58 \\ 0 \end{array}$ |  |

1. In the Alarm Mode, use (E) and (D) to scroll through the alarm screens until the one whose time you want to set is displayed


- You can configure Alarm 4 as a snooze alarm or a - You can contigure Alarm as a snooze alarm or a
one-time-alarm. Alarms 2 through 5 can be used as one-time alarms only.
- The snooze alarm repeats every five minutes

2. After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.

- This operation automatically turns on the alarm.

3. Use (C) and (B) to move the flashing in the sequence shown below to select other settings.
Press (C). $\square$ Hour $\leftrightarrows$ Minutes $\leftrightarrows$ Month $\leftrightarrows$ Day
Press (B). $\square$
4. While a setting is flashing, use $\mathbb{E}^{(\in)}(+)$ and (D) $(-)$ to change it.

- To set an alarm that does not include a month (Daily alarm, Monthly alarm), set for the month. Use (E) and (D) until the - mark appears (between i? and i) while month setting is flashing.
To (Daily alarm, 1-Month alarm), set for the day. Use © $\mathbb{E}$ ) and (D) until the -- mark appears (between the end of the
When setting the alarm day setting is flashing.
When setting the alarm time using the 12-hour format, take care to set the time 5. Press (A) to exit the setting screen.


## Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm tone operation is performed a total of seven times, every five minutes, until you turn the alarm off or change it to a one-time alarm (page E-24).

- Performing any one of the following operations during a 5-minute interval between
snooze alarms cancels the current snooze alarm operation.
Displaying the Timekeeping Mode setting screen (page E-6)
Displaying the alarm $\mathbf{~}$ setting screen (page E-20)


## To test the alarm

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

- Pressing (C) also toggles the currently display alarm or the Hourly Time Signal on and off.

To turn Alarms 3 through 5 and the Hourly Time Signal on and off
 1. In the Alarm Mode, use (E) and (D) to select a one-time alarm (alarm 2 through 5) or the Hourly Time Signal.
2. Press (c) to toggle it on and off.

- The current on/off status of Alarms $\boldsymbol{?}$ through $\mathbf{5}$ is shown by indicators (AL-2 through AL-5). The SIG indicator shows the on (SIG displayed)/off (SIG no displayed) status of the Hourly Time Signal.
- The alarm on indicators and Hourly Time Signal on indicator are displayed in all modes. While an alarm is sounding, the applicable alarm on indicator flashes on the display.

To select the operation of Alarm

1. In the Alarm Mode, use (E) and (D) to select Alarm :
2. Press (C) to cycle through the available settings in the sequence shown below.

## SNZ indicator and Alarm ; on indicator



- The SNZ indicator and Alarm $\mathbf{;}$ on indicator (AL-1) are displayed in all modes. - The SNZ indicator flashes during the 5-minute intervals between alarms.
- The SNZ indicator flashes during the 5-minute intervals between alarms.

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.

- The stopwatch continues to run, restarting from zero
after it reaches its limit, until you stop it
- The elapsed time 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
All of the operations in this
Stopwatch Mode, which you section are performed in the E-5).
To measure times with the stopwatch


## Countdown Timer



Timekeeping Mode time
The countdown timer can be set within a range of 1
minute to 24 hours. 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 (B) (page E-5).

To set the countdown start time

1. In the Countdown Timer Mode, hold down (A) until the hour setting of the countdown start time starts to flash,
which indicates the setting screen
flashing between the hour and minute settings
2. While a setting is flashing, use (E) $(+)$ and (D) ( - ) to change it

- To set the starting value of the countdown time to 24 hours, set 4 . 4 .

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

## To use the countdown timer

Press © while in the Countdown Timer Mode to start the countdown timer

- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you press any button to stop it. The countdown time is automatically reset to its
tarting untdown time aperm stops.
- The countdown timer operation continues even if you exit the Countdown Timer
- Press (© while a countdown operation is in progress to pause it. Press © again to resume the countdown.
- To stop a countdown operation completely, first pause it (by pressing (C)), and then press (A). This returns the countdown time to its starting value.

Dual Time


Mode time E-5)

## To set the Dual Time

1. In the Dual Time Mode, hold down (A) until the hour setting start to flash, which indicates the setting screen.
2. Press $(B$ or $(C)$ to move the flashing between the hour and minute settings.
3. While a setting is flashing, use (E) $(+)$ and (D) $(-)$ to change it.
4. Press (A) to exit the setting screen.

To toggle Dual Time Mode time between DST and Standard Time
Holding down（© for about two seconds in the Dual Time Mode toggles between Daylight Saving Time（DST displayed）and Standard Time（DST not displayed）． －The DST indicator on the display indicates that Daylight Saving Time is turned on．

To display the Timekeeping screen and Data Bank screen in the Dual Time Mode Holding down（D）in the Dual Time Mode displays the Timekeeping screen．Holding down（E）displays the record you were viewing when you last used the Data Bank Mode．

Timekeeping Screen
Data Bank Screen


## 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

－After you perform any button operation（except for（L））in any mode，pressing（B） returns directly to the Timekeeping Mode．
－The watch automatically returns to the Timekeeping Mode if you do not perform any operation for two or three minutes in the Data Bank Mode．
－If you dith flashing digits operausor）is displayed the watch while a setting screen （one with flashing digits or a cursor）is displayed，the watch automatically saves any settings you have made up to that point and exits the setting screen．

Scrolling
The（B），（C），（D），and（E）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 through the data at high speed．
nitial Screens
When you enter the Data Bank or Alarm Mode，the data you were viewing when you last exited the mode appears first．

## Timekeeping

－Resetting the seconds to 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 reset to $\mathbf{U}$ without changing the minutes．
－The year can be set in the range of 2000 to 2039
－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．

## Backlight Precautions

The backlight uses an LED（light－emitting diode）and a light guide panel that causes the entire display to glow for easy reading in the dark．In any mode，press（D）to the entire display to glow for easy reading
－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．

## Specifications

Accuracy at normal temperature：$\pm 30$ seconds a month
Timekeeping：Hour，minutes，seconds，a．m．（A）／p．m．（P），year，month，day，day of the week（English，Portuguese，Spanish，French，Dutch，Danish，German， talian，Swedish，Polish，Romanian，Turkish，Russian）
Time system：Switchable between 12 －hour and 24 －hour formats
Calendar system：Full Auto－calendar pre－programmed from the year 2000 to 2039
Other：Daylight Saving Time（summer time）／Standard Time；Dual Time screen and Data Bank screen display
Data Bank
Memory capacity：Up to 30 records，each including a name（ 8 characters）and
telephone number（ 15 digits）
Other：Remaining number of records screen；Auto sort；Support of characters of 13 languages
Alarms： 5 multi－function＊alarms（ 4 one－time alarms； 1 snooze／one－time alarm）；
＊Alarm type：Daily
＊Alarm type：Daily alarm，date alarm，1－month alarm，monthly alarm

Stopwatch：
Measuring unit： $1 / 100$ second
Measuring unit： $1 / 100$ second
Measuring capacity： $23: 59^{\prime} 59.99^{\prime \prime}$
Measuring modes：Elapsed time，split time，two finishes
Countdown Timer：
Measuring unit： 1 second
Input range： 1 minute to 24 hours
Dual Time：Hour，minutes，seconds，a．m．（A）／p．m．（P）
Other：Daylight Saving Time（summer time）／Standard Time；Timekeeping screen and Data Bank screen display
Other：Backlight（light emitting diode）；Auto Display function
Battery：One lithium battery（Type：CR1616）
Approximately 3 years on type CR1616（assuming alarm operation 10 sec．／day， Approximately 3 years on type CR1616（a）
and one backlight operation $1.5 \mathrm{sec} . /$ day
－Frequent use of the backlight shortens the battery life．

Day of the Week List
 Character List


Sort Table


Day of the Week List

| － | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ENG | Sun | HOH | TUE | WEC | THU | FFI | SAT |
| FOR | DOM | SEG | TEF | อUF | 2UI | SEX | SAE |
| EPF | DOM | Lun | MFF\％ | MIE | TUE | UIE | SAE |
| FFF | DIM | Lud | MFF： | MEF： | IEU | UEN | Sfly |
| NED | zOd | MFIT | DIM | WOE | DOW | URI | ZFTT |
| Dind | 5 mN | HFH | TIF： | OHE | TOF | FRE | Lare |
| DEU | Sod | MOH | DIE | MIT | Dod | FFE | Sml |
| ITf | DOM | Lun | 1月FR | HEFP： | EIO | UEN | SmE |
| SUE | 50 H | M ${ }^{\text {a }} \mathrm{N}$ | TIS | OHS | TOF | FRE | Lïf |
| FOL | NTE | FON | WTO | SFO | Czu | FIf | Sob |
| Fold | DuH | Lud | Mfra | MIE | Jox | UIN | SH |
| Tüf | FAz | FZT | Sfl | Sart | FEF | cun | CTE |
| FYC | Ec | TH | ET | CF | 4 T | ITT | CE |

## Character Lis

|  |  |
| :---: | :---: |
|  | TUUソயXYz |
|  | いソめXYZ |
|  |  |
|  |  |
|  |  |




```
ITF:(spazio)FAEEDEEEFGHIIIIMLNNOGDFEFET
```



```
SUE:(Mellanslag)FEEDEFEHISNLNNGFGFETUUWXY
```



```
FOL: (epacja)FGEEGDEEFEHITKLHNNHOGFQFES
```



```
FOH: (spatiu)FA゙AEEDEFGHIHJ&LMNOFQFEETIUU
```




```
    Uप|XYzE:%*":Y+-01ES45E7ES
```




Sort Table

| 1 | （space） | 13 | t | 25 | I | 37 | N | 49 | $=$ | 61 | $\chi$ | 73 | T |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2 | F | 14 | D | 26 | $\pm$ | 38 | 6 | 50 | $\pm$ | 62 | $Y$ | 74 | ， |
| 3 | A | 15 | E | 27 | $\pm$ | 39 | 0 | 51 | 三 | 63 | $z$ | 75 | E |
| 4 | А | 16 | É | 28 | ＋ | 40 | i | 52 | T | 64 | $\dot{2}$ | 76 | $\stackrel{\text { E }}{ }$ |
| 5 | $\stackrel{\text { ® }}{\text { ¢ }}$ | 17 | E | 29 | $\underset{\text { I }}{ }$ | 41 | － | 53 | I | 65 | $\dot{\text { ̇ }}$ | 77 | H |
| 6 | $\stackrel{\text { A }}{\text { A }}$ | 18 | $\stackrel{\text { E }}{ }$ | 30 | I | 42 | B | 54 | $\cup$ | 66 | f： | 78 | 3 |
| 7 | $\stackrel{\text { ¢̈ }}{\text { ¢ }}$ | 19 | E | 31 | ． | 43 | $\stackrel{\square}{\circ}$ | 55 | 0 | 67 | 0 | 79 | 1 |
| 8 | $\cdots$ | 20 | E | 32 | E | 44 | B | 56 | U | 68 | $\stackrel{\text { ¢ }}{\text { ¢ }}$ | 80 | $\stackrel{n}{4}$ |
| 9 | 7 | 21 | F | 33 | L | 45 | E | 57 | 0 | 69 | $\stackrel{\text { ®̈ }}{\text { ¢ }}$ | 81 | к |
| 10 | E | 22 | $E$ | 34 | t | 46 | F | 58 | U | 70 | $\ddot{\square}$ | 82 | II |
| 11 | E | 23 | 安 | 35 | H | 47 | Q | 59 | U | 71 | $E$ | 83 | H |
| 12 | I | 24 | H | 36 | N | 48 | F | 60 | 4 | 72 | E | 84 |  |


| 85 | 0 | 91 | ＋ | 97 | E | 103 | a | 109 | $\checkmark$ | 115 | 3 | 121 | $\pm$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 86 | 7 | 92 | $\times$ | 98 | b | 104 | ！ | 110 | ＋ | 116 | 4 |  |  |
| 87 | F | 93 | 4 | 99 | E | 105 | ？ | 111 | －－ | 117 | 5 |  |  |
| 88 | E | 94 | 4 | 100 | E | 106 | ＊ | 112 | 0 | 118 | $E$ |  |  |
| 89 | T | 95 | 4 | 101 | 16 | 107 | ＝ | 113 | 1 | 119 | 7 |  |  |
| 90 | $y$ | 96 | 山 | 102 | न | 108 | ： | 114 | E | 120 | 8 |  |  |

－Character $7(\ddot{\mathrm{~F}})$ is for German，character 69 （ $\ddot{\mathrm{F}})$ is for Swedish．
－Character $43(\ddot{i})$ is for German and Turkish，character $70(\ddot{i})$ is for Swedish
－Characters 71 through 102 are for Russian
－El carácter 7 （品）es para el idioma alemán，el carácter 69 （ïn ）es para el idioma sueco．
－El carácter 43 （ï）es para los idiomas alemán y turco，el carácter 70 （ï）es para el
idioma sueco．
－Los caracteres 71 al 102 son para el idioma ruso
－O caractere 7 （シ̈）é para o alemão，e o caractere 69 （ت̈）é para o sueco
－O caractere 43 （í）é para o alemão e turco，e o caractere 70 （ii）é para o sueco －Os caracteres de 71 a 102 são para o russo．

- 字符7（F）是德語，字符69（f）是瑞典語
- 字符 $43(\mathbf{O})$ 是德語及土爾其語，字符 $70(\mathbf{O})$ 是瑞典語。
- 字符71至102是俄語

－رمز الكتابة


