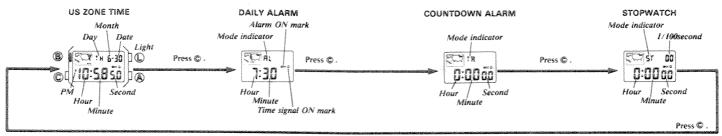
odule No. 814

READING THE DISPLAY

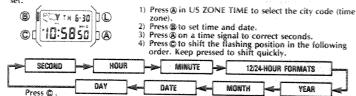


REVERSION TO REGULAR TIMEKEEPING

The watch reverts to US ZONE TIME when © button is pressed after operation, regardless of mode.

SETTING TIME AND DATE

When one of any local standard time is set, all other standard time are automatically



Press © to shift flashing digits. Each press of ® increments digit. Keep pressed to change at high speed.

*Year can be set from 1985 to 2029

CHANGING TO DAVIGHT SAVING TIMED

Press © to change to daylight saving time (+1 hour). The daylight saving time mark

"DST" is shown on while this setting is in effect. Repeat this procedure to switch back from daylight saving time to standard time.

6) Press ® to complete setting.

USING US ZONE TIME

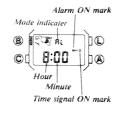


A press of a button displays current time of any spot in the United States (standard time of 6 cities). Each city is titled with three-letter code. The flashing area on map shows major cities in same time zone.

CITY CODE AND MAJOR CITIES OF SAME TIME ZONE

Difference between GMT	City code	City	Other major city of same time zone
-10	HNL	HONOLULU	PAPEETE
-09	ANC	ANCHORAGE	NOME
-08	LAX	LOS ANGELES	SAN FRANCISCO, LASVEGAS, VANCOUVER, SEATTLE, DAWSONCITY
-07	DEN	DENVER	EL PASO, EDMONTON
-06	CHI	CHICAGO	HOUSTON, DALLAS, NEW ORLEANS, MEXICO CITY, WINNIPEG
-05	NYC	NEW YORK	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA

USING DAILY ALARM



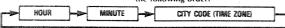
The alarm can be set for 6 time zone in the United States. Beeper sounds for 20 seconds at preset time every day until cleared when daily alarm is set. Press any button to stop beeper. Signal sounds every hour on the hour if time signal is set.

Sound demonstration Press and hold (a) in DAILY ALARM to sound beeper.

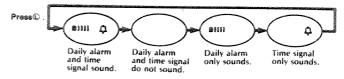
SETTING ALARM TIME

Press® in DAILY ALARM to set alarm time.
The flashing Position can be shifted by pressing® in

the following order:



- 3) Each press of ©advances flashing digit(s) one by one. Keep pressed for quick advance.
 ***DST" will be displayed if standard time of selected city is set for daylight saving time.
- 4) Press to complete, setting.
- ON OR OFF SETTING OF DAILY ALARM AND TIME SIGNAL



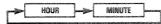
COUNTDOWN ALARM



Countdown can be set from 1 minute to 24 hours (display shows 0:00'00''), and times to an accuracy of second. Start/stop operation is possible by pressing ®, and is confirmed by a signal. When display reaches zero, beeper sounds for 10 seconds until any button is pressed.

SETTING COUNTDOWN TIME

 Press® in COUNTDOWN ALARM to set new time.
 Press® to shift flashing digit(s).
 Pressing®increments digit(s). Keep pressed to change at high speed



4) Press to complete setting.

STOPWATCH OPERATION



A signal comfirms start/stop and split/reset operation. Working range Total elapsed time display is limited to 23 hours 59 minutes 59.99 seconds. For longer times reset and start

again.

