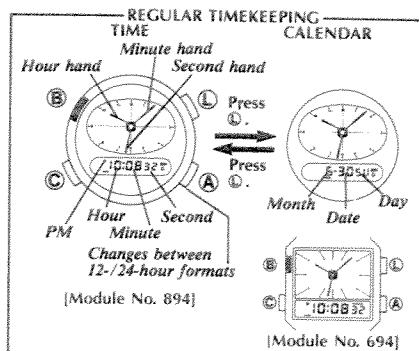


READING THE DISPLAY



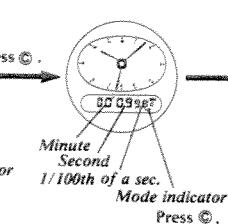
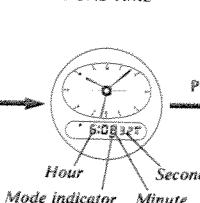
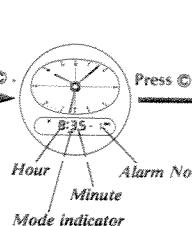
5 DAILY ALARMS

(Reversion to regular time) The watch reverts to regular timekeeping when the C button is pressed after operation.

DUAL TIME

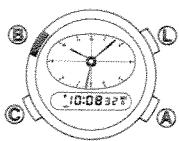
COUNTDOWN ALARM

STOPWATCH

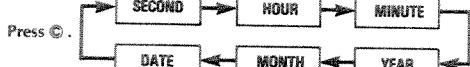


(Auto-retrieve function) The watch, if left unused, will automatically return to regular timekeeping in a few minutes.

SETTING TIME AND CALENDAR

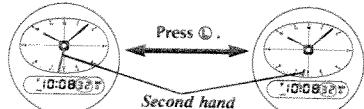


- 1) Press C in regular timekeeping mode.
- 2) Press L on a time signal to correct seconds.
- 3) Press C to shift flashing position. The digit(s) to be changed will flash.

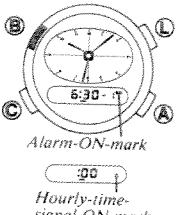


- 4) Each press of C or L corrects digits one by one. Keep pressed for quick correction.
- 5) Press C to complete setting.

*When second digits are flashing, press C to change the display of the second hand as follows:



FIVE DAILY ALARMS



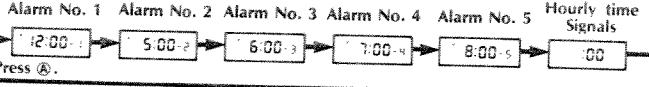
Five daily alarm times can be set independently. The alarm buzzer sounds for 20 seconds at the preset time. To stop the buzzer, press any button.

ON or OFF setting of alarms:
In each ALARM display, press C to activate/deactivate alarm. The alarm-ON-mark (■ or □) appears when alarm is activated.

ON or OFF setting of hourly time signals:
In HOURLY TIME SIGNAL display, press C to activate/deactivate hourly time signal. The hourly time signal mark (■ or □) appears when it is activated.

■ Presetting alarm times

- 1) Press C in the alarm mode to select an Alarm No.

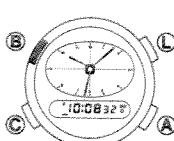


- 2) Press C to set new alarm time.
- 3) Each press of C or L corrects flashing digits one by one. Keep pressed for quick correction.

- 4) Press C to shift flashing position. The digit(s) to be changed will flash.
- 5) Press C to complete setting.

(Sound demonstration)
Press and hold C in each alarm mode to sound the buzzer.

SETTING DUAL TIME



- 1) Press C in the dual time mode.
- 2) Each press of C or L corrects flashing digits one by one. Keep pressed for quick correction.
- 3) Press C to shift flashing position. The digit(s) to be changed will flash.

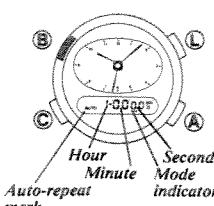


- 4) Each press of C or L corrects digits one by one. Keep pressed for quick correction.
- 5) Press C to complete setting.

*The C button changes 12-/24-hour formats.

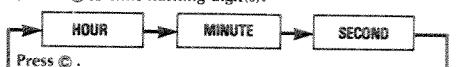
COUNTDOWN ALARM OPERATION

The countdown can be set from one minute to 24 hours (Display shows 0:00 00), and times to an accuracy of a second. Start/stop operation is possible by pressing the C button and is confirmed by a signal. When the display reaches zero, the buzzer will sound for 10 seconds unless any button is pressed.



■ Setting countdown time

- 1) Press C in countdown alarm mode to set new time.
- 2) Each press of C selects auto-repeat or repeat function.
- 3) Pressing C increments digit(s). Keep pressed for high speed change.
- 4) Press C to shift flashing digit(s).



- 5) Press C to complete setting.

(Auto-retrieve function)
Display automatically returns to initial countdown timer display if no button is pressed for a few minutes.

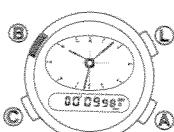
(Auto-repeat function)

Pre-entered time is retrieved and started again when display reaches zero.

(Repeat function)

Pre-entered time is retrieved, when display reaches zero.

STOPWATCH OPERATION

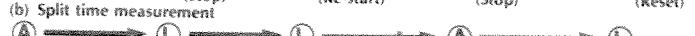


A signal confirms start/stop operation.
(Working range) The stopwatch display is limited to 23 hours 59 minutes 59.99 seconds, for longer times reset and started again. Press C to view hour digit(s).

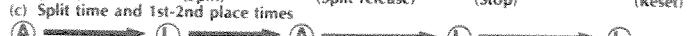
(a) Net time measurement



(b) Split time measurement



(c) Split time and 1st-2nd place times



The first runner finishes. Record the time of the second runner.