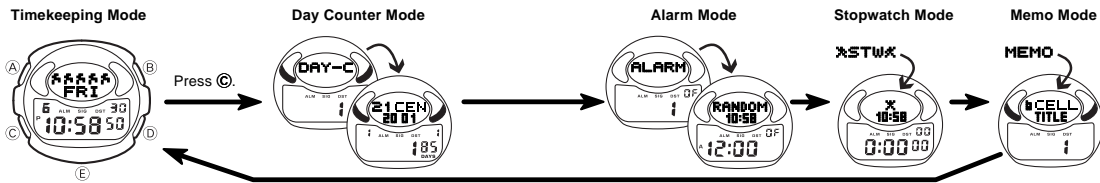
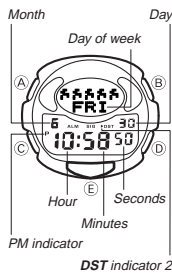


GENERAL GUIDE

- Press **C** to change from mode to mode.
- Pressing **E** in any mode besides the Alarm Mode illuminates the display for about three seconds. The backlight is disabled while a setting screen is on the display.
- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch automatically exits the setting screen.
- If you do not perform any operation for a few minutes in any mode besides stopwatch mode, the watch automatically reverts to the normal timekeeping screen.



TIMEKEEPING MODE



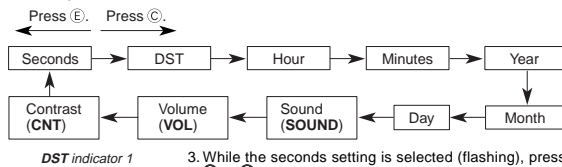
- Press **E** to toggle between 12-hour and 24-hour timekeeping.
- With 12-hour timekeeping, times between midnight and noon are indicated by **A** (am), while times between noon and midnight are indicated by **P** (pm).
 - The **A** and **P** indicators do not appear for 24-hour timekeeping.
 - Pressing **B** plays a randomly selected melody. To stop a playing melody, press any button besides **E**.
 - Pressing **E** while a melody is playing toggles the display between an animated character and the name of the melody.
 - Press **E** to illuminate the display for about three seconds. When 12-hour timekeeping is being used, pressing **E** also displays an animated character.

Timekeeping Mode Settings

In addition to settings for the current time and date, the Timekeeping Mode setting screen also lets you turn button tones and melody play on and off, adjust tones and melody volume, and adjust display contrast.

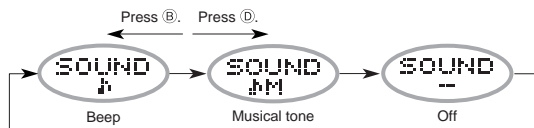
To make Timekeeping Mode settings

1. While in the Timekeeping Mode, hold down **A** until the seconds digits flash on the display, indicating the setting screen.
2. Press **C** to move the flashing in the sequence shown below. Press **E** to move the flashing in the opposite direction.

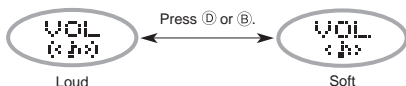


3. While the seconds setting is selected (flashing), press **D** or **B** to reset it to 00.
- If you press **D** or **B** while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the **DST** (Daylight Saving Time) setting is selected, press **D** or **B** to toggle it on and off.
- **DST indicator 1** is displayed in the Timekeeping Mode setting screen only when the **DST** setting is selected. It shows **ON** when the **DST** setting is on, and **OFF** when the **DST** setting is off.
- **DST indicator 2** is displayed in the Timekeeping Mode, Day Counter Mode and Alarm Mode when the **DST** setting is turned on.

- While the **SOUND** setting is selected, press **D** or **B** to turn the beep and musical tone on and off, as shown below.



- While the **VOL** setting is selected, press **D** or **B** to toggle it between loud and soft.

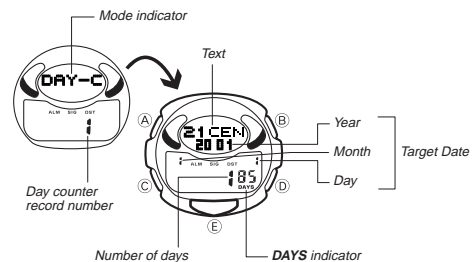


- With some models, changing the volume setting affects volume very little.
 - While the **CNT** setting is selected, press **D** to make the display darker, or **B** to make it lighter.
 - While any other setting is selected (flashing), press **D** to increase it or **B** to decrease it. Holding down either button changes the setting at high speed (except for the **CNT** setting).
4. After you make the settings you want, press **A** to exit the setting screen.
 - The day of the week is automatically set in accordance with the date.
 - The date can be set within the range of January 1, 2000 to December 31, 2039.
 - The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years.
- Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.

ABOUT THE BACKLIGHT

- Pressing **E** in any mode besides the Alarm Mode illuminates the display for about three seconds. The backlight is disabled while a setting screen is on the display.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illumination power after very long term use.
 - Frequent use of the backlight shortens battery life.
 - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
 - The backlight automatically turns off an alarm sounds.
 - The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction.

DAY COUNTER MODE



The Day Counter Mode lets you count the number of days from the Timekeeping Mode's current date to a specific target date.

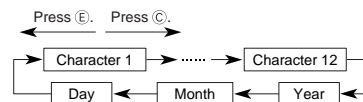
- There are five Day Counter records, each of which can be assigned up to 12 characters of text and a target date.
- When a target date is reached, the **DAYS** indicator flashes on the display in the Timekeeping Mode. The **DAYS** indicator also flashes in the Day Counter Mode when the screen for the target date is on the display.
- The **DAYS** indicator flashes on the target date each year, regardless of the year setting of the target date.
- The initial default date for a Day Counter record is 2001/1/1, and the text area contains All spaces. (All spaces for the text display a series of hyphens "-----".)

Recalling Day Counter Data

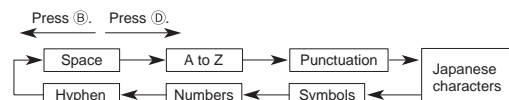
- In the Day Counter Mode, press **D** to scroll through the Day Counter record screens.
- The day count is a negative value whenever the target date comes before the current date.

To set the target date

1. In the Day Counter Mode, press **D** to display a record number you want to set.
2. Hold down **A** until the first (leftmost) text character starts to flash on the display. This indicates the input screen.
3. Press **C** to move the flashing in the sequence shown below. Press **E** to move the flashing in the opposite direction.

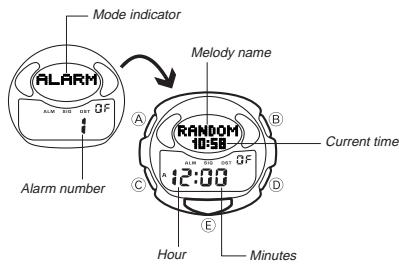


4. While the flashing is located within the text area, use **D** or **B** to scroll through characters at the current location of the flashing. Holding down either button scrolls through characters at high speed.



- * See the "CHARACTER LIST" for details.
 - 5. While any other setting is selected, press **D** to increase it or **B** to decrease it. Holding down either button changes the setting at high speed.
 - Pressing **D** and **B** at the same time while the flashing is located within the text area clears any input text and resets the date setting to the current date. At this time the message "CLEAR" appears on the display.
 - Pressing **D** and **B** at the same time while the flashing is located within the date area resets the date setting to the current date without affecting the text.
6. After you make the settings you want, press **A** to exit the input screen.
 - The date can be set within the range of January 1, 1940 to December 31, 2039.

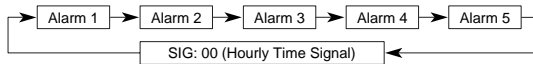
ALARM MODE



You can set up to five melody alarms. When a Daily Alarm is turned on, its melody alarm sounds for about 20 seconds at the preset time each day. Press any button (except **E**) to stop the melody alarm after it starts to sound. Pressing **E** while a melody is playing toggles the display between an animated character and the name of the melody that is playing. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

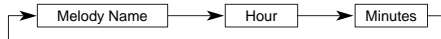
To set the alarm time

1. While in the alarm Mode, press **D** to display the alarm number you want to set.



2. Hold down **A** until the melody name starts to flash on the display, indicating the setting screen. The alarm is automatically turned on at this time.

3. Press **C** to change the selection in the sequence shown below.



4. While melody setting is selected, use **D** or **E** to scroll through melody names.

Setting	Alarm Sound
♪ - 0	Random play of melodies 1, 2, 3, 4 and 5
♪ - 1	Melody 1
♪ - 2	Melody 2
♪ - 3	Melody 3
♪ - 4	Melody 4
♪ - 5	Melody 5
♪ - ♪	Beeper

Press **B**.

Press **D**.

- * See the "MELODY LIST" for the names of melodies.
- * Some melody alarms tune names may be displayed in abbreviated format.
- * While any other setting is selected, press **D** to increase it or **E** to decrease it. Holding down either button changes the setting at high speed.
- 5. After you make the settings you want, press **A** to exit the setting screen.
- * The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- * When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.

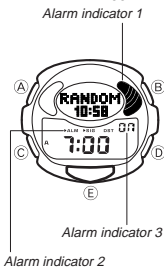
To stop a melody alarm

- Press any button (except **E**) to stop a melody alarm after it starts to sound.

To turn a daily Alarm or the Hourly Time Signal on and off

1. Use **D** to display the alarm you want to turn on or off, or the screen for turning the Hourly Time Signal on or off.

2. Press **B** to toggle the displayed alarm or Hourly Time Signal on and off.



- Alarm indicator 1 is displayed in the alarm mode only. It indicates the on/off status of the currently displayed alarm only. Note that this indicator is used for different purposes in other modes.
- Alarm indicator 2 is displayed in all modes when any of the five alarms is turned on.
- Alarm indicator 3 is displayed in the Alarm Mode only. It shows **ON** when the currently displayed alarm is on, and **OFF** when the currently displayed alarm is off.

Hourly Time Signal indicator 1



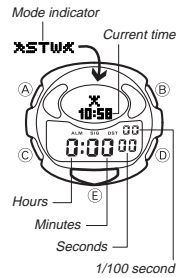
Hourly Time Signal indicator 2

- Hourly Time Signal indicator 1 is displayed in the Alarm Mode only when the Hourly Time Signal is turned on. Note that this indicator is used for different purposes in other modes.
- Hourly Time Signal indicator 2 is displayed in all modes when the Hourly Time Signal is turned on.
- Hourly Time Signal indicator 3 is displayed in the Alarm Mode only. It shows **ON** when the Hourly Time Signal is on, and **OFF** when the Hourly Time Signal is off.

To test the alarm

- In the Alarm Mode, display the alarm you want to sound, and then press **E** to play its melody or beep. You can also press **E** to play an alarm's melody while setting the alarm time.
- To stop a playing melody or beep, press any button.

STOPWATCH MODE



The stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. You can use the EL backlight by pressing **E** at any time while the stopwatch is operating.

Elapsed time measurement



Split time measurement



Split time and 1st-2nd place times

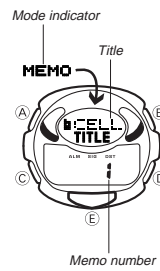


MEMO MODE

The Memo Mode lets you store up to five memos, each with an eight-character title and 16 characters of data.

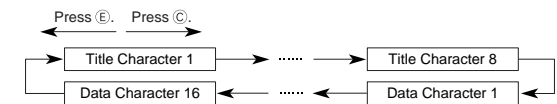
Recalling a Memo

- In the Memo Mode, press **D** to scroll through the Memo titles. When you find the title you want, press **B**, and the screen alternates between the title and data.
- The display can show only five characters at a time. Longer text scrolls continuously from right to left. The symbol "4" indicates that the character or digit to the left is the last, and the character or digit to the right is the first.
- A series of hyphens "-----" is displayed for a memo that does not contain any data. The display can show only five characters at a time.

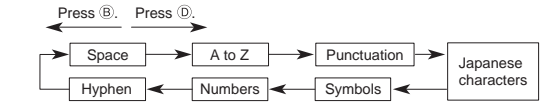


To input a memo

- In the Memo Mode, press **D** to display the memo number you want to set.
- Hold down **A** until the first (leftmost) character of the memo title starts to flash on the display. This indicates the input screen.
- Press **C** to move the flashing in the sequence shown below. Press **E** to move the flashing in the opposite direction.



- Use **D** or **B** to scroll through characters at the current location of the flashing. Holding down either button scrolls at high speed.



- * See the "CHARACTER LIST" at the back of this manual for details.
- Pressing **D** and **B** at the same time while inputting memo title or data clears all title and data. At this time the message "CLEAR" appears on the display.
- 5. After you input the data you want, press **A** to exit the input screen.

CHARACTER LIST

(space)	A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z	&
@	/	.	!	?	ア	イ	ウ	エ	オ	カ	キ	ク	ケ
コ	サ	シ	ス	セ	ソ	タ	チ	ツ	テ	ト	ナ	ニ	ヌ
ネ	ノ	ハ	ヒ	フ	ヘ	ホ	マ	ミ	ム	メ	モ	ヤ	ユ
ヨ	ラ	リ	ル	レ	ロ	ワ	ヲ	ン	ア	イ	ウ	エ	オ
ツ	ヤ	ユ	ヨ	°	°	、	。	:	'	·	…	()
<	>	<	>	★	♥	♣	♠	♣	♠	♣	#	*	+
1	2	3	4	5	6	7	8	9	0	-			

MELODY LIST

2203

1	UFO
2	Koibito ga Santa Claus
3	Akai sweet pea
4	Body feels exit
5	Hi no ataru basho



2204

1	Heart of glass
2	I love rock'n roll
3	Like a virgin
4	Emotions
5	To love you more



2205

1	You can't hurry love
2	When will I see you again
3	Rhythm nation
4	Creep
5	All that I can say



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