[Reading the display]

[Regular timekeeping mode]

[Stopwatch mode]

[Countdown mode]

[Dual time mode]

[Changeover between 12/24 hour formats]
In regular timekeeping mode, with every push of , the display is switched between 12/24 hour formats.

[Stopwatch operation]
(Working range) The stopwatch display is limited to 59 minutes 59.99 seconds. Thereafter it can be reset and started again.

(a) Net time measurement
(Start) Press to start.
(Stop) Press to stop.
(Re-start) Press to re-start.

(b) Lap time measurement
(Start) Press to start.
(Lap) Press to take lap time.
(Lap release) Press to release lap time.

(c) 1st – 2nd place times
(Start) Press to start.
(Lap) Press when the first runner finishes.
(Stop) Press when the second runner finishes.

[Countdown operation]
The countdown can be set from one minute to 11 hours 59 minutes, and times to an accuracy of one second. Start/stop operation is possible by pressing the button.

(Repeat function) When the display is stopped, the pre-entered time is retrieved by pressing the button.

[Countdown display]

[Hour setting]

[10-minute setting]

[1-minute setting]

[Setting time and calendar]

[Time display]

[Second adjusting]

[Hour setting]

[10-minute setting]

[1-minute setting]

[Month setting]

[Date setting]

[Day setting]

(Presetting dual time)

[Hour setting]

[10-minute setting]

[1-minute setting]

[Changeover between 12/24 hour formats]
In dual time mode, with every push of , the display is switched between 12/24 hour formats.

(Independent correction) Correction of any digit, if not required, can be skipped by pressing the button repeatedly.

(Reversion to normal time display) The watch reverts to the normal time display if the button is pressed, regardless of the digit setting mode.