[Reading the display]

Regular timekeeping

[Daily alarm mode]
- Alarm-ON-mark
- Mode indicator

[Countdown alarm mode]
- Mode indicator

[Time/calendar setting mode]

(Auto-retrieve function) Any display will automatically return to the regular timekeeping mode in 1 or 2 minutes.

[Setting daily alarm]
If the daily alarm is set, the buzzer sounds for 10 seconds at the preset time every day until cleared. To stop the buzzer, press the button. If the time signal is set, the watch sounds every hour on the hour. (Sound demonstration) Press and hold the button in alarm mode to sound the buzzer.

[ON or OFF setting of daily alarm and time signal]
[The alarm-ON-mark and time-signal-ON-mark appear.]
[The alarm-ON-mark and time-signal-ON-mark disappear.]
[The alarm-ON-mark only appears.]
[The time-signal-ON-mark only appears.]

[Countdown operation]
The countdown can be set from one minute to 60 minutes, and times to an accuracy of one second. Start/stop operation is possible by pressing the button and is confirmed by a signal. When the display reaches zero, the buzzer will sound for 10 seconds unless the button is pressed.

[Setting time and calendar]
[Regular timekeeping]
- Press three times.
- Press on a time signal.

[Second adjusting]

[Hour setting]
- Press to advance one hour.

[Minute setting]
- Press to advance one minute.

[Month setting]
- Press to advance one month.

[Date setting]
- Press to advance one date.

[Day setting]
- Press to move day to the next.

(Quick digit advance) When the button is pressed for more than 2 seconds, the digit advances quickly. When released, the digit advance will stop.

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

(Auto-retrieve function) Any setting display will automatically return to the regular timekeeping mode in 1 or 2 minutes.