**Module No.179**

Model: J-30

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**[Reading the display]**

- **Regular timekeeping**
  - [Time]
  - [Calendar]

- **[Daily alarm mode]**
  - Mode indicator
  - [Pacer mode (Elapsed time)]
  - [Timer/stopwatch mode]
  - [Time/calendar setting mode]

  - [Hour]
  - [Minute]
  - [Second]
  - [Month]
  - [Day]
  - [Alarm-ON-mark]
  - [Time-signal-ON-mark]

[Auto-retrieve function] Daily alarm and Time/calendar setting modes will automatically return to the regular timekeeping mode in 1 or 2 minutes.

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**[Setting daily alarm]**

If the daily alarm is set, the buzzer sounds for 20 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 down the ® button in alarm mode to sound the buzzer.

- **[Daily alarm mode]**
  - [Hour setting]
  - [Minute setting]

  - [Press ®]
  - One hour advances with each push of ®.

*If the ® button is pressed, the watch reverts to the regular timekeeping mode.*

(Quick digit advance) When the ® button is pressed, the digit advances quickly. When released, the digit advance will stop.

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**[Pacer operation]**

It gives elapsed time with any chosen pace.

(How to use the Pacer mode)
1. Press ® when the display is reset to zero.
2. Press ® setting mode to accelerate the speed of the signals. The speed of the signals can be set from 00 (OFF) to 15 (174 times/minute).
3. Press ® to complete.
4. To start or stop, press ®, and to reset, press ®.

[Figure] Pacer signals

<table>
<thead>
<tr>
<th>Signal Speeds</th>
<th>00</th>
<th>01</th>
<th>02</th>
<th>03</th>
<th>04</th>
<th>05</th>
<th>06</th>
<th>07</th>
<th>08</th>
<th>09</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Times/Minute</td>
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</tbody>
</table>

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**[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.]

- The daily alarm and time signal sound.
- The daily alarm and time signal do not sound.
- The daily alarm only sounds.
- The time signal only sounds.

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**[Timer/stopwatch operation]**

If any time up to 59 minutes is set, the countdown can be started.

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 and the display can be used as a stopwatch which counts up to 59 minutes 59.99 seconds. Thereafter it can be reset and started again.

(Stopwatch operation)
(a) Net time measurement
   - (Start) 
   - (Stop) 
   - (Re-start) 
   - (Stop) 
   - (Reset)

(b) Lap time measurement
   - (Start) 
   - (Lap) 
   - (Lap release) 
   - (Stop) 
   - (Reset)

(c) 1st-2nd place times
   - (Start) 
   - (Lap) 
   - (Stop) 
   - (Lap release) 
   - (Reset)

(Presetting countdown)
1. Press ® button when the display is reset to zero.
2. Press ® button to advance minute.
3. Press ® button to complete.

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**[Setting time and calendar]**

- **[Regular timekeeping]**
  - [Second adjusting]
  - [Hour setting]
  - [Minute setting]
  - [Month setting]
  - [Date setting]
  - [Day setting]

  - [Press ® on a time signal to correct seconds.]*
  - One hour advances with every push of ®.
  - One month advances with every push of ®.
  - Day moves to the next with every push of ®.

*Precise time can be maintained by correcting the seconds once a month on a time signal from a radio, TV, telephone, etc.

(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) When setting the watch, if you leave it alone for 1 to 2 minutes, the display will automatically return to the regular timekeeping mode.