Module Nos. 300/301/302

[Reading the display]

- **Normal timekeeping mode**
  - Hour hand
  - Minute hand
  - Second hand

- **Dual timekeeping**
  - Press @

- **Calendar**
  - Day
  - Month
  - Year

[Stopwatch operation]

- **Stopwatch mode**
  - Stopwatch mode
  - 1/100 second
  - Press @ to stop.

- **Daily alarm mode**
  - Alarm mode indicator
  - Alarm ON/mode indicator
  - Alarm OFF

- **Date memory mode**
  - Date-memory
  - Date-memory mode indicator
  - ON/mode indicator

- **[Changeover between 12-hour and 24-hour formats]**
  - In normal timekeeping mode, while pressing @, press @ to switch between 12-hour and 24-hour formats.

(a) **Net time measurement**
- (Start) Press @ to start.
- (Stop) Press @ to stop.
- (Time loss) Press @ to take lap time.

(b) **Lap time measurement**
- (Start) Press @ to start.
- (Stop) Press @ to stop.
- (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.

A tone confirms start/stop operation. (Working range) The stopwatch display is limited to 59 minutes 59.99 seconds, for longer times reset and start again.

[Setting daily alarm]

- **Daily alarm display**
  - Press @ to advance one hour.
  - Press @ to advance one minute.

- **10-minute setting**
  - Press @ to advance 10 minutes.

- **1-minute setting**
  - Press @ to advance 1 minute.

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

[Setting date memory]

- **Date memory display**
  - Press @ to advance one month.

- **Month setting**
  - Press @ to advance the date by one.

- **Date setting**
  - Press @ to advance one day.

- **(Sound demonstration) Every time the @ button is pressed, the buzzer sounds.**

[ON or OFF setting of daily alarm and time signal]

- **(The ON mark disappears)**
  - Press @.

- **(The ON mark is lit)**
  - Press @.

- **(The ON mark flashes)**
  - Press @.

- **(Sound demonstration) Every time the @ button is pressed, the buzzer sounds.**

[Setting analog time]

- **Regular timekeeping**
  - Press @.

- **Second adjusting**
  - Press @.

- **Minute and hour hand setting**
  - Press @.

- **Hour hand setting**
  - Press @.

- **Press @ and release to advance one hour.**

[Setting digital time]

- **Regular timekeeping**
  - Press @.

- **Second adjusting**
  - Press @.

- **Minute setting**
  - Press @.

- **Hour setting**
  - Press @.

- **(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.**

- **(Reversion to regular timekeeping) The watch reverts to the regular timekeeping mode if the @ button is pressed, regardless of the digit setting mode.**