**GENERAL GUIDE**

Press ② to change from mode to mode. Each mode is explained in detail on the following pages.

**TIMEKEEPING MODE**

- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- Press ② to switch between the 12-hour and 24-hour formats.

To set the time and date:
1. Press ③ while in the Timekeeping Mode. The seconds digits flash on the display because they are selected.
2. Press ④ to change the selection in the following sequence:
   - Seconds
   - Hour
   - Minutes
   - Day of week
   - Date
   - Month

3. While the seconds digits are selected (flashing), press ⑤ to reset the seconds to “00”, if you press ⑥ while the seconds count is in the range of 30 to 59, it is reset to “00” and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds), are selected (flashing), press ⑦ to increase the number or ⑧ to decrease it. While the day of the week is selected, pressing ⑨ advances to the next day and ⑩ goes to the previous day. Holding down either button changes the current selection at high speed.
5. After you set the time and date, press ② to return to the Timekeeping Mode.
6. The watch does not make any allowance for leap years. Be sure to manually set February 29 for the appropriate day of the week.
7. If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

**STOPWATCH MODE**

The Stopwatch Mode measures elapsed time, cumulative elapsed time, lap times and split times. It also includes 5 memories, plus a host of other useful functions.

- Time is measured with 1/1000 of a second accuracy. This is so fast that the digit on the far right of the display does not appear to change while the stopwatch is operating. But don’t worry, the correct measured time will be displayed when you stop the stopwatch.

**Important**

The displays shown in this section assume that no target times are set. See “How target times affect Stopwatch Mode displays” for other display formats.

About time measurement
The stopwatch mode can measure time using one of two different formats: continuous and individual.

When the continuous format is selected, you can measure lap and split times, storing them in memory.

With the individual format, times are stored in memory as individual events.

To switch between continuous and individual time measurement:
1. In the Stopwatch Mode, make sure that the upper display shows all zeros (000/000 or 000/000), see “To change the measured time display format”. If it doesn’t, press ②.
2. Press ② to switch between continuous and individual time measurement.

To measure lap times:
1. In the Stopwatch Mode, select continuous time measurement.
2. Press ⑨ until the “LAP” indicator appears on the display.
3. Press ② to start the stopwatch.
4. Press ③ at the end of the 1st lap to display the time for the lap in the upper and lower displays. After about 5 seconds, the upper and lower displays change to show the timing of the next lap.
5. Repeat step 4 for subsequent laps. The times for up to 5 laps are retained in memory. Each time you start timing of a new lap, the Lap Number increases by 1.
6. Press ⑧ to stop the stopwatch.
7. To reset the stopwatch to all zeros, press ②.

To measure split times:
1. In the Stopwatch Mode, select continuous time measurement.
2. Press ⑨ until the “SPLIT” indicator appears on the display.
3. Press ② to start the stopwatch.
4. Press ③ at the end of the 1st split to display the time for the split in the lower display and the total elapsed time in the upper display. After about 5 seconds, the upper display changes to show the timing of the total elapsed time, while the lower display shows the timing of the next split.
5. Repeat step 4 for subsequent splits. The times for up to 5 splits are retained in memory. Each time you start timing of a new split, the Split Number increases by 1.
6. Press ⑧ to stop the stopwatch.

About time memories
The first five times you press ③ in the Stopwatch Mode to record the time for an event, a lap, or a split, the stopwatch reading is stored in memory. Only the first 5 times recorded are retained in memory. The following illustrates what would happen to times stored in memory if you press ③ 8 times:

<table>
<thead>
<tr>
<th>Event Number</th>
<th>Time</th>
<th>Retained in memory</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>19:55:00</td>
<td>Retained in memory</td>
</tr>
<tr>
<td>02</td>
<td>20:55:00</td>
<td>Retained in memory</td>
</tr>
<tr>
<td>03</td>
<td>21:55:00</td>
<td>Retained in memory</td>
</tr>
<tr>
<td>04</td>
<td>22:55:00</td>
<td>Retained in memory</td>
</tr>
<tr>
<td>05</td>
<td>23:55:00</td>
<td>Not saved</td>
</tr>
<tr>
<td>06</td>
<td>24:55:00</td>
<td>Not saved</td>
</tr>
<tr>
<td>07</td>
<td>25:55:00</td>
<td>Not saved</td>
</tr>
<tr>
<td>08</td>
<td>26:55:00</td>
<td>Shown on stopwatch display</td>
</tr>
</tbody>
</table>

To use the Auto Start Countdown Function:
1. In the Stopwatch Mode, press ②. The upper display shows a count of 10 seconds, which is the starting value of the Auto Start countdown.
2. Press ⑨ to start the countdown. When the countdown reaches zero, the stopwatch begins operation.
   - To stop the Auto Start countdown, press ⑤.
   - Pressing ⑨ while the Auto Start countdown is in progress immediately starts the stopwatch.
RECALL MODE

Use the Recall Mode to recall times stored in memory, to set target times, and to change the measured time display format.

To recall data from memory
1. When you enter the Recall Mode, the time stored in memory is shown on the display.
2. Press to view the data in other memories.

To convert between lap times and split times
To convert lap times stored in memory to split times, press . Conversely, split times stored in memory can be converted to lap times by pressing .

About target times
You can set up to 5 target times, and target times can be switched on and off. Target times are repeated in a loop, so the following would result if you had 3 target times set (with all 3 target times switched on):

<table>
<thead>
<tr>
<th>Time 01</th>
<th>Time 02</th>
<th>Time 03</th>
</tr>
</thead>
<tbody>
<tr>
<td>00:19:55</td>
<td>00:19:55</td>
<td>00:19:55</td>
</tr>
</tbody>
</table>

To set target times
1. In the Recall Mode, press and the hours digit of the currently set target time in the lower display starts to flash. If it is flashing because it is selected, press to change the selection in the following sequence:

   - Hours
   - Minutes
   - Seconds
   - 1/10 sec.

2. Press to stop the recall.

To switch target times on and off
1. In the Recall Mode, press and the hours digit of the currently set target time in the lower display starts to flash.
2. Press to select the target time you want.
3. Press to change the currently displayed target time and off. The message “OFF” is shown in the lower display when a target time is switched off.
4. Repeat steps 2 and 3 as desired.
5. Press to return to the Recall Mode.

Note
* The messages “ALL OFF” is shown in the lower display of the Stopwatch Mode when all target times are switched off.

About the Target Time Alarm Function
During time measurements in the Stopwatch Mode, the watch beeps 1 minute before a target time (that is switched on) is reached. When the target time is reached, the watch beeps for 10 seconds.

The watch does not beep for target times that are switched off or for those that are set to 0:000:000.

To view target times
While in the Stopwatch Mode, you can view each of the target times that are switched on by pressing .

If you start the stopwatch while any target is displayed, the displayed target is used as the target time for the first lap, split, or event. Note that when you later recall the data, the target time you start from affects where the resulting times are stored in memory. For example, if you start the stopwatch when target time 04 is displayed and then press to change the measured time, the times will be stored as shown below:

н

<table>
<thead>
<tr>
<th>Number</th>
<th>Content</th>
<th>Number</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>00:00</td>
<td>05</td>
<td>02:00</td>
</tr>
<tr>
<td>02</td>
<td>00:00</td>
<td>06</td>
<td>03:00</td>
</tr>
<tr>
<td>03</td>
<td>00:00</td>
<td>07</td>
<td>04:00</td>
</tr>
<tr>
<td>04</td>
<td>00:00</td>
<td>08</td>
<td>05:00</td>
</tr>
</tbody>
</table>

How target times affect Stopwatch Mode displays
The information that appears on Stopwatch Mode displays depends on whether a target time is set and whether the target time is on or off.

When a target time of zero is switched on
In this case, the display is skipped. If target time 03 is switched on, the stopwatch times are measured only for example, pressing displays the times in the following sequence:

<table>
<thead>
<tr>
<th>01</th>
<th>02</th>
<th>04</th>
<th>05</th>
</tr>
</thead>
<tbody>
<tr>
<td>.</td>
<td>.</td>
<td>.</td>
<td>.</td>
</tr>
</tbody>
</table>

When a target time other than zero is switched on
In this case, the display is as follows. When target time 03 is switched on, the stopwatch times are measured for example, pressing displays the times in the following sequence:

<table>
<thead>
<tr>
<th>01</th>
<th>02</th>
<th>04</th>
<th>05</th>
</tr>
</thead>
<tbody>
<tr>
<td>.</td>
<td>.</td>
<td>.</td>
<td>.</td>
</tr>
</tbody>
</table>

When a target time is switched off
In this case, the display is as follows. If target time 03 is switched off and the other target times are switched on, for example, pressing displays the times in the following sequence:

<table>
<thead>
<tr>
<th>01</th>
<th>02</th>
<th>04</th>
<th>05</th>
</tr>
</thead>
<tbody>
<tr>
<td>.</td>
<td>.</td>
<td>.</td>
<td>.</td>
</tr>
</tbody>
</table>

To change the measured time display format
In the Recall Mode, press to change the measured time display format between (00:00:00) and (0:00:00).

To convert measured time to a target time
1. In the Recall Mode, press until you locate the measured time (in the upper display) you wish to convert to a target time.
2. Hold down until the watch beeps and the measured time moves down into the lower display to become the target time. At this point, the upper display shows all dashes.
   * You can convert a measured time to a target time only when the upper display of the Stopwatch Mode shows all zeros (00:00:00 or 0:00:00). See “To change the measured time display format” on page 21.
   * If it doesn’t, press .
   * You can convert the measured times to target times for times 01 through 05 only.
3. When pressed, the measured time is updated to target time 05.

To switch the daily alarm and hourly time signal on and off
Press while in the Alarm Mode to change the status of the daily alarm and time signal in the following sequence.

<table>
<thead>
<tr>
<th>Both On</th>
<th>Both Off</th>
<th>Daily Alarm On</th>
<th>Hourly Time Signal On</th>
</tr>
</thead>
</table>

To test the alarm
Hold down while in the Alarm Mode to sound the alarm.

Adjusting the Length of the Band (Module 969)
Module 969 comes with an extra-long band to make it possible for you to wear it over your jacket sleeve, etc. Use the following procedure to adjust the length of the band.

Warning!
Once you cut the band you cannot replace the cut portion to make the band longer again.

To adjust the length of the band
1. Place the band on your wrist as you would normally use the watch and adjust the tightness of the band.
2. Cut the excess off at the end of the band along one of the grooves marked on the inside of the band.

ALARM MODE

When the Daily Alarm Function is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it sounds.

When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time
1. Press while in the Alarm Mode. The hours digit flash on the display because they are selected. At this time the Daily Alarm is switched on automatically.
2. Press to change the selection in the following sequence:

   - Hours
   - Minutes
   - Seconds
   - 1/10 sec.

3. Press to change the selected digits and to decrease them. Holding down either button changes the selection at high speed.

4. After you set the alarm time, press to return to the Alarm Mode.