[Reading the display]

[Regular timekeeping mode]
- Press \( \bigcirc \) to set time and calendar.
- Press \( \bigcirc \) on a time signal to correct seconds.
- Press \( \bigcirc \) to shift flashing digits; digits to be changed flash.

[Alarm mode]
- Press \( \bigcirc \).

[Countdown alarm mode]
- Press \( \bigcirc \).

[Stopwatch mode]
- Press \( \bigcirc \).

[Setting regular time and calendar]
1. Each press of \( \bigcirc \) (or \( \bigcirc \)) increments (or decrements) digit. Keep pressed for high speed change.
2. (Auto-retrieve function) Display automatically returns to regular timekeeping mode display if no button is pressed for 2 to 3 minutes.
3. (Independent correction) Correction of any digit(s) can be skipped by pressing \( \bigcirc \).
4. Press \( \bigcirc \) to complete setting.

[Setting regular pulse]
- By setting regular pulse rate, ratio of regular pulse and current pulse rate is automatically calculated and displayed.

[Pulsecheck function]
1. Press \( \bigcirc \) to shift to pulsecheck mode.
2. Press \( \bigcirc \) to set regular pulse.
3. Each press of \( \bigcirc \) (or \( \bigcirc \)) increments (or decrements) digit. Keep pressed for high speed change.
4. Press \( \bigcirc \) to complete setting.
5. (Auto-retrieve function) Display automatically returns to former mode display if no button is pressed for 2 to 3 minutes.

[Alarm operation]
1. Press \( \bigcirc \) in alarm mode to select alarm No. 1, 2 or 3.
2. Press \( \bigcirc \) to set new alarm time. Pressing \( \bigcirc \) (or \( \bigcirc \)) increments (or decrements) digit. Keep pressed for high speed change.
3. Each press of \( \bigcirc \) shifts flashing position. Set minute. Set day for weekly alarm.

[Setting alarm]
1. Press \( \bigcirc \) in alarm mode to select alarm No. 1, 2 or 3.
2. Alarm No. 1
   - Hourly time signal
     - Press \( \bigcirc \).
   - Press \( \bigcirc \).
3. Alarm No. 3
   - Hourly time signal
     - Press \( \bigcirc \).
   - Press \( \bigcirc \).

[On or off setting of alarm and time signal]
- Press \( \bigcirc \) in alarm mode to select alarm No. 1, 2, 3, or 4 in 24-hour signal. Press \( \bigcirc \) for each alarm No. 1, 2, 3 or 4 to set alarm on (+) or off (–) (no mark). Press \( \bigcirc \) on time signal to set time signal on (+) or off (–) (no mark).
- Press \( \bigcirc \) to complete.

*Alarm time is displayed in the 24-hour system when timekeeping is in 24-hour system.
[Pacer stopwatch]

Maximum of 9 split time records and stop time record can be automatically stored into memory. Pacer signals sound for 26 seconds every 5 minutes so runner can check pace during a run. Also, 5-second alarm sounds 10 times at 1 minute intervals after stopping stopwatch to signal pulse check.

1) Press in pacer stopwatch mode. Unless pacer signal function is canceled (display shows "a--"), pacer signals at speed shown on display.
2) Speed of pacer signals can be set from 3 times per minute to 240 times per minutes. Pressing (or ) accelerates (or deaccelerates) speed of signals. Keep pressed to change at high speed.
3) Press and simultaneously to cancel pacer signal function.

*Pacer signal speed can be changed, or canceled during stopwatch timing.

[Stopwatch timing and storing split time records]

A signal confirms start/stop and split/reset operation. (Working range) Total elapsed time display is limited to 19 hours 59 minutes 59.99 seconds. For longer times reset and start again.

1) Press and hold for 5 to 6 seconds to delete split time memory contents and reset stopwatch display.
2) Press to start stopwatch timing.
3) Press at check points to take split time records. Up to 9 split time records can be stored automatically with each press of .
4) Press to start stopwatch timing. Stop time is automatically stored in memory.
*If was pressed more than 9 times, the first 9 split times and stop time is stored in memory.

[Countdown alarm operation]

Countdown can be set from 1 second to 19 hours 59 minutes 59 seconds, and times to an accuracy of 1 second. Start/stop operation is possible by pressing , and is confirmed by a signal. When display reaches zero, beeper sounds for 10 seconds, and countdown is repeated form pre-entered time. Press any button to stop beeper. Press after stopping countdown to retrieve pre-entered time.

1) Press in countdown alarm mode to set new time.
2) and (or ) increments (or decrements) digit. Keep pressed for high speed change.
3) Press to shift digit.

[Stopwatch operation]

A signal confirms start/stop and split/reset operation. (Working range) Total elapsed time display is limited to 19 hours 59 minutes 59.99 seconds. For longer times reset and start again.

1) Press to take split time record of 1st check point, each press of displays split time record stored in memory one by one.
1) Pressing shows empty pages if there are no split time records in memory.
2) Do not hold down. Entire memory contents will be deleted.
2) Display shows stop time after displaying 9th split time record.

[Recalling split time records]

This function is useful to check recovery time. After stopping stopwatch timing, 5-second alarm sounds every minute for 10 minutes to signal pulse checking. Check pulse by pressing and shifting to pulsecheck mode. Display shows minutes elapsed from stopping stopwatch timing.

[Stopwatch mode indicator]

- Hour
- Split time display
- Total elapsed time display
- Mode indicator
- Check point No. 1
- Split time record of 1st check point
- Split time record of 4th check point
- Split time record of 6th check point
- Split time record of 9th check point

[Stopwatch setting]

- Mode indicator
- Countdown time
- 1/10 second
- Set time

[Countdown time]

- Mode indicator
- Countdown time
- 1/10 second

[Recalling split time records]

- Check point No.
- Split time record of 1st check point
- Split time record of 4th check point
- Split time record of 6th check point

[Stopwatch timing and storing split time records]

- Split time display
- Set time
- Mode indicator

[Countdown alarm operation]

- Countdown time
- 1/10 second
- Set time

[Stopwatch operation]

- Mode indicator
- Time loss
- Split time measurement
- Split time display
- First finisher
- Split time display