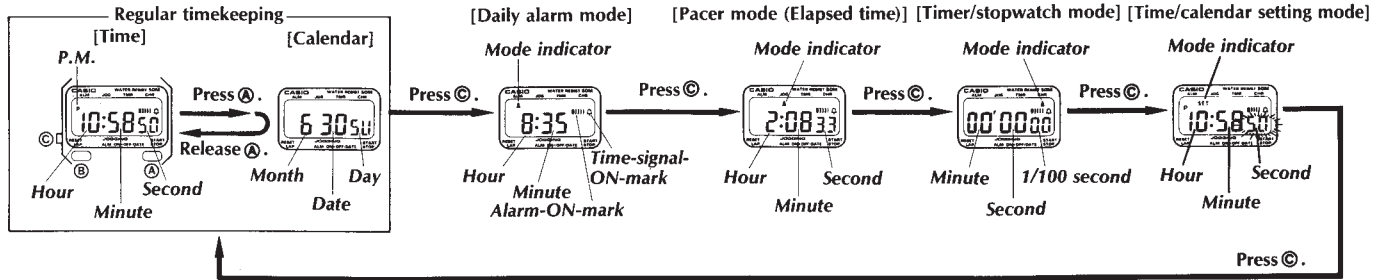


[Reading the display]

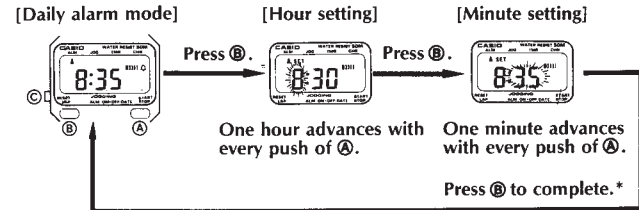


SU: Sunday MO: Monday TU: Tuesday WE: Wednesday TH: Thursday
 FR: Friday SA: Saturday

(Auto-retrieve function) Daily alarm and Time/calendar setting modes 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 20 seconds at the preset time every day until cleared. To stop the buzzer, press the (B) button. If the time signal is set, the watch sounds every hour on the hour. (Sound demonstration) Press and hold down the (A) button in alarm mode to sound the buzzer.

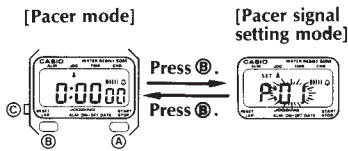


*If the (C) button is pressed, the watch reverts to the regular timekeeping mode.
 (Quick digit advance) When the (A) button is pressed for more than 2 seconds, the digit advances quickly. When released, the digit advance will stop.

[Pacer operation]

It gives elapsed time with any chosen pace.
 (How to make use of the Pacer mode)

- 1) Press (B) when the display is reset to zero.
- 2) Press (A) in 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 (B) to complete.
- 4) To start or stop, press (A), and to reset, press (B).

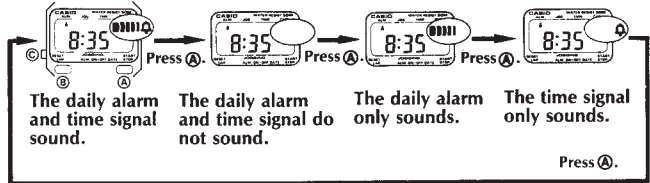


[Figure] Pacer signals

| Signal Speeds | 00 | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 |
|---------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Times/Minute | OFF | 132 | 134 | 137 | 139 | 142 | 144 | 147 | 150 | 153 | 156 | 160 | 163 | 167 | 170 | 174 |

[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.]



[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 (A) 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.

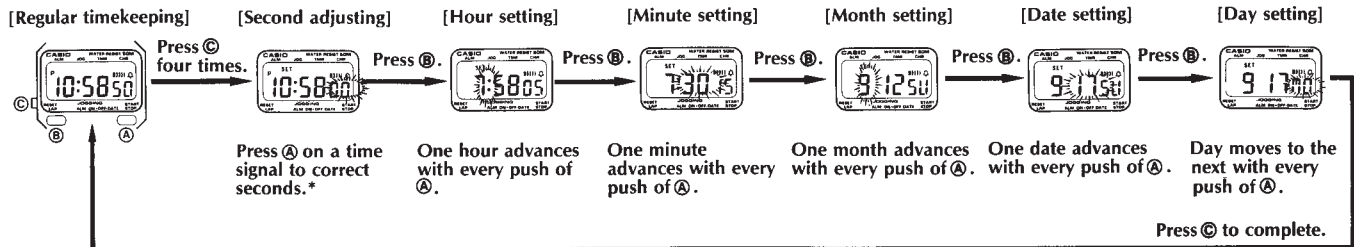
(Stopwatch operation)

- (a) Net time measurement
 (Start) → (Time loss) (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)
 The first runner finishes. The second runner finishes. Record the time of the first runner. Record the time of the second runner.

(Presetting countdown)

- 1) Press the (B) button when the display is reset to zero.
- 2) Press the (A) button to advance minute.
- 3) Press the (B) button to complete.

[Setting time and calendar]



*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 (A) 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 (B) 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.