

(Changeover between 12-hour and 24-hour formats) In regular time keeping and dual time modes, with every push of Ⓞ, the display is switched between 12-hour and 24-hour formats.

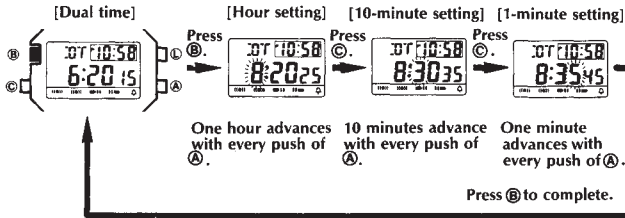
[Setting alarm times]

[ON or OFF setting of alarms]
In each alarm mode, every time the Ⓞ button is pressed, the alarm-ON-mark (ON) or alarm-OFF-mark (OFF) appears. When the alarm-ON-mark is lit, the alarm sounds at the preset time. To stop the buzzer, press the Ⓞ button.

(Sound demonstration) Press and hold the Ⓞ button in each alarm mode to sound the buzzer.

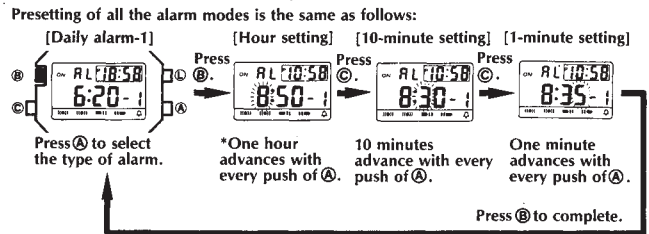
Alarm No.	Type of alarm	Description	
1	Daily alarm	The buzzer sounds every day at the preset time.	It sounds for 20 seconds.
2	Daily alarm	The buzzer sounds every day at the preset time.	It sounds for 20 seconds.
3	Daily alarm with post-alarm chimes	The buzzer sounds at the preset time and the chimes sounds five and ten minutes after the preset time.	At preset time—20 seconds. 5 minutes after—5 seconds. 10 minutes after—5 seconds.
4	Daily alarm with pre-alarm chimes	The buzzer sounds at the preset time and the chimes sounds five and ten minutes before the preset time.	At preset time—20 seconds. 5 minutes before—5 seconds. 10 minutes before—5 seconds.
:00	Hourly time signal	The watch sounds every hour on the hour.	It sounds for 1 second each.

[Presetting dual time]



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

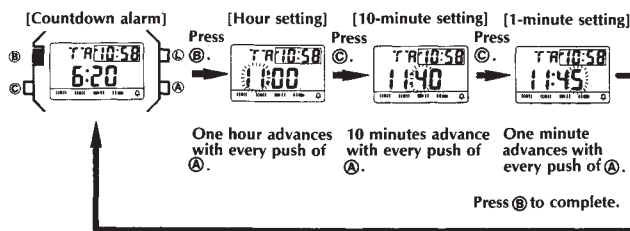
[Presetting daily alarm times]



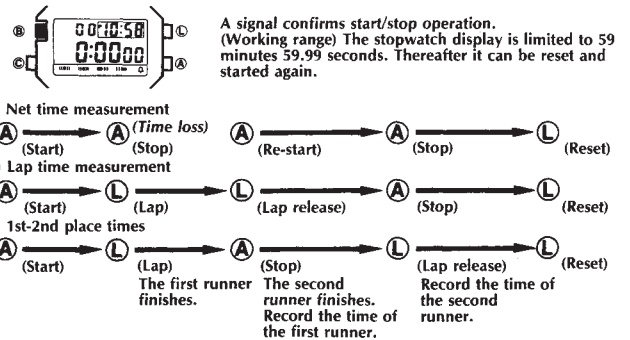
*When the watch is in the 24-hour system, the alarm time is displayed in the 24-hour system.

[Countdown alarm operation]

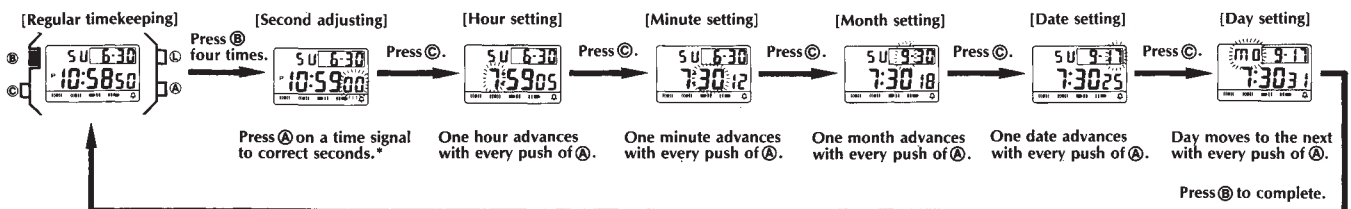
The countdown can be set from one minute to 11 hours 59 minutes, and times to an accuracy of one second. Start/stop operation is possible by pressing the Ⓞ button and is confirmed by a signal. A signal sounds at 5-minute intervals. When the display reaches zero, the buzzer will sound for 10 seconds unless the Ⓞ button is pressed. (Repeat function) When the display is stopped, the pre-entered time is retrieved automatically.



[Stopwatch operation]



[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.

(Independent correction) Correction of any digit, if not required, can be skipped by pressing the Ⓞ button repeatedly.

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

(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.