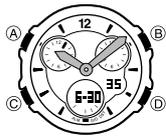


Operation Guide 2787

About This Manual



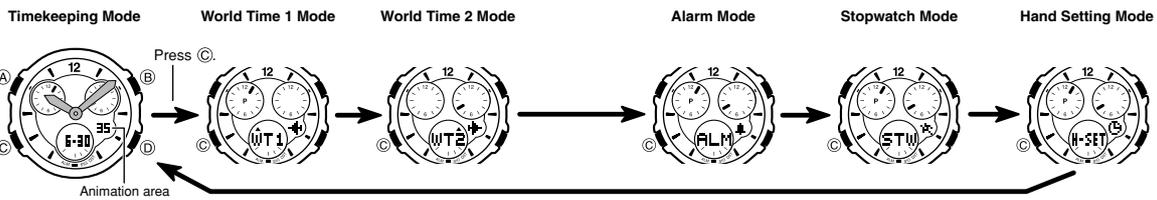
- Button operations are indicated using the letters shown in the illustration.
- Most of the display examples in this manual show only the digital display, without the analog hands, as shown in the lower illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.



General Guide

- Press **C** to change from mode to mode.
- In any mode, press **B** to illuminate the display.

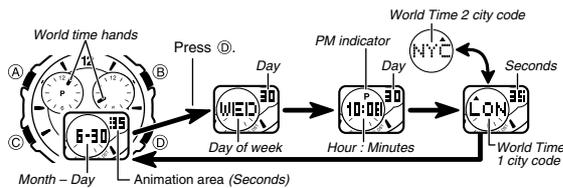
- The animation area shows different animated characters, depending on the mode and the operation being performed.



Timekeeping

This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different.

- In the Timekeeping Mode, you can press **D** to change the display format as shown below.



- After the seconds count reaches 30, various animations play for about two seconds in the animation area.
- The World Time hands show the hour in the cities selected for World Time 1 and World Time 2. See "World Time Hands" for more information.

Digital Time and Date

Use the Timekeeping Mode to set and view a digital display of the current time and date. When setting the digital time, you can also configure settings for the display illumination duration, summer time (Daylight Saving time or DST), your Home City code (the code for the city where you normally use the watch), and the 12/24-hour format.

- This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the digital time, it is important that you select the correct city code for your Home City. If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.
- Note that all of the times for the World Time Mode city codes are displayed in accordance with the digital time and date settings you configure in the Timekeeping Mode.
- After you correctly set your Home City time and date, you can set the watch up for timekeeping with a different city code simply by changing the Home City code in the Timekeeping Mode.

To set the digital time and date

1. In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
2. Press **C** twice to move the flashing to the Home City code setting (see the illustration below), and then use **B** and **D** to select the code you want.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table".
3. Press **C** to move the flashing in the sequence shown below to select the other settings.

Seconds	→	DST	→	Home City Code	→	Hour	→	Minutes
Day	←	Month	←	Year	←	12/24-Hour Format	←	

4. When the setting you want to change is flashing, use **B** and **D** to change it as described below.

Screen	To do this:	Do this:
∞ 35	Reset the seconds to 00	Press D .
OFF	Toggle the display illumination duration setting between 1.5 second (∞) and 2.5 seconds (35)	Press B while the seconds count is flashing.
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press D .
TYO	Change the Home City code	Use D (east) and B (west).
10:08	Change the hour or minutes	Use D (+) and B (-).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press D .
2004	Change the year	Use D (+) and B (-).
6-30	Change the month or day	

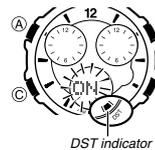
5. Press **A** to exit the setting screen.
 - Resetting the seconds only (without changing the DST, Home City code, hour, or minute setting) causes the analog minute hand setting to be adjusted automatically.
 - See "Digital Time Daylight Saving Time (DST) Setting" below for details about the DST setting.
 - The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

Digital Time Daylight Saving Time (DST) Setting

Daylight Saving Time (summer time) advances the digital time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode digital time between DST and Standard Time

1. In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
2. Press **C** once to display the DST setting screen.
3. Press **D** to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
4. Press **A** to exit the setting screen.
 - The DST indicator appears on the Timekeeping and Alarm Mode displays to indicate that Daylight Saving Time is turned on.



Setting the Analog Time

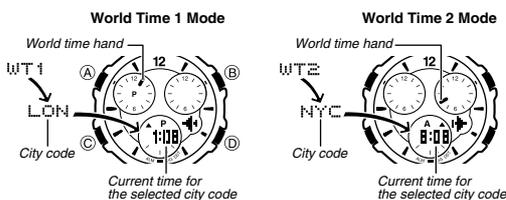
Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time

1. In the Timekeeping Mode, press **C** five times to enter the Hand Setting Mode.
2. Hold down **A** until the current digital time starts to flash, which indicates the analog time setting screen.
3. Press **D** to advance the analog time setting by 20 seconds.
 - Adjust the analog time so it matches the digital time.
 - Holding down **D** advances the analog time setting at high speed.
4. If you need to advance the analog time setting a long way, hold down **D** until the time starts advancing at high speed, and then press **B**. This locks the high-speed hand movement, so you can release the two buttons. High-speed hand movement continues until you press any button. It will also stop automatically after the time advances 12 hours or if an alarm (Daily Alarm or Hourly Time Signal) starts to sound.
4. Press **A** to exit the setting screen.
 - The watch will automatically adjust the minute hand slightly to match its internal second count when you exit the setting screen.
 - To return to the Timekeeping Mode, press **C**.

World Time Modes

This watch has two World Time Modes named "World Time 1" and "World Time 2", each of which shows the current time in one of 40 cities (27 time zones) around the globe. You can specify Daylight Saving Time or Standard Time for each of the World Time cities.



- The same procedure is used for selecting a city (city code) and for switching between Daylight Saving Time and Standard Time in the World Time 1 Mode and World Time 2 Mode. You can enter a World Time Mode using (C).
- In the World Time 1 and World Time 2 Modes, the World Time hands show the hour in the currently selected city. See "World Time Hands" for more information.

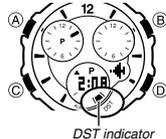
To view the time in another city

After entering the World Time 1 or World Time 2 Mode, press (D) to scroll eastwardly through city codes.

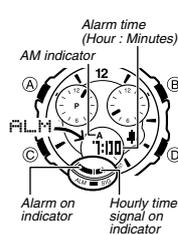
- The city code is displayed for about one second, and then it is replaced with the current time for that city code.
- For full information about city codes, see the "City Code Table".
- If the current time shown for a city is wrong, it probably means there is a problem with your Timekeeping Mode time and/or Home City code settings. Go to the Timekeeping Mode and make the necessary adjustments.

To toggle a city code time between Standard Time and Daylight Saving Time

- After entering the World Time 1 or World Time 2 Mode, use (D) to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (A) for about two seconds to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.



Alarm



When the alarm is turned on, the alarm sounds when the alarm time is reached. You can also turn on an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.

- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

To set the alarm time

- In the Alarm Mode, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
- This operation automatically turns on the alarm.
- Press (C) to move the flashing between the hour and minute settings.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.

- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
- Press (A) to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.

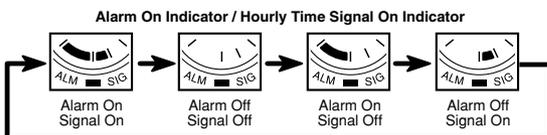
- To stop the alarm tone after it starts to sound, press any button.
- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode digital time.

To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

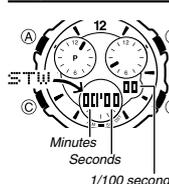
To turn the Daily Alarm and the Hourly Time Signal on and off

In the Alarm Mode, press (D) to cycle through the settings as shown below.



- The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

To measure times with the stopwatch

Elapsed Time



Split Time



Two Finishes

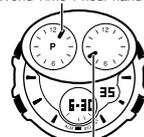


Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

World Time Hands

World Time 1 hour hand



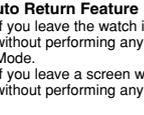
World Time 2 hour hand



Yangon hour



Tokyo and New York minute



Yangon minute (Timekeeping Mode minute +30)

Auto Return Feature

When you leave the watch in the Alarm or Hand Setting Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.

- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

The (B) and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the World Time 1 or World Time 2 Mode, the data you were viewing when you last exited the mode appears first.

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and the A (AM) indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's batteries replaced.

World Time

- The World Time 1 and World Time 2 Mode times are calculated from the current Home City time setting in the Timekeeping Mode, using the Greenwich Mean Time (GMT) differentials associated with each city code.
- The GMT differential is a value that indicates the time difference between Greenwich Mean Time and the time zone where a city is located.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

Display Illumination Precautions

Two high-intensity LEDs (light-emitting diodes) are used to illuminate the face for easy reading in the dark. In any mode (except when a setting screen is on the display), press **(L)** to illuminate the face.

- You can specify 1.5 second or 2.5 seconds as the display illumination duration. See "To set the digital time and date" for more information.
- The illumination provided by the light may be hard to see when viewed under direct sunlight.
- The light automatically stops illuminating whenever an alarm sounds.
- Frequent use of the light shortens the battery life.

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
PPG	Pago Pago	-11.0	
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
YVR	Vancouver	-08.0	Las Vegas, Seattle/Tacoma, Dawson City
SFO	San Francisco		
LAX	Los Angeles		
DEN	Denver	-07.0	El Paso, Edmonton
MEX	Mexico City	-06.0	Houston, Dallas/Ft. Worth, New Orleans, Winnipeg
CHI	Chicago		
MIA	Miami	-05.0	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
NYC	New York		
CCS	Caracas	-04.0	La Paz, Santiago, Pt. Of Spain
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
LON	London	+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
PAR	Paris	+01.0	Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm
MIL	Milan		
ROM	Rome		
BER	Berlin		
IST	Istanbul	+02.0	Athens, Helsinki, Beirut, Damascus, Cape Town
CAI	Cairo		
JRS	Jerusalem		
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Mumbai, Kolkata
MLE	Male		
DEL	Delhi	+05.5	Colombo
DAC	Dhaka	+06.0	
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
SIN	Singapore	+08.0	Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
HKG	Hong Kong		
SEL	Seoul	+09.0	Pyongyang
TYO	Tokyo	+09.5	Darwin
ADL	Adelaide		
GUM	Guam	+10.0	Melbourne, Rabaul
SYD	Sydney		
NOU	Noumea	+11.0	Pt. Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Is.

*Based on data as of June 2003.