

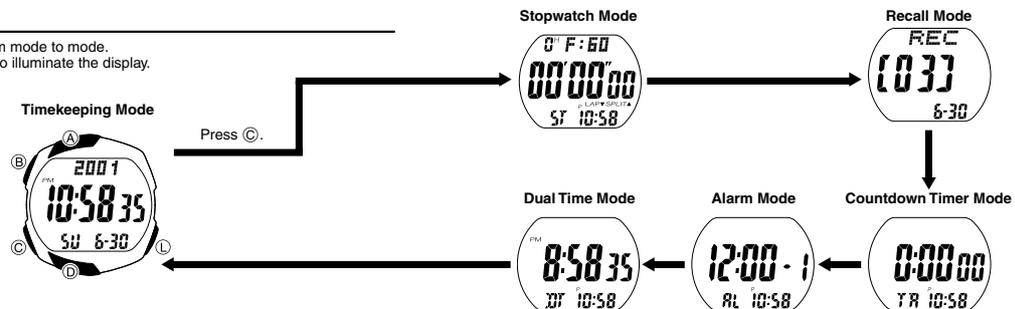
### About This Manual



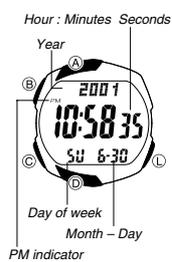
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

### General Guide

- Press (C) to change from mode to mode.
- In any mode, press (L) to illuminate the display.



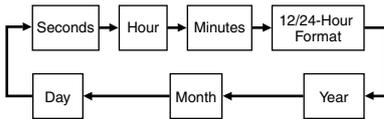
### Timekeeping



Use the Timekeeping Mode to set and view the current time and date.

#### To set the time and date

1. In the Timekeeping Mode, hold down (B) until the seconds start to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.

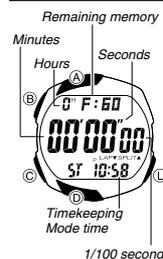


3. When the setting you want to change is flashing, use (D) and (A) to change it as described below.

Setting	Screen	Button Operation
Seconds	10:58:35	Press (D) to reset to 00.
Hour, Minutes	10:58:35	Use (D) (+) and (A) (-) to change the setting.
12/24-Hour Format	12H	Press (D) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
Year, Month, Day	02 6-30	Use (D) (+) and (A) (-) to change the setting.

4. Press (B) to exit the setting screen.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
  - The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

### Stopwatch



The 1/100-second stopwatch can measure elapsed time and lap/split times. The stopwatch uses the basic data you input and a pacer signal to calculate the distance you cover while jogging or running. Stopwatch times and your distance are also stored in memory.

- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a lap/split time is frozen on the display clears the lap/split time and returns to elapsed time measurement.
- Stopwatch measurements are performed in the Stopwatch Mode, which you enter by pressing (C).

#### How the Stopwatch Works

There are two ways you can use the stopwatch: to measure elapsed time and lap/split times like a standard stopwatch (see "To measure times with the stopwatch"), and to keep track of the distance you cover while jogging or running. In order to use the stopwatch to keep track of distance, you must first perform the steps listed below.

1. Set your basic data. See "Basic Data".
2. Turn on the pacer signal. See "To turn the pacer signal on and off".

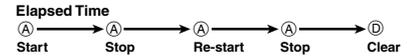
#### Note

- In order to obtain accurate distance calculations, you must set accurate basic data and keep your exercise pace in accordance with the pacer signal emitted by the watch.
- Use the Recall Mode to view data stored in memory.
- You can view distance covered data only by recalling it in the Recall Mode. It does not appear on the Stopwatch Mode screen.

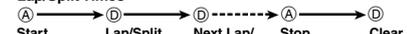
#### To measure times with the stopwatch



#### Elapsed Time



#### Lap/Split Times

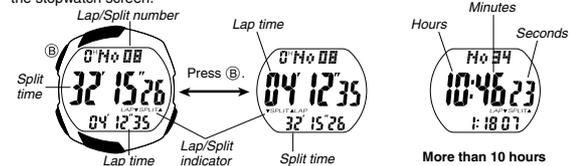


#### Note

- Pressing (D) to perform a lap/split time operation freezes the lap/split time at that point on the display for about eight seconds. After that, the display returns to normal stopwatch time measurement.
- During a stopwatch time measurement operation, the upper part of the display shows the hour digit and the current lap/split number, the center part shows the current split time, and the lower part shows the current lap time.
- When the pacer signal is turned on, it sounds for the first 30 seconds after you start a stopwatch time measurement operation. After that, the pacer signal sounds for 30 seconds whenever you press (B).
- If the pacer signal does not sound even though you have it turned on, press (B) to change the positions of the lap time and split time on the display. This should cause the pacer signal to sound.

#### Selecting the Stopwatch Screen Format

The following shows how you can control the position of the lap time and split time on the stopwatch screen.



- The Lap/Split indicator uses arrows to indicate the location the lap time and split (elapsed) time.
- When you first start a stopwatch operation by pressing (A), both the center part and the lower part of the display show minutes, seconds, and 1/100 second. Whenever the time shown in the lower part of the display is greater than 60 minutes, the display format changes to show hours, minutes, and seconds. Whenever the time in the center part of the display is greater than 10 hours, the display format changes to show hours, minutes, and seconds.

#### Basic Data

The term "basic data" refers to the pacer signal setup, and information about your stride length.

#### Important!

- You cannot change basic data settings while a Stopwatch Mode time measurement operation is in progress. Stopwatch operation must be stopped and the Stopwatch screen must be cleared to all zeros before you can change basic data settings.
- Whenever you want to change the stride length unit, you must first reset the Cumulative Total screen to zero.
- Be sure to update basic data values whenever the person using the watch changes.

#### Pacer Signal

The pacer signal of this watch beeps in accordance with a pacer value (rate) set by you. You can use the pacer signal to maintain a constant pace while jogging or running. You can also turn off the pacer signal when you do not want to use it.

- The pacer value you set specifies the number of beeps per minute.
- Turning on the pacer signal causes the watch to beep at the rate specified by the pacer value.
- You can set a pacer value in the range of 100 to 200 beats per minute, in units of 5.
- You can disable the pacer function by setting a pacer value of ---. While the pacer value is set to ---, the watch does not calculate distance covered.

#### Stride Length

You can specify either centimeters (Cm) or inches (in) as the stride length unit. The unit you specify for the stride length unit also determines the unit of measurement used for the distance value in the Stopwatch Mode and Recall Mode, as shown below.

Stride Length Unit	Setting Range	Setting Increment	Distance Unit
Centimeters (Cm)	40 to 190 cm	5 cm	Kilometers (km)
Inches (In)	16 to 76 in	2 in	Miles (mi)

- The following examples illustrate how you can calculate values for this setting.
  - 239 steps required to run around a 300-meter track.  
 $300 \text{ (meters)} \div 239 \text{ (steps)} = 1.255 \text{ (approximately 125 cm)}$
  - 239 steps required to run around a 330-yard track.  
 $330 \text{ (yards)} \div 239 \text{ (steps)} \times 36 = 49.70 \text{ (approximately 50 inches)}$

### To configure your basic data

- While the Stopwatch Mode screen shows all zeros (0:00:00), hold down (B) until the pacer value appears flashing on the display. This indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select other settings.
- When the setting you want to change is flashing, use (D) and (A) to change it as described below.

Setting	Screen	Button Operations
Pacer value	120 PACER	Use (D) (+) and (A) (-) to change the setting. • Selecting --- disables the pacer signal.
Pacer signal	00 Sound	Press (D) to toggle the pacer signal on (00) and off (OFF).
Stride length	cm 40	Use (D) (+) and (A) (-) to change the setting.
Stride length unit		Press (D) to toggle between centimeters (Cm) and inches (In).

- When the pacer signal is turned on, the pacer signal sounds in accordance with the pacer value while the pacer signal or pacer value setting screen is on the display.
- Press (B) to exit the setting screen.
- If you find that the stride length unit won't change reset the cumulative total to all zeros.

### To turn the pacer signal on and off

- While the Stopwatch Mode screen shows all zeros (0:00:00), hold down (B) until the pacer value appears flashing on the display. This indicates the setting screen.
- Press (C) once to display the pacer signal setting screen.
- Press (D) to toggle the pacer signal on (00) and off (OFF).
  - A pacer signal on indicator (P) appears when this setting is turned on.
- Press (B) to exit the setting screen.

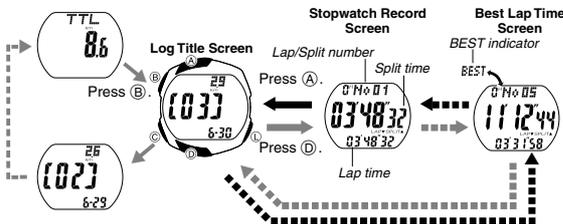
### Recall Mode

- Use the Recall Mode to recall and delete records stored by the Stopwatch Mode.
- Stopwatch records are stored in "logs" that are created automatically by the watch. See "Memory Management" for more information.
  - The title screen of the newest log appears first whenever you enter the Recall Mode.
  - Log numbers are automatically assigned in sequence, starting from 1.
  - All of the operations in this section are performed in the Recall Mode, which you enter by pressing (C).

### To recall stopwatch records

In the Recall Mode, use (B) to scroll through the log title screens, starting from the newest one, as shown below. When the title screen of the log you want is displayed, use (D) and (A) to cycle through the records contained in the log.

### Cumulative Total Screen



- The cumulative total screen shows the total distance since the last cumulative total distance reset.
- The locations of the lap time and split time (middle or bottom of the display) in the Stopwatch Record screen are determined by the display format you last selected in the Stopwatch Mode.
- The BEST indicator identifies the record that contains the best lap time in the log.
- If a best lap time record is deleted automatically when the log becomes full, the BEST indicator will not be transferred to the record with the next best lap time. See "Memory Management" for more information about automatic deletion of records.
- The unit of measurement used for the distance calculation depends on the unit you select for your stride length as shown in the table below. See "To configure your basic data" for more information.

Selected Stride Unit	Distance Unit
Cm (centimeters)	km (kilometers)
In (inches)	mi (miles)

### To delete a log

- In the Recall Mode, display the title screen of the log you want to delete.
  - See "To reset the cumulative total screen" below for information about what happens when you select the cumulative total screen here.
- Hold down (A) and (D) until the watch beeps and C.L.F. stops flashing on the display.
- This deletes the log and all the records inside it. Deleting a log does not change the cumulative total distance value.

### To reset the cumulative total screen

- In the Recall Mode, display the cumulative total screen.
- Hold down (A) and (D) until the watch beeps and C.L.F. stops flashing on the display.
- This resets the cumulative total distance to zero, without deleting any logs or records. A new cumulative total will start with the next stopwatch operation you perform.

### Countdown Timer

- You can set the countdown timer within a range of one minute to 100 hours. An alarm sounds when the countdown reaches zero.
- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
  - Countdown timer functions are available in the Countdown Timer Mode, which you can enter using (C).

### To set the countdown start time

- While the countdown start time is on the display in the Countdown Timer Mode, hold down (B) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
  - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- Press (C) to move the flashing between the hour and minute settings.
- Use (D) (+) and (A) (-) to change the flashing item.
  - To set the starting value of the countdown time to 100 hours, set 0:00.
- Press (B) to exit the setting screen.

### To use the countdown timer

- Press (A) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value when the alarm sounds.
  - Press (A) while a countdown operation is in progress to pause it. Press (A) again to resume the countdown.
  - To completely stop a countdown operation, first pause it (by pressing (A)), and then press (B). This returns the countdown time to its starting value.

### To turn auto-repeat on and off

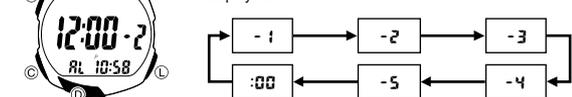
- While the countdown start time is displayed on the Countdown Timer Mode screen, hold down (D) for about two seconds to toggle auto-repeat on (A) (not displayed).
- When auto-repeat is turned on, the alarm sounds and countdown starts again whenever the countdown reaches zero. You can stop the countdown by pressing (A), and manually reset to the countdown start time by pressing (D).
  - Auto-repeat timing repeats up to seven times.

### Alarms

- You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms can be configured as a snooze alarm or a one-time alarm, while the other four are one-time alarms.
- You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are five alarm screens numbered 1 through 5. The hourly time signal screen is indicated by :00.
  - All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

### To set an alarm time

- In the Alarm Mode, use (B) to scroll through the alarm screens until the one whose time you want to set is displayed.



- You can configure Alarm 1 as a snooze alarm or a one-time alarm. Alarms 2 through 5 can be used as one-time alarms only.
- The snooze alarm repeats every five minutes.
- After you select an alarm, hold down (B) until the hour setting of the alarm time starts to flash. This indicates the setting screen.
- Press (C) to move the flashing between the hour and minute settings.
- While a setting is flashing, use (D) (+) and (A) (-) to change it.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (PM indicator).
- Press (B) to exit the setting screen.

### Alarm Operation

The alarm sounds at the preset time for about 10 seconds. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off or change it to a one-time alarm.

### Note

- Pressing any button stops the alarm tone operation.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.  
*Displaying the Timekeeping Mode setting screen*  
*Displaying the Alarm  $\uparrow$  setting screen*

### To test the alarm

In the Alarm Mode, hold down  $\text{D}$  to sound the alarm.

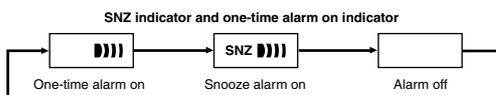
### To turn Alarms 2 through 5 on and off

- In the Alarm Mode, use  $\text{D}$  to select a one-time alarm (alarm number 2 through 5).
  - Press  $\text{A}$  to toggle the displayed alarm on and off.
- Turning on a one-time alarm (2 through 5) displays the one-time alarm on indicator (||||) on its screen.
  - The one-time alarm on indicator is displayed in all modes.
  - If any alarm is on, the alarm on indicator is shown on the display in all modes.



### To select the operation of Alarm $\uparrow$

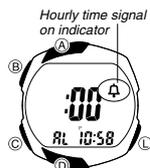
- In the Alarm Mode, use  $\text{D}$  to select Alarm  $\uparrow$ .
- Press  $\text{A}$  to cycle through the available settings in the sequence shown below.



- The applicable alarm on indicator (||||) or SNZ (||||) is displayed in all modes when an alarm is turned on.
- The SNZ indicator flashes during the 5-minute intervals between alarms.
- Displaying the Alarm  $\uparrow$  setting screen while the snooze alarm is turned on automatically turns off the snooze alarm (making Alarm  $\uparrow$  a one-time alarm).

### To turn the hourly time signal on and off

- In the Alarm Mode, use  $\text{D}$  to select the Hourly Time Signal.
  - Press  $\text{A}$  to toggle the displayed item on and off.
- Turning on the Hourly Time Signal displays the hourly time signal on indicator (H) on its screen.
  - The hourly time signal on indicator is displayed in all modes.



## Dual Time

Dual time  
(Hour : Minutes : Seconds)



Timekeeping Mode time

The Dual Time Mode lets you keep track of time in a different time zone.

- The seconds count of the Dual Time is synchronized with the seconds count of the Timekeeping Mode.

### To set the Dual Time

- Press  $\text{C}$  to enter the Dual Time Mode.
  - Use  $\text{A}$ ,  $\text{B}$ , and  $\text{D}$  to set the Dual Time Mode time.
- Each press of  $\text{D}$  (+) and  $\text{A}$  (-) changes the time setting in 30-minute increments.
  - Pressing  $\text{B}$  sets the Dual Time Mode to the same time as the Timekeeping Mode.

## Backlight

Auto light switch  
on indicator



The backlight uses an LED (light-emitting diode) and a light guide panel that cause the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Backlight Precautions" for other important information about using the backlight.

### To turn on the backlight manually

- In any mode, press  $\text{L}$  to illuminate the display for about one second.
- The above operation turns on the backlight regardless of the current auto light switch setting.

## About the Auto Light Switch

Turning on the auto light switch causes the backlight to turn on for about one second, whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the backlight to turn on.



### Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.**
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.**

### To turn the auto light switch on and off

In the Timekeeping Mode, hold down  $\text{D}$  for about two seconds to toggle the auto light switch on (☀️ displayed) and off (☀️ not displayed).

- The auto light switch on indicator (☀️) is on the display in all modes while the auto light switch is turned on.

## 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.

### Auto Return Feature

If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

### Initial Screens

When you enter the Alarm Mode, the screen you were viewing when you last exited the mode appears first.

### Data and Setting Scrolling

The  $\text{A}$  and  $\text{D}$  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.

### Timekeeping

- Resetting the seconds to  $\text{00}$  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  $\text{00}$  without changing the minutes.
- With the 12-hour format, the PM (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no 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 automatically 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 battery replaced.

### Stopwatch

- You can use lap time measurement to time how long it takes to complete a specific portion (such as a single lap) of a race.
- You can use split time measurement to time how long it takes to get from the start to a specific point in a race.

### Memory Management

Each time you press  $\text{A}$  to start a new elapsed time or lap/split operation in the Stopwatch Mode, the watch automatically creates a new "log" in its memory. The log remains open for data storage until you permanently close it by pressing  $\text{D}$  to clear the stopwatch to all zeros.

- The watch has enough memory to hold up to 61 records. Since each log title screen uses up one record of memory space, the maximum number of lap/split time records you can store depends on how many logs there are currently in memory, as shown below.

Memory Capacity	Number of Logs Currently in Memory	Lap/Split Time Record Capacity
61 Records	1	61 records - 1 log title screen = 60
	2	61 records - 2 log title screens = 59
	5	61 records - 5 log title screens = 56

- The watch also calculates the cumulative total distance for all stopwatch operations since the last time the cumulative total distance was reset. The cumulative total does not affect memory capacity.
- If watch memory is already full when you perform a stopwatch button operation that creates a new log, the oldest log in memory and all of its records are deleted automatically to make room for the new log.
- If you are adding records to the only log in memory and watch memory becomes full, adding another record causes the oldest record in the log to be deleted automatically to make room for the new record.
- If you are adding records to a log when there are multiple logs in memory and watch memory becomes full, adding another record causes the oldest log in memory and all of its records to be deleted automatically to make room for new records.

### How Stopwatch Data is Stored

The following table describes how data is stored when you perform the various button operations described under "To measure times with the stopwatch."

Stopwatch Button Operation	Data Store Operation
$\text{A}$ Start (from all zeros)	Creates a new log: current date and distance (updated as timing progresses)
$\text{A}$ Stop	Time measurement stops, without storing data in memory.
$\text{A}$ Re-start	Time measurement re-starts, without storing data in memory.
$\text{D}$ Lap/Split	Creates new record: displayed lap/split times
$\text{D}$ Clear	Creates new record: displayed lap/split times (Stopwatch display is cleared to all zeros.)

**Backlight Precautions**

- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

**Auto light switch precautions**

- Wearing the watch on the inside of your wrist and movement or vibration of your arm can cause the auto light switch to activate and illuminate the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.

*More than 15 degrees  
too high*



- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about one second, even if you keep the watch pointed towards your face.
- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.