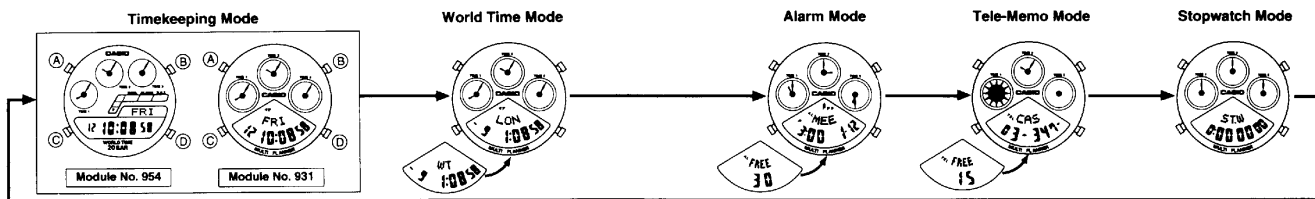


Module No. 931/954

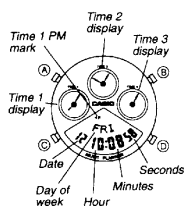
GENERAL GUIDE

- Press **(C)** to change from mode to mode. Each mode is explained in detail on the following pages.



Important
See for more information on how modes change with operation of **(C)**.

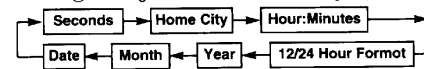
TIMEKEEPING MODE



Use this mode to set your Home Time (the time in the city where you are normally), three Local Times (the time in three other cities) and to select the information that appears in the analog displays.

To set the time and date

- Hold down **(A)** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are selected.
- Press **(C)** to change the selection in the following sequence.



- While the seconds digits are selected (flashing), press **(C)** to reset them to "00". If you press **(C)** while the seconds count is in the range of 30 to 59, it is reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
- Press **(C)** to select the 3-letter Home City (the city where you are normally) code. Use **(D)** to select the city code you want. See for a list of Home City codes.
- While the Home City code is selected, press **(B)** to switch between standard time and daylight saving time (summer time). The "DST" indicator appears on the display when daylight saving time is selected.
- Press **(C)** to select other items for setting. While any digits (besides seconds) are selected (flashing), press **(D)** to increase the number or **(B)** to decrease it. Holding down either button changes the current selection at high speed.
- While the 12/24-hour setting is selected, press **(C)** to switch between the two formats.
- After you make your settings, press **(A)** twice to return to the Timekeeping Mode.

- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1990 to December 31, 2029.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

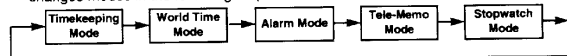
About the information that appears in the analog displays

The three small analog displays can be used to display the current times in three different time zones (Local Times), or to display three upcoming alarm times.

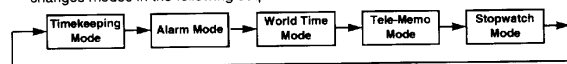
Important

The data that is shown in the analog displays affects the sequence that the modes change each time you press **(C)**. Note the following.

- When you are using the analog displays to show Local Times, each press of **(C)** changes modes in the following sequence:

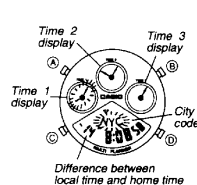
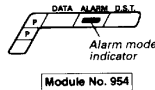
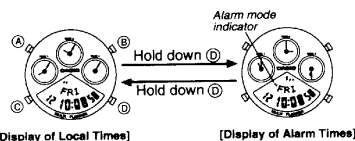


- When you are using the analog displays to show alarm times, each press of **(C)** changes modes in the following sequence:



To select the data shown in the analog displays

Hold down **(D)** in the Timekeeping Mode. To switch between display of Local Times and alarm times.



To set the Local Time zones

- Hold down **(A)** while in the Timekeeping Mode until the seconds digits start to flash on the display.
- Press **(A)** again to change to the Local Time 1 display.
- Press **(D)** or **(B)** to change the city code. The time on the Time 1 analog display is automatically adjusted as you change time zones. See for a list of Home City codes.
- Press **(C)** to advance to the Local Time 2 display.
- Press **(D)** or **(B)** to change the city code. The time on the Time 2 analog display is automatically adjusted as you change time zones.
- Press **(C)** to advance to the Local Time 3 display.
- Press **(D)** or **(B)** to change the city code. The time on the Time 3 analog display is automatically adjusted as you change time zones.
- Press **(A)** to return to the Timekeeping Mode.

- You can set the same Local Time city for Time 1, Time 2 and Time 3, if you wish.

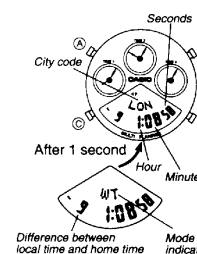
To show Local Times in the digital display

- In the Timekeeping Mode, hold down **(C)** to display Local Times in the analog displays.
- Press **(B)**. Each of the Local Times appears on the digital display, in the sequence Time 1, Time 2, Time 3, for about two seconds each. When one of the Local Times is displayed, the corresponding analog display flashes.

To show alarm data in the digital display

- In the Timekeeping Mode, hold down **(C)** to display alarm times in the analog displays.
- Press **(B)**. Each of the alarm times and messages appears on the digital display, in the sequence Time 1, Time 2, Time 3, for about two seconds each. When one of the alarm times is displayed, the corresponding analog display flashes.

WORLD TIME MODE



Use the World Time Mode to find out the current time in any one of 29 time zones around the world. The World Time Mode display also shows the difference between the currently displayed time and the home time. Note that all time operations are based on the time you set in the Timekeeping Mode. You cannot change time settings in the World Time Mode.

- In this mode, the analog displays show Local Times.

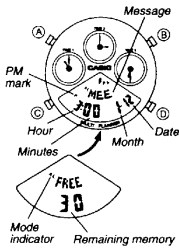
To scroll through World Time zones

Press **(B)** or **(D)** to scroll through the World Time zones. The display shows the time for the zone along with the number of hours difference from your Home Time and the city code. See for a complete table of city codes. The last time zone displayed will be displayed next time you enter the World Time Mode.

To switch the World Time Mode between standard time and daylight saving time

- In the World Time Zone, use **(B)** and **(D)** to display the time zone you want.
 - Hold down **(A)** to switch between standard time and daylight saving time (summer time).
- Note that the daylight saving time/standard time setting affects only the currently displayed time zone. Other zones are not affected.

ALARM MODE



With the Schedule Alarm, you can program up to 60 memos*, each of which consists of a message, month, date, and time. When a preset date and time are reached, the message appears on the display and an alarm sounds. Use this mode as a handy reminder for appointments, birthdays, etc. The Alarm Mode also includes an Hourly Time Signal. When this function is switched on, the watch beeps every hour on the hour.

- Memory is shared with the Tele-Memo Mode. This means that the maximum number of Schedule Alarm data sets that can be stored is reduced by one each time you store Tele-Memo data.
- Once an alarm starts to sound, you can switch it off by pressing any button.
- The Schedule Alarm message appears only while the watch is in the Timekeeping Mode or Alarm Mode. It does not appear in other modes.
- The analog displays show the alarm times set for the next 24 hours, in the sequence of the nearest alarm time first.

About Schedule Alarm types

Note that the type of Schedule Alarm that is set depends on what information you give the watch. There are two types of Schedule Alarms: a *Daily Schedule Alarm* and a *Date Schedule Alarm*.

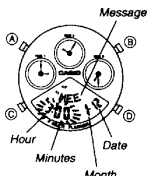
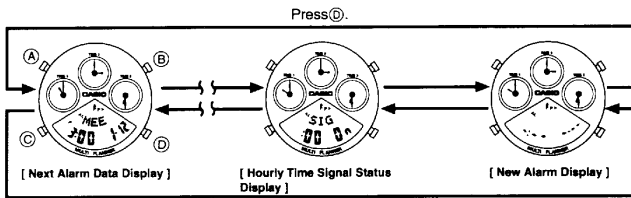
If you set the hour and minute, the alarm sounds every day at the time you specify. This is the Daily Schedule Alarm. If you set the month, date, hour, and minute, the alarm sounds at the preset time on the preset date only. This is the Date Schedule Alarm.

About Schedule Alarm memory

Schedule Alarm data items are automatically sorted into chronological order. You can manually clear Schedule Alarm items using the procedure noted under "To delete specific Schedule Alarm items".

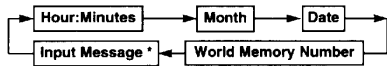
About Alarm Mode displays

Once you enter the Alarm Mode, you can change the type of data displayed by pressing (C) or (B).



To input Schedule Alarm data

1. Select the Schedule Alarm you want to input data to. If you want to create a new item, display the New Alarm Display. If you want to change an existing alarm, display one of the Next Alarm Data Displays.
2. Hold down (A) until the hour:minutes setting starts to flash. It flashes because it is *selected*.
3. Press (C) to change the selection in the following sequence.



- * There are 8 spaces in the message, so you have to press (C) 8 times to move to the hour: minutes setting.

4. While the time, month, or date digits are selected (flashing), press (D) to increase the number or (B) to decrease it. Holding down either button changes the current selection at high speed.
5. Input a message using the procedures described in "About Schedule Alarm messages". You can skip this step if you do not wish to program a message.
6. After you program the Schedule Alarm item, press (A) to move on to the next item.
7. Either program the next item or press (A) again to return to the Alarm Mode display.
- If the message "FULL" appears on the display, it means that memory is full. To store more data, you will have to first delete some of the data stored in memory. See "To delete data" for details.

To switch the Hourly Time Signal on and off

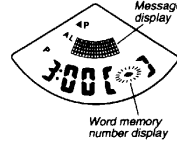
1. While in the Alarm Mode, use (B) and (D) to display the Alarm Status Display.
2. Press (A) to switch the Hourly Time Signal on and off.

About Schedule Alarm messages

Schedule Alarm messages can be up to 16 characters long. The display can show only 3 characters at a time, so longer messages scroll from right to left on the display. The following are the three techniques you can use to input Schedule Alarm messages.

Important

- The following describes 3 methods that you can use to input Schedule Alarm messages. Note that the method you use affects memory capacity. Note the following.
- If you use word memory input only for all messages, the full maximum capacity of 60 items is available.
 - If you use character input, whether alone or in combination with word memory input, each item takes up 2 items worth of memory. This means that if you use character input for all items, maximum memory capacity is only 30 items.



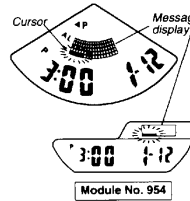
To input a Schedule Alarm message using word memory input only

1. While the word memory number is flashing (see "To input Schedule Alarm data") use (C) and (B) to scroll through the 10 word memories. As the word memory number changes, the text assigned to each memory appears on the message display. The following shows word memory contents.

No.	Message	No.	Message
-	(No word memory message)		
0	APPT (appointment)	5	(programmable)
1	MEETING	6	(programmable)
2	TEL (telephone)	7	(programmable)
3	TRAVEL	8	(programmable)
4	BIRTH (birthday)	9	(programmable)

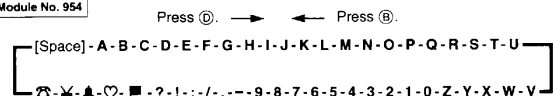
For details on programming messages 5 through 9, see "To input text into the word memory".

2. When the word memory you want is displayed, press (C) to advance to the next setting.



To input a Schedule Alarm message using character input only

1. Make sure that "-" is selected in the word memory number display.
2. While the cursor is flashing in the input message display (see "To input Schedule Alarm data") use (C) and (B) to scroll through the available letters, numbers, and symbols. The following shows the available characters.



3. When the character you want at the current cursor position is shown, press (C) to advance the cursor to the right.
4. Repeat steps 2 and 3 until your message is complete.

To input a Schedule Alarm message using word memory and character input

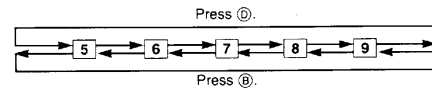
1. While the word memory number is flashing (see "To input Schedule Alarm data") use (C) and (B) to select a word memory.
2. When the word memory you want is displayed, press (C) to advance to the input message display. Input a message using character input.
- The message you input using this procedure will be made up of the word memory input followed by your character input.

To delete specific Schedule Alarm items

1. Display the Schedule Alarm item you want to delete.
2. Hold down (A) until the time setting of the displayed item starts to flash.
3. Hold down both (B) and (D) until the message "CLR" appears on the display, indicating that the item has been cleared. At this time, the hour:minutes digits flash on the display, ready for input of another Schedule Alarm item.
4. Either input a new data item or press (A) to return to the Alarm Mode.

To input text into the word memory

1. While in the Alarm Mode, hold down (A) until the hour:minutes digits start flashing.
2. Press (A) again and the word memory number flashes.
3. Each press of (C) or (B) changes the current word memory number in the following sequence.

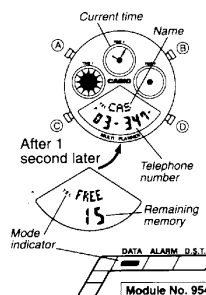


4. When the number of the word memory you want to program is flashing, press (C) and the cursor appears in the message display.
5. Enter up to 8 characters into the word memory using the same procedures as described under "About Schedule Alarm messages".
6. When you are finished entering text, press (A) to store it and return to the Alarm Mode.

TELEMemo MODE

With the Telememo Mode, you can input up to 30 entries*, each of which consists of a name (8 characters maximum) and telephone number (12 digits maximum). The entries are automatically sorted into alpha-numeric sequence based on the name, to help you easily find the number you need.

- Memory is shared with the Alarm Mode. This means that the maximum number of Telememo Mode entries that can be stored is reduced by one each time you store Alarm Mode data.
- When you exit the Telememo Mode, the last entry displayed will be displayed next time you enter the Telememo Mode.

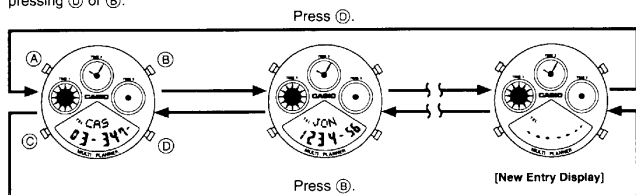


CITY CODE TABLE

Difference between GMT	City code	City	Other major city in same time zone
-11	—		PAGO PAGO
-10	HNL	HONOLULU	PAPEETE
-09	ANC	ANCHORAGE	NOME
-08	LAX	LOS ANGELES	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
-07	DEN	DENVER	EL PASO, EDMONTON
-06	CHI	CHICAGO	HOUSTON, DALLAS, NEW ORLEANS, MEXICO CITY, WINNIPEG
-05	NYC	NEW YORK	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
-04	CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
-03	RIO	RIO DE JANEIRO	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
-02	—		
-01	—		AZORES, PRAIA
+00	LON	LONDON	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+01	PAR	PARIS	MILAN, ROME, MADRID, AMSTERDAM, FRANKFURT, HAMBURG, VIENNA, STOCKHOLM, ALGIERS, BERLIN
+02	CAI JRS	CAIRO JERUSALEM	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
+03	MOW	MOSCOW	KUWAIT, RIYADH, JEDDAH, ADEN, BAGHDAD, ADDIS ABABA, NAIROBI
+3.5	THR	TEHERAN	SHIRAZ
+04	DXB	DUBAI	ABU DHABI, MUSCAT
+4.5	KBL	KABUL	
+05	KHI	KARACHI	ASHKHABAD
+5.5	DEL	DELHI	BOMBAY, CALCUTTA, COLOMBO
+06	DAC	DHAKA	TASHKENT, ALMA-ATA
+6.5	RGN	YANGON	
+07	BKK	BANGKOK	JAKARTA, PHNOM-PENH, HANOI, VIENTIANE, NOVOSIBIRSK
+08	HKG	HONG KONG	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAN BATOR, IRKUTSK
+09	TYO	TOKYO	SEOUL, PYONGYANG
+9.5	ADL	ADELAIDE	DARWIN
+10	SYD	SYDNEY	MELBOURNE, GUAM, RABAU, KHABAROVSK
+11	NOU	NOUMEA	PORT VILA
+12	WLG	WELLINGTON	CHRISTCHURCH SUVA, NAURU ISLAND

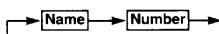
About Telememo Mode displays

Once you enter the Telememo Mode, you can change the type of data displayed by pressing (A) or (B).



To input Telememo data

- Select the Telememo entry you want to input data to. If you want to create a new entry, display the New Entry Display. If you want to change an existing entry, display the entry you want to change.
- Hold down (A) until the cursor appears in the name display.
- Press (C) to move the cursor between the two displays in the following sequence.



- While the cursor is flashing in the name display use (A) and (B) to scroll through the available letters, numbers, and symbols. The following shows the available characters.

Press (A) → ← Press (B).

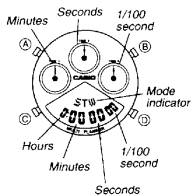
[Space] - A - B - C - D - E - F - G - H - I - J - K - L - M - N - O - P - Q - R - S - T - U
 ? - ! - : - ; - / - . - - - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 - 0 - Z - Y - X - W - V

- When the character you want at the current cursor position is shown, press (C) to advance the cursor to the right.
- Repeat steps 4 and 5 until the name is complete.
- After you input the name, move the cursor to the number display.
- Use the same procedures as in steps 4 and 5 above to input the telephone number.
- After you program the Tele-Memo item, press (A) to move on to the next item.
- Either program the next item or press (A) again to return to the Tele-Memo Mode display.
- If the message "FULL" appears on the display, it means that memory is full. To store more data, you will have to first delete some of the data stored in memory. See "To delete data" for details.
- The display can show only 7 digits of the telephone number at a time. If the telephone number is over 7 digits long, press (A) to view the remaining digits. Pressing (A) again returns to the beginning of the number.

To delete specific Telememo entries

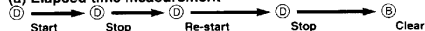
- Display the Telememo entry you want to delete.
- Hold down (A) until the first character of the name part of the entry starts to flash.
- Hold down both (A) and (C) until the message "CLR" appears on the display, indicating that the entry has been cleared. At this time, the cursor appears in the name display, ready for input of another Telememo entry.
- Either input a new data item or press (A) to return to the Tele-Memo Mode.

STOPWATCH MODE

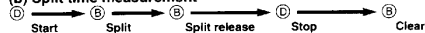


The Stopwatch Mode lets you record elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

(a) Elapsed time measurement



(b) Split time measurement



(c) Split time and 1st-2nd place times

