[Reading the display]

Regular timekeeping (Hour/Minute/Second/Date)
Date, Second, Hour, Minute, PM

Press Ⓐ. / Press Ⓐ.

(Hour/Minute/Day-Date)
Day

LAP indicator — Stopwatch-working-mark 1/10 second — Alarm-ON-mark — Time-singal-ON-mark

(Stopwatch mode) Press ©. **(Alarm time mode)** Press ©. **(Time signal mode)** Press ©. Press ©.

Hour, Minute, Second, Stopwatch mode indicator
Hour, Minute, Alarm time mode indicator
Time signal mode indicator

[Setting time and calendar]

(Time display)	(Second adjusting)	(Hour setting)	(10-minute setting)	(1-minute setting)	(Month setting)	(Date setting)	(Day setting)
10:58 50	Press Ⓑ. 10:58	Press ©. 7:59 15	Press ©. 7:39 25	Press ©. 7:30 30	Press ©. 9 FR	Press ©. 9 FR	Press ©. 9 MO
	Press Ⓐ on a time signal.	Press Ⓐ to advance one hour.	Press Ⓐ to advance 10 minutes.	Press Ⓐ to advance one minute.	Press Ⓐ to advance one month.	Press Ⓐ to advance one date.	Press Ⓐ to move the day to the next.

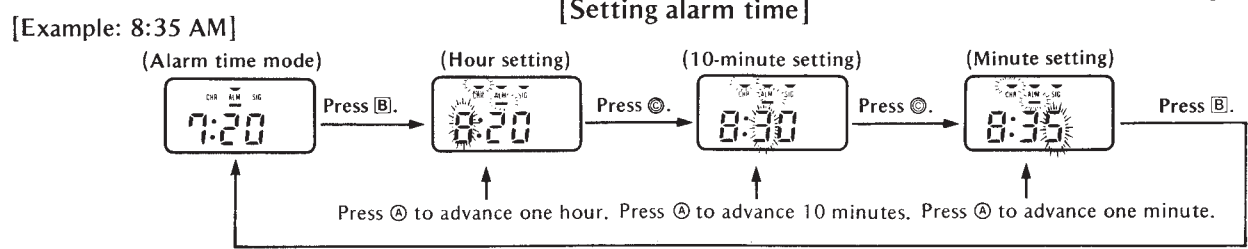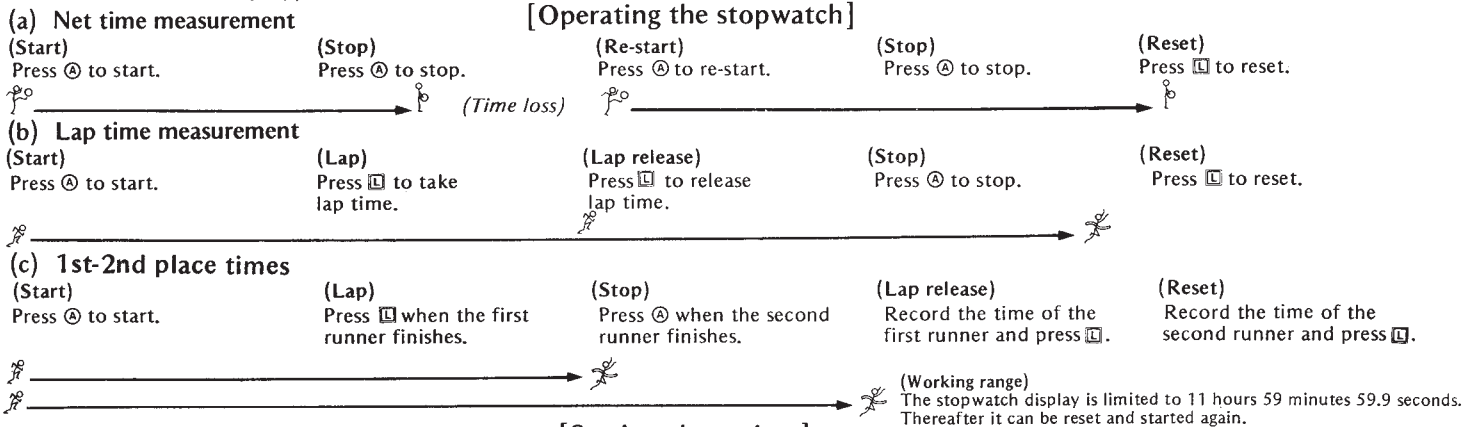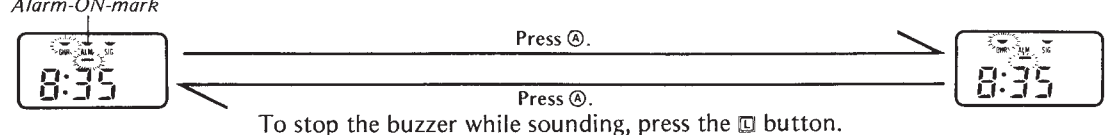Press Ⓑ to revert to normal time.   Press Ⓑ to revert to normal time.

(Independent correction) Correction of any digit, if not required, can be skipped by pressing the © button repeatedly.
(Reversion to normal time display) The watch reverts to the normal time display if the Ⓑ button is pressed, regardless of the digit setting mode.

[Operating the stopwatch]

(a) Net time measurement

(Start)	(Stop)	(Re-start)	(Stop)	(Reset)
Press Ⓐ to start.	Press Ⓐ to stop.	Press Ⓐ to re-start.	Press Ⓐ to stop.	Press Ⓛ to reset.

(Time loss)

(b) Lap time measurement

(Start)	(Lap)	(Lap release)	(Stop)	(Reset)
Press Ⓐ to start.	Press Ⓛ to take lap time.	Press Ⓛ to release lap time.	Press Ⓐ to stop.	Press Ⓛ to reset.

(c) 1st-2nd place times

(Start)	(Lap)	(Stop)	(Lap release)	(Reset)
Press Ⓐ to start.	Press Ⓛ when the first runner finishes.	Press Ⓐ when the second runner finishes.	Record the time of the first runner and press Ⓛ.	Record the time of the second runner and press Ⓛ.

(Working range) The stopwatch display is limited to 11 hours 59 minutes 59.9 seconds. Thereafter it can be reset and started again.

[Setting alarm time]

[Example: 8:35 AM]

(Alarm time mode)	(Hour setting)	(10-minute setting)	(Minute setting)
7:20	Press Ⓑ. 8:20	Press ©. 8:30	Press ©. 8:35 Press Ⓑ.

Press Ⓐ to advance one hour. Press Ⓐ to advance 10 minutes. Press Ⓐ to advance one minute.

Every time the Ⓐ button is pressed in the alarm setting mode, the alarm-ON-mark appears or disappears. When the alarm-ON-mark is lit, the buzzer sounds for 30 seconds at the preset time every day until cleared.

Alarm-ON-mark

8:35   Press Ⓐ.   8:35
  Press Ⓐ.

To stop the buzzer while sounding, press the Ⓛ button.

[Sound demonstration]

While the Ⓐ and © buttons are pressed simultaneously, the buzzer sounds.

[Setting time signal]

Every time the Ⓐ button is pressed in the time signal mode, the time-signal-ON-mark appears or disappears. When the time-signal-ON-mark appears, the watch chimes every hour on the hour one second.

Time-signal-ON-mark

00   Press Ⓐ.   00
  Press Ⓐ.