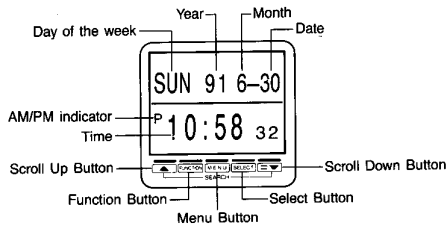


General Guide

The Timekeeping Display



- The display illustrated above is the Timekeeping Display. Note the buttons along the bottom. Those are not buttons in the physical sense, pressing on the Touch Screen in this area causes certain functions to be performed.
- The only button that is operational while the Timekeeping Display is shown is the **[MENU]** button. This button is used to display menus of functions.

To display a menu

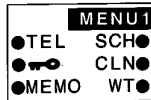
1. While the Timekeeping Display is shown, press the **[MENU]** button at the bottom of the screen. The watch should beep and MENU 1 should appear.
 2. Press the **[MENU]** button again and MENU 2 appears on the display.
 3. Press the **[MENU]** button once more, and the watch returns to the Timekeeping Display.
- While the menus were displayed, you probably noticed that menus consisted of selection that had black balls to the left or right. These black balls are the menu "buttons".

To select a function from a menu

While any menu is displayed, press the black ball of a menu selection to select it.

Example: To select the World Time Function

1. While the Timekeeping Display is shown, press **[MENU]**.
2. Select World Time by pressing the Touch Screen where the black ball to the right of WT is located. In this manual, this operation is referred to as "press the WT button".
3. The World Time map should now be shown on the display. We will explain all about this later. For now, press the **[MENU]** button again to return to the Timekeeping Display.

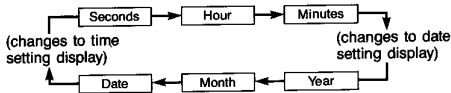
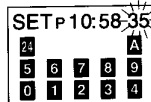


Basic Set Up

This section explains how to set the current time for the Timekeeping Display, how to switch the input tone on and off, and how to adjust display contrast. This watch is capable of displaying text in either English or Japanese, so this section also tells you how to select the language you want to use.

To set the current time and date

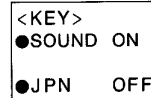
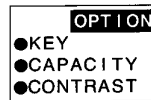
1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press **[MENU]** again to display MENU 2.
3. Press the **ADJ** (ADJUST) button.
4. The seconds digits flash on the display because they are selected. Press the **[SELECT]** button on the bottom of the screen to change the current selection in the following sequence.



5. While the seconds digits are selected (flashing), press 0 on the screen to reset them to 00. If you press 0 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 are unchanged.
6. While any of the other digits are selected, press on the numbers in the lower two lines of the screen to input the hour, minutes, year, month and date you want. Each time you input a number, the flashing selection moves automatically to the next digit to the right.
7. To change between 12-hour and 24-hour format, press the **12/24** button any time the time setting display is shown.
8. To switch between a.m. and p.m., press the **A/P** button any time the time setting display is shown and the seconds digits are not selected. The indicator "A" to the left of the time indicates a.m., while "P" indicates p.m.
9. After you set the time, press **[MENU]** to return to the Timekeeping Display.
 - The day of the week is automatically set in accordance with the date.
 - If you do not press any button for a few minutes while a selection is flashing, the flashing stops and the Timekeeping Display appears.

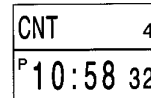
To switch the input tone on and off

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press **[MENU]** again to display MENU 2.
3. Press the **OPT** (OPTION) button to display the OPTION menu.
4. Press the **KEY** button.
5. Press the **SOUND** button to switch the input tone on and off.
6. Press **[MENU]** to return to the OPTION menu.
7. Press **[MENU]** again to return to the Timekeeping Display.



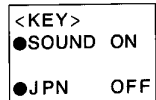
To adjust the display contrast

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press **[MENU]** again to display MENU 2.
3. Press the **OPT** (OPTION) button to display the OPTION menu.
4. Press the **CONTRAST** button.
5. Press the **[▲]** button to make the screen lighter or the **[▼]** button to make it darker. The value in the upper right corner of the screen shows the current setting. The range of this setting is 0 (lightest) to 11 (darkest).
6. Press **[MENU]** to return to the OPTION menu.
7. Press **[MENU]** again to return to the Timekeeping Display.



To select the language

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press **[MENU]** again to display MENU 2.
3. Press the **OPT** (OPTION) button to display the OPTION menu.
4. Press the **KEY** button.
5. Press the **JPN** (JAPANESE) button to switch Japanese language capabilities on and off.
6. Press **[MENU]** to return to the OPTION menu.
7. Press **[MENU]** again to return to the Timekeeping Display.



Using the Tele Memo Mode

The Tele Memo Mode lets you store data items that consist of a name entry (up to 24 characters long), a telephone number (up to 12 characters long), and an address (up to 88 characters long). Entries are automatically sorted into alphabetical order (English first, followed by Japanese if you are using it) to simplify later look up.

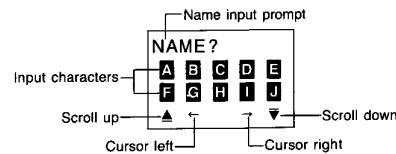
- For full details on how the watch uses memory, see **About Memory** on page 43.
- If you do not press any button for a few minutes in the Tele Memo Mode, the Timekeeping Display appears.

To enter and exit the Tele Memo Mode

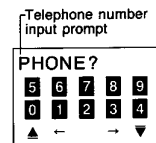
1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press the **TEL** (TELE MEMO) button to enter the Tele Memo Mode. A list of the name entries of all currently stored Tele Memo items appears on the display. If there is nothing stored in the Tele Memo Mode yet, the message "NO DATA" appears.
- The first three Tele Memo items to appear on the display are those that were last selected when you exited the Tele Memo Mode.
3. To return to the Timekeeping Display, press **[MENU]** again.

To enter Tele Memo data

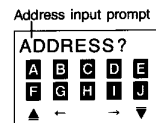
1. While in the Tele Memo Mode, press the **[FUNCTION]** button at the bottom of the screen.
2. Press the **INPUT** button to select Tele Memo item input.
3. Input a name (see **How to Input Text and Numbers** on page 42 for full details on text input).



4. After you input a name, press the **[SELECT]** button at the bottom of the screen to move on to telephone number input.



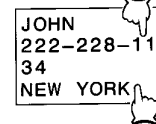
5. Input a telephone number (see **How to Input Text and Numbers** on page 42 for full details on number input).
6. After you input a telephone number, press the **[SELECT]** button at the bottom of the screen to move on to address input.



7. Input an address (see **How to Input Text and Numbers** on page 42 for full details on text input).
8. After you input an address, you can perform any one of the following operations.
 - Press **[SELECT]** to display the name you just input for this Tele Memo item.
 - Press **[▼]** to move on to input of the next Tele Memo item.
 - Press **[MENU]** to return to the list of Tele Memo names.
 - Press **[FUNCTION]** to return to the list of Tele Memo names.

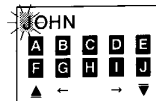
To recall Tele Memo data

1. Any time you enter the Tele Memo Mode, a list of the name entries of all currently stored Tele Memo items appears on the display.
2. Use the **[▼]** and **[▲]** buttons to scroll through the names until the one you want to recall is shown on the display.
3. Press the button to the left of the name for the Tele Memo item you want to recall.
4. If all of the data stored for that item cannot appear in the display, press on the bottom line of data to scroll up. After you scroll up, press on the second line of data to scroll down again.
5. While a Tele Memo item is displayed, you can perform any one of the following operations.
 - Press **[▼]** to move to the next Tele Memo item.
 - Press **[▲]** to move to the previous Tele Memo item.
 - Press **[SELECT]** to return to the list of Tele Memo item names.
 - Press **[MENU]** to return to the Timekeeping Display.
 - Press **[FUNCTION]** to display to the menu of functions.



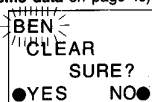
To edit Tele Memo data

1. Recall the Tele Memo item you want to edit (see **To recall Tele Memo data**).
2. While the Tele Memo item you want to edit is displayed, press the **[FUNCTION]** button on the bottom of the screen.
3. Press the **EDIT** button.
4. Use the same procedures as we describe in the section titled **To enter Tele Memo data** on page 11 to move the cursor around the Tele Memo item and make your changes.



To delete individual Tele Memo items

1. Recall the Tele Memo item you want to delete (see **To recall Tele Memo data** on page 13).
2. While the Tele Memo item you want to delete is displayed, press the **[FUNCTION]** button on the bottom of the screen.
3. Press the **CLEAR** button, and a message appears to confirm that you really want to delete the item.



Important

A delete operation cannot be undone. Press the **YES** button in the following step deletes the Tele Memo item for good. Be sure that you either no longer need the data or that you have a copy of it before you perform the following step.

4. Press the **YES** button to clear the item or the **NO** button to abort the procedure without clearing anything.

Using the Secret Password Function

You can protect Tele Memo data using a secret password. Once you register a password, no one can input, recall, or edit your data stored under it unless they know the password. Note that you can have both a secret Tele Memo and a normal (non-secret) Tele Memo in memory at the same time.

To register a secret password

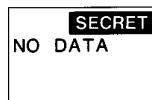
1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press the **☛** button to display the PASSWORD SET screen.
3. Press the numbers on the Touch Screen to input your password. The password is actually a 4-digit number. The input screen remains on the display until you input all four digits.



Important

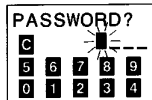
Be sure that you register a password that you can remember easily. If you forget it, there is no way to look it up. To clear a forgotten password, you will have to clear all the data stored under the password, too.

4. The display indicates that there is no data stored under the password yet. Press the **[FUNCTION]** button and then the **INPUT** button to start data input.
5. Use the same procedures as we describe in the section titled **To enter Tele Memo data** on page 11 to enter Tele Memo data under your secret password.



To access secret Tele Memo data

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press the **☛** button and a prompt appears asking you for the password.
3. Press the numbers on the Touch Screen to input your password. If you change your mind, you can return to the Timekeeping Display by pressing the **[MENU]** button.
4. If the password you input is correct, the message "PASSWORD OK" appears, followed by the SECRET Tele Memo screen.



If you enter the wrong password, the message "PASSWORD ERROR" appears, and the display returns to the prompt for password input. Either try again or press the **[MENU]** button to return to the Timekeeping Display.

5. Once the SECRET Tele Memo screen is displayed, you can recall (see **To recall Tele Memo data** on page 13), edit (see **To edit Tele Memo data** on page 13) or delete (see **To delete individual Tele Memo items** on page 14) Tele Memo items.

To change the password

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press the **☛** button and a prompt appears asking you for the password.
3. Press the **[FUNCTION]** button at the bottom of the screen, and a prompt appears asking you to input the existing password.
4. Press the numbers on the Touch Screen to input your password. If you change your mind about changing the password, you can return to the Timekeeping Display by pressing the **[MENU]** button.
5. If the password you input is correct, the input prompt changes to "SET?" asking you to input the new password you want to change to.



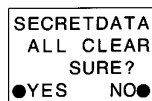
If you enter the wrong password, the message "PASSWORD ERROR" appears, and the display returns to the prompt for password input. Either try again or press the **[MENU]** button to return to the Timekeeping Display.

6. Input the password you want to change to. When you enter the fourth number, the secret Tele Memo data currently stored in memory appears on the display.



To clear all secret data

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press the **☛** button and a prompt appears asking you for the password.
3. Press the **C** to the left of the cursor, and a message appears to confirm that you really want to clear all data stored under the password.



Important

A delete operation cannot be undone. Pressing the **YES** button in the following step deletes all Tele Memo data stored under the password for good. Be sure that you either no longer need the data or that you have a copy of it before you perform the following step.

4. Press the **YES** button to clear the item or the **NO** button to abort the procedure without clearing anything.

Using the Memo Mode

The Memo Mode lets you reminders up to 250 characters long. Entries are stored in the order that they are entered.

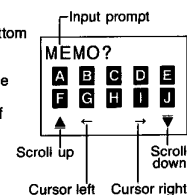
- For full details on how the watch uses memory, see **About Memory** on page 43.
- If you do not press any button for a few minutes in the Memo Mode, the Timekeeping Display appears.

To enter and exit the Memo Mode

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press the **MEMO** button to enter the Memo Mode. A list of the names (first 9 characters) of all currently stored Memo items appears on the display. If there is nothing stored in the Memo Mode yet, the message "NO DATA" appears.
- The first three Memo items to appear on the display are those that were last selected when you exited the Memo Mode.
3. To return to the Timekeeping Display, press **[MENU]** again.

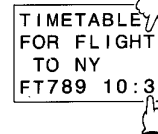
To enter Memo data

1. While in the Memo Mode, press the **[FUNCTION]** button at the bottom of the screen.
2. Press the **INPUT** button to select Memo item input.
3. Input your memo (see **How to Input Text and Numbers** on page 42 for full details on text input). Remember that the first nine characters you input for your memo will be used as the name of the memo.
4. After you input a memo, you can perform any one of the following operations.
 - Press **[↓]** to move on to input of the next memo.
 - Press **[MENU]** to return to the list of memo names.
 - Press **[FUNCTION]** to return to the list of Memo names.



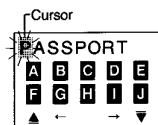
To recall Memo data

1. Any time you enter the Memo Mode, a list of the names (first 9 characters) of all currently stored Memo items appears on the display.
2. Use the **[↑]** and **[↓]** buttons to scroll through the names until the one you want to recall is shown on the display.
3. Press the button to the left of the name for the Memo item you want to recall.
4. If all of the data stored for that Memo item cannot appear in the display, press on the bottom line of data to scroll up. After you scroll up, press on the second line of data to scroll down again.
5. While a Memo item is displayed, you can perform any one of the following operations.
 - Press **[↓]** to move to the next Memo item.
 - Press **[↑]** to move to the previous Memo item.
 - Press **[SELECT]** to return to the list of Memo item names.
 - Press **[MENU]** to return to the Timekeeping Display.
 - Press **[FUNCTION]** to display to the menu of functions.



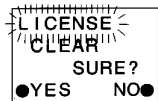
To edit Memo data

1. Recall the Memo item you want to edit (see **To recall Memo data** on page 20).
2. While the Memo item you want to edit is displayed, press the **[FUNCTION]** button on the bottom of the screen.
3. Press the **EDIT** button.
4. Use the same procedures as we describe in the section titled **To enter Memo data** on page 20 to move the cursor around the Memo item and make your changes.



To delete individual Memo items

1. Recall the Memo item you want to delete (see **To recall Memo data** on page 20).
2. While the Memo item you want to delete is displayed, press the **[FUNCTION]** button on the bottom of the screen.
3. Press the **CLEAR** button, and a message appears to confirm that you really want to delete the item.



Important

A delete operation cannot be undone. Pressing the **YES** button in the following step deletes the Memo item for good. Be sure that you either no longer need the data or that you have a copy of it before you perform the following step.

4. Press the **YES** button to clear the item or the **NO** button to abort the procedure without clearing anything.

Using the Schedule Memo Mode

The Schedule Memo Mode lets you set specify the month, date and time of an alarm, along with a reminder message to appear on the display when the alarm time is reached. Once an alarm starts to sound, you can stop it by simply pressing anywhere on the Touch Screen.

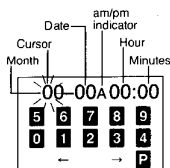
- For full details on how the watch uses memory, see **About Memory** on page 43.
- If you do not press any button for a few minutes in the Schedule Memo Mode, the Timekeeping Display appears.

To enter and exit the Schedule Memo Mode

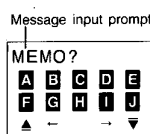
1. While the Timekeeping Display is shown, press [MENU] to display MENU 1.
2. Press the **SCH** (SCHEDULE MEMO) button to enter the Schedule Memo Mode. A list of the dates and times of all currently stored Schedule Memo items appears on the display. If there is nothing stored in the Schedule Memo yet, the message "NO DATA" appears.
- The three Schedule Memo Mode items that appear first are the next three alarms that are scheduled to be reached.
3. To return to the Timekeeping Display, press [MENU] again.

To enter Schedule Memo data

1. While in the Schedule Memo Mode, press the [FUNCTION] button at the bottom of the screen.
2. Press the **INPUT** button to select data item input.
3. Input a date and time (see **How to Input Text and Numbers** on page 42 for full details on number input).
4. Press the **A/P** on the Touch screen to switch between a.m. and p.m.



5. After you input a date and time, press the [SELECT] button at the bottom of the screen to move on to text input.
6. Input a reminder (see **How to Input Text and Numbers** on page 42 for full details on text input).
7. After you input a reminder, you can perform any one of the following operations.
 - Press [SELECT] to display the date and time you just input for this Schedule Memo item.
 - Press [DOWN] to move on to input of the next Schedule Memo item.
 - Press [MENU] to return to the list of Schedule Memo dates and times.
 - Press [FUNCTION] to return to the list of Schedule Memo dates and times.



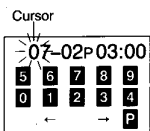
To recall Schedule Memo data

1. Any time you enter the Schedule Memo Mode, a list of the dates and times of all currently stored Schedule Memo items appears on the display.
2. Use the [DOWN] and [UP] buttons to scroll through the dates and times until the one you want to recall is shown on the display.
3. Press the button to the left of the date for the Schedule Memo item you want to recall.
4. If all of the data stored for that item cannot appear in the display, press on the bottom line of data to scroll up. After you scroll up, press on the second line of data to scroll down again.
5. While a Schedule Memo item is displayed, you can perform any one of the following operations.
 - Press [DOWN] to move to the next Schedule Memo item.
 - Press [UP] to move to the previous Schedule Memo item.
 - Press [SELECT] to return to the list of Schedule Memo item names.
 - Press [MENU] to return to the Timekeeping Display.
 - Press [FUNCTION] to display to the menu of functions.



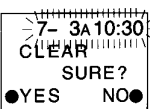
To edit Schedule Memo data

1. Recall the Schedule Memo item you want to edit (see **To recall Schedule Memo data** on page 25).
2. While the Schedule Memo item you want to edit is displayed, press the [FUNCTION] button on the bottom of the screen.
3. Press the **EDIT** button.
4. Use the same procedures as we describe in the section titled **To enter Schedule Memo data** on page 24 to move the cursor around the Schedule Memo item and make your changes.



To delete individual Schedule Memo items

1. Recall the Schedule Memo item you want to delete (see **To recall Schedule Memo data** on page 25).
2. While the Schedule Memo item you want to delete is displayed, press the [FUNCTION] button on the bottom of the screen.
3. Press the **CLEAR** button, and a message appears to confirm that you really want to delete the item.



Important

A delete operation cannot be undone. Press the **YES** button in the following step deletes the Schedule Memo item for good. Be sure that you either no longer need the data or that you have a copy of it before you perform the following step.

4. Press the **YES** button to clear the item or the **NO** button to abort the procedure without clearing anything.

Using the Calendar Mode

The watch can display full month calendars from January 1, 1990, through December 31, 2089.

To enter and exit the Calendar Mode

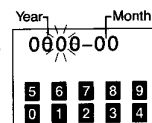
1. While the Timekeeping Display is shown, press [MENU] to display MENU 1.
2. Press the **CLN** (CALENDAR) button to enter the Calendar Mode. The first three lines of the current month's calendar appears on the display.
3. To view the rest of the calendar, press on the bottom line of data to scroll the calendar up. After you scroll up, press on the second line of data to scroll down again.
4. To return to the Timekeeping Display, press [MENU] again.

To scroll month-by-month through calendars

While in the Calendar Mode, press the [LEFT] button on the bottom of the screen to display the previous month, or the [RIGHT] button to display the following month.

To specify a date to display a calendar

1. While in the Calendar Mode press the [FUNCTION] button at the bottom of the screen.
2. Press the number buttons on the Touch Screen to input the last two digits of the year you want to display. The watch automatically enters the first two digits for the year.
3. Press the number buttons on the Touch Screen to input two digits for the month you want to display.
4. After you specify the date, press the [FUNCTION] button to display the calendar that contains the date you specified.



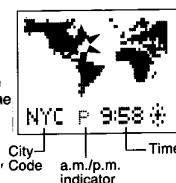
Using World Time

The World Time Function lets you quickly find out the current time anywhere around the globe. When you set the time for any time zone, all other zones are adjusted accordingly.

- If you do not press any button for a few minutes in the World Time Mode, the Timekeeping Display appears.

To enter and exit the World Time Mode

1. While the Timekeeping Display is shown, press [MENU] to display MENU 1.
2. Press the **WT** (WORLD TIME) button to enter the World Time Mode. A world map appears with the currently selected time zone flashing on the display. The currently selected time zone is the one that was selected when you last exited the World Time Mode.
- See page 33 for a complete table to city codes.
3. To return to the Timekeeping Display, press [MENU] again.

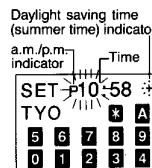


To change the time zone

- While in the World Time Mode, press the [LEFT] button on the bottom of the screen to move one time zone to the left, or the [RIGHT] button to move to the right.
- If you press the right side of the world map, the screen will start to scroll continually to the right. If you press the left side, the screen starts to scroll to the left. To stop the continuous scroll press either [LEFT], [RIGHT], [FUNCTION], [MENU], or [SELECT].

To set the current world time

1. While in the World Time Mode press the [FUNCTION] button at the bottom of the screen.
2. The left hour digit on the display is flashing because it is selected. Press the [SELECT] button on the bottom of the screen to change the current selection in the following sequence.
 - Left Hour → Right Hour → Left Minute → Right Minute
3. While any digit is selected, press on the numbers in the lower two lines of the screen to input the values you want. Each time you input a number, the flashing selection moves automatically to the next digit to the right.
4. To switch between a.m. and p.m., press the **A/P** button. The indicator "A" to the left of the time indicates a.m., while "P" indicates p.m.
5. To switch between daylight saving time and standard time, press the * button.
6. After you set the World Time, press [FUNCTION] or [MENU] to return to the World Time Display.
- If you do not press any button for a few minutes while a selection is flashing, the flashing stops and the World Time Display appears.



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
+02	CAI	CAIRO	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
+03	MOW	MOSCOW	KUWAIT, RIYADH, JEDDAH, ADEN, BAGHDAD, ADDIS ABABA, NAIROBI
+04	DXB	DUBAI	ABU DHABI, MUSCAT
+05	KHI	KARACHI	ASHKHAHAD
+06	DAC	DHAKA	TASHKENT, ALMA-ATA
+07	BKK	BANGKOK	JAKARTA, PHNOM-PENH, HANOI, VIENTIANE, NOVOSIBIRSK
+08	HKG	HONG KONG	SINGAPORE, KUALA LUMPUR, PEKING, TAIPEI, MANILA, PERTH, ULAN BATOR, IRKUTSK
+09	TYO	TOKYO	SEOUL, PYONGYANG
+10	SYD	SYDNEY	MELBOURNE, GUAM, RABAU, KHABAROVSK
+11	NOU	NOUMEA	PORTVILA
+12	WLG	WELLINGTON	CHRISTCHURCH, SUVA, NAURU

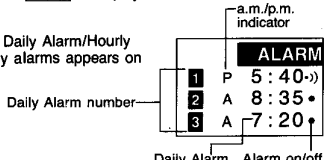
Using the Daily Alarms and Hourly Time Signal

You can set up to 5 independent alarms. When an alarm is switched on, the watch beeps for 20 seconds everyday at the preset time. Once an alarm sounds, you can stop it by pressing anywhere on the Touch Screen. If you switch the Hourly Time Signal on, the watch beeps on the hour every hour.

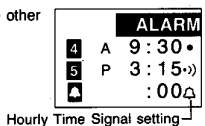
- If you do not press any button for a few minutes in the Daily Alarm/Hourly Time Signal Mode, the Timekeeping Display appears.

To enter and exit the Daily Alarm/Hourly Time Signal Mode

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press **[MENU]** again to display MENU 2.
3. Press the **ALM** (ALARM) button to enter the Daily Alarm/Hourly Time Signal Mode. A list of currently set daily alarms appears on the display.

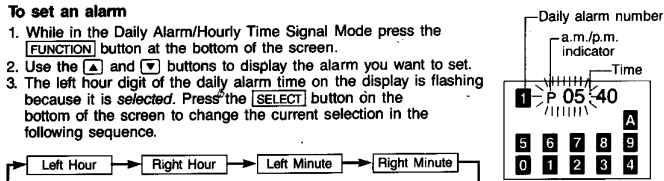


4. Use the **[V]** and **[A]** buttons to scroll the screen and view the other Daily Alarms and the Hourly Time Signal setting.
5. To return to the Timekeeping Display, press **[MENU]** again.



To set an alarm

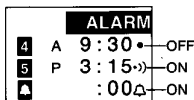
1. While in the Daily Alarm/Hourly Time Signal Mode press the **[FUNCTION]** button at the bottom of the screen.
2. Use the **[A]** and **[V]** buttons to display the alarm you want to set.
3. The left hour digit of the daily alarm time on the display is flashing because it is selected. Press the **[SELECT]** button on the bottom of the screen to change the current selection in the following sequence.



4. While any digit is selected, press on the numbers in the lower two lines of the screen to input the values you want. Each time you input a number, the flashing selection moves automatically to the next digit to the right.
 5. To switch between a.m. and p.m., press the **A/P** button. The indicator "A" to the left of the time indicates a.m., while "P" indicates p.m.
 6. After you set the Daily Alarm Time, press **[FUNCTION]** or **[MENU]** to return to the Daily Alarm/Hourly Time Signal Display. Note that the indicator on the display shows that the alarm you set is switched on automatically.
- If you do not press any button for a few minutes while a selection is flashing, the flashing stops and the Daily Alarm/Hourly Time Signal Display appears.

To switch a Daily Alarm on and off

While in the Daily Alarm/Hourly Time Signal Mode press a daily alarm number to switch that daily alarm on and off.



To switch the Hourly Time Signal on and off

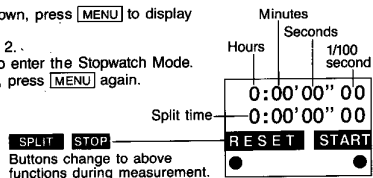
1. While in the Daily Alarm/Hourly Time Signal Mode use the **[A]** and **[V]** buttons on the bottom of the screen to display the Hourly Time Signal setting.
2. Press the **Δ** indicator to switch the Hourly Time Signal on and off.

Using the Stopwatch

The watch's stopwatch measures elapsed time with 1/100 of a second accuracy.

To enter and exit the Stopwatch Mode

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press **[MENU]** again to display MENU 2.
3. Press the **ST** (STOPWATCH) button to enter the Stopwatch Mode.
4. To return to the Timekeeping Display, press **[MENU]** again.



To measure elapsed time

1. In the Stopwatch Mode, press the **START** button. The current elapsed time counts up in the upper line of the display.
2. Press the **STOP** button to stop timing.
3. To restart timing from the value shown in the upper line of the display, press the **START** button. To reset the display to 0:00'00"00, press the **RESET** button.

To measure split times

1. In the Stopwatch Mode, press the **START** button. The current elapsed time counts up in the top line of the display.
2. When you reach a split, press the **SPLIT** button. The total elapsed time up to that point is frozen in the lower line of the display, as timing continues in the upper line.
3. Repeat step 2 as many times as you like.
4. Press the **STOP** button to stop timing.
5. To restart timing from the value shown in the top line of the display, press the **START** button. To reset the display to 0:00'00"00, press the **RESET** button.

To time 1st and 2nd place finishers

1. In the Stopwatch Mode, press the **START** button at the start of the race.
2. When the first finisher reaches the goal, press the **SPLIT** button. The first place finishing time is shown in the lower line of the display.
3. When the second finisher reaches the goal, press the **STOP** button. The second place finishing time is shown in the upper line of the display.
4. After you record the times, press the **RESET** button to clear the display to all zeros.

Using the Calculator Function

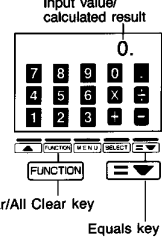
The watch's Calculator Function lets you perform arithmetic calculations with values up to eight digits long.

To enter and exit the Calculator Mode

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
2. Press **[MENU]** again to display MENU 2.
3. Press the **CAL** (CALCULATOR) button to enter the Calculator Mode.
4. To return to the Timekeeping Display, press **[MENU]** again.

To use the Calculator Mode

- Input calculations just as you do with any standard calculator, as shown in the examples below. Be sure to press **[FUNCTION]** to clear the calculator before beginning each calculation.
- If the result of a calculation exceeds 8 digits, an "E" (error) indicator appears on the display. Press **[FUNCTION]** to clear the error indicator.
- If you do not press any button for a few minutes in the Calculator Mode, the Timekeeping Display appears.



Calculation Examples

Example	Operation	Display
12.3+74-90=3.7	[FUNCTION] 12.3+74-90=	-3.7
(12-0.5) × 3 ÷ 7 = 4.9285714	[FUNCTION] 12-.5 × 3 ÷ 7 =	4.9285714
10+7=17	[FUNCTION] 7++10=	17. +K
12+7=19	12=	19. +K
78-12=66	[FUNCTION] 12--78=	66. -K
45-12=33	45=	33. -K
2.3 × 45 = 103.5	[FUNCTION] 45 × × 2.3 =	103.5 × K
5.1 × 45 = 229.5	5.1 ×	229.5 × K
78 ÷ 9.6 = 8.125	[FUNCTION] 9.6 ÷ ÷ 78 =	8.125 ÷ K
1.2 ÷ 9.6 = 0.125	1.2 =	0.125 ÷ K

How to Input Text and Numbers

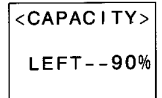
- To input text and numbers, press the **←** and **→** buttons on the Touch Screen to move the cursor to the location of the input and then press one of the characters on the Touch Screen.
 - Since only 10 characters can be displayed on a single screen, you have to press the **▲** and **▼** buttons on the Touch Screen to scroll up and down to access all of the letters, numbers and symbols. The following shows all of the characters that are available for text and number input.
- For text input A ~ Z
 For number 0 ~ 9
 For symbol □ - # : * ! / ? &
 (Space)
- If you make a mistake while inputting text, you can make corrections by moving the cursor to the location of the correction and then inputting the correct character. To delete a character, re-input a space at the location of the character you want to delete.

About Memory

The watch is capable of storing a total of 1,680 characters. This represents the grand total of Tele Memo, Schedule Memo, and Memo data items. Use the following procedure to find out how much memory remains free for storage of data.

To check remaining memory capacity

1. While the Timekeeping Display is shown, press **[MENU]** to display MENU 1.
 2. Press **[MENU]** again to display MENU 2.
 3. Press the **OPT** (OPTION) button to display the OPTION menu.
 4. Press the **CAPACITY** button.
- This display shows that 90% of memory capacity is free (which means that 10% of memory capacity has been used).
5. Press **[MENU]** to return to the **OPTION** menu.
 6. Press **[MENU]** again to return to the Timekeeping Display.



How memory is used

The following shows how much memory is used for one data item in each of these modes.

Tele Memo Mode

Number of Name Characters + Number of Telephone Number Characters + Number of Address Characters + 2

Schedule Memo Mode

4 characters (month, date, hour, minutes) + Number of characters + 2

Memo Mode

Number of Characters + 2

The following examples show how many data items would be possible in each mode, if only that mode was used for storage for the amount of characters shown in each example.

Tele Memo Mode

6 characters for each name; 12 characters for each telephone number; no address input, no storage in other modes
 $1,680 \div (6 + (12 \div 2) + 2) = 120$ items

Schedule Memo Mode

4 characters for month, date, hour, minute; 8 characters for each reminder; no storage in other modes
 $1,680 \div (4 + 8 + 2) = 120$ items

Memo Mode

12 characters for each memo; no storage in other modes
 $1,680 \div (12 + 2) = 120$ items

If memory is already full, the message "MEMORY FULL" appears on the display when you press the **INPUT** button, and further input is impossible. If memory becomes full while you are editing data, the message "MEMORY FULL" appears and further input is impossible.