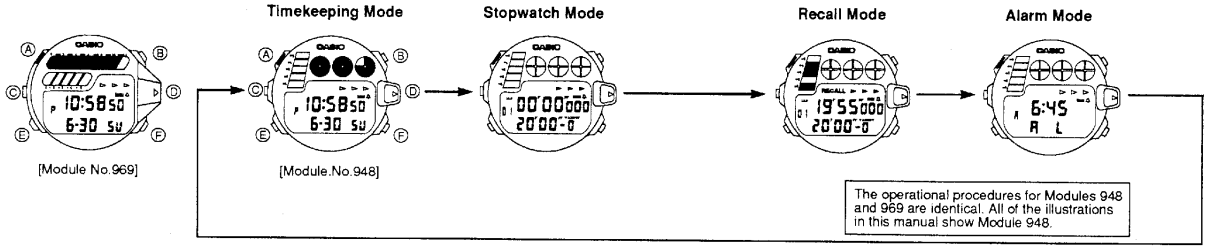
Module No. 948/969

GENERAL GUIDE

Press Ⓔ to change from mode to mode. Each mode is explained in detail on the following pages.

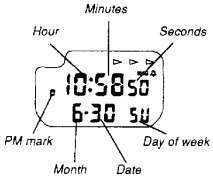


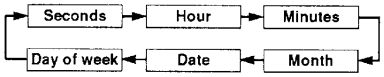
TIMEKEEPING MODE

- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- Press Ⓑ to switch between the 12-hour and 24-hour formats.

To set the time and date

1. Press Ⓐ while in the Timekeeping Mode. The seconds digits flash on the display because they are *selected*.
2. Press Ⓔ to change the selection in the following sequence.

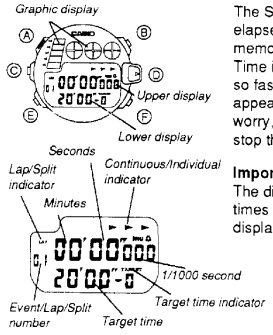




3. While the seconds digits are selected (flashing), press Ⓑ to reset the seconds to "00". If you press Ⓑ while the seconds count is in the range of 30 to 59, it is reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds), are selected (flashing), press Ⓑ to increase the number or Ⓒ to decrease it. While the day of the week is selected, pressing Ⓑ advances to the next day and Ⓒ goes to the previous day. Holding down either button changes the current selection at high speed.
5. After you set the time and date, press Ⓐ to return to the Timekeeping Mode.

- The watch does not make any allowance for leap years. Be sure to manually set February 29 for the appropriate day of the week.
- 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.

STOPWATCH MODE



The Stopwatch Mode measures elapsed time, cumulative elapsed time, lap times and split times. It also includes 5 memories, plus a host of other useful functions.
Time is measured with 1/1000 of a second accuracy. This is so fast that the digit on the far right of the display does not appear to change while the stopwatch is operating. But don't worry, the correct measured time will be displayed when you stop the stopwatch.

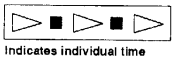
Important

The displays shown in this section assume that no target times are set. See "How target times affect Stopwatch Mode displays" for other display formats.

About time measurement

The stopwatch mode can measure time using one of two different formats: *continuous* and *individual*.
When the *continuous* format is selected, you can measure lap and split times, storing them in memory.
With the *individual* format, times are stored in memory as individual events.

Indicates continuous time measurement



Indicates individual time measurement

To switch between continuous and individual time measurement

1. In the Stopwatch Mode, make sure that the *upper display* shows all zeros (00'00"000 or 0'00"000; see "To change the measured time display format"). If it doesn't, press Ⓕ.
2. Press Ⓐ to switch between continuous and individual time measurement.

To time individual events

1. In the Stopwatch Mode, select individual time measurement.
2. Press Ⓓ to start the stopwatch and time the first event.
3. Press Ⓓ again at the end of the event to display the time in the upper and lower displays. After about 5 seconds, the time of the event is cleared from the lower display.
4. Repeat steps 2 and 3 to time other events. Each time you start timing of a new event, the Event Number increases by 1.
5. To reset the stopwatch to all zeros, press Ⓕ.

To measure lap times

1. In the Stopwatch Mode, select continuous time measurement.
2. Press Ⓒ until the "LAP" Indicator appears on the display.
3. Press Ⓓ to start the stopwatch.
4. Press Ⓓ at the end of the 1st lap to display the time for the lap in the upper and lower displays. After about 5 seconds, the upper and lower displays change to show the timing of the next lap.
5. Repeat step 4 for subsequent laps. The times for up to 5 laps are retained in memory. Each time you start timing of a new lap, the Lap Number increases by 1.
6. Press Ⓕ stop the stopwatch.
7. To reset the stopwatch to all zeros, press Ⓕ.

To measure split times

1. In the Stopwatch Mode, select continuous time measurement.
2. Press Ⓒ until the "SPLIT" Indicator appears on the display.
3. Press Ⓓ to start the stopwatch.
4. Press Ⓓ at the end of the 1st split to display the time for the split in the lower display and the total elapsed time in the upper display. After about 5 seconds, the upper display changes to show the timing of the total elapsed time, while the lower display shows the timing of the next split.
5. Repeat step 4 for subsequent splits. The times for up to 5 splits are retained in memory. Each time you start timing of a new split, the Split Number increases by 1.
6. Press Ⓕ stop the stopwatch.

About time memories

The first five times you press Ⓓ in the Stopwatch Mode to record the time for an event, a lap, or a split, the stopwatch reading is stored in memory. Only the first 5 times recorded are retained in memory. The following illustrates what would happen to times stored in memory if you press Ⓓ 8 times.

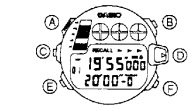
Event Number	Time	
01	19'55"000	Retained in memory
02	25'55"000	
03	20'55"000	
04	24'36"000	
05	21'42"000	
06	20'03"000	Not saved
07	22'07"000	Not saved
08	20'01"000	Shown on the stopwatch display

To use the Auto Start Countdown Function

1. In the Stopwatch Mode, press Ⓑ. The upper display shows a count of 10 seconds, which is the starting value of the Auto Start countdown.
2. Press Ⓓ to start the countdown. When the countdown reaches zero, the stopwatch begins operation.

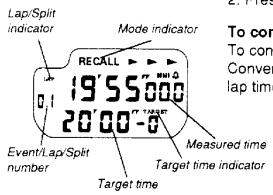
- To stop the Auto Start countdown, press Ⓕ.
- Pressing Ⓓ while the Auto Start countdown is in progress immediately starts the stopwatch.

RECALL MODE

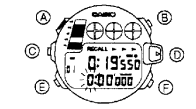


Use the Recall Mode to recall times stored in memory, to set target times, and to change the measured time display format.

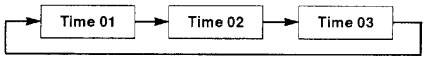
To recall data from memory
1. When you enter the Recall Mode, the time stored in memory is shown on the display.
2. Press Ⓕ to view the data in other memories.

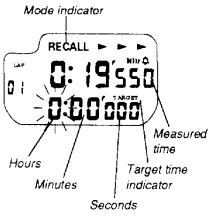


To convert between lap times and split times
To convert lap times stored in memory to split times, press Ⓒ. Conversely, split times stored in memory can be converted to lap times by pressing Ⓒ.

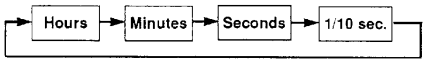


About target times
You can set up to 5 target times, and target times can be switched on and off. Target times are repeated in a loop, so the following would result if you had 3 target times set (with all 3 target times switched on):





To set target times
1. In the Recall Mode, press Ⓐ and the hours digit of the currently set target time in the lower display starts to flash. It is flashing because it is *selected*.
2. Press Ⓔ to change the selection in the following sequence.



3. While any number is selected (flashing), press Ⓑ to increase it or Ⓒ to decrease it. Holding down either button changes the current selection at high speed.
- The maximum target time setting is 9 hours 59 minutes, 59.9 seconds.

4. After you set the first target time, press Ⓕ to advance to the next target time.
5. Repeat steps 2, 3, and 4 as required to set up to 5 target times.
6. Press Ⓐ again to return to the Recall Mode display.
- Press Ⓑ and Ⓒ at the same time during step 2, 3, or 4 in the above procedure to clear a target time.

To switch target times on and off
1. In the Recall Mode, press Ⓐ and the hours digit of the currently set target time in the lower display starts to flash.
2. Press Ⓕ to select the target time you want.
3. Press Ⓓ to switch the currently displayed target time on and off. The message "OFF" is shown in the lower display when a target time is switched off.
4. Repeat steps 2 and 3 as desired.
5. Press Ⓐ to return to the Recall Mode.

Note
- The messages "ALL OFF" is shown in the lower display of the Stopwatch Mode when all target times are switched off.

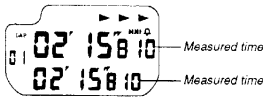
About the Target Time Alarm Function
During time measurements in the Stopwatch Mode, the watch beeps 1 minute before a target time (that is switched on) is reached. When the target time is reached, the watch beeps for 10 seconds.
The watch does not beep for target times that are switched off or for those that are set to 0:00'00"000.

To view target times
While in the Stopwatch Mode, you can view each of the target times that are switched on by pressing Ⓕ.
If you start the stopwatch while any target is displayed, the displayed target is used as the target time for the first lap, split, or event. Note that when you later recall the data, the target time you start from affects where the resulting times are stored in memory. For example, if you start the stopwatch when target time 04 is displayed, and then press Ⓓ five time measurements, the times will be stored as shown below.

Number	Content	Number	Content
01	0:00	05	2nd time
02	0:00	06	3rd time
03	0:00	07	4th time
04	1st time	08	5th time

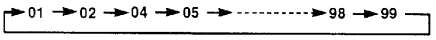
How target times affect Stopwatch Mode displays
The information that appears on Stopwatch Mode displays depends on whether a target time is set and whether the target time is on or off.

When a target time of zero is switched on



When a target time other than zero is switched on

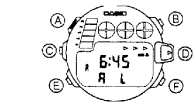
When a target time is switched off
In this case, the display is skipped. If target time 03 is switched off and the other target times are switched on, for example, pressing Ⓓ displays the times in the following sequence.



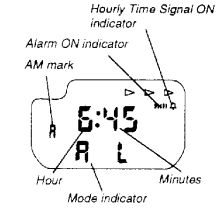
To change the measured time display format
In the Recall Mode, press Ⓓ to change the measured time display format between minutes (00'00"000) and hours (0:00'000).

To convert a measured time to a target time
1. In the Recall Mode, press Ⓕ until you locate the measured time (in the upper display) you wish to convert to a target time.
2. Hold down Ⓑ until the watch beeps and the measured time moves down into the lower display to become the target time. At this point, the upper display shows all dashes.
- You can convert a measured time to a target time only when the upper display of the Stopwatch Mode shows all zeros (00'00"000 or 0'00"000; see "To change the measured time display format" on page 21). If it doesn't, press Ⓕ.
- You can convert the measured times to target times for times 01 through 05 only.
- You cannot convert a measured time to a target time if the target time on the display you are converting is switched off.
- The measured time is cut off to 1/100 of a second when it is converted to a target time.

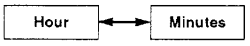
ALARM MODE



When the Daily Alarm Function is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it sounds.
When the Hourly Time signal is switched on, the watch beeps every hour on the hour.



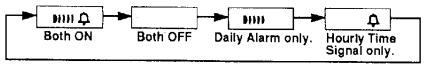
To set the alarm time
1. Press Ⓐ while in the Alarm Mode. The hour digits flash on the display because they are *selected*. At this time the Daily Alarm is switched on automatically.
2. Press Ⓔ to change the selection in the following sequence.



3. Press Ⓑ to increase the selected digits and Ⓒ to decrease them. Holding down either button changes the selection at high speed.
4. After you set the alarm time, press Ⓐ to return to the Alarm Mode.

To switch the daily alarm and hourly time signal on and off
Press Ⓓ while in the Alarm Mode to change the status of the daily alarm and time signal in the following sequence.

Alarm ON indicator/Hourly time signal ON indicator



To test the alarm
Hold down Ⓕ while in the Alarm Mode to sound the alarm.

Adjusting the Length of the Band (Module 969)
Module 969 comes with an extra-long band to make it possible for you to wear it over you jacket sleeve, etc. Use the following procedure to adjust the length of the band.

Warning!
Once you cut the band you cannot replace the cut portion to make the band longer again!

To adjust the length of the band
1. Place the band on your wrist as you would normally use the watch and adjust the tightness of the band.
2. Cut the excess off the end of the band along one of the grooves marked on the inside of the band.