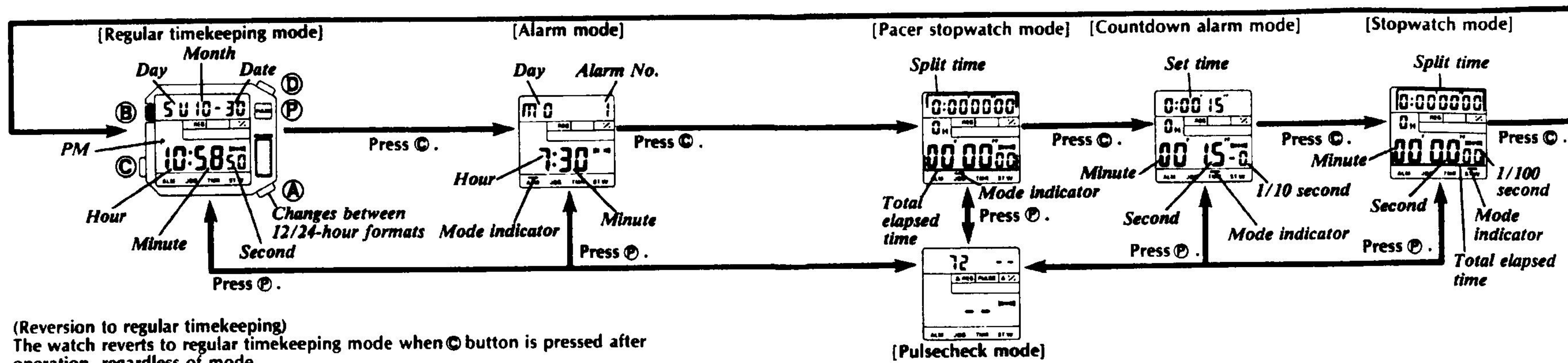


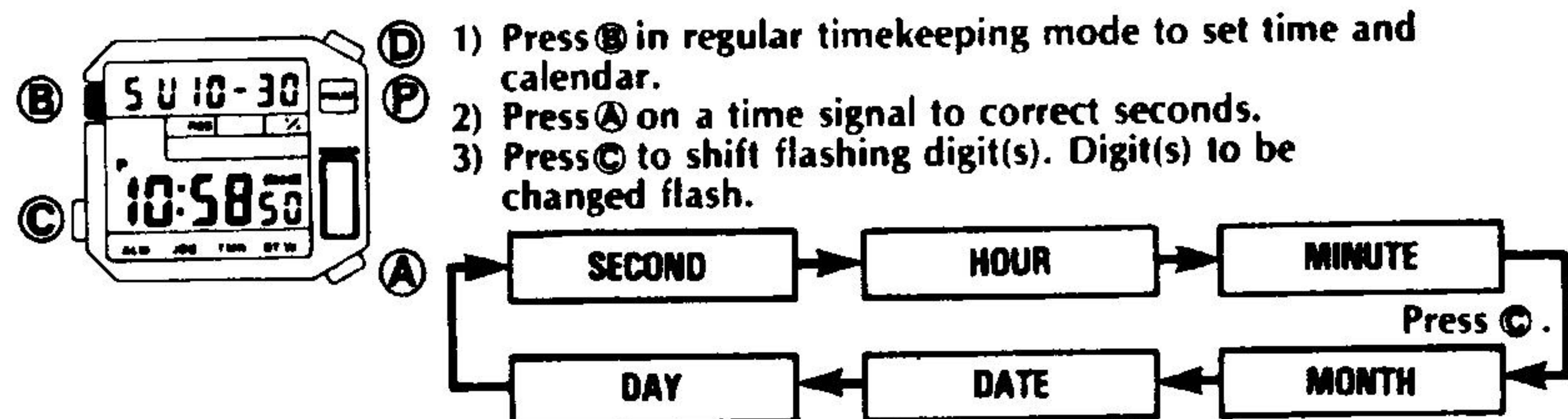
Module No. 509 Model: JP-100W

[Reading the display]



(Reversion to regular timekeeping)
The watch reverts to regular timekeeping mode when C button is pressed after operation, regardless of mode.

[Setting regular time and calendar]

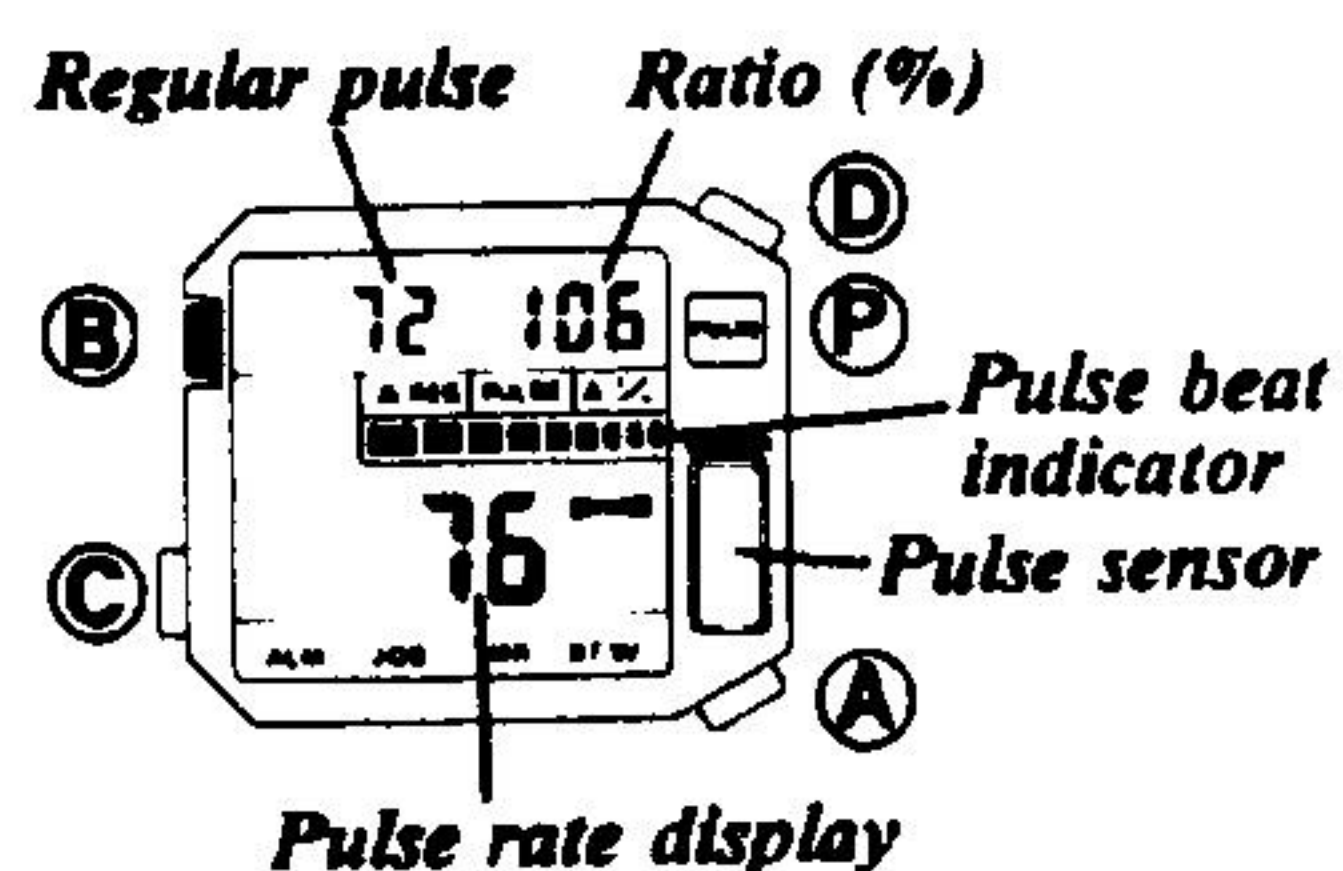


- 1) Press A in regular timekeeping mode to set time and calendar.
- 2) Press B on a time signal to correct seconds.
- 3) Press C to shift flashing digit(s). Digit(s) to be changed flash.

- 4) Each press of A (or B) increments (or decrements) digit. Keep pressed for high speed change.

(Auto-retrieve function)
Display automatically returns to regular timekeeping mode display if no button is pressed for 2 to 3 minutes.
(Independent correction)
Correction of any digit(s) can be skipped by pressing C.
5) Press D to complete setting.

[Pulsecheck function]



- [How to check pulse]**
- 1) Press D to shift to pulsecheck mode.
 - 2) Place your finger on pulse sensor. Within a few seconds pulse indicator starts to move in time with your pulse beat, and pulse rate (beats per minute) is displayed.
 - 3) Press D to shift to former mode.
- (Auto-retrieve function)
Display automatically returns to former mode display in 2 to 3 minutes.

- 1) Press D to shift to pulsecheck mode.
 - 2) Press D to set regular pulse.
 - 3) Each press of A (or B) increments (or decrements) digit. Keep pressed for high speed change.
 - 4) Press D to complete setting.
- (Auto-retrieve function)
Display automatically returns to former mode display if no button is pressed for 2 to 3 minutes.

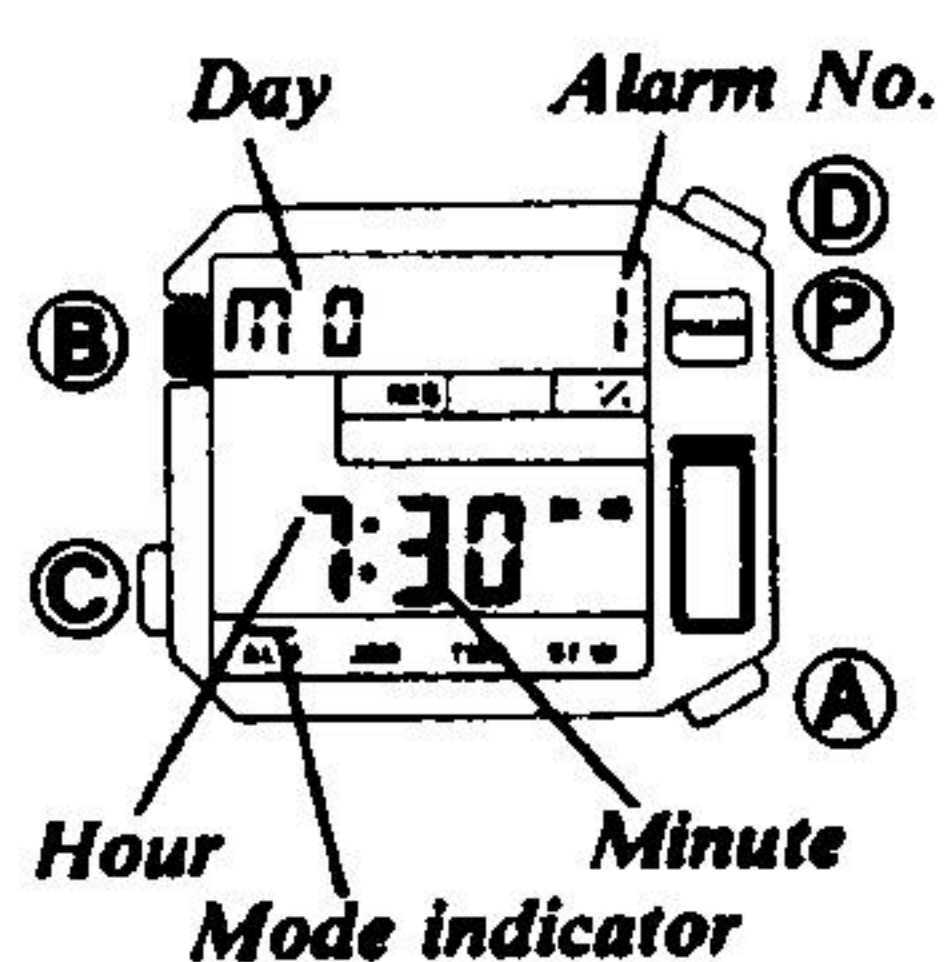
NOTE

- * Cover entire sensor with finger. Do not press hard.
- * Do not move finger while taking pulse.
- * As frequency of human pulse vary slightly within time, pulse rate changes on display.

[Setting regular pulse]

By setting regular pulse rate, ratio of regular pulse and current pulse rate is automatically calculated and displayed.

[Alarm operation]



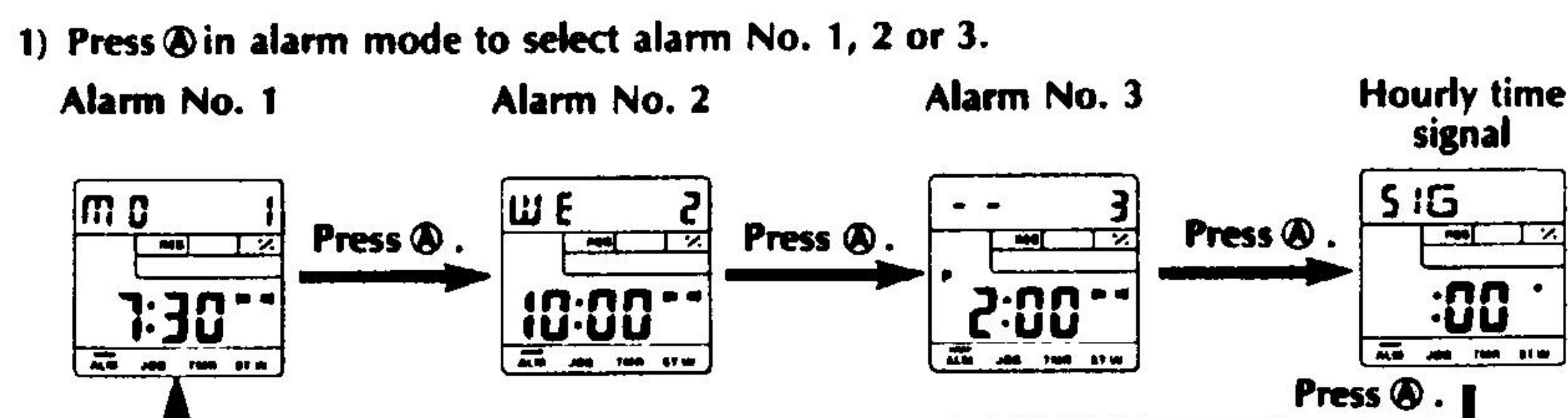
Three alarms can be set independently for daily or weekly alarm. Beeper sounds for 20 seconds at preset time until cleared when alarm is set. Press any button to stop beeper. Signal sounds every hour on the hour if time signal is set.

(Sound demonstration) Press and hold D in alarm mode to sound beeper.

• 2 types of alarms

Daily alarm		Day not set	Beeper sounds at preset time every day
Weekly alarm		Day set	Beeper sound on preset day and time once a week.

[Setting alarm]



- 1) Press A in alarm mode to select alarm No. 1, 2 or 3.
- 2) Press B to set new alarm time. Pressing A (or B) increments (or decrements) digit. Keep pressed for high speed change.
- 3) Each press of C shifts flashing position. Set minute. Set day for weekly alarm.



(Auto-retrieve function)
Display automatically returns to initial alarm mode display if no button is pressed for 2 to 3 minutes.

- 4) Press D to complete.

[On or off setting of alarm and time signal]

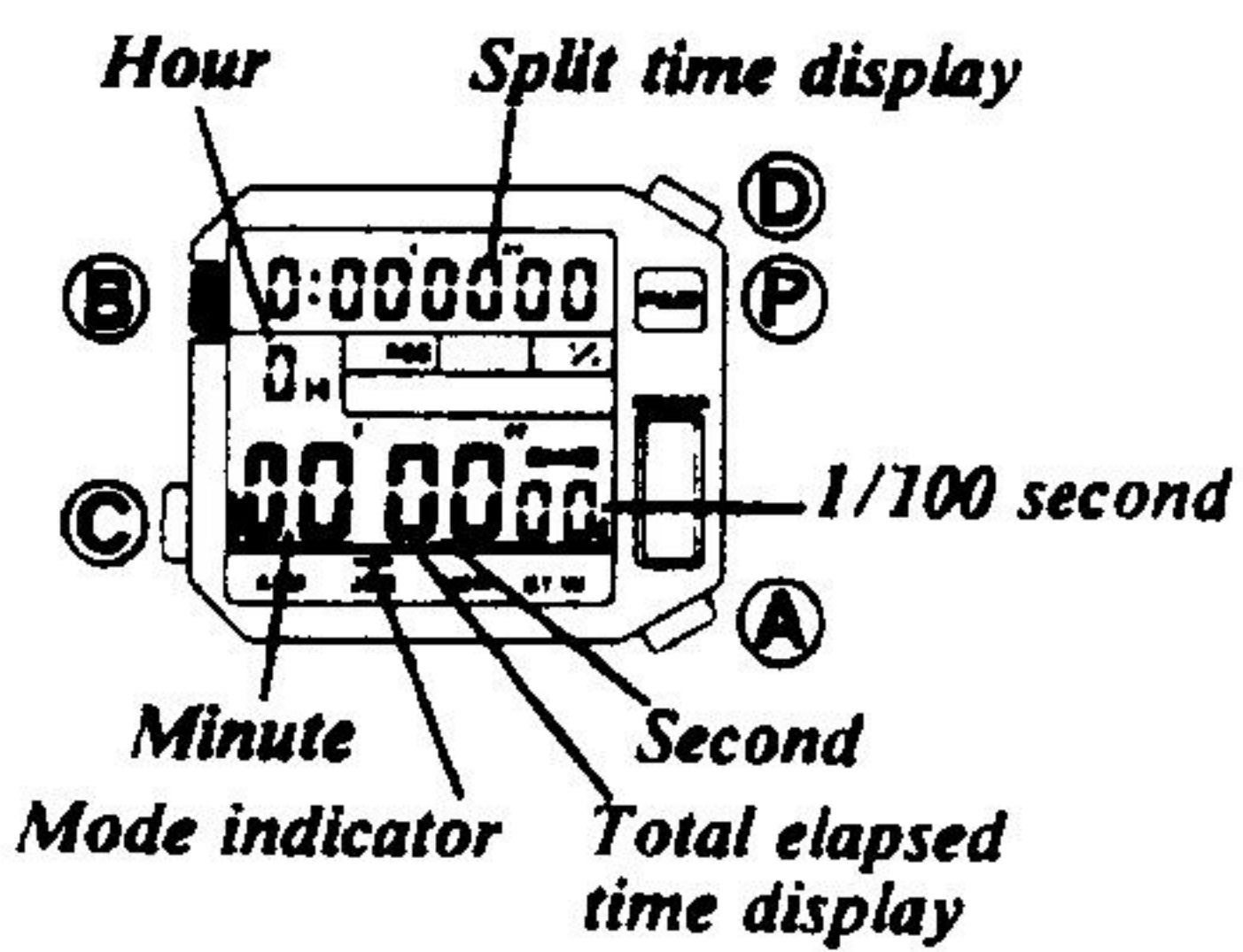
Press A in alarm mode to select alarm No. 1, 2, 3 or time signal. Press B for each alarm No. 1, 2 or 3 to set alarm on (M) or off (no mark). Press C on time signal to set time signal on (M) or off (no mark).

* Pressing D in alarm mode automatically sets alarm on.

* Alarm time is displayed in the 24-hour system when timekeeping is in 24-hour system.

[Pacer stopwatch]

Maximum of 9 split time records and stop time record can be automatically stored into memory. Pacer signals sound for 20 seconds every 5 minutes so runner can check pace during a run. Also, 5-second alarm sounds 10 times at 1 minute intervals after stopping stopwatch to signal pulse check.

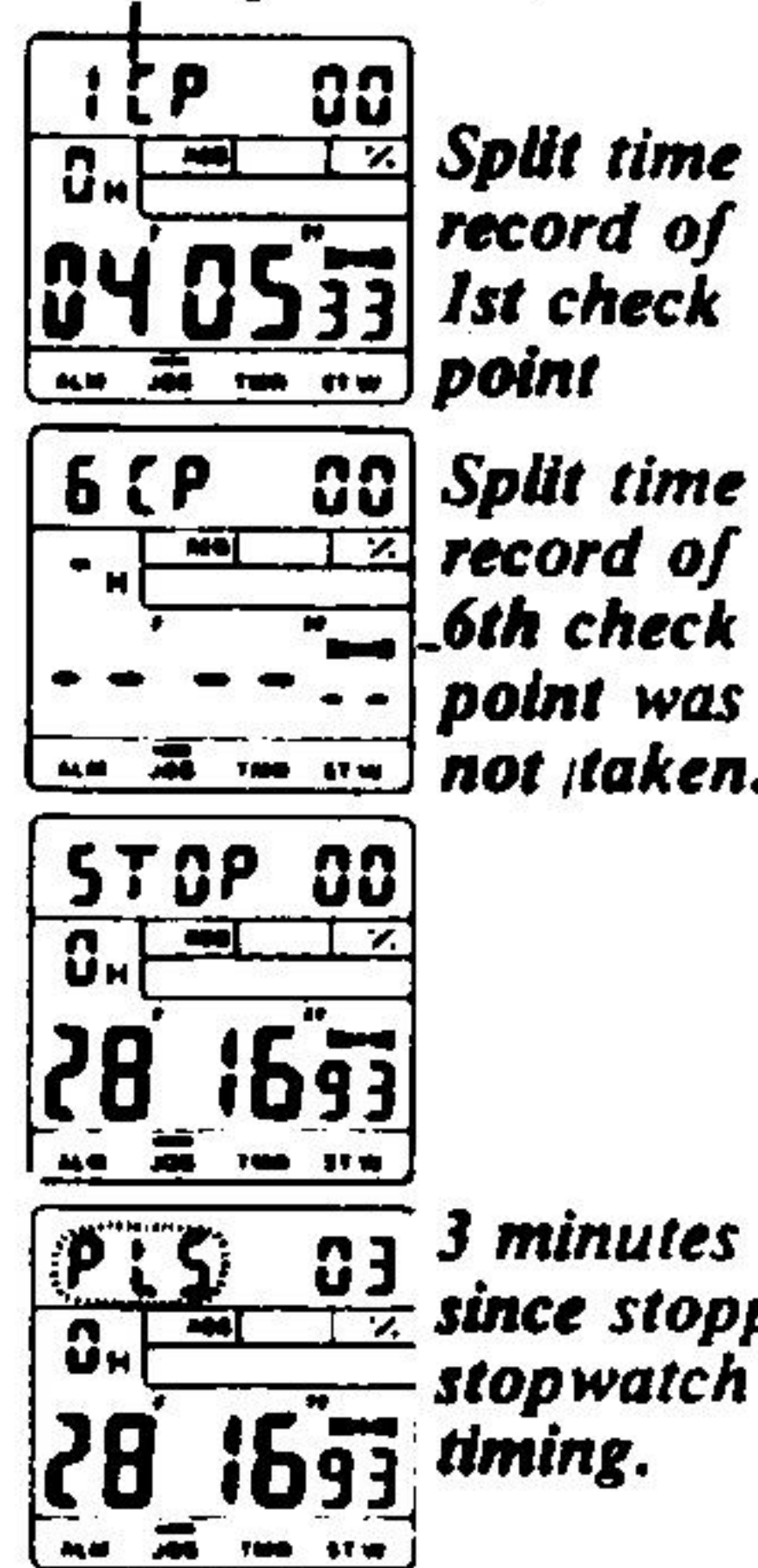


[Setting pacer signals]

- 1) Press **(A)** in pacer stopwatch mode. Unless pacer signal function is canceled (display shows "--"), pacer signals at speed shown on display.
- 2) Speed of pacer signals can be set from 5 times per minute to 240 time per minutes. Pressing **(A)** (or **(D)**) accelerates (or decelerates) speed of signals. Keep pressed to change at high speed.
 - * Press **(A)** and **(D)** simultaneously to cancel pacer signal function.

- 3) Press **(A)** to complete setting.
 - * Pacer signal speed can be changed, or canceled during stopwatch timing.

Check point No.



[Recalling split time records]

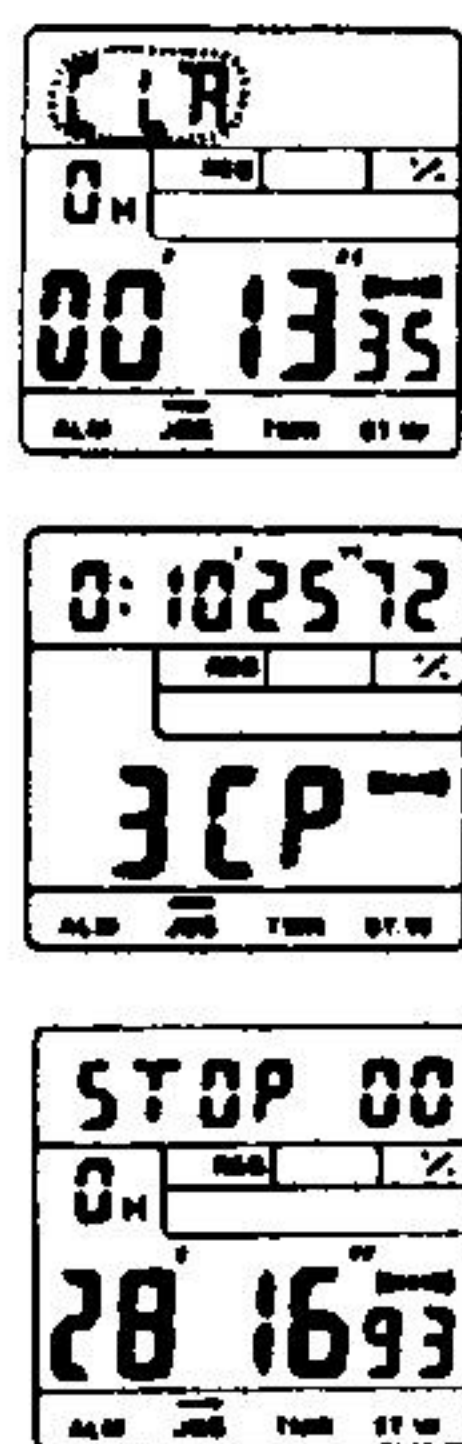
- 1) Starting from split time record of 1st check point, each press of **(A)** displays split time record stored in memory one by one.
 - * Pressing **(A)** shows empty pages if there are no split time records in memory.
 - * Do not hold **(A)** down. Entire memory contents will be deleted.
- 2) Display shows stop time after displaying 9th split time record.

[Pulsecheck alarm function]

This function is useful to check recovery time. After stopping stopwatch timing, 5-second alarm sounds every minute for 10 minutes to signal pulse checking. Check pulse by pressing **(A)** and shifting to pulsecheck mode. Display shows minutes elapsed from stopping stopwatch timing.

[Stopwatch timing and storing split time records]

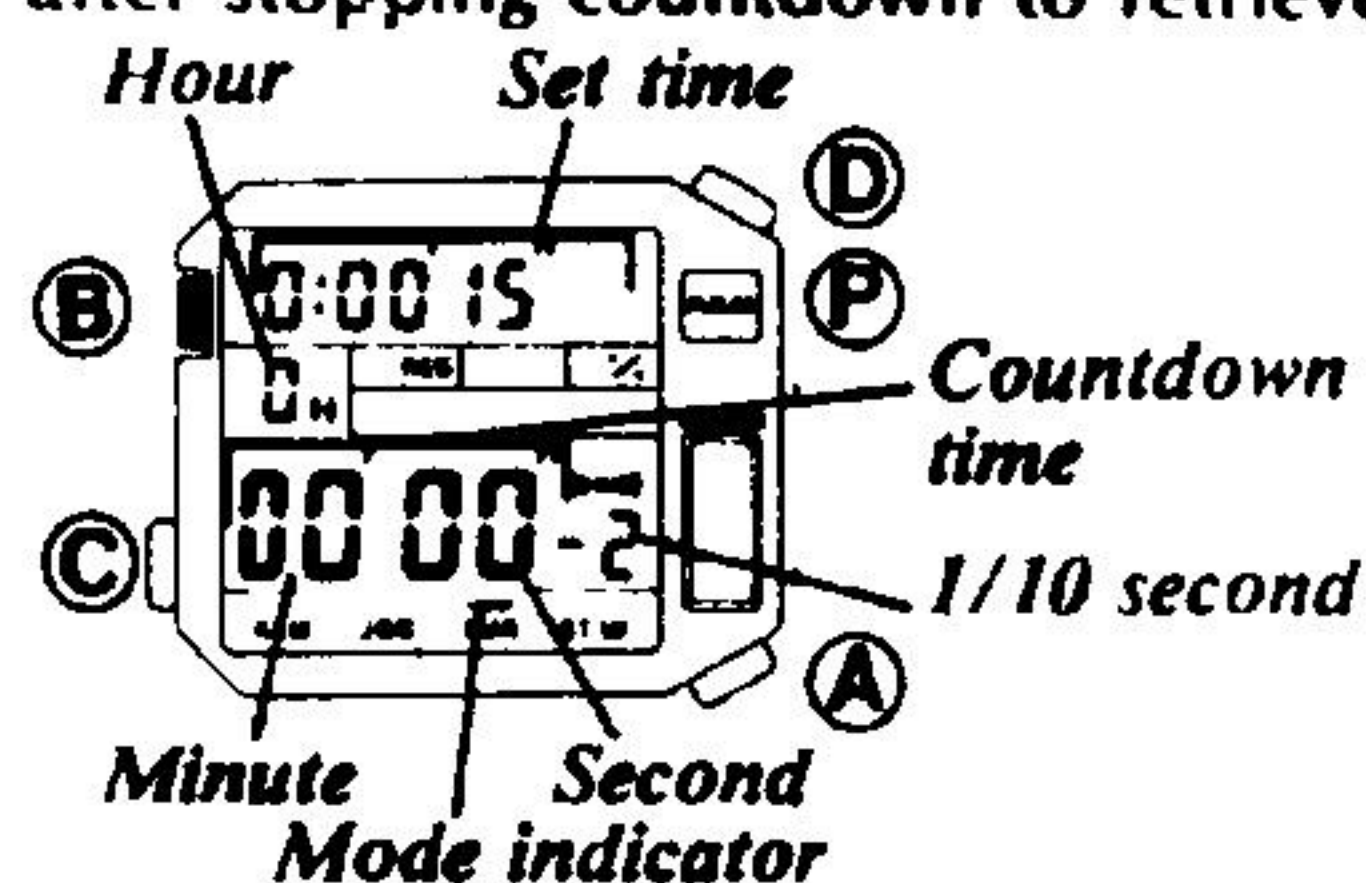
A signal confirms start/stop and split/reset operation. (Working range) Total elapsed time display is limited to 19 hours 59 minutes 59.99 seconds. For longer times reset and start again.



- 1) Press and hold **(A)** for 5 to 6 seconds to delete split time memory contents and reset stopwatch display.
- 2) Press **(A)** to start stopwatch timing.
- 3) Press **(A)** at check points to take split time records. Up to 9 split time records can be stored automatically with each press of **(A)**.
 - * After 3 seconds, display automatically returns to current stopwatch timing.
- 4) Press **(A)** to stop stopwatch timing. Stop time is automatically stored in memory.
 - * If **(A)** was pressed more than 9 times, the first 9 split times and stop time is stored in memory.

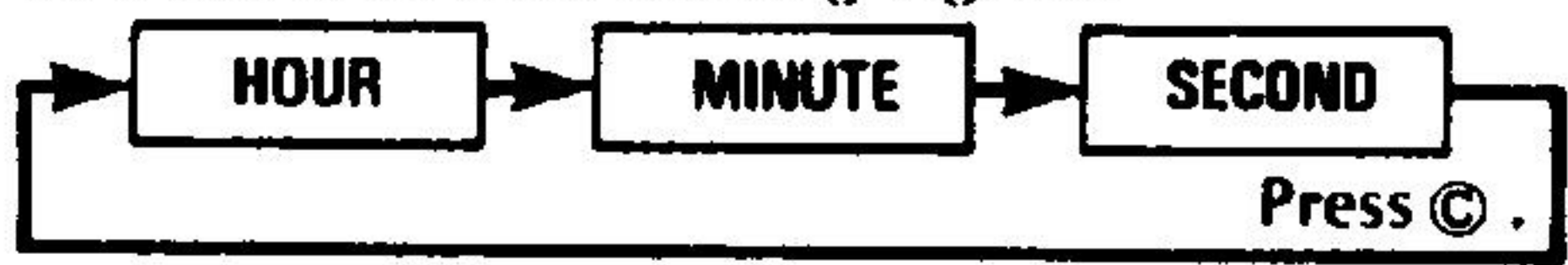
[Countdown alarm operation]

Countdown can be set from 1 second to 19 hours 59 minutes 59 seconds, and times to an accuracy of 1 second. Start/stop operation is possible by pressing **(A)**, and is confirmed by a signal. When display reaches zero, beeper sounds for 10 seconds, and countdown is repeated from pre-entered time. Press any button to stop beeper. Press **(A)** after stopping countdown to retrieve pre-entered time.



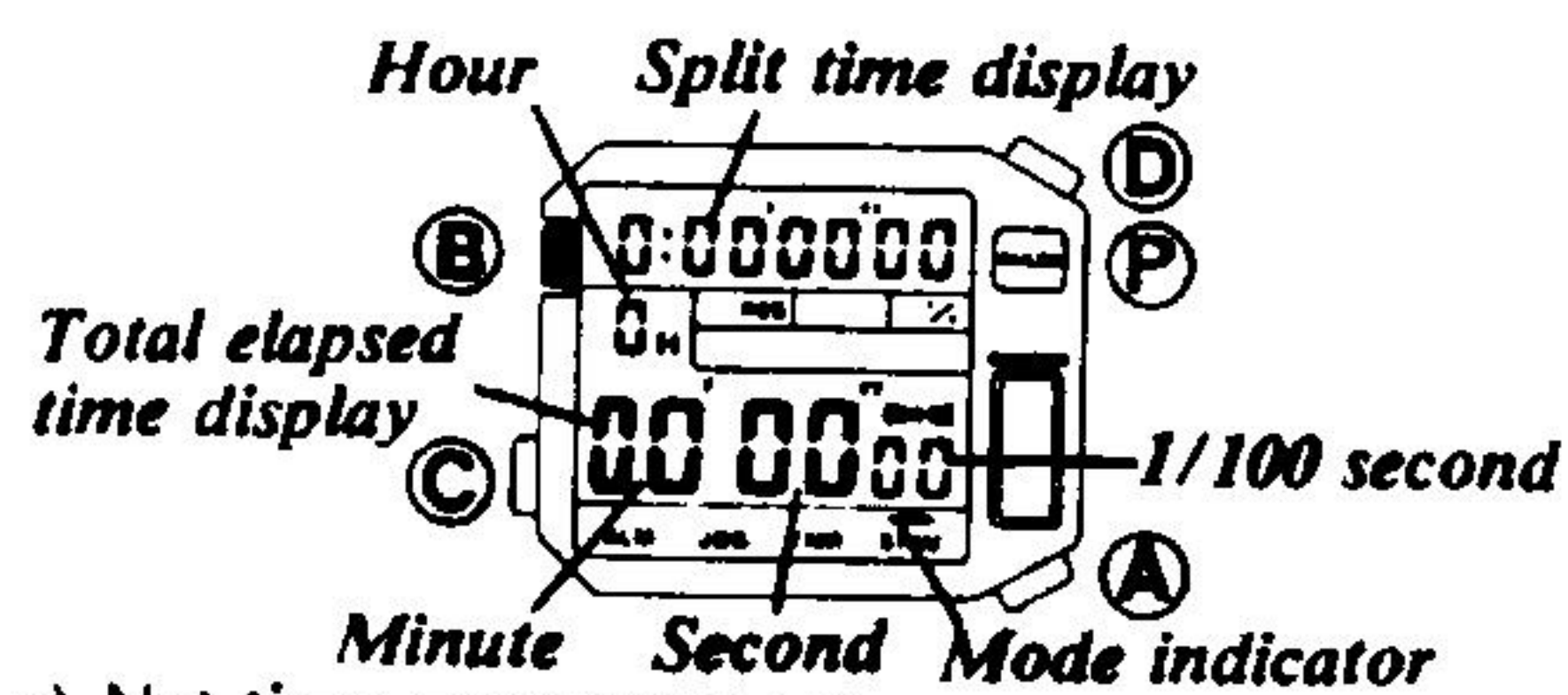
[Setting countdown time]

- 1) Press **(A)** in countdown alarm mode to set new time.
- 2) Pressing **(A)** (or **(D)**) increments (or decrements) digit(s). Keep pressed for high speed change.
- 3) Press **(C)** to shift flashing digit(s).



- (Auto-retrieve function)
Display automatically returns to initial countdown alarm mode display if no button is pressed for 2 to 3 minutes.
- 5) Press **(A)** to complete setting.
 - * When 10 seconds or shorter time is set, only "beep" sound is heard instead of 10-second beeper.

[Stopwatch operation]



A signal confirms start/stop and split/reset operation. (Working range) Total elapsed time display is limited to 19 hours 59 minutes 59.99 seconds. For longer times reset and start again.

