Module No. 1874

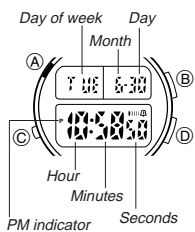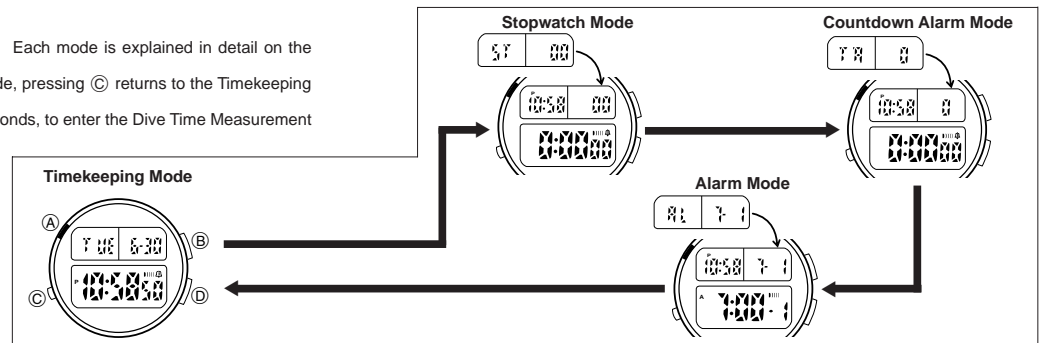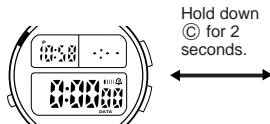## GENERAL GUIDE

- Press ⓒ to change from mode to mode. Each mode is explained in detail on the following pages.
- After you perform an operation in any mode, pressing ⓒ returns to the Timekeeping Mode.
- While in any mode hold down ⓒ for 2 seconds, to enter the Dive Time Measurement Mode.

Stopwatch Mode

Countdown Alarm Mode

Alarm Mode

Dive Time Measurement Mode

Hold down ⓒ for 2 seconds.

Timekeeping Mode

TIMEKEEPING MODE

Day of week   Day
Month
Ⓐ   Ⓑ
ⓒ   Ⓓ
Hour
Minutes
PM indicator   Seconds
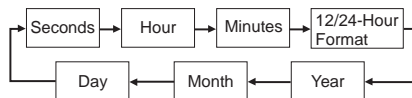
- In the Timekeeping Mode, press Ⓑ to illuminate the display.

To set the time and date
1. Press Ⓐ while in the Timekeeping Mode. The seconds digits flash on the display because they are *selected*.
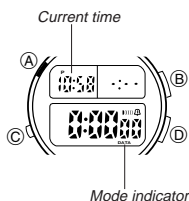2. Press ⓒ to change the selection in the following sequence.

Seconds → Hour → Minutes → 12/24-Hour Format
Day ← Month ← Year ←

3. While the seconds digits are selected (flashing), press Ⓓ to reset them to 00. If you press Ⓓ while the seconds count is in the range of 30 to 59, the seconds are 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 digits (besides seconds) are selected (flashing), press Ⓓ to increase the selection. Holding down Ⓓ changes the current selection at high speed.
   The 12/24-hour setting is selected (flashing), press Ⓓ to switch between the 12-hour (12H) and 24-hour (24H) formats.
- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 pm and the **A** (AM) indicator appears to the left of the hour digits for times in the range of midnight to 11:59 am.
- The 24-hour format is indicated by **24** on the display. Times are shown in the range of 00:00 to 23:59.
5. After you set the time and date, press Ⓐ 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, 1995 to December 31, 2039.
- 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 backlight
The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In the Timekeeping Mode or Dive Time Measurement Mode, press Ⓑ to illuminate the display for about two seconds.
- The electro-luminescent panel loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

DIVE TIME MEASUREMENT MODE

Current time
Ⓐ   Ⓑ
ⓒ   Ⓓ
Mode indicator

The Dive Time Measurement Mode lets you measure the total time you spend underwater while diving or snorkeling, and the amount of time spent on the surface (surface interval). The watch also stores one set of diving time data (total dive time and dive start time) into log memory for later recall.
- In the Dive Time Measurement Mode, press Ⓑ to illuminate the display.

Precautions
For your own safety, never operate the buttons of the watch while underwater or while on the water's surface. Perform button operations in a safe place after leaving the water.

Before Diving/Snorkeling
- **Be sure to check if the battery power is low (check for low light intensity or a dim display). If it is, do not use the watch for diving/snorkeling.**
- **Make sure that the watch is set to the correct time of day.**
- **Check the glass, case and band for cracks or chips.**
- **Make sure that the band is fastened securely around your wrist.**

While Diving/Snorkeling
- **Always use the "buddy system" when diving — never dive alone.**
- **Check to make sure that timer operation is being performed properly.**
- **Take care when diving/snorkeling near rocks or coral to avoid scratching the watch.**

After Diving/Snorkeling
- **To avoid corrosion, rinse your watch thoroughly with fresh water to remove salt water, dirt, etc. (When possible, soak the watch in fresh water overnight to make sure that all salt is removed.)**

To use the Dive Time Measurement Mode

Dive start time
Ⓐ   Ⓑ
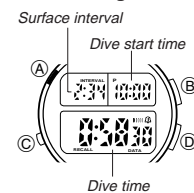ⓒ   Ⓓ
Dive time (hours, minutes, seconds)

1. Before diving/snorkeling, switch to the Dive Time Measurement Mode by holding down ⓒ for at least two seconds.
2. To start the dive time measurement operation, press Ⓓ.
3. To stop the measurement, hold down Ⓓ for at least one second (until the watch emits a long beep).
- At this time, timing of the surface interval starts. This timing is performed internally, and it is not indicated on the Dive Time Measurement Mode display. For details on how to view surface interval data, see "To review log data".

Important!
Do not recall log data (to view the surface interval) while this procedure is in progress. If you do, the dive time to that point will be stored into memory and the data will be cleared when you re-start the dive time measurement operation.
4. To resume timing from the dive time shown on the display, press Ⓓ.
- You can repeat steps 3 and 4 as many times as you like.
5. To clear the Dive Time Measurement Mode, stop the measurement operation (step 3, above) and then press Ⓐ.

To review log data

Surface interval
Dive start time
Ⓐ   Ⓑ
ⓒ   Ⓓ
Dive time

Log data can be reviewed (recalled) in the Timekeeping Mode.

1. Hold down ⓒ for at least two seconds to enter the Timekeeping Mode from the Dive Time Measurement Mode.
2. Hold down Ⓓ to display the Log Data Display. The Log Data Display remains visible as long as you hold down Ⓓ. When you release Ⓓ, the normal Timekeeping Mode display returns.
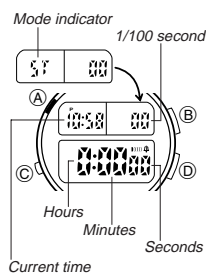
To clear the log data memory

Ⓐ   Ⓑ
ⓒ   Ⓓ
[Cleared Display]

Log data in memory is automatically replaced by the newest measurement. Use the following operation if you want to manually clear the log data memory.

1. While in the Timekeeping Mode, hold down Ⓓ to display the Log Data Display.
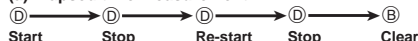2. Press Ⓐ to clear the log data memory. At this time, the display clears so that no data is shown.

STOPWATCH MODE

Mode indicator

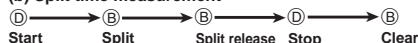*1/100 second*

Hours

Minutes

Seconds

Current time

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
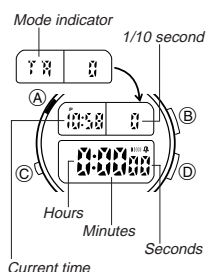
(a) Elapsed time measurement

Ⓓ → Ⓓ → Ⓓ → Ⓓ → Ⓑ

Start → Stop → Re-start → Stop → Clear

(b) Split time measurement

Ⓓ → Ⓑ → Ⓑ → Ⓓ → Ⓑ

Start → Split → Split release → Stop → Clear

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

Ⓓ → Ⓑ → Ⓓ → Ⓑ → Ⓑ

Start → Split → Stop → Split release → Clear

Split: First runner finishes.

Stop: Second runner finishes. Record time of first runner.

Split release: Record time of second runner.

COUNTDOWN ALARM MODE

Mode indicator

1/10 second
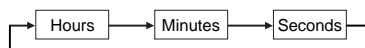
Hours

Minutes

Seconds

Current time

The countdown timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

• You can also select auto repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.

To set the countdown time

1. Press Ⓐ while in the Countdown Alarm Mode. The hours digit flashes on the display because it is *selected*.
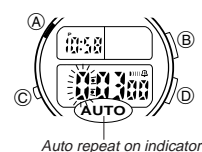2. Press Ⓒ to change the selection in the following sequence.

Hours → Minutes → Seconds

3. Press Ⓓ to increase the selection. Holding down Ⓓ changes the selection at high speed.
• To set the starting value of the countdown time to 24 hours, set to **0:00 00**.
4. After you set the countdown time, press Ⓐ to return to the Countdown Alarm Mode.
• 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 Countdown Alarm Mode automatically.

To use the countdown timer

Press Ⓓ while in the Countdown Alarm Mode to start the countdown timer.
• When the countdown reaches zero and auto repeat is turned off, the alarm sounds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
• Press Ⓓ while a countdown operation is in progress to pause it. Press Ⓓ again to resume the countdown.
• To completely stop a countdown operation, first pause it (by pressing Ⓓ), and then press Ⓑ. This returns the countdown time to its starting value.

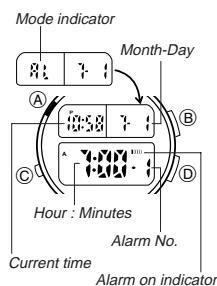### To turn auto repeat on and off

Auto repeat on indicator

1. Press Ⓐ while in the Countdown Alarm Mode. The hours digit flashes on the display because it is *selected*.
2. Press Ⓑ to turn auto repeat on (**AUTO** displayed) and off (**AUTO** not displayed).
3. Press Ⓐ to return to the Countdown Alarm Mode.
• When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero. You can stop timing by pressing Ⓓ, and manually reset to the starting countdown time by pressing Ⓑ.

• Normally, an alarm tone sounds for about 10 seconds when the end of the countdown is reached. If you use auto repeat with start time of 10 seconds or less, the alarm tone sounds for only one second.

ALARM MODE

Mode indicator

Month-Day

Hour : Minutes

Alarm No.

Current time

Alarm on indicator

You can set up to three independent alarms with hour, minutes, month, and day. When an alarm is turned on, an alarm tone sounds for 20 seconds when the time is reached. Press any button to stop the alarm after it starts to sound.

When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

Alarm Types

The alarm type is determined by the settings you make, as described below.

• **To set a Daily alarm**
Set the hour and minutes for the alarm time. Set **–** for the month and **– –** for the day (see step 4 under "To set an alarm time"). This type of setting causes the alarm to sound every day at the time you set.

• **To set a Date alarm**
Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.
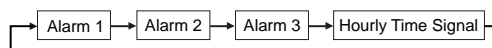
• **To set a 1-Month alarm**
Set the month, hour and minutes for the alarm time. Set **– –** for the day (see step 4 under "To set an alarm time"). This type of setting causes the alarm to sound every day at the time you set, only during the month you set.
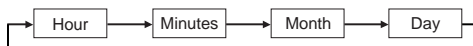
• **To set a Monthly alarm**
Set the day, hour and minutes for the alarm time. Set **–** for the month (see step 4 under "To set an alarm time"). This type of setting causes the alarm to sound every month at the time you set, on the day you set.

To set an alarm time

1. Press Ⓓ while in the Alarm Mode to select the alarm whose time you want to set.

Alarm 1 → Alarm 2 → Alarm 3 → Hourly Time Signal

2. After you select an alarm, press Ⓐ. The hour digits flash on the display because they are *selected*.
• This operation automatically turns on the alarm.
3. Press Ⓒ to change the selection in the following sequence.

Hour → Minutes → Month → Day

4. Press Ⓓ to increase the selection. Holding down Ⓓ changes the selection at high speed.
• To set an alarm that does not include a month (Daily alarm, Monthly alarm), set **–** for the month. Press Ⓓ until the **–** mark appears (between 12 and 1) while the month digits are flashing.
• To set an alarm that does not include day (Daily alarm, 1-Month alarm), set **– –** for the day. Press Ⓓ until the **– –** mark appears (between 31 and 1) while the day digits are flashing.
• The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
• When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (**A** indicator) or afternoon (**P** indicator).
5. After you set the alarm, press Ⓐ to return to the Alarm Mode.
• 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 Alarm Mode automatically.

To turn an alarm and Hourly Time Signal on and off

1. In the Alarm Mode, press Ⓓ to select an alarm or the Hourly Time Signal.
2. When the alarm or Hourly Time Signal you want to is selected, press Ⓑ to turn it on and off.

ᴅ))) Indicates alarm is ON.

♩ Indicates Hourly Time Signal is ON.

• The alarm on indicator (ᴅ)))) and the Hourly Time Signal on indicator (♩) are shown on the display in all modes while these functions are turned on.

To test the alarm

Hold down Ⓓ while in the Alarm Mode to sound the alarm.

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