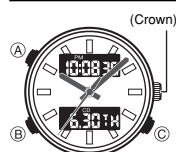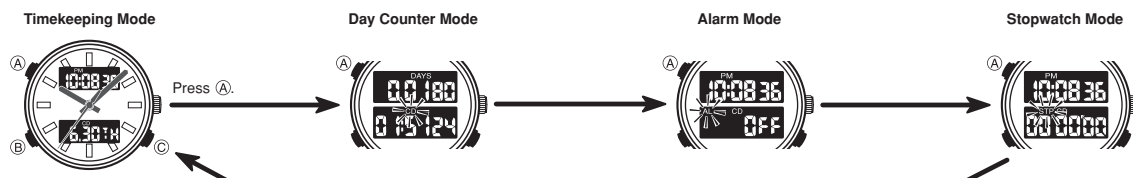# Operation Guide 3797

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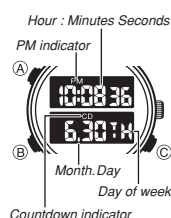
About This Manual

(Crown)

- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press Ⓐ to change from mode to mode.

Timekeeping Mode → Press Ⓐ. → **Day Counter Mode** → **Alarm Mode** → **Stopwatch Mode**

Timekeeping

Hour : Minutes Seconds
PM indicator
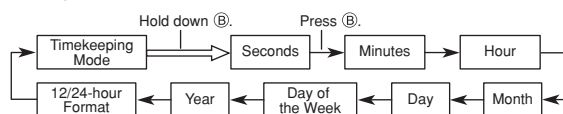Month.Day
Day of week
Countdown indicator

This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different.
You can turn on an Hourly Time Signal that causes the watch to beep every hour on the hour.

Digital Time and Date
Use the Timekeeping Mode to set and view a digital display of the current time and date. When setting the digital time, you can also configure settings for the 12/24-hour format.

To set the digital time and date
1. In the Timekeeping Mode, hold down Ⓑ until the seconds starts to flash, which indicates the setting screen.
2. Press Ⓑ to move the flashing in the sequence shown below to select the other settings.

Hold down Ⓑ.   Press Ⓑ.

Timekeeping Mode → Seconds → Minutes → Hour
12/24-hour Format ← Year ← Day of the Week ← Day ← Month

3. When the setting you want to change is flashing, use Ⓒ to change it as described below.

Screen	To do this:	Do this:
10:08 36	Reset the seconds to 00	Press Ⓒ.
	Change the hour or minutes	Use Ⓒ(+).
6.30 TH	Change the month or day	Use Ⓒ(+).
	Change the day of the week	
2005	Change the year	Use Ⓒ(+).
12 H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press Ⓒ.

4. After setting the 12/24-hour format, press Ⓑ to exit the setting screen.
- You can also press Ⓐ to exit the setting screen while any other setting is flashing.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

To turn the Hourly Time Signal on and off

Hourly time signal on indicator

In the Timekeeping Mode, press Ⓑ and Ⓒ at the same time to toggle the Hourly Time Signal on (✹ displayed) and off (✹ not displayed).
- The Hourly Time Signal on indicator (✹) is displayed in all modes.
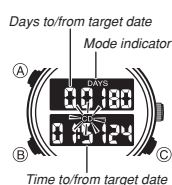
Setting the Analog Time
Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time

Crown

1. When the second hand is at 12 o'clock, pull out the crown to stop second hand movement.
2. Rotate the crown to the set the analog time. Move the minute hand about three or four minutes past the minute you want to set, and then move it back to the desired setting.
3. When the time on the digital display reaches 00 seconds, push the crown back in to restart the second hand.

Day Counter

Days to/from target date
Mode indicator
Time to/from target date

The Day Counter Mode displays the number of days and the number of hours left until the start (00:00) of a future target date. If you specify a past date for the target date, the Day Counter Mode shows the number of days and the number of hours since the start (00:00) of the target date. When the alarm is turned on, it sounds when the target date and Timekeeping Mode date match.
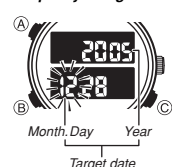The default target date is January 1, 2000.
- All of the operations in this section are performed in the Day Counter Mode, which you enter by pressing Ⓐ.

Using the Day Counter

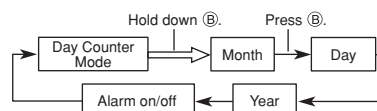Countdown indicator

Countdown Screen

The following explains what happens after you specify a target date.
- The watch will sound a 20-second alarm when the Timekeeping Mode reaches the start (00:00) of the date specified as the target date.
- You can disable the day counter alarm if you want.
- When the target date is after the date on the Timekeeping Mode screen, the countdown indicator (**CD**) flashes on the Day Counter Mode screen and is displayed (without flashing) on other mode screens.
- When the target date is before the date on the Timekeeping Mode screen, the count up indicator (**CU**) flashes on the Day Counter Mode screen and is displayed (without flashing) on other mode screens.

To specify a target date

Month.Day   Year
Target date

1. In the Day Counter Mode, hold down Ⓑ until the month digits of the current target date start to flash. This is the setting screen.
2. Press Ⓑ to move the flashing in the sequence shown below to select the other settings.

Hold down Ⓑ.   Press Ⓑ.

Day Counter Mode → Month → Day
Alarm on/off ← Year

3. Use Ⓒ to change the setting.
   - While the month, day, or year is flashing, press Ⓒ to change (advance) the setting.
   - While the alarm on/off setting is flashing, press Ⓒ to toggle the alarm on and off.
   - To test the alarm, hold down Ⓒ while the alarm on/off setting is flashing.
4. After selecting the alarm on/off setting, press Ⓑ to exit the setting screen.
- You can also press Ⓐ to exit the setting screen while any other setting is flashing.
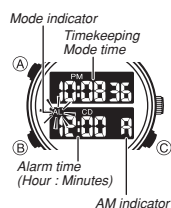- You can set a target date in the range of January 1, 1997 to December 31, 2099.

To check the current target date
In the Day Counter Mode, hold down Ⓒ to display the current target date.

To stop the alarm tone after it starts to sound
Press any button.

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Alarm

When the daily alarm is turned on, the alarm sounds when the alarm time is reached.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing Ⓐ.

Mode indicator
Timekeeping Mode time
Alarm time (Hour : Minutes)
AM indicator

To set an alarm time
1. In the Alarm Mode, press Ⓑ so the hour digits of the current alarm time start to flash. This is the setting screen.
   - This operation automatically turns on the alarm.
2. Press Ⓒ to change (advance) the hour setting.
   - With the 12-hour format, set the time correctly as a.m. (A) or p.m. (P).
3. Press Ⓑ to move the flashing to the minute digits.
4. Press Ⓒ to change (advance) the minute setting.

5. After setting the alarm time minute digits, press Ⓑ to exit the setting screen.
- You can also press Ⓐ to exit the setting screen while any other setting is flashing.

Alarm Operation
The alarm tone sounds at the preset time for 20 seconds, regardless of the mode the watch is in.
- Alarm operations are performed in accordance with the Timekeeping Mode time.

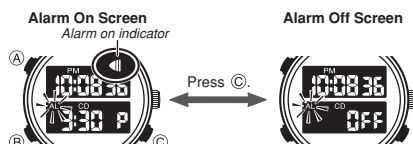### To stop the alarm tone after it starts to sound
Press any button.

To test the alarm
In the Alarm Mode, hold down Ⓒ to sound the alarm.

To turn an alarm on and off
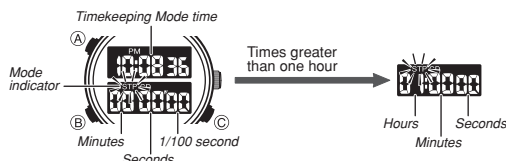In the Alarm Mode, press Ⓒ to toggle the alarm on (alarm time displayed) and off (OFF displayed).
- The alarm on indicator is displayed in all modes while the alarm is on.

Alarm On Screen
Alarm on indicator

Press Ⓒ.

Alarm Off Screen

Stopwatch

The stopwatch lets you measure elapsed time, split times, and two finishes.
- The display range of the stopwatch is 23 hours, 59 minutes, 59 seconds.
- After the elapsed time reaches one hour, the display changes to show the hours, minutes, and seconds in 1-second units.

Timekeeping Mode time
Mode indicator
Minutes
Seconds
1/100 second

Times greater than one hour

Hours
Minutes
Seconds

- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓐ.

To measure times with the stopwatch

Elapsed Time

Ⓒ	Ⓒ	Ⓒ	Ⓒ	Ⓑ
Start	Stop	Re-start	Stop	Clear

Split Time

Ⓒ	Ⓑ	Ⓑ	Ⓒ	Ⓑ
Start	Split (**SPL** displayed)	Split release	Stop	Clear

Two Finishes

Ⓒ	Ⓑ	Ⓒ	Ⓑ
Start	Split	Stop	Clear
	First runner finishes. Display time of first runner.	Second runner finishes. Display time of second runner.	

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto Return Feature
- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it automatically returns to the Timekeeping Mode.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling
The Ⓒ button is used in various modes and setting screens to scroll through data on the display. In most cases, holding down this button during a scroll operation scrolls through the data at high speed.

Timekeeping
- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- With the 12-hour format, the **PM** indicator appears on the display for times in the range of noon to 11:59 p.m. and the **AM** indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The year can be set in the range of 1997 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.