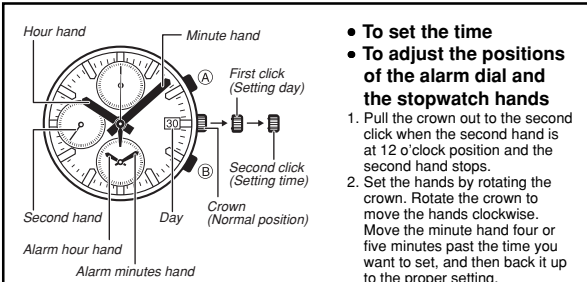


Operation Guide 4726



- To set the time
 - To adjust the positions of the alarm dial and the stopwatch hands
1. Pull the crown out to the second click when the second hand is at 12 o'clock position and the second hand stops.
 2. Set the hands by rotating the crown. Rotate the crown to move the hands clockwise. Move the minute hand four or five minutes past the time you want to set, and then back it up to the proper setting.
 - Carefully set the time, making sure to distinguish between AM and PM.

3. Use (B) to adjust the alarm dial hands to the current time.
 - Each press of (B) advances the alarm time by one minute.
 - Holding down (B) advances the alarm time at high speed.
4. After adjusting the alarm dial hands, hold down (A) for about two seconds.
 - The stopwatch minute hand will perform one revolution automatically at this time.
5. When the stopwatch minute hand stops at 60 (12 o'clock), advance to step 6.
 - If the stopwatch minute hand is not pointing at 60 (12 o'clock) when it stops, use (B) to adjust its position so it does.
 - Each press of (B) advances the hand by one minute.
 - Holding down (B) advances the hand at high speed.
6. After adjusting the stopwatch minute hand, hold down (A) for about two seconds.
 - The stopwatch 1/5-second hand will perform one revolution automatically at this time.
7. When the stopwatch 1/5-second hand stops at 12 o'clock, advance to step 8.
 - If the stopwatch 1/5-second hand is not pointing at 12 o'clock when it stops, use (B) to adjust its position so it does.
 - Each press of (B) advances the hand by 1/5-second.
 - Holding down (B) advances the hand at high speed.
8. Push the crown back in to the normal position.

To set the day

1. Pull the crown out to the first click.
2. Set the day by rotating the crown away from you (in the direction indicated by the arrow in the illustration).
3. Push the crown back in to the normal position.
 - Avoid changing the date setting while the current time is between 9:00 p.m. and 1:00 a.m.



Using the Alarm



When an alarm is turned on, the alarm tone sounds for about 20 seconds when the alarm time is reached.

- You can set an alarm time that is within 12 hours from the current time.
- You can set only one Daily Alarm.

To set an alarm time

1. Pull the crown out to the first click.
2. Use (B) to set the alarm time you want. Each press of (B) advances the alarm time by one minute. Holding down (B) advances the alarm time at high speed.
3. Push the crown back in to the normal position.

To stop the alarm tone

- To stop the alarm tone after it starts to sound, press any button.
- After the alarm sounds, the hands of the alarm dial will move to the current time position.

To cancel a previously set alarm time

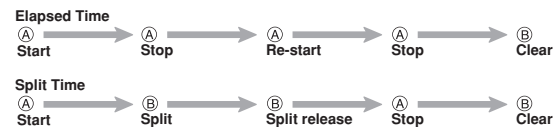
1. Pull the crown out to the second click.
 - This will cause the hands of the alarm dial to move automatically to the current time setting.
2. Push the crown back in to the normal position.

Using the Stopwatch

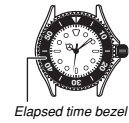


The stopwatch lets you measure elapsed time up to 59 minutes, 59.80 seconds.

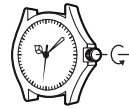
To measure times with the stopwatch



- Timekeeping second hand moves in 2-second increments when power is low.
- For a watch with an elapsed time bezel
 - Rotate the elapsed time bezel to align the ▼ mark with the minute hand.
 - After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.



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