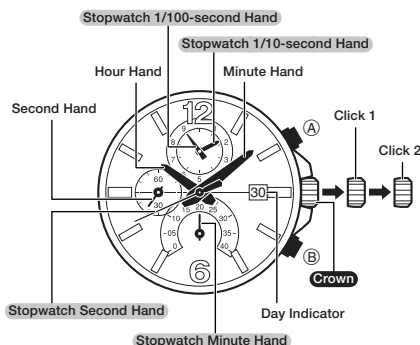


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• Your watch may differ somewhat from the one shown in the illustration.



• In the above sample illustration, the stopwatch shows an elapsed time of 20 minutes and 41.19 seconds.

Stopwatch functions

To adjust the time setting

When the second hand is at 12 o'clock, pull the **Crown** out to Click 2.

Rotate the **Crown** to change the time setting.

Push the **Crown** back in.

Note

- Take care that you set the correct AM or PM time.
- When changing the time, move the minute hand four or five minutes past your final setting, and then back it up to the setting you want.

To change the day indicator setting

Pull the **Crown** out to Click 1.

Rotate the **Crown** away from you to set the day.

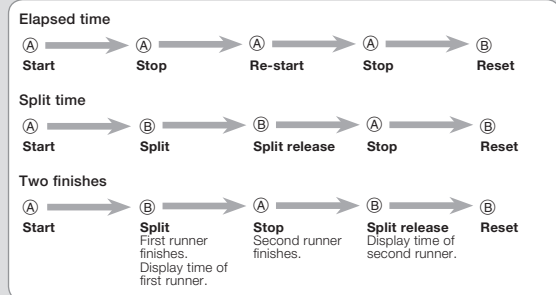
Push the **Crown** back in.

Note

- The day indicator setting uses a 31-day month. Make adjustments for months of shorter lengths.
- Avoid changing the day indicator setting between the hours of 9 p.m. and 1 a.m. Otherwise, the day indicator may not change correctly at midnight.

Using the Stopwatch

The stopwatch measures elapsed time in 1/100-second increments up to 39 minutes, 59.99 seconds.



Important!

- Do not operate the stopwatch with the crown pulled out.

Note

- The stopwatch 1/100-second hand and stopwatch 1/10-second hand move for the first three minutes of an elapsed time measurement operation only. After that, both hands stop at the 0 position. Stopping the elapsed time operation will cause the two hands to move to the 1/100-second and 1/10-second positions of the stopped elapsed time measurement operation. Note, however, that the hands will not move when the stopwatch is stopped if the cumulative elapsed time exceeds 120 minutes.
- The stopwatch minute hand is a 40-minute retrograde dial. Every 40 minutes (at the 41st or 81st minute), it reverts back to the 1 position.
- The stopwatch second hand and stopwatch minute hand move for the first 120 minutes of an elapsed time measurement operation. After that, the second hand stops at the 0 position while the retrograde minute hand stops at the 40-minute position.

Demo Mode

The stopwatch is equipped with a Demo Mode that you can activate by resetting the stopwatch to all zeros, and then holding down the **(B)** button for at least two seconds.

- This will cause the stopwatch 1/100-second hand, stopwatch 1/10-second hand, and stopwatch second hand to start moving at high speed. The stopwatch minute hand will move back and forth between 0 and 40 minutes. Hand movement will stop and the watch will exit the Demo Mode after about three seconds.
- To stop hand movement and exit the Demo Mode manually, press the **(A)** or **(B)** button.

Correcting the 0 Positions of the Hands

Perform the following procedure if the stopwatch hands do not return to their 0 (zero) positions when you reset the stopwatch.

Operational Flow

Use the **(A)** button to select the hand whose zero position you want to correct. Each time you hold down **(A)** for about two seconds in the following procedure, it cycles to the next hand to be corrected.

Use the **(B)** button in the following procedure to correct the 0 position of the currently selected hand. Holding down **(B)** moves the current hand at high speed.

Pull the **Crown** out to Click 2.

Hold down **(A)** for about two seconds. The **Stopwatch 1/100-second Hand** and **Stopwatch 1/10-second Hand** will rotate to indicate the 1/100-second hand and 1/10-second hand setting mode.

- If the hands do not align with the 0 position, use the **(B)** button to adjust them.

Hold down **(A)** for about two seconds, the **Stopwatch Second Hand** will rotate to indicate the second hand setting mode.

- If the hand does not align with the 0 position, use the **(B)** button to adjust it.

Hold down **(A)** for about two seconds, the **Stopwatch Minute Hand** will rotate to indicate the minute hand setting mode.

- If the hand does not align with the 0 position, use the **(B)** button to adjust it.

After all of the hands are the way you want, push the **Crown** back in.

Important!

- Timekeeping stops while the crown is pulled out. Correct the current time setting after performing the above operation.

Required Operation after Battery Replacement or Whenever the Hand Movement is Not Normal

Perform the operation below after having the watch's battery replaced or whenever hand movement seems to be abnormal.

Pull the **Crown** out to Click 2.

Hold down the **(A)** and **(B)** button at the same time for at least two seconds.

Push the **Crown** back in.

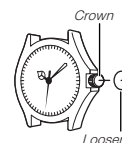
- The second hand should be moving normally at one-second intervals.

Important!

- Timekeeping stops while the crown is pulled out. Correct the current time setting after performing the above operation.

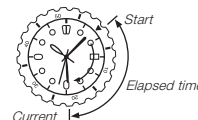
Crown Operations

Some water-resistant models (100 meters, 200 meters) have a screw-in crown. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in.



If your watch has a rotary bezel...

You can rotate the bezel to align its **▼** mark with the minute hand. Then you will be able to tell how much time has elapsed since aligning the **▼** mark.



Specifications

Accuracy: ±20 seconds average per month

Stopwatch: Measuring Capacity: 39'59.99* (40 minutes)

Measuring Unit: 1/100 second

Measurements: Elapsed time; split time; two finishes

Battery: One silver oxide battery (Type: SR927W)

Battery Life: Approximately 3 years (2 hours stopwatch operation per day)

Low Battery Indicator: Second hand moves in 2-second increments when power is low.