


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual:  E310 instruction manual

Component identification



- Actual appearance may differ from the illustration.
- The crown has two positions when pulling it out.

Setting the time

1. Pull the crown out to position 2 when the second hand points 0 second.

The second hand stops.

2. Rotate the crown to set the time.

- Check whether the time set is AM or PM with the 24-hour hand.
- When you set the hands to around midnight, the date will change to the following day. To return to the previous day, set the hands to any position before 23:30.

Go to step 3 after the date has completely stopped.

3. Push the crown in to position 0 in accordance with a reliable time source.

Setting the date

- The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years.
- Be sure to perform all steps from the beginning to step 5-2 when setting the date even though what you need to adjust is only the year, month, or date. Pushing the crown in to position 0 in the middle of the procedure makes all operations previously performed ineffective.
- Do not adjust the date indication while the watch shows 11:00 PM - 0:30 AM. Otherwise, the date indication may change incorrectly thereafter.
- You cannot go back to previous steps. Try again from the first step.
- You cannot go to the next step while the figures in the date window are moving.

1. Check the calendar setting.

1-1. Push the crown in to position 0.

The date is indicated in the date window.

1-2. Pull the crown out to position 1.

The month (M) is indicated in the date window.

Ex.: when it is February



- Pressing button A indicates the number of years since the last leap year (L.Y.) in the date window.

Ex.: When 1 year passed since the leap year



- When the calendar setting is correct, push the crown in to position 0 to finish the procedure.
Proceed to step 2 to adjust the calendar setting.

2. Enter the calendar setting mode.

2-1. Press and hold button B until the figures in the date window start moving.

The calendar setting mode starts.

- The figures in the date window move slightly up and down or right and left, or change to tell you that you can do the next operation.
- It takes time to change the indication in the date windows.

3. Set the year.

3-1. Press and release the lower right button A repeatedly to set the year.

Ex.: When setting the year to 1 year since the previous leap year



3-2. Press and release the upper right button B.

The month becomes adjustable.



4. Set the month.

Set the month from tens digit to ones digit.

- 4-1. Press and release the lower right button (A) repeatedly to set the tens digit of the month.**

Ex.: From October to December



- 4-2. Press and release the upper right button (B).**

The ones digit of the month becomes adjustable.

- 4-3. Press and release the lower right button (A) repeatedly to set the ones digit of the month.**

Ex.: November



- 4-4. Press and release the upper right button (B).**

The date becomes adjustable.

5. Set the date.

Set the date from tens digit to ones digit.

- 5-1. Press and release the lower right button (A) repeatedly to set the tens digit of the date.**

Ex.: 5th day



- 5-2. Press and release the upper right button (B).**

The ones digit of the date becomes adjustable.

- 5-3. Press and release the lower right button (A) repeatedly to set the ones digit of the date.**

Ex.: 5th day



6. Finish the calendar setting.

- 6-1. Push the crown in to position [0].**

The setting is stored.

Checking the reference position

- 1. Push the crown in to position [0].**

- 2. Press and hold button (B) until the figures in the date window start moving.**

Check the reference position after the movement is stopped.

Correct reference positions:

- "0"s of both digits are shown upright.



When the current reference position is different from the correct one, proceed to step 3 of [Correcting the reference position](#).

- 3. Press and release the upper right button (B) to finish the procedure.**

The current date is indicated in the date window.

Correcting the reference position

- 1. Push the crown in to position [0].**

- 2. Press and hold button (B) until the figures in the date window start moving.**

Wait until the figures stop and indicate the current reference position after they started moving.

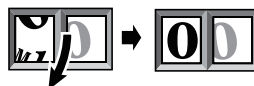
- 3. Pull the crown out to position [1].**

The reference position of tens digit becomes adjustable.

- The figures in the date window move slightly up and down or right and left, or change to tell you that you can do the next operation.

- 4. Press and release the lower right button (A) repeatedly to make the "0" upright.**

- Each time you press the button, the "0" moves step by step. It moves continuously while you are pressing and holding the button.



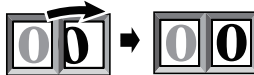
- 5. Press and release the upper right button (B).**

The reference position of ones digit becomes adjustable.

- Each time you press the button, the adjustable digit changes alternately.

- 6. Press and release the lower right button (A) repeatedly to make the "0" upright.**

- Each time you press the button, the "0" moves step by step. It moves continuously while you are pressing and holding the button.



- 7. Push the crown in to position [0] to finish the procedure.**

The reference position is stored and the current date is indicated in the date window.

Resetting the watch - All Reset

- 1. Pull the crown out to position [2].**

All the hands stop.

- 2. Press and release both the lower right button (A) and upper right button (B) at the same time.**

The reference position and calendar setting is reset.

- The figures in the date window move slightly up and down or right and left to tell you that the watch was reset.

- 3. Push the crown in to position [0] to finish the procedure.**

The reference position is stored and "01" is indicated in the date window.

After All Reset

After All Reset, adjust the reference position and set the time and calendar and other settings.

