
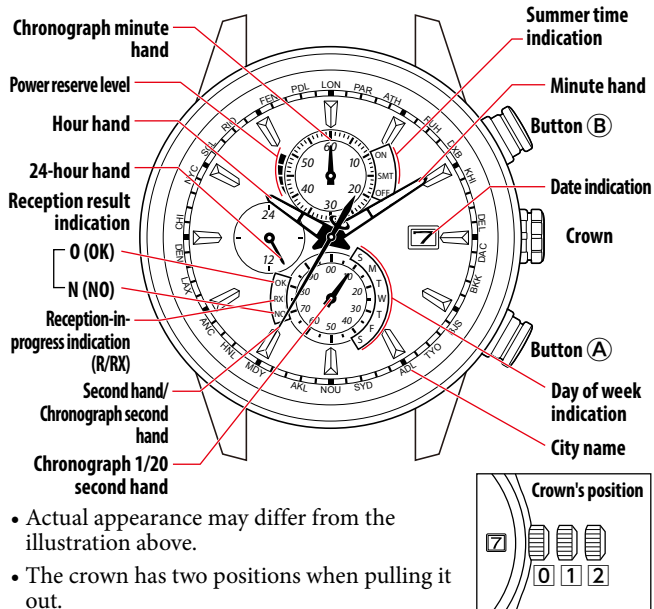


H80* Abbreviated instruction

- This watch is light-powered. Be sure your watch is fully charged before use.
- For complete instructions for setting, use, charging time and specifications, refer to the full instruction manual:  H80* instruction manual

Component identification



Checking the power reserve

- You cannot execute this operation while using chronograph function.

1. Push the crown in to position **0**.
2. Press and release the lower right button **(A)**.
The chronograph minute hand indicates power reserve amount.

Indication				
Duration	About 180 - 130 days	About 130 - 30 days	About 30 - 2 days	About 2 days
Power reserve	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Insufficient charge
Charge immediately.				

3. Press and release the lower right button **(A)** to finish checking.
• The hand automatically returns to indicate current time in 10 seconds.

Checking the signal reception result

This watch receives the time signal at 2:00 AM every day and adjust the time and calendar automatically. If the 2:00 AM reception was unsuccessful, it tries signal reception again at 3:00 AM.

- You cannot execute this operation while using chronograph function.

1. Push the crown in to position **0**.
2. Press and release the lower right button **(A)**.
The chronograph 1/20 second hand indicates the result of the last reception.

Indication	Reception result
O (OK)	The reception was successful.
N (NO)	The reception failed.

- Try signal reception following the steps in "Receiving the signal manually (on-demand reception)" if the last reception failed.

3. Press and release the lower right button **(A)** to finish checking.

- The hand automatically returns to indicate current time in 10 seconds without executing any operation.

Setting the city

- The city setting controls the target station from which the watch tries to receive signals. Check the city setting when using this watch.

1. Pull the crown out to position **1**.
The second hand indicates the current city setting; the chronograph minute hand the standard/summer time setting; the chronograph 1/20 second hand the summer time auto/manual setting.
2. Rotate the crown to select a city.
• Choose a city from "Table of the city names" below.
3. Push the crown in to position **0** to finish the procedure.

Table of the city names

Indication	City name and second hand's position	Time zone	Signal station
LON	*London	0 sec. 0	Germany
PAR	*Paris	2 sec. +1	
ATH	*Athens	4 sec. +2	Germany ◆
RUH	Riyadh	7 sec. +3	
DXB	Dubai	9 sec. +4	China ◆
KHI	Karachi	11 sec. +5	
DEL	Delhi	14 sec. +5.5	
DAC	Dhaka	16 sec. +6	
BKK	Bangkok	18 sec. +7	China
BJS/HKG	Beijing/Hong Kong	21 sec. +8	
TYO	Tokyo	23 sec. +9	Japan ◆
ADL	Adelaide	25 sec. +9.5	
SYD	Sydney	28 sec. +10	
NOU	Noumea	30 sec. +11	USA ◆
AKL	Auckland	32 sec. +12	
MDY	Midway	35 sec. -11	USA ◆
HNL	Honolulu	37 sec. -10	
ANC	**Anchorage	39 sec. -9	USA
LAX	**Los Angeles	42 sec. -8	
DEN	**Denver	44 sec. -7	
CHI	**Chicago	46 sec. -6	
NYC	**New York	49 sec. -5	USA ◆
SCL	Santiago	51 sec. -4	
RIO	Rio de Janeiro	53 sec. -3	Germany ◆
FEN	Fernando de Noronha	56 sec. -2	
PDL	*Azores	58 sec. -1	

- For cities with * or **, indication of summer time and that of standard time are linked together.
- The time zone in the table is based on UTC (Coordinated Universal Time).
- When using the watch in an area not listed in the table, choose and set the city of the same time zone.
- Countries or regions may change time zones for various reasons.
- Cities with ◆ mark are out of receivable range and signals cannot be received.
(The watch tries to receive signals from the target signal station though.)
- It may be difficult to receive signals in certain environment where it is hard for signals to reach.

Continued on the next page

Receiving the signal manually (on-demand reception)

- You cannot execute this operation while using chronograph function.
- The target signal station depends on the city set.

1. Push the crown in to position **0**.
2. Press and hold lower right button **(A)** for 2 seconds or more.

The previous signal reception result is indicated.
The chronograph 1/20 second hand points "R (RX)" after that and on-demand reception starts. (2 - 30 minutes)

- Press and hold button **(A)** for 2 seconds or more to cancel reception.

Setting summer time

In regions utilizing summer time, the time signal includes summer time check signal.

- You cannot execute this operation while using chronograph function.

Switching summer time and standard time

1. Pull the crown out to position **1**.
The chronograph minute hand indicates the current standard time/summer time setting.
2. Press and release the upper right button **(B)**.
• Each time you press button **(B)**, the standard time/summer time setting changes alternately.

Setting	Meaning
SMT ON	Summer time is indicated.
SMT OFF	The standard time is indicated.

- The standard time/summer time setting can be changed automatically.

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

Switching the summer time auto/manual setting

1. Pull the crown out to position **1**.
The chronograph 1/20 second hand indicates the current summer time auto/manual setting.
2. Press and hold the lower right button **(A)** for 2 seconds or more.
• Each time you press and hold button **(A)**, the summer time auto/manual setting changes as follows:

Indication	What to set
	Auto: SMT ON/OFF changes automatically depending on whether received signals contain the summer time signal or not.
	Manual: The standard time/summer time setting is changed manually as required.

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

Adjusting the time and calendar manually

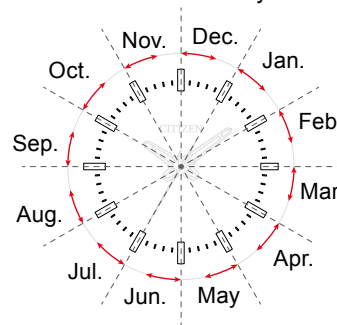
- The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years. (perpetual calendar)

1. Pull the crown out to position **1**.
2. Press and hold upper right button **(B)** for 2 seconds or more.
The second hand points the 30-second and the chronograph minute hand the 60-minute.
3. Pull the crown out to position **2**.
The second hand points 0 second and time and calendar become adjustable.
4. Press and release the upper right button **(B)** repeatedly to change the hand/indication to be corrected.

- Each time you press button **(B)**, the target of adjustment changes as follows and it moves slightly.
Minute/hour/24-hour hands → Date indication → Day of week (chronograph 1/20 second hand) → Year/month → (Back to the top)

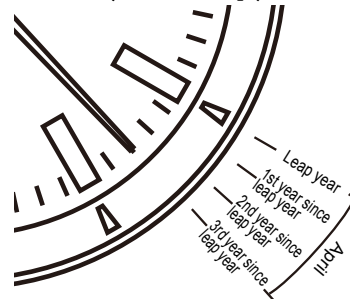
5. Rotate the crown to adjust time, date indication, day of week, year and month.

- When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown.
- Year and month are indicated with the second hand. The month is indicated by the hour area.



The year corresponds to the years since leap year and is indicated with the position of the second hand.

EX.: to set to April 2015
April → 4 o'clock area
2015 → 3rd year since leap year



6. Repeat steps 4 and 5.
7. Push the crown in to position **0** in accordance with a reliable time source.
The second hand starts moving.

Using the chronograph

Measuring up to 60 minutes in 1/20 second increments.

- Chronograph stops when pulling out the crown during measurement.
- Chronograph cannot be used when the power reserve is “nearly empty”.

1. Push the crown in to position **0**.
2. Press and release the upper right button **B**.

The chronograph minute, chronograph second and chronograph 1/20 second hands point upright.

Start/stop: press button **B**.

- The chronograph 1/20 second hand will stop at the 0-second position after 30 seconds since measurement started (or restarted) but measurement continues.

Reset: press button **A** while the chronograph is stopped.

- Be sure to reset chronograph after finishing measurement.

To resume current time indication

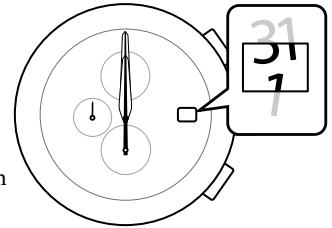
Press button **A** after resetting the chronograph.

- The hands automatically returns to indicate current time in 3 hours without executing any operation.

Checking the reference position

1. Push the crown in to position **0**.
2. Press and hold the upper right button **B** for 10 seconds.

The hands and date indication move to the current reference positions stored in memory.



Correct reference positions:

All hands: 12 o'clock position
Date indication: midway between “31” and “1”

When the current reference position is different from the correct one, adjust the position following the steps of “Correcting the reference position”.

3. Press and release the upper right button **B** to finish checking.

Correcting the reference position

1. Push the crown in to position **0**.
2. Press and hold the upper right button **B** for 10 seconds or more.
The hands and date indication move to the current reference positions stored in memory.
3. Pull the crown out to position **2**.
This will enable you to correct the reference position.
4. Press and release the upper right button **B**.
 - Each time you press button **B**, the target of adjustment changes as follows and it moves slightly.
Chronograph 1/20 second hand → Chronograph minute hand/date indication → Minute/hour/24-hour hands → Second hand → (Back to the top)
5. Rotate the crown to correct the reference position of the active hand/indication.
 - When you rotate the crown quickly, the hand will move continuously. To stop the rapid movement, rotate the crown.
6. Push the crown in to position **0**.
7. Press and release the upper right button **B** to finish the procedure.

Resetting the watch — All Reset

1. Pull the crown out to position **2**.
2. Press and hold buttons **A** and **B** at the same time for 4 seconds or more and release them.
All reset is executed.

After All Reset

After All Reset, adjust the reference position. Execute the city setting and receive signals manually (on-demand reception) to adjust the time and calendar after that.