
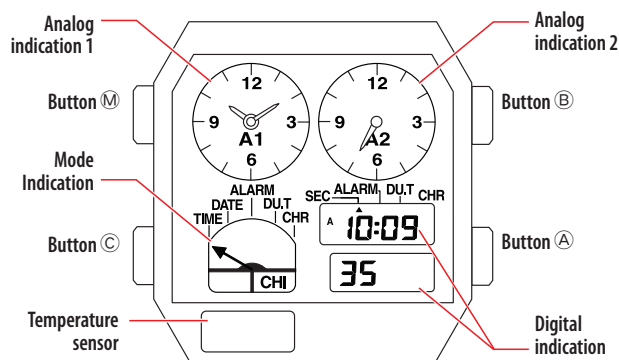


- To see details of specifications and operations, refer to the instruction manual:  8989 instruction manual

Component identification



- Actual appearance may differ from the illustration.

Using the light

- Press the lower left button **C**.
The light turns on.

Changing indication of the analog indication 2


- Press and release the upper left button **M** repeatedly to change the mode to any one other than [CHR].
- Press and release the upper right button **B** repeatedly to change the indication.

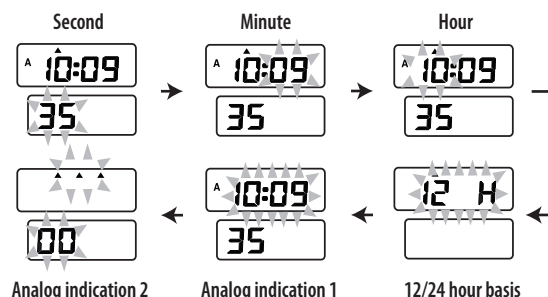
“▲” on the digital indication shows the current indication of the analog indication 2.



| ▲ | Indication |
|-------|---|
| SEC | The “second” of the time of the mode [TIME] |
| ALARM | The “hour” of the alarm time set |
| DU. T | The “hour” of the dual time |

Setting the time

- Press and release the upper left button **M** repeatedly to change the mode to [TIME].
- Press and hold the upper right button **B** for 2 seconds or more.
The “second” on the digital indication starts blinking and becomes adjustable. 
- Press the lower right button **A** in accordance with a reliable time source.
- Press and release the upper right button **B** repeatedly to change the target to be set.
 - Each time you press the button, the target changes as follows:



- Press and release the lower right button **A** to adjust the target.
 - Pressing and holding the button changes indication continuously when adjusting “hour” and “minute”.
 - “A” or “P” is displayed to indicate AM or PM in 12-hour basis indication.
 - When setting the analog indication 1, set it to the same time as that of the digital indication. Pressing and holding the button changes indication continuously.
 - When setting the analog indication 2, set its hand to the 12 o'clock position. Pressing and holding the button changes indication continuously. Pressing button **B** after setting the analog indication 2 finishes time setting.
- Repeat steps 4 and 5 to set other targets.
- Press and release the upper left button **M** to finish the procedure.



Setting the calendar

The calendar of this watch does not have to be adjusted manually until December 31, 2099 including leap years.

- The year and month are indicated only when setting the calendar.

- 1. Press and release the upper left button (M) repeatedly to change the mode to [DATE].**
- 2. Press and hold the upper right button (B) for 2 seconds or more.**
The “month” on the digital indication starts blinking and becomes adjustable.
- 3. Press and release the upper right button (B) repeatedly to change the target to be set.**
 - Each time you press the button, the target changes as follows:
Month → date → year
 - The day of week is set automatically.
- 4. Press and release the lower right button (A) to adjust the target.**
 - Pressing and holding the button changes indication continuously.
- 5. Repeat steps 3 and 4 to set other targets.**
- 6. Press and release the upper left button (M) to finish the procedure.**

Using the dual time



You can see the time of another place in the [DU. T] (dual time) mode.

- You can adjust the dual time in 10-minute increments.

Indicating the dual time

- 1. Press and release the upper left button (M) repeatedly to change the mode to [DU. T].**
“L” appears in the next of the second of the digital indication and the dual time is indicated.

Setting the time of the dual time

- 1. Press and release the upper left button (M) repeatedly to change the mode to [DU. T].**
- 2. Press and hold the upper right button (B) for 2 seconds or more.**
The “hour” on the digital indication starts blinking and becomes adjustable. 
- 3. Press and release the lower right button (A) to adjust the hour.**
 - Pressing and holding the button changes indication continuously.
- 4. Press and release the upper right button (B).**
The tens digit of the “minute” on the digital indication starts blinking and becomes adjustable. 
- 5. Press and release the lower right button (A) to adjust the minute.**
 - Pressing and holding the button changes indication continuously.
- 6. Press and release the upper left button (M) to finish the procedure.**

Resetting the watch - All Reset

- 1. Press and release button (A), (B), (C) and (M) at the same time.**

The alarm sound and all reset is executed.

After All Reset

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

