Component identification

Actual appearance may differ from the illustration.

Using EL lights

The EL lights are turned on in the cases below:
- When pressing button A while the crown is pushed in and the mode is [TME] or [CAL].
- When pressing button A or B during time measurement using the chronograph.
- When pressing button B while using the timer.

Setting the time

Setting the time of the analog section

1. Pull out the crown when the second hand points 0 second.
   The second hand stops.
2. Rotate the crown to set the time.
   - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.
3. Push in the crown in accordance with a reliable time source to finish the procedure.
   The second hand starts moving.

Setting the time of the digital section

1. Press and release the upper left button M repeatedly to change the mode to [TME].
2. Press and hold the lower left button B for about 2 seconds.
   [S.T.] and [ON] or [OF] (off) starts blinking and the time becomes adjustable.
   - The blinking part is the target to adjust.
3. Press and release the lower left button B repeatedly to change the target to be set.
   - Each time you press button B, the target changes as follows:

<table>
<thead>
<tr>
<th>Normal time indication</th>
<th>Summer time</th>
<th>Second</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td>6:30 AM</td>
<td>35</td>
</tr>
<tr>
<td>12/24-hour basis</td>
<td>Summer time</td>
<td>Hour</td>
</tr>
</tbody>
</table>

4. Press and release the lower right button A to adjust the target.
   - Press button A in accordance with a reliable time source when setting the second.
   - Pressing and holding button A changes indication continuously when setting the minute and the hour.
   - "A" or "P" is displayed to indicate AM or PM in 12-hour basis indication.
5. Repeat steps 3 and 4 to set other targets.
6. 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 Thursday, December 31, 2099 including leap years. (perpetual calendar)

• Press button M to cancel setting of the calendar.
• The setting is automatically canceled in about 2 minutes without any operation during the setting.

1. **Press and release the upper left button M repeatedly to change the mode to [CAL].**

2. **Press and hold the lower left button B for about 2 seconds.**
   The month indication starts blinking and the calendar becomes adjustable.
   • The blinking part is the target to adjust.

3. **Press and release the lower left button B repeatedly to change the target to be set.**
   • Each time you press button B, the target changes as follows:

```
Normal calendar indication  Month
                          ↑  ↓
  6 0  FR  6 10
  20 15  6 10

Year  Date
```

4. **Press and release the lower right button A to adjust the target.**
   • Pressing and holding button A 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.**
   • The day of week is set automatically.

Resetting the watch — All Reset

1. **Pull out the crown.**
2. **Press and release buttons A, B and M at the same time.**
   All the digital indication lights up.
3. **Push in the crown.**
   The alarm sounds.

*After All Reset*

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