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.

Using EL lights

The EL lights are turned on when you press button \( B \) while the crown is pushed
in and the mode is \([\text{TME}]\), \([\text{CAL}]\) or \([\text{SET}]\).
• The lights are also turned on when pressing button \( A \) or \( B \) during time
measurement using the chronograph.

Setting the digital time

1. Press button \( M \) to cancel setting of the time of the digital section.
2. The setting is automatically canceled in about 2 minutes without any operation
during the setting.
3. Press and release the lower left button \( B \) repeatedly to
   indicate an area name you want on the digital display 2.
   • For area names, refer to the table on "Using the world time".
   • Pressing and releasing button \( A \) while Pressing and holding button \( A \) also
     change the area name indication.
4. Press and hold the lower left button \( B \) for about 2 seconds.
   \([\text{S.T.}]\) and \([\text{ON}]\) or \([\text{OFF}]\) starts blinking and the time becomes adjustable.
   • The blinking part is the target to adjust.
5. 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.
6. Repeat steps 4 and 5 to set other targets.
7. 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 \([\text{CAL}]\).**

2. **Press and release the lower left button \( B \) repeatedly to indicate an area name you want on the digital display 2.**
   - Press and hold the lower right button \( A \) for about 2 seconds to switch indication to an area name if the day of week is indicated.
   - For area names, refer to the table on “Using the world time”.
   - Pressing and releasing button \( A \) while Pressing and holding button \( B \) also change the area name indication.

3. **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.

4. **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 calendar</th>
<th>Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:10</td>
<td>6:10</td>
</tr>
</tbody>
</table>

5. **Press and release the lower right button \( A \) to adjust the target.**
   - Pressing and holding button \( A \) changes indication continuously.

6. **Repeat steps 4 and 5 to set other targets.**

7. **Press and release the upper left button \( M \) to finish the procedure.**
   - The day of week is set automatically.

### Using the world time

1. **Press and release the upper left button \( M \) repeatedly to change the mode to \([\text{TME}]\).**
   - Choose \([\text{CAL}]\) to see calendar.

2. **Press and release the lower left button \( B \) repeatedly to choose an area name on the digital display 2.**
   - The time or calendar of the chosen area is indicated on the digital display 1.
   - Pressing and releasing button \( A \) while Pressing and holding button \( B \) also change the area name indication.

### Table of time zones and representative areas

<table>
<thead>
<tr>
<th>Time zone</th>
<th>Area name</th>
<th>Representative area</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>UTC</td>
<td>Coordinated Universal Time</td>
</tr>
<tr>
<td></td>
<td>LON</td>
<td>London</td>
</tr>
<tr>
<td>+1</td>
<td>PAR</td>
<td>Paris</td>
</tr>
<tr>
<td></td>
<td>ROM</td>
<td>Rome</td>
</tr>
<tr>
<td>+2</td>
<td>CAI</td>
<td>Cairo</td>
</tr>
<tr>
<td></td>
<td>IST</td>
<td>Istanbul</td>
</tr>
<tr>
<td>+3</td>
<td>MOW</td>
<td>Moscow</td>
</tr>
<tr>
<td></td>
<td>KWI</td>
<td>Kuwait</td>
</tr>
<tr>
<td>+4</td>
<td>DXB</td>
<td>Dubai</td>
</tr>
<tr>
<td>+5</td>
<td>KHI</td>
<td>Karachi</td>
</tr>
<tr>
<td>+5.5</td>
<td>DEL</td>
<td>New Delhi</td>
</tr>
<tr>
<td>+6</td>
<td>DAC</td>
<td>Dhaka</td>
</tr>
<tr>
<td>+7</td>
<td>BKK</td>
<td>Bangkok</td>
</tr>
<tr>
<td>+8</td>
<td>SIN</td>
<td>Singapore</td>
</tr>
<tr>
<td></td>
<td>HKG</td>
<td>Hong Kong</td>
</tr>
<tr>
<td></td>
<td>BJS</td>
<td>Beijing</td>
</tr>
<tr>
<td>+9</td>
<td>TYO</td>
<td>Tokyo</td>
</tr>
<tr>
<td>+10</td>
<td>SYD</td>
<td>Sydney</td>
</tr>
<tr>
<td>+11</td>
<td>NOU</td>
<td>Noumea</td>
</tr>
<tr>
<td>+12</td>
<td>AKL</td>
<td>Auckland</td>
</tr>
<tr>
<td>-10</td>
<td>HNL</td>
<td>Honolulu</td>
</tr>
<tr>
<td>-9</td>
<td>ANC</td>
<td>Anchorage</td>
</tr>
<tr>
<td>-8</td>
<td>LAX</td>
<td>Los Angeles</td>
</tr>
<tr>
<td>-7</td>
<td>DEN</td>
<td>Denver</td>
</tr>
<tr>
<td>-6</td>
<td>CHI</td>
<td>Chicago</td>
</tr>
<tr>
<td>-5</td>
<td>NYC</td>
<td>New York</td>
</tr>
<tr>
<td>-4</td>
<td>YUL</td>
<td>Montreal</td>
</tr>
<tr>
<td>-3</td>
<td>CCS</td>
<td>Caracas</td>
</tr>
<tr>
<td>-</td>
<td>RIO</td>
<td>Rio de Janeiro</td>
</tr>
<tr>
<td>-</td>
<td>BUE</td>
<td>Buenos Aires</td>
</tr>
</tbody>
</table>

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.
Using the zone-set function

You can hide unnecessary ones in the 30 areas and UTC, which the watch can indicate the time of; you can also activate/deactivate summer time for those areas separately.

- Press button \( M \) to cancel setting.
- 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 [SET].**

2. **Press and release the lower left button \( \oplus \) repeatedly to choose an area name on the digital display 2.**
   - Pressing and releasing button \( \ominus \) while pressing and holding button \( \oplus \) also change the area name indication.

3. **Press and hold the lower left button \( \oplus \) for about 1 second.**
   - “ON” or “OFF” and the area name starts blinking and display/hide of the area becomes adjustable.

4. **Press and release the lower right button \( \Delta \) to select “ON” (display) or “OFF” (hide) of the area.**

5. **Press and release the lower left button \( \oplus \).**
   - “ON” or “OFF” and “S.T.” (summer time) starts blinking and the summer time setting becomes adjustable.

6. **Press and release the lower right button \( \Delta \) to set the summer time.**

7. **Repeat steps 2 to 6 to set other areas.**

8. **Press and release the upper left button \( M \) to finish the procedure.**

Resetting the watch — All Reset

1. **Pull out the crown.**

2. **Press and release buttons \( \Delta \), \( \oplus \) and \( M \) at the same time.**
   - All the digital indication lights up.

3. **Push in the crown.**
   - The alarm sounds and the digital indication is turned off.

*After All Reset*

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