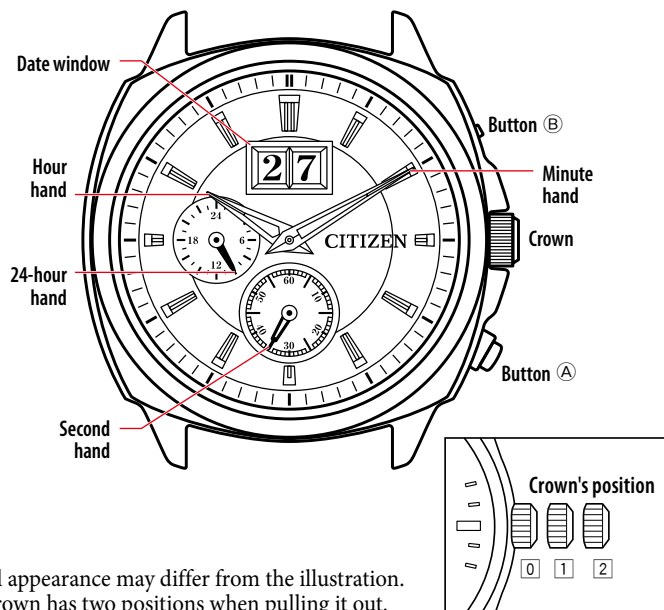- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual: 📄 E310 instruction manual

## 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

M0 2

- Pressing button Ⓐ 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

L.Y. 1

- 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 Ⓑ 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 Ⓐ repeatedly to set the year.**
Ex.: When setting the year to 1 year since the previous leap year

L.Y. 1

**3-2. Press and release the upper right button Ⓑ.**
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 Ⓐ repeatedly to set the tens digit of the month.**

Ex.: From October to December

**M1 2**

**4-2. Press and release the upper right button Ⓑ.**
The ones digit of the month becomes adjustable.

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

Ex.: November

**M1 1**

**4-4. Press and release the upper right button Ⓑ.**
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 Ⓐ repeatedly to set the tens digit of the date.**

Ex.: 5th day

**0 8**

**5-2. Press and release the upper right button Ⓑ.**
The ones digit of the date becomes adjustable.

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

Ex.: 5th day

**0 5**

## 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 Ⓑ 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.

**0 0**

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 Ⓑ 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 Ⓑ until the figures in the date window start moving.

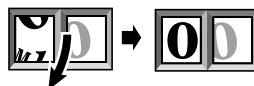Wait until the figures stop and indicate the current reference position after they started moving.

## 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 Ⓐ 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.
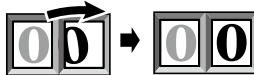
**0 → 0 0**

## 5. Press and release the upper right button Ⓑ.

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 Ⓐ 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.

**0 0 → 0 0**

## 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 Ⓐ and upper right button Ⓑ 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.