
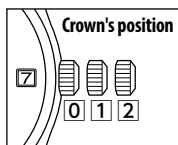
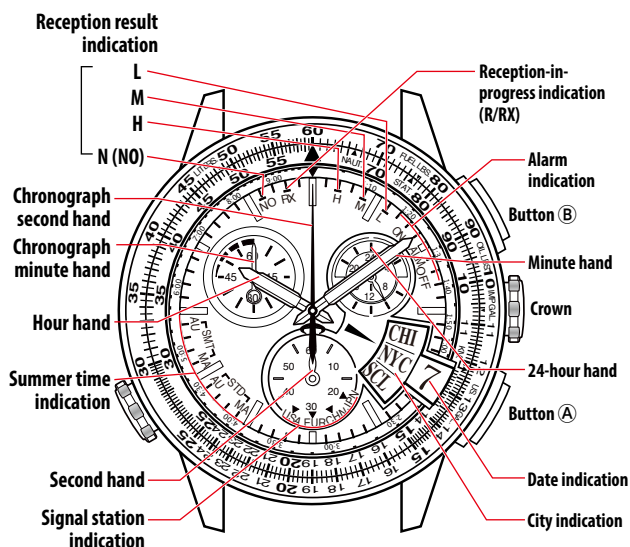


H61* Abbreviated instruction

- 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:  H61* instruction manual

Component identification



- Actual appearance may differ from the illustration above.
- The crown has two positions when pulling it out.

Checking the signal reception result and power level

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 and 4:00 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 second hand indicates the result of reception and the chronograph minute hand indicates power reserve amount.
 - The second hand indicates the signal station at the moment. Refer to Instruction Manual to see further information about signal stations.

Signal reception result

Indication	Reception result
H	When receiving or received signals in a very good condition
M	When receiving or received signals in a good condition
L	When receiving or received signals in a not-good condition
N (NO)	When reception was failed (execute manual reception)

- Some models use the tail of the second hand to indicate the result.
- “H”, “M” and “L” only indicate the condition for reception, not related to the reception performance of the watch.

Power reserve level

Indication				
Power reserve	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Insufficient charge
	Charge immediately.			

- The indication is a rough guide. Charge the watch frequently.

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

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 chronograph second hand indicates the summer time setting.
2. Rotate the crown to select a city.
 - Choose a city from “Table of the city names” below.
 - Adjust the position of the city name to the center of the city indication.
 - Each time you change the city, the time of the selected city is shown.
3. Push the crown in to position **0** to finish the procedure.

Table of the city names

Indication	City name	Time zone	Signal station
UTC	Coordinated Universal Time	0	–
LON	London	0	EUR
PAR	Paris	+1	
CAI	Cairo	+2	EUR ◆
MOW	Moscow	+3	
DXB	Dubai	+4	CHN ◆
KHI	Karachi	+5	
DEL	Delhi	+5.5	
DAC	Dhaka	+6	
BKK	Bangkok	+7	CHN
HKG	Hong Kong	+8	
TYO	Tokyo	+9	JPN
ADL	Adelaide	+9.5	JPN ◆
SYD	Sydney	+10	
NOU	Noumea	+11	
AKL	Auckland	+12	
MDY	Midway	-11	USA ◆
HNL	Honolulu	-10	
ANC	Anchorage	-9	
LAX	Los Angeles	-8	USA
DEN	Denver	-7	
CHI	Chicago	-6	
NYC	New York	-5	
SCL	Santiago	-4	USA ◆
RIO	Rio de Janeiro	-3	
FEN	Fernando de Noronha	-2	
PDL	Azores	-1	

- When using the watch in an area not listed in the table, choose and set the city of the same time zone.
- The time zone in the table is based on UTC (Coordinated Universal Time).
- 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.
- The watch does not try to receive signals when the city setting is "UTC".

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

The signal reception result and power reserve are indicated. The watch starts signal reception (2-15 minutes) with beep sound and chronograph second hand points "R (RX)".

- 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 change the summer time setting when the city setting is "UTC".

1. Pull the crown out to position **1**.
The chronograph second hand indicates the summer time setting.
2. Press and release the lower right button **(A)** to change the summer time setting.

- Each time you press button **(A)**, the summer time setting changes as follows:
SMT AU → SMT MA → STD AU → STD MA → (Back to the top)

Status of region	Setting	Time indication
No summer time	STD MA	The standard time is always indicated.
Summer time period is different from that the summer time signals tell.	SMT MA	Summer time is always indicated. Change the setting to "STD MA" manually when it is not summer time.
Summer time period follows that the summer time signals tell.	SMT AU STD AU	Summer time indication (setting: SMT AU) and standard time indication (setting: STD AU) switch automatically.

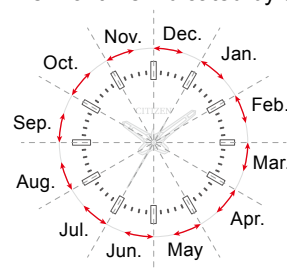
- The summer time period varies depending on the country or area.
- SMT (summer time), AU (automatic), STD (standard time), MA (manual)

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

Adjusting the time and calendar manually

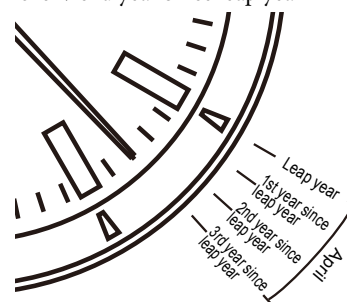
- The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years. (perpetual calendar)

1. Pull the crown out to position **1**.
The chronograph second hand indicates the summer time setting.
2. Press and release the upper right button **(B)**.
The chronograph second hand points the 30-second.
3. Pull the crown out to position **2**.
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 changes as follows and it moves slightly.
Minute/second hands → Hour/24-hour hands → Date indication → Year/month → (Back to the top)
5. Rotate the crown to adjust time, date indication, year and month.
 - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown.
 - When adjusting the date indication, rotate the crown to the right at last to set the position.
 - Year and month are indicated with the chronograph 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 chronograph 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 0.2 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 and chronograph second hands start moving.
Start/stop: press button **B** .
Reset: press button **A** while the chronograph is stopped.
 - Be sure to reset chronograph after finishing measurement.

Using the alarm

The alarm sounds for about 15 seconds at the time set based on the time of the city indicated.

- You cannot set the alarm separately for each city.

- 1. Pull the crown out to position **2** .**
The chronograph second hand indicates the current alarm setting (“ON” or “OFF”) and the other hands indicates the current alarm time set.
 - Press and hold the lower right button **A** for 2 seconds or more to monitor the alarm sound.
- 2. Rotate the crown to set the alarm time.**
 - Check AM/PM of the alarm time referring to the 24-hour hand.
 - Each time you press button **B** , setting target switches between “minute” and “hour” of the alarm time.
 - When you rotate the crown quickly, the hand will move continuously. To stop the rapid movement, rotate the crown.
- 3. Press and release the lower right button **A** to turn the alarm “ON”.**
 - Each time you press button **A** , “ON” and “OFF” of the alarm changes alternately.
- 4. Push the crown in to position **0** to finish the procedure.**
 - Alarm does not sound when the position of the crown is **1** or **2** .

To stop alarm

Press button **A** or **B** .

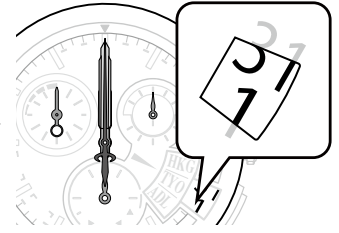
Checking the reference position

- You cannot execute this operation while using chronograph function.

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

The hands start moving quickly and the current reference position of each hand/indication is indicated.

- **Correct reference positions:**
All hands: 12 o'clock position
Date indication: midway between “31” and “1”



The area to be displayed does not matter. 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

- You cannot execute this operation while using chronograph function.

- 1. Push the crown in to position **0** .**
- 2. Press and hold the upper right button **B** for 10 seconds.**
The chronograph second hand starts moving. The hands/indication start moving quickly after that and the current reference position of each hand/indication is indicated.
- 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 minute hand/date → Hour/24-hour hands → Minute/second hands → Chronograph 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 **1** .**
The chronograph second hand indicates the summer time setting.
- 2. Rotate the crown to set the city “UTC”.**
Adjust the position of the city name to the center of the city indication.
- 3. Pull the crown out to position **2** .**
- 4. Press and release both the lower right button **A** and upper right button **B** simultaneously.**
All reset is executed and alarm sounds.

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.