
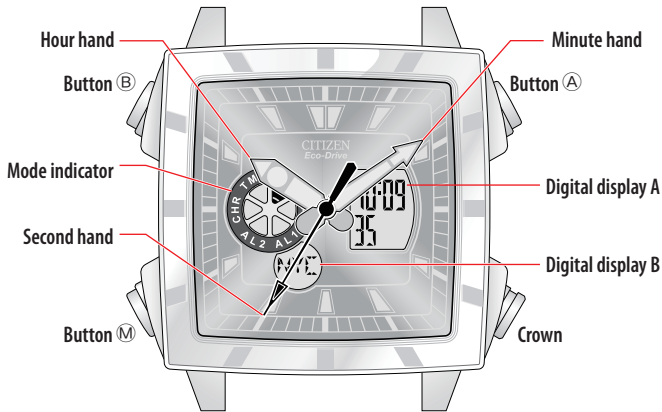


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual:  U200 instruction manual

Component identification



- Actual appearance may differ from the illustration.

Changing the mode

This watch features six different modes (functions): [TME] (time), [CAL] (calendar), [AL1]/[AL2] (alarm), [CHR] (chronograph) and [TMR] (timer).

1. Press and release the lower left button **(M)** repeatedly.

The current mode is indicated at the mode indicator.



Setting the time

Setting the time of the analog section

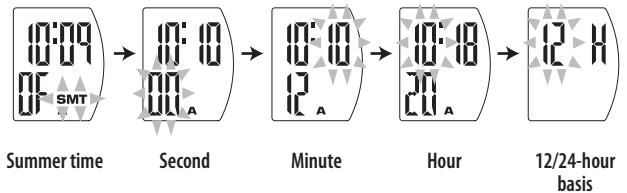
1. Pull out the crown when the second hand points 0 second.
The second hand stops.
2. Rotate the crown to set the time.
 - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.
3. Push in the crown in accordance with a reliable time source to finish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

Setting the time of the digital section

- Press button **(M)** to cancel setting of the time of the digital section.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

1. Press and release the lower left button **(M)** repeatedly to change the mode to [TME].
2. Press and release the upper right button **(A)** or upper left button **(B)** repeatedly to indicate an area name you want on the digital display B.
 - For area names, refer to the table on “Using the world time”.
3. Press and hold the upper left button **(B)** until “SMT” starts to blink on the digital display A.
The time becomes adjustable.
 - The blinking part is the target to adjust.
4. Press and release the upper left button **(B)** repeatedly to change the target to be set.

- Each time you press button **(B)**, the target changes as follows:



5. Press and release the upper right button **(A)** to adjust the time.
 - 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. Press and release the upper left button **(B)** 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 lower left button **(M) repeatedly to change the mode to [CAL].**



2. Press and release the upper right button **(A) or upper left button **(B)** repeatedly to indicate an area name you want on the digital display B.**

- For area names, refer to [Table of time zones and representative areas](#).

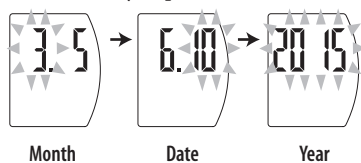
3. Press and hold the upper left button **(B) until the month indication starts to blink on the digital display A.**

The calendar becomes adjustable.

- The blinking part is the target to adjust.

4. Press and release the upper left button **(B) repeatedly to change the target to be set.**

- Each time you press button **(B)**, the target changes as follows:



5. Press and release the upper right button **(A) to adjust the time.**

- Pressing and holding button **(A)** changes indication continuously.

6. Press and release the upper left button **(B) to finish the procedure.**

- The day of week is set automatically.

7. Press and release the lower left button **(M) repeatedly to change the mode to [TME].**

Setting the world time

1. Press and release the lower left button **(M) repeatedly to change the mode to [TME].**

- Choose [CAL] to see calendar.



2. Press and release the upper right button **(A) or upper left button **(B)** repeatedly to choose an area name on the digital display B.**

The time or calendar of the chosen area is indicated on the digital display A.

Table of time zones and representative areas

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

Time zone	Area name	Representative area	Time zone	Area name	Representative area
0	UTC	Coordinated Universal Time	+9	TYO	Tokyo
	LON	London	+9.5	ADL	Adelaide
+1	PAR	Paris	+10	SYD	Sydney
	ROM	Rome	+11	NOU	Noumea
+2	CAI	Cairo	+12	AKL	Auckland
+3	MOW	Moscow	-10	HNL	Honolulu
+3.5	THR	Tehran	-9	ANC	Anchorage
+4	DXB	Dubai	-8	LAX	Los Angeles
+5	KHI	Karachi	-7	DEN	Denver
+5.5	DEL	Delhi	-6	MEX	Mexico City
+6	DAC	Dhaka		CHI	Chicago
+7	BKK	Bangkok	-5	NYC	New York
+8	SIN	Singapore		YMQ	Montreal
	HKG	Hong Kong	-4	SCL	Santiago
	BJS	Beijing	-3	BUE	Buenos Aires
		RIO		Rio de Janeiro	

Switching the summer time and standard time

You can set the summer time for each area. Choose an area name in step 2 of [Setting the time of the digital section](#) and set to "On" in step 4.

Summer time setting	Indication	Content
On		Summer time is indicated.
OF (OFF)		The standard time is indicated.

- You cannot set the summer time for "UTC".
- Choose "OF" in the same step to stop indicating the summer time.

Using the alarm

- Press button **(M)** to cancel setting of the alarm.
- The setting is automatically canceled in about 2 minutes without any operation during the setting and the mode changes to [TME].

1. Press and release the lower left button **(M)** repeatedly to change the mode to [AL1] or [AL2].



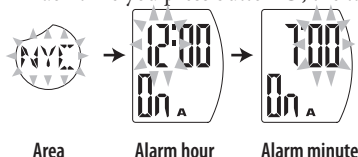
- Each time you press button **(A)**, the alarm is turned on or off.
- Pressing and holding button **(A)** to check the alarm sound.

2. Press and hold the upper left button **(B)** until the area name starts to blink on the digital display B.

- The alarm setting becomes adjustable.
- The blinking part is the target to adjust.

3. Press and release the upper left button **(B)** repeatedly to change the target to be set.

- Each time you press button **(B)**, the target changes as follows:



4. Press and release the upper right button **(A)** to set the alarm.

- Pressing and holding button **(A)** changes indication continuously.

5. Press and release the upper left button **(B)** to finish the procedure.

- **(A)** (alarm indication) is indicated and the alarm is turned on.

6. Press and release the lower left button **(M)** repeatedly to change the mode to [TME].

To stop alarm

- Press any of the buttons.
- The alarm sounds for 15 seconds.

Using the chronograph

- Measuring up to 24 hours in 1/100 second increments.
- Measurement continues even after changing the mode.

1. Press and release the lower left button **(M)** repeatedly to change the mode to [CHR].



2. Start measurement.

Measurement starts on the digital display A and **(A)** is indicated.

Start/stop: press button **(A)**.

- Pressing button **(B)** during measurement indicates the split time for 10 seconds. SPL (split time indication) blinks while indicating the split time.
- The hour digits of measurement are indicated on the digital display B.

Reset: press button **(B)** while the chronograph is stopped.

- Be sure to reset chronograph and change the mode to [TME] after finishing measurement.

3. Press and release the lower left button **(M)** repeatedly to change the mode to [TME].

Using the timer

- You can set the countdown timer up to 99 minutes by 1-minute increments.
- Countdown continues even after changing the mode.

1. Press and release the lower left button **(M)** repeatedly to change the mode to [TMR].



The previous countdown time blinks on the digital display A.

2. Press the upper left button **(B)** to set time to countdown.

- Pressing and holding the button changes indication continuously.

3. Start measurement.

Countdown starts on the digital display A and **(A)** is indicated.

Start/stop: press button **(A)**.

- Pressing button **(B)** during countdown starts countdown again from the time set.

Reset: press button **(B)** while countdown is stopped.

4. Press and release the lower left button **(M)** repeatedly to change the mode to [TME].

When the countdown is finished

- The time-up tone sounds for 5 seconds.
Press any of the buttons to stop the sound.

Resetting the watch — All Reset

1. Pull out the crown.

2. Press buttons **(A)**, **(B)** 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.