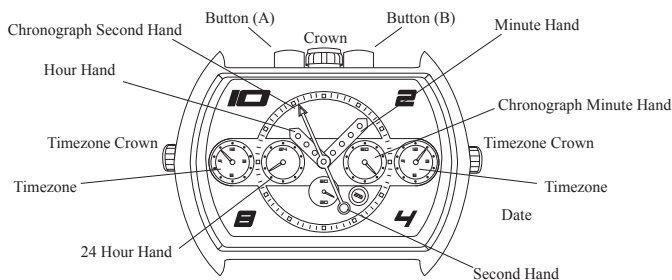




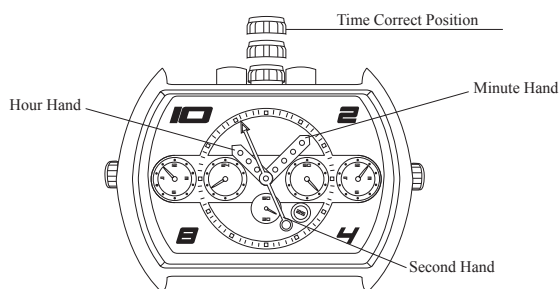
Features

This watch is an analog quartz watch equipped with features including a 24 hour display, chronograph function, and two additional timezones.

Displays and Buttons



1. Setting the Time



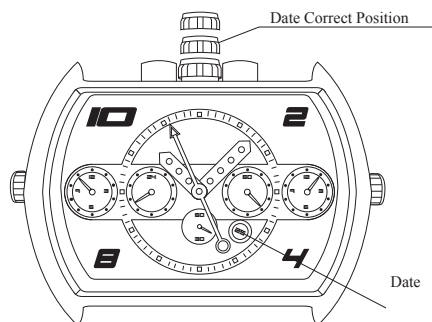
1. Pull the crown out to the Time Correct Position when the Second Hand has reached the 0 seconds position.
2. Turn the crown to set the time.
 - The 24 hour hand moves in conjunction with the hour hand. Pay attention to AM and PM when setting the time.
3. Securely return the crown to the normal position in the synchronization with a telephone or other time service.

[Hint for Accurately Setting the Time]

After stopping the Second Hand at the 0 seconds position, turn the Minute Hand about 4-5 minutes past the correct time. The time on the watch can then be set to the correct time by pushing in the crown in synchronization with a time service tone.

The crown is a screw-lock type, loosen the screw by turning the crown to the left before operating the crown, and after having returned the crown to the normal position following operation, turn the crown to the while push ing it in securely to righten it.

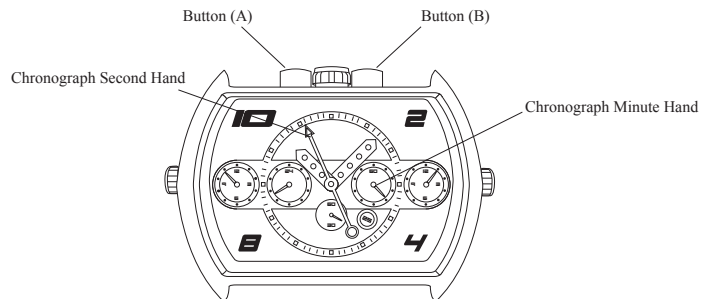
2. Setting the Date



1. Pull the crown out to the Date Correction Position.
2. Turn the crown to the right to set the date.
 - The crown turns freely and the date does not change if the crown is turned to the left.
 - If the date is set while the time on the watch is between the hours of about 9:00 PM and 1:00 AM, the date may not change on the following day. If this happens, set the date after temporarily moving the hands to a time other than between the above times.
 - The date is based on a 31-day calendar. The date must be changed from the 30th to the 1st for all months that do not have 31 days, including February.
3. Once the date has finished being set, return the crown to the normal position.

3. Using The Chronograph

The chronograph function of this watch is able to measure and display elapsed time up to 59 minutes and 59 seconds in 1 second units. After the chronograph displays elapsed time for 59 minutes and 59 seconds, it resumes timing from 0 seconds. The Chronograph Minute Hand continues to move until the chronograph is stopped by pressing Button (A) even after 59 minutes and 59 seconds have elapsed.

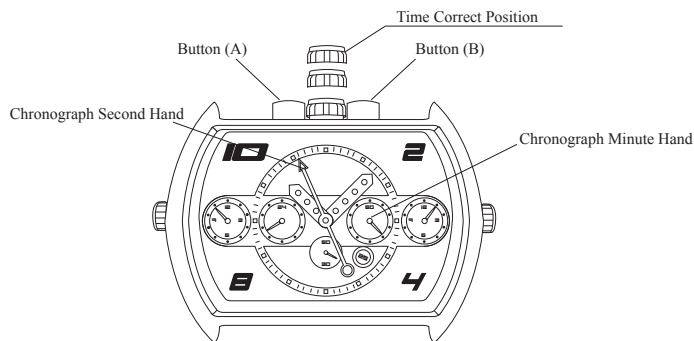


Chronograph Timing

1. Start timing by pressing Button (A).
 - The chronograph can be repeatedly started and stopped by pressing Button (A).
2. Pressing Button (B) resets the chronograph to 0 seconds.

4. Zero Positioning of Chronograph Hands (After Replacing the Battery)

When resetting the chronograph after replacing the battery, if the Chronograph Second Hand does not return to the 0 seconds position or if the Chronograph Second Hand has shifted out of position due to a strong impact, perform a zero positioning of the chronograph hands according to the procedure described below.



Chronograph Hand Zero Positioning

1. Pull the crown out to the Time Correction Position.
2. Press button (A) to position the chronograph second at the 0 position.
 - The chronograph second-hand can be advanced rapidly by compressing button (A) continuously
3. Once the chronograph second-hand has been positioned at the 0 position, reset the time and return the crown to the normal position.
4. Press button (B) to check that each of the chronograph hands have been reset to the 0 position.