





**SEIKO**  
取扱説明書  
INSTRUCTIONS

S670

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https://www.seikowatches.com/ja-calcultomerservice/contact/servicecenter

## FEATURES

This watch can store time data measured by the equipped stopwatch of up to 300 units of memory and can recall data on demand. Data within 300 units of memory can be sorted by channel when being stored. A pedometer function is also equipped to enable display of running or walking distance converted from the number of steps based on a preset stride length. As a sub function, the stopwatch function is equipped with a distance and pace display and lap and split time display function. target timer display function, and number of steps/consumption energy display function. This is a runner's watch equipped with a monthly data display function which stores and displays the monthly total distance converted value for 36 months at maximum in addition to display of the best lap time and average lap time based on measurement results by the stopwatch function by use of a recall function. In addition, this multifunctional digital watch is equipped with a 3-channel alarm function, timer function, and world time function which can display the time of 33 cities throughout the world.

**TIME/CALENDAR**  
• Year, month, date, day, hour, minute, second, and summer time mark can be displayed. Either of a 12-hour indication or 24-hour indication of time display can be selected.  
• The calendar automatically adjusts for odd and even months including February of leap years from January 1, 2011 to December 31, 2060 (Automatic calendar).

**STOPWATCH**  
• The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments.  
• The display condition can be selected from four sub functions of the distance/pace, lap time/split time, target timer, and number of steps/consumption energy. In addition, up to 300 units of memory measurement values can be stored.  
• The converted distance corresponding to each lap time and split time can be stored.  
• Up to 300 units of memory can be sorted by channel when being stored.

## HOW TO USE THE TIMER

• The timer can be set from 10 seconds up to 99 hours, 59 minutes in one-second increments.  
• Two timers are provided, and the timer 2 starts after the timer 1 counted up. The repeating function is also included so that the timer 1 restarts after the timer 2 counted up.  
• To use either Timer 1 or Timer 2 as a standard repeat timer, set the timer not in use to "00:00" 00."

(1) Buttons and operations  
● Press Button A to show the TIMER display.  
Button C: Change to TIMER display  
Button B (long press): Change to TIMER SETTING display  
Button C: Timer time setting (decreasing digits)  
Button B: Timer time setting (increasing digits)  
Button E: No function  
Button F: Turning on the built-in illuminating light  
Button G (long press): Setting/canceling the auto illumination

(2) How to set the timer  
Example: If the timer 1 is set to three minutes, the timer 2 is set to one minute, and the repeating number is set to 5.  
1. Press Button A to show the TIMER display. \*The timer is initially set to 1 minute.  
2. Long press Button B to show the TIMER SETTING display. The hour digits for Timer 1 starts flashing. Press Button C to select the item or digits to be adjusted (flashing).

3. With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.) \*If Button C or D is kept pressed, the digits move quickly.  
4. Press Button B to return to the TIMER display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIMER display in two to three minutes.  
5. To start or stop the timer, press Button D. To reset the timer, press Button G.  
\*Restarting and stopping the timer can be repeated as many times as necessary.  
\*At time-up warning beep sounds 3 seconds before the set time is up. When the set time is up, the time-up beep sounds for approximately 5 seconds.  
\*To stop the time-up warning beep and time-up beep while sounding, press either Button A, B, C, D, E, F, or G.

## REMARKS ON THE BATTERY

1. Notes on the battery  
(1) Battery life  
This watch operates for two years after assembling a new battery (normal battery). However, the battery life is calculated based on the alarm, EL panel, and timer used once a day, and measurement of the number of steps within one hour a day. If any function is used more than this, the battery may run out in less than two years.  
(2) Monitor battery  
The battery in your watch may run down in less than two years after the date of purchase, as it is a normal battery which is inserted at the factory to check the function and performance of the watch.  
(3) Battery replacement  
For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, and use a genuine SEIKO battery.  
If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.  
Battery replacement is charged even if it runs down within the guarantee period.

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●With each pressing of Button A, the display changes in the following order.

TIME/CALENDAR display → STOPWATCH display → MEMORY RECALL display → TIMER display → ALARM display → WORLD TIME display → SET DIGIT display

\*If the confirmation sound for button operations is set, the watch emits a brief sound when a button is pressed. When the display is changed to the Time/Calendar display from World time display, the watch emits a sound different from other button operations. (Refer to "HOW TO SET THE TIME AND CALENDAR" regarding the confirmation sound for button operations.)

## HOW TO USE THE STOPWATCH

• The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments.  
• The display condition can be selected from four sub functions of the distance/pace, lap time/split time, target timer, and number of steps/consumption energy. In addition, up to 300 units of memory measurement values can be stored.  
• The converted distance corresponding to each lap time can also be stored.  
• Up to 300 units of memory can be sorted by channel when being stored.  
• RUNNING/WALKING mode can be changed over with one push. (Calculated values including the stride length can be changed over.)  
• The measured values can be recalled on the MEMORY RECALL display.  
\*Refer to "HOW TO USE THE MEMORY RECALL FUNCTION".

(1) Buttons and operations  
● Press Button A to show the STOPWATCH display.  
Button C: Change over between the lap time and split time display  
Button B (long press): Call the TARGET TIMER SETTING display  
Button C: Change over between the SUB FUNCTION display and adjusting items or digits (moving back or decreasing)  
Button D (long press): Change over between the lap time and split time display

Button D: Start or stop, adjusting items or digits (advancing or increasing)  
Button E (long press): Change over between the RUN and WALK displays  
Button F: Turning on the built-in illuminating light  
Button G (long press): Setting/canceling the auto illumination  
Button G: Lap, split/reset, selection of the item or digits to be adjusted

## HOW TO USE THE ALARM

• The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours.  
• Each alarm channel can be engaged ("on") or disengaged ("...") independently.

(1) Buttons and operations  
● Press Button A to show the ALARM display.  
Button C: Alarm time setting (decreasing digits)  
Button B: Alarm time setting (increasing digits)  
Button E: No function  
Button F (long press): Setting/canceling the auto illumination  
Button G: Change between the alarm 1, 2, and 3

(2) How to use the alarm  
• The way of using the alarm is the same for every alarm channel.  
Example: Selecting alarm 1 and setting the alarm time to "6:30 a.m."  
1. Press Button G to show "AL-1." Long press Button B to show the ALARM SETTING display. The hour digits start flashing.

2. With each press of Button G, hour digits and minute digits flash alternately. Select the digits to be adjusted (flashing).  
3. With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.) (With each pressing of Button C, one digit is decreased.)  
\*If Button C or D is kept pressed, the digits move quickly.  
4. After all adjustments are completed, press Button B to release the ALARM SETTING display and to return to the ALARM 1 display. If the watch is left untouched with the digits flashing, the display will automatically return to the ALARM 1 display in two to three minutes.

5. When engaged or disengaged the alarm  
\*With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.) "ON" (the alarm is engaged) or "..." (the alarm is disengaged) mark is displayed alternately.  
6. How to stop the alarm while sounding  
At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually while sounding, press any of Buttons A, B, C, D, E, F, or G.

## NECESSARY PROCEDURE AFTER THE BATTERY CHANGE (RESETTING THE IC)

After the battery is replaced with a new one, or when an abnormal display such as broken digits appears, follow the procedure below. Please understand that we cannot guarantee the retention of data at the time of battery replacement or repair.  
1. The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.  
2. When the battery life indicator shows "Low", the watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.  
\*When all the digits start flashing in the TIME/CALENDAR display, the watch may stop operating in 2 to 3 days. In such a case, immediately have the battery replaced with a new one by the retailer from whom the watch was purchased.

## HOW TO SET THE TIME AND CALENDAR

(1) Buttons and operations  
● Press Button A to show the TIME/CALENDAR display.  
Button C: Change to TIME/CALENDAR display  
Button B (long press): Change to TIME/CALENDAR SETTING display  
Button C: Selection of city name, adjusting items or digits (moving back or decreasing)  
Button D: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)  
Button E: No function  
Button F: Turning on the built-in illuminating light  
Button G (long press): Setting/canceling the auto illumination  
Button G: Selection of the item or digits to be adjusted

(2) How to set the time and calendar  
1. Long press Button B to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.  
2. Press Button G to select the item to be adjusted (flashing).  
\*Once the year, month and date have been set, the day of the week is automatically set. If the city name is set to GMT, on ("on") / off ("...") mark of DST is not displayed. If the "D.S.T (summer time)" is set to "on", the "DST" mark is displayed and the time advances for one hour.

3. Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store 1 time data. If you store data only in one channel, you can use 300 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 300 units of memory in total. For example, if the measured time data are stored in 2 channels, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory can be used in total.  
\*When the lap/split time is measured, if the "FULL" and the lap number alternately flash, the lap/split time cannot be stored. This indicates that the memory is full. The oldest unlocked channel cannot automatically be cancelled, because all measurement channels are locked.  
\*On the STOPWATCH display, the following are displayed according to the available memory condition.  
0: No available memory is left, and at least one measurement channel is automatically cancelled.  
1: The measurement channel is left, and all channels for the memory are locked. (When measurement is started, "FULL" is displayed, and measurement values cannot be stored.)

(2) Standard measurement  
Button D: Start  
Button D: Stop  
Button D: Restart  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
• If "F-296" means that 296 units of memory changes to "L-1".  
\*Restart and "Stop" can be repeated as many times as necessary.  
\*If the stopwatch mark, "Σ", is flashing in the display other than the stopwatch display, the stopwatch is in use.

(3) Lap time/split time measurement (If lap time measurement is repeated 10 times)  
Button D: Start  
Button D: Lap/Split  
Button D: Lap/Split  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
• If "F-287" means that 287 units of memory changes to "L-1".

## HOW TO USE THE WORLD TIME

• The time of 43 cities (including GMT) in different time zones throughout the world can be displayed.  
• The summer time (DST) can also be set for each city (except GMT).  
(1) Buttons and operations  
Button A: Change to WORLD TIME display  
Button B (long press): Change to WORLD TIME SETTING display  
Button C: Alarm time setting (decreasing digits)  
Button D: Alarm time setting (increasing digits)  
Button E: No function  
Button F (long press): Setting/canceling the auto illumination  
Button G: Change between the alarm 1, 2, and 3

(2) How to use the world time  
1. Press Button A to show the WORLD TIME display.  
\*The city name, month, date, and time are displayed.  
2. To select the city, press Button C or D.  
3. With each pressing of Button G in the WORLD TIME display, the summer time can be alternately set or cancelled.  
\*If summer time is set to the city which has also been set as "HOME" in the TIME/CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

(3) How to change the setting of the world time  
1. Press Button A to show the WORLD TIME display.  
2. Press Button B (long press) to show the WORLD TIME SETTING display. The hour digits start flashing.  
3. With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.)  
\*If Button C or D is kept pressed, the digits move quickly.  
4. After all adjustments are completed, press Button B to release the WORLD TIME SETTING display and to return to the WORLD TIME display. If the watch is left untouched with the digits flashing, the display will automatically return to the WORLD TIME display in two to three minutes.

5. When engaged or disengaged the alarm  
\*With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.) "ON" (the alarm is engaged) or "..." (the alarm is disengaged) mark is displayed alternately.  
6. How to stop the alarm while sounding  
At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually while sounding, press any of Buttons A, B, C, D, E, F, or G.

## NOTE ON THE LIQUID CRYSTAL PANEL

The normal life expectancy for the liquid crystal panel of the watch is approximately 7 years. After that, it may decrease in contrast, become dim, or the display may be replaced. Please understand that we cannot guarantee the retention of data at the time of battery replacement or repair.  
1. The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.  
2. When the battery life indicator shows "Low", the watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.  
\*When all the digits start flashing in the TIME/CALENDAR display, the watch may stop operating in 2 to 3 days. In such a case, immediately have the battery replaced with a new one by the retailer from whom the watch was purchased.

(1) Buttons and operations  
● Press Button A to show the TIME/CALENDAR display.  
Button C: Change to TIME/CALENDAR display  
Button B (long press): Change to TIME/CALENDAR SETTING display  
Button C: Selection of city name, adjusting items or digits (moving back or decreasing)  
Button D: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)  
Button E: No function  
Button F: Turning on the built-in illuminating light  
Button G (long press): Setting/canceling the auto illumination  
Button G: Selection of the item or digits to be adjusted

(2) How to set the time and calendar  
1. Long press Button B to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.  
2. Press Button G to select the item to be adjusted (flashing).  
\*Once the year, month and date have been set, the day of the week is automatically set. If the city name is set to GMT, on ("on") / off ("...") mark of DST is not displayed. If the "D.S.T (summer time)" is set to "on", the "DST" mark is displayed and the time advances for one hour.

3. Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store 1 time data. If you store data only in one channel, you can use 300 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 300 units of memory in total. For example, if the measured time data are stored in 2 channels, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory can be used in total.  
\*When the lap/split time is measured, if the "FULL" and the lap number alternately flash, the lap/split time cannot be stored. This indicates that the memory is full. The oldest unlocked channel cannot automatically be cancelled, because all measurement channels are locked.  
\*On the STOPWATCH display, the following are displayed according to the available memory condition.  
0: No available memory is left, and at least one measurement channel is automatically cancelled.  
1: The measurement channel is left, and all channels for the memory are locked. (When measurement is started, "FULL" is displayed, and measurement values cannot be stored.)

(2) Standard measurement  
Button D: Start  
Button D: Stop  
Button D: Restart  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
• If "F-296" means that 296 units of memory changes to "L-1".  
\*Restart and "Stop" can be repeated as many times as necessary.  
\*If the stopwatch mark, "Σ", is flashing in the display other than the stopwatch display, the stopwatch is in use.

(3) Lap time/split time measurement (If lap time measurement is repeated 10 times)  
Button D: Start  
Button D: Lap/Split  
Button D: Lap/Split  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
• If "F-287" means that 287 units of memory changes to "L-1".

## HOW TO USE THE WORLD TIME

• The time of 43 cities (including GMT) in different time zones throughout the world can be displayed.  
• The summer time (DST) can also be set for each city (except GMT).  
(1) Buttons and operations  
Button A: Change to WORLD TIME display  
Button B (long press): Change to WORLD TIME SETTING display  
Button C: Alarm time setting (decreasing digits)  
Button D: Alarm time setting (increasing digits)  
Button E: No function  
Button F (long press): Setting/canceling the auto illumination  
Button G: Change between the alarm 1, 2, and 3

(2) How to use the world time  
1. Press Button A to show the WORLD TIME display.  
\*The city name, month, date, and time are displayed.  
2. To select the city, press Button C or D.  
3. With each pressing of Button G in the WORLD TIME display, the summer time can be alternately set or cancelled.  
\*If summer time is set to the city which has also been set as "HOME" in the TIME/CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

(3) How to change the setting of the world time  
1. Press Button A to show the WORLD TIME display.  
2. Press Button B (long press) to show the WORLD TIME SETTING display. The hour digits start flashing.  
3. With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.)  
\*If Button C or D is kept pressed, the digits move quickly.  
4. After all adjustments are completed, press Button B to release the WORLD TIME SETTING display and to return to the WORLD TIME display. If the watch is left untouched with the digits flashing, the display will automatically return to the WORLD TIME display in two to three minutes.

5. When engaged or disengaged the alarm  
\*With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.) "ON" (the alarm is engaged) or "..." (the alarm is disengaged) mark is displayed alternately.  
6. How to stop the alarm while sounding  
At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually while sounding, press any of Buttons A, B, C, D, E, F, or G.

## REPLACEMENT OF THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)

The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.  
\*After 120 hours of use, when the luminance level decreases by about half. When the illuminating light becomes dim, replace the battery with a new one. If the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be replaced at cost.

(1) Buttons and operations  
● Press Button A to show the TIME/CALENDAR display.  
Button C: Change to TIME/CALENDAR display  
Button B (long press): Change to TIME/CALENDAR SETTING display  
Button C: Selection of city name, adjusting items or digits (moving back or decreasing)  
Button D: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)  
Button E: No function  
Button F: Turning on the built-in illuminating light  
Button G (long press): Setting/canceling the auto illumination  
Button G: Selection of the item or digits to be adjusted

(2) How to set the time and calendar  
1. Long press Button B to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.  
2. Press Button G to select the item to be adjusted (flashing).  
\*Once the year, month and date have been set, the day of the week is automatically set. If the city name is set to GMT, on ("on") / off ("...") mark of DST is not displayed. If the "D.S.T (summer time)" is set to "on", the "DST" mark is displayed and the time advances for one hour.

3. Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store 1 time data. If you store data only in one channel, you can use 300 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 300 units of memory in total. For example, if the measured time data are stored in 2 channels, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory can be used in total.  
\*When the lap/split time is measured, if the "FULL" and the lap number alternately flash, the lap/split time cannot be stored. This indicates that the memory is full. The oldest unlocked channel cannot automatically be cancelled, because all measurement channels are locked.  
\*On the STOPWATCH display, the following are displayed according to the available memory condition.  
0: No available memory is left, and at least one measurement channel is automatically cancelled.  
1: The measurement channel is left, and all channels for the memory are locked. (When measurement is started, "FULL" is displayed, and measurement values cannot be stored.)

(2) Standard measurement  
Button D: Start  
Button D: Stop  
Button D: Restart  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
• If "F-296" means that 296 units of memory changes to "L-1".  
\*Restart and "Stop" can be repeated as many times as necessary.  
\*If the stopwatch mark, "Σ", is flashing in the display other than the stopwatch display, the stopwatch is in use.

(3) Lap time/split time measurement (If lap time measurement is repeated 10 times)  
Button D: Start  
Button D: Lap/Split  
Button D: Lap/Split  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
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## HOW TO USE THE WORLD TIME

• The time of 43 cities (including GMT) in different time zones throughout the world can be displayed.  
• The summer time (DST) can also be set for each city (except GMT).  
(1) Buttons and operations  
Button A: Change to WORLD TIME display  
Button B (long press): Change to WORLD TIME SETTING display  
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Button D: Alarm time setting (increasing digits)  
Button E: No function  
Button F (long press): Setting/canceling the auto illumination  
Button G: Change between the alarm 1, 2, and 3

(2) How to use the world time  
1. Press Button A to show the WORLD TIME display.  
\*The city name, month, date, and time are displayed.  
2. To select the city, press Button C or D.  
3. With each pressing of Button G in the WORLD TIME display, the summer time can be alternately set or cancelled.  
\*If summer time is set to the city which has also been set as "HOME" in the TIME/CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

(3) How to change the setting of the world time  
1. Press Button A to show the WORLD TIME display.  
2. Press Button B (long press) to show the WORLD TIME SETTING display. The hour digits start flashing.  
3. With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.)  
\*If Button C or D is kept pressed, the digits move quickly.  
4. After all adjustments are completed, press Button B to release the WORLD TIME SETTING display and to return to the WORLD TIME display. If the watch is left untouched with the digits flashing, the display will automatically return to the WORLD TIME display in two to three minutes.

5. When engaged or disengaged the alarm  
\*With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.) "ON" (the alarm is engaged) or "..." (the alarm is disengaged) mark is displayed alternately.  
6. How to stop the alarm while sounding  
At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually while sounding, press any of Buttons A, B, C, D, E, F, or G.

## REPLACEMENT OF THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)

The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.  
\*After 120 hours of use, when the luminance level decreases by about half. When the illuminating light becomes dim, replace the battery with a new one. If the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be replaced at cost.

(1) Buttons and operations  
● Press Button A to show the TIME/CALENDAR display.  
Button C: Change to TIME/CALENDAR display  
Button B (long press): Change to TIME/CALENDAR SETTING display  
Button C: Selection of city name, adjusting items or digits (moving back or decreasing)  
Button D: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)  
Button E: No function  
Button F: Turning on the built-in illuminating light  
Button G (long press): Setting/canceling the auto illumination  
Button G: Selection of the item or digits to be adjusted

(2) How to set the time and calendar  
1. Long press Button B to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.  
2. Press Button G to select the item to be adjusted (flashing).  
\*Once the year, month and date have been set, the day of the week is automatically set. If the city name is set to GMT, on ("on") / off ("...") mark of DST is not displayed. If the "D.S.T (summer time)" is set to "on", the "DST" mark is displayed and the time advances for one hour.

3. Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store 1 time data. If you store data only in one channel, you can use 300 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 300 units of memory in total. For example, if the measured time data are stored in 2 channels, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory can be used in total.  
\*When the lap/split time is measured, if the "FULL" and the lap number alternately flash, the lap/split time cannot be stored. This indicates that the memory is full. The oldest unlocked channel cannot automatically be cancelled, because all measurement channels are locked.  
\*On the STOPWATCH display, the following are displayed according to the available memory condition.  
0: No available memory is left, and at least one measurement channel is automatically cancelled.  
1: The measurement channel is left, and all channels for the memory are locked. (When measurement is started, "FULL" is displayed, and measurement values cannot be stored.)

(2) Standard measurement  
Button D: Start  
Button D: Stop  
Button D: Restart  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
• If "F-296" means that 296 units of memory changes to "L-1".  
\*Restart and "Stop" can be repeated as many times as necessary.  
\*If the stopwatch mark, "Σ", is flashing in the display other than the stopwatch display, the stopwatch is in use.

(3) Lap time/split time measurement (If lap time measurement is repeated 10 times)  
Button D: Start  
Button D: Lap/Split  
Button D: Lap/Split  
Button D: Stop  
Button G: Reset

• If "F-300" is displayed, it means that 300 units of memory can be used.  
• If "F-287" means that 287 units of memory changes to "L-1".

## HOW TO USE THE WORLD TIME

• The time of 43 cities (including GMT) in different time zones throughout the world can be displayed.  
• The summer time (DST) can also be set for each city (except GMT).  
(1) Buttons and operations  
Button A: Change to WORLD TIME display  
Button B (long press): Change to WORLD TIME SETTING display  
Button C: Alarm time setting (decreasing digits)  
Button D: Alarm time setting (increasing digits)  
Button E: No function  
Button F (long press): Setting/canceling the auto illumination  
Button G: Change between the alarm 1, 2, and 3

(2) How to use the world time  
1. Press Button A to show the WORLD TIME display.  
\*The city name, month, date, and time are displayed.  
2. To select the city, press Button C or D.  
3. With each pressing of Button G in the WORLD TIME display, the summer time can be alternately set or cancelled.  
\*If summer time is set to the city which has also been set as "HOME" in the TIME/CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

(3) How to change the setting of the world time  
1. Press Button A to show the WORLD TIME display.  
2. Press Button B (long press) to show the WORLD TIME SETTING display. The hour digits start flashing.  
3. With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.)  
\*If Button C or D is kept pressed, the digits move quickly.  
4. After all adjustments are completed, press Button B to release the WORLD TIME SETTING display and to return to the WORLD TIME display. If the watch is left untouched with the digits flashing, the display will automatically return to the WORLD TIME display in two to three minutes.

5. When engaged or disengaged the alarm  
\*With each pressing of Button C, one digit is increased. (With each pressing of Button C, one digit is decreased.) "ON" (the alarm is engaged) or "..." (the alarm is disengaged) mark is displayed alternately.  
6. How to stop the alarm while sounding  
At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually while sounding, press any of Buttons A, B, C, D, E, F, or G.

## REPLACEMENT OF THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)

The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.  
\*After 120 hours of use, when the luminance level decreases by about half. When the illuminating light becomes dim, replace the battery with a new one. If the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be replaced at cost.

(1) Buttons and operations  
● Press Button A to show the TIME/CALENDAR display.  
Button C: Change to TIME/CALENDAR display  
Button B (long press): Change to TIME/CALENDAR SETTING display  
Button C: Selection of city name, adjusting items or digits (moving back or decreasing)  
Button D: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)  
Button E: No function  
Button F: Turning on the built-in illuminating light  
Button G (long press): Setting/canceling the auto illumination  
Button G: Selection of the item or digits to be adjusted

(2) How to set the time and calendar  
1. Long press Button B to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.  
2. Press Button G to select the item to be adjusted (flashing).  
\*Once the year, month and date have been set, the day of the week is automatically set. If the city name is set to GMT, on ("on") / off ("...") mark of DST is not displayed. If the "D.S.T (summer time)" is set to "on", the "DST" mark is displayed and the time advances for one hour.

3. Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store 1 time data. If you store data only in one channel, you can use 300 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 300 units of memory in total. For example, if the measured time data are stored in 2 channels, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory can be used in total.  
\*When the lap/split time is measured, if the "FULL" and the lap number alternately flash, the lap/split time cannot be stored. This indicates that the memory is full. The oldest unlocked channel cannot automatically be cancelled, because all measurement channels are locked.  
\*On the STOPWATCH display, the following are displayed according to the available memory condition.  
0: No available memory is left, and at least one measurement channel is automatically cancelled.  
1: The measurement channel is left, and all channels for the memory are locked.