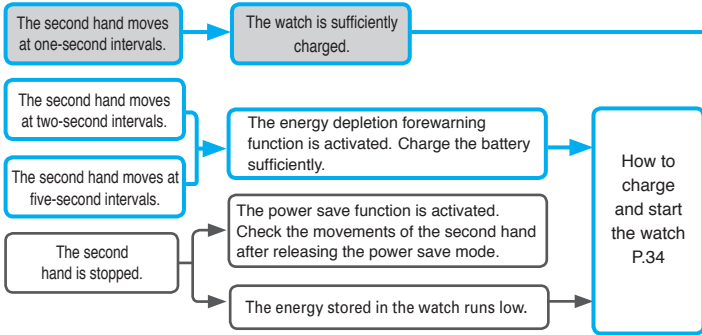


1 BEFORE USE

1. Checking the charging status

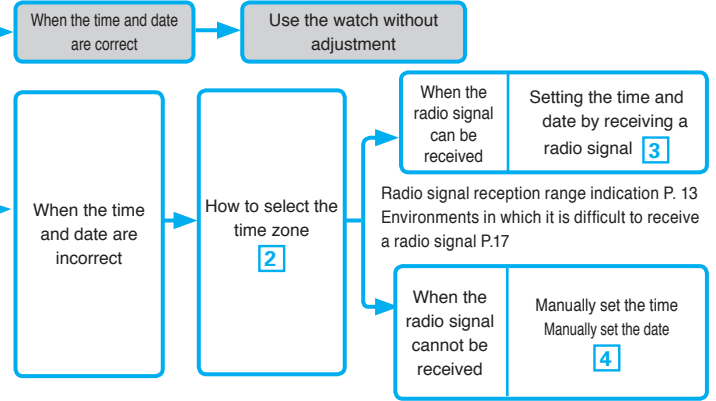
When the movement of the second hand shows an energy depletion state, the battery requires charging.



• If the second hand does not move at one-second intervals even after the battery was fully charged → "Charging the solar battery" in Troubleshooting on P.58

2. Checking the time and date

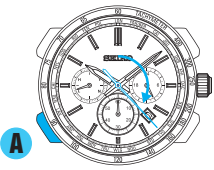
The hands of this watch cannot be moved by turning the crown. So when adjusting the time and date, refer to the following pages regarding the procedures.



2 HOW TO SELECT THE TIME ZONE (HOW TO DISPLAY THE LOCAL TIME AROUND THE WORLD)

1. Continue to press Button A (for 3 seconds), and when the stopwatch 1/5-second hand starts to move clockwise, release it.

► The watch switches to the time zone adjustment mode and stops by the time zone set currently.

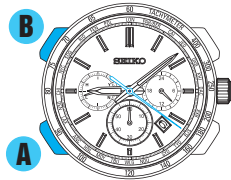


* When a no movement state of the stopwatch 1/5-second hand is kept for ten seconds or more, the watch automatically switches to the time display state.

* If the stopwatch hands are not reset to the 0-position, reset the stopwatch and re-attempt procedure 1.

2. Press Button A or Button B to set the stopwatch 1/5-second hand to the local time zone of a desired area. The radio signal transmitting station can be changed by selecting the time zone. When selecting a time zone for regions other than the reception ranges, the radio signal reception function will not work.

► With each pressing of the button, the stopwatch 1/5-second hand moves to the adjacent time zone index. The position of stopwatch 1/5-second hand indicates the time zone.



* When setting the daylight saving time (DST), add one hour to the time zone of a desired area.

3. Wait for ten seconds after the hour hand stops. (The time zone adjustment mode is finished.)

► After ten seconds, the stopwatch 1/5-second hand automatically switches to the 0-position.

* In case the date changes, the watch adjusts automatically after the stopwatch 1/5-second hand switches to the 0-position.

3 HOW TO CONDUCT MANUAL RECEPTION (RECEIVING A RADIO SIGNAL MANUALLY)

1. Place the watch.



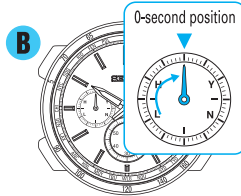
► When receiving a radio signal, place the watch where it can easily receive a signal.

→ RECEPTION ENVIRONMENT P. 16

3. Keep pressing Button B until the second hand has finished its movement to the 0-second position (for 3 seconds).

► When the second hand has moved to the 0-second position, the watch will start to receive a radio signal.

* If the second hand does not stop at the 0-second position, manual reception cannot be conducted. Re-attempt the operation from procedure 2.



2. Check that the stopwatch is reset and the time zone is set.

* If the stopwatch is not reset or the time zone is set to a region other than receivable area, the watch will be unable to receive a radio signal.

→HOW TO USE THE STOPWATCH P. 27

→HOW TO SELECT THE TIME ZONE P. 22

4. Place the watch down and leave it untouched for several minutes. It takes 12 minutes at the longest according to the receiving state of a radio signal.

► When the second hand starts moving in 1-second increments, the reception is completed.

Reception level is updated by moving the second hand every one minute.

Display During Reception

Receiving Level High(H): 50-second position		Receiving Level Low (L): 40-second position	
--	--	--	--

If the Reception has failed
Receiving Level Reception Failed(N):
20-second position
After five seconds, the watch will resume displaying the time.

* It is difficult to receive the signals in some receiving conditions. → RECEPTION ENVIRONMENT P. 16

* This watch is unable to receive a radio signal outside a reception range. → RADIO SIGNAL RECEPTION RANGE P. 13

* If the second hand points to "L," the watch may not be able to receive a radio signal.

5. When radio signal reception is completed, the second hand starts moving in 1-second increments.

Check whether the receiving a radio signal has been successful.

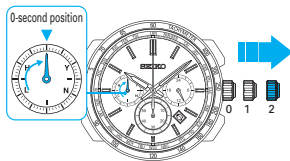
→ HOW TO CHECK THE RECEPTION STATUS P. 19

4 HOW TO MANUALLY SET THE TIME

When the watch is used continuously in conditions in which the watch may be unable to receive a radio signal, it can be manually adjusted.

1. When pulling the crown to the second click, the second hand stops at the 0-second position.

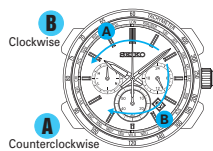
► The watch enters the manual time setting mode. (If the stopwatch is moving, the stopwatch hands also stop at the 0-second position.)



* When the watch enters the manual time setting mode, the reception results will be indicated as "N," since the reception results data will be lost.

2. Press Button A or Button B to set the time.

One minute Advance	Press Button A or Button B once and then release it.
Continuous Advance	When either of Button A or Button B is kept pressed for two seconds or longer, the hand will start to move. Press Button A or Button B again to stop.



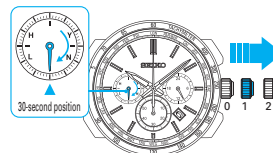
* The hand will not move by turning the crown.

3. Push the crown back to normal position.

HOW TO MANUALLY SET THE DATE

1. When pulling the crown to the first click, the second hand stops at the 30-second position.

► The watch enters the manual date setting mode. (If the stopwatch is moving, the stopwatch hands also stop at the 0-second position.)

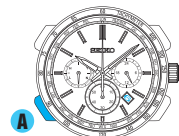


* The watch operates while it enters the mode. (The second hand remains stopped.)

2. Press Button A to set the date.

* If not correcting the date, go to procedure 3.

One day Advance	Press Button A once and then release it.
Continuous Advance	When Button A is kept pressed for two seconds or longer, the date will start to move. Press Button A again to stop.



3. Push the crown back to normal position.

► Operation has been completed. The watch resumes its normal movement.