



## Using the chronograph

- Measuring up to 12 hours in 1/5 second increments.

### 1. Push the crown in to position **0**.

### 2. Start measurement.

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

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

- Be sure to reset chronograph after finishing measurement.

### 12 hours or more after starting measurement

As 12 hours have passed since measurement started, the chronograph hands stop but measurement has not stopped. Reset the chronograph.

## Using the alarm

- The alarm time is set in 12-hour basis.

### 1. Pull out the alarm crown.

### 2. Rotate the alarm crown to set the alarm time.

- Move the alarm indicator hand 30 minutes or so forward and move it back to the time you want to set.
- The alarm may sound earlier or later (about  $\pm 5$  minutes) than the time set. Use the time set by the hand only as approximate reference.

### 3. Push in the alarm crown.

The alarm time setting is finished.

- Press the alarm crown to set the alarm hand to "ON" if it points "OFF".

### To stop alarm

Press the alarm crown.

- The alarm sounds for 20 seconds.

### To set the alarm ON/OFF

Each time you press the alarm crown, ON/OFF of the alarm changes alternately.

- The alarm sounds if it is set to "ON" again within 20 minutes after stopping it.

## Resetting the watch — All Reset

Confirm the following before All Reset.

- The power reserve indication hand points level 3 or 2.
- The chronograph has been reset.

### 1. Pull the crown out to position **2** when the second hand points **0** second.

### 2. Press and release both button **B** and recessed button **C** at the same time.

Alarm sounds and the power reserve indication hand move to level 3. The reference position of each hand is adjusted automatically.

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

The power reserve indication hand moves back and forward and the second hand starts moving.

### After All Reset

After All Reset, set the time and date indication. Set also the alarm.

