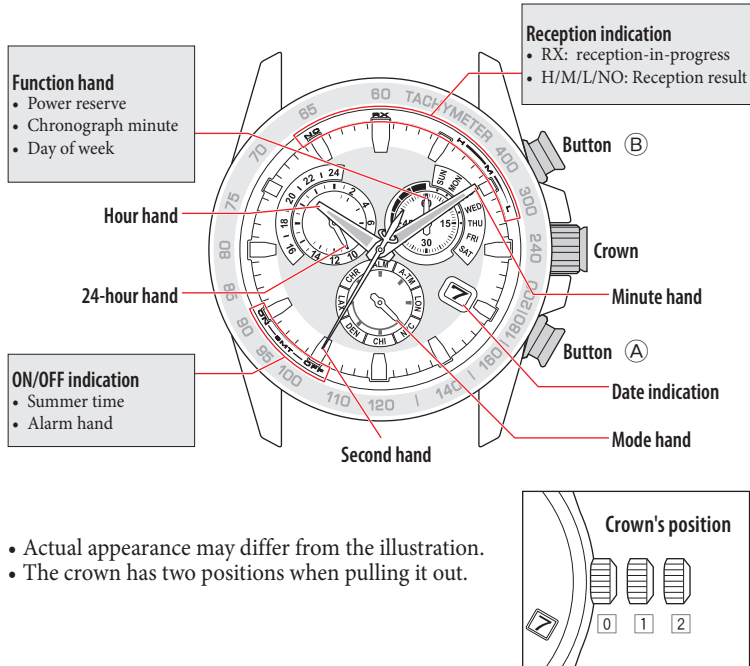


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.

Component identification



- Actual appearance may differ from the illustration.
- The crown has two positions when pulling it out.

Changing the mode

This watch features the eight different modes as follows:

| | |
|------|--|
| LON | The time of London and areas of the same time zone is indicated. |
| NYC | The time of New York and areas of the same time zone is indicated. |
| CHI | The time of Chicago and areas of the same time zone is indicated. |
| DEN | The time of Denver and areas of the same time zone is indicated. |
| LAX | The time of Los Angeles and areas of the same time zone is indicated. |
| CHR | Mode for using the chronograph. |
| ALM | Mode for using the alarm function. |
| A-TM | Mode for setting time difference from UTC (Coordinated Universal Time) and indicating the time of a different time zone. |

- Pull the crown out to position 1.**
The second hand points to 30 seconds and stops.
- Rotate the crown to change the mode.**
 - Turn the crown so that the mode hand will point to a marker of the mode indication securely.
- Push the crown in to position 0 to finish the procedure.**
Indication of the watch changes into that of the mode selected.
 - It may take some time to change indication.

Checking the power reserve

- Change the mode to [LON], [NYC], [CHI], [DEN], [LAX] or [A-TM] and push the crown in to position 0.**
- Press and release the lower right button (A).**
The second hand indicates reception result and the function hand indicates power reserve in levels.
- Press and release the lower right button (A) to finish the procedure.**
 - It returns to normal indication automatically in about 10 seconds without pressing the button.

Indication of power reserve in levels

| Level | 3 | 2 | 1 | 0 |
|--------------------|------------------------------|----------------------|-------------------------------|--|
| Indication | | | | |
| Duration (approx.) | 10 - 7 months | 7 - 1 month | 1 month - 3 days | 3 days - |
| Meaning | Power reserve is sufficient. | Power reserve is OK. | Power reserve is getting low. | Insufficient charge warning has started. |
| | OK for normal use. | | | Charge immediately |

Checking the signal reception result

- This watch receives the time signal at 2:00 AM every day and adjust the time and calendar automatically. If the 2:00 AM reception was unsuccessful, it tries signal reception again at 3:00 AM and 4:00 AM.

- Change the mode to [LON], [NYC], [CHI], [DEN] or [LAX] and push the crown in to position 0.**
 - Press and release the lower right button (A).**
The second hand indicates reception result and the function hand indicates power reserve in levels.
- | Indication | Reception result |
|------------|---|
| H | Received signals in a very good condition |
| M | Received signals in a good condition |
| L | Received signals in a not-good condition |
| NO | The reception failed. |
- Press and release the lower right button (A) to finish the procedure.**
 - It returns to normal indication automatically in about 10 seconds without pressing the button.
- "H", "M" and "L" only indicate the condition for reception, not related to the reception performance of the watch.
 - Try signal reception following the steps in [Receiving the signal manually \(on-demand reception\)](#) if the last reception failed.



Receiving the signal manually (on-demand reception)

- It takes 2-15 minutes to finish reception.

1. Change the mode to [LON], [NYC], [CHI], [DEN] or [LAX] and push the crown in to position 0.

2. Press and hold the lower right button (A) for 2 seconds or more.

The second hand points "RX", the alarm sounds and signal reception starts. The alarm sound and the second hand returns to normal movement as the reception finished.

| | |
|--------------------------|--|
| Reception was successful | The time will be updated. |
| Reception failed | The time is not corrected and the previously set time resumes. |

- Press and hold button (A) for 2 seconds or more to cancel reception.

About signal reception

On this watch, signal reception status varies depending on the mode.

| Mode | Signal reception status | Time difference from UTC |
|------|---|--------------------------|
| LON | The watch tries to receive the standard signal from the German station (DCF77). | 0 hour |
| NYC | The watch tries to receive the standard signal from the US station (WWVB). | -5 hours |
| CHI | | -6 hours |
| DEN | | -7 hours |
| LAX | | -8 hours |
| CHR | The watch does not receive any signal. | Freely adjustable |
| ALM | | |
| A-TM | | |

Adjusting the time and calendar manually

You can manually adjust the time and calendar in the mode [LON], [NYC], [CHI], [DEN] and [LAX].

- The adjustment result in any one of the modes [LON], [NYC], [CHI], [DEN] and [LAX] is automatically reflected in the other modes including [A-TM] with their time difference calculated.

1. Change the mode to [LON], [NYC], [CHI], [DEN] or [LAX] and pull the crown out to position 2.

2. Press and release the lower right button (A).

The second hand stops at 0 second and the hour and minute hands move.

3. Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.

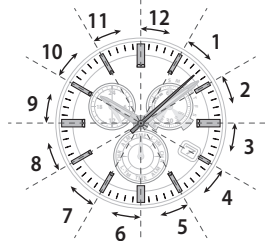
- Each time you press button (A), the target changes as follows:
- Hour/minute → date → year/month → day of week → (back to the top)
- The hands and indications slightly move when selected to show they become adjustable.

4. Rotate the crown to adjust the hand/indication.

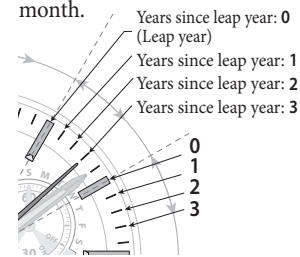
- The hour, minute and 24-hour hands move synchronously.
- Check whether the time set is AM or PM with the 24-hour hand.
- Date indication changes to the next as the function hand rotates 5 times.
- Rotating the crown quickly a few times moves the hand/indication continuously when you set time and date. To stop the rapid movement, rotate the crown in either direction.
- Year and month are set by adjusting the position of the second hand.

"Month" corresponds to one of the 12 zones shown in the figure below.

Each number means month.



"Year" corresponds to the years since leap year and is indicated with markers in the zone of each month.



| Year | Years since leap year | Second hand position |
|---------------------|-----------------------|----------------------|
| 2016 2020 2024 2028 | 0 (Leap year) | Hour marker |
| 2017 2021 2025 2029 | 1 | 1st min. marker |
| 2018 2022 2026 2030 | 2 | 2nd min. marker |
| 2019 2023 2027 2031 | 3 | 3rd min. marker |

5. Repeat steps 3 and 4.

6. Push the crown in to position 0 in accordance with a reliable time source.

Indicating the time and calendar of an area you like

You can set time difference from UTC in 15 minute increments and make the watch indicate time and calendar of an area other than [LON], [NYC], [CHI], [DEN] and [LAX].

- The time in the [A-TM] mode is adjustable within a range of ± 26 hours from UTC. When summer time is activated, the adjustable range becomes -25 - +27 hours.
- Signal reception is not performed when the mode is [A-TM].
- The time and calendar of [A-TM] are automatically adjusted accordingly when signal reception is performed in any of the following modes, [LON], [NYC], [CHI], [DEN] and [LAX].

1. Change the mode to [A-TM] and pull the crown out to position 2.

The time and calendar currently set are indicated. The second hand indicates the current summer time setting of [A-TM].

2. Rotate the crown to adjust the hour hand.

- The hour hand moves in 1-hour increments. The 24-hour hand and date/day of week indication move synchronously with it.
- When you rotate the crown quickly, the hands/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

3. Press and release the lower right button (A) to adjust the minute hand.

- The minute hand moves in 15 minute increments. The hour hand does not move with the minute hand even after it moves fully around.

4. Push the crown in to position 0 to finish the procedure.



Setting summer time

In regions utilizing summer time, the time signal includes summer time check signal. This watch is equipped with the function to detect the summer time check signal and switch summer time and standard time automatically.

Checking the current summer time setting

You can check whether the time currently indicated is summer time or standard time.

1. Change the mode to [LON], [NYC], [CHI], [DEN], [LAX] or [A-TM] and push the crown in to position [0].

2. Press and release the upper right button [B].

The second hand indicates the current summer time setting.

| Summer time setting | Indicated time |
|---------------------|----------------|
| ON | Summer time |
| OFF | Standard time |

3. Press and release the upper right button [B] to finish the procedure.

- It returns to normal indication automatically in about 10 seconds without pressing the button.

Changing the summer time setting

- The summer time setting of each mode is saved separately.

1. Change the mode to [LON], [NYC], [CHI], [DEN], [LAX] or [A-TM] and pull the crown out to position [2].

2. Press and release the upper right button [B].

- Each time you press the button, the alarm sounds and the summer time setting changes alternately.

| Change of setting | Description |
|-------------------|---|
| OFF → ON | The time indicated changes to summer time. Summer time and standard time will automatically be switched corresponding to the summer time check signal at the next signal reception and there after. <ul style="list-style-type: none"> • For the modes [NYC], [CHI], [DEN] and [LAX], the time is automatically switched in all the modes with the setting "ON" at one signal reception. • No signal reception is performed when the mode is [A-TM] and consequently automatic time switching does not occur. |
| ON → OFF | Summer time and standard time do not switch automatically and the standard time is always indicated. <ul style="list-style-type: none"> • When the summer time setting before pressing button [B] is "OFF", set it "ON" once and set it "OFF" again. |

3. Push the crown in to position [0] to finish the procedure.

Checking the reference position

1. Change the mode to [CHR] and pull the crown out to position [2].

The hands and indication start to move to the current reference positions stored in memory.

2. Check the reference positions.

Correct reference positions:

- Hour, minute and second hands: 0 hour 00 minute 0 second
- 24-hour hand: "24"
- Date indication: midway between "31" and "1"
- Function hand: "30" (straight below)

When the current reference position is different from the correct one, proceed to step 3 of "Correcting the reference position".

3. Change the mode to [LON], [NYC], [CHI], [DEN], [LAX] or [A-TM] and push the crown in to position [0] to finish the procedure.

Correcting the reference position

1. Change the mode to [CHR] and pull the crown out to position [2].

The hands and indication start to move to the current reference positions stored in memory.

2. Press and release the lower right button [A].

The function hand slightly moves and becomes adjustable.

3. Press and release the lower right button [A] repeatedly to change the hand/indication to be corrected.

- Each time you press the button, the target changes as follows:
Function hand/date indication → hour /minute/24-hour hands → second hand → (back to the top)
- The hands slightly move when selected to show they become adjustable.

4. Rotate the crown to adjust the hand/indication.

- The hour, minute and 24-hour hands move synchronously.
- Date indication changes to the next as the function hand rotates 5 times.
- When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

5. Repeat steps 3 and 4.

6. Change the mode to [LON], [NYC], [CHI], [DEN], [LAX] or [A-TM] and push the crown in to position [0] to finish the procedure.

Resetting the watch - All Reset

1. Change the mode to [CHR] and pull the crown out to position [2].

2. Press and release both the lower right button [A] and upper right button [B] at the same time.

As you release the buttons, the alarm sounds and all reset is executed.

| The setting values after All Reset | | | | |
|------------------------------------|--|------------------------------|----------------|---------------|
| Time | 0:00:00 AM at the mode [LON] | | | |
| Calendar | January 1, Sunday of leap year at the mode [LON] | | | |
| Alarm setting | "OFF" | | | |
| Alarm time | 0:00 AM | | | |
| Summer time setting | Mode | Automatic switching function | Indicated time | |
| | [LON][NYC] [CHI][DEN] [LAX] | "ON" | | Standard time |
| | [A-TM] | "OFF" | | |
| Reception result | "NO" | | | |

After All Reset

After All Reset, adjust the reference position and set the time and calendar and other settings.

