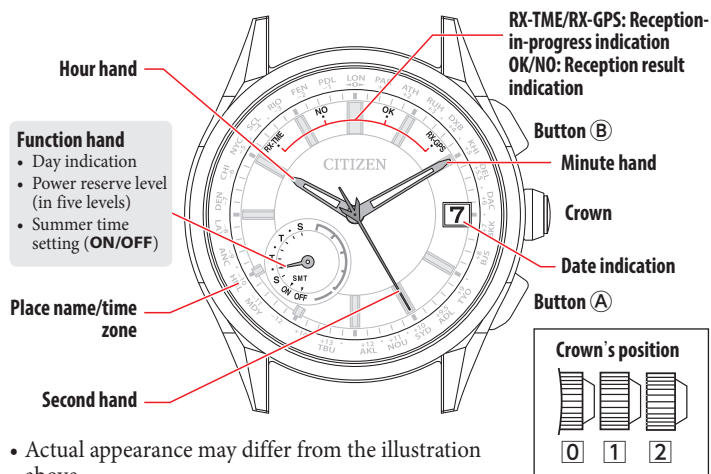


F150 Abbreviated instruction

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

Component identification



- Actual appearance may differ from the illustration above.

Checking the reception result of the satellite signal

1. Push the crown in to position 0.
2. Press and release the lower right button (A).

The previous reception result is indicated.

Indication	Reception result
OK	The reception succeeded.
NO	The reception failed.

3. Press and release the lower right button (A) to finish the procedure.

Receiving the satellite time signal

- To cancel the reception, press and hold any button until the second hand returns to indicate the seconds.

Obtaining location information

- The watch sets the world time and adjusts the time and calendar automatically using location information obtained.
- It may take 30 seconds - 2 minutes to obtain location information.
 - Each time zone is based on data as of January 2015.

1. Push the crown in to position 0.
2. Press and hold the upper right button (B) until the second hand points "RX-GPS" (about 4 seconds).
 - After finishing the reception, the second hand indicates the new setting and returns to indicate the seconds.

Time reception

- It may take 3 - 30 seconds to receive time information.

1. Push the crown in to position 0.
2. Press and hold the lower right button (A) until the second hand points "RX-TME" (about 2 seconds).
 - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Leap second reception

- It may take 36 seconds - 13 minutes to receive leap second information.

1. Push the crown in to position 0.
2. Press and hold the lower right button (A) for 7 seconds.

Release the button after the second hand points "RX-TME" and turns fully around to point "RX-TME" again. Reception starts.

 - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Switching summer time and standard time

1. Pull the crown out to position 1.
2. Press and release the lower right button (A).

Setting	Meaning
SMT ON	Summer time is indicated.
SMT OFF	The standard time is indicated.

- Each time you press the button, ON and OFF changes alternately.

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

Using the world time

Setting the world time

1. Pull the crown out to position 1.

The second hand indicates the current time zone and the function hand indicates the summer time setting.
2. Rotate the crown to choose a time zone.

Time indication changes.

See also "How to read indication of the world time setting" and "Table of time zones and representative places" below for time zone setting.
3. Push the crown in to position 0 to finish the procedure.

The function hand returns to day indication.

How to read indication of the world time setting

The watch has 40 time zone markers with several representative area names. A time zone is set by pointing the second hand at one of the markers.

On the illustration, the second hand points to 28 seconds and time zone setting is "+11.5".

- Time zones are represented by offsets from UTC.

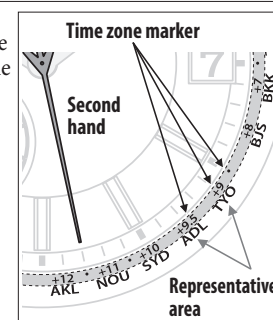


Table of time zones and representative places

Time zone	Second hand	Area name	Representative area	Time zone	Second hand	Area name	Representative area
0	0 sec.	LON	London	+11.5	28 sec.	—	Norfolk Island
+1	2 sec.	PAR	Paris	+12	29 sec.	AKL	Auckland
+2	4 sec.	ATH	Athens	+12.75	31 sec.	—	Chatham Islands
+3	6 sec.	RUH	Riyadh	+13	32 sec.	TBU	Nuku'alofa
+3.5	7 sec.	—	Tehran	+14	34 sec.	—	Kiritimati
+4	8 sec.	DXB	Dubai	-12	36 sec.	—	Baker Island
+4.5	9 sec.	—	Kabul	-11	38 sec.	MDY	Midway
+5	10 sec.	KHI	Karachi	-10	40 sec.	HNL	Honolulu
+5.5	12 sec.	DEL	Delhi	-9.5	41 sec.	—	Marquesas Islands
+5.75	13 sec.	—	Kathmandu	-9	42 sec.	ANC	Anchorage
+6	14 sec.	DAC	Dhaka	-8	44 sec.	LAX	Los Angeles
+6.5	15 sec.	—	Yangon	-7	46 sec.	DEN	Denver
+7	16 sec.	BKK	Bangkok	-6	48 sec.	CHI	Chicago
+8	18 sec.	BJS (HKG)	Beijing/Hong Kong	-5	50 sec.	NYC	New York
+8.75	20 sec.	—	Eucla	-4.5	51 sec.	—	Caracas
+9	21 sec.	TYO	Tokyo	-4	52 sec.	SCL	Santiago
+9.5	23 sec.	ADL	Adelaide	-3.5	53 sec.	—	St. John's
+10	25 sec.	SYD	Sydney	-3	54 sec.	RIO	Rio de Janeiro
+10.5	26 sec.	—	Lord Howe Island	-2	56 sec.	FEN	Fernando de Noronha
+11	27 sec.	NOU	Noumea	-1	58 sec.	PDL	Azores

Checking and adjusting leap second setting

- The leap second setting can be adjusted by executing leap second reception.

You can find a list of leap seconds at the homepage of IERS (INTERNATIONAL EARTH ROTATION & REFERENCE SYSTEMS SERVICE).
http://hpiers.obspm.fr/eop-pc/earthor/utc/TAI-UTC_tab.html

- Pull the crown out to position 2.
- Press and hold upper right button (B) for 2 seconds or more.
 Using the "0:00:00" position as the starting point, the minute and second hands indicate the leap second setting.

When the leap second setting is "-36 seconds"	When the leap second setting is "-65 seconds"
The hands point to "0 minute 36 seconds".	The hands point to "1 minute 5 seconds".

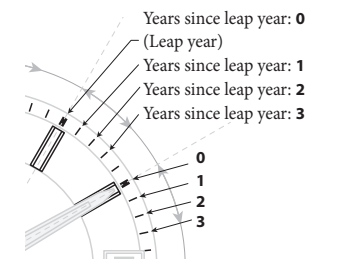
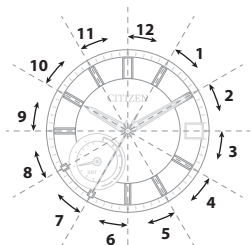
- Turn the crown to adjust the setting if the leap second is not correct.
 • Adjustable range is from 0 to -90 seconds.
- Push the crown in to position 0 to finish the procedure.

Adjusting the time and calendar manually

- Pull the crown out to position 1.
- Press and hold the upper right button (B) until the second hand points to 30 seconds.
- Pull the crown out to position 2.
 The second hand points to 0 second.
- Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.
 • Each time you press the button (A), the target changes as follows.
 Minute hand → hour hand → date → year/month → day → (back to the top)
- Rotate the crown to adjust the hand/indication.
 • 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.
- Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

Month and year indications

Set the year and month with the position of the second hand.
 "Month" corresponds to one of the 12 zones shown in the figure below. Each number means month.



Checking the power reserve and power generation amount

- Push the crown in to position 0.
- Press and release the upper right button (B).
 The power reserve and power generation amount at the moment of pressing the button (B) are indicated in levels.

Indication of power reserve in level

Level	4	3	2	1	0
Indication					
Duration (approx.)	24 - 19 months	19 - 14 months	14 - 5 months	5 months - 5 days	5 days or shorter
Meaning	Power reserve is sufficient.			Power reserve is getting low.	Insufficient charge warning has started.
	OK for normal use			Charge immediately.	

Indication of power generation amount in level

The level of power generation amount means power being generated by the solar cell represented in 7 levels (0 - 6).

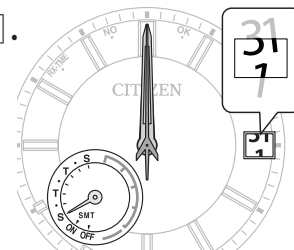
Level	6	5	4	3	2	1	0
Indication							
Meaning	Sufficient power generation for charging.		Charge in a brighter location where the level of power generation amount reaches "5" or "6".				

- Press and release the upper right button (B) to finish checking.

Checking the reference position

- Pull the crown out to position 2.
- Press and hold the lower right button (A) for 4 seconds.

Correct reference positions:
 • All hands: 12 o'clock position
 • Date indication: midway between 31 and 1
 • Day: S (Sunday)



- Push the crown in to position 0 and press and release the lower right button (A) to finish checking.

Correcting the reference position

- Pull the crown out to position 2.
- Press and hold the lower right button (A) for 4 seconds.
- Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.
 • Each time you press the button (A), the target changes as follows:
 Date/day → hour hand → minute hand → second hand → (back to the top)
- Rotate the crown to adjust the hand/indication.
 • 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.
- Push the crown in to position 0.
- Press and release the lower right button (A) to finish the procedure.

Resetting the watch — All Reset

- Pull the crown out to position 2.
- Press and hold buttons (A) and (B) at the same time for 3 seconds or more and release them.
 As you release the buttons, the hands move slightly to indicate that reset completed.

After All Reset

After All Reset, adjust the reference position. Execute world time setting and receive satellite signal manually to adjust the time and calendar after that.