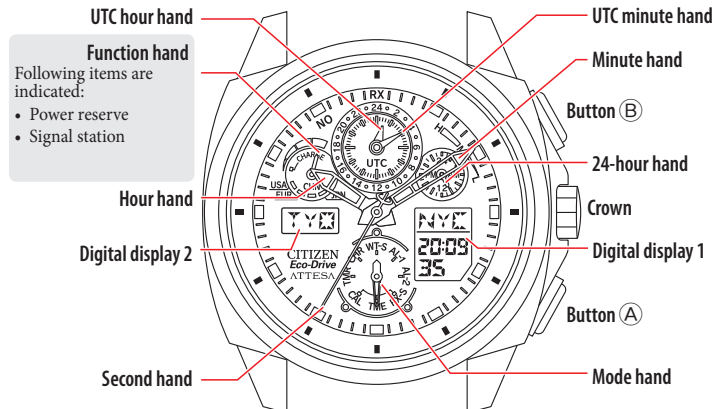
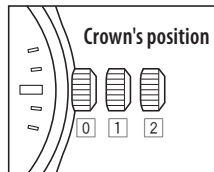


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.

Component identification



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



Changing the mode

- Pull the crown out to position **1**.
- 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.

Mode	Content
TME	Mode for indicating the home time and the local time.
CAL	Mode for indicating the date and day of week of the local time.
TMR	Mode for using the countdown timer. For details, see the instruction manual .
CHR	Mode for using the chronograph. For details, see the instruction manual .
WT-S	Mode for hiding/indicating areas for the world time and changing their summer time setting.
AL-1/2	Mode for using the alarm function. For details, see the instruction manual .
RX-S	Mode for setting the type of time signal/summer time signal reception. For details, see Setting the reception time and Setting summer time .

- Push the crown in to position **0** to finish the procedure.

Using LED lights

Pressing button **(B)** while the crown is in position **0** turns on the LED lights for 2 seconds.

However, note that the lights do not come on in the following cases.

- During the mode is [TMR] or [CHR]
- During radio wave reception
- During 2-second interval movement (insufficient charge warning status)

Time indication of this watch

This watch indicates three types of time below:

Coordinated Universal Time (UTC)	Home time	Local time

Changing the time indication of the local time

- You can choose a time zone from the 44 areas and UTC for the local time.

- Pull the crown out to position **1**.
- Rotate the crown to change the mode to [TME] or [CAL].
- Press and release the lower right button **(A)** or the upper right button **(B)** repeatedly to select an area.
 - See the table in [Setting the area of the home time](#) for selectable areas.
- Push the crown in to position **0** to finish the procedure.

Switching the home time and local time

You can switch the home time and local time easily.

- Pull the crown out to position **1**.
- Rotate the crown to change the mode to [TME] or [CAL].
- Press and release both the lower right button **(A)** and upper right button **(B)** simultaneously.
 - The alarm sounds and the home time and local time switch.
 - The calendar switches at the same time.
- Push the crown in to position **0** to finish the procedure.



Checking the power reserve

The function hand indicates the power reserve amount in levels.

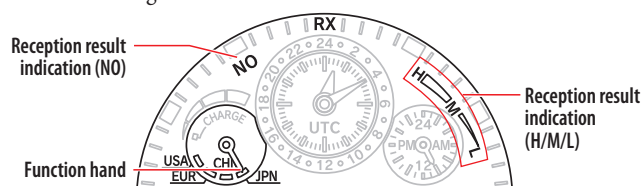
Level	3	2	1	0
Indication				
Duration (approx.)	180 - 130 days	130 - 20 days	20 - 3 days	3 days -
Meaning	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Insufficient charge warning has started.
Charge immediately				

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 is unsuccessful, it tries signal reception again at 3:00 AM and 4:00 AM.
- The 4:00AM time reception can be changed to other time. Refer to [Setting the reception time](#).

- Pull the crown out to position 1.
- Rotate the crown to change the mode to [TME], [CAL] or [RX-S].
- Push the crown in to position 0.
- Press and release the lower right button (A).

The second hand indicates the signal reception result (H/M/L/NO) and the function hand indicates the signal station (USA/EUR/CHN/JPN) from which the time signal was received.



- Summer time setting of the home time is indicated on the digital display 2. ("SMT" and "ON" (or "OFF") are alternately indicated).

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.

- "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.

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

The hands returns to normal.

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

Setting the area of the home time

Choose the area where you usually use the watch to set the home time.

- The watch tries to receive the signal from the station assigned for the area of the home time (indicated on the digital display 2).

- Pull the crown out to position 1.
- Rotate the crown to change the mode to [TME].
- Press and release the lower right button (A) or the upper right button (B) repeatedly to select an area.
 - An area name and its time is shown on the digital display 1.
 - Pressing and holding the button changes area names continuously.
- Press and release both the lower right button (A) and upper right button (B) at the same time.
- Push the crown in to position 0 to finish the procedure.

About the time zone

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.

Time zone	Area name	Representative area	Signal station	Time zone	Area name	Representative area	Signal station
0	UTC	Coordinated Universal Time	-	+9.5	ADL	Adelaide	♦JPN
0	LON	*London	EUR	+10	SYD	Sydney	
	MAD	*Madrid		+11	NOU	Noumea	
+1	PAR	*Paris		+12	AKL	Auckland	
	ROM	*Rome		SUV	Suva		
	BER	*Berlin		-11	MDY	Midway	
+2	CAI	Cairo	♦EUR	-10	HNL	Honolulu	♦USA
	ATH	*Athens		-9	ANC	**Anchorage	
	JNB	Johannesburg		-8	YVR	**Vancouver	USA
MOW	*Moscow	LAX			**Los Angeles		
+3	RUH	Riyadh	-7	DEN	**Denver		
	THR	Tehran	-6	MEX	**Mexico City		
+3.5	DXB	Dubai		CHI	**Chicago		
+4	KHL	Kabul		-5	NYC	**New York	
+4.5	KHI	Karachi	♦EUR	YMQ	**Montreal		
+5	DEL	Delhi		-4	SCL	Santiago	♦USA
+5.5	DAC	Dhaka	♦CHN	-3	RIO	Rio de Janeiro	
+6	RGN	Yangon		-2	FEN	Fernando de Noronha	♦EUR
+6.5	BKK	Bangkok		-1	PDL	*Ponta Delgada	
+7	SIN	Singapore	CHN	Any	HOM	Depends on the time zone set.	
+8	HKG	Hong Kong					
+8	BJS	Beijing					
+8	TPE	Taipei	JPN				
+9	SEL	Seoul					
	TYO	Tokyo					

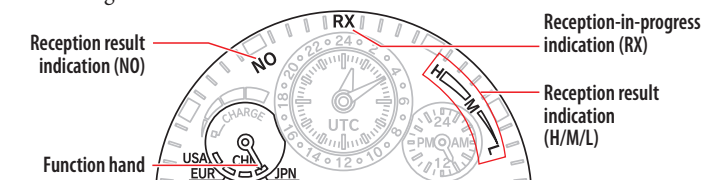
- USA: the United States of America, EUR: Europe, CHN: China, JPN: Japan
- For an area with * or **, the automatic switching of summer time/standard time are performed together.
- When using the watch in an area not listed in the table, select an area name in the same time zone.
- Areas with ♦ mark are out of receivable range and signals cannot be received. (The watch tries to receive signals from the target signal station though.)
- It may be difficult to receive signals in certain environment where it is hard for signals to reach.



Receiving the signal manually (on-demand reception)

- The watch tries to receive the signal from the station assigned for the area of the home time (indicated on the digital display 2).
- The watch does not try to receive the signal when the home time is UTC.
- The local time and UTC are adjusted synchronously as the reception finished successfully.
- It takes 2-15 minutes to finish reception.

1. Pull the crown out to position 1.
2. Rotate the crown to change the mode to [TME], [CAL] or [RX-S].
3. Push the crown in to position 0.
4. Press and hold the lower right button (A) for 2 seconds or more.
After an alarm sounds and the second hand points "RX", release the button. The second hand moves to point "H", "M", or "L" and then the time signal reception starts. The function hand indicates the signal station from which the time signal is to be received.



The second hand returns to normal movement after finishing reception.

Reception was successful	Corrected time/calendar is indicated.
Reception failed	The time is not corrected and the previously set time resumes.

Setting the reception time

1. Pull the crown out to position 1.
2. Rotate the crown to change the mode to [RX-S].
3. Pull the crown out to position 2.
4. Press and release the upper right button (B).
The current reception time setting starts blinking and becomes adjustable.
5. Press and release the lower right button (A) repeatedly to select a reception time setting.

- Each time you press the button, the setting changes as follows:
AUT → MAN → OFF → (back to the top)

MAN (manual)	The 4:00AM time reception can be changed to other time (home time) in 1-hour units. It cannot be set to 2AM and 3AM.
OFF (off)	Automatic reception is not performed.
AUT (automatic)	Automatic reception is performed according to the initial settings (at 2AM, 3AM and 4AM).

- When you select "MAN", rotate the crown to set the time of automatic reception.

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

Setting summer time

Adjusting the automatic switching of summer time/standard time

You can choose whether the watch switches summer time/standard time automatically or not.

1. Pull the crown out to position 1.
2. Rotate the crown to change the mode to [RX-S].
3. Pull the crown out to position 2.
The current setting for automatic switching starts blinking and becomes adjustable.
4. Press and release the lower right button (A) to select "AU" or "mA".

AU (automatic)	Summer time/standard time are switched automatically depending on the summer time signal.
mA (manual)	Summer time/standard time are not switched automatically.

- Each time you press the button, the setting changes alternately.

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

Activating/deactivating summer time for each area

You can activate/deactivate summer time separately for every area except UTC.

1. Pull the crown out to position 1.
2. Rotate the crown to change the mode to [WT-S].
3. Pull the crown out to position 2.
The digital display 2 turns off and "ON" or "OF" of the summer time setting of the area displayed on the digital display 1 starts blinking.
4. Rotate the crown to select an area.
5. Press and release the lower right button (A) to select the summer time setting.

ON	Summer time is indicated.
OF (OFF)	The standard time is indicated.

 - Each time you press the button, the setting changes alternately.
6. Repeat steps 4 and 5 to set other areas.
7. Push the crown in to position 0 to finish the procedure.

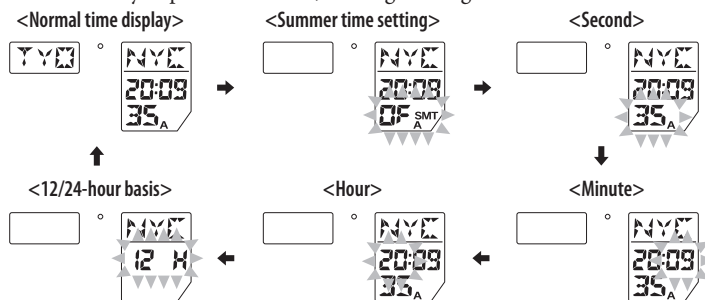
Setting the time and the calendar manually

- The time of the home time and UTC cannot be adjusted separately.
- The time of the home time and UTC is synchronously adjusted as that of the local time is adjusted.

Setting the time

1. Pull the crown out to position 1.
2. Rotate the crown to change the mode to [TME].
3. Press and release the lower right button (A) or the upper right button (B) repeatedly to select an area.
4. Pull the crown out to position 2.
The second hand moves to the 0 second position and the digital display 2 (home area) turns off.
The summer time setting starts blinking and becomes adjustable.
5. Press and release the upper right button (B) repeatedly to change the target to be set.

- Each time you press the button, the target changes as follows:



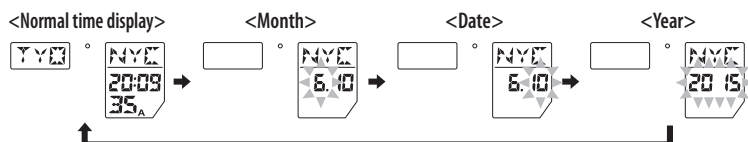
6. Adjust the time/indication/setting.
Use the crown to adjust the hour and minute.
Use button (A) to set the summer time, second and 12/24-hour basis.
7. Repeat steps 5 and 6 to set other targets.
8. Push the crown in to position 0 to finish the procedure.



Setting the calendar

1. Pull the crown out to position **1**.
2. Rotate the crown to change the mode to **[CAL]**.
3. Press and release the lower right button **(A)** or the upper right button **(B)** repeatedly to select an area.
4. Pull the crown out to position **2**.
The digital display 2 turns off.
The month starts blinking and becomes adjustable.
5. Press and release the upper right button **(B)** repeatedly to change the target to be set.

• Each time you press the button, the target changes as follows:



6. Rotate the crown to adjust the calendar.
7. Repeat steps 5 and 6 to set other targets.
8. Push the crown in to position **0** to finish the procedure.

Checking the reference position

1. Pull the crown out to position **1**.
2. Rotate the crown to change the mode to **[CHR]**.
3. Pull the crown out to position **2**.
The hands start to move to the current reference positions stored in memory.
4. Check the reference position.

Correct reference positions:

- Hour, minute and second hands: 0 hour 00 minute 00 second
- 24-hour hand: "24"
- UTC hour and minute hands: 0 hour 00 minute
- Function hand: CHN

When the current reference position is different from the correct one, proceed to step 4 of **Correcting the reference position**.

5. Push the crown in to position **0** to finish the procedure.



Correcting the reference position

1. Pull the crown out to position **1**.
2. Rotate the crown to change the mode to **[CHR]**.
3. Pull the crown out to position **2**.
The hands start to move to the current reference positions stored in memory.
4. Press and hold the upper right button **(B)** for 2 seconds or more.
"CHA" blinks on the digital display 2 and the function hand becomes adjustable.
5. Press and release the upper right button **(B)** repeatedly to change the target to be set.
• Each time you press the button, the target changes as follows:
Function hand → UTC hour and minute hands → Hour hand/24-hour hand → Minute hand → (back to the top)
6. Rotate the crown to adjust the target hand.
7. Repeat steps 5 and 6 to set other targets.
8. Press and hold the upper right button **(B)** for 2 seconds or more.
9. Push the crown in to position **0** to finish the procedure.

Resetting the watch - All Reset

1. Pull the crown out to position **1**.
2. Rotate the crown to change the mode to **[CHR]**.
3. Pull the crown out to position **2**.
4. Press and release both the lower right button **(A)** and upper right button **(B)** simultaneously.
All the digital indication lights up and the watch is reset.
Then a confirmation alarm sounds and all the hands show demonstration movement.

The setting values after All Reset	
Areas of home time and local time	UTC
Time	12:00 AM
Calendar	January 1, 2008
Reception time setting	AUT
Summer time setting	OF (OFF) at all time zones
Automatic switching of summer time/standard time setting	AU
Alarm settings and time	OF (OFF), UTC, 12:00AM
Timer	99:00
Chronograph	00:00:00:00

After All Reset

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

