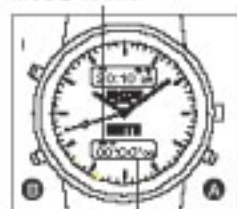


**Using the STOPWATCH**

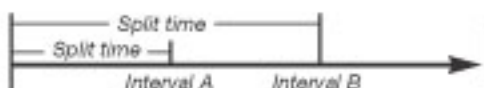
The STOPWATCH measures in increments of 1/100 of a second, up to 59' 59" 99 hundredths. It will then return to 00' 00" 00 and restart counting.

**STOPWATCH MODE MARK**



**STOPWATCH COUNTING TIME**

Split Time shows the elapsed time at a given interval point between the start and the goal.



**To use the STOPWATCH:**

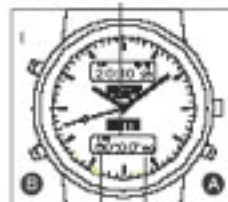
1. Press the (A) button to start/stop the STOPWATCH.
2. Press the (B) button to check Split Time while the STOPWATCH is in measurement. "SPL" flashes while the Split Time is shown.
3. To return to the STOPWATCH measurement display, press the (A) button while Split Time is shown.

You can switch the watch to another mode by pressing the (B) button while the STOPWATCH is counting. To check the counting, switch the watch to the STOPWATCH mode.

**Using the TIMER**

The TIMER can be set up to 60 minutes in one minute increments. When the TIMER reaches to 00'00", the alarm will beep for about five seconds.

**TIMER MODE MARK**



**REMAINING-TIME SET TIME**

**To restart the countdown:**

Press the (B) button while the countdown is continuing. The TIMER will return to the original setting and restart the countdown.

**To set the TIMER:**

1. When in the TIMER mode, press the (B) button while the digits are flashing. The digits are decreased in one-minute decrements from 60 minutes downward.
2. Set to desired time. Hold the (B) button down to quicken the change of the TIMER digits.

**To use the TIMER:**

1. Press the (A) button. The TIMER starts countdown from the set time.
2. Press the (A) button to stop the countdown. To resume the countdown, press the (A) button again.
3. Press the (B) button to reset the TIMER in TIMER stop state. When the TIMER reaches to 00'00" the display returns to the original setting.

**Using the DUAL TIME**

You can set another time (Local Time) in the DUAL TIME mode in addition to the normal TIME/CALENDAR display (Home Time). This function is especially convenient when you are traveling.

**To set the DUAL TIME:**

1. Press the (B) button to select desired digits for adjustment. The digits flash.
2. Press the (A) button to set the DUAL TIME. Since the DUAL TIME display will automatically synchronize with the 12-hour display of the TIME/CALENDAR, make sure that the "A" (a.m.) or "P" (p.m.) symbols indicate correctly.

**ALL-RESET-FUNCTION:**

The watch may show an abnormal display or action after the power cell has been replaced or when it has a strong shock. In such a case, use the ALL RESET FUNCTION to set the watch back to normal:

1. Press the (A), (B) + (B) buttons simultaneously for over three seconds.
2. Release the buttons when all digits disappear. The alarm will beep at this time as confirmation.
3. Adjust the watch to the correct time.

**PRECAUTIONS:**

**AVOID TEMPERATURE EXTREMES AND STRONG SHOCKS!**

Avoid leaving your watch in direct sunlight or in extremely warm or cold locations for long periods of time.

This watch will withstand the bumps and jars normally incurred while playing and during sports activities.



**ANA-DIGI-QUARTZ-WATCH INSTRUCTIONS FOR USE**

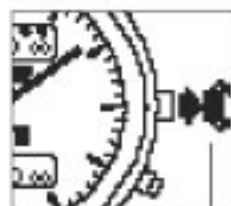
**ANA-DIGI-QUARTZ-WATCH**

**MAIN FEATURES:**

This watch is a combination quartz watch with analog and digital displays. The watch has the CALENDAR, ALARM, STOPWATCH, TIMER and DUAL-TIME functions.

**INSTRUCTIONS FOR USE**

**Setting the Time (ANALOG)**



**ANALOG TIME SETTING**

1. Pull the crown out one step. The second hand will stop.
2. Set for the correct time by turning the crown.
3. Push the crown back to the original position. The watch will start running again.

The analog indication and digital display of the time settings can be adjusted separately.

**Using the DIGITAL FUNCTIONS**

**TIME DISPLAY**



**Switching over the mode (Function)**

The mode of the watch changes each time the (B) button is pressed. The upper window always shows TIME.



If the watch is left in the ALARM mode for one minute or more, the AUTORETURN FUNCTION will activate and the digital display will return to the TIME/CALENDAR mode.

**Setting the TIME/CALENDAR**



HOURS  
MINUTES  
SECONDS  
CHIME ON MARK  
MONTH  
DATE  
DAY  
CALENDAR DISPLAY

**To set the SECONDS**

1. Press the (B) button for two seconds or more, until the SECONDS start flashing.
2. Press the (A) button to return the SECONDS to "00" and restart.

**To set the TIME/CALENDAR**

1. When the SECONDS are flashing, press and release the (B) button repeatedly to select desired digits (Minutes, Hours, Month, Date, Day, 12/24 Hour Display) for adjustment.

2. Make all necessary adjustments using the (A) button. If you hold the (A) button down, the digits will advance rapidly.

- Press and release the (A) button to select the 12 hour or 24-hour display.
- Make sure that the AM/PM is set correctly when setting the 12-hour display.
- If the watch is left in the adjustment mode (digits flashing) for one minute or more, the autoreturn function will activate and the display will return to the TIME/CALENDAR mode.

**To set the CHIME (Time Signal)**

1. Press the (A) + (B) buttons simultaneously in the TIME/CALENDAR mode. The ( ) symbol appears and the CHIME sounds every hour on the hour.

- Press the (B) button to return to the TIME/CALENDAR mode from the adjustment mode.
- If a nonexistent date (e.g. February 30) is set during adjustment, the display will automatically show the first day of the next month when set to the TIME/CALENDAR mode.
- Monthend dates are adjusted automatically except for leap years. In a leap year, adjust the CALENDAR for Febr. 29.

**Setting the ALARM**



**To set the ALARM time:**

The ALARM can be set by following the same procedure as that for TIME/CALENDAR adjustment. The ALARM can be set to Hours and Minutes only.

1. Press and release the (B) button in the ALARM mode until desired digits flash and then make adjustment.

2. Press the (A) button to set the ALARM time. The ALARM display will automatically synchronize with the 24-hour display of the TIME/CALENDAR.

**To switch the ALARM ON/OFF:**

The ALARM can be switched ON/OFF by pressing the (A) button in the ALARM mode. When the ALARM is set ON, the set time and the ( ) symbol appear and when it is switched OFF, "OFF" appears in the display.

**To stop the ALARM sound:**

The ALARM sounds for about 20 seconds. Press any button to stop the sound. Press the (A) button while in the ALARM mode to check the alarm sound.