DISPLAY AND CROWN / BUTTON OPERATION

Minute hand

Hour hand

Button "A"
In stopwatch function
Start / Stop

Stopwatch minute hand
(Move in minute increments)

Crown at normal position
Second position
Time setting

Second hand

First position
Date setting

Button "B"
In stopwatch function
Split / Split release / Reset

Stopwatch second hand
(Move in second increments)

24 hour hand
(Indicates the time on a 24 hour basis)
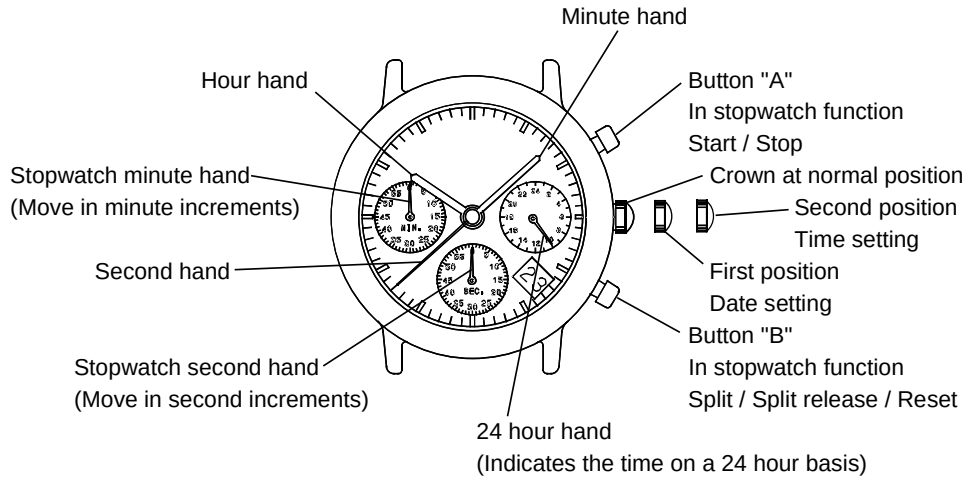
ADJUSTING THE STOPWATCH HAND POSITION

Before setting the time, check if the stopwatch second and minute hands are in the "0"(12 o'clock) position.
*If the stopwatch is in use, press the button in the following order to reset it, and then, check if the hands
 return to "0" position. (For details, see "HOW TO USE THE STOPWATCH")

* If the stopwatch is counting :   A → B
* If the stopwatch is stopped :   B
* If the split time is displayed :   B → A → B

If either of the stopwatch hands are not in the "0" position, reset them following the procedure below.

Stopwatch minute hand

A

B

Stopwatch secand hand
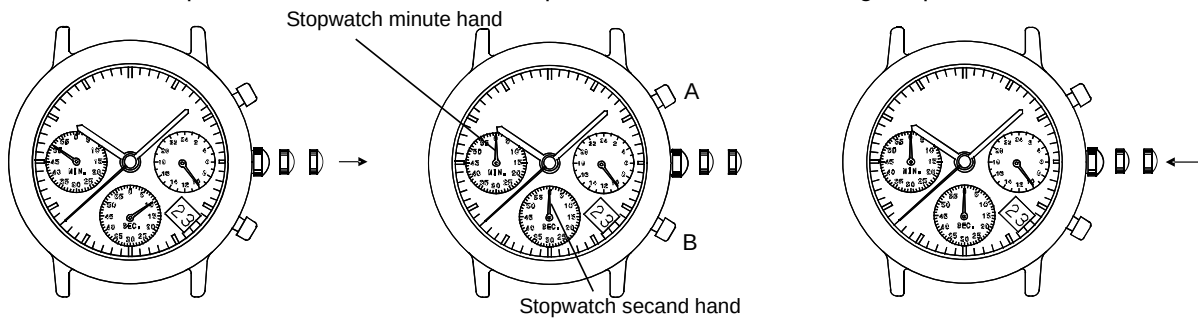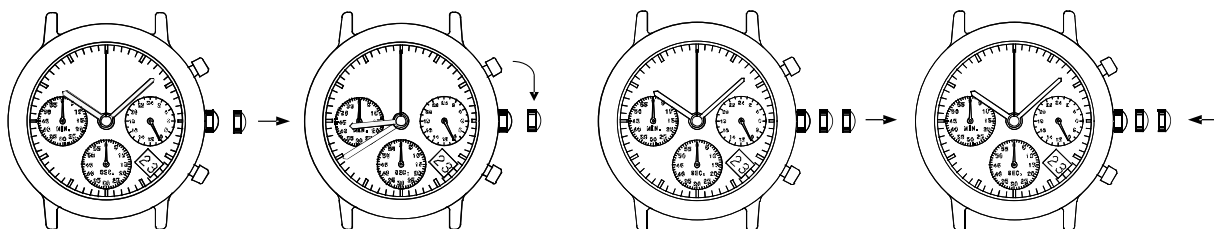
1.Pull the crown out to
  the second click.

2.Press button A or B to reset the
  stopwatch second and minute
  hands to "0" position.
 *By pressing button A the hands
  move counter clockwise.
 *By pressing button B the hands
  move clockwise.

3.Push the crown back to
  the normal position.

TIME SETTING

1.Pull out the crown to the first click.

2.Turn the crown clockwise until the previous day's date appears.

3.Pull out the crown to the second click when the second hand is at the 12 o'clock position.
It will stop on the spot and advance the hour and minute hands by turning the crown.
(Check that 24 hour hand is set correctly.)

*When the crown is at the second click position. Do not press any button. Otherwise, the chronograph hands will move.

4.Push the crown back in to the normal position in accordance with a time signal.

*Do not set the date between 9:00 P.M. and 1:00 A.M.
Otherwise, the day may not change properly. If it is necessary to set the date during that time period,
First change the time to any time outside it, set the date and then reset the correct time.

HOW TO USE THE STOPWATCH

・The measurement time is indicated by the stopwatch hands that move independently of the center and 24 hour hands.
・The stopwatch can measure up to 60 minutes in second.
(The watch indicates the measured time in second increments by ignoring off the 1/10 seconds obtained.)
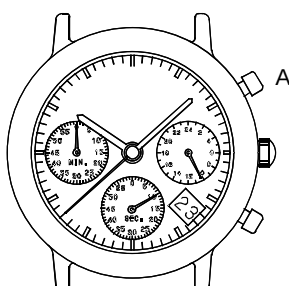
(Standard measurement)
Ex) 100m race (Press the buttons in the following order　A　→　A　→　B　)
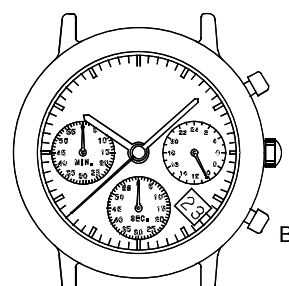
START　　　　　　⟶　　　STOP (Finish)　　⟶　　　RESET (Reset to "0'00")

Stopwatch minute hand

A　　　　　　　　　　A　　　　　　　　　　　　　　　A

　　　　　　　　　　　　　　　　　　　　　　　　　　　　B
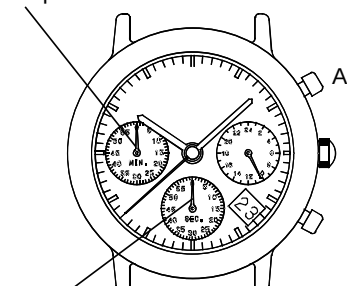
Stopwatch second hand　　　　　　　　　　10 second
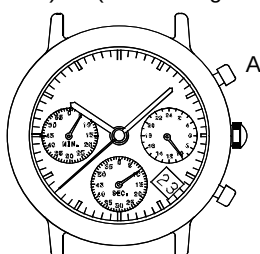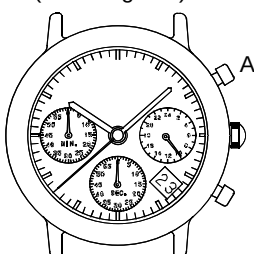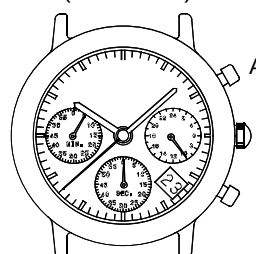
(Accumulated elapsed time measurement)
Ex) Basketball game (Press the buttons in the following order　A　→　A / A　→　A　→　B　)

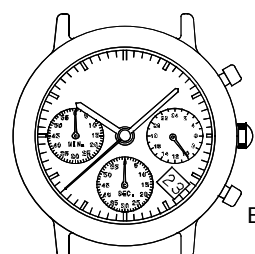START　　　→　STOP　　　/　RESTART　　→　STOP　　　→　RESET
(Start of game)　　(Time out)　　(Restart of game)　　(Game over)

A　　　　　　　A　　　　　　　A　　　　　　　A

　　　　　　　　　　　　　　　　　　　　　　　　　　B
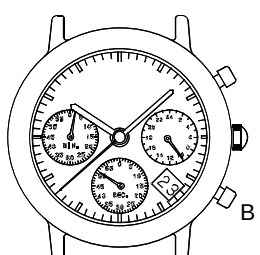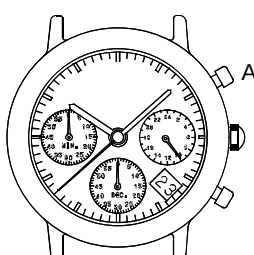
　　　　　　5 minutes 10 seconds　　20 minutes 00 seconds

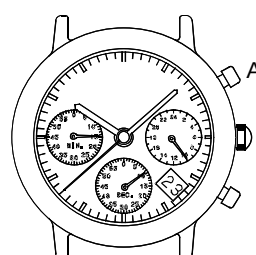*Restart and stop of the stopwatch can be repeated as many times as necessary by pressing button A.

(Split time measurement)
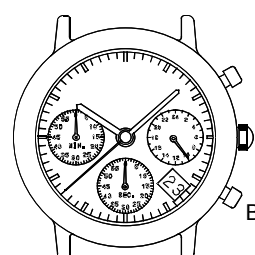Ex.) 5,000m race (Press the buttons in the following order　A　→　B / B　→　A　→　B　)

START　→　SPLIT/　　　　→　STOP　　　→　RESET
　　　　　SPLIT RELEASE

A　　　　　　　　　　　　　　A

　　　　　　　　　　B　　　　　　　　　　　　　　　　B

　　　　　　2 minutes 50 seconds　　15 minutes 10 seconds

*Measurement and release of the split time can be repeated as many times as necessary by pressing button B.