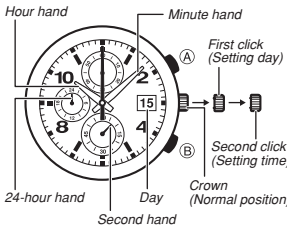


Operation Guide 4307



To set the time

- Pull the crown out to the second click.
 - At this time, the second hand will move to the 12 o'clock position and stop there.
- Set the hands by rotating the crown. Rotate the crown to move the minute hand four or five minutes past the time you want to set, and then back it up to the proper setting.
 - Make sure that you also set the 24-hour hand to the correct hour of the day.
- Push the crown back in to the normal position to restart timekeeping.

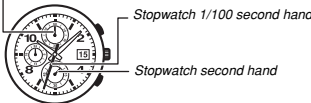
To set the day

- Pull the crown out to the first click.
- Set the day by rotating the crown towards you.
- Push the crown back in to the normal position.

- Avoid changing the date setting while the current time is between 9:00 p.m. and 1:00 a.m.

Using the Stopwatch

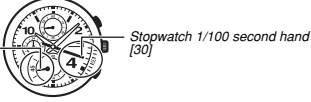
Stopwatch minute hand
* This hand rotates and indicates the second count during the first 60 seconds.



The stopwatch lets you measure elapsed time up to 59 minutes, 59.99 seconds.

To measure elapsed time (First 60 seconds)


- Press (A) to start the stopwatch.
- Press (A) to stop the stopwatch.
 - You can resume the measurement operation by pressing (A) again.
- Check the elapsed time.
 - The example below shows an elapsed time of 44.30 seconds.



- Press (B) to reset the stopwatch. This will enter the Timekeeping Mode.

To measure elapsed time (After the first 60 seconds)

- Press (A) to start the stopwatch.
 - During elapsed time measurement, the stopwatch 1/100 second hand automatically rotates for the final second of each minute.
- Press (A) to stop the stopwatch.
 - You can resume the measurement operation by pressing (A) again.
- Press the (A) button, and the stopwatch 1/100 second hand will move to the 1/100 second count.
 - If the elapsed time operation was stopped during the final second of each minute, the stopwatch 1/100 second hand will already be pointing at the 1/100 second count. Do not press the (A) button at this time, because doing so will restart the elapsed time operation.
- Check the elapsed time.
 - The example below shows an elapsed time of two minutes, 44.30 seconds.



- Press (B) to reset the stopwatch. This will enter the Timekeeping Mode.

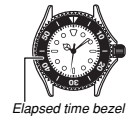
Notes:

- Do not try to perform stopwatch operations while the crown is pulled out either to the first or second click. If you try to press a button, you might accidentally cause the crown to rotate and change the current time or day setting.
- If the starting positions of the stopwatch second hand and 1/100 second hand become misaligned, use the following procedures to adjust the positions of the hands so they point to 12 o'clock when the stopwatch is reset.

To adjust the positions of the stopwatch hands

- Press (B) to reset the stopwatch, and check the alignment of the stopwatch second hand and 1/100 second hand.
- Pull out the crown to the second click.
- Press (A) to move the stopwatch 1/100 second hand.
- If the stopwatch minute hand is aligned correctly, proceed to step 5. If the stopwatch minute hand is also misaligned, press (B) to move the stopwatch second hand.
- After making the adjustments you want, push the crown back in to its normal position.
 - Note that pulling the crown out also stops the timekeeping second hand. After performing the above procedure, you should also adjust the timekeeping setting.

- For a watch with an elapsed time bezel
Rotate the elapsed time bezel to align the ∇ mark with the minute hand.
After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

