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**Hand Home Posit**

*To adjust th*

**Reference** .....

*To recover*

*To turn Pow*

**Specifications** ..

**Operating Precau**

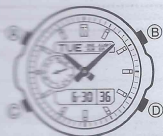
**User Maintenance**

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## General Guide

- Press **(C)** to change from mode to mode.
- In any mode (except a setting mode), press **(B)** to illuminate the display for about one second.

### Timekeeping Mode



Press **(C)**.

### World Time Mode

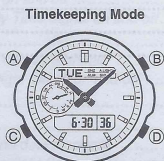


### Alarm Mode (page 10)



## General Guide

- Press **C** to change from mode to mode.
- In any mode (except a setting mode), press **B** to illuminate the display for about one second.



Press **C**.

World Time Mo



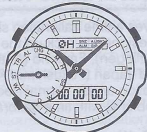
Alarm Mode



World Time Mode (page E-29)



Stopwatch Mode (page E-34)



Alarm Mode (page E-40)



Countdown Timer Mode (page E-36)



## Radio-controlled Atomic Timekeeping

This watch receives a time calibration signal and updates its time setting accordingly.

- This watch is designed to pick up the time calibration signals transmitted in Germany (Mainflingen), England (Anthorn), the United States (Fort Collins), China (Shangqiu), and Japan (Fukushima, Fukuoka/Saga).
- See the information under "Signal Reception Troubleshooting" (page E-27) if you experience problems with time calibration signal reception.

### Current Time Setting

This watch adjusts its time setting automatically in accordance with a time calibration signal. You also can perform a manual procedure to set the time and date, when necessary.

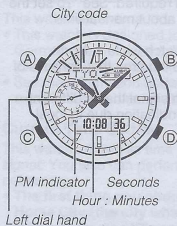
- **The first thing you should do after purchasing this watch is to specify your Home City (the city where you normally will use the watch). For more information, see "To specify your Home City" on page E-12.**

- When using the watch in a country where you will have to adjust the time and date manually, you must make the necessary settings.
- The U.S. time calibration signal is transmitted from America. The term "Home City" refers to the country, such as Canada, the United States, or Japan.
- Using this watch in a country other than the countries listed above may require application of sumner time zone information.

- When using the watch outside the areas covered by the time signal transmitters, you will have to adjust the current time setting manually as required. See "To set the time and date manually" (page E-58) for more information about manual time settings.
- The U.S. time calibration signal can be picked up by the watch while in North America. The term "North America" in this manual refers to the area that consists of Canada, the continental United States, and Mexico.
- Using this watch in a country covered by a time calibration signal that is different from the countries it supports may result in incorrect time indication due to local application of summer time, etc.



### To specify your Home City



1. In the Timekeeping Mode, hold down (A) for about five seconds, until the watch beeps twice and the city code flashes on the upper display. This is the setting mode.

2. Press (D) (east) and (B) (west) to select the city code you want to use as your Home City.

LIS, LON : Lisbon, London

MAD, PAR, ROM, BER, STO : Madrid, Paris, Rome, Berlin, Stockholm

ATH : Athens

MOW : Moscow

HKG, BJS, TPE : Hong Kong, Beijing, Taipei

SEL, TYO : Seoul, Tokyo

HNL : Honolulu

ANC : Anchorage

YVR, LAX : Vancouver, Los Angeles

YEA, DEN : Edmonton, Denver

MEX, CHI : Mexico City, Chicago

MIA, YTO, NYC :

YHZ : Halifax

YYT : St.Johns

3. Press (A) to exit th

- Normally, your v

- Home City cod
- receive operati

- The watch will r
- applicable trans
- accordingly. Fo
- transmitters, se

- See the maps u
- information abo

MIA, YTO, NYC : Miami, Toronto, New York

YHZ : Halifax

YYT : St. Johns

3. Press **(A)** to exit the setting mode.

- Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You also can perform manual receive (page E-24) or you can set the time manually (page E-58).
- The watch will receive the time calibration signal automatically from the applicable transmitter (in the middle of the night) and update its settings accordingly. For information about the relationship between city codes and transmitters, see page E-17 and "Transmitters" (page E-70).
- See the maps under "Approximate Reception Ranges" (page E-18) for information about the reception ranges of the watch.

## Time Calibration Signal Reception

There are two different methods you can use to receive the time calibration signal: auto receive and manual receive.

### • Auto Receive

With auto receive, the watch receives the time calibration signal automatically up to six times a day (five times for the Chinese calibration signal). When any auto receive is successful, remaining auto receive operations are not performed. For more information, see "About Auto Receive" (page E-21).

### • Manual Receive

Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see "To perform manual receive" (page E-24).

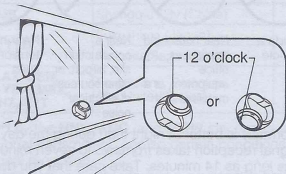
## Important!

- When getting ready to use the watch, make sure the watch is shown in the correct mode. This watch is designed to receive the time calibration signal only when you take it off a plane.

- Make sure the

### Important!

- When getting ready to receive the time calibration signal, position the watch as shown in the nearby illustration, with its 12 o'clock side pointing towards a window. This watch is designed to receive a time calibration signal late at night. Because of this, you should place the watch near a window as shown in the illustration when you take it off at night. Make sure there are no metal objects nearby.



- Make sure the watch is facing the right way.

- Proper signal reception can be difficult or even impossible under the conditions listed below.



Inside or among buildings



Inside a vehicle



Near household appliances, office equipment, or a mobile phone



Near a construction site, airport, or other sources of electrical noise



Near high-tension power lines



Among or behind mountains

- Signal reception normally is better at night than during the day.
- Time calibration signal reception takes from two to seven minutes, but in some cases it can take as long as 14 minutes. Take care that you do not perform any button operations or move the watch during this time.

E-16

- The time calibration Home City code

Home
LON, PAR, LIS, MAD, R
HK
TPE,
HNL*, AN, CHI, NYC, Y, MIA, YTO

- The areas covered by time calibration problems with progress.
- Calibration signal progress.