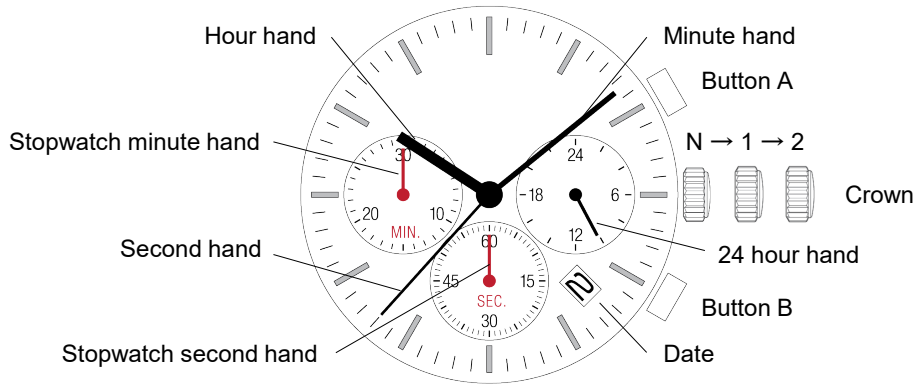
CHRONOGRAPH

◆ Display



◆ Crown and button operation

	Crown position		
	N : normal	1 : 1st click	2 : 2nd click
Crown	Free	Turn counterclockwise for date change	Time setting
Button A	Stopwatch Start Stop Restart	Stopwatch Start Stop Restart	Stopwatch hand position adjustment (clockwise)
Button B	Stopwatch Reset Split Split release	Stopwatch Reset Split Split release	Stopwatch hand position adjustment (counterclockwise)

◆ How to set time

(1) Pull the crown out to the 2nd click position when the second hand is at the 12 o'clock position.
- When the stopwatch is measuring, if the crown is pulled out to the 2nd click position, it will automatically reset the stopwatch hands to "0" position.

(2) Turn the crown to set the hour and minute hands.
Take a.m./p.m. into consideration when setting the hour and minute hands to the desired time.
- The 24 hour hand moves correspondingly with the hour hand.
- When setting the hour hand, check that the 24 hour hand is correctly set.
- When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.

(3) Push the crown back to the normal position.

◆ How to set date

(1) Pull the crown out to the 1st click position.

(2) Turn the crown to set the date.
- Do not set the date between 9:00 p.m. and 1:00 a.m..

(3) Push the crown back to the normal position.

Tips : When the date change during daytime, it happens when a.m./p.m. is wrongly set. Advance the hour hand by 12 hours.

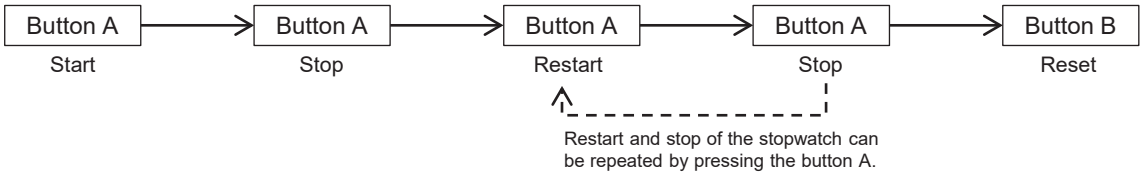
◆ How to use stopwatch function

- The stopwatch can measure up to 29'59" in one-second increments.
- When the measurement reaches 30 minutes, the stopwatch automatically stops counting.

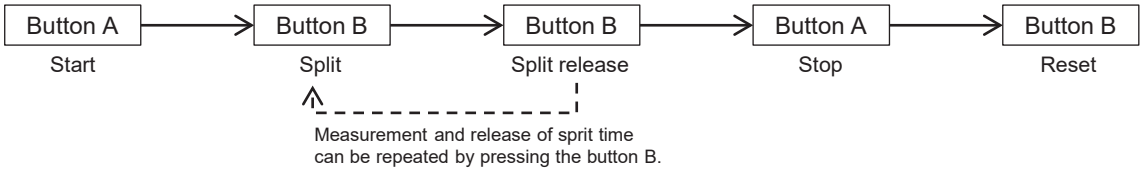
■ Standard measurement



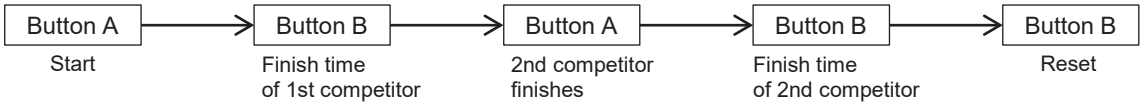
■ Accumulated elapsed time measurement



■ Split time measurement



■ Measurement of two competitors



- The stopwatch second hand is capable of timing 30 minutes. (60 seconds x 30 times)
- The stopwatch minute hand is capable of timing 30 minutes.
- Before using the stopwatch, be sure to check that the crown is set at the normal position and that the stopwatch hands are reset to the "0" position.
  - If the stopwatch hands do not return to the "0" position when the stopwatch is reset to "0", follow the procedure in "Stopwatch hand position adjustment".

◆ Stopwatch hand position adjustment

If the stopwatch hands are not in the "0" position, follow the procedures below to set them.

(1) Pull the crown out to the 2nd click position.
  - When the stopwatch is measuring, if the crown is pulled out to the 2nd click position, it will be automatically reset.

(2) Press the button A or B to set the stopwatch hands to the "0" position.
The movements of the stopwatch minute hand and the stopwatch second hand are interlocked. To set the stopwatch minute hand to the "0" position, continue to move the stopwatch second hand until the stopwatch minute hand reaches the "0" position.
  - The stopwatch hands move quickly if the button A or B is kept pressed.

(3) Push the crown back to the normal position.

◆ Power depletion warning function

When the battery nears its end, the second hand moves at two-second intervals instead of the normal one-second intervals. In that case, have the battery replaced with a new one as soon as possible.

- The watch remains accurate while the second hand is moving at two-second intervals.
- When the second hand moves at two-second intervals, the stopwatch does not operate. If the second hand starts to move at two-second intervals while the stopwatch is measuring, the stopwatch measurement is reset and the stopwatch hands return to the "0" position.