

## ■ CHARACTERISTICS

### 1. Time/calendar display:

- Hour, minutes, seconds, month, date and day of the week.
- **Fully automatic calendar:** Calendar adjusts automatically for odd and even months including February of leap years from the year 1994 up to the end of 2043.
- **Time indication:** Changeover between 12- and 24-hour indications is possible.

### 2. Stopwatch:

- Measures up to 10 hours with 1/100-second readout.
- **8 lap memory:** Up to 8 lap times can be stored in memory.

### 3. Stroke function:

- The stroke per minute, for example pulse rate, can be calculated and displayed.

### 4. Countdown timer:

- **Preset timer:** Nine different lengths of time (3, 5, 10, 15, 20, 30, 35, 40 and 45 minutes) have been preset for the timer.
- **Adjustable timer:** Up to 9 hours and 59 minutes can be set in minutes.
- **Auto repeat function:** After the set time is up, the timer counts down the set time again as many times as necessary.

### 5. Daily alarm:

- The alarm can be set to ring on a 24-hour basis. At a designated time, the display is illuminated as the alarm rings.

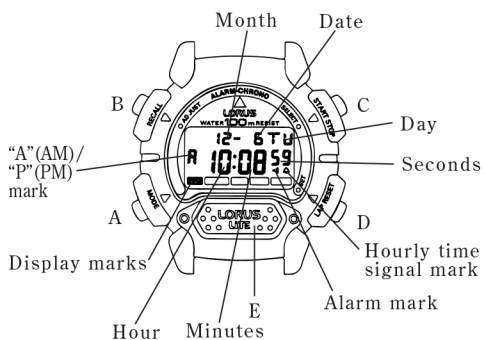
- **Hourly time signal:** Can be set to ring every hour on the hour with a single beep.

### 6. Illuminating light:

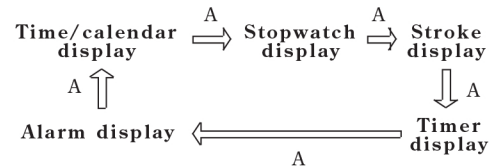
- The light evenly illuminates the display in the dark.

## ■ BUTTONS AND DISPLAYS

[Cal. W240]



The selection of the display can be made in the following order with each depression of button "A".

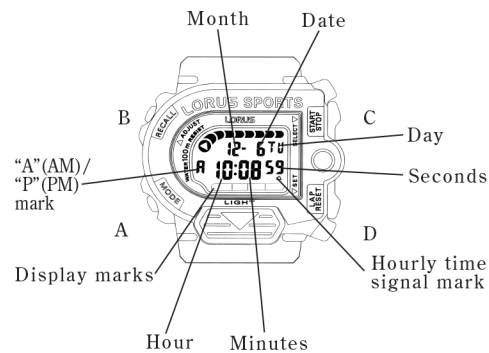


\* If the stopwatch is not reset to "00" and button "A" is depressed to change the mode from the stopwatch, the timer display will appear, skipping the stroke display.

\* When the display is changed by depressing button "A", a confirmation sound beeps.

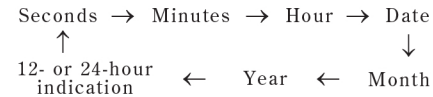
\* A flashing display mark indicates that the corresponding function is in use.

## ■ HOW TO SET THE TIME/CALENDAR



1. Depress button "A" to show the time/calendar display.
2. Depress button "B" for 2 to 3 seconds to show the time/calendar setting display. The second digits start flashing.

3. Selection of the digits to be adjusted (flashing) is made in the following order by depressing button "C".



4. Depress button "D" to set the flashing digits. One digit is advanced with each depression of button "D". Digits except seconds move quickly by keeping button "D" depressed.

5. After all the adjustments are completed, depress button "B" to return to the time/calendar display.

## Seconds setting

Depress button "D" in accordance with a time signal. The seconds are reset to "00" and start immediately.

When the seconds count any number from "30" to "59" and button "D" is depressed, one minute is added and the seconds are reset to "00".

## Notes:

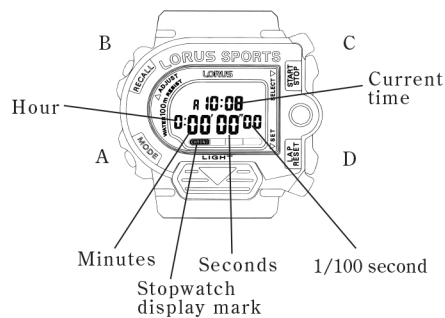
1. When setting the hour digits in the 12-hour indication, check that "A"(AM)/"P"(PM) mark is properly set. In the 24-hour indication, there is no indication.
2. Once the year, month and date have been set, the day of the week is set automatically.
3. If the watch is left untouched in the time/calendar setting display with the digits flashing, it will automatically return to the time/calendar display in 2 to 3 minutes.

## ■ HOW TO USE THE STOPWATCH

- The stopwatch can measure up to 9 hours, 59 minutes, 59 seconds and 99 in 1/100 seconds.

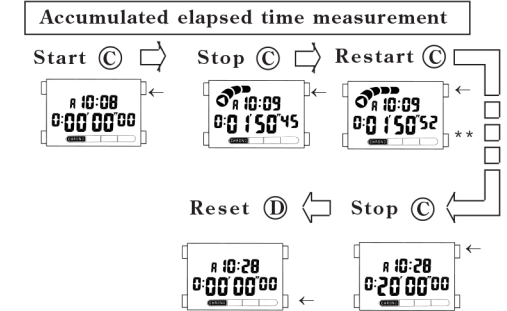
\* Even if the stopwatch display is changed to another while the measurement is in progress, it continues counting properly. After the stopwatch is used, however, be sure to reset it as the battery energy is consumed enormously to shorten the battery life.

\* While the stopwatch is measuring, the graphic display turns on and off repeatedly.



## Stopwatch operation

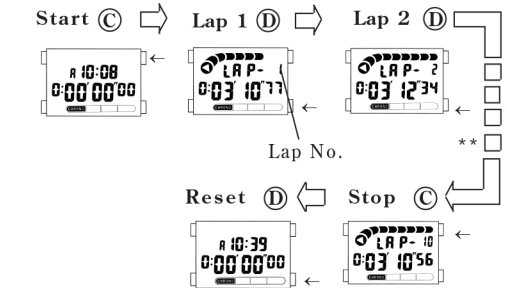
Depress button "A" to show the stopwatch display.



\*\* Accumulate repeatedly by depressing button "C".

## Lap time measurement

- "Lap time" refers to an elapsed time required to cover a given section of the whole distance.



\* Lap time measured and lap number remain displayed for 10 seconds, and then the measurement in progress and the current time appear.

\* After the measurement is stopped by depressing button "C", the current time and total time will be displayed in the upper and lower rows, respectively, in 10 seconds.

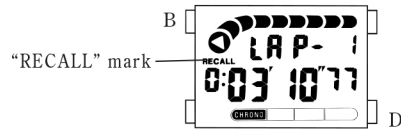
\*\* Can repeat by depressing button "D".

## Notes:

1. The lap number counts up to "99". After "99", the number is displayed in two digits such as "00" for 100, "01" for 101, and so on.
2. Up to 8 lap times can be stored in memory. If more than 8 lap times are measured, the measurements over 8 will not be stored in memory.

### Memory function

- Up to 8 lap times are automatically stored in memory, and they can be recalled either during or after the measurement.



#### [Memory recall after measurement]

- Depress button "B" to show the memory recall display. The oldest measurement stored in memory is displayed.
- With each depression of button "D", the stored data are recalled successively from the oldest to the newest.

#### [Memory recall during measurement]

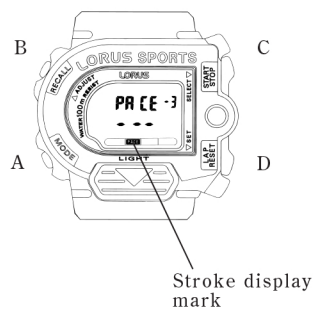
- Depress button "B" to show the memory recall display. The newest measurement stored in memory is displayed.
- With each depression of button "D", the stored data are recalled successively from the oldest to the newest.

**Note:** Even if the digits are reset to "00" in the stopwatch measurement, stored data is not erased and can be recalled unless a new measurement is started.

### ■ HOW TO USE THE STROKE FUNCTION

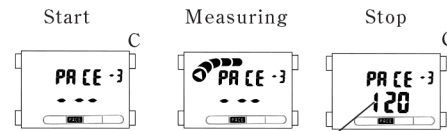
- The stroke per minute, for example pulse rate, is automatically calculated by measuring the time required to make three strokes.
- The time required to make each stroke is measured up to 9 seconds and 99 in 1/100 seconds.
- The measurable number of strokes per minute is between 18 and 240.

**Note:** The stroke and stopwatch functions cannot be used simultaneously.

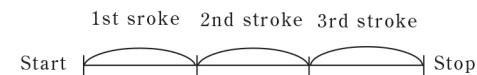


### Stroke measurement

- Depress button "A" to show the stroke display.
- Depress button "C" to start the measurement.
- When the third stroke is made, depress button "C" to stop the measurement. The number of strokes per minute will be displayed.



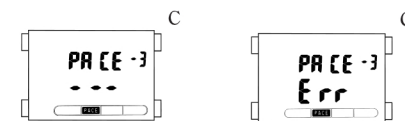
Number of strokes per minute



#### Notes:

- The measurable number of strokes per minute is between 18 and 240. If the measurement is stopped within 0.75 seconds after it is started by depressing button "C", "-" is displayed. If the measurement is not stopped after more than 10 seconds have elapsed, "Err" will automatically appear.

[When the measurement is stopped within 0.75 seconds] [When the measurement exceeds more than 10 seconds]



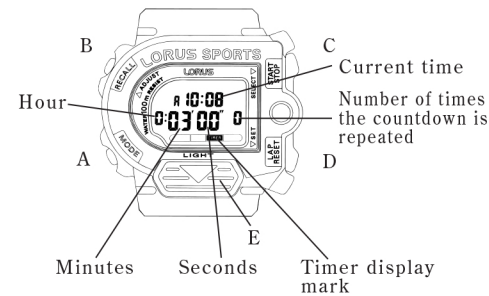
- Even if "-" or "Err" is shown on the display, the measurement can be started by depressing button "C".

### ■ HOW TO USE THE TIMER

- Two types of timers (adjustable timer and preset timer) are available.
- After the set time is up, the timer counts down the set time repeatedly. After the timer is used, therefore, be sure to reset it as the battery energy is consumed enormously to shorten the battery life.

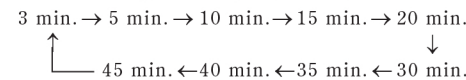
#### 1. How to Use the Preset Timer

- Nine different lengths of time (3, 5, 10, 15, 20, 30, 35, 40 and 45 minutes) have been preset for the timer.



#### Selection of the preset time

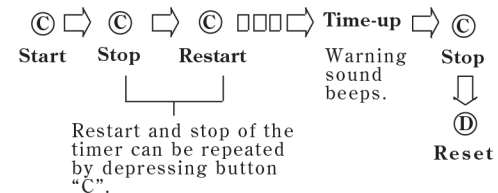
- Depress button "A" to show the timer display.
- Depress button "D" to select the desired preset time. Selection of the preset time is made in the following order by depressing button "D".



\* The preset time does not include 25 minutes. To set 25 minutes for the timer, use the adjustable timer.

#### Preset timer operation

Depress buttons in the following order.



\* A warning sound beeps for 5 seconds when the set time is up. To stop it manually, depress button "A", "B", "C", "D" or "E".

#### Notes:

- After the countdown is repeated 99 times, the number of times the countdown is repeated is displayed in two digits such as "00" for 100, "01" for 101, and so on.
- Once the timer is set, the set time is retained and can be used repeatedly unless it is readjusted.

#### 2. How to Use the Adjustable Timer

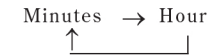
- The adjustable timer can be set for up to 9 hours and 59 minutes in minutes.

#### Adjustable timer setting

- Depress button "A" to show the timer display.
- Depress button "B" for 2 to 3 seconds to show the adjustable timer setting display. The minute digits start flashing.

\* To facilitate the adjustable timer setting procedure, depress button "D" to select a preset time closest to the time you wish to set, and then, depress button "B" to show the adjustable timer setting display.

- Selection of the digits to be adjusted (flashing) is made in the following order by depressing button "C".



- Depress button "D" to set the digits. One digit is advanced with each depression of the button. The digits move quickly by keeping the button depressed.
- After all the adjustments are completed, depress button "B" to return to the timer display. The time you have set remains displayed.

\* If button "D" is depressed while the time you have set is displayed, the set time will be canceled and the preset time 3 minutes will be shown.

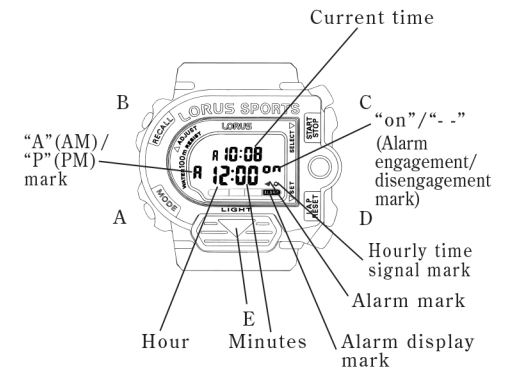
**Note:** If the watch is left untouched in the adjustable timer setting display with the digits flashing, it will automatically return to the timer display in 2 to 3 minutes.

#### Adjustable timer operation

Refer to "Preset timer operation" above.

### ■ HOW TO SET THE ALARM

- The alarm can be set to ring on a 24-hour basis. At the designated time, the display is illuminated as the alarm rings.



- Depress button "A" to show the alarm display.
- Depress button "B" for 2 to 3 seconds to show the alarm setting display. The alarm mark and "on"/"-" mark disappear and the hour digits (and "A"/"P" mark if the time is set in the 12-hour indication) start flashing.
- Depress button "C" to select the digits to be adjusted (flashing).



- Depress button "D" to set the digits. One digit is advanced with each depression of the button. The digits move quickly by keeping the button depressed.