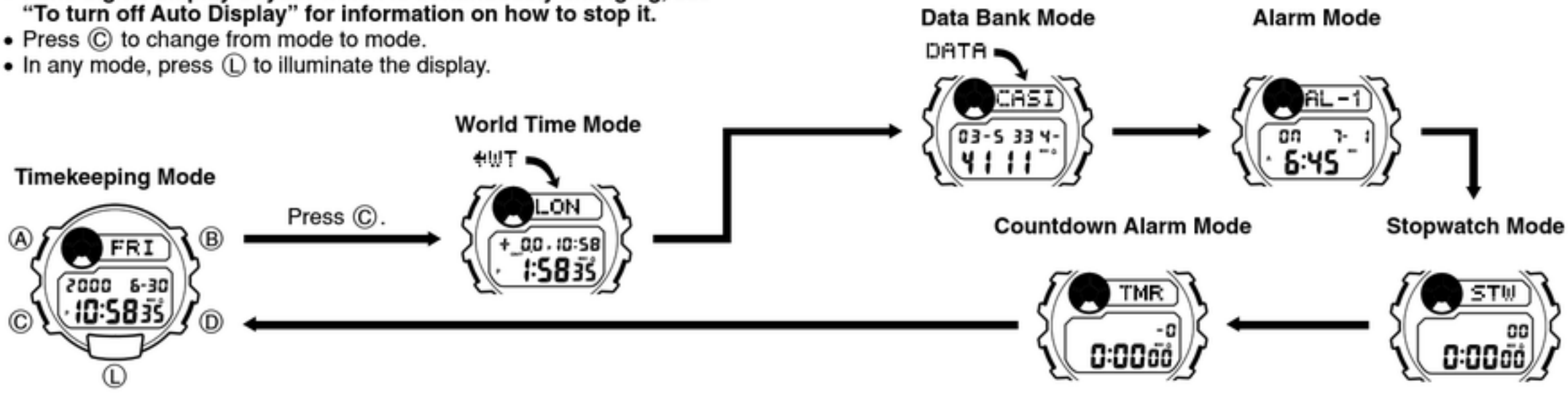
Module No. 2184

ABOUT THIS MANUAL

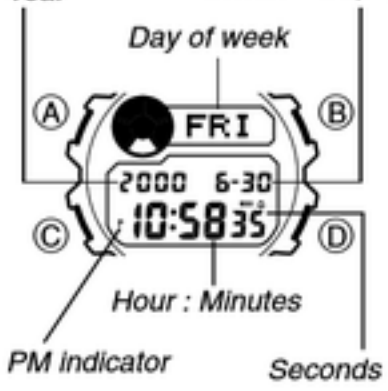
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "REFERENCE" section.

GENERAL GUIDE

- **If the digital display of your watch is continuously changing, see "To turn off Auto Display" for information on how to stop it.**
- Press Ⓒ to change from mode to mode.
- In any mode, press Ⓛ to illuminate the display.



TIMEKEEPING



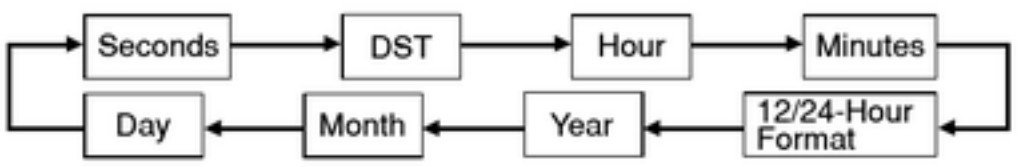
Use the Timekeeping Mode to set and view the current time and date.

To reset the seconds count to zero

1. In the Timekeeping Mode, hold down Ⓐ until the second digits start to flash, which indicates the setting screen.
2. Press Ⓓ to reset the seconds count to 00.
   - Pressing Ⓓ while the seconds count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes count is unchanged.
3. Press Ⓐ to exit the setting screen.

To set the time and date

1. In the Timekeeping Mode, hold down Ⓐ until the second digits start to flash, which indicates the setting screen.
2. Press Ⓒ to move the flashing in the sequence shown below to select other settings.



   - See "Daylight Saving Time (DST)" for details on the DST setting.
3. While a setting is flashing, use Ⓓ (+) and Ⓑ (–) to change it.
   - When the 12/24-hour setting is selected, press Ⓓ to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
4. Press Ⓐ to exit the setting screen.

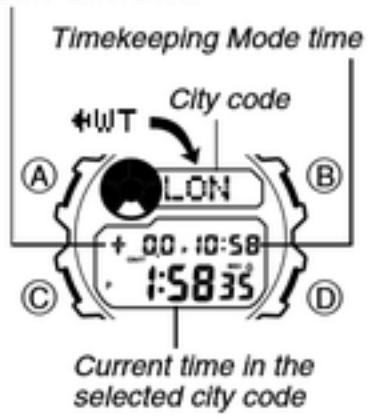
Daylight Saving Time (DST)

Daylight Saving Time automatically advances the time setting by one hour from Standard Time. Remember that the not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time

1. In the Timekeeping Mode, hold down Ⓐ until the second digits start to flash, which indicates the setting screen.
2. Press Ⓒ to move the flashing to the DST On/Off setting.
3. Press Ⓓ to toggle between Daylight Saving Time (ON) and standard time (OFF).
4. Press Ⓐ to exit the setting screen.
   - The **DST** indicator appears on the display to indicate that daylight saving time is turned on.

WORLD TIME



The World Time Mode shows you the current time in 27 cities (29 time zones) around the world.

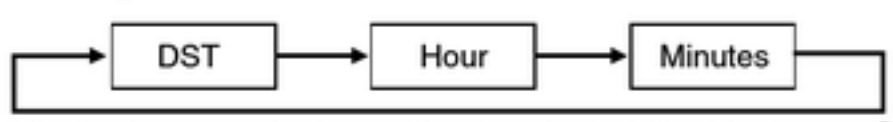
- For full information on city codes, see the "CITY CODE TABLE" at the back of this manual.
- The time settings of the Timekeeping Mode and the World Time Mode are independent from each other, so you must make separate settings for each.
- Whenever you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.
- World Time functions are available in the World Time Mode, which you can enter using Ⓒ.

To view the time in another zone

While in the World Time Mode, press Ⓓ to scroll forward through the city codes (time zones) and Ⓑ to scroll back.

To set the World Time

1. In the World Time Mode, use Ⓑ and Ⓓ to scroll through the city codes (time zones) and find the one you want.
2. Hold down Ⓐ until the DST On/Off setting starts to flash, which indicates the setting screen.
3. Press Ⓒ to move the flashing in the sequence shown below to select other settings.



   - While the hour or minutes setting is selected (flashing), use Ⓓ (+) and Ⓑ (–) to change it.
   - While DST setting is selected (flashing), press Ⓓ to toggle between Daylight Saving Time (ON) and standard time (OFF).
4. Press Ⓐ to exit the setting screen.

To toggle a time zone between standard time and Daylight Saving Time

1. In the World Time Mode, use Ⓑ and Ⓓ to display the city code (time zone) whose standard time/Daylight Saving Time setting you want to change.
   - Note that you cannot switch between standard time and Daylight Saving Time while GMT is selected as the city code.
2. Hold down Ⓐ until the DST On/Off setting starts to flash on the display.
3. Press Ⓓ to toggle between Daylight Saving Time (ON) and standard time (OFF).
4. Press Ⓐ to exit the setting screen.
   - The **DST** indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.