

USER'S GUIDE 2578

About This Manual

(Light)



- 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

- In the Timekeeping Mode, use © (forward) and Ⓐ (back) to scroll through the mode names in the text area of the display. When the text area shows the mode you want, press Ⓑ to enter the mode.
- In any mode, press Ⓕ to illuminate the display.

Timekeeping Mode



Press ©.

Press Ⓐ.

World Time Mode



Time Setting Mode



Alarm Mode



Date Alert Mode



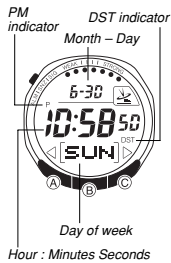
Stopwatch Mode



Time Recorder Mode



Radio-controlled Timekeeping



This watch is designed to pick up a time calibration signal transmitted from Mainflingen, Germany (located 25 kilometers southeast of Frankfurt), and update its time setting accordingly. The time calibration signal includes both Standard Time and Daylight Saving Time (summer time) data.

Current Time Setting

- This watch automatically adjusts its time setting in accordance with a time calibration signal. You can also perform a manual procedure to set the time and date, when necessary.
- The first thing you should do after purchasing this watch is to set your Home City, which is the city where you will normally use the watch. For more information, see "To set your Home City" below.
 - See "Setting the Time and Date Manually" for information about manual settings.

To set your Home City



Text area



City code

1. From the Timekeeping Mode, use © and Ⓐ to display SET (Time Setting Mode) in the text area.
2. Press Ⓑ to enter the Time Setting Mode.
3. Press Ⓑ so the current city code is flashing in the text area.
4. Use © (+) and Ⓐ (-) to scroll through the city codes in the text area until the one you want to use as your Home City is displayed.
 - The following are the city codes for major cities in the Western Europe time zones.
 - BER and PAR: Berlin, Paris, Milan, Rome, Amsterdam, Hamburg, Frankfurt, Vienna
 - LOM: London
5. Press Ⓑ nine times, until the text area shows the Time Setting Mode indicator (SET).
6. Press © to return to the Timekeeping 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 can also perform manual receive or you can set the time manually.
 - If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.

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

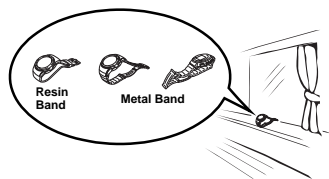
With auto receive, the watch automatically picks up the time calibration signal three times a day at 2:00 AM, 4:00 AM, and 6:00 AM. For more information, see "About Auto Receive."

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."

Important!

- Position the watch as shown in the nearby illustration, with its 12 o'clock side facing towards a window. Make sure there are no metal objects nearby.



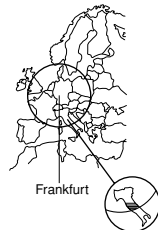
- Proper signal reception can be difficult or even impossible under the conditions listed below.



Inside or among buildings Inside a vehicle Near household appliances or office equipment Near a construction site, airport, or other sources of electrical noise Near high-tension power lines Among or behind mountains

- Signal reception is normally better at night than during the day.
- Time calibration signal reception takes from two to six minutes. Take care that you do not perform any button operations or move the watch during this time.

- This watch is able to receive the time calibration signal transmitted from Mainflingen, Germany (located 25 kilometers southeast of Frankfurt). Signal reception is possible within the area represented by a circle with a radius of about 1,000 kilometers.
- At distances further than about 500 kilometers, the signal may become weak and reception may be impossible under certain conditions.
- Signal reception may be poor in the shaded area on the map, even though it is within 1,000 kilometers of the signal transmitter.
- See the information under "Signal Receive Troubleshooting" if you experience problems with time calibration signal reception.



About Auto Receive

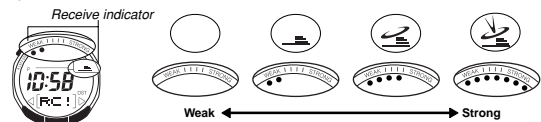
When auto receive is turned on, the watch automatically starts to receive the time calibration signal when the time in the Timekeeping Mode reaches 2:00 AM, 4:00 AM, and 6:00 AM each day (calibration times).

Note

- The auto receive operation is performed only if the watch is in the Timekeeping Mode or World Time Mode when one of the calibration times is reached. It is not performed if a calibration time is reached while an alarm is sounding, or while you are making settings (while settings are flashing on the display).
- Auto receipt of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can easily receive the signal.
- When auto receive is turned on, the watch receives the calibration signal for two to six minutes everyday when the time in the Timekeeping Mode reaches each of the three calibration times. Do not perform any button operation within six minutes before or after any of the three calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the time kept in the Timekeeping Mode. The receive operation is performed whenever the display shows one of the three calibration times, regardless of whether or not the Timekeeping Mode time is actually the correct time.
- When two or three receptions are successful, the watch uses the data of the last reception for calibration. When only one reception is successful, the watch uses the data of the successful reception.

About the Receive Indicator

The receive indicator shows the strength of the calibration signal being received. For best reception, be sure to keep the watch in a location where signal strength is strongest.



- Even in an area where signal strength is strong, it takes about 10 seconds for signal reception to stabilize enough for the receive indicator to indicate signal strength.
- Use the receive indicator as a guide for checking signal strength and for finding the best location for the watch during signal receive operations.
- The receive indicator remains on the display in all modes following reception of the time calibration signal and calibration of the watch's time setting. The receive indicator does not appear if signal reception was unsuccessful or after manual adjustment of the current time setting.
- The receive indicator appears only when the watch is able to successfully receive both time and date data. It does not appear when only time data is received.
- The receive indicator indicates that at least one of the three calibration signal receive operations was successful. Note, however, that the receive indicator is cleared from the display at 3:00 AM each day.

To perform manual receive

Receive indicator

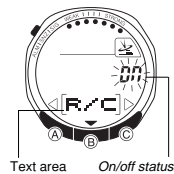


1. Place the watch on a stable surface so its top (12 o'clock side) is facing towards a window.
 - Note that signal reception is poor if the watch is on its back or side.
2. In the Timekeeping Mode, hold down (B) for about two seconds until the watch beeps.
3. Release (B) and the message R/C ! appears in the text area to indicate that signal reception has started.
 - Time calibration signal reception takes from two to six minutes. Take care that you do not perform any button operations or move the watch during this time.
 - After signal reception is complete, the display of the watch changes to the Last Signal screen.

Note

- To interrupt a receive operation and return to the Timekeeping Mode, press (B).
- If the receive operation is unsuccessful, the message E.R.R. appears on the display for about one or two minutes. After that, the watch returns to the Timekeeping Mode.
- You can also change from the Last Signal or E.R.R. screen to the normal timekeeping screen by pressing (B).

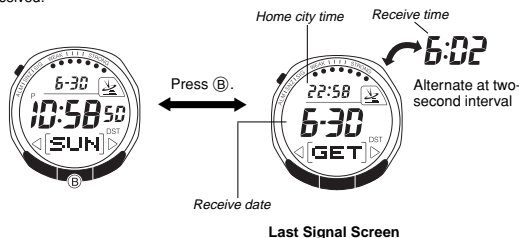
To turn auto receive on and off



1. From the Timekeeping Mode, use (C) and (A) to display SET (Time Setting Mode) in the text area.
2. Press (B) to enter the Time Setting Mode.
3. Press (A) or (C) to toggle auto receive on (ON) and off (OFF).
 - If the current Home City setting is a city code that does not support auto receive, "--" appears in place of the on/off indicator. This means you cannot turn auto receive on or off.
4. Press (B) 10 times, until the text area shows the Time Setting Mode indicator (SET).
5. Press (C) to return to the Timekeeping Mode.

To display the Last Signal screen

In the Timekeeping Mode, press (B) to display the Last Signal screen (GET). The Last Signal screen shows the date and time that the time calibration signal was last received.



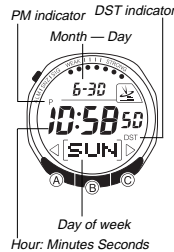
Signal Receive Troubleshooting

Check the following points whenever you experience problems with calibration signal reception.

Problem	Probable Cause	What you should do
Cannot perform manual receive.	<ul style="list-style-type: none"> • The watch is not in the Timekeeping Mode. • Your current Home City is not one of the following city codes: BER, PAR, LON, or ATH. 	<ul style="list-style-type: none"> • Enter the Timekeeping Mode and try again. • Select BER, PAR, LON, or ATH as your Home City.
Auto receive is turned on, but the receive indicator does not appear on the display.	<ul style="list-style-type: none"> • You changed the time setting manually. • The watch was not in the Timekeeping or World Time Mode, or you were performing some button operation during the auto receive operation. • Even if receive is successful, the receive indicator disappears every day at 3 am. • Time data (hour, minutes, seconds) only was received during the last receive operation. The receive indicator appears only when time data and date data (year, month, day) are both received. 	<ul style="list-style-type: none"> • Perform manual signal receive or wait until the next auto signal receive operation is performed. • Check to make sure the watch is in a location where it can receive the signal.
Time setting is incorrect following signal reception.	<ul style="list-style-type: none"> • If the time is one hour off, the DST setting may be incorrect. • The Home City code setting is not correct for the area where you are using the watch. 	<ul style="list-style-type: none"> • Change the DST setting to Auto DST. • Select the correct Home City code.

• For further information, see "Time Calibration Signal Reception" and "Time Calibration Signal Reception Precautions."

Timekeeping



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

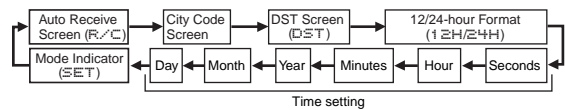
Setting the Time and Date Manually

Make sure you select your Home City code before you change the current time and date settings. World Time Mode times are all displayed in accordance with the Timekeeping Mode settings. Because of this, World Time Mode times will not be correct if you do not select the proper Home City code before setting the time and date in the Timekeeping Mode.

To set the current time and date manually



1. From the Timekeeping Mode, use (C) and (A) to display SET (Time Setting Mode) in the text area.
2. Press (B) to enter the Time Setting Mode.
3. Press (B) to cycle through the setting screens in the sequence shown below.



4. Use the operations shown below to configure auto receive, city code, DST, and 12/24-hour format settings.

Text area indicator:	To do this:	Do this:
R/C	Toggle between auto receive on (ON) and off (OFF)	Press (A) or (C).
BER	Change the city code	Use (C) (+) and (A) (-).
DST	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press (A) or (C). • Pressing (A) or (C) performs a different operation when BER, PAR, LON, or ATH is selected as Home City code. See "To change the Daylight Saving Time (summer time) setting."
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (A) or (C).

5. Press (B) while 12H/24H is shown in the text area to advance to the time setting screen, which is indicated by the seconds flashing.
6. Use the operations shown below to configure time and date settings.

Screen:	To do this:	Do this:
58	Reset the seconds to 58	Press (A) or (C).
10	Change the hour	Use (C) (+) and (A) (-).
58	Change the minutes	
202	Change the year	
6	Change the month	
30	Change the day	

7. To return to the Timekeeping Mode, use (B) to scroll to the mode indicator (SET), and then press (C).
- See "City Code Table" for a complete list of available city codes.
- The auto receive setting is used for time calibration signal reception only. See "About Auto Receive" for details.

Daylight Saving Time (DST)

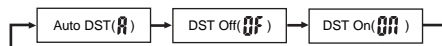
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

The time calibration signal transmitted from Mainflingen includes both Standard Time and DST data. When the Auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the Mainflingen signal.

- The default DST setting is Auto DST (A) whenever you select **BER, PAR, LON, or ATH** as your Home City code.
- If you experience problems receiving the time calibration signal in your area, it is probably best to switch between Standard Time and Daylight Saving Time (summer time) manually.

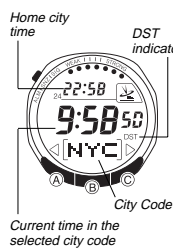
To change the Daylight Saving Time (summer time) setting

1. From the Timekeeping Mode, use (C) and (A) to display SET (Time Setting Mode) in the text area.
2. Press (B) to enter the Time Setting Mode.
3. Press (B) twice so DST is in the text area. This is the DST setting screen.
4. Use (C) or (A) to cycle through the DST settings in the sequence shown below.



5. When the setting you want is displayed, press (B) eight times, until the text area shows the Time Setting Mode indicator (SET).
6. Press (C) to return to the Timekeeping Mode.

World Time



The World Time shows the current time in 30 cities (29 time zones) around the world.

- If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes.
- You can use the Time Setting Mode to change the DST (summer time)/Standard Time settings for each city code.
- The watch will perform a signal receive operation even if it is in the World Time Mode when a calibration time is reached. If this happens, the World Time Mode time settings will be adjusted in accordance with the Timekeeping Mode's Home City time.
- The World Time Mode always displays times using 24-hour format, regardless of the 12-hour/24-hour format setting in the Timekeeping Mode.

To view the time in another city

- From the Timekeeping Mode, use **C** and **A** to display WLT (World Time Mode) in the text area.
 - Press **B** to enter the World Time Mode.
 - Press **C** to scroll the city codes (time zones) in the text area to the east or **A** to scroll to the west.
- For full information on city codes, see the "City Code Table."

To exit the World Time Mode

In the World Time Mode, press **B** and the text area shows the World Time Mode indicator (WLT).

- After returning to the World Time Mode indicator (WLT), you can use **C** and **A** to change to another mode.

Alarms



The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm. One of the one-time alarms functions as a "target alarm," which counts the time remaining from the current Home City time to the target alarm time.

Also use the Alarm Mode to turn the Hourly Time Signal on and off.

- There are five alarms named AL1, AL2, AL3, TAL (target alarm), and SNZ. The alarm names appear in the text area of the display.
- You can configure SNZ as a snooze alarm only. Alarms AL1, AL2, AL3, and TAL can be used as one-time alarms only.

To enter the Alarm Mode

- From the Timekeeping Mode, use **C** and **A** to display FLM (Alarm Mode) in the text area.
- Press **B** to enter the Alarm Mode.

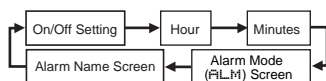
To set an alarm time



- Enter the Alarm Mode.
- Use **C** and **A** to scroll through the alarm name screens until the name of one whose time you want to set is shown in the text area.



- After you select an alarm, press **B**. This causes the alarm's **ON** (**ON**) / **OFF** (**DF**) setting to flash, which indicates the setting screen.
- Press **C** or **A** to turn the alarm on.
- Note that the above step is necessary when you want to set the alarm time. You cannot change the alarm time setting while an alarm is turned on.
- Use **B** to move the flashing between settings as shown below.



- Note that the hour and minutes do not appear if the alarm is turned off.
- While the on/off setting is flashing, press **C** or **A** to toggle it on (**ON**) and off (**DF**).
 - While the hour or minute setting is flashing, use **C** (+) and **A** (-) to change it.
 - After setting the minutes, press **B** twice to return to the alarm name screen.
 - With the target alarm (TAL), the time starts to countdown as soon as you set the alarm time.

Note

- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).

Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off. The target alarm counts the time remaining from the current Home City time to the target alarm time.

- Pressing any button stops the alarm tone operation.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.

Displaying the time setting screen
Displaying the alarm setting screen

To test the alarm

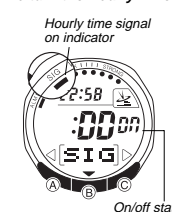
- In the Alarm Mode, hold down **C** to sound the alarm.

To turn an alarm on and off



- Enter the Alarm Mode, and then use **C** and **A** to display the alarm name screen of the alarm you want.
 - After you select an alarm, press **B** and the alarm's on/off setting (**ON** or **DF**) starts to flash, which indicates the setting screen.
 - While the on/off setting is flashing, use **C** or **A** to toggle it on (**ON**) and off (**DF**).
 - Press **B** to return to the alarm name screen.
- If the alarm is on, press **B** four times. If the alarm is off, press **B** twice.
 - The snooze on indicator (**SNZ**) flashes during the 5-minute interval between alarms.
 - The alarm on indicator (**ALM**) and snooze on indicator (**SNZ**) are displayed in all modes.
 - In all modes, the alarm on indicator is shown for any alarm (AL1, AL2, AL3, TAL, SNZ) that is currently turned on.

To turn the Hourly Time Signal on and off

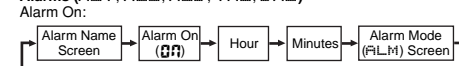


- Enter the Alarm Mode, and then use **C** and **A** to display Hourly Time Signal setting screen (**SIG**).
 - Press **B**. This causes the on (**ON**) / off (**DF**) start to flash, which indicates the setting screen.
 - While the on/off setting is flashing, use **C** or **A** to toggle it on (**ON**) and off (**DF**).
 - Press **B** twice to return to the alarm name screen.
- The Hourly Time Signal on indicator (**SIG**) is displayed in all modes when the Hourly Time Signal is turned on.

To exit an Alarm Name Screen

To get from an alarm name screen to the initial Alarm Mode (**FLM**) screen, you need to press **B** to cycle through the alarm settings. How many times depends on whether the currently displayed alarm is on or off as shown below.

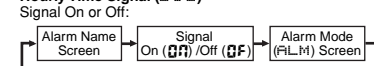
Alarms (AL1, AL2, AL3, TAL, SNZ)



Alarm Off:



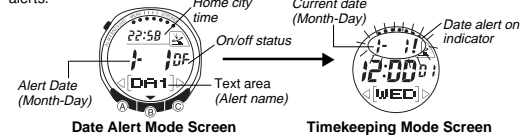
Hourly Time Signal (SIG)



- After returning to the Alarm Mode (**FLM**) screen, you can use **C** and **A** to change to another mode.

Date Alert

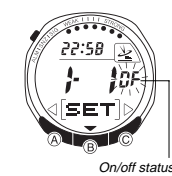
Date Alert helps you to remember an important date. After you set an alert date (month and day), a date alert indicator (I) and the current date flash for 24 hours after the alert date arrives in the Timekeeping Mode. You can set up to five different date alerts.



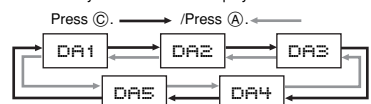
To enter the Date Alert Mode

- From the Timekeeping Mode, use **C** and **A** to display DA (Date Alert Mode) in the text area.
- Press **B** to enter the Date Alert Mode.

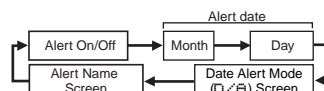
To set the alert date



- Enter the Date Alert Mode, and then use **C** and **A** to scroll through the alert name screens until the one whose date you want to set is displayed.



- After you set an alert, press **B**. This causes the on (**ON**) / off (**DF**) setting to start to flash, which indicates the setting screen.
- Press **B** to move the flashing in the sequence shown below.



- Note that the month and day do not appear if the alert is turned off.
- While the on/off setting is flashing, press **C** or **A** to toggle it on (**ON**) and off (**DF**).
 - While the month or day setting is flashing, use **C** (+) and **A** (-) to change it.
 - After setting the day, press **B** twice to return to the alert name screen.

To exit an Alert Name Screen

To get from an alert name screen to the initial Date Alert Mode (DA) screen, you need to press **B** to cycle through the date alert settings. How many times depends on whether the currently displayed date alert is on or off as shown below.

Alert On:

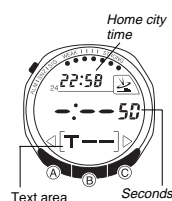


Alert Off:



- After returning to the Date Alert Mode (D./M./Y) screen, you can use (C) and (A) to change to another mode.

Time Recorder



The Time Recorder Mode lets you store up to 50 time entries (hour, minutes, seconds) with the touch of a button. One way you can use the Time Recorder Mode is to record the start time and the end time of a particular event.

- The Time Recorder Mode always displays times using 24-hour format, regardless of the 12-hour/24-hour format setting in the Timekeeping Mode.

To enter the Time Recorder Mode

- From the Timekeeping Mode, use (C) and (A) to display T./S (Time Recorder Mode) in the text area.
- Press (B) to enter the Time Recorder Mode.

To record a Time Recorder time

- Enter the Time Recorder Mode.
 - This displays the Time Recorder standby screen.
- Press (C) to record the current time (hour, minutes, seconds).
 - The recorded time flashes for about two seconds and then assigned the next available record number, in the range of T 1 through T 50. Next the time recorder standby screen appears.
 - A new time is recorded each time you press (C) while the standby screen is on the display.
 - Records are assigned numbers sequentially from T 1 through T 50.
 - Storing a new time record when there are already 50 records stored in memory automatically deletes record T 1, shifts the remaining records upwards by 1, and stores the new record as T 50.

Standby Screen

To recall Time Recorder times



Enter the Time Recorder Mode, and then press (A) to scroll through times stored in memory.

- Each press of (A) scrolls through time records from higher numbered (newer) records to lower numbered records.

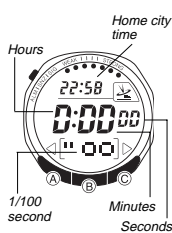
To delete all Time Recorder times

Enter the Time Recorder Mode, and then press (A) and (C) at the same time to delete all Time Recorder times.

To exit the Time Recorder Mode

- In the Time Recorder Mode, press (B) and the text area shows the Time Recorder Mode indicator (T./S).
- After returning to the Time Recorder Mode indicator (T./S), you can use (C) and (A) to change to another mode.

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

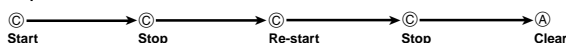
- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.

To enter the Stopwatch Mode

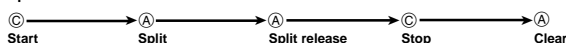
- From the Timekeeping Mode, use (C) and (A) to display S.T.W (Stopwatch Mode) in the text area.
- Press (B) to enter the Stopwatch Mode.

To measure times with the stopwatch

Elapsed Time



Split Time



Two Finishes



To exit the Stopwatch Mode

In the Stopwatch Mode, press (B) and the text area shows the Stopwatch Mode indicator (S.T.W).

- After returning to the Stopwatch Mode indicator (S.T.W), you can use (C) and (A) to change to another mode.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto return features

- If you leave the watch in the Date Alert Mode or Time Setting Mode, or with a mode indicator in the text area for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave the watch with a flashing setting or cursor on the display two or three minutes without performing any operation, it automatically saves any settings you have made up to that point and exits the setting screen.

Scrolling

The (A) and (C) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the World Time, Alarm, or Date Alert Mode, the data you were viewing when you last exited the mode appears first.

Time Calibration Signal Reception Precautions

- Strong electrostatic charge can result in the wrong time being set.
- Even when the watch is within the reception range of the transmitter, signal reception is impossible if the signal is blocked by mountains or other geological formations between the watch and signal source.
- Signal reception is affected by weather, atmospheric conditions, and seasonal changes.
- The time calibration signal is bounced off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal takes priority over any time settings you make.
- The watch is designed to automatically update the date and day of the week for the period January 1, 2000 to December 31, 2039. Setting of the date by the time calibration signal cannot be performed starting from January 1, 2040.
- This watch can receive signals that differentiate between leap years and non-leap years.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to time data only.
- When all three auto receptions are successful (2:00 AM, 4:00 AM, and 6:00 AM), the watch uses the data of the last reception for calibration. When only one reception is successful, the watch uses the data of the successful reception.
- Normally, the signal reception date shown by the Last Signal screen is the date data included in the received time calibration signal. When only time data is received, however, the Last Signal screen shows date as kept in the Timekeeping Mode at the time of signal reception.
- If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within ±15 seconds a month at normal temperature.
- If you have problems with proper time calibration signal reception or if the time setting is wrong after signal reception, check your current city code, DST (summer time), and auto receive settings. The following are the initial factory defaults for these settings.

Setting	Initial Factory Default
City code	BER (Berlin)
DST (summer time)	☐ (Auto switching)
Auto receive	☐☐ (Auto receive)

Timekeeping

- Resetting the seconds to ☐☐ while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to ☐☐ without changing the minutes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on your Home City time setting.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC*) data.

* The letters "UTC" stands for "Universal Time Coordinated," which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation. The reference point for UTC is Greenwich, England.

12-hour/24-hour Timekeeping Formats

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in the Alarm Mode.

- The World Time Mode and Time Recorder Mode always display times using 24-hour format, regardless of the 12-hour/24-hour format setting in the Timekeeping Mode.
- In all modes besides the Timekeeping Mode, the current Home City time in the upper left corner of the display is always displayed using 24-hour format.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59. The indicator 24 indicates the 24-hour format.

Backlight Precautions

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.

In any mode, press \odot to illuminate the display for about one second.

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
---		-11	PAGO PAGO
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-9	NOME
LAX	LOS ANGELES	-8	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-7	EL PASO, EDMONTON
CHI	CHICAGO	-6	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-5	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-4	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-3	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-2	
---		-1	PRAIA
GMT		+0	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
LON	LONDON	+0	
PAR	PARIS	+1	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS
BER	BERLIN	+1	HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
ATH	ATHENS	+2	HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
CAI	CAIRO	+2	
JRS	JERUSALEM	+2	
JED	JEDDAH	+3	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+4	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+5	MALE
DEL	DELHI	+5.5	MUMBAI, KOLKATA
DAC	DHAKA	+6	COLOMBO
RSN	YANGON	+6.5	
BKK	BANGKOK	+7	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+8	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	+9	PYONGYANG
SEL	SEOUL	+9	
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAUL
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

• Based on data as of June 2002.