

# Operation Guide 3447

## 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.

E

## Contents

General Guide.....	E-4
Timekeeping.....	E-8
Alarms.....	E-21
Stopwatch.....	E-26
Countdown Timer.....	E-28
Reference.....	E-31
Specifications.....	E-35

E-1

## Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

- To toggle the Timekeeping Mode time between DST and Standard Time..... E-16
- To illuminate the display..... E-20
- To set an alarm time..... E-22
- To test the alarm..... E-23
- To enable or disable an alarm..... E-24
- To enable or disable the Hourly Time Signal..... E-25
- To measure times with the stopwatch..... E-27
- To configure the countdown timer..... E-29
- To use the countdown timer..... E-30
- To enable or disable the button operation tone..... E-32

E-2

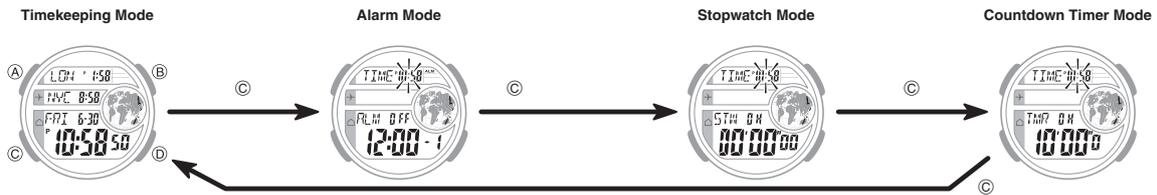
- To disable Auto Display..... E-34
- To enable Auto Display..... E-34

E-3

## General Guide

- Press **C** to change from mode to mode.
- To return to the Timekeeping Mode from any other mode, hold down **C** for about two seconds.

- In any mode (except when a setting screen is on the display), press **B** to illuminate the display.



E-4

E-5

## General Functions

This section explains general functions and operations.

### Auto Return Features

- If you leave the watch in the mode below for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
  - Alarm Mode
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

### Initial Screens

When you enter the mode below, the data you were viewing when you last exited the mode appears first.

- Alarm Mode

E-6

E-7

## Timekeeping

The Timekeeping Mode's Multi Time feature gives you quick and easy access to the current time and date in three different cities, numbered from TM-1 (Time 1) through TM-3 (Time 3). TM-1 is your Home City Time, TM-2 and TM-3 are Local Times. Local Times are kept in synchronization with your Home City Time (TM-1).



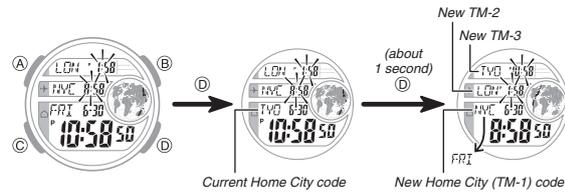
E-8

E-9

- Pressing **D** once will display the city code of your currently selected Home City for about three or four seconds in place of the day of the week. After that, the day of the week will re-appear.
- For details on reading the map, see "Map" (page E-31).

### Shifting Times on the Display

You can use the operation below to shift the positions of the three times on the display downwards.



• Each time you perform the above operation, the displayed city codes and times are shifted downwards, with the bottom city code and time going up to the top position, as shown in the example below.



- You can change the current time setting for your Home City Time (TM-1) only.
- For Local Times (TM-2, TM-3), you can change the city code and DST settings only.

E-10

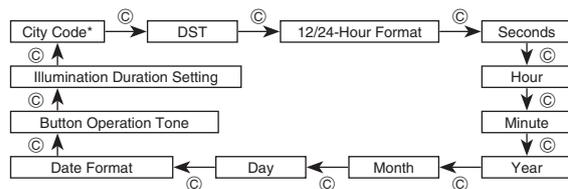
E-11

### Changing the Current Home City Time and Date Settings

- In the Timekeeping Mode, hold down (A) for about two seconds until -1- SET Hold flashes on the display and then disappears.
  - Release the button as soon as the flashing -1- SET Hold indicator disappears and the currently selected city code flashes on the display. This indicates the Home City setting screen.
  - Keeping (A) held down too long will change to the Local Time 2 (TM-2) setting screen (page E-18).



- Press (C) to move the flashing in the sequence shown below to select other settings.



E-12

E-13

- When the setting you want to change is flashing, use (D) and (B) to change it as described below.

Screen	To do this:	Do this:
TYO	Change the city code*	Use (D) (east) and (B) (west).
DST OFF	Toggle between Daylight Saving Time (DST) and Standard Time (OFF)	Press (D).
12/24	Toggle between 12-hour (12/24) and 24-hour (24/24) timekeeping	Press (D).
50	Reset the seconds to 00	Press (D).
10:58	Change the hour or minute	Use (D) (+) and (B) (-).
20 17	Change the year	Use (D) (+) and (B) (-).
6:30	Change the month or day	Use (D) (+) and (B) (-).
M-- 17.17	Toggle the setting between Month/Day (M-DD) and Day/Month (DD-M)	Press (D).

Screen	To do this:	Do this:
BEEP	Toggle the setting between ON (BEEP) and OFF (MUTE)	Press (D).
1.5	Toggle the setting between 1.5 seconds (1.5) and 3 seconds (3)	Press (D).

- \* When setting a location that does not have a city code assigned, you can select a city code from T-1 to T-3 (page L-3). When T-1 through T-3 is selected, press (C) and then select the time offset with (D) and (B).
  - See "Daylight Saving Time (DST)" on page E-15 for details about DST setting.
- Press (A) to exit the setting screen.
  - The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

### 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.

E-14

E-15

### To toggle the Timekeeping Mode time between DST and Standard Time

- In the Timekeeping Mode, hold down (A) for about two seconds until -1- SET Hold flashes on the display and then disappears.
  - Release the button as soon as the flashing -1- SET Hold indicator disappears and the currently selected city code flashes on the display. This indicates the Home City setting screen.
  - Keeping (A) held down too long will change to the Local Time 2 (TM-2) setting screen (page E-18).
- Press (C) to display the DST setting screen.
- Press (D) to toggle between Daylight Saving Time (DST) and Standard Time (OFF).
- Press (A) to exit the setting screen.
  - The DST indicator appears on the Timekeeping screen to indicate that Daylight Saving Time is enabled.



### 12/24-Hour Format

- With the 12-hour format, the P indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits 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, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

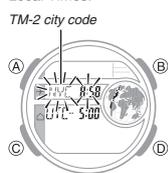
E-16

E-17

### Changing the City Code Setting of a Local Time

You can select any one of the city codes in the table at the back of this manual for the Local Times.

- In the Timekeeping Mode, hold down (A) for about five seconds until the currently selected city code of Local Time 2 (TM-2) flashes on the display as shown in the illustration.
  - This indicates the Local Time City setting mode.
- Use (D) (east) and (B) (west) to select the city code you want to assign to Local Time 2 (TM-2).
  - The DST setting cannot be changed while UTC is selected as the time zone.
  - When setting a location that does not have a city code assigned, you can select a city code from T-1 to T-3.
  - When T-1 through T-3 is selected, press (C) and then select the time offset with (D) and (B).
- Press (C) to display the DST setting screen.



- Press (D) to toggle between Daylight Saving Time (DST) and Standard Time (OFF).
- Press (A).
  - This enables Local Time (TM-3) setting.
  - If you do not want to change Local Time 3 (TM-3) settings, go directly to step 7 without doing anything here.
- Perform steps 2 through 4 to configure Local Time 3 (TM-3) settings.
- Press (A) to return to the normal Timekeeping Mode.

### Illumination

LEDs (light-emitting diodes) illuminate the display for easy reading in the dark.

### Illumination Precautions

- Illumination may be hard to see when viewed under direct sunlight.
- Illumination automatically turns off whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

E-18

E-19

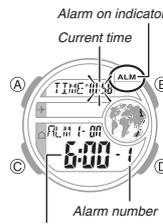
### To illuminate the display

In any mode (except when a setting screen is on the display), press (B) to illuminate the display.

- Pressing (B) illuminates the display for 1.5 or 3 seconds, depending on the current illumination duration setting (page E-13).

E-20

### Alarms



Alarm time  
(Hour : Minutes)

Your watch has a total of five alarms, each of which you can configure as a daily alarm or one-time alarm.

- Daily Alarm: Sounds at the preset time each day.
- One-time Alarm: Sounds once at the preset time and then is disabled automatically.

You can also enable an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

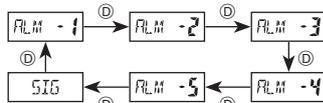
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C) (page E-4).
- Alarms operate in coordination with the current Home City Time.

E-21

### To set an alarm time



- In the Alarm Mode, use (D) to scroll through the alarm screens until the alarm number you want to set is displayed.



- Hold down (A) for about two seconds until **SET Hold** flashes on the display and then disappears, and hour digits start to flash.

- This indicates the setting screen.
- This operation enables the One-time Alarm automatically.
- If you want to use the Daily Alarm, refer to "To enable or disable an alarm" (page E-24) after performing step 5.

- Press (C) to move the flashing between the hour and the minute digits.

- The selected digits are those that are flashing.
- Use (D) (+) and (B) (-) to change the hour and minute settings.
    - 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).
  - Press (A) to exit the setting screen.

### Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in.

- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.
- To stop the alarm tone after it starts to sound, press any button.

### To test the alarm

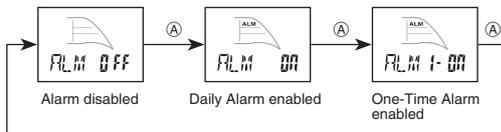
In the Alarm Mode, hold down (D) to sound the alarm.

E-22

E-23

### To enable or disable an alarm

- In the Alarm Mode, use (D) to select an alarm.
- Press (A) to cycle through the alarm settings as shown below.



- In all modes, the alarm on indicator is shown for the alarm that is currently enabled.
- The alarm indicator flashes while the alarm is sounding.

### To enable or disable the Hourly Time Signal

- In the Alarm Mode, use (D) to select the Hourly Time Signal.
- Press (A) to toggle it between enabled and disabled.

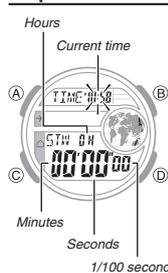


- The Hourly Time Signal indicator is shown on the display in all modes while this function is enabled.

E-24

E-25

### 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.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C) (page E-5).

E-26

### To measure times with the stopwatch

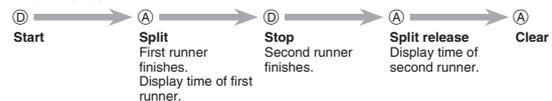
#### Elapsed Time



#### Split Time

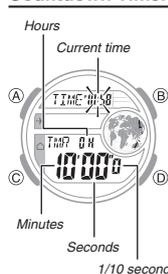


#### Two Finishes



E-27

### Countdown Timer

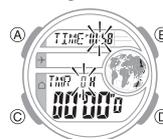


The countdown timer start time can be set within a range of one second to 24 hours. An alarm sounds when the countdown reaches zero.

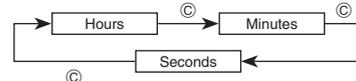
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C) (page E-5).

E-28

### To configure the countdown timer



- While the countdown start time is displayed in the Countdown Timer Mode, hold down (A) until the flashing **SET Hold** indicator disappears, and the current countdown start time starts to flash. This indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select other settings.



- When the setting you want to change is flashing, use (D) (+) and (B) (-) to change the flashing item.

- To specify a countdown start time of 24 hours, set 0H00'00".

- Press (A) to exit the setting screen.

E-29

### To use the countdown timer



In the Countdown Timer Mode, press (D) to start the countdown timer.

- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is reset to its starting value automatically when the alarm sounds.
- Press (C) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
- To stop a countdown operation completely, first pause it (by pressing (C)), and then press (A). This returns the countdown time to its starting value.

E-30

### 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.

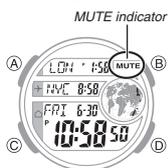
### Map



• Map: Shows the zone of the currently selected Home City Time (TM-1).

E-31

### Button Operation Tone



The button operation tone sounds any time you press one of the watch's buttons. You can enable or disable the button operation tone as desired.

- Even if you disable the button operation tone, the alarms, the Hourly Time Signal, and the countdown alarm all operate normally.

#### To enable or disable the button operation tone

Perform the procedure under "Changing the Current Home City Time and Date Settings" (page E-12) to toggle the button operation tone between enabled (the MUTE indicator not displayed) and disabled (the MUTE indicator displayed).

- The MUTE indicator is displayed in all modes when the button operation tone is disabled.

E-32

### 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 year can be set in the range of 2000 to 2099.
- 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.

### World Time (Local Times TM-2, TM-3)

- The seconds counts of the local times are synchronized with the seconds count of the Home city (TM-1).
- All local times are calculated from the current Home City Time in the Timekeeping Mode using UTC\* time offset values.

\* Coordinated Universal Time (UTC) is the global time standard used to regulate time.

E-33

### Auto Display

Auto Display continually changes the contents of the digital display.

#### To disable Auto Display

Press any button to disable Auto Display. This returns to the Timekeeping Mode.

#### To enable Auto Display

In the Timekeeping Mode (page E-4), press (B) and (D) at the same time, and the watch beeps.

### Note

- Auto Display cannot be performed while a setting screen is on the display.

E-34

### Specifications

**Accuracy at normal temperature:** ±30 seconds a month

**Timekeeping:** Hour, minutes, seconds, p.m. (P), month, day, day of the week

Time format: 12-hour and 24-hour

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Multi Time (one Home City Time and two Local Times); Daylight Saving Time (summer time)/Standard Time

**World Time:** 48 cities (31 time zones) and Coordinated Universal Time; addition of desired 3 time zones

Other: Standard Time/Daylight Saving Time (summer time)

**Alarms:** 5 alarms (daily or one-time), Hourly Time Signal

### Stopwatch

Measuring unit: 1/100 second

Measuring capacity: 23:59' 59.99"

Measuring modes: Elapsed time, split time, two finishes

E-35

### Countdown Timer

Measuring unit: 1/10 second

Input range: 1 second to 24 hours (1-second, 1-minute and 1-hour increments)

**Illumination:** LED (light-emitting diode); Selectable illumination duration

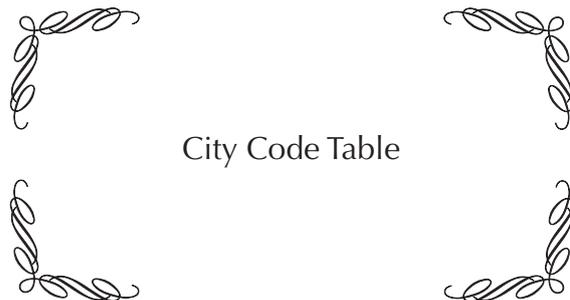
**Other:** Button operation tone on/off

**Battery:** One lithium battery (Type: CR2032)

Approximately 10 years on type CR2032; 10 seconds of alarm operation, 1.5 seconds of illumination per day

Specifications are subject to change without notice.

E-36



## City Code Table

L-1

### City Code Table

City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	-11
HNL	Honolulu	-10
ANC	Anchorage	-9
YVR	Vancouver	-8
LAX	Los Angeles	-8
YEA	Edmonton	-7
DEN	Denver	-7
MEX	Mexico City	-6
CHI	Chicago	-6
NYC	New York	-5
YHZ	Halifax	-4
YYT	St. John's	-3.5
BUE	Buenos Aires	-3
RIO	Rio De Janeiro	-3

L-2

City Code	City	UTC Offset/ GMT Differential
FEN	Fernando de Noronha	-2
RAI	Praia	-1
UTC		
LIS	Lisbon	0
LON	London	
MAD	Madrid	
PAR	Paris	
ROM	Rome	+1
BER	Berlin	
STO	Stockholm	
ATH	Athens	
CAI	Cairo	+2
JRS	Jerusalem	

City Code	City	UTC Offset/ GMT Differential
MOW	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	
HKG	Hong Kong	+8
BJS	Beijing	
TPE	Taipei	

City Code	City	UTC Offset/ GMT Differential
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5
GUM	Guam	+10
SYD	Sydney	+10
NOU	Noumea	+11
WLG	Wellington	+12
T-1	CUSTOM1	-
T-2	CUSTOM2	-
T-3	CUSTOM3	-

- Settings from -12 to +14 (-11 to +15 when DST ON) are supported.
- Based on data as of July 2016.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

L-3