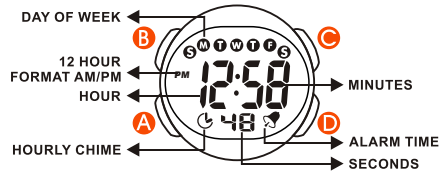


INSTRUCTION MANUAL 86187

REGULAR DISPLAY AND BUTTON OPERATION

E-01

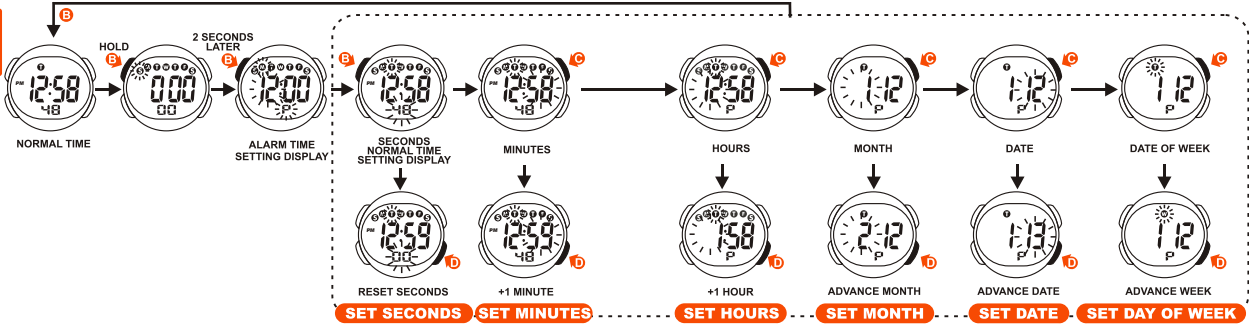


BUTTON OPERATION

- A LIGHT
- B MODE
- C ST/STP
- D ADJ.

HOW TO SET NORMAL TIME

E-02

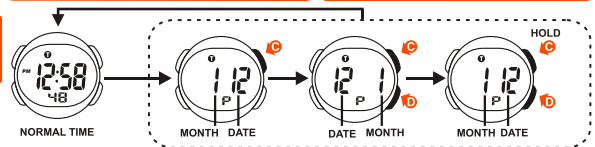


HOW TO SET NORMAL TIME

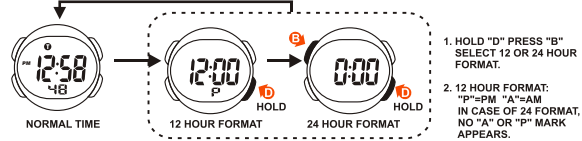
E-03

HOW TO DISPLAY MONTH, DATE

E-04



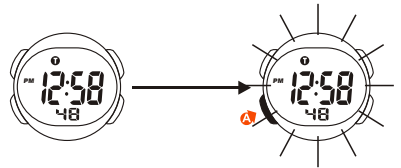
12/24 HOUR FORMAT DISPLAY



1. HOLD "D" PRESS "B" SELECT 12 OR 24 HOUR FORMAT.
2. 12 HOUR FORMAT: "P"=PM "A"=AM IN CASE OF 24 FORMAT, NO "A" OR "P" MARK APPEARS.

HOW TO USE EL LIGHT

E-05

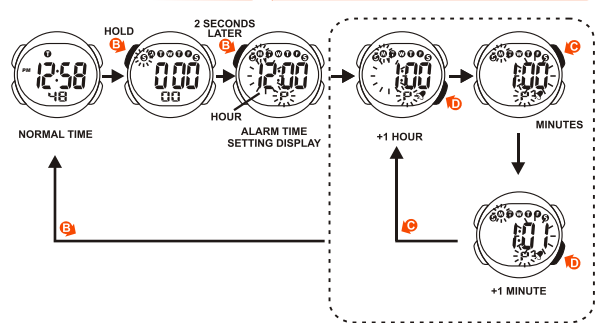


NOTE:

1. The backlight of the watch employs an electro-luminescent (EL) light, watch tends to lose illuminating power after very long use.
2. The illumination provided by backlight may be hard to see when viewed under direct sunlight.

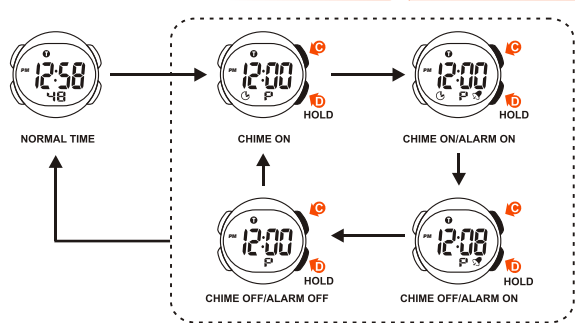
HOW TO SET ALARM TIME

E-06



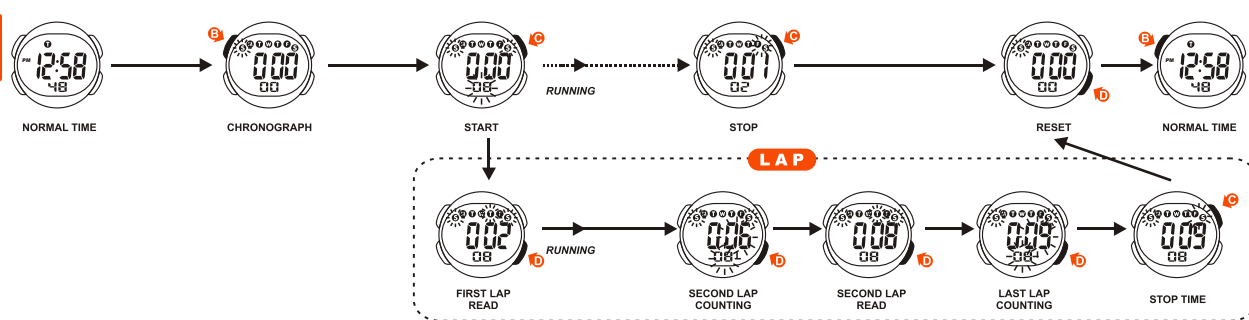
HOW TO USE ALARM AND CHIME DISPLAY

E-07



HOW TO USE THE CHRONOGRAPH

E-08



HOW TO USE THE CHRONOGRAPH

E-09

CARE OF YOUR WATCH

E-10

1. This watch contains precise electronic components. Never attempt to open the case or remove the back cover.
2. Do not operate push buttons below the surface of the water when swimming or diving.
3. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.
4. Avoid severing impact: The watch is designed to withstand impact under normal use. It is inadvisable to subject it to severe impact of rough usage or drops onto hard surfaces.
5. Avoid exposing the watch to temperature extremes.
6. Clean the watch with a soft cloth and clean water only. Avoid using chemicals, especially soap.
7. Keep your watch away from the conditions of strong electric field and static electricity.

FEATURES AND SPECIFICATIONS

E-11

1. Standard display mode: Hour, Minutes, Seconds, Day of week.
2. Function:
 - * Month, Date AM/PM and Electro-Luminescent light.
 - * Alarm function with buzzer signal output.
 - * Chronograph function with lap operation.
 - * Hourly chime.
 - * 12/24 hour format switch option.
3. Accuracy at normal temperature (25°C): ± 30 seconds a month.
4. Normal operating temperature range: 10°C ~ 40°C.