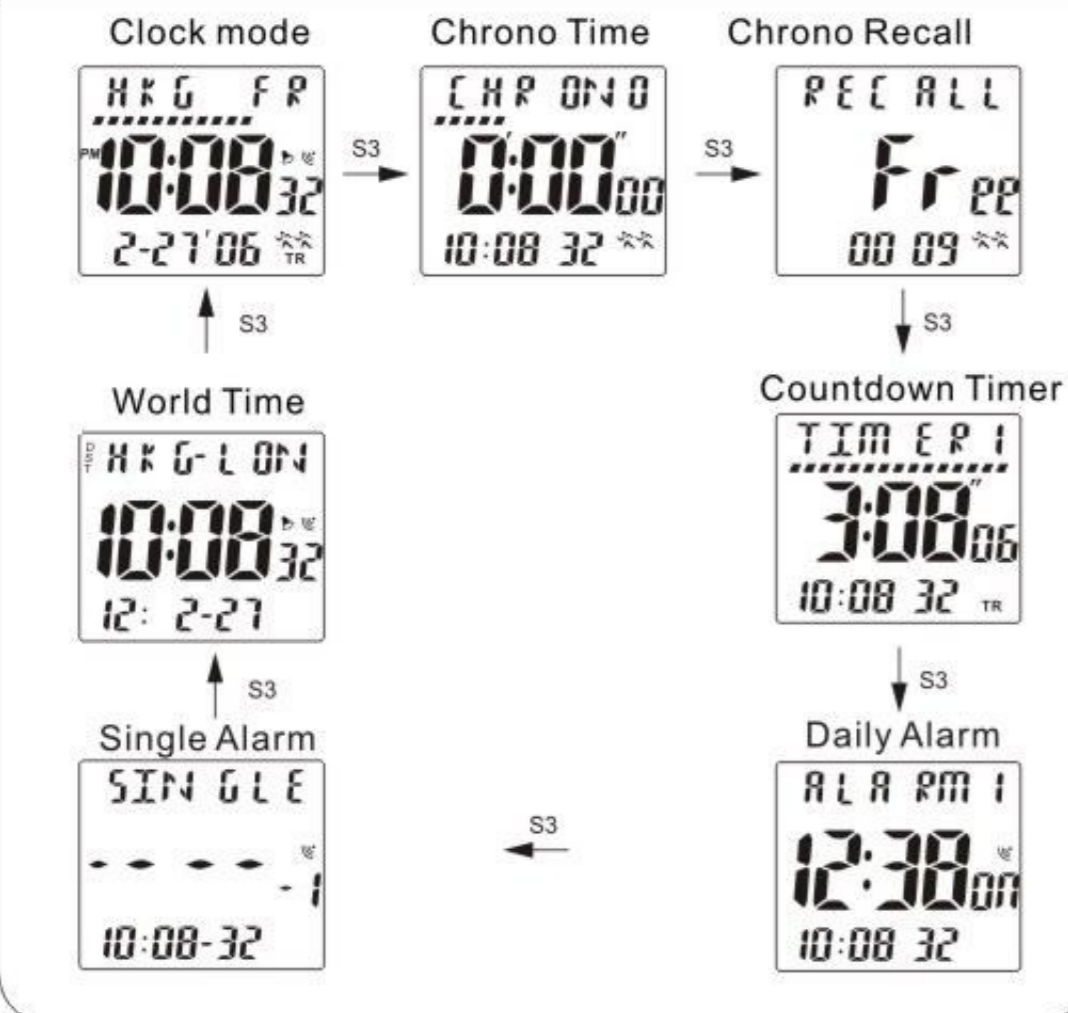


INSTRUCTION MANUAL 86224

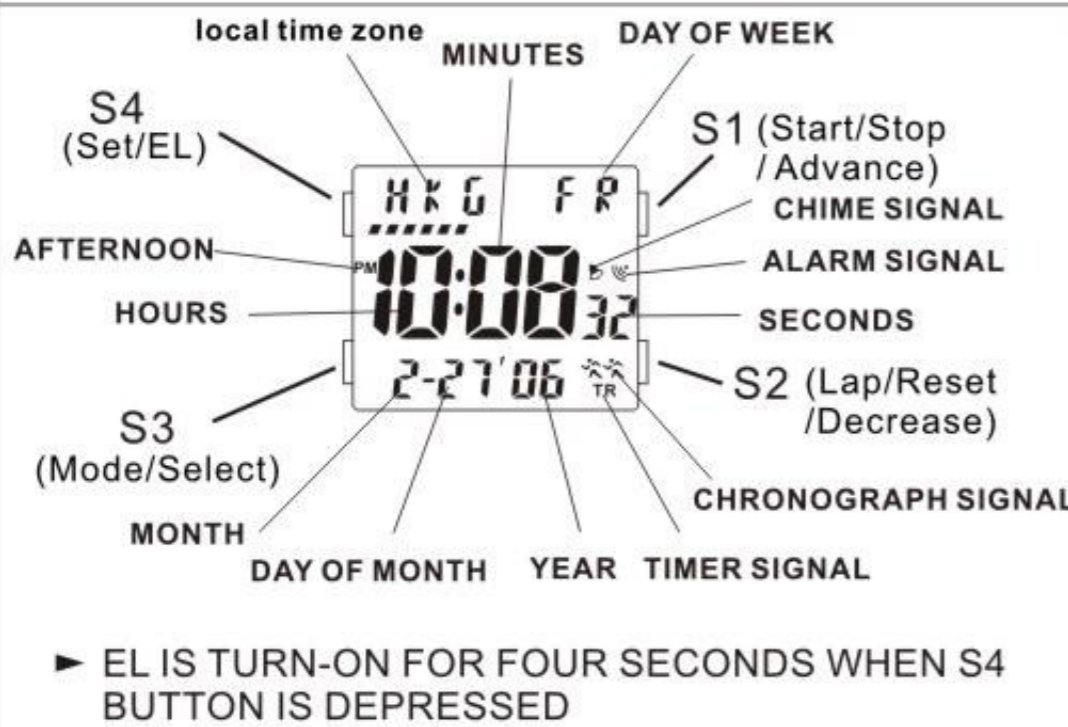
ALARM CHRONOGRAPH MODULE



MODE TRANSITION DIAGRAM



REGULAR DISPLAY AND BUTTON OPERATION



CHIME SIGNAL

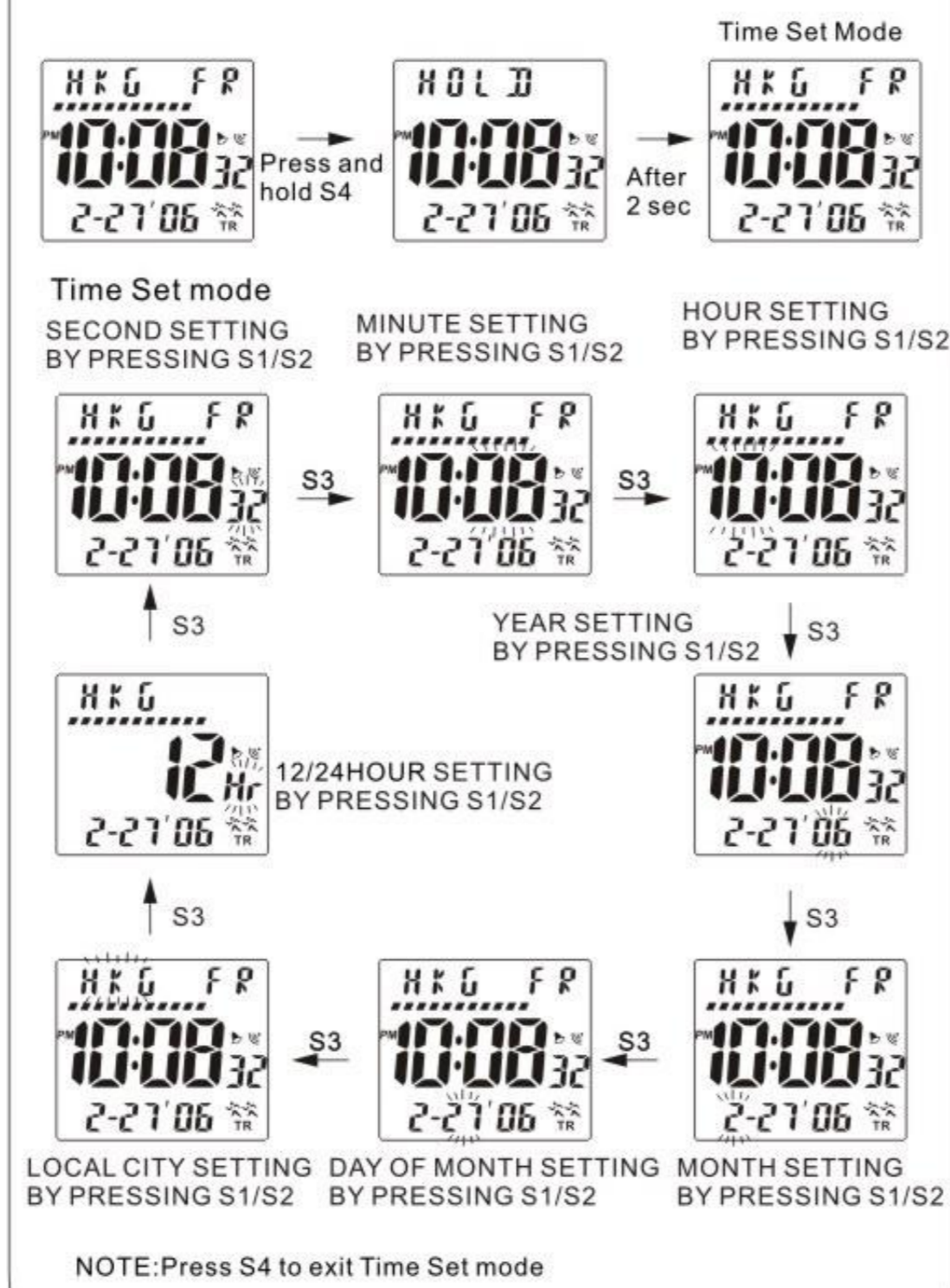
In CLOCK MODE, press S2 to display and enable the CHIME SIGNAL. To disable, press S2 again.

DAYLIGHT SAVING TIME (DST)

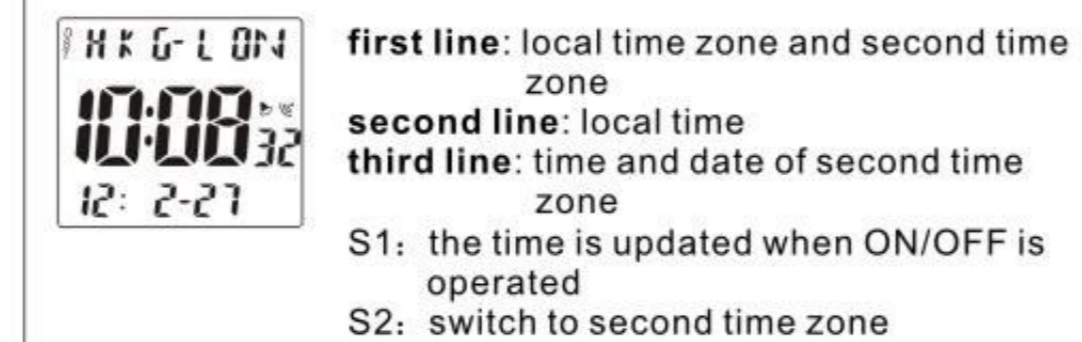
CLOCK MODE (DST): In CLOCK MODE, press S1 to display and enable "DST" (+ 1 hour) if you are in a region using Daylight Saving Time during the summer period.

WORLD TIME ZONE (DST): While in a secondary TIME ZONE, press S1 to display and enable "DST" (+ 1 hour) for regions using Daylight Saving Time during the summer period.

HOW TO SET NORMAL TIME/CALENDAR



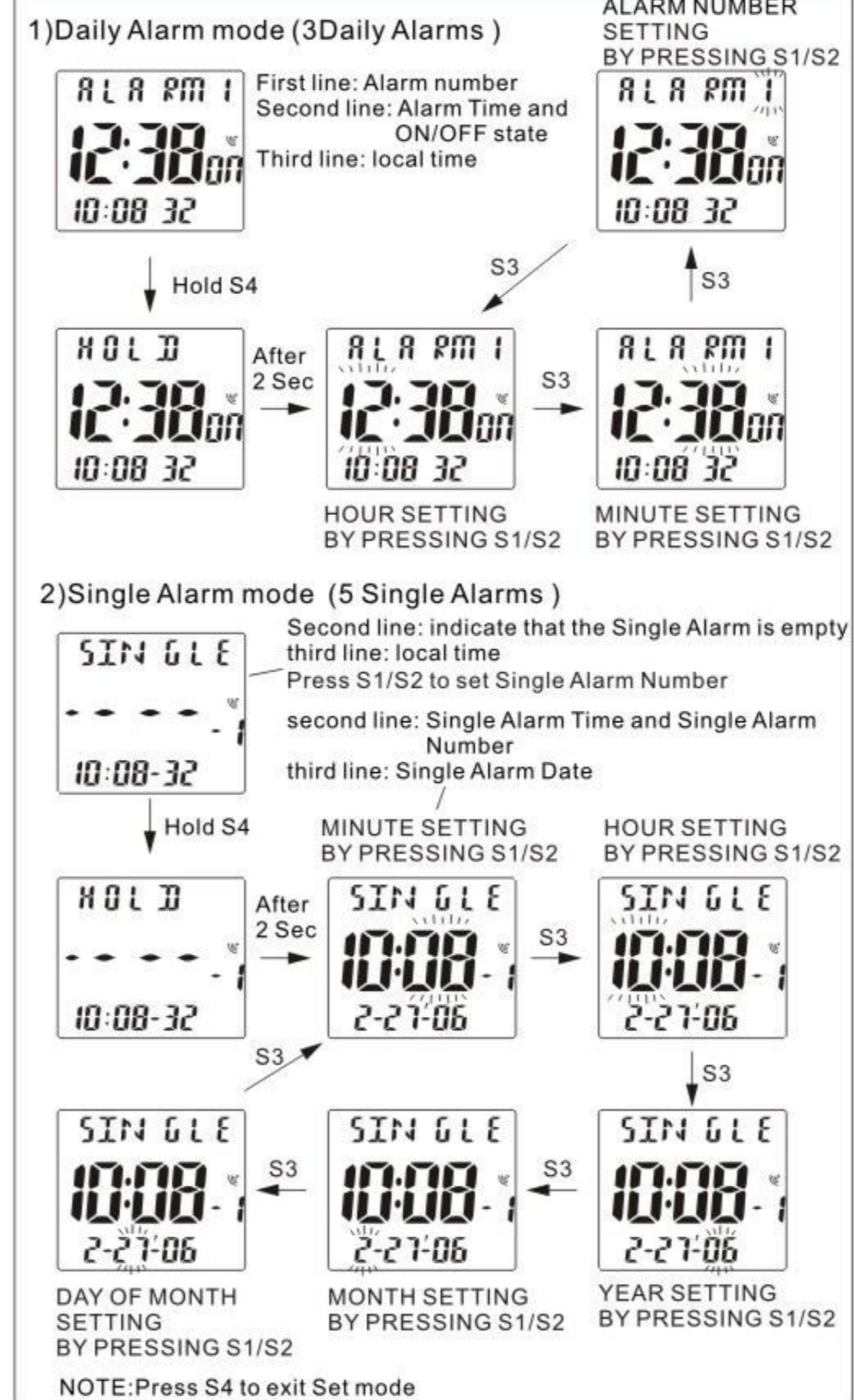
WORLD TIME ZONE MODE



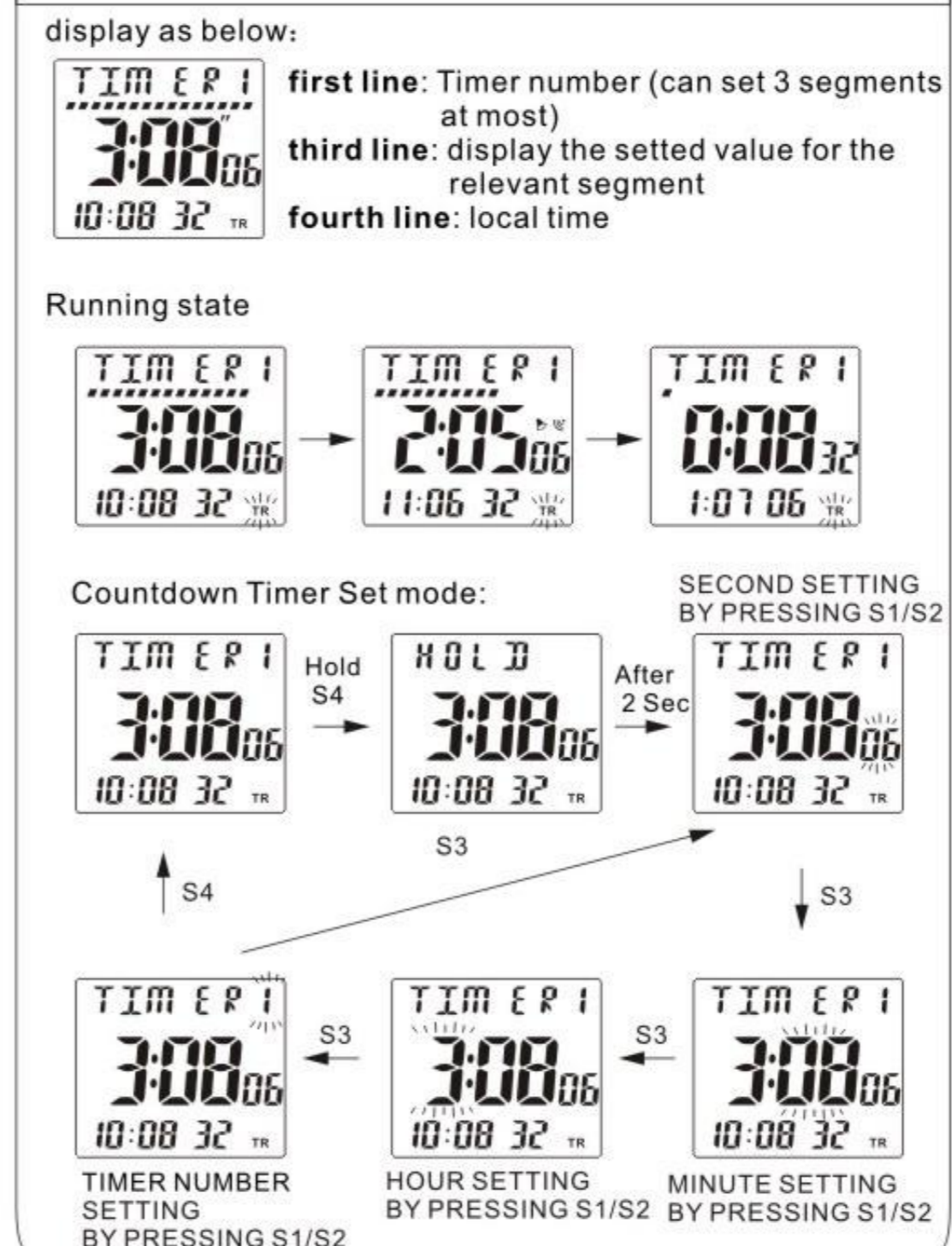
City Code	Time difference	City
H11	-11	Pago Pago
HNL	-10	Honolulu, Papeete
ANC	-9	Anchorage, Nome
LAX	-8	Los Angeles, San Francisco, Las Vegas, Vancouver, Seattle
DEN	-7	Denver, Edmonton
CHI	-6	Chicago, Mexico City, Houston, New Orleans, Winnipeg
NYC	-5	New York, Washington, Montreal, Lima, Havana, Boston
CCS	-4	Caracas, Santiago
RIO	-3	Rio de Janeiro, Buenos Aires, Brasilia, Montevideo, Sao Paulo
H02	-2	
H01	-1	Praia
GMT	0	
LON	0	London, Dublin, Reykjavik, Casablanca, Lisbon
PAR	1	Paris, Vienna, Brussels, Berlin, Madrid, Rome, Milan Algiers, Hamburg, Frankfurt, Stockholm
CAI	2	Cairo, Athens, Helsinki, Istanbul, Beirut, Damascus
JED	3	Jeddah, Moscow, Baghdad, Nairobi, Kuwait, Riyadh
DXB	4	Dubai, Abu Dhabi, Muscat
KHI	5	Karachi, Male
DAC	6	Dacca, Colombo
BKK	7	Bangkok, Hanoi, Jakarta, Phnom Penh, Vientiane
HKG	8	Hong Kong, Beijing, Singapore, Manila, Taipei, Kuala Lumpur, Perth
TYO	9	Tokyo, Seoul, Pyongyang
SYD	10	Sydney, Guam, Melbourne, Rabaul
NOU	11	Noumea, Port Vila
WLG	12	Wellington, Auckland, Christchurch, Nauru Island

DST Cities indicated above (denoted with a BOX) are currently using, or have previously used Daylight Saving Time during the summer period.

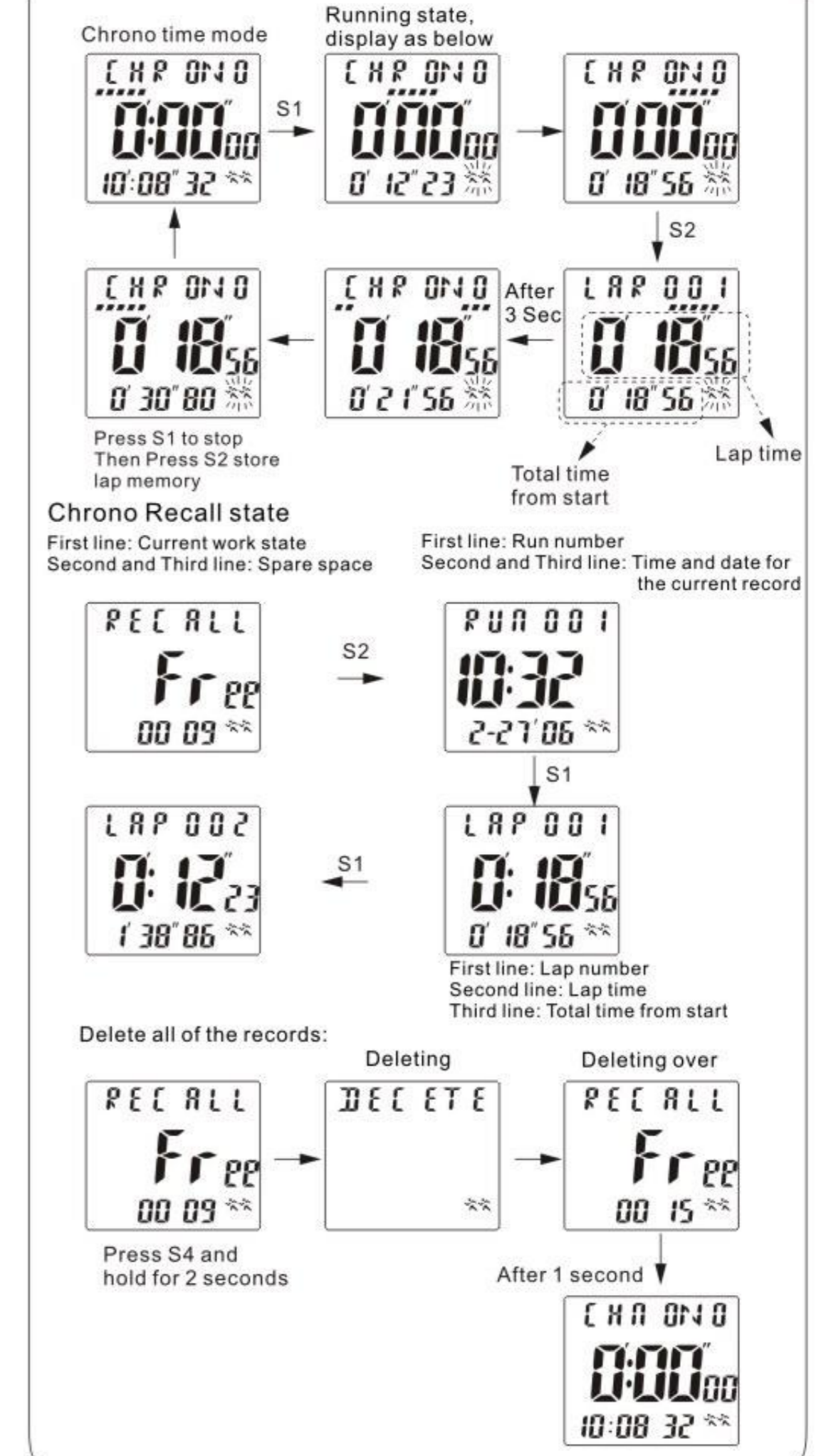
ALARM MODE



COUNTDOWN TIMER MODE



CHRONO TIME MODE



CARE OF YOUR WATCH

1. This watch contains 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 while swimming or diving.
3. Should water or condensation appear in the watch, have the watch checked immediately. Corrosion of electronic parts can occur inside the case.
4. Avoid severe impact. The watch is designed to withstand impact under normal use. It is inadvisable to subject it to severe impact or rough usage.
5. Avoid exposing the watch to extreme temperature.
6. Clean the watch with soft cloth and clean water only. Avoid using chemicals. The waterproof gasket will corrode.
7. Keep your watch away from the conditions of strong electric field and static electricity.