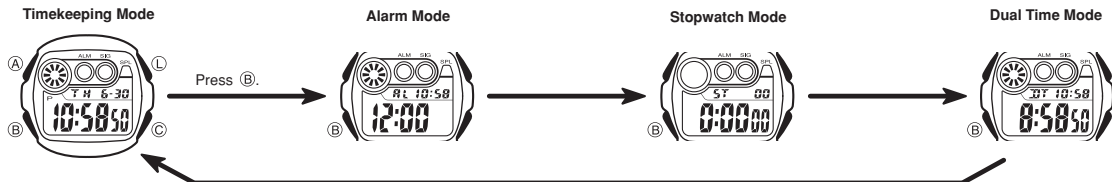# Operation Guide 2963

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## 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

- Press Ⓑ to change from mode to mode.
- In any mode, press Ⓛ to illuminate the display.

| Timekeeping Mode | Alarm Mode | Stopwatch Mode | Dual Time Mode |
|---|---|---|---|
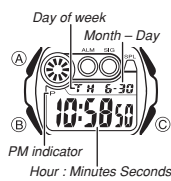
Press Ⓑ.

## Timekeeping

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

*Day of week*
*Month – Day*
*PM indicator*
*Hour : Minutes Seconds*

### To set the time and date
1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓑ to move the flashing in the sequence shown below to select other settings.

Seconds → Hour → Minutes
Day of week ← Day ← Month ← Year

3. When the setting you want to change is flashing, press Ⓒ to change it as described below.

| To change this setting | Perform this button operation |
|---|---|
| Seconds | Press Ⓒ to reset to **00**. |
| Hour, Minutes, Year, Month, Day, Day of week | Press Ⓒ to increase the setting. Holding down Ⓒ changes the setting at high speed. |

- Pressing Ⓒ while the seconds are in the range of 30 to 59 resets them to **00** and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
4. Press Ⓐ to exit the setting screen.
- 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.

### To toggle between 12-hour and 24-hour timekeeping
In the Timekeeping Mode, press Ⓒ to toggle between 12-hour timekeeping and 24-hour timekeeping.
- With the 12-hour format, the **P** (PM) 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. The **24** indicator is on the display while 24-hour format is selected.
- The **P** and **24** indicators are not displayed with the Timekeeping Mode time on the Alarm Mode and Dual Time Mode screens.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

## Alarm

*Timekeeping Mode time (Hour : Minutes)*
*Mode indicator*
*Alarm time (Hour : Minutes)*
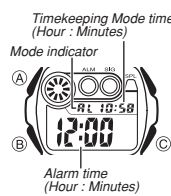
When the daily alarm is turned on, the alarm tone sounds when the alarm time is reached.
You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing Ⓑ.

### Alarm Operation
The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in.
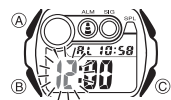
### To set an alarm time
1. In the Alarm Mode, hold down Ⓐ until the hour setting starts to flash, which indicates the setting screen.
   - This operation turns on the alarm automatically.
2. Press Ⓑ to move the flashing between the hour and minutes.
3. While a setting is flashing, use Ⓒ to increase it. Holding down Ⓒ changes the setting at high speed.
   - With the 12-hour format, set the time correctly as a.m. (no indicator) or p.m. (**P** indicator).
4. Press Ⓐ to exit the setting screen.

### To stop the alarm tone after it starts to sound
Press any button.

## To turn the Daily Alarm and Hourly Time Signal on and off

*Hourly time signal on indicator*
*Alarm on indicator*

In the Alarm Mode, press Ⓒ to cycle through the on and off settings as shown below.

**Alarm On Indicator/Hourly Time Signal On Indicator**

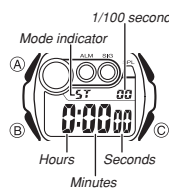Both on → Both off → Daily alarm only → Hourly Time Signal only
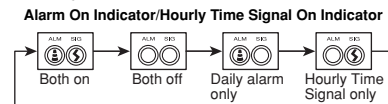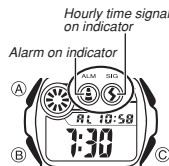
- The alarm on indicator flashes while the alarm is sounding.
- The alarm on indicator and Hourly Time Signal on indicator are displayed in all modes.

### To test the alarm
In the Alarm Mode, hold down Ⓒ to sound the alarm.

## Stopwatch

*1/100 second*
*Mode indicator*
*Hours*
*Minutes*
*Seconds*

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 Ⓑ.

### To measure times with the stopwatch

**Elapsed time**
Ⓒ → Ⓒ → Ⓒ → Ⓒ → Ⓐ
Start   Stop   Re-start   Stop   Clear

**Split time**
Ⓒ → Ⓐ → Ⓐ → Ⓒ → Ⓐ
Start   Split (📖 displayed)   Split release   Stop   Clear

**Two Finishes**
Ⓒ → Ⓐ → Ⓒ → Ⓐ → Ⓐ
Start   Split   Stop   Split release   Clear
         First runner finishes. Display time of first runner.   Second runner finishes.   Display time of second runner.
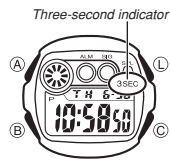
## Dual Time

The Dual Time Mode lets you keep track of time in a different time zone.
- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode time.

*Timekeeping Mode time (Hour : Minutes)*
*Mode indicator*
*Hour : Minutes Seconds*
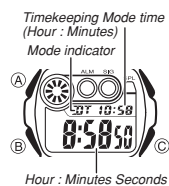
### To set Dual Time
1. Press Ⓑ to enter the Dual Time Mode.
2. Hold down Ⓐ until the hour setting starts to flash, which indicates the setting screen.
3. Press Ⓑ to move the flashing between the hour and minutes settings.
4. Press Ⓒ to increase the setting. Holding down Ⓒ changes the setting at high speed.
5. Press Ⓐ to exit the setting screen.

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## Illumination

*Three-second indicator*

An LED (light-emitting diode) and light guide panel illuminate the entire display for easy reading in the dark.
• See "Illumination Precautions" for other important information.

***To illuminate the display***
In any mode, press Ⓛ to illuminate the display.
• You can specify 1.5 seconds or three seconds as the illumination duration. See "To specify the illumination duration" for more information.

***To specify the illumination duration***
In the Timekeeping Mode, hold down Ⓒ for about two seconds to toggle the illumination duration between three seconds (**3 SEC** displayed) and 1.5 seconds (**3 SEC** not displayed).
• Pressing Ⓒ also toggles between 12-hour and 24-hour timekeeping.
• When the three-second setting is selected, the three-second (**3 SEC**) indicator remains on the display in all modes.
• To protect against running down the watch's battery, the watch switches to the 1.5-second setting automatically about seven hours after the three-second setting is selected. To continue to use the three-second setting, perform the above procedure again.

## 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 a screen with flashing digits for one or two minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

### 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.