



Radio Controlled	A built-in radio signal receiver ensures that the exact time is displayed across the UK, Europe, America, Japan and China.		To set home time, press button C until the time and day are displayed. Press and hold button A until the LCD starts to flash. Press button C to scroll through the fields correcting each with button D as you go. Once all field are corrected, press button A to exit setting mode.
World Time	Displays the specific are	e current time in major cities and as	Press button C until display shows WT. Scroll through the pre-set cities using button D.
Stop Watch	-	e, split time and final time are vith 1/100-sec accuracy.	Press button C until display shows stopwatch function (STW) Start and stop the stop watch using button D.
5 Daily Alarms	events with you have se	arm reminds you about recurring an acoustic signal at the time t. You can also activate hourly s (each hour). This model has 5 t alarms.	Press button C until you reach alarm mode (AL) Choose which of the 5 alarms to set using button D. Once chosen, press and hold button A to unlock the setting function. Press C to chose whether to set the hours or the minutes etc, and set that section with button D. Press button A to lock your settings and then again to turn the alarm on or off.
Digital Compass	A built-in direction sensor detects the mag- netic north.		In timekeeping mode, press button B . Point the 12 o'clock position of the watch in the direction you want to measure and the digital compass will indicate that direction while showing North on the dual LCD.
Altimeter	A pressure sensor detects changes in the air pressure and converts the result into an altitude up to 10,000 m.		In timekeeping mode, press button D. This will then display the current height above sea level in units of 5 metres.
Barometer/	Temperature and air pressure measurement which monitors changing weather patterns.		In timekeeping mode press button E. The current air pressure will be displayed as a graph and as a measurement along with the current temperature.
Tide/Moon Graphs	The phase of the moon and tidal movements are shown on the display based on your current location.		Ensure correct longitude and latitude interval are used when setting watch, then face of watch will show correct values.
			nguished from one another using colour. This is achieved using different coloured er, allowing information to be displayed more clearly.
Rotating Bezel		The watch bezel is marked with compass points and can be rotated to assist in navigation.	
		In low light levels, an LED automatically illuminates the watch face each time the watch is tilted 40 degrees. Light can also be accessed with button F.	
Mineral Glass Ar		Artificially manufactured glass with improved level of hardness and scratch resistance	
Water Resistant 200m		Perfect for swimming and snorkelling.	