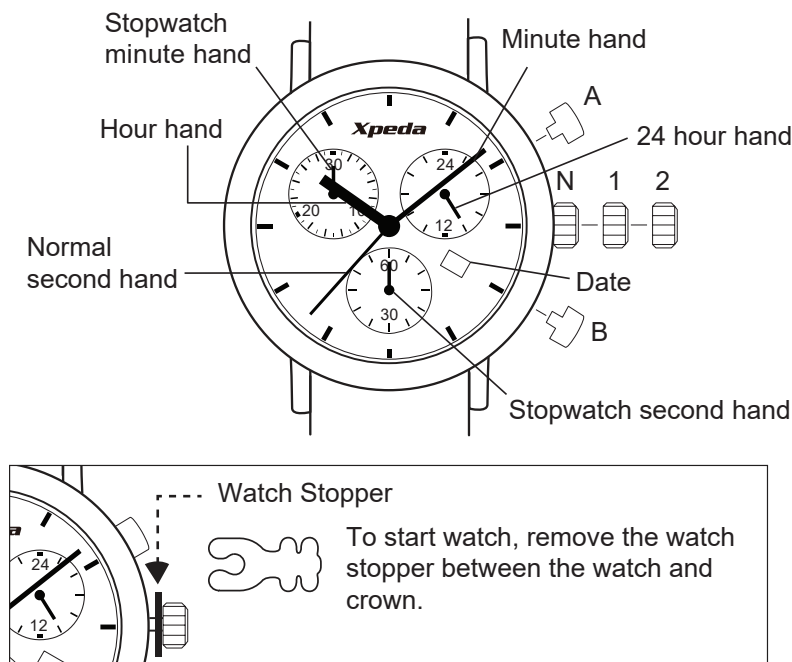


INSTRUCTION MANUAL

A) DISPLAYS AND BUTTONS



B) SETTING THE TIME

1. Pull the crown out to the 2nd position.
2. Turn the crown to set hour and minute hands.
3. After the time has been set, push the crown back to the Normal position.

C) SETTING THE DATE

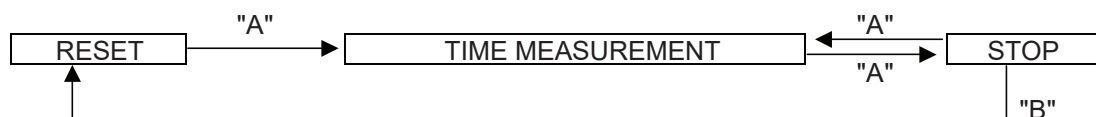
1. Pull the crown out to the 1st position.
2. Turn the crown clockwise to set the date.
 - * If the date is set between the hours of around 9:00 PM and 1:00 AM, the date may not change on the following day.
3. After the date has been set, push the crown back to the Normal position.

D) USING THE STOPWATCH

This stopwatch is able to measure and display time in 1 second united up to maximum of 29min 59sec. Stopwatch will stop automatically after running continuously for 30 minutes.

Measuring time with the stopwatch

1. Press button "A" to start the stopwatch.
2. The stopwatch can be started and stopped each time button "A" is pressed.
3. Pressing button "B" resets the stopwatch and stopwatch minute and second hands return to their "0" positions.

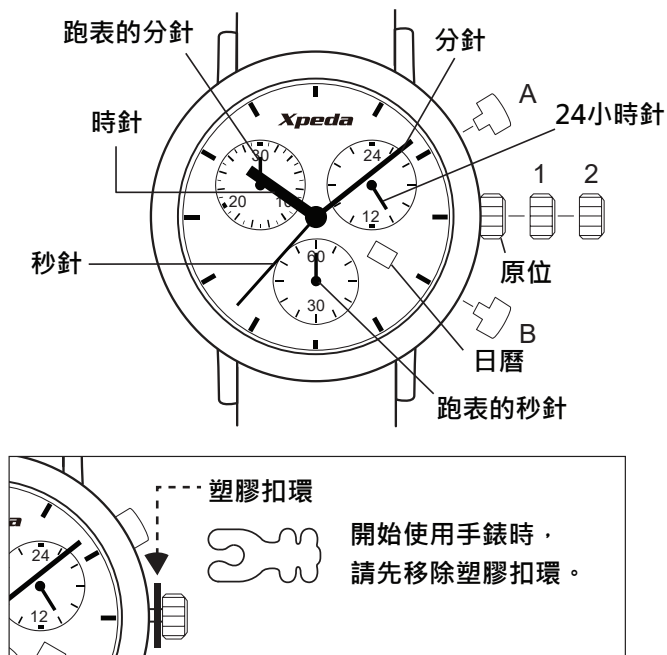


E) STOPWATCH RESET (INCL. AFTER REPLACING BATTERY)

This procedure should be performed when the stopwatch second hand does not return to the "0" position after the stopwatch has been reset, and including after the battery has been replaced.

1. Pull the crown out to the 2nd position.
2. Press button "A" to set the stopwatch second hand forward.
 - Press button "B" to set the stopwatch second hand back.
 - *The stopwatch minute hand is synchronized with stopwatch second hand.
 - *The stopwatch second hand can be advanced rapidly by continuously pressing button "A" or "B" .
3. Once the hands have been zeroed, reset the time and return the crown to its Normal position.

操作指引



時間設置

1. 將表冠拉出至位置"2"。
2. 轉動表冠、將時針和分針設置到所要的時間。
3. 將表冠按回原位。

日曆設置

1. 將表冠拉出至位置"1"。
2. 順時針轉動表冠設置日曆。
* 如果日曆在晚上 9 時至 零晨1 時之間設置，日曆可能不會在下一天更改。
3. 將表冠按回原位。

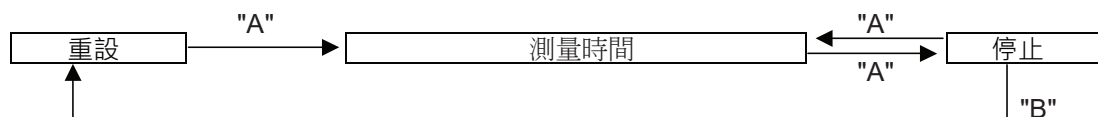
使用跑表

本跑表可以1秒的單位測量和顯示時間，最大可至29分59秒。

跑表連續走動30分鐘後會自動停下。

用跑表測量時間

1. 按下按鈕"A"，啟動跑表。
2. 每按一下按鈕"A"，可啟動和停止跑表。
3. 按下按鈕"B"，重設跑表並將跑表的分針和秒針全部返回到位置"0"。



重設跑表(包括更換電池後)

應在重設跑表後記時秒針未返回到 0 秒位置時，以及更換電池後執行此步驟。

1. 將表冠拉出至位置"1"。
2. 按下按鈕"A"，將跑表秒針前進。
按下按鈕"B"，將跑表秒針後退。
* 跑表的分針與跑表的秒針同步。
* 持續按住按鈕"A"或"B"，跑表的秒針會迅速快進。
3. 當針被設為 0 後，重設時間並將表冠返回原位。