## STRAT-O-TIMER

Automatic GMT 40 mm

Miyota Caliber No. 9075 GMT Function


Manual Winding

1. To get the watch started, you will need to manually wind the watch first.

In he Normal Position, turn the crown clockwise for a minimum of 25 turns for
Stting The Reference Time
Pull the crown out to position 2 . The second hand will stop. Set the 24 -Hour hand
to the proper reference time. Make sure the bezel is in the neutral position with
 When finished with adjusting time, always be sure to push the crown back in
Und screw it back in place to ensure water resistance. To make sure of this,
 cown and rotate clockwise to seal it closed.


Setting The Date
Pult the crovn out to position 1. It it is very subtle click so be careful to ensure you
re not tull ing it to position Turn the crown in either direction to jump the hour hand formards or backwards
As the hour hand crosses midn ight in in either direction the datee will change. The As the hour hand crosses mid hight ti e ether direction the date will change. The
date changes after the hour hand rotates $\mathbf{y}$ wice around the dial indiciciting 24 hrs After the date has been set, it's time to set the local hour hand.
Setting The Local Hour Hand
Pull the crown out to position 1.1 .t is a very suble click so be careful to ensure you
are not pull ing it to position 2 .
Set the hour hand to whichever timezone you are actively in. The hour hand jumps
in 1 hour increments so be sure you are paying atention to am/pm. When finished with adjusting time, always be sure to push the crown back in
and screw it back in place to ensure water resistance. To make sure of this



Adjusting The Local Hour (When Traveling)

Set the hour hand to whichever timezone you are actively in. The hour hand jumps he local time needs to be adjusted to San Francisco time, which is 2 hours behind
Dallas time. As you adiust the hour hand, the $24-$ Hr hand will remain in place as it
 push the crown back to the o or normal positit
crown and rotate clockwise to seal it closed.

Tracking a 3rd Timezon
If you know the time difference between your Home Time and the 3 rd timezone



