

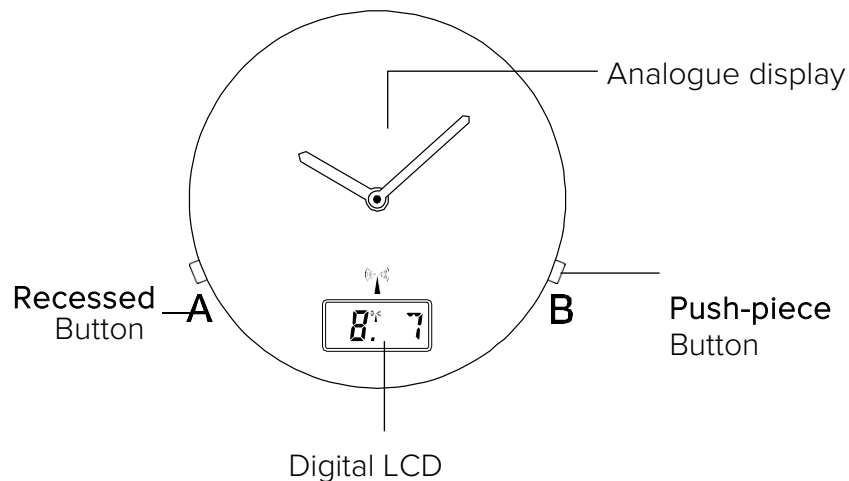
# E HOWARD ATOMIC WATCH

## Atomic Analog Watch

The NIST (National Institute of Standards and Technology-Time and Frequency Division) WWVB radio station is located in Ft. Collins, Colorado, and transmits the exact time signal continuously at 60 kHz.

For information about WWVB visit: [bit.ly/AtomicTime](http://bit.ly/AtomicTime)

## Watch



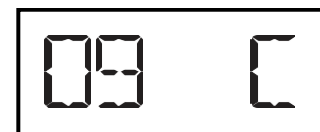
## Change Time Zone

Normally upon purchase, the watch will be set to Pacific Time. You may select your time zone manually to time zones around the world.

1. Hold the **RECESSED BUTTON** for about 3-4 seconds. The current hour is shown at the right of the display. The left side displays the current time zone selection.

Abbreviation	Time Zone
HA	Hawaiian
AK	Alaskan
P	Pacific
M	Mountain
C	Central
E	Eastern
-4	Atlantic

This image shows  
9:00am Central Time.



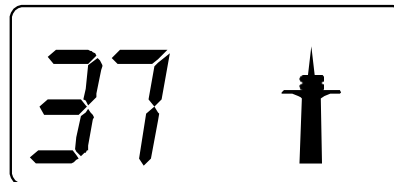
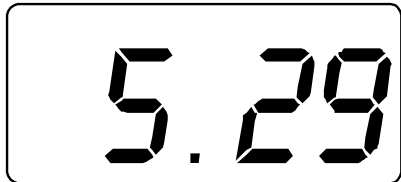
2. Press and release the **PUSH-PIECE** to reach your desired time zone.
3. Once you have selected your correct time zone, to exit this setting press and release the **RECESSED BUTTON** or wait about 15 seconds without pressing any buttons and the watch will automatically return to its normal display setting.

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## Select Digital Display

Press and release the **PUSH-PIECE** to toggle between the displays:

- **Month** and **Day**: The Date appears as Month and Day (ex: 5.29)
- Or **Seconds** and **WWVB Signal Reception Icon**



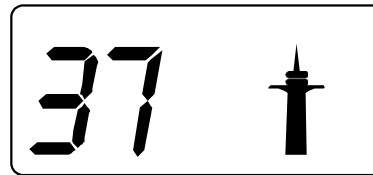
## Set Time and Date

### IMPORTANT:

If the WWVB signal is received correctly, the symbol (tower) is shown, and setting the time and date manually is not possible. If the wristwatch is not able to receive the WWVB signal, you may set the time manually.

### Setting Menu Order:

- Seconds
- Minutes
- Hours
- Year
- Month
- Day



### To manually set Time and Date:

1. Hold both the **PUSH-PIECE** and the **RECESSED BUTTONS** together for about 4 seconds.
2. The Seconds will flash in the LCD display. Press and release the **PUSH-PIECE** button. The seconds will be set to zero (00).
3. Press the **RECESSED** button. The Minutes will flash. Press and release the **PUSH-PIECE** to set the Minutes.
4. Press the **RECESSED** button. The Hour will flash. Press and release the **PUSH-PIECE** to set the Hour.
5. Press the **RECESSED** button. The Year will flash. Press and release the **PUSH-PIECE** to set the Year.
6. Press the **RECESSED** button. The Month will flash. Press and release the **PUSH-PIECE** to set the Month.
7. Press the **RECESSED** button. The Day will flash. Press and release the **PUSH-PIECE** to set the Day.
8. Press the **RECESSED** button. The hands will spin and stop at the time you set.

**Note:** When the watch receives the Atomic Time Signal, if the hour is incorrect, check you Time Zone.

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## Manual Search for Atomic Time Signal

1. Hold the **PUSH-PIECE** for about 4 seconds. The hands will advance to the 12:00 position. “**SET**” and “**12**” will then flash alternately in the LCD.
2. Place the watch on a steady surface for better reception. Prior to WWVB reception (and 15 seconds after holding the **PUSH-PIECE**) the hands will automatically return to the manually set time.
3. The watch is now set to the WWVB atomic signal reception mode. If the reception is disturbed (ex: close proximity to metallic objects or electric appliances), the watch will automatically try several times to receive the WWVB signal.

## Realign the Hands

If the time is displayed incorrectly despite successful WWVB signal reception, the hands will need to be adjusted manually.

1. Hold the **PUSH-PIECE** for about 5-10 seconds until the hands begin to spin. Release the button.
2. If the hands do not line up exactly at 12:00 the LCD display will read “**SET 12**”.
3. Hold the **RECESSED BUTTON** to set hands to 12:00. As you approach 12:00, press and release the **RECESSED** button to avoid going past 12:00.
4. When you have reached 12:00 release the watch sit for 15 seconds. The hands will spin and should stop at the correct time for the selected time zone.

## Water Resistance

This watch will withstand splashes of water or rain but should **not** be worn while swimming or diving.

## Specifications

**Operating temperature:** 32 - +122°F

**Battery type:** 3V CR2025 Lithium

**Quartz accuracy:** +/- 1 second per day

**Battery life:** about 2 years

(Low battery indication will appear when low power is detected)

# E HOWARD ATOMIC WATCH

## Warranty Support

La Crosse Technology, Ltd. provides a 1-year limited time warranty (from date of purchase) on this product relating to manufacturing defects in materials & workmanship.

If you require additional support, get in touch with our friendly customer support team based out of La Crosse, WI.

**Phone:** 1-608-782-1610

**Online:** [bit.ly/contact\\_techsupport](http://bit.ly/contact_techsupport)

Our knowledgeable customer support team is available:  
Monday-Friday, 8am-6pm CST.

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