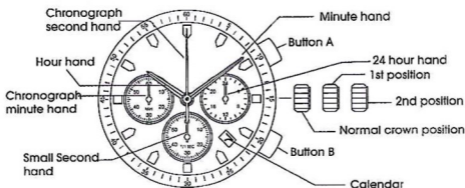


DISPLAYS AND BUTTONS



SETTING THE TIME

1. Pull the crown out to the 2nd position.
2. Turn the crown to set the hour and minute hands.
3. When the crown is pushed back to the normal position the small second hand begins to run.

SETTING THE DATE

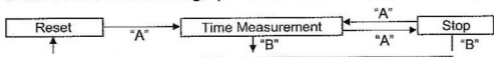
1. Pull the crown out to the 1st position.
 2. Turn the crown counter-clockwise to set the date.
- * If the date is set between the hours of around 9:00pm and 1:00am, the date may not change on the following day.
3. After the date has been set, push the crown back to the normal position.

USING CHRONOGRAPH

This chronograph is able to measure and display time in 1 second intervals up to a maximum of 59 minutes and 59 seconds.

[Measuring time with the chronograph]

1. The chronograph can be started and stopped each time button "A" is pressed.
2. Pressing button "B" resets the chronograph. The chronograph second hand and chronograph minute hand return to the zero position.



CHRONOGRAPH RESET(INCL. AFTER REPLACING BATTERY)

This function should be performed when the chronograph second hand does not return to the zero position after the chronograph has been reset, and after the battery has been replaced.

1. Pull the crown out to the 2nd position.
2. Press button "A" to set the chronograph second hand to the zero position. The chronograph hand can be advanced rapidly by continuously pressing button "A".
3. Once the hand has been zeroed, return the crown to the normal position.

* Do not push the crown to the normal position while the chronograph second hand returns to the zero position. The hand will stop when the crown is returned to the normal position and its position will be recognized as zero.