

## SPRINTER

CHRONOGRAPH JAPAN 3 SUB DIALS

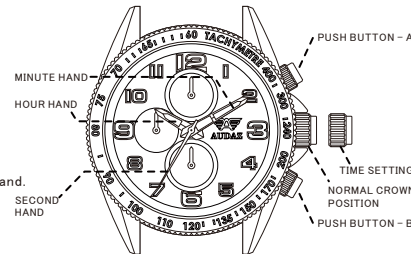


### ADJUSTING THE STOPWATCH HAND POSITION

- \* Before setting the time, check if all the chronograph hands – 1/10 second, second, minute – are at the “0” (12 o'clock) position.
- \* If the stopwatch is in use, press the buttons in the following order to reset it, and then, check if the hands return to “0” position. (For details, see “HOW TO USE THE STOPWATCH”)
- \* If the chronograph is counting: A → B
- \* If the stopwatch is stopped: B
- \* If the split time is displayed: B → A → B

If either of the stopwatch hands are not in the “0” position, reset them following the procedure below.

- 1) Pull the crown out to first click
- 2) Press button A or B to reset all stopwatch hands to “0” position.
  - \* The stopwatch minute hand moves correspondingly with the stopwatch second hand.
  - \* The hands move quickly if the respective buttons are kept pressed.
- 3) Push the crown back to the normal position.



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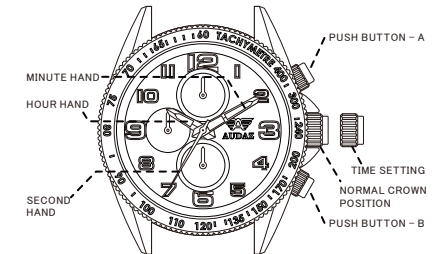
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### SETTING THE TIME

- \* Before setting the time, check that the chronograph measurement is stopped.

- 1) Pull out the crown when the second hand is at the 12 o'clock position. The second hand will stop on the spot.
- 2) Set the hands to the desired time of the day by turning the crown
  - \* Do not press any button, otherwise the chronograph hands will move.
- 3) Push the crown back to the normal position in accordance with a time signal.



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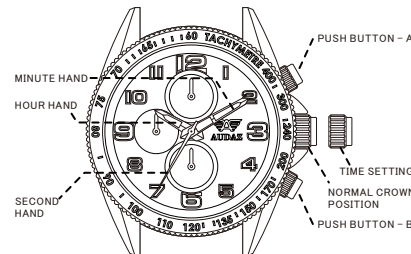


### HOW TO USE THE STOPWATCH

- \* The measurement time is indicated by the stopwatch hands that move independently of the center hands
- \* The stopwatch can measure up to 60 minutes
- \* The stopwatch measures in 1/10 second increments.

Standard measurement (e.g. 100m race)

Press the buttons in the following order:



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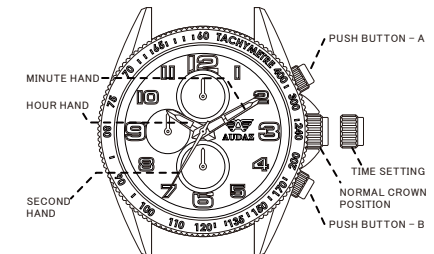


### HOW TO USE THE STOPWATCH

Accumulated elapsed time measurement (e.g. basketball game)



- \* Restart and stop of the stopwatch can be repeated as many times as necessary by pressing button A.



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## HOW TO USE THE STOPWATCH

Split time measurement (e.g. 5,000m race)



\* Measurement and release of the split time can be repeated as many times as necessary by pressing button B.

