



## A. BEFORE USING

## B. SETTING THE TIME AND CALENDAR

### ■ Setting the time

1. Stop the second hand by pulling out the crown.
2. Turn the crown to set the time.
3. After setting the time, firmly push the crown back into its normal position.





## D. CARE AND HANDLING DURING CHARGING

### ■ Notes on Use

To maintain optimal performance, be sure to expose your watch to light regularly.

# F. TIME REQUIRED FOR CHARGING

Time required for recharging may vary according to the design of the watch (color of the dial, etc) and operating environment. The following table will serve as an approximate reference: (Table of recharging)

| Illuminance (lux) | Environment               | From the stop state to the one second movement | Time required |               |
|-------------------|---------------------------|--|---------------|---------------|
|                   |                           |  | One day usage | Empty to full |
| 500               | Inside an ordinary office | 50 hours                                       | 4 hours       | 9h30          |

\* The recharging time is the time the watch is continuously exposed to direct light.  
 Full recharging time . . . Time required to fully charge when the watch has completely (Empty to full) stopped.  
 One day usage . . . . . Time required to charge the watch sufficient for one-day use with one-second interval operation.

If the watch is left short of energy, it will stop after 4 days or so.

order to warn that the watch will stop function

The second hand starts moving at two seconds

### G. IN THE

[If the watch warns that the energy is

|





### <Before Diving>

- \* Please make sure that the crown is pushed in firmly and the screw is securely tightened.
- \* Please check that the band is securely attached to the watch.
- \* Please confirm that there are no cracks, scratches, chips or other abnormalities in the band and glass.
- \* Please check that the rotating bezel rotates properly.
- \* Please check that the time and date are set correctly.
- \* Please confirm that the diver's time is set properly.



## K. PRECAUTIONS

### **CAUTION: Water-resistance performance**

There are several types of water-resistant watches, as shown in the following table.

The unit "bar" is roughly equal to 1 atmosphere.

\* WATER RESIST(ANT) xx bar may also be indicated as W.R. xx bar.

**CAUTION: Keep your watch clean.**



