

## Setting Instructions

1) Pull the three position crown out two clicks to its outermost position.
2) Rotate the crown clockwise until the date indicator changes once.
3) Set the movement to AM hours by rotating the crown clockwise until the date indicator advances one increment. Continue rotating the crown clockwise to set the current time;

- for AM hours advance the hands directly to the current time,
- for PM hours advance the hour hand one full rotation (12 hours) once prior to setting the time.

4) Push the crown in one click to its middle position.
5) Set the current date by rotating the crown clockwise until the correct value is displayed.
6) Push the crown in one click to its rest position to commence timekeeping.

Note: Setting the time to AM / PM accordingly ensures that the date indicator changes at midnight rather than noon. If the date indicator is changing in the afternoon advance the hour hand one full rotation (12 hours), then reset the date indicator as necessary.

## Tachymeter Functions

## Start / Stop / Reset

1) Press Button $A$ to start the timer, press again to stop.
2) Press Button B to reset the timer / hands.

## Lap Tracking

1) Press Button $A$ to start the timer.
2) Press Button $B$ to pause the hands of the timers (tachymeter will continue running).
3) Press Button $B$ to resume (timer hands will advance to current time).
4) To stop the timer press Button $A$ (tachymeter and timer hands will stop), press again to resume.
5) To reset the timer press Button A to stop, then press Button B to reset.

## Sub Dial Hand Alignment

1) Pull the three position crown out two clicks to its outermost position.
2) Press and hold Button $A$ and $B$ simultaneously for five seconds, then release. The sub dials hands will then automatically reset to their current "zeroed" location.
3) To reposition the $1 / 10$ th second sub dial hand: press Button $A$ once to move the hand one increment, press and hold to advance the hand at an accelerated rate.
4) To reposition the seconds sub dial hand: press Button B once to move the hand one increment, press and hold to advance the hand at an accelerated rate.
5) The minute sub dial hand will advance automatically while the seconds sub dial hand is being advanced.
6) Once all three sub dials hands are set to the desired location, push the crown back in to its rest position to commence timekeeping.

## Water Resistance Guidelines

10 ATM - short duration and low depth resistance only. Not suitable for extended swimming periods or bathing. Not suitable for diving. Note: Manipulation of the crown or buttons while the watch is in contact with water will negate the rated water resistance as water penetration may occur.

