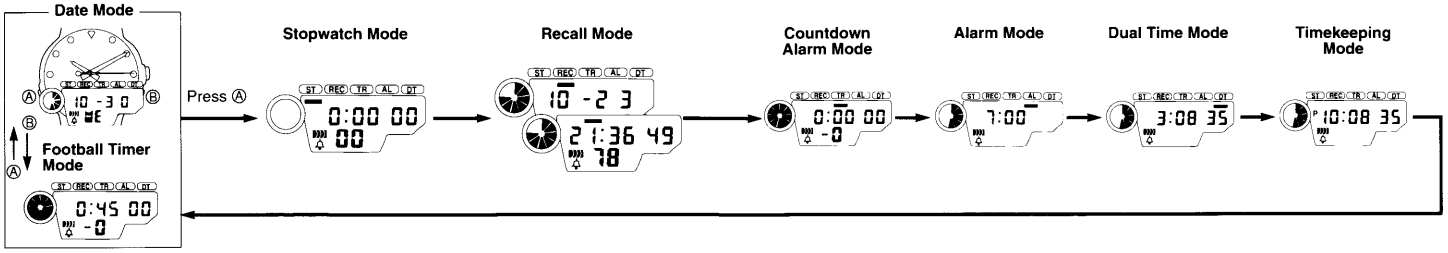
OPERATION CHART: MODULE QW-722

- Press Ⓐ to change from mode to mode.
- Press Ⓑ to change to the Football Timer Mode.

GENERAL GUIDE

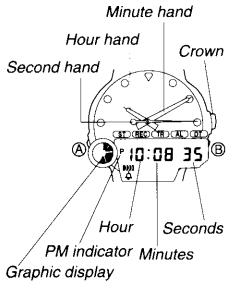


TIMEKEEPING MODE

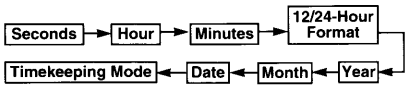
The Timekeeping Mode consists of both an analog and a digital display. In the Timekeeping Mode, the digital display shows the digital time. Note that the setting operation for the analog time and the digital time are separate.
In addition, there is a circular graphic display that indicates the seconds as they pass.

- If you do not operate any button for a few minutes, the watch goes back to the Date Mode automatically.

To set the digital time and date



1. Use Ⓐ to enter the Timekeeping Mode.
2. Hold down Ⓑ while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are *selected*.
3. Press Ⓑ to change the selection in the following sequence.



- Once you reach the Timekeeping display, you have to hold down Ⓑ again to display the flashing seconds.

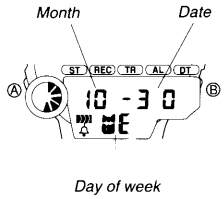
4. While the seconds digits are selected (flashing), press Ⓐ to reset the seconds to "00". If you press Ⓐ while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
5. While any other digits (besides seconds), are selected (flashing), press Ⓐ to increase the number. Holding down Ⓐ changes the current selection at high speed.While the 12/24-hour setting is selected, press Ⓐ to switch between the two formats.
- The year can be set in a range from 1990 to 2029.
- The day of the week is automatically set in accordance with the date.
6. After you set the time and date, press Ⓑ to select the Timekeeping Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.
7. Press Ⓐ to return to the Date Mode.

To set the analog time

1. Pull the crown out to stop the second hand. If you plan to restart analog timekeeping on some time signal (from the radio or television), pull the crown out when the second hand is at the 12 o'clock position.
2. Set the hands by turning the crown.
3. Push the crown back in to restart timekeeping.

- Analog time is kept is by a mechanical timepiece. Because of this, the second hand may not start to move exactly when you push the crown back in.
- You can set the analog time to match the digital time setting, or you can set it to a different time.

DATE MODE

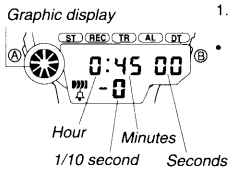


This illustration shows what appears in the digital display in the Date Mode.

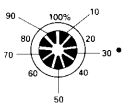
FOOTBALL TIMER MODE

This watch is designed to automatically start the Football Timer whenever you press Ⓑ in the Date Mode. The Football Timer is preset for 45 minutes, but you can adjust the amount of time to any value within the range of 1 minute to 24 hours. Time is measured in units of 1/10 of a second.
In addition to the Football Timer, this watch also includes a Countdown Alarm Mode that you can use to time other events.

To use the Football Timer



1. While in the Date Mode, press Ⓑ to enter the Football Timer Mode. Timing starts as soon as you press Ⓑ.
- If you press Ⓐ while the Football Timer is operating, the digital display shows the Date Mode information for a few seconds, and then automatically returns to the Football Timer Mode.

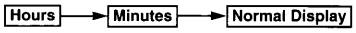


- In the Football Timer Mode, the graphic display shows the percentage of time remaining. If we assume that the starting time is 100%, the graphic display shows remaining time as illustrated here.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. The Football Timer is automatically reset to its starting value (and ceases operation) after the alarm stops.

2. Press Ⓑ again to stop Football Timer operation.
- You can resume operation of the Football Timer by pressing Ⓑ again.
3. To reset the Football Timer to its starting value, stop the timer and then hold down Ⓑ.
- If you do not operate any button for a few minutes after resetting the Football Timer to its starting value, the watch automatically returns to the Date Mode.
4. To return to the Date Mode, stop the Football Timer, reset it to its starting value, and then press Ⓐ.

To set the Football timer starting value

1. While the current starting value is shown on the Football Timer display (operation stopped), hold down Ⓑ until the hours digits start to flash on the display. The digits flash because they are *selected*.
2. Press Ⓑ to change the selection in the following sequence.



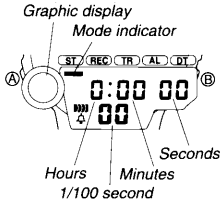
- Nothing is selected in the Normal Display. To return to the setting operation, you have to hold down Ⓑ again (Step 1).
3. Press Ⓐ to increase the selected number. Holding down Ⓐ increases the selection at high speed.
- To set the starting value of the countdown time to 24 hours, set "0:00".
4. After you set the Football Timer to the starting value that you want, press Ⓑ to return to the Normal Display.
- After you set the starting time, simply press Ⓑ while in the Date Mode to simultaneously enter the Football Timer Mode and start the timer operation.

STOPWATCH MODE

The Stopwatch Mode measures elapsed time with 1/100 of a second accuracy. The measurement range of the stopwatch is up to 23 hours 59 minutes 59.99 seconds. For longer times, the watch starts the count again from zero. Measured times are automatically stored into memory when they are cleared to all zeros.

- If you do not operate any button for a few minutes while the display shows all zeros in the Stopwatch Mode, the watch automatically returns to the Date Mode.

To measure elapsed time



1. While in the Stopwatch Mode, press Ⓑ to start the stopwatch.
- In the Stopwatch Mode, the graphic display indicates the passage of each 1/10 of a second.
2. Press Ⓑ to stop the stopwatch.
- You can resume the measurement operation by pressing Ⓑ again.
3. Hold down Ⓑ until the stopwatch is cleared to 0:00 00.

About memory management

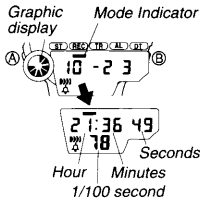
Whenever you clear the stopwatch to all zeros (step 3 under "To measure elapsed time" above), the time that was shown on the display is automatically stored into memory along with the current date. Up to 20 sets of time/date data can be stored at one time. After 20 sets of data are present, the next set of data automatically replaces the oldest data currently in memory.
Use the Data Recall Mode to view data stored in memory.

DATA RECALL MODE

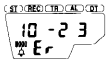
Use this mode to view and delete data stored by Stopwatch Mode operation.

- In the Data Recall Mode, the graphic display indicates the 1/10 of a second units of the stored time.
- If you do not operate any button for a few minutes in the Data Recall Mode, the watch automatically returns to the Date Mode.

To recall data



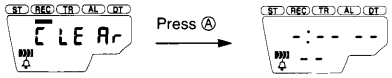
1. While in the Data Recall Mode, press Ⓑ to recall times stored in memory.
   - First the date that the measurement was taken appears on the display. After about a second, the measured time appears. The display alternately switches between the date and time.
2. The newest data appears first. Press Ⓑ to show the next newest, and so on until the oldest data in memory is reached. If you press Ⓑ while the oldest data is shown, the newest data reappears on the display.



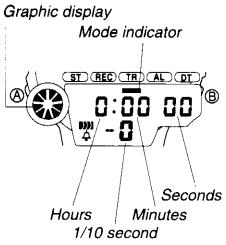
- Any measurement greater than 24 hours is considered to be in error, and so the message "Er" appears below the date.
- If memory is full, the message "Full" appears on the display for about one second after you enter the Data Recall Mode. The "Full" message also appears if you press Ⓑ while the oldest data is displayed.

To delete data
Caution!
The following operation deletes ALL data stored in memory and cannot be undone!

1. While in the Data Recall Mode, hold down Ⓑ to display "CLEAr".
2. Press Ⓐ to clear all data stored in the memory and display "-:-- --".



COUNTDOWN ALARM MODE



The countdown timer can be set within a range of 1 minute to 24 hours (display shows 0:00 00), and times to an accuracy of 1/10 second. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

- In the Countdown Alarm Mode, the graphic display shows the percentage of time remaining. The starting time is 100%.
- If you do not press any button for a few minutes in the Count down Alarm Mode, the watch goes back to the Date Mode automatically.

To set the Countdown Timer starting value

1. While the current starting value is shown on the Countdown Timer display (operation stopped), hold down Ⓑ until the hours digits start to flash on the display. The digits flash because they are *selected*.
2. Press Ⓑ to change the selection in the following sequence.

Hours → Minutes → Normal Display

- Nothing is selected in the Normal Display. To return to the setting operation, you have to hold down Ⓑ again (Step 1).
3. Press Ⓐ to increase the selected number. Holding down Ⓐ increases the selection at high speed.
- To set the starting value of the countdown time to 24 hours, set "0:00".
4. After you set the Countdown Timer to the starting value that you want, press Ⓑ to return to the Normal Display.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch automatically returns to the Normal Display.

To use the Countdown Timer

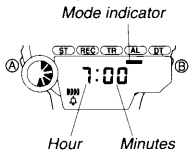
1. While in the Countdown Alarm Mode, press Ⓑ to start the countdown.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. The Countdown Timer is automatically reset to its starting value (and ceases operation) after the alarm stops.
2. Press Ⓑ again to stop Countdown Timer operation.
- You can resume operation of the Countdown Timer by pressing Ⓑ again.
3. To reset the Countdown Timer to its starting value, stop the timer and then hold down Ⓑ.

DAILY ALARM MODE

When the Daily Alarm Function is swiched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is swiched on, the watch beeps every hour on the hour. Note that the Daily Alarm and Hourly Time Signal operattion is based on the digital time setting.

- If you do not operate any button for a few minutes while in the Alarm Mode, the watch automatically returns to the Date Mode.

To set daily alarm



1. Hold down Ⓑ while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
2. Press Ⓑ to change the selection in the following sequence.

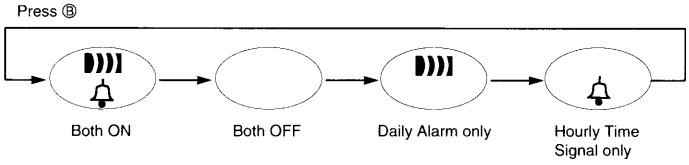
Hour → Minutes → Daily Alarm Mode

- Once you reach the Daily Alarm Mode display, you have to hold down Ⓑ again to display the flashing hour digits.
3. Press Ⓐ to increase the selected number. Holding down Ⓐ increases the selection at high speed.
4. After you set the countdown time, press Ⓑ to select the Daily Alarm Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch automatically returns to the Normal Display.

- The format (12-hour or 24-hour) of the alarm time matches the format you select for digital timekeeping.
- When setting the alarm time you using the 12-hour format, take care of set the time correctly as morning or afternoon.

To swich the Daily Alarm and Hourly Time Signal on and off

1. Press Ⓑ while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



To test the alarm

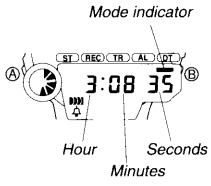
Hold down Ⓐ in any mode to sound the alarm. Note that pressing Ⓐ also changes the mode.

- Press Ⓑ while testing the alarm to change the alarm sound. The sound last being produced when you press Ⓑ is the one used for the alarm.

DUAL TIME MODE

The Dual Time function lets you set a second digital time that operates independently of the current analog and digital times. This means you can keep track of time in another time zone.

To set the Dual Time



1. While in the Dual Time Mode, hold down Ⓑ until the hour digits start to flash on the display. The digits flash because they are *selected*.
2. Press Ⓑ to change the selection in the following sequence.

Hour → Minutes → Normal Display

- Nothing is selected in the Normal Display. To return to the setting operation, you have to hold down Ⓑ again (Step 1).
3. Press Ⓐ to increase the selected number. Holding down Ⓐ increases the selection at high speed.
4. After you set the time, press Ⓑ to select the Dual Time Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch automatically returns to the Normal Display.