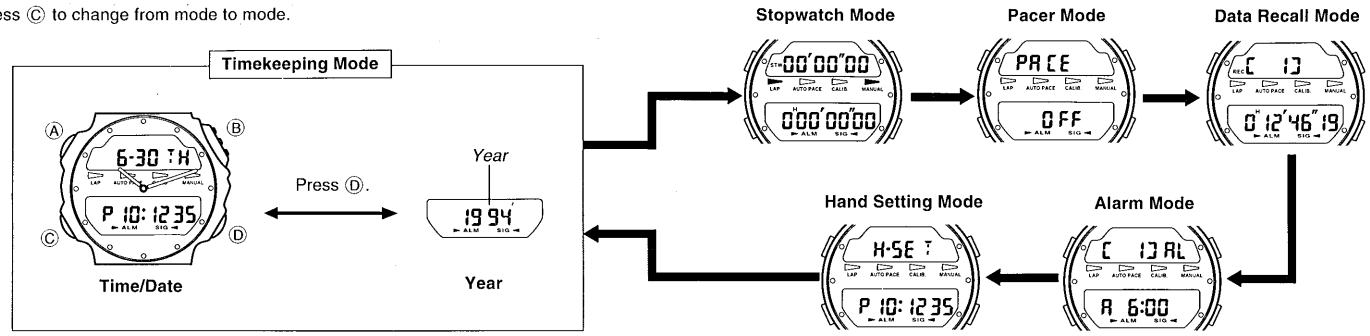
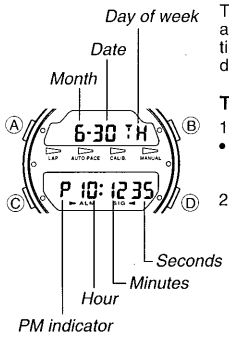
OPERATION CHART: MODULE QW-757

GENERAL GUIDE

• Press Ⓒ to change from mode to mode.



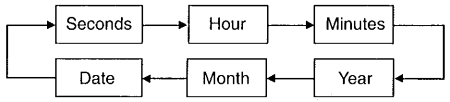
TIMEKEEPING FUNCTION



This section explains how to set the digital time and the analog time for this watch. Note that digital and analog times are independent of each other, and so you can set different times if you like.

To set the digital time and date

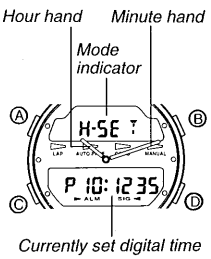
1. Use Ⓒ to enter the Timekeeping Mode.
• In the Timekeeping Mode, press Ⓑ to switch between the 12-hour and 24-hour formats. Press Ⓓ to switch the lower digital display between time and year displays.
2. Hold down Ⓐ until the seconds digits start to flash on the display. The seconds flash because they are *selected*.
3. Press Ⓒ to change the selection in the following sequence.



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 or Ⓑ to decrease it. Holding down either button changes the current selection at high speed.
6. After you set the time and date, press Ⓐ to return to the Timekeeping Mode.

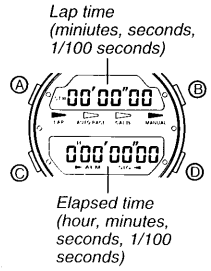
• When you use the above procedure to set the time on the digital display, the hands of the analog timepiece normally adjust according to your setting. You can then use the procedure below "To set the analog time" to set the analog timepiece to a different time.
• The day of the week is automatically set in accordance with the date.
• The date can be set within the range of January 1, 1990 to December 31, 2029.
• 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.

To set the analog time



1. Use Ⓒ to enter the Hand Setting Mode.
2. Hold down Ⓐ until the currently set digital time in the lower digital display starts to flash.
• Even though the currently set digital time flashes in the lower display, the following steps change the analog timepiece setting without changing the digital time setting.
3. Press Ⓓ to advance the hands of the analog timepiece. Holding down Ⓓ changes the analog setting at high speed.
• You can only advance the analog setting. You cannot reverse it.
4. After you finish setting the analog time, press Ⓐ to return to the Hand Setting Mode.

STOPWATCH FUNCTION



This section explains how to use the stopwatch to measure elapsed times, and how to recall data from memory and delete it.
The Stopwatch Function of this watch lets you measure elapsed time, two finishes, and lap times. Time is measured with 1/100 of a second accuracy, and the range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. Up to 30 sets of lap time data can be stored into memory.

• In the Stopwatch Mode, the upper digital display shows the lap time, while the lower display shows elapsed time.
• Whenever the lap time exceeds one hour, the display switches at one-second intervals between a display that shows the number of hours, and one that shows the minutes, seconds, and 1/100 of a second.

To measure elapsed time

1. Press Ⓓ to start the stopwatch.
2. Press Ⓓ to stop the stopwatch.
• You can resume the measurement operation by pressing Ⓓ again.
3. Hold down Ⓓ to clear the stopwatch to all zeros.

To record lap

1. Press Ⓓ to start the stopwatch.
2. Press Ⓑ to display the timing up to that point. Stopwatch timing continues internally.
• When you do, times are remaining on the upper display for about six seconds, and then the display changes back automatically to the stopwatch display.
3. You can repeat step 2 as many times as you want.
4. Press Ⓓ to stop the time measurement.
5. Hold down Ⓓ to clear the stopwatch to all zeros.

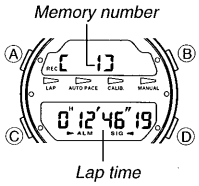
To time first and second place finishers

1. Press Ⓓ to start the stopwatch.
2. Press Ⓑ when the first finisher crossed the line, and record the time.
3. Press Ⓓ when the second finisher cross the line.
• The time of the second finisher appears in the lower part of the display. The time of the first finisher can be calculated by subtracting the time shown in the upper part of the display from the second finishers time.
4. Hold down Ⓓ again to clear the stopwatch to all zeros.

About time memories

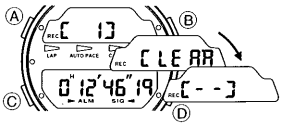
Whenever you perform a lap time operation and whenever you stop the stopwatch, the measured lap times are automatically stored into memory. The watch can hold up to 30 sets of data in memory.
• Note that whenever you start a new time measurement operation with the stopwatch, all data currently stored in memory is cleared.
• Time measurement is performed in the Stopwatch Mode, while data recall and deletion is performed in the Data Recall Mode. Use the Ⓒ button to change modes.
• After you start a time measurement operation with the stopwatch, you can store up to 30 lap times into memory. You will still be able to perform the lap time operation after 30 times are stored, but any lap time from the 31st onward is not stored into memory.

To recall data from memory



While in the Data Recall Mode, each press of Ⓓ scrolls forward through the lap times stored in memory. Pressing Ⓑ scrolls backward.

To delete data



1. Hold down Ⓐ while in the Data Recall Mode until the digital display starts to flash.
2. Hold down Ⓑ and Ⓓ until the watch emits a beep, and the message "CLEAR" appears in the upper digital display.
• Shortly after "CLEAR" appears, the upper display changes as shown in the illustration.

• You can use the above operation to enter the Data Recall Mode and delete data even while a Stopwatch Mode operation is in progress. Doing so will delete the lap times stored up to that point during the current stopwatch operation. When you return to the Stopwatch Mode after deleting the data, the upper digital display will show the total elapsed time (which is the same as the time shown in the lower digital display).

PACER FUNCTION

The Pacer of this watch produces a pacer signal while a Stopwatch Mode operation is in progress. This Pacer can help you train at a specific level and attain preset time goals. The Pacer can be preset in the range of 100 to 200 strides per minute, in increments of five strides per minute.

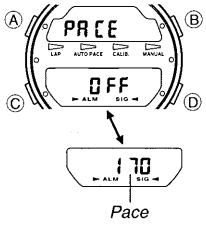
About the Pacer Function

There are two different methods you can use to set the pace: Quick Set and Manual Set.
With Quick Set, you can instantly set the pace you want to maintain in accordance with the pace you are currently running. Manual Set lets you input the exact number of strides per minute you want to maintain.
If you set a pace using Manual Set and then set a target lap time, the pacer automatically changes to ensure that you finish the lap within the preset target time.
Personal performance data can also be applied to adjust the pace more precisely, helping you attain target times based on your past performance.
All of these functions can be used in the applications shown below. Set the data that makes it possible to perform the type of function you want.

Application	Quick Set	Manual Set	Target Time Set	Personal Performance Data Set
To maintain a pace without change. (To automatically set a pace while running a trial run.)	○			
To maintain a pace without change. (To manually set a pace using an input numeric value.)		○		
To run a lap within a preset target time, with the pace being adjusted during the run as required.		○	○	
To use personal performance data to precisely adjust the pace in order to run a lap within a preset target time.		○	○	○

Important
To use the Pacer Function, be sure to enter the Pacer Mode and switch the Pacer on.

To switch the Pacer on and off



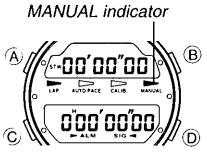
1. Use Ⓒ to enter the Pacer Mode.
2. Press Ⓑ to switch the Pacer on and off.
- When you switch the Pacer on, the lower digital display shows the currently set pace, and sounds the Pacer for about ten seconds.
- When you switch the Pacer off, the lower digital display shows the message "OFF". No signal sounds when you switch the Pacer off.
- While the Pacer is switch on, an indicator that is synchronized with the Pacer tone moves from left to right at the top of the upper digital display while a stopwatch operation is in progress.

About the Pacer tone

While the Pacer is switched on, any of the following operations causes the Pacer tone to sound for 10 seconds. Then for the next 30 minutes, the pacer signal sounds for 10 seconds at the beginning of each minute.
- Stopwatch start
- Lap time operation
- Entering the Stopwatch Mode from another mode while a stopwatch operation is in progress.

The Pacer tone also sounds for 10 seconds whenever you enter Pacer Mode while the Pacer is on.

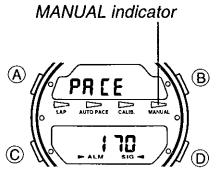
To use Quick Set



1. Use Ⓒ to enter the Stopwatch Mode.
- You cannot perform Quick Set if a target time is switched on.
2. Start running at the pace you want to maintain.
3. As you are running, press Ⓐ twice in accordance with two steps of the pace you are running at.
- The pace that you set with the above operation sounds for 10 seconds.
- When a Quick Set pace is in effect, the MANUAL indicator flashes while the watch is in the Stopwatch Mode.

- If the pace you set is not what you want, repeat the above operation to set it again.
- The watch has a working range of 100 to 200 strides per minute. If you allow too much time to pass between the first press and the second press of Ⓐ, this range is exceeded and the watch beeps three times. When this happens the last pace that was set (using either Quick Set or Manual Set) is maintained.
- To cancel a pace set using Quick Set, hold down Ⓐ for about three or four seconds. The watch beeps and the pace is changed to the setting made in the Pace Mode.
- The pace you set using Quick Set remains in effect for the next stopwatch operation. It is cleared and the pace set in the Pace Mode becomes the pace when you next clear the stopwatch to all zeros. If you want to use a Quick Set pace for the new stopwatch operation, you must again press Ⓐ twice.

To use Manual Set



1. Use Ⓒ to enter the Pacer Mode.
- If the Pacer is switched on when you enter the Pacer Mode, the Pacer tone sounds for 10 seconds.
- If the Pacer is currently switched on, proceed from step 3. If the Pacer is currently switched off, proceed from step 2.
2. Press Ⓑ to switch the Pacer on.
- The Pacer tone sounds for 10 seconds after you switch it on.
3. Use Ⓓ to increase the pace of the tone.
- Each press of Ⓓ increases the pace by five strides per minute. Holding down Ⓓ increases the pace at high speed.

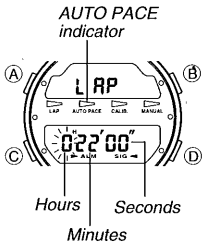
- You can set the pace within a range of 100 to 200 strides per minute.
- The pace setting can be increased only. Once you reach 200, the setting goes back to 100.
- The MANUAL indicator appears on the display whenever you enter the Stopwatch Mode while the Pacer is switched on.

Automatic Pacer Adjustment

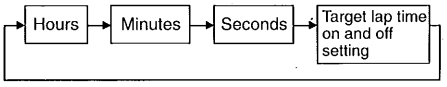
After you set a pace using the Manual Set procedure, you can also set a target lap time for automatic adjustment of the Pacer tone. When a target lap time is set and switched on, pressing Ⓑ to measure a lap time causes the watch to compare the measured time with the target time. Then if the measured time is slower than the target, the Pacer signal speed is increased. If the measured time is faster, the Pacer signal speed is decreased.

Note
- After the pace has been automatically adjusted, you can cancel the adjustment by holding down Ⓐ for three or four seconds. The watch beeps and the pace is changed to the setting made in the Pace Mode.
- If the adjusted pace falls outside the working range of 100 to 200 strides per minute, an error tone sounds and the pace is automatically set to the nearest maximum (200) or minimum (100) value. If you enter the Pacer Mode at this time, the message "Error" will be shown in the pace display.
- If you set personal performance data also, the watch makes changes based on your capabilities for even more accurate pace adjustments. For details, see "To set Personal Performance Data".

To set the target lap time



1. Make sure that the stopwatch is cleared to all zeros.
- You cannot set a target lap time unless the stopwatch is cleared to all zeros.
2. Enter the Pacer Mode and hold down Ⓐ until the hour digit of the Target time starts to flash in the lower digital display. The hour digit is flashing because it is *selected*.
3. Press Ⓒ to change the selection in the following sequence.



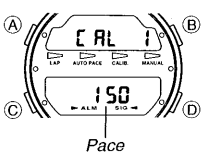
- If the target time is cleared to all zeros, the target lap time on and off setting display does not appear in the above sequence. Instead, pressing Ⓒ while the seconds are flashing jumps directly to the hour.
4. While any value is selected (flashing), press Ⓓ to increase it or Ⓑ to decrease it. Holding down either button changes the current selection at high speed.
- The target time can be set in 1-second increments up to 23 hours, 59 minutes 59 seconds.
5. While the target lap time on and off setting is selected, press Ⓑ to switch the target time on and off.
- Whenever a target time is set and switched on, the AUTO PACE indicator appears in the Stopwatch Mode.
- You cannot perform Quick Set if a target time is switched on.
6. After you finish setting the target lap time, press Ⓐ to return to the Pacer Mode.
- If you do not perform any operation for about a few minutes while the target time setting display is shown, the watch automatically returns to the Pacer Mode display.

Important
- Whenever you are not using the automatic pace adjustment feature, be sure to set the target lap time to all zeros or switch it off.

Using Personal Performance Data

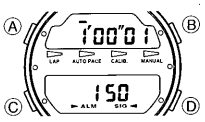
You can register the times that it takes you to cover a certain distance at two different paces as personal performance data. Then the watch automatically calculates the optimum pace for you, and applies this information when adjusting the Pacer tone.

To set personal performance data



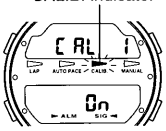
1. Use Ⓒ to enter the Timekeeping Mode.
2. Hold down Ⓒ until the upper digital display shows the message "CAL 1".
- At this time, a Pacer signal sounds for ten seconds in accordance with the pace shown in the lower digital display. Press Ⓑ to stop the Pacer signal.
3. Use Ⓐ to increase the pace of the tone, and set the pace to one that is comfortable for you.
- Each press of Ⓐ increases the pace by five strides per minute. Holding down Ⓐ increases the pace at high speed.

- You can set the pace within a range of 100 to 200 strides per minute.
- After you set a pace, the corresponding Pacer tone sounds for about ten seconds. Press Ⓑ to stop the Pacer tone.



4. Press Ⓓ to start the timing operation, and the Pacer tone sounds for ten seconds in accordance with the pace you set in step 3. Run a fixed distance (one lap of a track, for example) using that pace, and press Ⓓ when you reach the goal line.
- For maximum accuracy, you should run more than 50 meters.
- When you start the timing operation, the elapsed time appears in the upper digital display.

CALIB. indicator



- After the timing operation is complete, the "CALIB." indicator flashes for about six or seven seconds. At the same time, the message "On" appears in the lower digital display.

5. Press Ⓒ so that "CAL 2" appears in the upper digital display. Repeat steps 3 and 4 to set the data for CAL 2.
- Use a pace that is different from the one you used for CAL 1. You will not be able to start the timing operation if the same pace is set.

6. After you finish setting CAL 1 and CAL 2 data, hold down Ⓒ to return to the Timekeeping Mode.
- At this time, your personal performance data is stored into memory.
- The "CALIB" indicator appears on the display whenever you enter the Stopwatch Mode while personal performance data is stored in memory.
- Personal performance data is retained in memory until you clear it.

To clear personal performance data

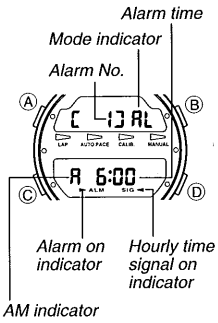
Note
- You should clear personal performance data whenever you want the watch to automatically adjust the pace in accordance with a target time without referring to personal performance data, or before setting new personal performance data.

1. Use Ⓒ to enter the Timekeeping Mode.
2. Hold down Ⓒ until the upper digital display shows the message "CAL 1".
3. Hold down Ⓑ for one or two seconds. The watch beeps and CAL 1 personal performance data is cleared to zero.
- At this time, the "CALIB" indicator disappears from the display and the "On" message in the lower digital display changes to the currently set Pacer value.

- The above operation clears CAL 1 data only, without clearing CAL 2 data. Since personal performance data is not used unless CAL 1 and CAL 2 data is both present, clearing CAL 1 only has the effect of deactivating the personal performance data.
- If you want to delete CAL 2 data, press Ⓒ so that "CAL 2" appears in the upper digital display, and then hold down Ⓑ for one or two seconds, until the watch beeps.

4. Hold down Ⓒ for three or four seconds to return to the Timekeeping Mode.

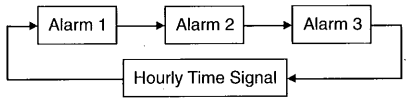
ALARM FUNCTIONS



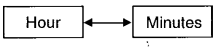
Alarm Functions are available in the Alarm Mode, which you can enter using Ⓒ.
You can set up to three independent daily alarms. When an alarm is switched on, the watch beeps for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time

1. Press Ⓓ while in the Alarm Mode to select Alarm 1 through Alarm 3.



2. After you select an alarm, hold down Ⓐ until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
3. Press Ⓒ to change the selection in the following sequence.



4. Press Ⓓ to increase the selected digits or Ⓑ to decrease them. Holding down either button changes the selection at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (A) or afternoon (P).

5. After you set the alarm, press Ⓐ to return to the Alarm Mode.

To switch an Alarm and Hourly Time Signal on and off
1. In the Alarm Mode, press Ⓓ to select an alarm or the Hourly Time Signal.
2. When the alarm or Hourly Time Signal you want to is selected, press Ⓑ to switch it on and off.

► ALM Indicates alarm is ON

SIG ◄ Indicates Hourly Time Signal is ON

- If any alarm is on, the Alarm On Indicator is shown on the display when you change to another mode.

About the alarm

There are four different alarm sounds.

To test the alarm
Hold down Ⓓ while in the Alarm Mode to sound the alarm. Each time you test the alarm (by holding down Ⓓ) a different alarm sounds. The sound produced the last time you test the alarm is the one used for the alarm.