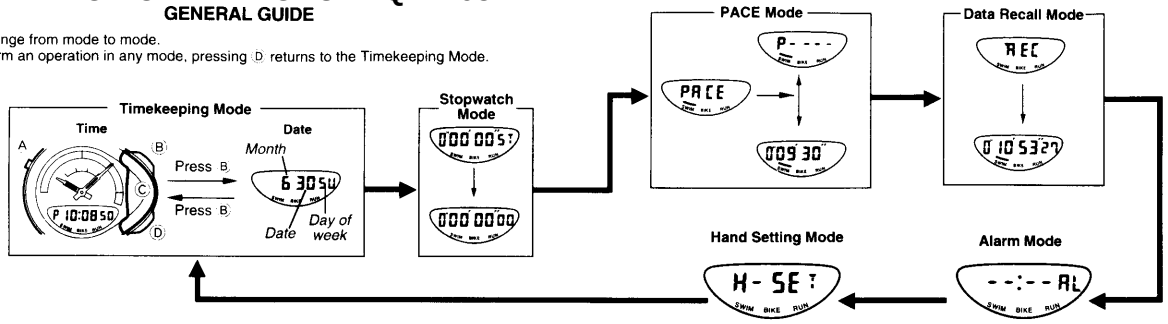
OPERATION CHART:MODULE QW-793

GENERAL GUIDE

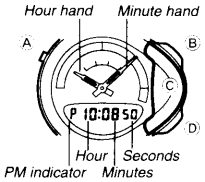
- Press D to change from mode to mode.
- After you perform an operation in any mode, pressing D returns to the Timekeeping Mode.



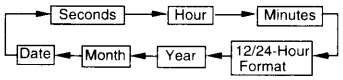
TIMEKEEPING MODE

- In the Timekeeping Mode, press B to switch between time and date displays.
- Use this mode to set the digital time and date.

To set the digital time and date



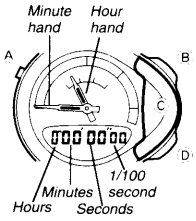
1. Hold down A while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are *selected*.
2. Press D to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press C to reset the seconds to "00". If you press C 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.
4. While any other digits (besides seconds) are selected (flashing), press C to increase the number or B to decrease it. Holding down either button changes the current selection at high speed.
   While the 12/24-hour setting is selected("12 H" or "24 H" flashes on the display), press C to switch between the two formats.
5. After you set the time and date, press A to return to the Timekeeping Mode.

- 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.
- 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. If, for any reason, the analog time does not match the digital time, use the procedure described under Hand Setting Mode to match the analog setting with the digital display. If the digital time and analog time settings do not match, other functions of the watch will not operate correctly.

STOPWATCH MODE



The stopwatch lets you keep track of the cumulative elapsed time of three legs of an event, such as the swimming, biking, and running legs of a triathlon. Each leg is timed separately, and the watch displays your actual time along with the differential between your actual time and target time for that leg. This information is also stored in memory. You can also store up to 30 lap times in memory.

To measure the cumulative time of a multi-leg event

1. Use the PACE Mode to set target time for SWIM, BIKE, and RUN.
2. Use D to enter the Stopwatch Mode.
   - About 10 seconds after entering the Stopwatch Mode, the hands of the watch automatically move into the 10:45 position. See "Analog hand movement in the Stopwatch Mode."
3. After the hands stop moving, press C to start timing of the first (SWIM) leg of the event.
   - When you start timing, the indicator above SWIM starts to flash in the digital display, and a pacer tone sounds for 10 seconds. See the section of this manual that describes the PACE Mode for details on the pacer.
4. When you reach the end of the first (SWIM) leg of the event, press B.
   - The time differential between the target time and the actual time of the first (SWIM) leg flashes on the display for about 10 seconds. Next, the actual time of the second (BIKE) leg appears on the display.
   - The indicator above BIKE starts to flash in the digital display, and a pacer tone sounds for 10 seconds.
5. When you reach the end of the second (BIKE) leg of the event, press B.
   - The time differential between the target time and the actual time of the second (BIKE) leg flashes on the display for about 10 seconds. Next, the actual time of the third (RUN) leg appears on the display.
6. When you reach the end of the third (RUN) leg of the event, press B.
   - The time differential between the target time and the actual time of the third (RUN) leg flashes on the display for about 10 seconds. Next, the actual total cumulative time of the first (SWIM), second (BIKE), and third (RUN) legs appears on the display.
7. At this time you can press B to clear the displayed time to all zeros. When you do, the hands of the watch move to the 10:45 position, and you can repeat the above procedure starting from Step 3.

Important

The Ⓐ button is not operational until you press Ⓑ to clear the displayed time to all zeros. Be sure to press Ⓑ to allow proper operation of the watch.

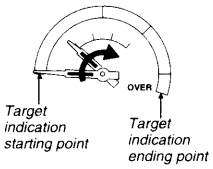
Notes

- If there is an illegal target time setting in the PACE Mode, the hands of the watch do not move into the 10:45 position when you enter the Stopwatch Mode.
- You can press D and change to a different mode while a Stopwatch Mode timing operation is in progress. You should note however that pressing B while in another mode ***does not*** end timing of the current leg of the event. Also, you cannot perform any of the following functions while a Stopwatch Mode timing operation is in progress:

  Pacer speed and target time adjustments in the PACE Mode
  All Data Recall Mode functions
  All Hand Setting Mode functions
  Current time setting in the Timekeeping Mode

- It is possible to perform a stopwatch timing operation even when an illegal target time is set for the SWIM, BIKE, or RUN leg (indicated when the hands of the watch do not move into the 10:45 position when you enter the Stopwatch Mode). When you complete any of the legs in such a case, the digital display shows the cumulative time from when you started timing (the start of the event) up to the end of the leg you just finished. It does not show the differential between the target time and the actual time for that leg.
- If the target times are correctly set, the differential between the target time and actual time flashes on the digital display for about 10 seconds whenever you finish a leg of the event. For example, let's say you set a target time of 0"10'30" for a leg. If you complete that leg in 8 minutes, 10 seconds, the display will show -0"02'20". If the leg takes you 15 minutes, 40 seconds to complete, the display shows 0"05'10".

Analog hand movement in the Stopwatch Mode



- About 10 seconds after you enter the Stopwatch Mode while target times are set, the analog hands automatically move into the 10:45 position.
- The minute hand points to the 45-minute position, because this is the starting (100%) point of the target time indication for each leg. The 15-minute position is the ending (0%) point.
- The hour hand points to the name of the first leg (SWIM), which means it is pointing to the 50-minute position.
- While you are timing the first (SWIM) leg, the minute hand indicates how much time (as a percentage) remains until you reach your target time. If you set a target time of 3 minutes for example, the minute hand points to 12 o'clock (50%) when the timing of the first (SWIM) leg time reaches 1 minute, 30 seconds.

To illustrate the relationships between target times and the time indicated by the minute hand, let's assume the following.

	Target	Actual	Differential
SWIM	3'00"	2'40"	-0'20"
BIKE	6'00"	7'30"	1'30"
RUN	9'00"	10'00"	1'00"

When you press B to end the SWIM leg, the differential (-0'20") flashes on the display for about 10 seconds. Then the hour hand moves to point to BIKE and the minute hand moves to the 45-minute position to start the BIKE leg. From there it does not move until the total cumulative time shown on the display reaches 3'00". After that, it indicates the percentage of time (from 3'00" to 6'00") remaining.
During the BIKE leg in the above example, the minute hand stops in the red OVER zone just past the 15-minute position when actual cumulative timing reaches 6'00". When you press B at 7'30" to end the leg, the differential (-1'30") flashes on the display for about 10 seconds. Then the hour hand moves to point to RUN, and the minute hand moves to the position that indicates the percentage of time (from 6'00" to 9'00") remaining. Since you were one minute, 30 seconds late in this example (which is about half of the 3 minutes that was set as the target for this leg), the minute hand will move to somewhere past the 12 o'clock (50%) position.

- The time shown on the digital display must match the time indicated by the analog hands before you enter the Stopwatch Mode. If it doesn't, use the Hand Setting Mode to adjust the analog setting to match the digital setting.

To return the analog hands to the current time

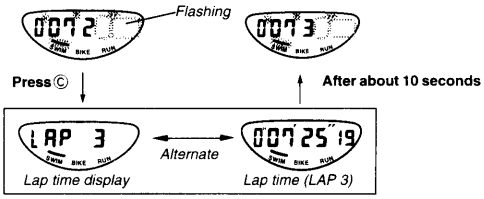
1. Press B to complete the RUN leg and end timing all of the legs of an event. There will be indicators above SWIM, BIKE, and RUN in the digital display.
2. Press B to reset the time on the digital display to all zeros.
3. Press D to change to another mode. When you do, the analog hands will move to indicate the current time.

- If the time indicated by the analog hands is different from that shown in the digital display, use the Hand Setting Mode to adjust the hands to match the digital time.

To measure lap times

While a timing operation is in progress in any leg of the Stopwatch Mode, you can press C to record a lap time. You can record up to 30 lap times per event (one event consists of three legs), and lap times are identified as LAP 1, LAP 2, LAP 3, and so on up to LAP 30. The following illustrates what happens when you press C to record a lap time.

Stopwatch timing in progress



- Note that if you press C after 30 lap times are stored, the display will show the current lap time but will not store it in memory. In this case, the lap time display shows the message "LAP" without any lap time number.

About the data memory

The Stopwatch Mode can be used to store the following data in memory:

- 30 lap times
- Differential between actual time and target time for each leg
- Cumulative elapsed time for all legs

You can use the Data Recall Mode to recall the last complete (SWIM, BIKE, RUN) cumulative elapsed time you measured. Note that each time you perform a new stopwatch timing operation, the cumulative elapsed time currently in memory is replaced by the newly measured time.

PACE MODE

Use this mode to set target times for the SWIM, BIKE, and RUN legs of an event. You can also adjust the speed of the pacer in this mode.

Important!

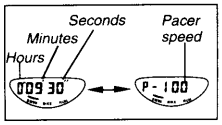
- You must set target times for all three legs. If you don't, an error will occur.
- The error message (Error) will appear on the display when you try to set a time for the first time after purchasing the watch. This is because no target times are set yet. Follow the instructions under "To set pacer speeds and target times" and "About target times" to set times for each leg. Then you should be able to set the targets to the times you want without any problem.

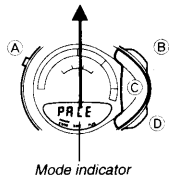
About the pacer

When you are performing a timing operation in the Stopwatch Mode, the pacer tone sounds for 10 seconds whenever any of the following occurs:

- When you start the stopwatch operation
- Whenever you perform a lap time operation
- Whenever you adjust the pacer speed
- At the start of each of the initial 14 minutes of a stopwatch operation
- At the start of each of the initial 4 minutes after a lap time operation or pacer speed adjustment operation, after the initial 14 minutes

You can set the pacer speed within the range of 100 to 200 operations per minute (see "To set pacer speeds and target times").





Mode indicator

To set pacer speeds and target times

1. In the PACE Mode, use Ⓒ to select the leg (SWIM, BIKE, RUN) whose pacer speed and target time you want to set.
2. Hold down Ⓐ until the pacer speed value on the display starts to flash.
3. Use Ⓑ and Ⓒ to set the pacer speed.
   - Ⓒ increases the speed in 5-tone steps, while Ⓑ decreases it.
   - If you do not want the pacer tone to sound, set the pacer speed as "P---".
4. After setting the pacer speed, press Ⓓ and the target time for the leg appears on the display with its hour digit flashing.
   - The hour digit is flashing because it is *selected.*
5. Input the target time for the leg.
   - Use Ⓓ to change the selected (flashing) digit in the following sequence.

Hour → Minutes → Seconds → Pacer speed

- Use Ⓒ to increase selected digits or Ⓑ decreases them.
- Press Ⓑ and Ⓒ at the same time to clear the target time.

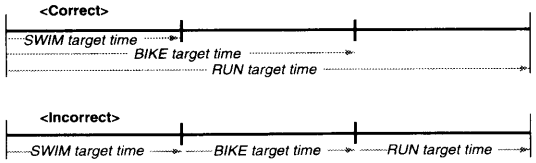
6. After you set the pacer speed and target time for this leg, press Ⓐ to return to the PACE Mode.
7. Repeat steps 1 through 6 to set the pacer speeds and target times for the other legs.
   - Remember that target times must be set for all three legs for Stopwatch Mode operations to work properly.

To change the pacer speed during a timing operation in the Stopwatch Mode

1. While a timing operation is in progress in the Stopwatch Mode, press Ⓐ to display the pacer speed for the leg you are currently timing.
   - At this time, the originally set pacer speed is already increased in 5-tone steps.
   - The pacer speed remains on the display for 10 seconds, during which the pacer tone sounds.
2. While the pacer speed is on the display, press Ⓐ to increase it in steps of five tones. Each time you change its speed, the pacer sounds for 10 seconds at the new speed.
   - Note that you can change the speed only of the leg that is currently being timed.

About target times

- A target time is the point within the cumulative elapsed time that you expect to complete a leg. It is not the amount of time you expect it will take to complete that leg.



- The minimum target length for any leg is three minutes. The following shows the minimum setting for each leg.
  SWIM Target: 0"03'00"
  BIKE Target: SWIM Target + 03'00"
  RUN Target: BIKE Target + 03'00"

Setting a target time that is less than those shown above results in an error.

- You can set target times within the range of 3 minutes to 9 hours, 59 minutes, 59 seconds. A setting of 0 hour, 00 minute, 00 second is treated as 10 hours.

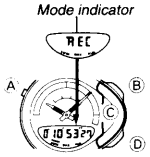
DATA RECALL MODE

Use this mode to recall data that is stored by Stopwatch Mode operations. You can recall only the last set of data stored. Each time you perform a new stopwatch timing operation, the cumulative elapsed time currently in memory is replaced by the newly measured time.

Note

Stopwatch Mode data is not stored in memory until you clear the time on the display to all zeros (see Step 7 of the procedure under "To measure the cumulative time of a multi-leg event").

Mode indicator

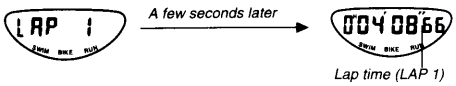


To recall data from memory

1. Use Ⓓ to enter the Data Recall Mode.
   - The message "REC" appears on the display for about one second, and then it is replaced by the time for the first (SWIM) leg of the last event that was timed in the Stopwatch Mode.
2. Use Ⓒ to scroll forward through memory data and Ⓑ to scroll back.

SWIM time → SWIM lap times → BIKE time → BIKE lap times → RUN time → RUN lap times → Total cumulative time → SWIM time

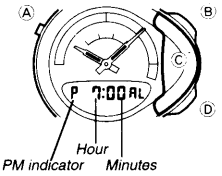
- Lap time data displays are skipped if no lap time operations were performed.
- Lap times are displayed as shown below.



Lap time (LAP 1)

ALARM MODE

When the Daily Alarm is switched 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 switched on, the watch beeps every hour on the hour.
Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.



Hour
PM indicator *Minutes*

To set the alarm time

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

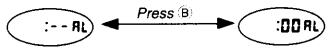
3. Press Ⓒ to increase the number and Ⓑ to decrease it. Holding down either button changes the number at high speed.

- 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).

4. After you set the alarm time, press Ⓐ to return to the Alarm Mode. At this time the Daily Alarm is switched on automatically.
   - To switch off the Daily Alarm, press Ⓑ while the currently set alarm time is displayed.

To switch the Hourly Time Signal on and off

1. In the Alarm Mode, press Ⓒ to display the Hourly Time Signal display.
2. Press Ⓑ to switch the Hourly Time Signal on and off.



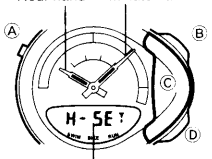
Hourly Time Signal off *Hourly Time Signal on*

To test the alarm and select an alarm tone

1. Hold down Ⓒ while in the Alarm Mode to sound the alarm.
2. While holding down Ⓒ, press Ⓑ to switch between the two available alarm tones (high and low). The last alarm tone that is sounding is the one that is selected when you release Ⓒ.

HAND SETTING MODE

Hour hand *Minute hand*



Mode indicator

When the time shown on the display does not match the analog setting, use this mode to correct this situation by changing the analog setting. Note that if the digital time and analog time are not exactly the same, the watch may not operate correctly in other modes.

- Though you can enter the Hand Setting Mode while a Stopwatch Mode timing operation is in progress, you cannot change the hand setting. In such a case, complete the timing operation in the Stopwatch Mode, clear the time on its display to all zeros, and then change the hand setting.
- You cannot change the hand setting while the hands are moving (because of entry into or exit from the Stopwatch Mode). Wait until the hands stop moving.

To set the analog time

1. Hold down Ⓐ while in the Hand Setting Mode until the digits start to flash on the display.
2. Press Ⓒ to advance the hands of the analog timepiece.
3. After you set the analog time, press Ⓐ to return to the Hand Setting Mode.
   - If you do not press any button for a few minutes while a selection is flashing, the flashing stops and "H- SET" reappears on the display automatically.