Allowing the watch to remain in contact with other items or storing it together with other
Tightening the band too tightly can cause you to sweat and make it difficult for air to pass

- Do not operate the stopwatch with the crown pulled out.

Note
- An elapsed time operation will stop automatically at the end of 60 minutes.

Correcting the 0 Positions of the Hands
Perform the following procedure if the stopwatch hands do not return to their 0 (zero) positions when you reset the stopwatch.

To turn on illumination
Hold down ①.

Note
- Illumination remains on as long as ① is depressed.
- Illumination will turn off after about four seconds after ① is released.

Illumination Precautions
- Illumination may be hard to see when viewed under direct sunlight.
- Frequent use of illumination runs down the battery.

Specifications
Accuracy: ±20 seconds average per month
Stopwatch: Measuring Capacity: 59'59" (60 minutes)
Measurements: Elapsed time; split time; two finishes
Illumination: LED (light-emitting diode)
Battery: One silver oxide battery (Type: SR920SW) and one lithium battery (Type: CR1616)
Battery Life: Approximately 2 years (60 minutes stopwatch operation and 16 seconds illumination per day)
- Always have both batteries replaced at the same time.