

TIME SETTING

1. Pull the crown out to position 3.
2. Turn the crown to set the desired time.
3. Return the crown to its normal position.

DATE SETTING

1. Pull the crown out to position 2.
2. Turn the crown clockwise until the correct date is shown in the date window.
3. Return the crown to its normal position.

CHRONOGRAPH

The chronograph can measure up to twelve hours in one second increments.

1. Press A to start/stop the chronograph.
2. Press B for lap-time and reset to zero.

CHRONOGRAPH ZERO RESET

1. Pull the crown out to position 3.
2. Press A to reset the second hand to zero.
3. Press B to reset the chronograph minute and hour hands.
4. Reset the watch to the current time and return the crown to its normal position.

