1. **Time/calendar display:**
   - Hour, minutes, seconds, month, date and day of the week.
   - **Fully automatic calendar:** Calendar adjusts automatically for odd and even months including February of leap years from the year 1995 up to the end of 2044.
   - **Time indication:** Changeover between 12- and 24-hour indications is possible.

2. **Stopwatch:** Measures up to 10 hours with 1/100-second readout.
   - **8 lap memory:** Up to 8 lap times can be stored in memory.

3. **Countdown timer:**
   - **Preset timer:** Four different lengths of time (3, 5, 10 and 15 minutes) have been preset for the timer.
   - **Adjustable timer:** Up to 9 hours and 59 minutes can be set in minutes.
• **Auto repeat function:** After the set time is up, the timer counts down the set time again as many times as necessary.

4. **Daily alarm:** The alarm can be set to ring on a 24-hour basis. At a designated time, the display is illuminated as the alarm rings.

• **Hourly time signal:** Can be set to ring every hour on the hour with a single beep.

5. **Illuminating light:** The light evenly illuminates the display in the dark.

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**Auto illumination function**

• If it is turned on in the time/calendar setting display, the display is illuminated with each depression of a button to operate the watch.

• While the stopwatch or timer is counting, the display is illuminated every minute to signal the lapse of time by turning on the auto illumination function. In the stopwatch function, it is activated for the first 19 minutes. In the adjustable timer function, it is activated for the last 19 minutes of the countdown.
BUTTONS AND DISPLAYS

- Graphic display
- Alarm mark
- Hourly time signal mark
- “A” (AM) / “P” (PM) mark
- Display mark
- Mode selector A
- Day
- Auto illumination mark
- Date
- Light button
- Hour
- Minutes
- Seconds
- Month
- Display mark
- Hour
- Mode selector A
**Mode Selection**

With each depression of mode selector “A”, the selection of the display can be made in the following order.

* If the confirmation sound is turned on, it beeps when the display is changed by depressing mode selector “A”.

* A flashing display mark indicates that the corresponding function is in use.
1. Depress mode selector “A” to show the time/calendar display.
2. Depress button “B” for 2 to 3 seconds to show the time/calendar setting display. “EL-AUTO” is displayed together with flashing “on” mark.
3. Selection of the digits to be adjusted (flashing) is made in the following order by depressing button “C”.

HOW TO SET THE TIME/CALENDAR AND AUTO ILLUMINATION
Auto illumination* (EL-AUTO on/off) → Seconds → Minutes → Hour
↑
12- or 24-hour indication ← Year ← Month ← Date
↓

* For details, refer to “Auto Illumination Function” below.

4. Depress button “D” to set the flashing digits. One digit is advanced with each depression of the button. Digits except seconds move quickly by keeping button “D” depressed.

5. After all the adjustments are completed, depress button “B” to return to the time/calendar display.

**Auto Illumination Function**

With each depression of button “D” in the time/calendar setting display, the “EL-AUTO on” and “EL-AUTO off” marks appear alternately. When the “EL-AUTO on” mark is displayed, the auto illumination function is turned on. When the “EL-AUTO off” mark is displayed, it is turned off.

**When it is turned on:**
1. The display is illuminated with each depression of a button to operate the watch.
2. While the stopwatch or timer is counting, the display is illuminated every minute to signal the lapse of time. In the stopwatch function, the auto illumination function is activated for the first 19 minutes. In the adjustable timer function, it is activated for the last 19 minutes of the countdown.

**Seconds setting**
Depress button “D” in accordance with a time signal. The seconds are reset to “00” and start immediately. When the seconds count any number from “30” to “59” and button “D” is depressed, one minute is added and the seconds are reset to “00”.

**Notes:**
1. When setting the hour digits in the 12-hour indication, check that “A” (AM)/“P” (PM) mark is set properly. In the 24-hour indication, there is no indication.
2. Once the year, month and date have been set, the day of the week is set automatically.
3. If the watch is left untouched in the time/calendar setting display with the digits flashing, it will automatically return to the time/calendar display in 2 to 3 minutes.
HOW TO USE THE STOPWATCH

• The stopwatch can measure up to 9 hours, 59 minutes, 59 seconds and 99 in 1/100 seconds.

• By turning on the button operation confirmation sound, a beep sounds every minute to signal the lapse of time.

• By turning on the auto illumination function, the display is illuminated every minute to signal the lapse of time for the first 19 minutes.

  * Even if the stopwatch display is changed to another while the measurement is in progress, it continues counting properly. After the stopwatch is used, however, be sure to reset it as the battery energy is consumed enormously to shorten the battery life.

  * While the stopwatch is measuring, the graphic display turns on and off repeatedly.
Depress mode selector “A” to show the stopwatch display.
Stopwatch Operation

Accumulated elapsed time measurement

Start (C)  \[\leftrightarrow\]  Stop (C)  \[\leftrightarrow\]  Restart (C)

**Accumulate repeatedly by depressing button “C”.”
**Lap time measurement**

- “Lap time” refers to an elapsed time required to cover a given section of the whole distance.

* Lap time measured and lap number remain displayed for 10 seconds, and then the measurement in progress and the current time appear.

** Can repeat by depressing button “D”.

---

**CHRONO** ← **CHRONO** ← **CHRONO** ← **CHRONO**

**Start C** ← **Reset D** ← **Stop C** ← **Lap No.** ← **Lap 1 D** ← **Lap 2 D**

**Start C** ← **Reset D** ← **Stop C** ← **Lap No.** ← **Lap 1 D** ← **Lap 2 D**

---
Notes:
1. The lap number counts up to “99”. After “99”, the number is displayed in two digits such as “00” for 100, “01” for 101, and so on.
2. Up to 8 lap times can be stored in memory. If more than 8 lap times are measured, the measurements over 8 will not be stored in memory.

Memory Function
• Up to 8 lap times are automatically stored in memory, and they can be recalled either during or after the measurement.

[Memory recall after measurement]
1. Depress button “B” to show the memory recall display. The
oldest measurement stored in memory is displayed.

2. With each depression of button "D", the stored data are recalled successively from the oldest to the newest.

[Memory recall during measurement]

1. Depress button "B" to show the memory recall display. The newest measurement stored in memory is displayed.

2. With each depression of button "D", the stored data are recalled successively from the oldest to the newest.

Note: Even if the digits are reset to "00" in the stopwatch measurement, stored data is not erased and can be recalled unless a new measurement is started.
HOW TO USE THE TIMER

• Two types of timers (adjustable timer and preset timer) are available.

• After the set time is up, the timer counts down the set time repeatedly. After the timer is used, therefore, be sure to reset it as the battery energy is consumed enormously to shorten the battery life.

• By turning on the button operation confirmation sound, a beep sounds every minute to signal the lapse of time.

• By turning on the auto illumination function, the display is illuminated every minute to signal the lapse of time for the last 19 minutes of the countdown. If the countdown is repeated more than 10 times, however, the display will not be illuminated.

How to Use the Preset Timer

• Four different lengths of time (3, 5, 10 and 15 minutes) have been preset for the timer.
Selection of the preset time

1. Depress mode selector “A” to show the timer display. The time set previously will be displayed.

2. Depress button “D” to select the desired preset time. Selection of the preset time is made in the following order by depressing button “D”.

   Adjustable timer → 3 min. → 5 min. → 10 min. → 15 min.

   ►
Preset timer operation

Depress buttons in the following order.

Start  Stop  Restart  Warning sound beeps.

Restart and stop of the timer can be repeated by depressing button “C”.

* When the set time is up, a warning sound beeps for 5 seconds as the display is illuminated. To stop them manually, depress mode selector “A”, or depress button “B”, “C” or “D” or the light button.

Notes:
1. After the countdown is repeated 99 times, the number of times the countdown is repeated is displayed in two digits such as “00” for 100, “01” for 101, and so on.
2. Once the timer is set, the set time is retained and can be used repeatedly unless it is readjusted.
How to Use the Adjustable Timer

- The adjustable timer can be set up to 9 hours and 59 minutes in minutes.

Adjustable timer setting

1. Depress mode selector “A” to show the timer display.
2. Depress button “D” to select the adjustable timer. Selection of the adjustable timer and preset timers is made in the following order by depressing button “D”.

   Adjustable timer → 3 min. → 5 min. → 10 min. → 15 min.

3. Depress button “B” for 2 to 3 seconds to show the adjustable timer setting display. The hour digits start flashing.
4. Selection of the digits to be adjusted (flashing) is made in the following order by depressing button “C”.

   Minutes → Hour

5. Depress button “D” to set the digits. One digit is advanced with each depression of the button.
The digits move quickly by keeping the button depressed.

6. After all the adjustments are completed, depress button “B” to return to the timer display. The time you have set remains displayed.

**Note:** If the watch is left untouched in the adjustable timer setting display with the digits flashing, it will automatically return to the timer display in 2 to 3 minutes.

**Adjustable timer operation**

Refer to “Preset timer operation” above.
HOW TO SET THE ALARM

- The alarm can be set to ring on a 24-hour basis. At the designated time, the display is illuminated as the alarm rings.

1. Depress mode selector “A” to show the alarm display.
2. Depress button “B” for 2 to 3 seconds to show the alarm setting display. The alarm mark and “on”/“- -” mark disappear.
and the hour digits (and “A”/“P” mark if the time is set in the 12-hour indication) start flashing.

3. Depress button “C” to select the digits to be adjusted (flashing).

```
Hour   →   Minutes
```

4. Depress button “D” to set the digits. One digit is advanced with each depression of the button. The digits move quickly by keeping the button depressed.

5. After all the adjustments are completed, depress button “B” to return to the alarm display. The alarm mark and “on” mark are automatically displayed.

Notes:
1. When the time function is displayed in the 24-hour indication, the alarm is also displayed in the 24-hour indication.
2. When setting the hour digits in the 12-hour indication, check that “A”(AM)/“P”(PM) mark is properly set. In the 24-hour indication, there is no indication.
3. If the watch is left untouched in the alarm setting display with the digits flashing, it will automatically return to the alarm display in 2 to 3 minutes.
Engagement/disengagement of the alarm

- With each depression of button “C” in the alarm display, the alarm is engaged and disengaged alternately.

<table>
<thead>
<tr>
<th><img src="image" alt="Alarm" /></th>
<th>Alarm engaged</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Alarm" /></td>
<td>Alarm disengaged</td>
</tr>
</tbody>
</table>

- At the designated time, the alarm rings and the display is illuminated alternately for 20 seconds and stop. To stop them manually, depress mode selector “A”, or depress button “B”, “C” or “D” or the light button.

Turning on/off of the hourly time signal and button operation confirmation sound; and alarm test

- With each depression of button “C” in the time/calendar display, the hourly time signal and confirmation sound for the button operation are turned on and off alternately.

<table>
<thead>
<tr>
<th><img src="image" alt="Clock" /></th>
<th>Hourly time signal and confirmation sound turned on</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Clock" /></td>
<td>Hourly time signal and confirmation sound turned off</td>
</tr>
</tbody>
</table>
• The alarm can be tested by keeping buttons “C” and “D” depressed in the time/calendar display.
  * After the alarm sound is tested, be sure to check turning on/off of the hourly time signal and confirmation sound, as they are turned on and off alternately by depressing button “C”.

NOTE ON UNUSUAL DISPLAY
While in the time/calendar setting display, the display as shown below will appear if both buttons “C” and “D” are depressed at the same time. This is not a malfunction. Depress mode selector “A”, or depress button “B”, “C” or “D” or the light button to return to the time/calendar display, and then set the time/calendar again.
ILLUMINATING LIGHT

While the light button is kept depressed in the time/calendar, stopwatch, timer or alarm display, the illuminating light evenly illuminates the display for easy viewing in the dark.

Notes:
1. The watches with illuminating light work with one battery. When the illuminating light begins to lose its luminance, this is an indication that the battery is depleted. We recommend that you change the battery before the watch itself stops.
2. If the illuminating light is used continuously for a long time, the battery life may be less than the specified period.
TO PRESERVE THE QUALITY OF YOUR WATCH

Your watch contains a highly precise electronic circuit and a crystal oscillator, and to maintain its high accuracy you should not subject it to violent shocks or extreme temperatures.

Your watch is classified into one of the following four groups by the degree of water resistance. Please read the appropriate item below for proper use.

If your watch is water resistant, “WATER RESISTANT” is shown on the back of your watch case. If your watch is 200 m, 100 m or 50 m water resistant, it is so indicated on the dial. If your watch is non-water resistant, there is no such indication.

**Water resistant:** These watches are designed to withstand accidental contact with water, for example, splashes or rain, but should not be worn while swimming or diving.

**Water resistant (50 m/5 BAR):** These watches are suitable for swimming and can be worn in the shower, but not for diving. If the watch is exposed to salt water, rinse it in fresh water and then wipe it thoroughly dry.

Do not press any buttons when the watch is wet.
**Water resistant (100 m/10 BAR, 200 m/20 BAR):** These watches are suitable for swimming or skin diving (without heavy breathing apparatus), but not for scuba diving. If the watch is exposed to salt water, rinse it in fresh water and then wipe it thoroughly dry. Do not press any buttons when the watch is wet.

**Non-water resistant:** Care should be taken not to get your watch wet as water may damage the movement.

- Have your Pulsar watch checked by a PULSAR DEALER periodically to be sure that the case, buttons, gasket, crystal seal and push pins remain intact.

**BATTERY CHANGE**

The miniature lithium battery SEIKO CR2025 which powers your watch should last approximately 2 years. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than 2 years. Be sure to replace the battery to prevent any possible malfunction as soon as it runs down. To replace the battery, we recommend taking the watch to a local watch repair shop.
• **Battery Life Indicator**
  
  When the battery nears its end, all the digits of the display start flashing. In that case, replace the battery as soon as possible.

**Notes:**

1. If the stopwatch is used for more than 10 hours a day, the timer for more than 10 hours a day, the alarm more than once a day, the illuminating light more than 3 times a day, the auto illumination more than 30 times a week and/or the confirmation sound more than 24 times a day, the battery life may be less than the specified period.

2. **After the battery is replaced with a new one:**

   Depress mode selector “A”, buttons “B”, “C” and “D” at the same time for 2 to 3 seconds.

   The display becomes blank, and when the mode selector and/or buttons are released, the time/calendar of “A 12:00oo 1-1 SU” is displayed. Then, set the desired time/calendar and alarm time. (See “HOW TO SET THE TIME/CALENDAR” and “HOW TO SET THE ALARM”.)
GUARANTEE

We certify that the PULSAR watch detailed on the enclosed guarantee repair coupon is guaranteed against defects in material and workmanship for one year from the date of purchase, providing it has been sold by a PULSAR dealer. Within this period, regulation, adjustment, repair or replacement of parts or movement will be carried out without charge except in the case of damage caused by accidents or lack of care.

To qualify for service under the guarantee, you must present your watch together with a valid guarantee repair coupon (see at end of this booklet) to the PULSAR dealer from whom the watch was purchased or any member of the PULSAR service network. This network, as of November 1, 1997, is listed on pages 29 to 30 of this booklet. Postage, insurance and shipping charges are to be paid by the owner of the watch.

IMPORTANT

1. THIS GUARANTEE DOES NOT COVER THE WATCH CASE, BRACELET, STRAP, GLASS OR ANY BATTERY.
2. THIS GUARANTEE DOES NOT COVER WATER DAMAGE WHEN IT IS NOT CLEARLY DESIGNATED ON CASE BACK AS WATER RESISTANT.
3. THIS GUARANTEE IS VALID ONLY WHEN THE PULSAR WATCH HAS BEEN SOLD BY A PULSAR DEALER AND, WHEN THE GUARANTEE REPAIR COUPON AT END OF THIS BOOKLET IS PROPERLY FILLED IN BY THE PULSAR DEALER FROM WHOM THE WATCH WAS PURCHASED.

4. WE RESERVE THE RIGHT TO RELINQUISH ALL RESPONSIBILITY UNDER THIS GUARANTEE FOR REPAIRS IF THE WATCH IS TAMPERED WITH OR DAMAGED BY OTHER THAN PULSAR AUTHORIZED SERVICE FACILITIES.

5. PHOTOCOPIES OF GUARANTEE COUPONS OR GUARANTEE COUPONS WHICH HAVE BEEN ALTERED OR TAMPERED WITH WILL NOT BE HONOURED.

Note:
When the PULSAR watch that you purchased abroad is required to be repaired in your country or when the PULSAR watch that you purchased in your country is required to be repaired abroad, you are requested to send or bring it to one of the PULSAR Service Centers listed in this booklet.

SEIKO Australia Pty. Ltd.
89 Epping Rd., North Ryde, N.S.W. 2113
Australia
PULSAR SERVICE NETWORK

AUSTRALIA

Pulsar Service Centre
P.O. Box 314
North Ryde, N.S.W. 2113

Pulsar Service Agent
Jarrett Jewellers
Shop 6 Townhall Arcade
Sydney, N.S.W. 2000

Pulsar Service Centre
Suite 1, 2nd Floor
424 St. Kilda Road
Melbourne, VIC. 3004

Pulsar Service Centre
Cnr Milton & Baroona Roads
Milton, QLD. 4064

Pulsar Service Agent
SH 12 Jojn Martins Plaza
Charles St.
Adelaide, SA. 5000

Pulsar Service Agent
Room 203, 2nd Floor
Sheffield House
713 Hay Street
Perth, WA. 6000

NEW ZEALAND

PULSAR SERVICE CENTRE
P.O. Box 100037
North Shore Mail Centre
22 William Pickering Drive
Albany, Auckland 1331

Pulsar Service Agent
B.A. NAIRN LTD.
668 Colombo St.,
P.O. Box 2514, Christchurch
FIJI
Pulsar Service Agent
Stinson Pearce Ltd.
36 Freeston Road, Walu Bay,
Suva

PAPUA NEW GUINEA
Pulsar Service Agent
Chin Hoi Meen and Sons Pty. Ltd.
P.O. Box 224, Rabaul

Pulsar Service Agent
Chin Hoi Meen and Sons Pty. Ltd.
P.O. Box 1106, Boroko,
National Capital District,
Port Moresby
# GUARANTEE REPAIR COUPON

<table>
<thead>
<tr>
<th>Watch Serial No.</th>
<th>Case No.</th>
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Date of purchase

Purchased by

Sold by

Repair Coupon ...To be detached and submitted with watch only when watch is returned for any repair covered by the guarantee.
<table>
<thead>
<tr>
<th>Watch Serial No.</th>
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</tr>
</thead>
<tbody>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Date of purchase

Purchased by

Sold by

Owner’s Coupon ...Do not detach - for owner’s record to be kept with watch during entire guarantee period, and for proof of purchase.