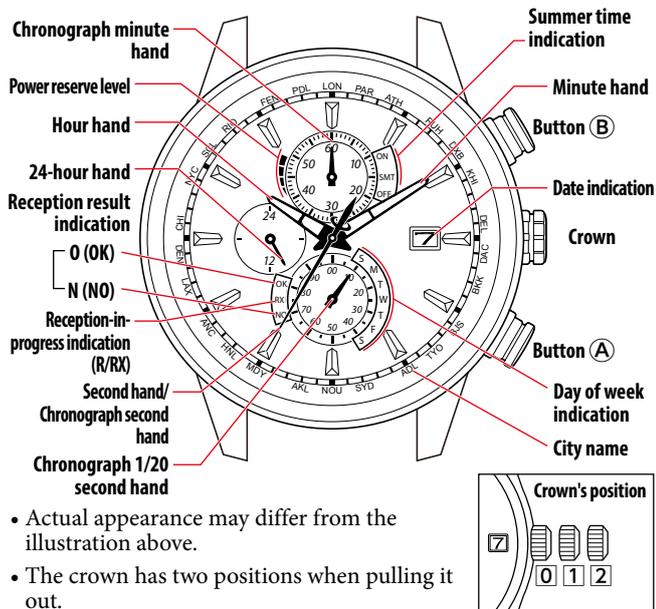


## H80\* Abbreviated instruction

- This watch is light-powered. Be sure your watch is fully charged before use.
- For complete instructions for setting, use, charging time and specifications, refer to the full instruction manual:  H80\* instruction manual

### Component identification



- Actual appearance may differ from the illustration above.
- The crown has two positions when pulling it out.

### Checking the power reserve

- You cannot execute this operation while using chronograph function.

1. Push the crown in to position **0**.
2. Press and release the lower right button **(A)**.  
The chronograph minute hand indicates power reserve amount.

| Indication    |                              |                      |                               |                     |
|---------------|------------------------------|----------------------|-------------------------------|---------------------|
| Duration      | About 180 - 130 days         | About 130 - 30 days  | About 30 - 2 days             | About 2 days        |
| Power reserve | Power reserve is sufficient. | Power reserve is OK. | Power reserve is getting low. | Insufficient charge |
|               |                              |                      | <b>Charge immediately.</b>    |                     |

3. Press and release the lower right button **(A)** to finish checking.  
• The hand automatically returns to indicate current time in 10 seconds.

### Checking the signal reception result

This watch receives the time signal at 2:00 AM every day and adjust the time and calendar automatically. If the 2:00 AM reception was unsuccessful, it tries signal reception again at 3:00 AM.

- You cannot execute this operation while using chronograph function.

1. Push the crown in to position **0**.
2. Press and release the lower right button **(A)**.  
The chronograph 1/20 second hand indicates the result of the last reception.

| Indication    | Reception result              |
|---------------|-------------------------------|
| <b>O (OK)</b> | The reception was successful. |
| <b>N (NO)</b> | The reception failed.         |

- Try signal reception following the steps in "Receiving the signal manually (on-demand reception)" if the last reception failed.

3. Press and release the lower right button **(A)** to finish checking.

- The hand automatically returns to indicate current time in 10 seconds without executing any operation.

### Setting the city

- The city setting controls the target station from which the watch tries to receive signals. Check the city setting when using this watch.

1. Pull the crown out to position **1**.  
The second hand indicates the current city setting; the chronograph minute hand the standard/summer time setting; the chronograph 1/20 second hand the summer time auto/manual setting.
2. Rotate the crown to select a city.  
• Choose a city from "Table of the city names" below.
3. Push the crown in to position **0** to finish the procedure.

Table of the city names

| Indication | City name and second hand's position | Time zone    | Signal station |
|------------|--------------------------------------|--------------|----------------|
| LON        | *London                              | 0 sec. 0     | Germany        |
| PAR        | *Paris                               | 2 sec. +1    |                |
| ATH        | *Athens                              | 4 sec. +2    | Germany ◆      |
| RUH        | Riyadh                               | 7 sec. +3    |                |
| DXB        | Dubai                                | 9 sec. +4    | China ◆        |
| KHI        | Karachi                              | 11 sec. +5   |                |
| DEL        | Delhi                                | 14 sec. +5.5 |                |
| DAC        | Dhaka                                | 16 sec. +6   | China          |
| BKK        | Bangkok                              | 18 sec. +7   |                |
| BJS/HKG    | Beijing/Hong Kong                    | 21 sec. +8   | China          |
| TYO        | Tokyo                                | 23 sec. +9   | Japan          |
| ADL        | Adelaide                             | 25 sec. +9.5 | Japan ◆        |
| SYD        | Sydney                               | 28 sec. +10  |                |
| NOU        | Noumea                               | 30 sec. +11  |                |
| AKL        | Auckland                             | 32 sec. +12  | USA ◆          |
| MDY        | Midway                               | 35 sec. -11  |                |
| HNL        | Honolulu                             | 37 sec. -10  | USA ◆          |
| ANC        | **Anchorage                          | 39 sec. -9   |                |
| LAX        | **Los Angeles                        | 42 sec. -8   | USA            |
| DEN        | **Denver                             | 44 sec. -7   |                |
| CHI        | **Chicago                            | 46 sec. -6   |                |
| NYC        | **New York                           | 49 sec. -5   |                |
| SCL        | Santiago                             | 51 sec. -4   | USA ◆          |
| RIO        | Rio de Janeiro                       | 53 sec. -3   | Germany ◆      |
| FEN        | Fernando de Noronha                  | 56 sec. -2   |                |
| PDL        | *Azores                              | 58 sec. -1   |                |

- For cities with \* or \*\*, indication of summer time and that of standard time are linked together.
- The time zone in the table is based on UTC (Coordinated Universal Time).
- When using the watch in an area not listed in the table, choose and set the city of the same time zone.
- Countries or regions may change time zones for various reasons.
- Cities with ◆ mark are out of receivable range and signals cannot be received.  
(The watch tries to receive signals from the target signal station though.)
- It may be difficult to receive signals in certain environment where it is hard for signals to reach.

### Receiving the signal manually (on-demand reception)

- You cannot execute this operation while using chronograph function.
- The target signal station depends on the city set.

1. Push the crown in to position **0**.
2. Press and hold lower right button **(A)** for 2 seconds or more.

The previous signal reception result is indicated.  
The chronograph 1/20 second hand points "R (RX)" after that and on-demand reception starts. (2 - 30 minutes)

- Press and hold button **(A)** for 2 seconds or more to cancel reception.

### Setting summer time

In regions utilizing summer time, the time signal includes summer time check signal.

- You cannot execute this operation while using chronograph function.

#### Switching summer time and standard time

1. Pull the crown out to position **1**.  
The chronograph minute hand indicates the current standard time/summer time setting.
2. Press and release the upper right button **(B)**.  
• Each time you press button **(B)**, the standard time/summer time setting changes alternately.

| Setting | Meaning                         |
|---------|---------------------------------|
| SMT ON  | Summer time is indicated.       |
| SMT OFF | The standard time is indicated. |

- The standard time/summer time setting can be changed automatically.

3. Push the crown in to position **0** to finish the procedure.

#### Switching the summer time auto/manual setting

1. Pull the crown out to position **1**.  
The chronograph 1/20 second hand indicates the current summer time auto/manual setting.
2. Press and hold the lower right button **(A)** for 2 seconds or more.  
• Each time you press and hold button **(A)**, the summer time auto/manual setting changes as follows:

| Indication | What to set   |
|------------|---|
|            | <b>Auto:</b><br>SMT ON/OFF changes automatically depending on whether received signals contain the summer time signal or not. |
|            | <b>Manual:</b><br>The standard time/summer time setting is changed manually as required.                                      |

3. Push the crown in to position **0** to finish the procedure.

### Adjusting the time and calendar manually

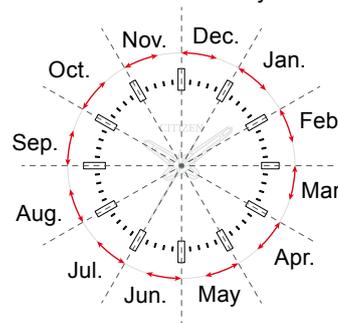
- The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years. (perpetual calendar)

1. Pull the crown out to position **1**.
2. Press and hold upper right button **(B)** for 2 seconds or more.  
The second hand points the 30-second and the chronograph minute hand the 60-minute.
3. Pull the crown out to position **2**.  
The second hand points 0 second and time and calendar become adjustable.
4. Press and release the upper right button **(B)** repeatedly to change the hand/indication to be corrected.

- Each time you press button **(B)**, the target of adjustment changes as follows and it moves slightly.  
Minute/hour/24-hour hands → Date indication → Day of week (chronograph 1/20 second hand) → Year/month → (Back to the top)

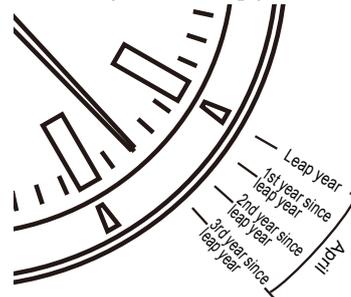
5. Rotate the crown to adjust time, date indication, day of week, year and month.

- When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown.
- Year and month are indicated with the second hand.  
The month is indicated by the hour area.



The year corresponds to the years since leap year and is indicated with the position of the second hand.

EX.: to set to April 2015  
April → 4 o'clock area  
2015 → 3rd year since leap year



6. Repeat steps 4 and 5.
7. Push the crown in to position **0** in accordance with a reliable time source.  
The second hand starts moving.

## Using the chronograph

Measuring up to 60 minutes in 1/20 second increments.

- Chronograph stops when pulling out the crown during measurement.
- Chronograph cannot be used when the power reserve is “nearly empty”.

1. Push the crown in to position **0**.
2. Press and release the upper right button **B**.

The chronograph minute, chronograph second and chronograph 1/20 second hands point upright.

**Start/stop:** press button **B**.

- The chronograph 1/20 second hand will stop at the 0-second position after 30 seconds since measurement started (or restarted) but measurement continues.

**Reset:** press button **A** while the chronograph is stopped.

- Be sure to reset chronograph after finishing measurement.

### To resume current time indication

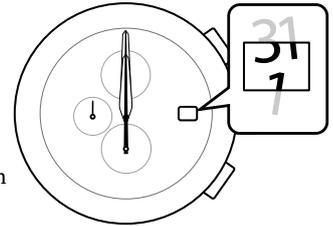
Press button **A** after resetting the chronograph.

- The hands automatically returns to indicate current time in 3 hours without executing any operation.

## Checking the reference position

1. Push the crown in to position **0**.
2. Press and hold the upper right button **B** for 10 seconds.

The hands and date indication move to the current reference positions stored in memory.



### Correct reference positions:

All hands: 12 o'clock position  
Date indication: midway between “31” and “1”

When the current reference position is different from the correct one, adjust the position following the steps of “Correcting the reference position”.

3. Press and release the upper right button **B** to finish checking.

## Correcting the reference position

1. Push the crown in to position **0**.
2. Press and hold the upper right button **B** for 10 seconds or more.  
The hands and date indication move to the current reference positions stored in memory.
3. Pull the crown out to position **2**.  
This will enable you to correct the reference position.
4. Press and release the upper right button **B**.
  - Each time you press button **B**, the target of adjustment changes as follows and it moves slightly.  
Chronograph 1/20 second hand → Chronograph minute hand/date indication → Minute/hour/24-hour hands → Second hand → (Back to the top)
5. Rotate the crown to correct the reference position of the active hand/indication.
  - When you rotate the crown quickly, the hand will move continuously. To stop the rapid movement, rotate the crown.
6. Push the crown in to position **0**.
7. Press and release the upper right button **B** to finish the procedure.

## Resetting the watch — All Reset

1. Pull the crown out to position **2**.
2. Press and hold buttons **A** and **B** at the same time for 4 seconds or more and release them.  
All reset is executed.

### After All Reset

After All Reset, adjust the reference position. Execute the city setting and receive signals manually (on-demand reception) to adjust the time and calendar after that.