

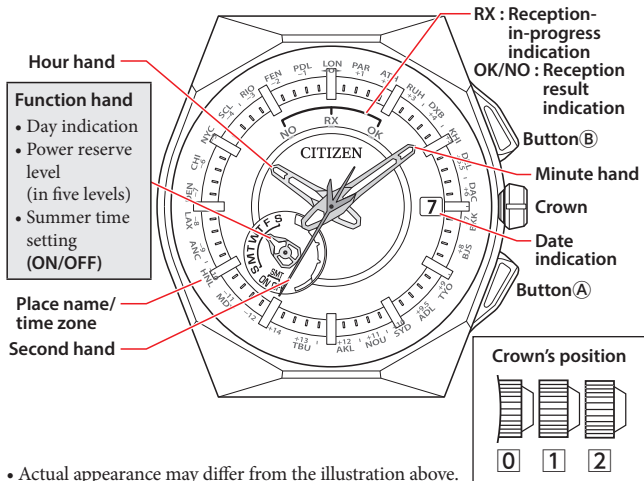
F100 Abbreviated instruction

This watch is solar-powered. Expose the dial to light and use it sufficiently charged.

To see details of charging time, specifications, and operations, refer to the instruction manual:



Component identification



• Actual appearance may differ from the illustration above.

Receiving the satellite time signal

Manual reception 1 (time required: 3 to 20 seconds)

Outdoor signal reception is recommended for receiving satellite time signal.

1. Push the crown in to position 0.
2. Press and hold the lower right button (A) until the second hand points to "RX".

The previous reception result is first indicated and signal reception starts. After finishing reception, the second hand indicates the reception result for 2 seconds and returns to normal movement.

Indication	Reception result
OK	The reception succeeded. The time and calendar have been corrected.
NO	The reception failed. The time and calendar was not corrected and the time indication returns to the status before the reception.

Manual reception 2 (21 to 13 seconds)

Reception to adjust the time and calendar when the leap second has been updated.

1. Push the crown in to position 0.
2. Press and hold the lower right button (A) for 7 seconds.
Time reception starts after the second hand points "RX" once and turns fully around to point "RX" again.

Checking the previous reception result of the satellite signal

1. Push the crown in to position 0.
2. Press and release the lower right button (A).
The previous reception result is indicated.

Indication	Reception result
OK	The reception succeeded. The time and calendar are corrected.
NO	The reception failed. The time and calendar was not corrected and the time indication returns to the status before the reception.

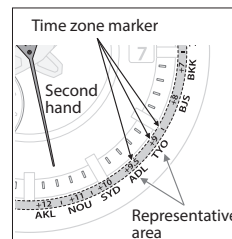
3. Press and release the button (A) to finish checking.

Using the world time

Setting the world time

1. Pull the crown out to position 1.
The second hand indicates the current time zone and the function hand indicates the summer time setting.
2. Rotate the crown to choose a time zone.
Time indication changes.
 - See also "How to read indication of the world time setting" and "Table of time zones and representative places".
3. Push the crown in to position 0 to finish the procedure.
The function hand returns to day indication.

How to read indication of the world time setting



The watch has 40 time zone markers with several representative area names. A time zone is set by pointing the second hand at one of the markers.

On the illustration, the second hand points to 28 seconds and time zone setting is "+11.5".

- Time zones are represented by offsets from UTC (Coordinated Universal Time).

Table of time zones and representative places

Time zone	Second hand	Area name	Representative area
0	0 sec.	LON	London
+1	2 sec.	PAR	Paris
+2	4 sec.	ATH	Athens
+3	6 sec.	RUH	Riyadh
+3.5	7 sec.	—	Tehran
+4	8 sec.	DXB	Dubai
+4.5	9 sec.	—	Kabul
+5	10 sec.	KHI	Karachi
+5.5	12 sec.	DEL	Delhi
+5.75	13 sec.	—	Kathmandu
+6	14 sec.	DAC	Dhaka
+6.5	15 sec.	—	Yangon
+7	16 sec.	BKK	Bangkok
+8	18 sec.	BJS(HKG)	Beijing/Hong Kong
+8.75	20 sec.	—	Eucla
+9	21 sec.	TYO	Tokyo
+9.5	23 sec.	ADL	Adelaide
+10	25 sec.	SYD	Sydney
+10.5	26 sec.	—	Lord Howe Island
+11	27 sec.	NOU	Noumea
+11.5	28 sec.	—	Norfolk Island
+12	29 sec.	AKL	Auckland
+12.75	31 sec.	—	Chatham Islands
+13	32 sec.	TBU	Nuku'alofa
+14	34 sec.	—	Kiritimati
-12	36 sec.	—	Baker Island
-11	38 sec.	MDY	Midway
-10	40 sec.	HNL	Honolulu
-9.5	41 sec.	—	Marquesas Islands
-9	42 sec.	ANC	Anchorage
-8	44 sec.	LAX	Los Angeles
-7	46 sec.	DEN	Denver
-6	48 sec.	CHI	Chicago
-5	50 sec.	NYC	New York
-4.5	51 sec.	—	Caracas
-4	52 sec.	SCL	Santiago
-3.5	53 sec.	—	St. John's
-3	54 sec.	RIO	Rio de Janeiro
-2	56 sec.	FEN	Fernando de Noronha
-1	58 sec.	PDL	Azores

Switching summer time and standard time

1. Pull the crown out to position 1.
2. Press and release the lower right button (A).

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

• Each time you press the button, ON and OFF changes alternately.

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

Setting leap second

1. Pull the crown out to position **2**.
2. Press and release the upper right button **B**.
Using the "0:00:00" position as the starting point, the minute and second hands indicate the leap second setting.

When the leap second setting is "-35 seconds"	When the leap second setting is "-65 seconds"
The hands point to "0 minute 35 seconds".	The hands point to "1 minute 5 seconds".
3. Push the crown in to position **0** to finish the procedure.

Turn the crown to adjust the setting if the leap second is not correct.

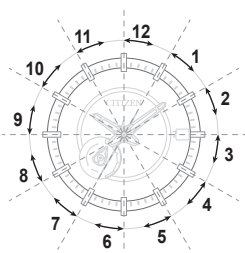
Adjusting the time and calendar manually

1. Pull the crown out to position **1**.
2. Press and hold the upper right button **B** until the second hand points to 30 seconds.
3. Pull the crown out to position **2**.
The hands point to 0 second.
4. Press and release the lower right button **A** repeatedly to change the hand/indication to be corrected.
 - Each time you press the button **A**, the target changes as follows.
Minute hand → hour hand → date → year/month → day → (back to the top)
5. Rotate the crown to adjust the hand/indication.
 - Date indication changes to the next as the function hand rotates 5 times.
 - When you rotate the crown quickly a few times, the hand/indication will move continuously.
 - To stop the rapid movement, rotate the crown in either direction.
6. Push the crown in to position **0** in accordance with a reliable time source to finish the procedure.

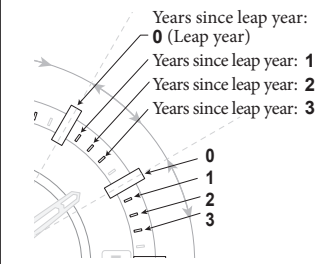
Month and year indications

Set the year and month with the position of the second hand.

"Month" corresponds to one of the 12 zones shown in the figure below. Each number means month.



"Year" corresponds to the years since leap year and is indicated with markers in the zone of each month.



Checking the power reserve and power generation amount

1. Push the crown in to position **0**.
2. Press and release the upper right button **B**.
The power reserve and power generation amount at the moment of pressing the button **B** are indicated in levels.

Indication of power reserve in level

Level	4	3	2	1	0
Power reserve level scale					
Duration (approx.)	24 - 20 months	20 - 14 months	14 - 5 months	5 months - 5 days	5 days or shorter
Meaning	Power reserve is sufficient.	Power reserve is OK.		Power reserve is getting low.	Insufficient charge warning has started.
	OK for normal use			Charge immediately.	

Indication of power generation amount in level

The level of power generation amount means power being generated by the solar cell represented in 0 to 6 levels.

Level	6	5	4	3	2	1	0
Indication							
Meaning	Sufficient power generation for charging.		Charge in a brighter location where the level of power generation amount reaches "5" or "6".				

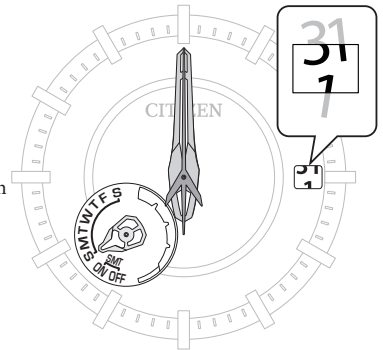
3. Press and release the upper right button **B** to finish checking.

Checking the reference position

1. Push the crown in to position **0**.
2. Press and hold the upper right button **B** for 7 seconds.

Correct reference positions:

- All hands : 12 o'clock position
- Date indication: midway between 31 and 1
- Day : S (Sunday)



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 7 seconds.
3. Pull the crown out to position **2**.
4. Press and release the lower right button **A** repeatedly to change hand/indication to be corrected.
 - Each time you press the button **A**, the target changes as follows.
Date/day → hour hand → minute hand → second hand → (back to the top)
5. Rotate the crown to adjust the hand/indication.
 - When you rotate the crown quickly a few times, the hand/indication will move continuously.
 - To stop the rapid movement, rotate the crown in either direction.
6. Push the crown in to position **0**.
7. Press and release the button **B** to finish checking.

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 3 seconds or more and release them.
As you release the buttons, the hands move slightly to indicate that reset completed.

After All Reset

After All Reset, adjust the reference position. Execute world time setting and receive satellite signal manually to adjust the time and calendar after that.