Time setting

Set

Go

A   Normal position of the crown

C   Position for setting the time

To set the time, pull the crown out to position **C** and turn clockwise or anticlockwise. After resetting has been completed, press the crown back to position **A**.
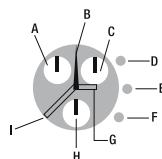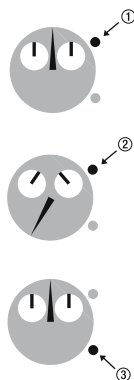
Date

Set

Go

To set the date, pull the crown out to position **B**, and turn anticlockwise. After resetting has been completed, press the crown back to position **A**.

Display

A   Minutes counter (60 minutes)

B   Seconds counter

C $\frac{1}{10}$ second counter

D   Push-button

E   Crown

F   Push-button

G   Hours hand

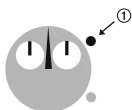**H**   Seconds hand

I   Minutes hand

Timing mode

Press…
1. The upper push-button to start the chronograph.
2. Once again to read the elapsed time.
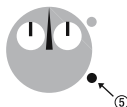3. The lower push-button to reset.

Split time

Go

Stop

Go

Stop

Reset

Add Functions
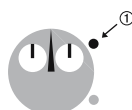
Start

Read

Restart

Read

Reset

Press…
1. The upper push-button to start the chronograph.
2. The lower push-button to read the intermediary time.
3. Once again to continue (repeat the last two actions as many times as you wish to read the intermediary time while the chrono carries on).
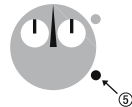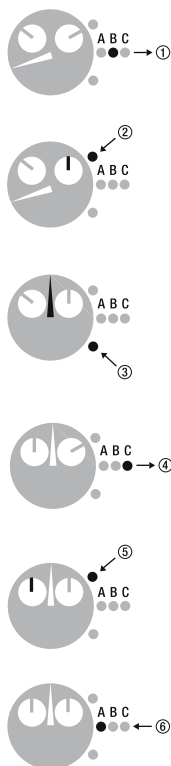4. The upper push-button to stop finally.
5. The lower push-button to reset.

Press…
1. The upper push-button to start.
2. Press the upper push-button to read the first time.
3. Press the upper push-button to restart the chronograph.
4. Press the upper push-button to read the additional time (repeat these two steps as many time as you wish).
5. Press the lower push-button to reset.

Readjustment

Tachometer

Go

Stop

Reset

Measure the speed Base 100 or 1000m.
Press…
1. The upper push-button when an action starts.
2. Once again to stop after a distance of 100 or 1000 m. Read the speed indicated by the 60 seconds counter on the tachometer scale (km/h = kph).
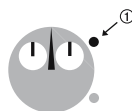3. The lower push-button to reset.

Adjusting the chronograph (ex: after battery change or a hard shock)
1. Pull the crown to position **B**.
2. Press the upper button to reach the position 12 h 00 with the hand of the $\frac{1}{10}$ sec. counter.
3. Pull the lower button to reach the position 12 h 00 with the hand of the seconds.
4. Pull the crown to the position **C**.
5. Press the upper button to reach the position 12 h 00 with the hand of the minutes counter.
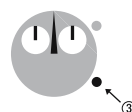6. Press the crown to position **A**.
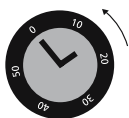
swatch

turning bezel

Set

Read

Using the adjustment ring
For setting the start time and duration of an activity. Line up the marker on the adjustment ring with the minute hand. Timing starts at the time indicated by the marker. The elapsed time is indicated by the minute hand pointing the number on the adjustement ring.

The previious text only applies to the adjustment ring for the dive function. Please refer to the enclosure for other functions such as the internet navigator (or similar).

Internet Navigator Bezel
Swatch Internet Time is a universal time, all over the world, without time zones or geographic borders.

The current 24 hours are divided into 1000 Swatch beats. @000 Swatch Internet Time represents midnight (CET-wintertime) in Biel, Switzerland, the home of Swatch. If you live outside of Central European Time (CET-wintertime) refer to the «time zone map» and turn the Navigator Bezel until your indicated time zone number is at the 12 o'clock position. Read the Swatch Internet Time on the bezel that faces the hour hand. (If it is between two numbers, read the lesser numbers).

Note the small numbers on the dial facing the minute hand and add them to the numbers facing the hour hand.

Timezone Map

It is midday in Your Timezone
Es ist Mittag in Ihrer Zeitzone
Il est midi dans votre zone horaire
È mezzogiorno nel vostro fuso orario
Es mediodía en su huso horario
É meia-dia no seu fuso horário

| 000 | 917 | 833 | 750 | 667 | 583 | 500 | 417 | 333 | 250 | 167 | 083 | 000 |
| 958 | 875 | 792 | 708 | 625 | 542 | 458 | 375 | 292 | 208 | 125 | 042 |

North America

Europe

Asia

ATLANTIC OCEAN

PACIFIC OCEAN

Africa

INDIAN OCEAN

South America

Australia

| -12 | -11 | -10 | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2 | -1 | GMT | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 | +11 | +12 |