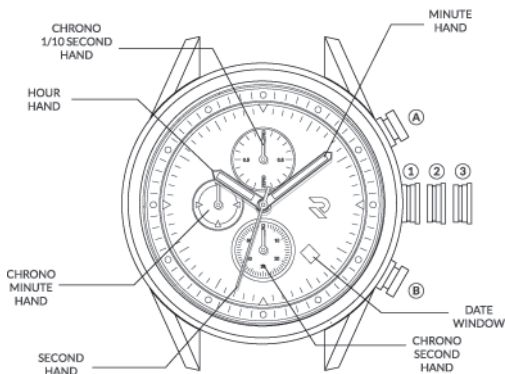


CARBON USER GUIDE (VD57)



TIME/DATE SETTING

- (1) Pull out the crown to position
- (2) Turn the crown until the previous day's date appears.

Note: Do not set the date and day between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside this period, then set the date.

- (3) Pull out the crown to position 3. Advance the hour and minute hands until the desired date appears. Then, set the hands to the desired time by turning the crown. (Check that AM/PM is set correctly.)

Note: Pull out the crown to the second click when the second hand is at the 12 o'clock position. The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand 4 to 5 minutes ahead, then return it to the correct time.

- (4) Push the crown back in to position 1 in accordance with a time signal.

STOPWATCH HAND POSITION ADJUSTMENT

- (1) Pull out the crown to position 3.
- (2) Press and hold buttons A and B at the same time for 2 seconds and then release them. The stopwatch hand moves back and returns to where it was.
- (3) Press button A or B to reset the stopwatch hands to the "0" position.

CHRONOGRAPH STOPWATCH FUNCTION

Press button A to set the stopwatch 1/10 second hand.
Press button B to set the stopwatch second and minute hands.
The hands move quickly if the respective buttons are held down.

- (4) Turn the crown to set the hour and minute hands to the desired time, and push the crown back in to position 1.