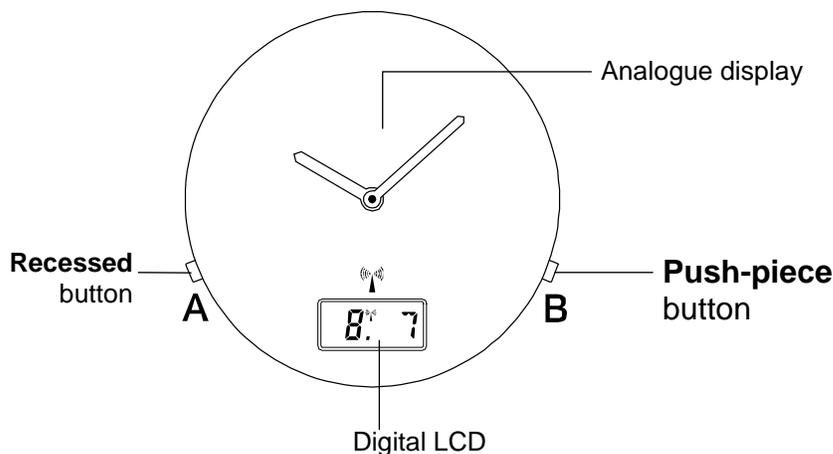


**Atomic Analog Watch**

The NIST (National Institute of Standards and Technology-Time and Frequency Division) WWVB radio station is located in Ft. Collins, Colorado, and transmits the exact time signal continuously at 60 kHz.

For information about WWVB, atomic time signal visit:  
[www.nist.gov/pml/div688/grp40/wwvb.cfm](http://www.nist.gov/pml/div688/grp40/wwvb.cfm)

**Watch Display**



Normally upon purchase, the watch will already display the correct time and date, and it will not be necessary to use the manual settings.

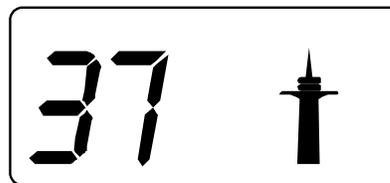
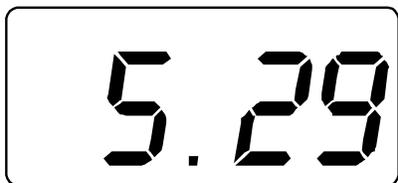
- **Hours** and **Minutes** are shown using the analog display.
- **Date** or **Seconds** are shown in the digital LCD.



Press and release the **PUSH-PIECE** to toggle between the displays:

- **Month** and **Day**

The Date appears as Month and day (ex: 5.29)



- Or **Seconds** and **WWVB Signal Reception Icon**

Select Time Zone First

You may select your time zone manually to time zones around the world.

1. Press and hold the **RECESSED BUTTON** for about 4 seconds. The current hour is shown at the right of the display. The left side displays the current time zone selection.

Abbreviation	Time Zone
HA	Hawaiian
AK	Alaskan
P	Pacific
M	Mountain
C	Central
E	Eastern
-4	Atlantic



EX: 9am,  
Central Time Zone

2. Press and release the **PUSH-PIECE** to reach your desired time zone.
3. Once you have selected your correct time zone, to exit this setting press and release the **RECESSED BUTTON** or wait about 15 seconds without pressing any buttons and the watch will automatically return to its normal display setting.

Set Time, Date

**IMPORTANT:**

If the WWVB signal is received correctly, the symbol (tower) is shown, and setting the time and date manually is not possible. If the wristwatch is not able to receive the WWVB signal, you may set the time manually.

1. To change the setting mode for time and date, press the **PUSH-PIECE** and the **RECESSED BUTTON** simultaneously for about 4 seconds. The seconds will flash in the LCD display.



2. Press and release the **PUSH-PIECE**. The seconds will be set to zero (00).



3. Press and release the **PUSH-PIECE** to set the minutes. Hold the **PUSH-PIECE** continuously to fast forward the minutes.
4. By pressing and releasing the **RECESSED BUTTON** you can change the setting menu in the following order:
  - a. Seconds
  - b. Minutes
  - c. Hours
  - d. Year
  - e. Month
  - f. Day
  - g. The display of the date without the possibility to adjust it
5. As soon as the WWVB signal can be received again, the watch will automatically adjust to the correct time.

### Manual Search for Atomic Time Signal

1. Press and hold the **PUSH-PIECE** for about 4 seconds. The hands will advance to the 12:00 position. "**SET**" and "**12**" will then flash alternately in the LCD. If the hands do not move exactly to the 12:00 position, you will have to realign the hands.
2. Place the watch on a steady surface for better reception. Prior to WWVB reception (and 15 seconds after holding the **PUSH-PIECE**) the hands will automatically return to the manually set time.
3. The watch is now set to the WWVB atomic signal reception mode. If the reception is disturbed (ex: close proximity to metallic objects or electric appliances), the watch will automatically try several times to receive the WWVB signal.

### Realign the Hands

If the time is displayed incorrectly despite successful WWVB signal reception, the hands may have been moved by mechanical influences and will need to be adjusted manually.

1. Press and hold the **PUSH-PIECE** for about 4 seconds. The hands will move towards the 12:00 position.
  - a. If the hands do not stop at the 12:00 position, press and release the **RECESSED BUTTON** one time.
  - b. Press and release the **RECESSED BUTTON** several times to advance the big hand in small steps until the hands are set exactly to the 12:00 position. Hold to move hands quickly.
  - c. To exit this setting, press and release the **PUSH-PIECE**.
2. Press and release the **PUSH-PIECE**. The watch automatically adjusts to the manually set time and attempts to receive the WWVB signal. After successful WWVB signal reception, the time will be set automatically.

## Water Resistance

This watch will withstand splashes of water or rain but should **not** be worn while swimming or diving.

## Specifications

Operating temperature: 32 - +122°F

Battery type: 3V CR2025 Lithium

Quartz accuracy: +/- 1 second per day

Battery life : about 2 years

(Low battery indication will appear when low power is detected)

Water Resistant: Up to 100 ft

## Warranty Support

La Crosse Technology, Ltd. provides a 1-year limited time warranty (from date of purchase) on this product relating to manufacturing defects in materials & workmanship.

Before returning a product, please contact our friendly customer support with questions or visit our online help.

Phone: 1-608-782-1610    [www.lacrossetechnology.com](http://www.lacrossetechnology.com)

View full warranty details online at:

[www.lacrossetechnology.com/warranty\\_info.pdf](http://www.lacrossetechnology.com/warranty_info.pdf)

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