A) NORMAL TIME AND DATE SETTING
1) IN NORMAL TIME READOUT PRESS S2 TWICE TO GET NORMAL TIME SETTING MODE, "SEC" WILL START FLASING, PRESS S4 TO SYNCHRONIZE (RESET TO ZERO)
2) PRESS S3 ONCE FOR "HOUR" FLASH, PRESS S4 TO ADVANCE (A or P for 12hr format, H for 24hr format)
3) PRESS S3 ONCE FOR "MIN" FLASH, PRESS S4 TO ADVANCE
4) PRESS S3 ONCE "MONTH" FLASH, PRESS S4 TO ADVANCE
5) PRESS S3 ONCE FOR "DATE" FLASH, PRESS S4 TO ADVANCE
6) PRESS S3 ONCE FOR "DAY OF WEEK" FLASH, PRESS S4 TO ADVANCE
7) PRESS S2 TO EXIT SETTING MODE

B) ALARM SETTING
1) NORMAL TIME SHOWN PRESS S2 TO TWICE FOR ALARM
2) PRESS S3 ONCE TO GET ALARM SETTING MODE, "HOUR" WILL START FLASING, PRESS S4 TO ADVANCE
3) PRESS S3 ONCE FOR "MIN" FLASH, PRESS S4 TO ADVANCE
4) PRESS S2 TO STOP "MIN" FLASH
5) IN ALARM MODE, PRESS S4 REPEATEDLY TO SWITCH BETWEEN ALARM ON, CHIME ON, ALARM & CHIME ON AND BOTH OFF
6) PRESS S2 ONCE TO RETURN TO TIME MODE

CHRONOGRAPH
1) IN NORMAL TIME READOUT, PRESS S2 ONCE FOR CHRONO
2) PRESS S4 ONCE TO START/STOP TIME
3) WHILE COUNTING ON, PRESS S3 FOR LAP START/STOP
4) PRESS S3 ONCE TO RESET, WHEN IN STOP MODE