ADEC
QUARTZ
Model No. HT7 XXX
Cal. No. DD70

INSTRUCTION MANUAL

■ SPECIFICATIONS

1) Type   Digital quartz watch
2) Accuracy   45 seconds per month on average (when worn at normal temperatures of +5˚C to +35˚C)
3) Operating temperature range   0˚C to +50˚C

4) Basic functions
- Time: hours, minutes, seconds, 12/24-hour clock
- Calendar: month, date, day, year (1997-2099)
- Alarm 1: hours, minutes, 12/24-hour clock
- Alarm 2: hours, minutes, 12/24-hour clock
- Stopwatch: 24-hour measurement, 1/100 second units (up to 60 minutes), split time measurement

5) Additional functions
- Alarm monitor
- EL internal illumination function
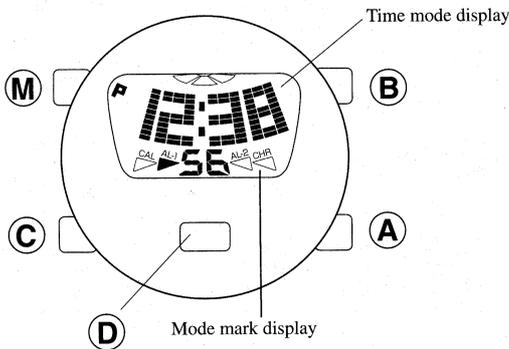
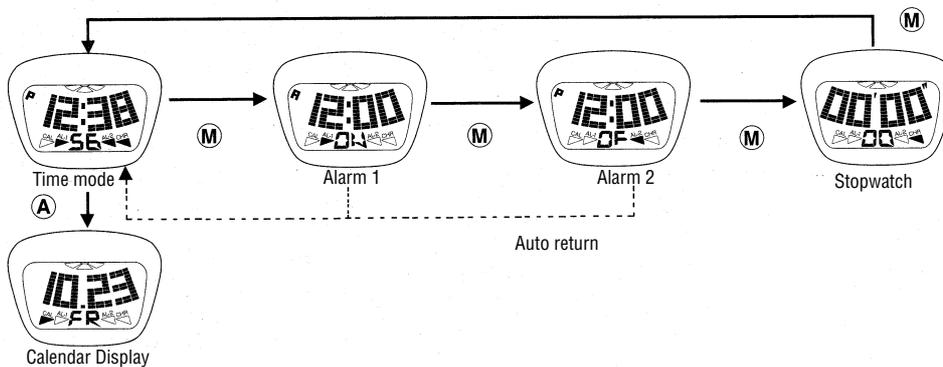6) Batteries   Battery No. 280-209, battery code: CR1616
7) Battery life   Approximately 3 years (in the case of the alarm sounding for 30 seconds per day and using EL illumination for 3 seconds per day)

*Specifications are subject to change without notice.

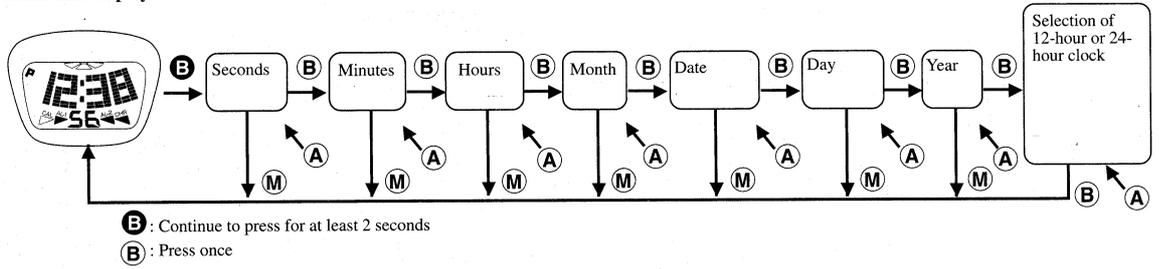## ■ Explanation of Displays and Buttons
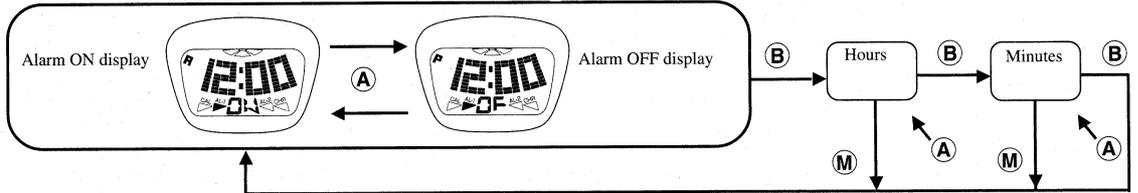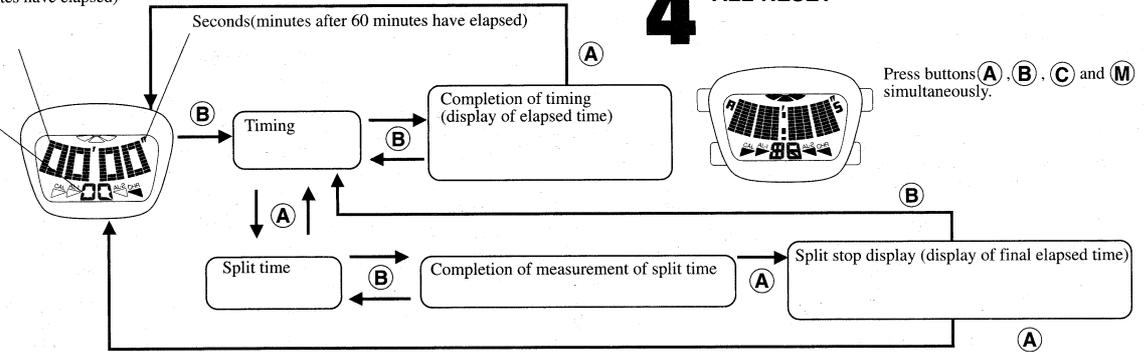

■ Selection of Display

1 HOW TO SET
TIME AND DATE

| Seconds | Minutes | Hours | Month | Date | Day | Year | Selection of 12-hour or 24-hour clock |

Ⓑ : Continue to press for at least 2 seconds

ⓑ : Press once

2 ALAMR SETTING
(1 & 2)

Alarm ON display → Alarm OFF display

| Hours | Minutes |

3 STOPWATCH

Minutes (hours after 60 minutes have elapsed)

Seconds(minutes after 60 minutes have elapsed)

1/100 seconds(seconds after 60 minutes have elapsed)

| Timing | Completion of timing (display of elapsed time) |

| Split time | Completion of measurement of split time | Split stop display (display of final elapsed time) |

4 ALL-RESET

Press buttons Ⓐ , Ⓑ , Ⓒ and Ⓜ simultaneously.

5 USING THE EL
FUNCTION

Pressing button Ⓒ or Ⓓ causes EL internal illumination to be turned on.

6 GRAPHIC
DISPLAY
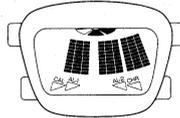
* The graphic display is shown once every 60 seconds. When a button has not been pressed for 12 hours or more, however, the graphic display is shown once every 10 seconds.
* In addition, the graphic display is also shown whenever the mode is changed.