










### TIME + DAY/ DATE SETTING

-  1 unscrew anti-clockwise
-  2 pull out to first click to engage day/ GMT
-  3 clockwise = date  
anti-clockwise = GMT
-  4 pull out to second click to engage time
-  5 turn anti-clockwise to advance time.
-  6 Push in to disengage setting mechanism
-  7 screw clockwise to lock crown

**Note:** After setting GMT hand, crown should be pulled out to second stop to synchronise it with standard time