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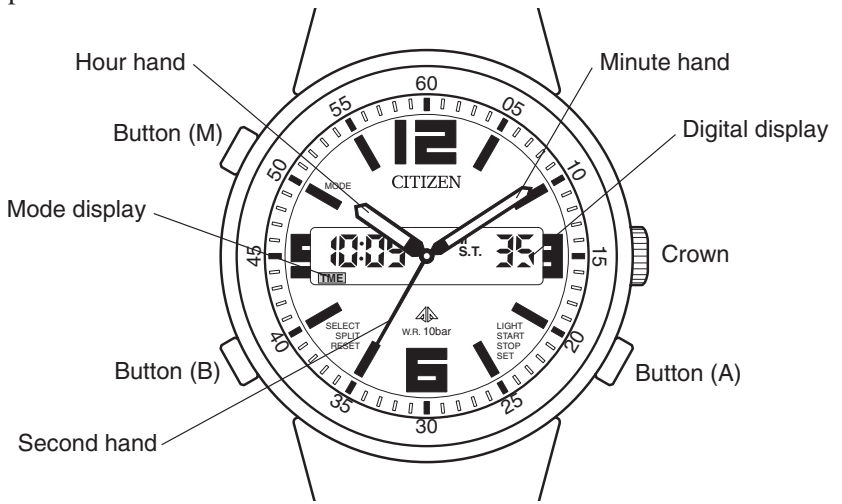
1. Features

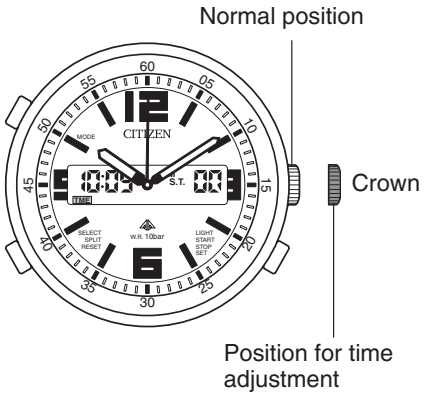
This is a combination watch equipped with chronograph, timer mode etc. which is convenient for timing races.
The watch is also equipped with an EL (electro-luminescence) Light that allows you to read the display even in the dark.

2. Name of Parts

* The illustrations shown in this manual may differ from the actual watch you have purchased.



3. Setting the Analog Time



(1) Pull out the crown and second hand stops.
(2) Turn the crown and set hands to the correct time.
(3) Push the crown back in to restart the watch.

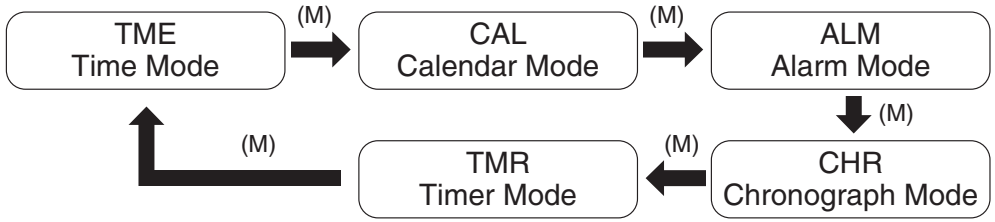
☆ To set the watch to the correct time

Stop second hand at “0”. Move minute hand a few minutes ahead of the correct time, then move it back to the correct time. Push the crown back synchronizing with the time tone or time casting.

Analog and digital displays can be set to different times to use as a dual time watch.

4. Switching Modes (Functions)

In addition to the Time mode, this watch has 4 functions of Calendar, Alarm, Chronograph and Timer.
Each press of the button (M) switches the mode. See Mode indicator to check the present mode.



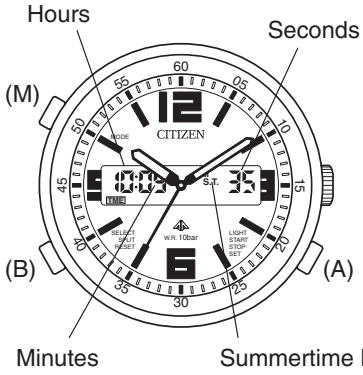
<Auto-Return>
Display will return automatically to the time mode <TME> if left in Alarm mode for more than 2 minutes without any operation.

5. How to Use Each of the Modes (Functions)

A. Time Mode <TME>

EL Light is illuminated when button (A) is pressed (or while being pressed) in Normal Time Mode.

[Normal Time Display]



<To Set for Summertime>

(1) Press button (B) for more than 2 seconds in Normal Time Display. “S.T., ON/OF” flashes and summertime will be adjusted.
(2) Press button (A) to set for summertime. Display changes to “ON” or “OF” each time button (A) is pressed.

* “S.T.” is on display when summertime is set “ON”. The watch shows the time one hour added to the regular time when summertime is released.

<To Adjust Time>

(1) Press button (B) for more than 2 seconds in Normal Time Display. “S.T., ON/OF” flashes and summertime will be adjusted.

(2) Each time button (B) is pressed in adjustment mode, flashing digits change in order as shown below. Make flashing where adjustment is needed.



<Button mark>

(B) : Press button (B) once

《B》: Press button (B) for 2 seconds or more

(3) Press button (A) to adjust flashing digits. (Press and hold button (A) for rapid advancement.)

• Summertime ON/OF is changed each time button (A) is pressed.

• Press button (A) to return to “00” seconds and start for adjustment of seconds.

• 12/24-hour display is changed each time button (A) is pressed.

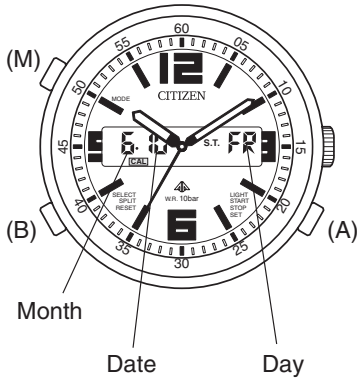
(4) Press button (M) to return to the Normal Time Display.

* Be sure to set AM/PM mark correctly when using 12-hour display system.
* Auto-return to Normal Time Display will activate when the watch is left in adjustment mode (including summertime adjustment) for approximately 2 minutes.
* If button (M) is pressed in adjustment mode, the display will immediately return to Normal Time Display.

B. Calendar Mode <CAL>

EL Light is illuminated when button (A) is pressed (or while being pressed) in Calendar Mode.

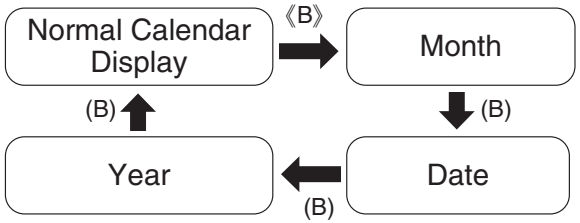
[Normal Calendar Display]



<To Set Calendar>

(1) Press button (B) in Normal Calendar Display for 2 seconds or more. “Month” display starts flashing and adjustment can be made.

(2) Each time button (B) is pressed in adjustment mode, flashing digits change in order as shown below. Make flashing where adjustment is needed.



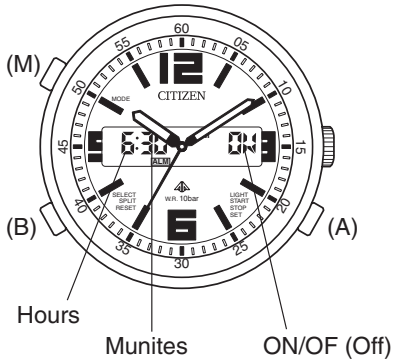
(3) Press button (A) to adjust flashing digits. (Press and hold button (A) for rapid advancement.)

(4) Press the button (M) to return to the normal calendar display.

* Year can be set from 1996 to 2099. (displayed only at the time of adjustment)
* Auto-return to Normal Calendar Display will activate when the watch is left in adjustment mode for approximately 2 minutes.
* Day of the week is automatically set with adjustment of Year, Month and Date.
* When the calendar is set to a non-existent date (e.g., February 30), the display will automatically show the first day of the next month when returned to the normal calendar display.
* Month-end adjustments are not necessary as Calendar is programmed to be set automatically.
* If button (M) is pressed in adjustment mode, display will immediately return to Normal Calendar Display.

C. Alarm Mode <ALM>

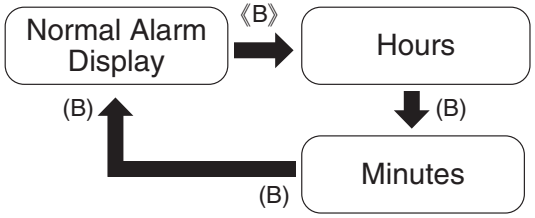
[Normal Alarm Display (ON)]



<To Set Alarm>

(1) Press button (B) in Alarm Display for 2 seconds or more. “Hour” starts flashing and adjustment can be made.

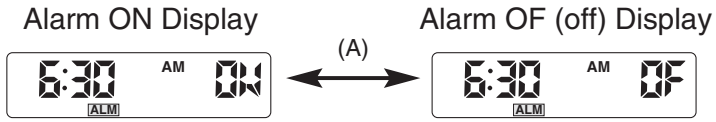
(2) Each time button (B) is pressed in adjustment mode, flashing digits change in order as shown below.



(3) Press button (A) to set the time you want to sound the alarm. (Press and hold button (A) for rapid advancement.)

<To Switch Alarm ON/OFF>

Press button (A) in Alarm Mode to switch the alarm between ON and OF (off). (“ON” display: Alarm set, “OF”: Alarm released)



<Sounding Length of Alarm and How to Stop the Alarm Sound>

Alarm buzzer will sound for about 20 seconds. Press any button to stop alarm sound.

<Sound Monitor>

Alarm will sound while button (A) is kept pressing in Alarm Mode.

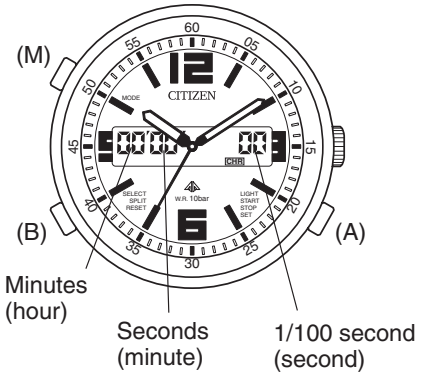
* If Time Mode is set to 12-hour display system, alarm time also becomes 12-hour display system. Pay attention to AM/PM and set correctly.
* Alarm time does not change when summertime is set in Time Mode.
* Auto-return to Normal Alarm Display will activate when the watch is left in adjustment mode for approximately 2 minutes.
* The watch automatically returns to the normal time mode when the alarm state continues for 2 minutes when in the alarm mode.
* If button (M) is pressed in adjustment mode, display will immediately return to Normal Alarm Display.

D. Chronograph Mode <CHR>

This chronograph measures up to 23 hours 59 minutes 59 seconds in units of 1/100 second. On reaching 24 hours of elapsed time, it resets to “00 minutes 00 seconds 00” and stops. It can also measure split times (intermediate elapsed time).

[Chronograph Reset Display]

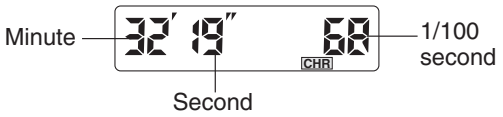
Inside paretheses are shown at the time of measurement after 60 minutes



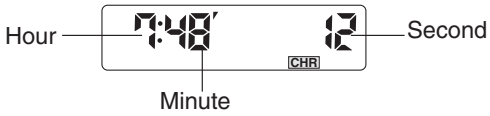
<Display of Time Measurement>

Chronograph shows “Minutes, Seconds and 1/100 second” up to 59 minutes 59 seconds 99 and will change to “Hours, Minutes and Seconds” after 60 minutes.

[Up to 59 minutes 59 seconds 99]



[After 60 minutes]



<Accumulative Time Measurement>

(1) Start/Stop can be repeated for any number of times by pressing button (A).
- EL Light will turn “ON” for 4 seconds when counting is stopped by pressing button (A).

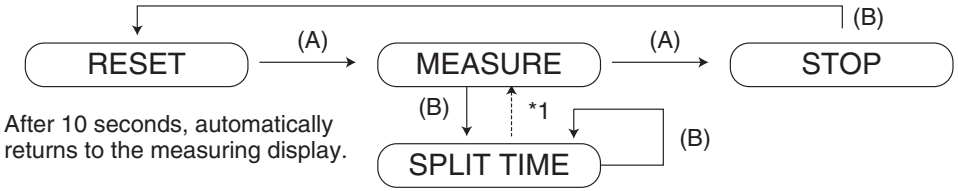
(2) Press button (B) when counting is stopped to reset Chronograph.

<Split Time Measurement>

(1) Start/Stop can be repeated for any number of times by pressing button (A).
- EL Light will turn “ON” for 4 seconds when counting is stopped by pressing button (A).

(2) Press button (B) while Chronograph is counting. Split Time will appear for 10 seconds.
- “SPLIT” will flash while Split Time is being displayed.
- EL Light will turn “ON” for 4 seconds when button (B) is pressed.

(3) Press button (B) when counting is stopped to reset Chronograph.



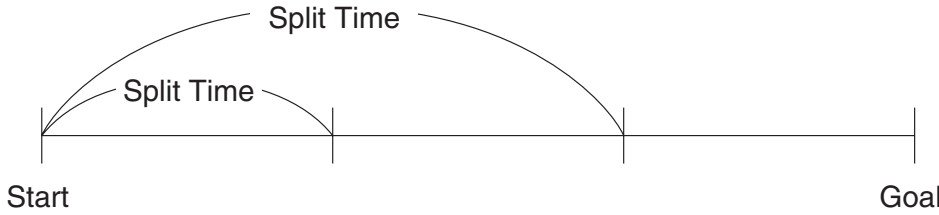
*1: After 10 seconds, automatically returns to the measuring display.

<Switching the Mode During Chronograph Measuring>

Even if button (M) is pressed and the mode is switched while Chronograph is running, the measurement will continue. When you return to the Chronograph Mode, the measured time is again displayed. However, if Chronograph counting has exceeded 24 hours, the watch will return to Chronograph Reset Display.

What is Split Time:

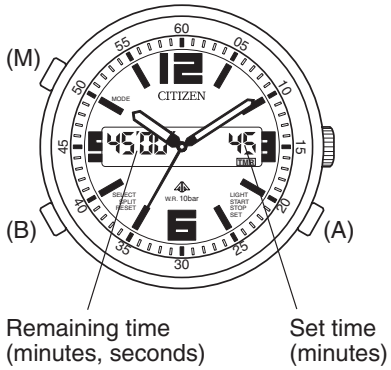
Intermediate elapsed time from the start.



E. Timer Mode <TMR>

Timer can be set up to 60 minutes in unit of one minute. Buzzer will sound for 5 seconds when countdown is up and display will return to initial set time.

[Timer Set Display]

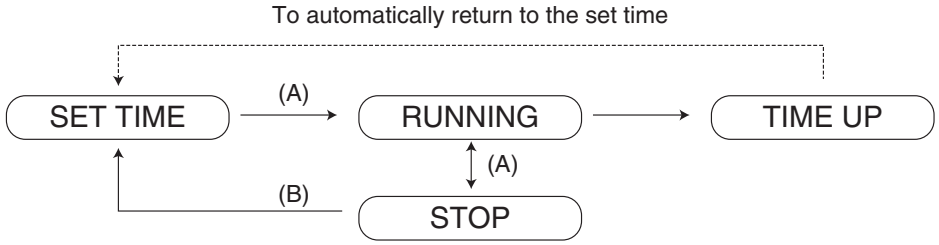


<To Set Timer>

Press button (B) in Timer Set Display when set time is flashing. Set time digits decrease by one minute, so display the time you want to set. Press and hold button (B) for rapid advancement.

<To Use Timer>

(1) Press button (A). Timer starts countdown from set time.
(2) Press button (A) to stop Timer while Timer is running. Press button (A) to restart Timer when Timer is stopped.
* The EL light will turn ON when button (B) is pressed while the timer is running.
(3) Press button (B) while the timer is stopped to return to the initial set time.



<Switching the Mode During Timer Running>
Even if button (M) is pressed and the mode is changed while Timer is running, the timer countdown will continue. When you return to the Timer Mode, the countdown time is again displayed. However, the watch will return to the initial set time when the set time of the timer has finished counting down.

6. EL Light

<What is EL>
It is called electro-luminescence. It is a scientific phenomenon which becomes illuminant when voltage is applied to it. This watch utilizes a luminiferous method by making EL substance a panel.

<How to Light the Illumination>
The EL illumination comes on in the following situations.
(1) When button (A) is pressed (or kept pressing) in Normal Time Display or Normal Calendar Display.
(2) When operating to display split time or stop in the Chronograph counting.
(3) When button (B) is pressed (or kept pressing) while Timer is running.

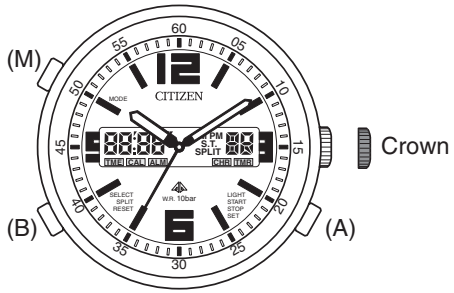
7. When These Problems Occur

<The Watch Shows Abnormal Display>
When the battery life is close to expiring, the display or functions may become abnormal. When these problems occur, replace the battery as soon as possible. In rare cases, a strong impact etc. may cause the display or functions to become abnormal (no display, alarm sounds incessantly etc.). In this case, perform the all-reset operation by referring to “8. All-Reset Function”.

<Following Battery Replacement>
After the battery has been replaced, perform the all-reset operation by referring to “8. All-Reset Function”.

8. All-Reset Function

(1) Pull the crown out.
(2) Press the three buttons (A), (B) and (M) simultaneously. (While pressed, there will be no display.)
(3) Release the buttons. (All the display segments will appear.)
(4) Push the crown in. (At this point, a monitor sound is heard.)
This completes the all-reset operation. Set each mode correctly before using the watch.



9. Precautions

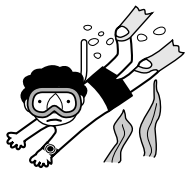
WARNING: Water-resistance performance

There are several types of water-resistant watches, as shown in the following table.

The unit "bar" is roughly equal to 1 atmosphere.

* WATER RESIST(ANT) xx bar may also be indicated as W.R. xx bar.

For correct use within the design limits of the watch, confirm the level of water-resistance of your watch, as indicated on the dial and case, and consult the table.

Indication		Specification	Examples of use				
							
Dial	**Case (Case back)**		Minor exposure to water (washing face, rain, etc.)	Moderate exposure to water (washing, kitchen work, swimming, etc.)	Marine sports (skin diving)	Scuba diving (with air tank)	Operation of the crown or button with moisture visible
WATER RESIST or no indication	WATER RESIST(ANT)	Water-resistant to 3 atmospheres	**OK**	**NO**	**NO**	**NO**	**NO**
WR 50 or WATER RESIST 50	WATER RESIST(ANT) 5 bar or WATER RESIST(ANT)	Water-resistant to 5 atmospheres	**OK**	**OK**	**NO**	**NO**	**NO**
WR 100/200 or WATER RESIST 100/200	WATER RESIST(ANT) 10bar/20 bar or WATER RESIST(ANT)	Water-resistant to 10 / 20 atmospheres	**OK**	**OK**	**OK**	**NO**	**NO**

- Water-resistance for daily use (to 3 atmospheres): This type of watch is water-resistant to minor exposure to water. For example, you may wear the watch while washing your face; however, it is not designed for use underwater.
- Upgraded water-resistance for daily use (to 5 atmospheres): This type of watch is water-resistant to moderate exposure to water. You may wear the watch while swimming; however, it is not designed for use while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres): This type of watch may be used for skin diving; however, it is not designed for scuba or saturated diving using helium gas.

CAUTION

- Be sure to use the watch with the crown pressed in (normal position). If your watch has a screw-type crown, be sure to tighten the crown completely.
- Do NOT operate the crown or button with wet fingers or when the watch is wet. Water may enter the watch and compromise water-resistance.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth.

- If moisture has entered the watch, or if the inside of the crystal is fogged up and does not become clear within a day, immediately take the watch to your dealer or Citizen Service Center for repair. Leaving the watch in such a state will allow corrosion to form inside.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, buttons, etc.) may come off.

CAUTION: Keep your watch clean.

- Leaving dust and dirt deposited between the case and crown may result in difficulty in pulling the crown out. Rotate the crown while in its normal position, from time to time, to loosen dust and dirt and then brush it off.
- Dust and dirt tend to be deposited in gaps in the back of the case or band. Deposited dust and dirt may cause corrosion and soil your clothing. Clean the watch occasionally.

Cleaning the Watch

- Use a soft cloth to wipe off dirt, perspiration and water from the case and crystal.
- Use a soft, dry cloth to wipe off perspiration and dirt from the leather band.
- To clean a metal, plastic, or rubber watchband, wash away dirt with mild soap and water. Use a soft brush to remove dust and dirt jammed in the gaps in the metal band. If your watch is not water-resistant, take it to your dealer.

NOTE: Avoid using solvents (thinner, benzine, etc.), as they may damage the finish.

WARNING: Handling of the battery

- Keep the battery out of the reach of small children. If a child swallows the battery, contact a physician immediately.

CAUTION: Replacing the battery

- For replacement of the battery, take your watch to your dealer or Citizen Service Center.
- Replace the battery as soon as possible if the service life of the battery has expired. Leaving a depleted battery in the watch may result in leakage, which can damage the watch severely.

CAUTION: Operating environment

- Use the watch within the operating-temperature range specified in the instruction manual.
  Using the watch where temperatures are outside the specified range, may result in deterioration of functions or even stoppage of the watch.
- Do NOT use the watch in places where it is exposed to high temperature, such as in a sauna.
  Doing so may result in a skin burn.
- Do NOT leave the watch in a place where it is exposed to high temperature, such as the glove compartment or dash-board of a car.
  Doing so may result in deterioration of the watch, such as deformation of plastic parts.
- Do NOT place the watch close to a magnet.
  Timekeeping will become inaccurate if you place the watch close to magnetic health equipment such as a magnetic necklace or a magnetic latch of a refrigerator door or handbag clasp or the earphone of a mobile phone. If this has occurred, move the watch away from the magnet and reset the time.

• Do NOT place the watch close to household appliances that generate static electricity.
Timekeeping may become inaccurate if the watch is exposed to strong static electricity, such as is emitted from a TV screen.
• Do NOT subject the watch to a strong shock such as dropping it onto a hard floor.
• Avoid using the watch in an environment where it may be exposed to chemicals or corrosive gases.
If solvents, such as thinner and benzine, or substances containing such solvents come in contact with the watch, discoloration, melting, cracking, etc. may result.
If the watch comes in contact with mercury used in thermometers, the case, band or other parts may become discolored.

10. Specifications

1. Caliber No.: C45*
2. Type: Combination (Analog + Digital) quarts watch
3. Accuracy: within ± 20 seconds/month at normal temperature
(+5°C~+35°C/41°F~95°F)
4. Operating Temperature Range: 0°C~+55°C (32°F~131°F)
5. Display Functions:
    - Time: Hours, Minutes and Seconds
    - Calendar: Month, Date and Day
    - Alarm: Hours, Minutes
    - Chronograph: 24-hour measurement (in 1/100 seconds unit)
      Split Time measurement
    - Timer: 60-minute countdown (in 1 minute unit)
6. Additional Function: • EL Light
    • Summertime switch function
7. Battery: Battery No. 280-44. Battery Code: SR927W

8: Battery Life: Approx. 2 years (based on assumed use of 20-seconds alarm sound/day, 5-seconds timer time-up sound/day, 3-seconds El light function/day)

* A new battery should be able to support stable accuracy for approximately 2 years when used under normal circumstances (conditions described before). However, battery life will differ with the conditions of use of the alarm, chronograph, El light etc.

* These specifications are subject to change for product improvement without prior notice.