CITIZEN

# Setting Instructions for Movement Caliber U010

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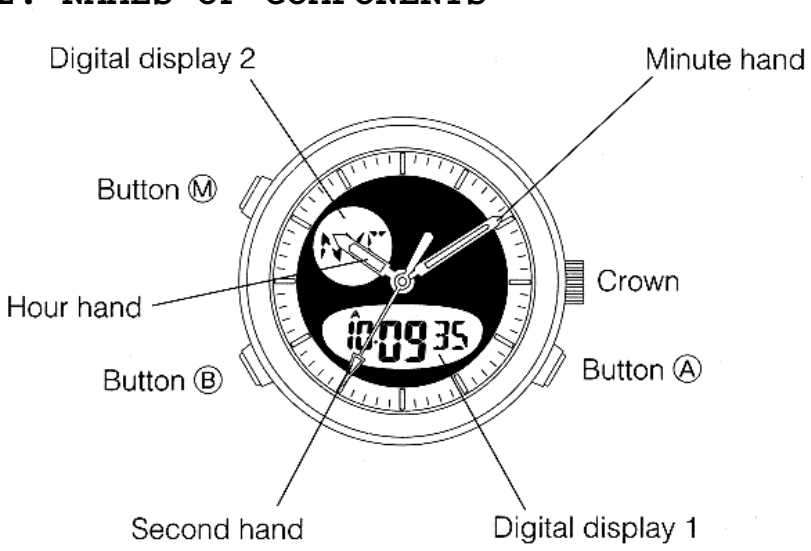
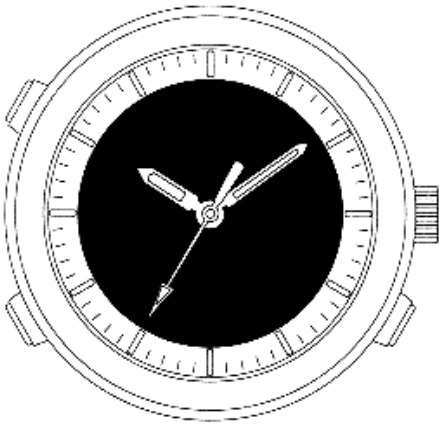
## 1. Features

This watch is a combination quartz watch equipped with a shutter function that allows the digital display to be viewed and used only when necessary and a function that makes it possible to easily call up the time and date of 30 cities around the world as well as UTC (Universal Time Coordinated) time and date by simply pressing the watch buttons.
It is also equipped with a n EL Illumination function that enables the time function of the digital display to viewed in the dark.

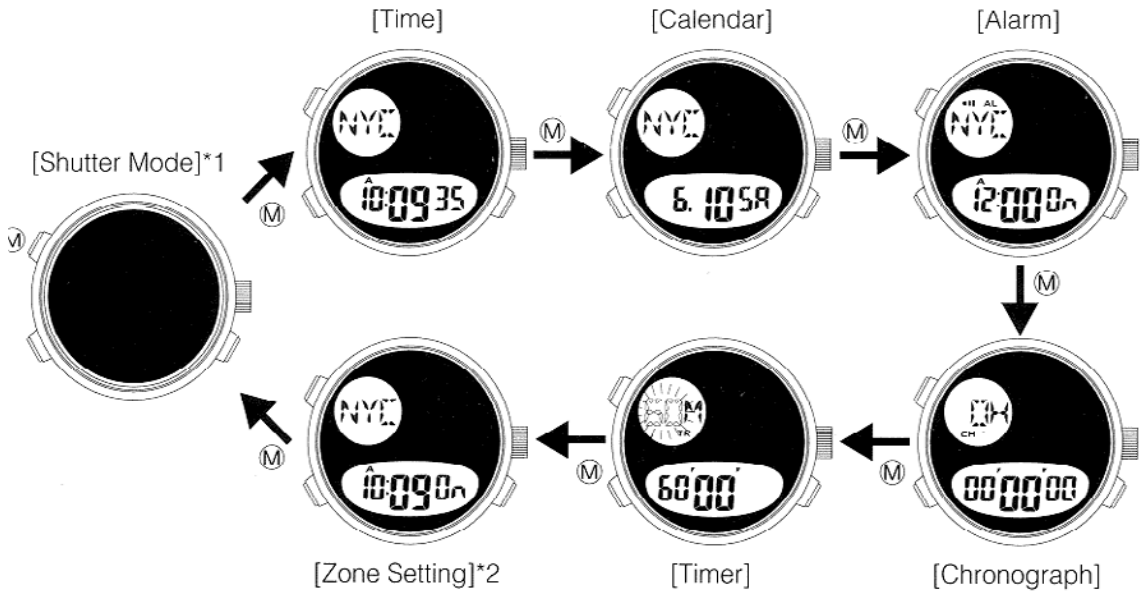
## 2. NAMES OF COMPONENTS




[Shutter Display]



## 3. SWITCHING DIGITAL FUNCTIONS (MODES)



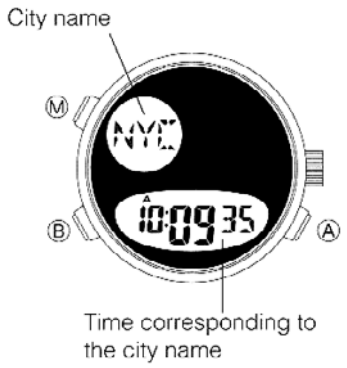

- The digital display is completely concealed in the shutter mode.
- In the zone setting mode, the watch can be used to set the display and non-display status as well as the use of daylight savings time for each of the 30 cities and UTC (Universal Time Coordinated) displayed by the watch.
- When none of the buttons are operated for about 2 minutes in the time, calendar, alarm or zone setting modes, the digital display is hidden automatically.
- When none of the buttons are operated for about 10 minutes in the chronograph or timer modes, (except when timing is in process) the digital display is hidden automatically.

## 4. EL Illumination

- The EL light is illuminated when button (A)(lower right) is pressed (for as long as it is pressed) in the time, calendar or zone setting modes.
- When button (A)(lower right) is pressed in the shutter mode (for as long as it is pressed) the EL light is illuminated and the watch displays the time zone
- The EL light is illuminated automatically when the split time or stop operation is performed during chronograph measurement.

## 5. ACCESSING TIME AND DATE OF MAJOR CITIES

The time or date of major cities is pre-registered in this watch as well as the UTC time and date can be easily called up by pressing the buttons.




**<Access Procedure>**

1. Press button (M)(upper left) to switch to the time or calendar mode.
2. Each time button (B)(lower left) is pressed, the time or date of the next city is displayed in the order shown on the table below.(direction in which the time difference increases or decreases).
   When button (A)(lower right) is pressed simultaneous to pressing button (B)(lower left) the order in which the cities are recalled (direction in which the time difference increases or decreases) changes.

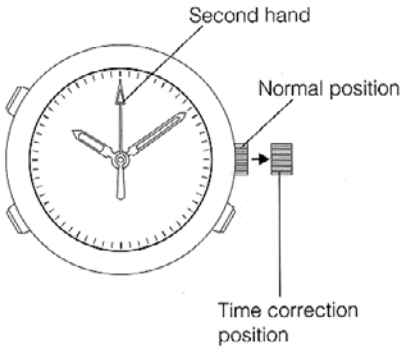
**<Time differences between cities displayed by this watch and UTC>**

Scrolling DOWN / Scrolling UP

| Display on watch | City name | Time difference | Daylight savings time | Display on watch | City name | Time difference | Daylight savings time |
|---|---|---|---|---|---|---|---|
| UTC | Universal time constant | ±0 | — | TYO | Tokyo | +9 | X |
| LON | London | ±0 | O | SYD | Sydney | +10 | O |
| PAR | Paris | +1 | O | NOU | Nouméa | +11 | X |
| ROM | Rome | +1 | O | AKL | Auckland | +12 | O |
| CAI | Cairo | +2 | O | HNL | Honolulu | –10 | X |
| IST | Istanbul | +2 | O | ANC | Anchorage | –9 | O |
| MOW | Moscow | +3 | O | LAX | Los Angeles | –8 | O |
| KWI | Kuwait | +3 | X | DEN | Denver | –7 | O |
| DXB | Dubai | +4 | X | CHI | Chicago | –6 | O |
| KHI | Karachi | +5 | X | MEX | Mexico City | –6 | X |
| DAC | Dacca | +6 | X | NYC | New York | –5 | O |
| BKK | Bangkok | +7 | X | YUL | Montreal | –5 | O |
| SIN | Singapore | +8 | X | CCS | Caracas | –4 | X |
| HKG | Hong Kong | +8 | X | RIO | Río de Janeiro | –3 | O |
| PEK | Beijing | +8 | X | BUE | Buenos Aires | –3 | X |

- Cities for which non-display (OF) has been selected in the zone setting mode are not displayed
- Cities (regions) in which daylight savings time is used are indicated with a "O", while those in which it is not used are indicated with an "X"
- The time difference and use of daylight savings time of each city are subject to change by the particular country (this information is valid as of 1999)

## 6. SETTING THE ANALOG TIME

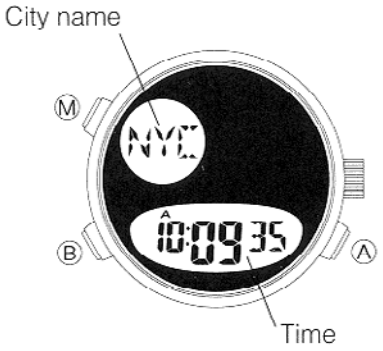



1. Pull the crown out to the set position (1 click out). The second hand stops when the crown is pulled out.
2. Turn the crown to set the watch to the correct time.
3. After setting the time, securely push the crown in to the normal position. The second hand starts to move when the crown is pushed in.

**<Hint for Setting the Time Accurately>**
If the second hand is stopped at the 0-seconds position, the minute is advanced 4-5 minutes past the correct time and then turned back to the correct time, and the crown is pushed in when the digital time is at 0 seconds, the watch can be accurately set to the correct time.

## 7. SETTING THE DIGITAL TIME

When the time is set for any of the 30 cities or UTC, the tie of the other cities are automatically corrected by converting the time difference.

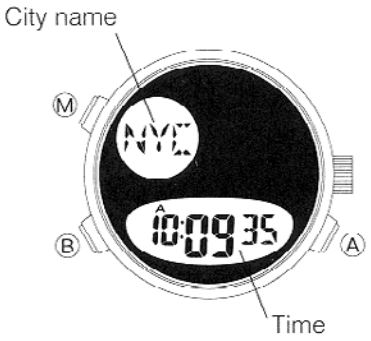



1. Press the (M)(upper left) button to switch the watch to the time mode.
2. Press button (B)(lower left) to display the city for which the time is being set/corrected.
3. Pressing button (B)(lower left) continuously for about 2 seconds caused "SUM"(abbreviation for daylight savings time) and ON" or "OF"(off) to flash.
4. Press button (A)(lower right) to switch the selection for daylight savings time to "ON" or "OFF" for that city.
5. Each time button (B)(lower left) is pressed, the location that flashed changes in the order of seconds to minutes to hours and finally the 12/24 hours display. Press button (B)(lower left) until the location desired to be corrected flashes.
6. Press button (A)(lower right) to correct the location that is flashing
   a. When button (A)(lower right) is pressed in the seconds correction state, the seconds are corrected to 00. (the minutes advance by one minute when the seconds are between 30 and 59 seconds.)
   b. When switching between 12 and 24-hour display, the display switches between 12 and 24 hours each time button (A)(lower right) is pressed.
   c. Each time button (A)(lower right) is pressed in the hours and minutes correction state, the display advances by 1. Pressing and holding button (A)(lower right) causes the display to advance rapidly.
7. Press button (M)(upper right) to return to the normal display

- ❖ When using the 12-hour display, pay attention to the AM(A) and PM(P) when setting the time
- ❖ When none of the buttons are operated for about 2 minutes, in the time correction state (flashing display) the watch automatically returns to the normal time display.
- ❖ Pressing button (M)(upper right) in the time correction state immediately returns the watch to the normal time display.

# 8. SETTING THE DATE

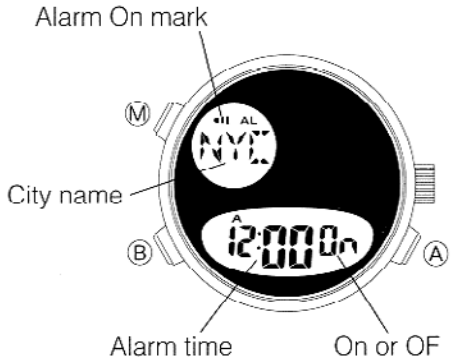
**[Normal Date Display]**
When the date is set for any of the 30 cities or UTC, the dates of other cities are automatically converted by converting the time difference.




1. Push button (M)(upper left) to switch the watch to the calendar mode
2. Press button (B)(lower left) to display the city for which the date is to be corrected.
3. Pressing button (B)(upper left) continuously for about 2 seconds causes the "month" to flash so that it can be corrected. The location on the display that is flashing can be corrected.
4. Each time button (B) is pressed in the correction state, the location that flashes changes in the order of month to date and finally to the year. Press button (B) until the location desired to be corrected flashes.
5. Press button (A) to correct the location that is flashing. (Pressing button (A)(lower right) continuously causes the display to advance rapidly.)
6. Press button (M)(upper left) to return to the normal display.

- ❖ When none of the buttons are operated for about 2 minutes in the date correction (flashing display) the watch automatically returns to the normal date display.
- ❖ When button (M)(upper left) is pressed in the date correction state, the watch immediately returns to the normal date display
- ❖ The year can be corrected from 2000 to 2099 (displayed only when correcting)
- ❖ The day is corrected automatically by setting the correct year, month and date.
- ❖ The calendar function of this watch is a full auto-calendar. Once the date is set, the end of the month is corrected automatically, except February of a leap year.
- ❖ When the date is set to a date that does not exist, the date will automatically be corrected to the first day of the next month when the watch is returned to the normal time display (example: February 30 is automatically corrected to March 29th.

# 9. USING THE ALARM




The alarm tone sounds for about 15 seconds at the same time every day once it has been set tone "ON". The alarm tone can be turned off when it is sounding by pressing any of the buttons.

**<Setting Procedure>**

1. Press button (M)(upper left) to switch the watch to the alarm mode.

2. Press button (B)(lower left) to display the city for which the alarm is being set.

3. Pressing button (B)(lower left) continuously for about 2 seconds causes the alarm to be switched ON and the hours to flash.

4. Press button (A)(lower right) to correct the "hours" (Pressing button (A)(lower right) continuously caused the display to rapidly advance.

5. Press button (B)(lower left) to cause the "minutes" to flash.

6. Press button (A)(lower right) to correct the "minutes".

7. Press button (M) (upper left) to return to the normal display.

i. Since the alarm time is also based on a 12-hour display when the time mode is set to a 12-hour display, pay attention to AM(A) and PM(P) when setting the alarm.

ii. After the alarm has been set, the alarm time does not change even if the time mode is set to daylight savings time

iii. When none of the buttons are operated for about 2-minutes in the alarm correction state, the watch automatically returns to the normal alarm display

iv. When button (M)(upper left) is pressed in the alarm correction state, the watch immediately returns to the normal alarm display

**<Switching the Alarm ON and OF(off)>**

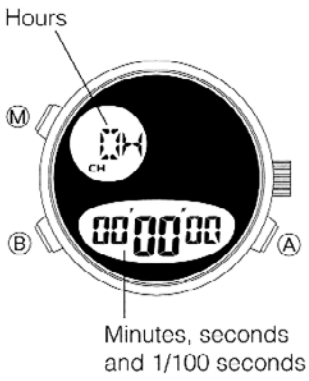
The alarm is switched ON and OF(off) each time button (A)(lower right) is pressed during the normal alarm display. When the alarm is set to ON, the ▬▬▌ mark lights on the digital display in each mode.

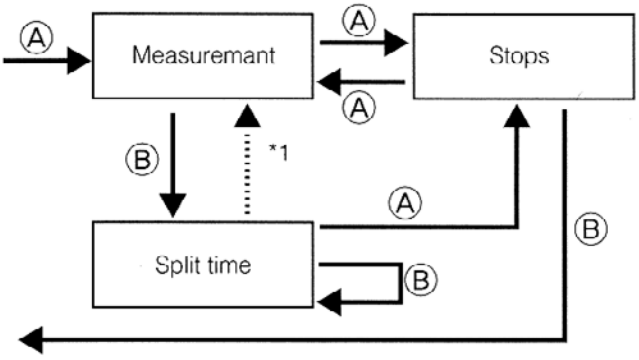
**<Sound Monitor>**

The alarm monitor tone sounds for as long as button (A)(lower right) is pressed in the alarm mode.

# 10. USING THE CHRONOGRAPH

The chronograph is able to measure and display time up to a maximum of 23 hours, 59 minutes and 59.99 seconds. Following completion of measurement for 24 hours, the chronograph returns to the reset display and stops. In addition, the chronograph is also able to split time (intermediate elapsed time)




**<Measurement Procedure>**

1. Press button (M)(upper left) to switch to the chronograph mode

2. The chronograph starts when button (A)(lower right) is pressed and stops when button (A)(lower right) is pressed during measurement.

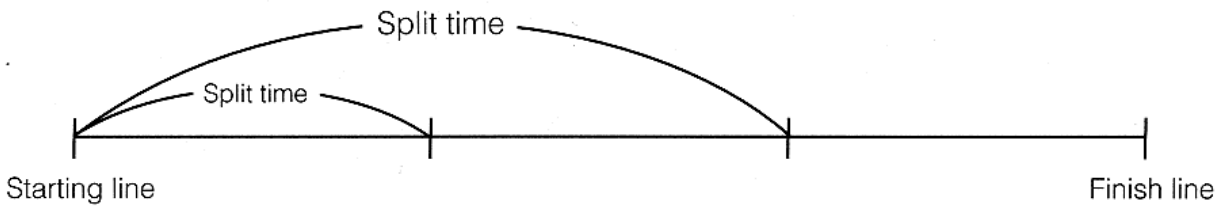
3. Pressing button (B)(lower left) while the chronograph is stopped returns it to the reset display.

**<Split Time Measurement>**

The most recent split time is displayed for about 10 seconds whenever button (B)(lower left) is pressed during the chronograph measurement. (The SPL mark flashes while the split time is displayed)

* Pressing button (M)(upper left) during chronograph measurement allows the mode to be changed. Chronograph measurement can be displayed in continuation from the time the mode was switched by again returning to the chronograph mode. However, the chronograph returns to the reset display when measurement exceeds 24-hours.

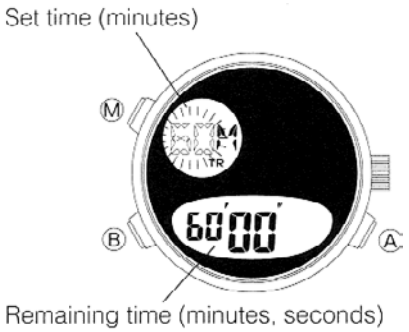
❖ Split time: The amount of time that has elapsed at some intermediate point from the starting line.



# 11. USING THE TIMER

The timer can be set from 60 minutes to 1 minute in 1-minute units. When the timer measurement is completed, a confirmation tone indicating the time is up sounds for about 5 seconds.

**<Timer Set Time Display>**




**<Setting Procedures>**

1. Press button (M)(Upper left) to switch the watch to the timer mode.
2. The set time can be corrected in the negative direction in 1 minute increments each time button (B)(lower left)is pressed. (pressing button (B)(lower left) continuously causes the display to advance rapidly.

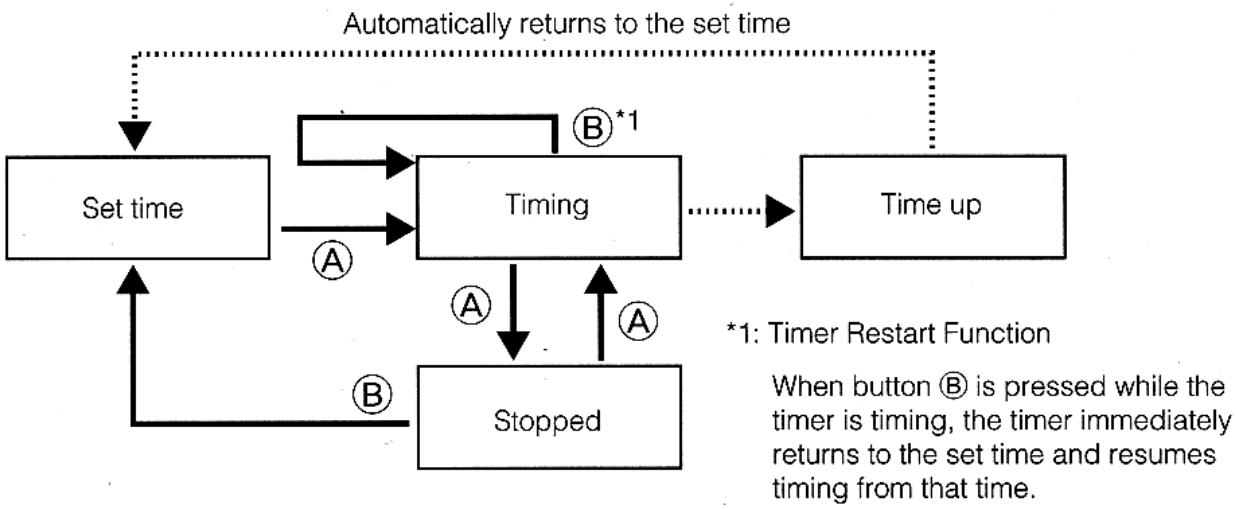
**<Timer Measurement Procedure>**

(1) Press button (M)(upper left) to switch the watch to the timer mode.

(2) When button (A)(lower right) is pressed, the timer starts counting down from the set time.

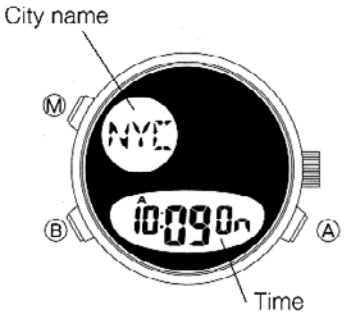
(3) Pressing button A)(lower right) during timing stops the timer, and pressing button (A)(lower right) again causes it to resume timing.

(4) Pressing button (B)(lower left) while the timer is stopped returns the timer to the set time.




❖ Pressing button (M)(upper right) during timer measurement allows the mode to be changed. Timer measurement can be displayed in continuation from the time the mode was switched by again returning to the timer mode. However, the timer returns to the set time display when the set time has elapsed.

## 12. USING THE ZONE SETTING METHOD




The zone setting function enables the 30 cities and UTC (Universal Time Coordinated) displayed by this watch to either be set to displayed or not displayed, and to set daylight savings time for each city, except UTC. Only those cities for which the city display has been set ON are displayed in the time, calendar and alarm modes.

**<Setting Procedure>**

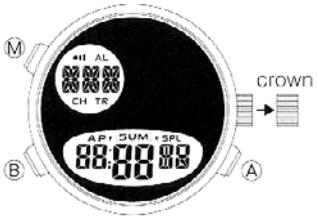
1. Press button (M)(upper left) to switch the watch to the zone setting mode.
2. Press button (B)(lower left) to display the city to be set
3. Pressing button (B)(lower left) continuously for at least 2-seconds causes the "city name" and "ON or OF (off)" to flash.
4. Press button (A)(lower right) to select display (On) or non-display (OF) for that city.
5. Pressing button (B) (lower left) again causes "SUM (abbreviation for daylight savings time)" and "ON or OF (off)"to flash.
6. Press button (A)(lower right) to select whether daylight savings time is to be set (ON) or canceled (OF)(off).
   When desiring to set another city, pressing button (B)(lower right) again switches the watch to the correction state of the next city. Set display or non-display and the use of daylight savings time for each city by repeating the same procedure in the order described above.
7. When settings have been completed for each city, press button (M)(upper left) to return to the normal display

- ❖ When none of the buttons are operated for about 2-minutes in the zone setting correction state, the watch automatically returns to the normal display.
- ❖ Pressing button (M)(upper right) in the zone setting correction state immediately returns the watch to the normal zone setting display.

## 13. ALL-RESET PROCEDURE

Always make sure to perform the all-reset procedure described below after replacing the battery. The display or operation of the watch may rarely become abnormal, (such as the display not being shown, or the alarm continuing to sound) when the watch is subjected to a strong impact or static electricity. Perform the following all-reset procedure in these cases as well.

**<ALL-RESET Procedure>**




1. Pull out the crown
2. Press button (A)(lower right), (B)(lower left), and (M)(upper right) simultaneously. (the entire display of the watch turns to "88888")
3. Push the crown in to the normal position. A confirmation tone sounds and the watch changes to the shutter display.

This completes the ALL-RESET procedure. After performing the all reset procedure, **be sure to reset the time and other modes** before using the watch.

# 14. SPECIFICATIONS

| | |
|---|---|
| Movement Caliber Number | U010 |
| Type | Combination Analog/Digital |
| Accuracy | +/- 20 sec. At normal operating temp. (5°c –35°c) (41° f –95° f) |
| Operation Temperature Range | (0°c –55°c) (32° f –131° f) |
| Display Functions<br>Analog Display | Hours, minutes seconds (3 hands) |
| Digital Display | • Time: Hours, minutes, seconds, city name<br>• Calendar: Month, date, day, city name, year (displayed only during correction<br>• Alarm: Hours, minutes, On of OF(off), city name<br>• Chronograph: 24 hour timing, (1/100 second units), split time<br>• Timer: 60 Minute timing in 1-second units<br>• Zone Setting: Setting of city display or non display, setting of daylight savings time |
| Additional Functions | • Shutter function (digital display hidden)<br>• Time and date display function for UTC and 30 cities around the world.<br>• EL Illumination function |
| Power Cell | Silver Oxide Battery (SR927W) |
| Life of Power Cell | Average life is approximately 2-3 years. Note, age of watch as well as EL-Illumination, alarm, timer and chronograph use affect the life of the battery. |

*note: specifications are subject to change without notice.

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# PRECAUTIONS ABOUT CARE AND HANDLING OF WATCHES

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## TEMPERATURE CARE

Avoid temperature extremes. Exposing your watch to high temperatures, such as placing it on the dashboard of a vehicle or use in a hot tub, may cause the watch to malfunction, shorten battery life or damage certain components. Leaving the watch in extreme cold temperatures may cause irregular timekeeping until the watch returns to normal operating temperature.

## SHOCK-RESISTANT

The watch may be worn while playing golf or other activities, but avoid severe shocks such as dropping it on a hard surface.

## MAGNETIC-RESISTANT

No problem should occur from using the watch around ordinary household electric appliances such as TV sets or stereos. Keep away from magnets.

## CHEMICAL/GAS RESISTANT

Do not expose the watch to chemicals or gases for long periods.

## WATCH CLEANING

Stains, waterspots and accumulated dirt on the case, crystal or band should be removed with a soft cloth to prevent damage and premature wear.

## HANDLING OF WATER-RESISTANT WATCHES

Although water-resistant watches are warranted, steps should be taken to avoid damage that may result from accidents or mishandling:

- Do not operate the crown or push-button in the water or while the watch is wet. Tighten screw lock crown completely.
- Should the watch become immersed in water, dry it off right away. If the watch comes in contact with salt water, be sure to rinse it thoroughly in warm fresh water to remove any trace of salt.
- If a watch is wet from cleaning or by accident, never store it in a closed container. It should be dried immediately or taken to a watchmaker or jeweler if moisture is inside the case to prevent damage from rust.
- Vital components necessary to resist the entrance of moisture deteriorate with time and use. Gaskets, crowns and other materials should be replaced every year or two to ensure that water resistant quality remains at factory specifications.

## CARE FOR METAL BRACELETS

To extend the life and maintain the good appearance of the metal watch bracelet, the following recommendations are given:

- Be aware that since the watch and bracelet is worn next to the skin, it collects dust and perspiration and becomes soiled if not cleaned regularly. This is particularly true of the inner parts of the links or mesh of the bracelet.
- Soil and rust, when present in a bracelet, are dissolved by perspiration and can cause staining of cuffs and irritation of the skin in some instances.
- Heavy perspiration should be wiped off the watch and bracelet with a soft dry cloth. The bracelet should be cleaned occasionally by using an old toothbrush and warm soapy water after which the soap is thoroughly rinsed with clear water and the bracelet dried completely. The foregoing manner of cleaning should not be done if the watch is not water-resistant but should instead be done by your jeweler.

## CARE FOR STRAPS

LEATHER

- Heavy perspiration, if not removed from a leather strap, can wash out the natural oils and cause the leather to become dry and deteriorate. Any moisture should be blotted with a soft dry cloth or paper towel and the strap allowed to dry naturally.
- Salt residue and soil can be removed from the leather by cleaning with a dampened soft cloth and mild soap or saddle soap.
- Occasionally, the inside surface of the strap should be cleaned by using a soft cloth dampened with alcohol.
- The strap should always be worn a little loosely (one finger space between wrist and strap) to allow air to circulate thus causing any moisture to evaporate.

RUBBER

- Rubber straps should be washed frequently with mild soap and warm water using a soft brush.
- Thorough cleaning, using the same method, should especially be done after use in salt water.
- Solvents, oils, perspiration, tanning lotion and salt can cause rubber to deteriorate if not removed.

| Marking on the Dial | Marking on the Caseback |  Face washing, splashes, sweat, raindrops, etc. |  Swimming |  Skin diving (diving without air tanks) |  Scuba diving (diving with air tanks) | Water-resistant characteristics |
|---|---|---|---|---|---|---|
| NONE | NONE | **NO** | **NO** | **NO** | **NO** | Non water-resistant watch and must be kept away from water. |
| NONE | WATER RESIST | **OK** | **NO** | **NO** | **NO** | An ordinary water-resistant watch and can withstand splashes, sweat, rain-drops and etc. for daily life use. |
| WR100M WR10bar WR150M | WATER RESIST | **OK** | **OK** | **OK** | **NO** | For frequent use with water. It is not specially designed for scuba diving. |
| WR200M | WATER RESIST | **OK** | **OK** | **OK** | **OK** | For skin and scuba diving. Usable up to the respective indicated depths. |

**See instruction book for further information**

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# Water Resistance

The water-resistant quality of our timepieces is offered in varying degrees depending on the model. This ranges from non-water resistant models to those suitable for SCUBA diving. Water resistance of our timepieces is measured in BAR or Barometric Pressure. Each BAR of pressure is equal to 14.5 pounds per square inch of pressure.

Water resistance is measured when the watch is at a static, or motionless state. As the watch is moved in water, such as from the motion of swimming, pressure is added from velocity. While you may be swimming in a pool at surface level, the watch may be experiencing forces equal to that of 100 feet of water pressure (3 BAR). Diving into a pool can cause forces on the watch to exceed those pressures. As such, you should always allow a margin of safety when exposing your watch to moisture. Never "push the limit" of the degree of water resistance of your timepiece.

A primary factor to keep in mind about water resistance is that periodic maintenance is needed to maintain original factory specifications for water resistance. When a watch is new, it meets specifications for water resistance as indicated on the case back. However, as the watch ages, the gaskets that seal the watch become dry and brittle, diminishing its water resistant quality. Exposure to environments such as chlorinated pools, salt water or soaps from showering can accelerate drying of the gaskets. We recommend that the gaskets be changed at least every 18 to 24 months to maintain the water resistant quality of your timepiece. If the watch is frequently exposed to chlorinated pools, soaps salt water, etc., we recommend that the gaskets be changed on a yearly basis.

From time to time, you may notice condensation that appears then goes away after a short period of time. This is a normal occurrence and happens primarily from sudden temperature changes. When there are sudden temperature changes such as entering a cool building from the hot out of doors, or jumping into pool on a hot day the watch may fog. Conversely, if you go to the cold outdoors from a warm building, fogging may occur. As long as the fogging clears in a short period of time, there is no need for concern.

Be sure the crown is completely pushed in prior to any contact with moisture. If your model is equipped with a screw down crown, be sure it is properly seated against the case. Do not operate the crown or any push button when the watch is wet as this may allow the entrance of moisture. . If at anytime, you notice moisture in your timepiece that does not clear in a short period of time, you should send your timepiece as soon as possible to the nearest Authorized Service Center for inspection.

You can determine the level of water resistance of our watches from the markings on your case-back. Additionally, models that are water resistant to 100 or 200 meters have an indication on the dial as well. The case-backs and dials are normally marked as follows:

**The case back has no indication of water resistance**
This indicates the watch is a non water-resistant model and is not designed for contact with moisture at all. Caution should be exercised to avoid any contact with moisture, such as when washing your hands or from a rainstorm.

**“Water Resist”**
This watch is designed to withstand water from accidental splashing, such as from washing your hands or rain. Any submersion into water may result in the entrance of moisture.

**“Water Resist 10BAR” or “W.R. 10BAR”, Dial marked “WR100”**
This watch is designed to withstand water pressure up to 333 feet. This includes water exposure from accidental splashing and rain, but also from showering, swimming in a pool and snorkeling. Be sure to rinse the watch with fresh water after exposure to a chlorinated pool, salt water, soaps, etc. After rinsing with fresh water, be sure to dry the exterior with a soft cloth.

**“Water Resist 20BAR” or “W.R. 20BAR”, Dial marked “WR200”**
This watch is designed to withstand water pressure up to 666 feet. This includes all exposure to water up to and including recreational SCUBA diving. Be sure to rinse the watch with fresh water after exposure to a chlorinated pool, salt water, soaps, etc. After rinsing with fresh water, be sure to dry the exterior with a soft cloth.

**Special Note about Jacuzzis and Hot Tubs**
The various components used in the manufacture and assembly of your watch expand at various rates. This results in a loss of the sealing capabilities of gaskets, which may allow moisture to enter. In addition, heat from these sources can cause deformation of certain materials leading to mechanical failures. For these reasons, you should remove your watch before entering a hot tub or Jacuzzi.

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