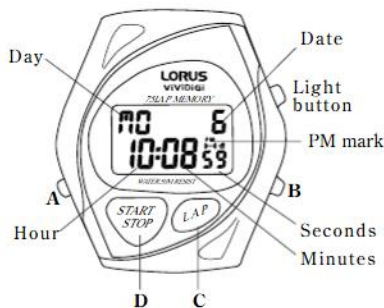




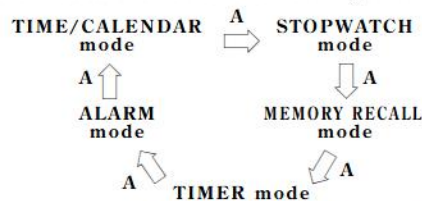
INSTRUCTION MANUAL

CAL. W150 (RCW SERIES)
CAL. W151 (RE5 SERIES)

■ BUTTONS AND DISPLAYS

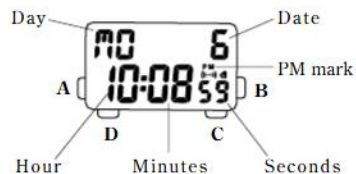


With each press of button "A", the selection of the mode can be made in the following order:

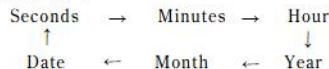


* If the stopwatch is measuring and button "A" is pressed to change the mode from the STOPWATCH, the TIMER mode appears, skipping the MEMORY RECALL mode.

■ TIME/CALENDAR MODE



- Press button "A" to show the TIME/CALENDAR mode.
- Press button "B" for 2 to 3 seconds to show the time/calendar setting display. The second digits start flashing.
- Selection of the digits to be adjusted (flashing) is made in the following order by pressing button "C".



- Press button "D" to set the flashing digits. One digit is advanced with each press of the button. Digits except seconds move quickly by keeping button "D" pressed.

● Seconds setting

Press button "D" in accordance with a time signal. The seconds are reset to "00" and start immediately. When the seconds count any number from "30" to "59" and button "D" is pressed, one minute is added and the seconds are reset to "00".

● 12-/24-hour indication setting

Changeover between 12- and 24-hour indications is made alternately with each press of button "A".

- After all the adjustments are completed, press button "B" to return to the TIME/CALENDAR mode.

Notes:

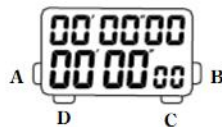
- When setting the hour digits in the 12-hour indication, check that AM/PM is set properly. Only "PM" mark is displayed. For the AM setting, there is no indication. In the 24-hour indication, "24" is displayed.
- Once the year, month and date have been set, the day of the week is set automatically.
- If the watch is left untouched in the time/calendar setting display with the digits flashing, it will automatically return to the TIME/CALENDAR mode in 1 to 2 minutes.

■ STOPWATCH MODE

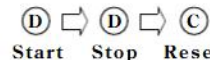
- The stopwatch can measure up to 23 hours, 59 minutes and 59 seconds.
- It measures in 1/100-second increments for the first hour and in 1-second increments thereafter.

Stopwatch operation

Press button "A" to show the STOPWATCH mode. "Chrono" is displayed first, and then the STOPWATCH mode appears.



Standard measurement



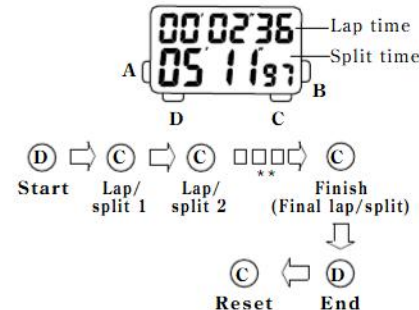
Accumulated elapsed time measurement



** Restart and stop of the stopwatch can be repeated by pressing button "D".

Lap time/split time measurement

- A "Start-Finish-End" stopwatch operation system is used. The data obtained from the start till finish of a race is recorded as a block and stored in memory.



- * Lap time measured remains displayed for 5 seconds in the upper row. In the lower row, the lap number is displayed, followed by split time measured. Then, the measurement in progress appears.
- * The time elapsed from the finish of the race until the end of the measurement will not be included in the measurement.
- ** Lap time/split time can be measured repeatedly by pressing button "C".

Notes:

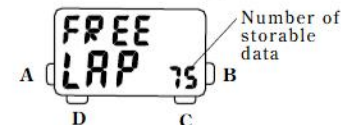
- Up to 75 (Cal. W150) or 100 (Cal. W151) measurements can be stored in memory. If more than 75 / 100 measurements are made, the measurements over 75 / 100 will not be stored in memory.
- When the memory has become full and a lap time/split time measurement is made, "FULL" appears below the measured lap time, indicating that the measurement data is not stored in memory. To check the memory capacity, change the mode to the MEMORY RECALL mode, which displays the number of storable data.
- If the lap time measurement exceeds 60 minutes, any fraction less than a second will be discarded when it is displayed. The split time recalled in the MEMORY RECALL mode, which is the accumulation of the actual lap time measurements, therefore, may not be exactly equal to the one displayed when it was measured.

■ MEMORY RECALL MODE

- Up to 75 sets (Cal. W150) or 100 sets (Cal. W151) of lap times and split times can be stored in memory.
- Measurement data obtained from the start to finish of a race is recorded as a block, to which a block number is assigned.
- Up to 38 blocks (Cal. W150) or 50 blocks (Cal. W151) of data can be stored in memory, and stored data can be recalled block by block after the measurement.

Memory recall operation

Press button "A" to show the MEMORY RECALL mode. "RECAL" is displayed first, and then the MEMORY RECALL mode appears.



- Press button "C" to show the block selection display. "RUN" and the block number are displayed.
- Press button "C" repeatedly to select the desired block of data.
 - * With each press of the button, the block number advances by one, starting from Block 1.
- Press button "D" to recall the stored data in the block. The lap/split number is displayed first, and then the lap time and split time are displayed in the upper and lower rows, respectively.
 - * With each press of the button, the stored data is recalled successively from the oldest to the newest.

How to clear the stored data

- To erase the data block by block: In the block selection display, press button "C" to select the block of data to be erased, and then press and hold button "B" until "DEL" appears. The data only in the selected block is erased from memory.
- To erase the data in all the blocks at a stretch: In the block selection display with any block number shown, press and hold button "B" until "FREE" appears. The data in all the blocks is erased from memory.

Notes:

- When a block of data is erased, the block number is reassigned accordingly.
- When the stored data in all the blocks is erased, the mode is automatically changed to the STOPWATCH.
- The stored data cannot be erased one by one.

■ TIMER MODE

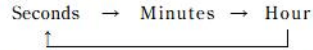
- Up to 23 hours, 59 minutes and 59 seconds can be set in second increments.
- After the set time is up, the timer counts up the time up to 23 hours, 59 minutes and 59 seconds as many times as necessary unless stopped and reset.
- The set time can be used repeatedly unless canceled.

Press button "A" to show the TIMER mode. "TIMER" is displayed first, and then the TIMER mode appears.



Timer setting

- Press button "B" for 2 to 3 seconds to show the timer setting display. The second digits start flashing.
- Press button "C" to select the digits to be adjusted (flashing).

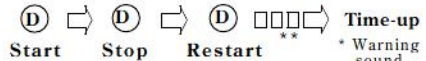


- Press button "D" to set the flashing digits. One digit is advanced with each press of the button. Digits move quickly by keeping button "D" pressed.
- After all the adjustments are completed, press button "B" to return to the TIMER mode.

* If the watch is left untouched in the timer setting display with the digits flashing, it will automatically return to the TIMER mode in 1 to 2 minutes.

Timer operation

Press the buttons in the following order.



** Restart and stop of the timer can be repeated by pressing button "D".

* When the set time is up, a warning sound beeps for 10 seconds. To stop it manually, press any of the buttons.

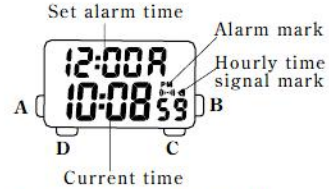
Notes:

- After the set time is up, the timer counts up the time up to 23 hours, 59 minutes and 59 seconds as many times as necessary unless it is stopped and reset.
- Once the timer is set, the set time is retained and can be used repeatedly unless it is readjusted.
- Even if the TIMER mode is changed to another while the measurement is in progress, it continues counting properly. After the timer

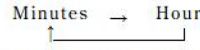
is used, however, be sure to reset it to prevent the overconsumption of battery energy that would shorten the battery life.

■ ALARM MODE

- The alarm can be set to ring on a 24-hour basis.



- Press button "A" to show the ALARM mode. "ALARM" is displayed first, and then the ALARM mode appears.
- Press button "B" for 2 to 3 seconds to show the alarm setting display. The minute digits start flashing.
- Press button "C" to select the digits to be adjusted (flashing).



- Press button "D" to set the flashing digits. One digit is advanced with each press of the button. Digits move quickly by keeping button "D" pressed.
- After all the adjustments are completed, press button "B" to return to the ALARM mode. The alarm is automatically engaged.

Notes:

- When the time function is displayed in the 24-hour indication, the alarm is also displayed in the 24-hour indication.
- When setting the hour digits in the 12-hour indication, check that AM/PM is properly set. "A"/"P" is displayed for the AM/PM setting, respectively. In the 24-hour indication, "24" is displayed.
- If the watch is left untouched in the alarm setting display with the digits flashing, it will automatically return to the ALARM mode in 1 to 2 minutes.

Engagement/disengagement of the alarm

- With each press of button "D" in the ALARM mode, the alarm is engaged and disengaged alternately.

(A)	Alarm engaged
	Alarm disengaged

- At the designated time, the alarm rings for 20 seconds and stop. To stop it manually, press any of the buttons.

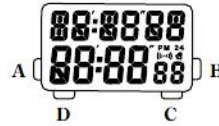
Turning on/off of the hourly time signal and button operation confirmation sound

- With each press of button "D" in the TIME/CALENDAR mode, the hourly time signal and confirmation sound for button operation are turned on and off alternately.

(D)	Hourly time signal and confirmation sound turned on
	Hourly time signal and confirmation sound turned off

■ NOTE ON UNUSUAL DISPLAY

While in the time/calendar setting display with the digits flashing, the display as shown below will appear if both buttons "C" and "D" are pressed at the same time. This is not a malfunction. Press button "A", "B", "C" or "D" to return to the TIME/CALENDAR mode, and then set the time/calendar again.



■ ILLUMINATING LIGHT



Press the light button in any mode. The electroluminescent light evenly illuminates the display for 3 seconds for easy viewing in the dark.

Notes:

- The watch works with one battery. When the light begins to lose its luminance, this is an indication that the battery is depleted. We recommend that you change the battery before the watch itself stops.
- If the light is used continuously for a long time, the battery life may be less than the specified period.

■ ViViDiGi

ViViDiGi is a new type of liquid crystal panel that makes possible various colors and high contrast.

- Excellent light reflection and transmission make the display bright and clear.
- Various color options are available.
- Either the whole panel or the displayed data only can be illuminated.

* Features vary in different models.

VIVIDIGI

■ BATTERY CHANGE

The miniature battery SEIKO CR2025, which powers your watch should last approximately 3 years. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than 3 years. Be sure to replace the battery to prevent any possible malfunction as soon as it runs down. To replace the battery, we recommend taking the watch to a local watch repair shop.

Note:

[For Cal. W150]

If the alarm is used for more than 20 seconds a day, the timer warning sound for more than 10 seconds a day, and/or the illuminating light for more than 3 seconds a day, the battery life may be less than the specified period.

[For Cal. W151]

If the alarm is used for more than 30 seconds a day, the timer warning sound for more than 30 seconds a day, and/or the illuminating light more than once a day, the battery life may be less than the specified period.

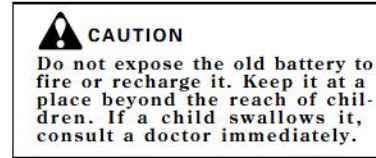
Necessary procedure after battery change

After the battery is replaced with a new one, or if an abnormal display (broken digits, etc.) appears, follow the procedure below to reset the IC.

- Press and hold buttons "A", "B", "C" and "D" at the same time for 2 to 3 seconds. The display will become blank, and "12:00'00" a.m., January 1st, 1996, Monday (MO)" (Cal. W150) or "12:00'00" a.m., January 1st, 2000, Saturday (SA)" (Cal. W151) will be displayed after the buttons are released. Before using the watch, be sure to set the time/calendar and alarm.

■ CARE OF YOUR LORUS WATCH

• BATTERY



• WATER RESISTANT

Indication on the dial/case back	Condition of use			
	Accidental contact with water, such as splashes and rain	Swimming and taking a shower	Skin diving	Scuba diving
No indication	NO	NO	NO	NO
WATER RESISTANT	YES	NO	NO	NO
WATER RESISTANT (50 M/5 BAR)*	YES	YES	NO	NO
WATER RESISTANT (100 M/10 BAR or above)*	YES	YES	YES	NO

* If your watch is 200 M/20 BAR, 100 M/10 BAR or 50 M/5 BAR water resistant, it is so indicated on the dial/case back.

- Do not operate the buttons when the watch is wet.
- If the watch is exposed to salt water, rinse it in fresh water and then wipe it thoroughly dry.

Caution:

Leather straps are not water resistant except so indicated, even if the watch head is water resistant.

• ALLERGIC REACTION

Because the case and band touch the skin directly, it is important to clean them regularly. If not, shirt sleeves may be stained and those with delicate skin may develop a rash. Please wear the watch with some play to avoid any possible allergic reaction. If you develop a rash on your wrist, stop wearing and consult a physician.

• MAGNETISM

Your watch will not be affected by magnetism generated by household electric appliances.

• SHOCKS AND VIBRATIONS

Your watch may be worn for normal sports activities, but be careful not to drop it or hit it on hard surfaces.

• TEMPERATURE

Your watch is preadjusted so that constant accuracy may be insured at normal temperature.

■ SERVICE

When your LORUS watch requires repair or servicing, please see the enclosed WARRANTY/GUARANTEE.