

Instruction Manual

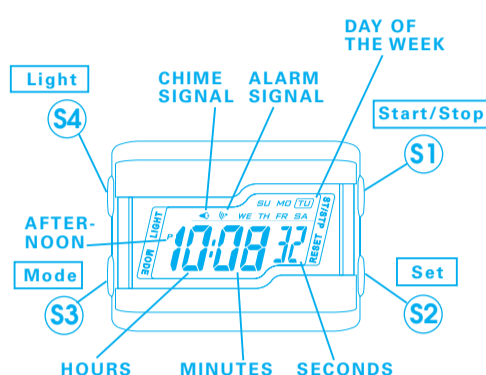


CAL. Z016 (R23 SERIES)

■ CHARACTERISTICS

- Digital time displays:** Hour, Minute, Second, Month, Date and day of the week.
- Daily alarm:** The alarm can be set to sound at the designated time on a 24-hour basis.
- Chime:** The chime can be set to sound every hour on the hour with a single beep.
- Stopwatch:** The stopwatch can measure up to 23 hours 59 minutes and 59 seconds in 1/100-second increments for the first 39 minutes and 59.99 seconds, and in 1-second increments thereafter. Lap time measurement is available.
- Illuminating light:** The built-in electro-luminescent (EL) backlight illuminates the display for easy viewing in darkness.

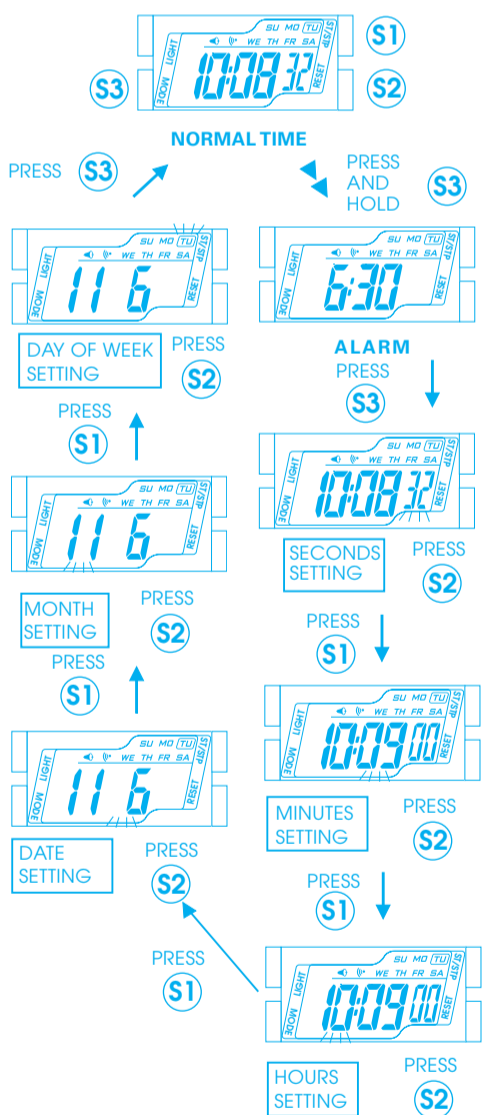
■ DISPLAY AND BUTTON OPERATION



- * Press and hold Button S3 for 3 seconds to show the ALARM TIME.
- * Press and hold Button S1 to show the MONTH/DATE or DATE/MONTH. Release Button S1 to return to the NORMAL TIME display.
- * Press Button S3 at any time to return to the NORMAL TIME display.

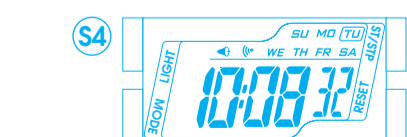
■ HOW TO SET NORMAL TIME

- From NORMAL TIME display, press and hold Button S3 for 3 seconds to show the ALARM TIME display.
- Press Button S3 again to set the time and calendar. The second digits start flashing.
- Press Button S2 to set the second digits to "00."
- Press Button S1 to move on to minutes setting. The minute digits start flashing.
- Selection of the digits to be adjusted (flashing) is made in the order below by pressing Button S1 and then pressing Button S2 to be set.
- One digit (flashing) is increased with each pressing of Button S2. To move the digits quickly, keep the Button pressed.
- After all adjustments are completed, press Button S3 to return to the NORMAL TIME display.



■ HOW TO USE EL BACKLIGHT

- * In NORMAL TIME display, press Button S4 to illuminate the display for approximately 3 seconds.

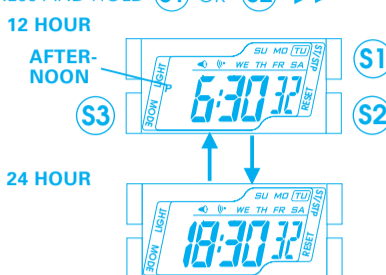


Note:

- If your watch is not equipped with Button S4, this function is not available.
- The backlight of the watch employs an electro-luminescent (EL) light, which tends to lose illuminating power after very long use.
- The illumination provided by backlight may be hard to see when viewed under direct sunlight.
- When the illuminating light becomes dim, replace the batteries with new ones.

■ HOW TO SWITCH 12-HOUR/24-HOUR FORMAT

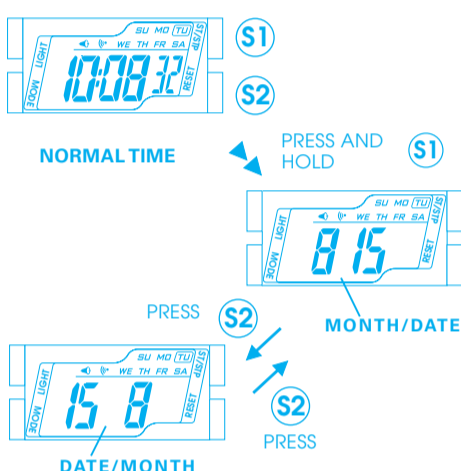
PRESS AND HOLD (S1) OR (S2) ►► PRESS (S3)



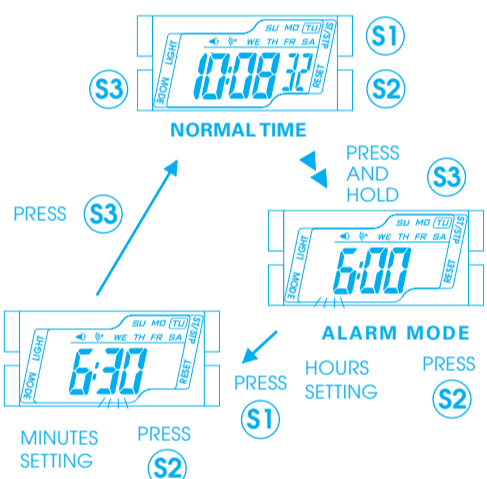
- Press and hold Button S1 or S2. Then press Button S3 to switch the display.
- * The time display format in either 12-hour indication or in 24-hour indication can be selected alternately.
- * Under the 12-hour indication format, "P" mark appears in the afternoon, but no AM mark appears in the morning. Under the 24-hour indication format, no mark appears on the display.

■ HOW TO DISPLAY MONTH/DATE

- From NORMAL TIME display, press and hold Button S1 to show the MONTH/DATE display.
- While keeping Button S1 pressed, press Button S2 to switch to the DATE/MONTH display.
- Press Button S2 again to switch back to the MONTH/DATE display.
- * The display format in either DATE/MONTH indication or in MONTH/DATE indication can be selected alternately by pressing Button S2.



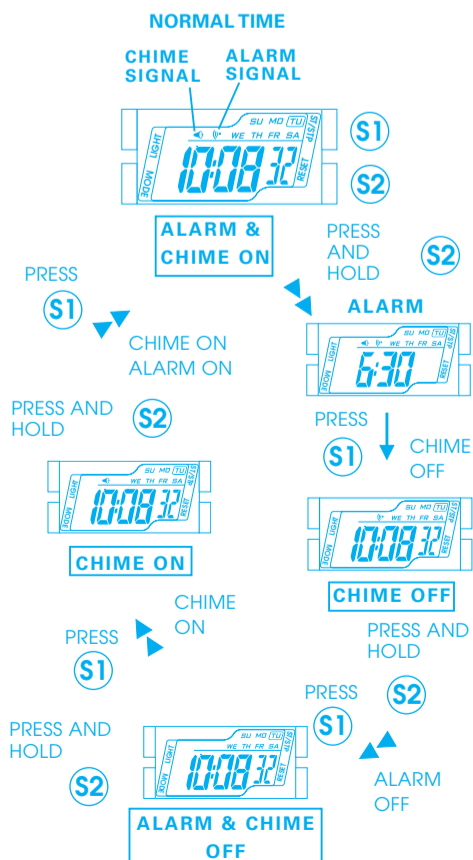
■ HOW TO SET ALARM TIME



- From NORMAL TIME display, press and hold Button S3 for 3 seconds to show the ALARM TIME display. The hour digits start flashing.
- Press Button S2 to set hour digits.
- Press Button S1 to move on to minutes setting.
- Press Button S2 to set minute digits setting.
- After all settings are completed, press Button S3 to return to the NORMAL TIME display.

Engagement/Disengagement of ALARM & CHIME

- * Press and hold Button S2, and then press Button S1, the ALARM and CHIME can be engaged or disengaged in the order below.
- * The ALARM signal and/or CHIME signal appear or disappear on the display accordingly.



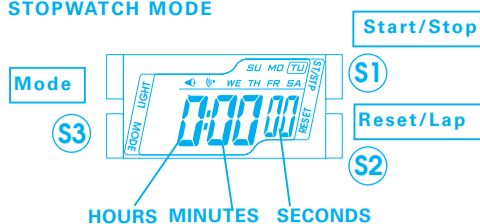
How to stop the alarm while sounding

The alarm sounds for 20 seconds at the designated time. To stop it manually while sounding, press Button S2.

HOW TO USE STOPWATCH

* From NORMAL TIME display, press Button S3 to go to the STOPWATCH mode.

STOPWATCH MODE

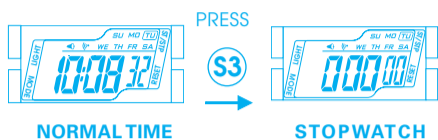


Standard Measurement

1. Press Button S1 to start and stop the STOPWATCH.
2. Press Button S2 to reset the STOPWATCH to "0:00:00."

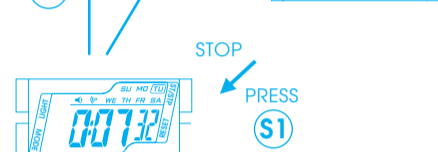
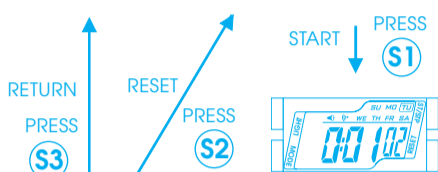


Start Stop Reset

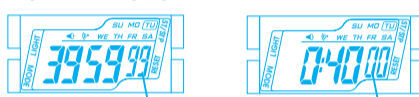


NORMAL TIME

STOPWATCH



Stopwatch display



1/100 SECONDS

SECONDS

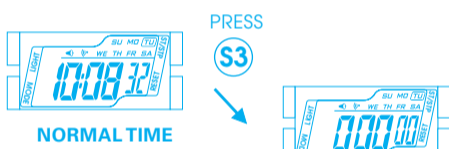
For the first 39 minutes and 59.99 seconds, minutes, seconds, and 1/100 seconds are displayed.

After 39 minutes and 59.99 seconds, hours, minutes, and seconds are displayed.

Lap Time Measurement



Start Lap 1 Lap 2 Stop Last lap Reset



NORMAL TIME

STOPWATCH



RETURN

RESET

PRESS S3

PRESS S2

START

PRESS S1



RETURN

RESET

PRESS S3

PRESS S2

START

PRESS S1



RETURN

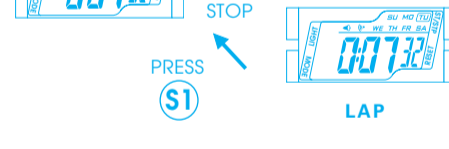
RESET

PRESS S3

PRESS S2

START

PRESS S1



RETURN

RESET

PRESS S3

PRESS S2

START

PRESS S1

- * While the stopwatch is measuring, press Button S2 button to take lap times.
- * Measurement and release of lap times can be repeated by pressing Button S2.

HOW TO RECALL THE LAP TIME DATA

Lap time data obtained in the STOPWATCH mode can be recalled after measurement.

After stopping the stopwatch, press Button S2 to view the recorded lap times.

The lap times will be displayed one after another with each press of the button.

- * Press Button S3 to return to the NORMAL TIME display.

BATTERY CHANGE

1. The miniature battery which powers your watch should last approximately 2 years for CR1220 or 4 years for CR2016. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than above mentioned.
2. Be sure to replace the battery to prevent any possible malfunction as soon as it runs down.

Note:

If the alarm is used for more than 20 seconds a day and/or the illuminating light for more than 8 seconds a day, the battery life may be less than the specified period.



CAUTION

To replace the batteries, we recommend taking the watch to a local watch repair shop.

Do not expose the old battery to fire or recharge it.

CARE OF YOUR LORUS WATCH



WARNING

Please note that there is a risk of serious consequences such as severe injury if the following safety regulations are not strictly observed.

- **Immediately stop wearing the watch in following cases.**
 - If the watch body or band becomes edged by corrosion etc.
 - If the pins protrude from the band.
- Immediately consult the retailer from whom the watch was purchased or LORUS SERVICE NETWORK.

- **Keep the watch and accessories out of the reach of babies and children.**
 - Care should be taken to prevent a baby or a child accidentally swallowing the accessories.
 - If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.
 - DEATH or serious injury can occur if ingested.
 - A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.

WATER RESISTANT

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 (50M/5 BAR)	YES	YES	NO	NO
WATER RESISTANT (100M/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.



CAUTION

- 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.
- Should you find any water or condensation inside the watch, immediately have it checked. Water can corrode electric parts inside the case.



CAUTION

This watch contains precise electronic components. Never attempt to open the case or remove the back cover.

- **LEATHER BAND**
 - A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
 - Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
 - Do not expose the watch to direct sunlight for a long time.
 - Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
 - Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR/20-BAR water resistant).
- **PLASTIC BAND**
 - As for material characteristics, the band is easily dirtied, and may be stained and discolored. Wipe off dirt with a wet cloth or cleaning tissue.
 - Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool.
- **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 be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.
- **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.
- **CLEANING**
 - Use only a soft cloth and clean water for cleaning your watch. Never use chemicals, as the waterproof gasket will corrode.

SERVICE

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

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