

■ CHARACTERISTICS

- Time/Calendar Display:** Hour, minute, second, month, date and day of the week
Automatic Calendar: The calendar adjusts automatically for odd and even months including February of leap years from 1990 to 2089.
Time Display Format: 12-hour display format with PM indicator and 24-hour display format are available.
- Stopwatch:** Measures up to 99 hours 59 minutes 59.99 seconds in 1/100-second increments for the first 1 hour, and in one-second increments thereafter. Lap and split time measurement is also available.
- Countdown Timer:** The timer time can be set up to 23 hours 59 minutes and 59 seconds in one-second increments.
- Dual Time:** Time in a different time zone can be set and displayed.
- Alarm:** The alarm can be set to sound on a 24-hour basis. Two individual daily alarms that can be set to the time of Time/Calendar or Dual Time display.
- Illuminating light:** The built-in electroluminescent backlight illuminates the display for viewing in the dark.

■ BUTTONS AND DISPLAYS

Day of the Week	Month	Date
SET/ LIGHT		Alarm mark
A		C
PM indicator		START/ LAP
Hour		Chime mark
B		D
MODE		START/ RESET

Minute Second

The display mode changes over in the following order by pressing button B.

	B		
Time/Calendar mode			Stopwatch mode
B			B
Alarm mode	B	Dual Time mode	Countdown Timer mode

■ HOW TO SET THE TIME/CALENDAR

Day of the Week	Month	Date
A		C
PM mark (for 12-hour display only)		Chime Second

B

Hour Minute

- Press button B to go to the Time/Calendar Mode. Mode indicator "T1" appears.
- Press button A for 3 to 4 seconds to change the display to the Time/Calendar Setting Mode. The second digits start flashing.
- Press button C simultaneously with a time signal to adjust the second digits. The second digits are reset to "00" and start immediately.
 When button C is pressed while the second digits are between "30" to "59", one minute is added at the same time the second digits are reset to "00".
- Press button B to confirm the second setting and move on to the hour setting.
- Adjust the hour digits and other items. Press button C to adjust an item, and then press button B to confirm it's setting and move on to the next item.
 Each press of button C advances the digit by one. To advance the digits quickly, keep button C pressed.

- The item to be adjusted changes over in the following order.

	B	B	
Second	Hour	Minute	
B			

Date

B	B	B	B
Month	Year	Day of the week	

- After all the adjustments are completed, press button A to go back to the Time/Calendar Display.

Choice of 12-Hour/24-Hour indication

- The time display in either 12-hour indication or in 24-hour indication can be selected alternatively by pressing button C. 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.

Chime setting

The chime can be set to sound on the hour.

Press button D to set the chime. The chime mark appears on the display.

Chime is ON.

Chime is OFF.

■ HOW TO USE THE STOPWATCH

The stopwatch can measure up to 99 hours 59 minutes and 59.99 seconds. For the first one hour, minute, second, and 1/100 second are displayed. After 1 hour, hour, minute, and second are displayed. When the measurement is over 99 hours 59 minutes and 59.99 seconds, the stopwatch stops automatically.

Stopwatch Mode Indicator	Lap no./ Split no.
A	C

Minute 1/100
second

B D

Second

Stopwatch operation

Press button B to go to the Stopwatch Mode. Mode indicator "CH" appears.

Standard Measurement

- Press button C to start the stopwatch.
- Press button D to stop.
- Press button D to reset the stopwatch.

C	D	D
Start	Stop	Reset

Lap and Split Time Measurement

- Press button C to start the stopwatch.
- Press button C during the measurement to display the lap and split time.

While the measurement is still in progress internally, the lap number (LP) and lap time will be displayed for 4 to 5 seconds, and then the split number (SP) and split time will be displayed. After 4 to 5 seconds, the display will automatically go back to the measurement in progress.

Lap number (LP)

Lap time

Split number (SP)

Split time

- Press button C to take the next lap and split time.
- Press button D to stop the stopwatch.
- Press button D to reset.

C	C	C	D
Start	Display Lap 1/ Split 1	Display Lap 2/ Split 2	Stop

* The lap and split time can be measured repeatedly by pressing button C.

** Up to 9 lap and split times can be displayed.

Reset

■ HOW TO USE THE COUNTDOWN TIMER

- The Countdown Timer can be set up to 23 hours, 59 minutes and 59 seconds in one-second increments.

Timer Setting

	Countdown Timer Mode Indicator	
A		C
Hour		Second

B

Minute

- Press button B to go to the Countdown Timer Mode. Mode indicator "Tr" appears.
- Press button A for 3 to 4 seconds to change the display to the Timer Setting Mode. The hour digits start flashing.
- Press button C to adjust the hour digits.
 Each press of button C advances the digit by one. To advance the digits quickly, keep button C pressed.
- Press button B to confirm the hour setting and move on to the minute setting.
- Adjust the minute and second digits in the same way as Step 3 & 4. Press button C to adjust the digits, and press button B to confirm the setting and move on to the next digits.

- The item to be adjusted is shown in the following order with each press of button B.

	B	B	
Hour	Minute	Second	

B

- After all the adjustments are completed, press button A to go back to the Countdown Timer Mode.
- Press button B to go back to the Time/Calendar Display.

Timer Operation

C	D	C	*	Time Up
Start	Stop	Restart	**	Warning sound beeps for 10 seconds

- Press button C to start the Timer.
- Press button D to stop the Timer.
- Press button C to restart. In order to display the preset time again, press button A.

* The watch will beep for 1 second at 5 minutes, 3 minutes, and 1 minute before the timer time is up. Press any button to stop the sound manually.

** When the timer time is up, the warning sound beeps for 9 to 10 seconds, and automatically reset. Press any button to stop the warning sound manually.

- Once the timer time is set, it is retained and can be used repeatedly unless it is readjusted.

■ HOW TO SET THE DUAL TIME

- Time in a different time zone can be displayed.

Day of the week	Month	Date	
A			C
PM mark (for 12-hour display only)			Dual Time Mode indicator
			Chime
B			
Hour	Minute	Second	

- Press button B to go to the Dual Time Mode. Mode indicator "T2" appears.
- Press button A for 3 to 4 seconds to change the display to the Dual Time Setting Mode. The second digits start flashing.
- Press button C simultaneously with a time signal to adjust the second digits. The second digits are reset to "00" and start immediately.
When button C is pressed while the second digits are between "30" to "59", one minute is added at the same time the second digits are reset to "00".
- Press button B to confirm the second setting and move on to the hour setting.
- Adjust the hour digits and other items. Press button C to adjust an item, and press button B to confirm its setting and move on to the next item. Each press of button C advances the digit by one. To advance the digits quickly, keep button C pressed.

- The item to be adjusted changes over in the following order.

Second	B	Hour	B	Minute
	B			
Date				B
B	B	B	B	Day of the week
Month	Year			

- After all the adjustments are completed, press button A to go back to the Dual Time Mode.
- Press button B to go back to the Time/Calendar display.

Choice of 12-Hour/24-Hour indication

Press button C to select the time display format in either 12-hour indication or in 24-hour indication. Under the 12-hour indication format, "P" mark appears in the afternoon. Under the 24-hour indication format, no mark appears on the display.

Chime setting

The chime can be set to sound on the hour.

Press button D to set the chime. The chime mark appears on the display.

■ HOW TO SET THE ALARM

- Two daily alarm (AL1/AL2) work independently. Each alarm can be set to the time of Time/Calendar mode (T1) or Dual Time mode (T2).

Time mode (T1 or T2)	Alarm Mode Indicator (AL1 or AL2)	
A		C
		Alarm Mark
B		
Hour	Minutes	

- Press button B to go to the Alarm Mode. Mode indicator "AL" appears.
- Press button C to select AL1 or AL2.
- Press button A for 3 to 4 seconds to change the display to the Alarm Setting Mode. The hour digits start flashing.
- Press button C to adjust the hour digits.
Each press of button C advances the digit by one. To advance the digits quickly, keep button C pressed.
- Press button B to confirm the hour digits and move on to the minute setting.
- Press button C to adjust the minute digits, and press button B to confirm the minute setting.
- Press button C to select T1 or T2, and press button B to confirm it. The alarm is set to the time of Time/Calendar mode (T1) or Dual Time mode (T2) that is selected.

- The item to be adjusted is shown in the following order with each press of button B.

Hour	B	Minute	B	T1/T2
	B			

- After all the adjustments are completed, press button A to go back to the Alarm Mode.
- Press button B to go back to the Time/Calendar Display.

Alarm engagement/disengagement

The alarm is automatically engaged when the display is changed to the Alarm Setting mode. When the alarm is engaged, the alarm mark appears on the Alarm time display and also on the Time/Calendar (T1) or the Dual Time (T2) display that the alarm is set. In order to engage or disengage the alarm, press button D in the Alarm Mode. The alarm is engaged or disengaged alternatively.

Alarm engaged

Alarm disengaged

How to stop the alarm while sounding

The alarm sounds for 20 seconds at the designated time. Press any button to stop it manually.

- When the 24-hour Indication format is selected in Time/Calendar (T1) or the Dual Time (T2) mode, no "P" mark appears on the Alarm time display.

■ HOW TO RESET THE WATCH

Press all buttons simultaneously for 1 second to reset the watch. After reset, all indicators and digits appear on the display and then the display will be as follows.

■ ILLUMINATING LIGHT

To turn the backlight on, press button A in any mode. The electroluminescent backlight illuminates the display for 3 seconds and turns off automatically.

■ LUMIBRITE WATCH

(dial, hands, buttons, case, bezel, strap, etc.)

- If your watch is a LORUS LUMIBRITE watch, it has following features.

LORUS LUMIBRITE watches absorb and store light energy from natural and artificial light sources and emit light in the dark. They are made of environmentally friendly material, and therefore, are harmless to human beings and the environment.

- With a full charge, LORUS LUMIBRITE watches glow in the dark hours longer than conventional luminous watches of this type. If exposed to a light of more than 500 lux (i.e., the brightness of a typical office) for approximately 10 minutes, or direct sunlight for 2 minutes, they will glow for hours.
- Since LORUS LUMIBRITE watches emit the light they store, the brightness will decrease gradually over time. The length of time they will glow may also differ slightly depending on such factors as the brightness of and distance from the light source used to charge the watch.

■ BATTERY CHANGE

The miniature lithium battery SONY, Maxell or Panasonic CR2016, which powers your watch, should last approximately 2 years. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than 2 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.

■ CARE OF YOUR LORUS WATCH

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

• BATTERY

CAUTION

Do not expose the old battery to fire or recharge it. Keep it at a place beyond the reach of children. If a child swallows it, consult a doctor immediately.

• WATER RESISTANT

- 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.

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

- 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:

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/STATIC ELECTRICITY

Your watch will not be affected by magnetism generated by household electric appliances but keep your watch away from a place where the watch is subject to strong electric field and static electricity.

• SHOCKS AND VIBRATIONS

Your watch may be worn for normal sports activities. However, be careful not to drop it or hit it on hard surfaces and avoid any severe impacts.

• TEMPERATURE

Your watch works with stable accuracy within a temperature range between 0°C and 50°C. Do not expose the watch to a place exceeding this temperature range.

• CLEANING

Use only a soft cloth and clean water for cleaning your watch. Never use chemicals, especially soap.

■ SERVICE

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