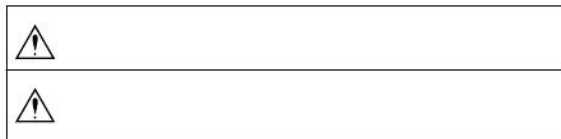


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< During diving >

- Avoid ascending very quickly to prevent your body from being affected by the bends, etc. Surface at a safe speed of within 9m/30ft. per minute. This ascending speed is in accordance with the U.S. Navy Diving Manual (1993 edition).
- Never operate the crown or any buttons except button **A** when underwater. Doing so may result in a fault such as poor water resistance.
- Be careful because the alarm may be hard to hear underwater because of the sound of your breathing.

< After diving >

- After making sure that the crown is locked in place, wash the watch free of seawater, mud and sand using fresh water, then wipe the water off with a dry cloth.
- Do not attempt to remove the sensor cover and remove any dirt or debris clogging the sensor with a sharp instrument. If there is any debris, flush it out with fresh water. If you cannot do so, consult a Citizen Service Center.

 **CAUTION DIVING AT HIGH ALTITUDE AND IN FRESHWATER**

- Be sure to complete special safety training before diving in fresh water or at high altitude.
- Do not use this watch at altitudes over 4,000 meters (13,124ft), because accurate measurement is not possible.
- This watch displays change in depth based on a standard of seawater (density 1.025), so the actual depth in fresh water will be 2.5% greater than the depth displayed.
Example: 20m/66ft (indicated depth) X 1.025 = 20.5m/68ft (actual depth)

The pressure sensor is calibrated to the surrounding pressure at a depth of 0m (0ft) when the watch is switched to Diving Modes. Sealevel is also set to 0m (0ft) when the watch is switched to Diving Modes in a lake at high altitude. However, do not use at an altitude of over 4,000m (13,124ft) because accurate measurement is not possible.

B. NAMES AND FUNCTIONS OF PARTS

- Read in conjunction with the watch diagram at the beginning of this manual.

Name		Time Modes	
		Time/Calendar	Alarm
Ⓐ : Button Ⓐ	Press once	Switches between hours, minutes/seconds/date, day	ON/OFF
	Press for 2 seconds or more	—	—
Ⓑ : Button Ⓑ	Press once	—	—
	Press for 2 seconds or more	To time/calendar adjustment status	To alarm set time adjustment
Ⓜ : Button Ⓜ	Press once	To Alarm Mode	To Chronograph Mode
	Press for 2 seconds or more	To Diving Modes	To Diving Modes
1: Digital display		A/P, hours, minutes/seconds/date, day	A/P, hours, minutes or OFF
2: Crown		Use to adjust the analog time	Use to adjust the analog time
3: Hour hand		Normally shows "hours"	Normally shows "hours"
4: Minute hand		Normally shows "minutes"	Normally shows "minutes"
5: Second hand		Normally shows "seconds"	Normally shows "seconds"

6: Rotating bezel ... You can use this rotating bezel to approximately measure the diving time and remaining time.

7: Pressure sensor ... Senses water pressure to measure the depth.

		Diving Modes		Diving Modes	
Name		Log Mode	Depth Alarm Mode	Dive Time Alarm Mode	Dive Mode
Ⓐ : Button Ⓐ	Press once	Memo (logged) recall	Depth Alarm correction	Dive time alarm correction	Dive time/max. depth recall
	Press for 2 seconds or more	—	Depth Alarm quick correction	Dive time alarm quick correction	—
Ⓑ : Button Ⓑ	Press once	To Dive Mode	To Dive Mode	To Dive Mode	—
	Press for 2 seconds or more	—	—	—	To Log Mode *3
Ⓜ : Button Ⓜ	Press once	Shows the following log No. *1	To Dive Time Alarm Mode	To Log Mode	—
	Press for 2 seconds or more	To Time Modes	To Time Modes	To Time Modes	To Time Modes *3
1: Digital display		*2	Set depth	Set dive time (minutes)	Current depth/Dive time/max. depth
2: Crown		Use to adjust the analog time		Use to adjust the analog time	
3: Hour hand		Normally shows "hours"		Normally shows "hours"	
4: Minute hand		Normally shows "minutes"		Normally shows "minutes"	
5: Second hand		Normally shows "seconds"		Normally shows "seconds"	

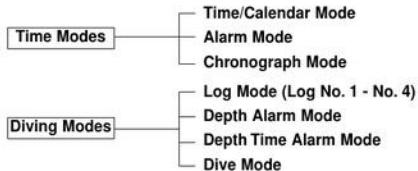
*1 To Depth Alarm Mode when log no. 4 is shown

*2 Log No./Dive date/Dive start time/Max. depth/Diving time

*3 Pushing the button does not switch the mode during diving (when a depth of 1m/4ft or more is shown).

C. SWITCHING MODES

On this watch's digital display function, the modes are broadly classified into 2 types.



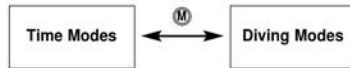
* The signs for buttons used in each explanation's illustration have the following meanings.

Ⓜ: Press the button for 2 seconds or more

○: Press the button once

1. TIME MODES ↔ DIVING MODES

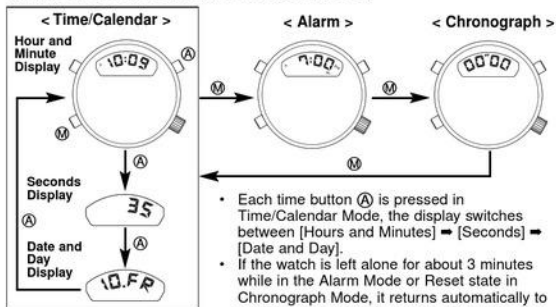
In any mode (except the Dive Mode), pressing button Ⓜ for 2 seconds or more sounds the confirmation beep and switches between the Time Modes and the Diving Modes.



- When the Dive Mode depth meter display reads 0 (within 1m/4ft), depth measurement ends and the watch switches to Time Modes display.
- When the Dive Mode depth meter display reads 1.0m (4ft) or more, the mode cannot be switched by button operation.
- If the low battery warning function is activated or if there is something wrong with the pressure sensor (ER is displayed), normal depth measurement cannot be carried out so the watch cannot be switched to the Dive Mode of the Diving Modes.

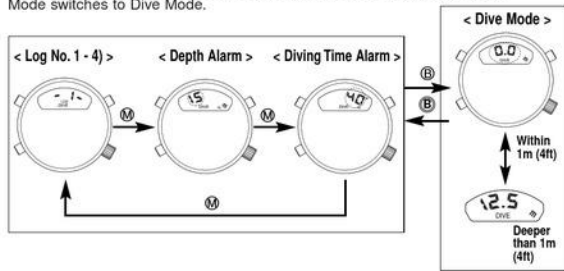
2. SWITCHING TIME MODES

The mode is switched each time button (M) is pressed.



3. SWITCHING DIVING MODES

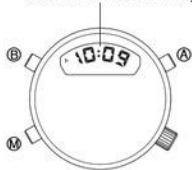
Each time button (M) is pressed, the mode is switched between Log No. 1 → Log No. 2 → Log No. 3 → Log No. 4 → Depth Alarm → Diving Time Alarm. Pressing button (B) in Log Mode, Depth Alarm Mode or Diving Time Alarm Mode switches to Dive Mode.



- If the watch is left alone for about 1 hour in Log Mode, Depth Alarm Mode or Diving Time Alarm Mode, it automatically returns to the Time Modes.
- If the watch is left alone for about 1 hour when the Dive Mode reads '0', it automatically returns to the Time Modes.

D. HOW TO SET THE DIGITAL TIME

"Hour and Minutes" or
"Seconds" or "Date and Day"



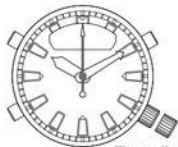
[How to set the digital time]

- (1) Press button **M** to set Time/Calendar Mode.
- (2) If you press button **B** down for 2 seconds or more, the seconds display flashes and you get the Time/Calendar Mode correction state.
- (3) Press and release button **A** to reset seconds to 0 and restart.
 - When the seconds show from 30 thru 59, the minute display is increased by 1.

- (4) Each time button **B** is pressed, the part of the display which flashes changes from Seconds ➔ Minutes ➔ Hours ➔ 12H/24H ➔ Month ➔ Date ➔ Year. Select the one you want to change.
- (5) Press button **A** to correct the flashing figures.
 - You can adjust quickly by holding button **A** down.
 - Each time you press button **A** when 12H/24H is shown, the display changes.
- (6) Press button **M** to finalize setting.

- The year can be set from 1996 - 2099.
- When 12H is displayed, be careful whether the time is morning (A) or afternoon (P).
- If the watch is left alone for 3 minutes in the correction state with the display flashing, that correction state is automatically cancelled and the watch returns to the normal Time/Calendar Mode.
- If you press button **M** in the correction state with the display flashing, the watch returns to the normal Time/Calendar Mode.
- The calendar is an auto-calendar which automatically changes from the last day of one month to the 1st day of the next month.

E. HOW TO SET THE ANALOG TIME



Time adjusting position

[Setting the analog time]

- (1) Loosen the screw of the crown and pull it out so that the second hand stops in the "0" position.
- (2) Turn the crown to set the time.
- (3) When the seconds on the digital time display read "0", push the crown in to start the hands.
- (4) After setting the time, always lock the crown.

Screw Lock Crown

- When operating the crown, loosen the crown's screw first.
- Return the crown to its normal position after operation, and always lock it.
- Do not operate any button when the crown is pulled out.
- Do not operate the crown when there are drops of water on the watch or when it is underwater. Water can get inside the watch and result in malfunction and damage.

F. HOW TO USE THE ALARM

Once the alarm has been set, it will sound every day at the set time for 15 seconds. However, it will not sound in Diving Modes. The alarm sound can be stopped by pressing any button.

"Alarm Set Time" or "OFF"



< Setting the alarm time >

- (1) Press button **M** to set the Alarm Mode.
- (2) If you press button **B** for 2 seconds or more, the hour display flashes on and off and the watch is in the alarm time adjustment state.
- (3) Press button **A** to adjust the hour display. (The flashing figures can be adjusted.)
- (4) If you press button **B**, the figures which are flashing change to the minute display.
- (5) Press button **A** to adjust the minute display. Keep the button **A** pressed down to adjust quickly.
- (6) Press button **B** or button **M** to return to the normal display. Alarm time setting is now completed.

< Alarm ON/OFF >

Switch the alarm on or off by pressing button (A).

- Alarm ON ... The alarm set time and the alarm ON mark ((••)) appear on the digital display.
- Alarm OFF ... OFF appears on the digital display.

< Alarm monitor >

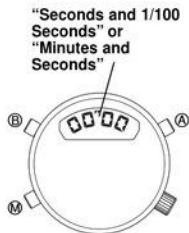
When the alarm display is normal, press button (A) to check the alarm sound.

- * If the watch is left alone for about 3 minutes in the alarm time correction state (flashing display), the alarm time correction state is automatically cancelled and the watch returns to the alarm's normal display.
- * If the watch is left alone for about 3 minutes in the alarm's normal display, it automatically returns to the Time/Calendar Mode.

G. HOW TO USE THE CHRONOGRAPH

The chronograph can measure up to a maximum of 99 minutes 59 seconds in units of 1/100 second.

When it gets to 100 minutes, it returns to the reset display (0 seconds) and stops.

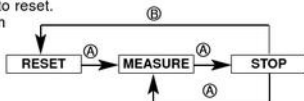


Display during measurement

- Within 1 minute ... "Seconds and 1/100 Second" are displayed.
 - 1 minute or more ... "Minutes and Seconds" are displayed during measurement.
- ... When measurement is stopped, or when the split time is shown, the display alternates every second between "Minutes and Seconds" and "1/100 Second".

< Accumulated time measurement >

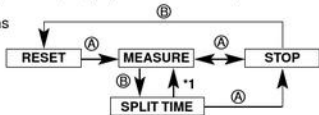
- (1) Press button (A) to start or stop.
 - (2) When stopped, press button (B) to reset.
- There is a confirmation beep upon start, stop or reset operations.



< Split time measurement >

- (1) Press button (A) to start or stop.
 - (2) Pressing button (B) during measurement displays a split time for about 10 seconds *1. (SP flashes on the display when a split time is being shown.) You can make repeated split time measurements.
 - (3) When stopped, press button (B) to reset.
- There is a confirmation beep upon start, stop, split time or reset operations.

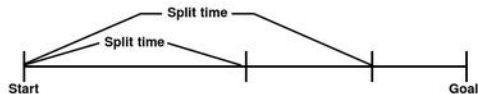
*1: The watch automatically returns to the measuring display after 10 seconds.



< Switching modes during chronograph measurement >

Measurement continues even if you press button (M) during chronograph measurement and switch to another mode. It is therefore possible to return to the chronograph again to show the continued measurement. However, if you switch to the Dive Mode of the Diving Modes, chronograph measurement is cancelled and the watch returns to the reset display.

Split time: The time elapsed from the start.



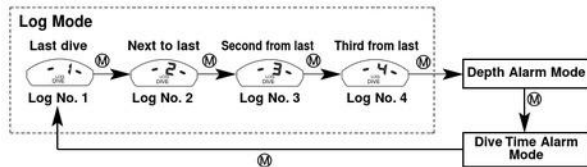
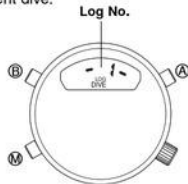
* If the watch is left for about 3 minutes in Chronograph Mode in the reset state, it automatically returns to the Time/Calendar Mode.

H. HOW TO USE THE LOG MODE

When you switch to Dive Mode and start diving, this watch automatically records the log data (log no., date, dive start time, maximum depth and dive time) for the 4 most recent dives. You can recall this log data after the dive.

< Switching the Log No. >

- (1) In any of the Time Modes, press button **M** for 2 seconds or more to set the Log Mode.
- (2) Each time button **M** is pressed, you can recall the log data of the last 4 dives in reverse order starting from the most recent dive.
 - If you press button **M** again when Log No. 4 is displayed, the watch will change to Depth Alarm Mode.



< Recalling log data >

Each time you press button **A** when the log no. is displayed, the following log data appears in this order.



- If there is no log data recorded, "----" appears on the Log No. display when you press button (A).
- When the abnormal depth alarm ("ER" is displayed) is activated during a dive, the maximum depth data flashes on the display.
- If something goes wrong with the pressure sensor, "Log No." and "ER" are alternately displayed when you recall the log data.
- When you start a new dive, the log data of the oldest of the 4 dives recorded is automatically erased. You should record any data you may need in a log book before it is erased.
- If the watch is left for about 1 hour in Log Mode, it automatically returns to the Time Modes.

< Explanation of log data terms >

- | | |
|---------------------|---|
| 1. Log No.: | The number which shows the sequence in which log data was taken.
The most recent log data is No. 1, and the log no. of the oldest dive is No. 4. |
| 2. Dive Date: | The date the dive took place. |
| 3. Dive Start Time: | The time at which diving at a depth of 1m (4ft) or more began. |

- | | |
|-------------------|--|
| 4. Maximum Depth: | The greatest depth reached during that dive. |
| 5. Dive Time: | The total time spent at a depth of 1m (4ft) or more during that dive.
If you come up to a depth within 1m (4ft) but dive back down to a depth of 1m (4ft) or more within 10 minutes, the dive time is continued from the moment it stopped. <ul style="list-style-type: none"> • The measurement displayed is up to a maximum of 399 minutes. (Measurement is displayed in units of 1 second up to 99 minutes 59 seconds, then in units of 1 minute). It then starts over again from 0 seconds. * If you dive at a depth within 1m (4ft) for more than 10 minutes and then dive back down to a depth of 1m (4ft) or more, the watch will consider this as a second dive and record the log data of two separate dives. |

< Cancelling log data - when you want to cancel all recorded log data >

- If you press button (B) for 2 seconds or more while pressing button (A), all log data (of 4 dives) is cancelled. There is a confirmation beep when this happens.
- * You cannot cancel data items separately.



I. HOW TO USE THE DEPTH/DIVING TIME ALARM

There are the following 2 alarm functions in this watch's Diving Modes.

① Depth alarm function:

- Set range: 1m-80m/5ft-260ft (1m/5ft units)
- The alarm sounds for 15 seconds when you reach the set depth while diving.
After the alarm sounds once, if you continue diving deeper than the set depth then the alarm repeatedly sounds for 15 seconds every 1 minute.
If you return to a shallower point than the set depth, the alarm stops.

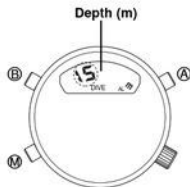
② Diving time alarm function:

- Set range: 5-310 minutes (5 minute units)
- The alarm sounds for 30 seconds when you exceed the set time after the dive starts.
- This alarm only sounds once.

☆ You can stop both the depth alarm and the diving time alarm by pressing button (A).

- * In addition, this watch has an ascending speed warning function which alarm sounds for 10 seconds to warn you if the ascending speed exceeds 1.5m (5ft) in 10 seconds.
- * Be careful when using the various kinds of alarms because their sound might be difficult to hear depending on the surrounding circumstances (such as the sound of bubbles) or the way the watch is carried.

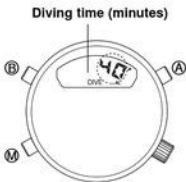
1. HOW TO SET THE DEPTH ALARM



- (1) Press button (M) to switch to the Depth Alarm Mode. The depth display flashes on and off.
 - (2) Press button (A) to display the depth at which you want the alarm to sound. Depth alarm setting is now completed. Each time you press button (A), you can adjust the depth in increments of +1m (5ft) from 1 → 2 → 3 ... 79 → 80 → -- → 1 ... (5 → 10 → 15 ... 255 → 260 → ... 5)
You can adjust quickly by keeping button (A) pressed down.
- * Display "--" for the depth alarm not to sound.

2. HOW TO SET THE DIVING TIME ALARM

- (1) Press button **(M)** to switch to the Diving Time Alarm Mode.
The diving time display flashes on and off.
- (2) Press button **(A)** to display the time when you want the alarm to sound. The diving time alarm setting is now completed.
Each time you press button **(A)**, you can adjust the diving time in increments of 5 minutes from 5
➡ 10 ... 305 ➡ 310 ➡ .. ➡ 5 ...
You can adjust quickly by keeping button **(A)** pressed down.
* Display "--" for the diving time alarm not to sound.



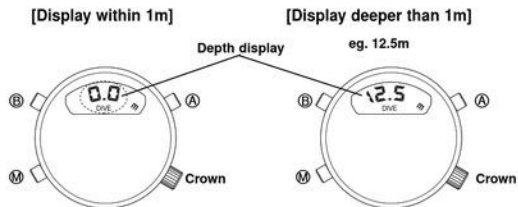
[Diving alarm monitor]

In Depth Alarm Mode or Diving Time Alarm Mode, if you keep button **(B)** pressed down while pressing button **(A)**, you can make the different alarms sound repeatedly for 4 seconds each in this sequence: depth alarm ➡ diving time alarm ➡ ascending speed warning alarm.

J. HOW TO USE THE DIVE MODE

Pressing button **(B)** when in any of the Diving Modes (Log Mode, Depth Alarm Mode and Diving Time Mode) switches the watch to Dive Mode.
If you switch to this mode before diving, the depth measurement is always displayed during the dive. You can also check the diving time and the maximum depth by button operation during the dive.

The surrounding pressure when this watch is switched from Time Modes to Diving Modes is set to 0m (0ft) as the depth measurement standard. Therefore, if there is an extreme change in atmospheric pressure after selecting Diving Modes and before actually diving, the display may be different from the actual depth. In order to carry out correct depth measurement, switch to Diving Modes just before diving.



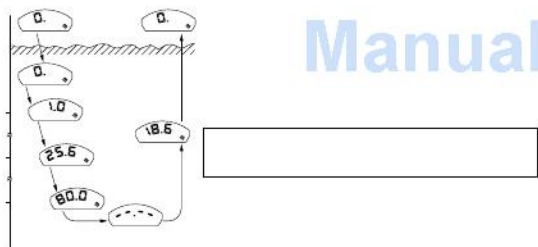
< Dive Mode end >

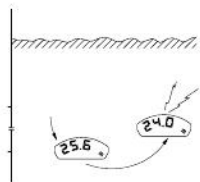
- When the depth display is 0.0m/0ft (within 1m/4ft), pressing button **B** for 2 seconds or more switches the watch to Log Mode.
- When the depth display is 0.0m/0ft (within 1m/4ft), pressing button **M** for 2 seconds or more switches the watch to Time Modes.
- If the watch is left for about 1 hour with the depth display at 0.0m/0ft (within 1m/4ft), it automatically switches to Log Mode.

☆ If you press button **A** while diving, the diving time is displayed for 2-3 seconds. If you press button **A** again while the diving time is displayed, the maximum depth is displayed for 2-3 seconds.

* Never operate the crown or any push button except button **A** during a dive. This will impair the water-resistance of the watch.

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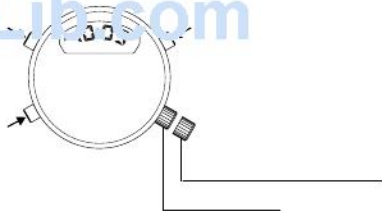


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N. BATTERY

① Battery life

The life of the battery is about 2 years after installation.

< Approximate conditions of use >

Time alarms: 15 seconds/day

No. of dives: 50 dives/year (time of 1 dive: 1 hour)

- Depth alarm ... 45 seconds/dive
- Diving time alarm ... 30 seconds/dive

The life of the battery may be shorter depending on how much the alarms, chronograph, etc. are used and depending on the number of dives and the time of each dive.

② The first battery

The battery already installed in the watch when you purchase it is a monitor battery for looking at the functions and performance.
This battery might run out within 2 years of purchase.

③ Battery replacement

- (1) All battery replacement comes under Citizen Service Center repairs, so request it at the place of purchase or send directly to a Citizen Service Center.
- (2) Checks such as a water-resistance inspection and any necessary packing replacement are carried out during battery replacement.
- (3) All the log memo, from the maximum depth memo onwards, is erased by battery replacement, so record it beforehand in a logbook.
- (4) If a battery that has reached the end of its life is left in the watch, it will cause damage by leaking. You are advised to replace the battery immediately.
- (5) If you use the watch abroad for a long time, you may not be able to receive after-sales service, depending on the location, so you are advised to replace the battery before you leave.
- (6) You are charged for battery replacement and the accompanying inspection and parts replacement even within the warranty period.

O. OTHER FUNCTIONS

1. REGISTER RING

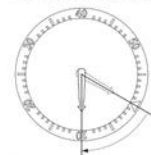
The register ring means the rotating bezel fitted around the watch body.

- This is used when measuring elapsed time or time remaining.

< Using the register ring >

Before starting a dive, rotate the register ring to the left so that the ∇ mark is lined up with the minute hand. You can know the elapsed time from that point by reading what the minute hand indicates on the scale on the register ring.

Example: In the diagram on the left, the register ring indicates that 10 minutes have elapsed from the start of the dive (from the ∇ mark position).



Time elapsed: 10 minutes

⚠ CAUTION

- The register ring can only be rotated in a counterclockwise direction in order to prevent operation error. Trying to force the register ring to rotate in a clockwise direction will damage it.
- When you use the register ring, allow some leeway in the set time and always use it as an approximate guide.

2. NO DECOMPRESSION LIMITS

The range of time when it is unnecessary to stop to decompress while surfacing from a dive is determined by the depth and time of the dive. These values are referred to as "No Decompression Limits." Use these as estimates when diving.

No Decompression Limits, based on the U.S. Navy Diving Manual (1993), are printed on the band of this watch. (Some models may not have this chart.)

<Reading the chart>

DEPTH. m	-	N.D. TIME
12 m (40ft)	--	200 Min.
15 m (50ft)	--	100 Min.
18 m (60ft)	--	60 Min.
21 m (70ft)	--	50 Min.
24 m (80ft)	--	40 Min.
27 m (90ft)	--	30 Min.
30 m (100ft)	--	25 Min.
33 m (110ft)	--	20 Min.
36 m (120ft)	--	15 Min.
39 m (130ft)	--	10 Min.
42 m (140ft)	--	10 Min.
45 m (150ft)	---	5 Min.

No Decompression Limits

A graphic of a watch band with a "No Decompression Limits" chart. The chart is a small table with two columns: "DEPTH. m" and "N.D. TIME". The data is as follows:

DEPTH. m	N.D. TIME
12	200 30 25
15	100 33 20
18	60 36 15
21	50 39 10
24	40 42 10
27	30 45 5

Caution: The no decompression limit is different depending on body condition or personal differences. Please use the no decompression limits on this watch as a guideline.

When a dive requires no decompression limits, make sure you follow a specialized divers manual.

Example: If the diver is at 21m (70ft.) for 50 minutes or less, then it is OK to surface without stopping to decompress.

* This No Decompression Limits table is for 1 dive.



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