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B. Name of parts

Name		Time/Calendar Mode	Alarm Mode	Chronograph Mode
①: Digital display (I)		Hours, Minutes, A/P	Hours, Minutes, A/P	Hours, Minutes
②: Digital display (II)		Date, Day/Seconds or thermometer	ON/OFF	Seconds, 1/100 seconds
③: Operation guide for button (A)		▷ CA	SET	STA
④: Operation guide for button (B)		▷ SEL	▷ SEL	—
⑤: Mode mark display		TME	ALM	CHR
⑥: Hour hand		Always displays hours		
⑦: Minute hand		Always displays minutes		
⑧: Second hand		Always displays seconds		
⑨: Crown		Used to set analog time		
A: Button (A)	Press once	Switch to Second/Date, Day	Switch to ON/OFF	Switch to Start/Stop
	Depress 2 second or more	Thermometer measurement	Alarm monitoring	—
B: Button (B)	Press once	—	—	Split time display/Reset
	Depress 2 second or more	To time setting mode	To Alarm correcting mode	—
M: Button (M)	Press once	To Alarm Mode	To Chronograph Mode	To Log Mode
	Depress 2 second or more	The dive ready state is entered.	The dive ready state is entered.	The dive ready state is entered.

⑩: Pressure sensor
Senses water pressure to measure the corresponding depth.

⑪: Water sensor
Whenever this sensor senses traces of water, the watch automatically enters the diving mode with [Ready display].

* In addition, the watch contains the temperature sensor as an internal device.

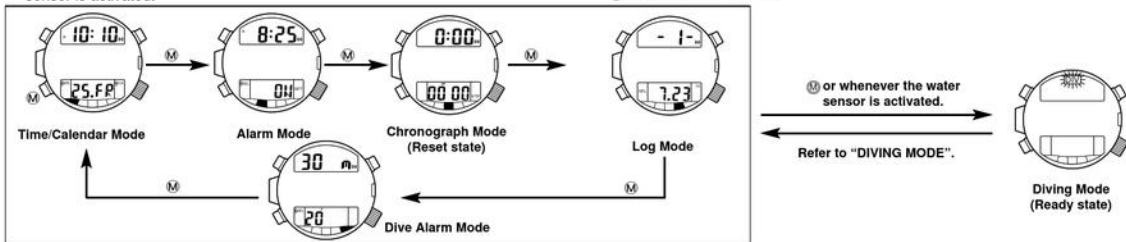
C. SWITCHING MODES

From any mode shown in the box below:

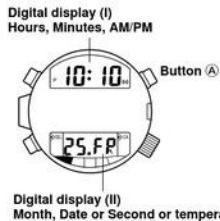
1. the watch can be made to enter the diving mode (Ready state) by pressing button M for 2 seconds or more.
2. the watch will enter the diving mode (Ready state) whenever the water sensor is activated.

Each time button M is pressed, the display is changed to another mode as shown below.

- Press once
- Press 2 seconds or more



D. TIME/CALENDAR MODE



Switching in the digital display (II)

1. Press button (A) and select month/date or seconds.
2. Press button (A) two seconds or more, temperature measurement will be displayed.

Temperature measurements are taken and displayed every 10 seconds for 3 minutes.

- * The temperature measurement range is from -5°C to $+40^{\circ}\text{C}$ (23°F to 104°F). If the watch is worn on the wrist during temperature measurement, the body temperature affects the measurement. For accurate temperature measurement, take the watch off and leave it in the measuring environment for a while.

When manipulating the crown...

About the screw lock

1. Always return the crown to its original position and lock it when finished setting the watch.
2. Do not press any of the buttons while the crown is pulled out.
3. Do not pull out or turn the crown when it is wet.
Doing so may allow water to seep inside the watch and cause a malfunction.

Screw locked position



Freed from the screw locked position



Setting the Time and Calendar

a. Always perform the Digital setting first, then the Analog setting.



a. Digital setting

Setting the Time and Calendar

1. While in the time mode, press button (B) for two seconds or more, seconds will flash, and switch to correcting state.
2. While seconds flash, press button (A) to reset the seconds to "00" then seconds start again.

3. When in the seconds correcting state (seconds flash), press button (B), the flashing digits will change in the order of seconds → minutes → hour → month → date → year → 12/24 hour system. Select the digit to correct.
4. Correct the flashing digit by pressing button (A)
(Press and hold down button (A) to quick advance the flashing digit.)

- * Press button (A), the 12 hour/24 hour will switch alternately.
- * If the watch is left in any correcting state for 3 minutes or more without changing the digits, the correcting mode is reset and the watch will automatically return to normal time display mode.
- * Pressing button (M) while in the time correcting state, will return the watch to normal display mode. (Manual return)
- * Due to the autocalendar, no correction at the end of the month is required.

b. Analog setting

Setting the Analog Time

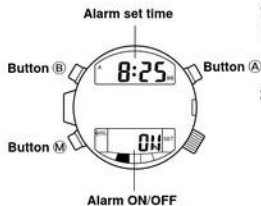
1. Unscrew the crown and pull it out to stop the second hand at "0" position.
2. Turn the crown and position the hour and minute hands 1 minute in advance of the digital time.
3. Press the crown into place when the seconds display of digital time has just come to 0 to start the second hand.

E. ALARM MODE

- When the alarm indicator is ON, the alarm will sound for 15 seconds at the alarm set time, once a day.

<Note>

The alarm is disabled during the diving mode, so take care.



Setting the alarm

1. While in the alarm mode, press button (B) for two seconds or more, hour will flash and alarm will indicate ON automatically.
2. While hour flashes, press button (A) to set the hours.

3. Press button (B), the flashing digit will change in this order: hour → minutes.
4. Press button (A) to set the minutes.
 - * Press and hold down button (A) to quick advance the flashing digit.
5. Press button (B) or (M) to finalize setting.
 - Alarm 12 hours/24 hours is set in synchronized with the time/calendar mode.

Alarm ON/OFF

Switch the alarm ON/OFF by pressing button (A).

Alarm monitoring

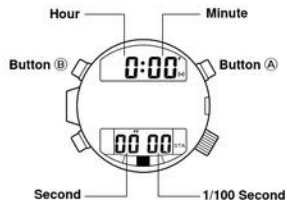
In the alarm mode, while pressing button (A) 2 seconds or more, the alarm monitor will sound.

<Auto-return system>

If the watch is kept in the alarm mode for 3 minutes or more, it is automatically switched to the time/calendar mode.

F. CHRONOGRAPH MODE

- The chronograph can measure up to 24 hours in 1/100 seconds.
- The chronograph display automatically returns to 00 and stops.

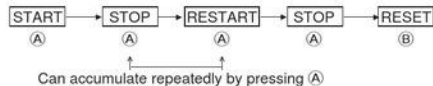


Using the chronograph

<Standard measurement>



<Accumulated elapsed time measurement>

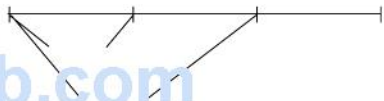


<Split time measurement>



- *2 When the same button (B) is pressed again during the display of a split time, the next split time is displayed.

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G. LOG MODE

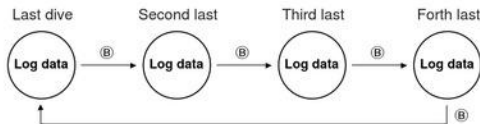
By pressing button **M**, change the mode from chronograph to log mode.

The dive log data can be retained in the watch, counting the last 4 dives.



- To recall the log data for the last 4 dives, press button **B**. Each time button **B** is pressed, the log data is displayed in the order going back from the latest one.

- If the watch is left in the log mode with any data being displayed for 3 minutes or more, it is automatically switched to the time/calendar mode (auto-return).

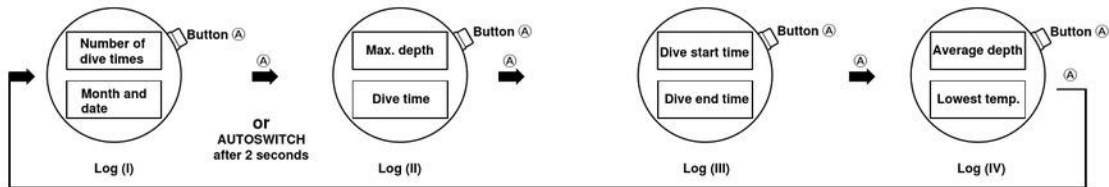


- * When you begin a dive, the oldest log data (Forth last log data) is erased automatically. It is recommended to record the data on a log book, etc.

Changing the Log Display

Every dive makes the watch memorize the following 8 types of log data automatically, which can be recalled in the order of (I), (II), (III) and (IV) as shown below.

- When the watch is switched from the chronograph mode to the log mode by pressing button (M), log (I) is displayed.



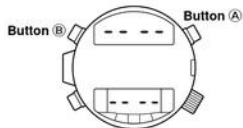
- Each time button (A) is pressed, the log display is changed to the next in the order of (I), (II), (III) and (IV).

On rare occasions, even if the water sensor senses traces of water and the watch is switched to the dive mode (dive ready state), however, log (I) display may fail to change to log (II) display automatically. In case this happens, press button (A) to change the display.

- Only when log (I) is displayed, the display is automatically changed to log (II) after 2 seconds without pressing button (A).

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To delete all log data;



Depress button (A) and button (B) together for 2 seconds or more and all log data will be deleted.

In case the depth indication flashes;

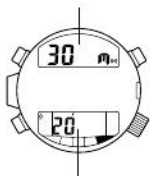


This signifies that the log data is faulty.

In case ER (error) is shown;

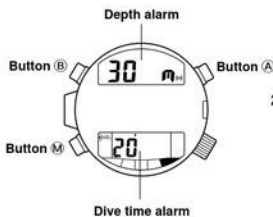


This signifies that the log data is faulty.



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Setting the depth alarm/dive time alarm



- 1) Press button **(B)** for 2 seconds or more to switch to the DIVE ALARM correcting mode (the preset depth value starts flashing). At this time, the digital display (II) changes from the dive time alarm display to the display for the number of times the alarm will be activated.
- 2) Set a diving depth at which you want the alarm to sound by pressing button **(A)**. Each time button **(A)** is pressed, the depth setting becomes deeper by 1 m (94 ft). A maximum setting is 80 m (260 ft). With the maximum exceeded, the setting is returned to 1 m (4 ft).
 - * Rapid advance of settings is made by pressing and holding down the button **(A)**.

- 3) Press button **(B)** to switch to the number of times of alarm occurrences correcting mode (the preset number of times starts flashing).
- 4) Change and set the number of times of alarm occurrences by pressing button **(A)**.
The display for the alarm frequency is changed and cycled in the following order: ON → OFF → 1 → 2 → 3 → 4 → 5.
ON: The depth alarm will beep every minute when the diving depth is deeper than the set depth.
OFF: Depth alarm is disabled.
- 5) Press button **(B)** to switch the dive time alarm display to the correcting mode (the preset value for the dive time alarm starts flashing).
- 6) Change and set the dive time alarm time by pressing button **(A)**.
The display for dive time alarm is changed and cycled in the following order: — — → 05 → 10 → 15 → 95 → — —.
* With the display of "— —", the dive time alarm is disabled.
- 7) Press button **(B)** or **(M)** to finish the setting procedure.

Dive Alarm Monitor

By keeping button **(A)** depressed, repetitive alarm monitoring at 4 second intervals can be performed in the following order: depth alarm → dive time alarm → rapid ascent warning alarm.

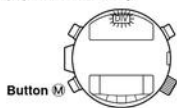
I. DIVING MODE

When in any other mode, the watch will enter the diving mode with the display changing to [Ready display] by pressing button **M** for 2 seconds or more. If [Ready display] put in this way is allowed to stand for about 60 minutes, the display automatically returns to the preceding mode.

One of the following three displays is shown in the diving mode.

[Ready display]

- DIV mark flashes.
- Display before mode change



When button **M** is pressed for 2 seconds or more, the watch returns to the time/calendar mode.

1. When a depth of 1 m (4 ft) is reached after you begin diving with the watch displaying [Ready display], the display will automatically change to [Depth Measurement Readings].
2. When the diving depth becomes less than 1 m (4 ft), the display will automatically change to [0 m (0 ft) Reading after Depth Measurement].

[Depth Measurement Readings]

- DIV mark flashes.
- Diving depth is indicated.



• Diving time is displayed. While button **A** is pressed, the maximum depth and water temperature are indicated.

Additional feature

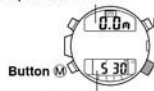
<Water Sensing Function>

This watch is provided with a water sensor. Whenever this sensor senses traces of water in any other mode display, the watch automatically enters the diving mode with [Ready display].

- * During the chronograph measurement, however, the mode change is disabled. When the moisture is removed, the watch is released from the [Ready display] state.

[0 m Reading after Depth Measurement]

- DIV mark turns on
- A depth of 0.0 m flashes.

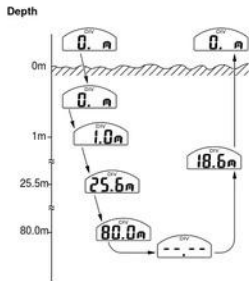


Time/Calendar Mode

- Diving time is displayed. While button **A** is pressed, the maximum depth and minimum temperature reached in this dive are indicated.
 - 3. If button **M** is pressed for 2 seconds or longer with the display of [0 m (0 ft) Reading after Depth Measurement], then the watch returns to the time/calendar mode.
 - * If the display of [0 m (0 ft) Reading after Depth Measurement] is allowed to stand for 10 minutes or longer, the watch automatically enters the time/calendar mode.
- If the diver dives again deeper than 1 m (4 ft) within 10 minutes, the dive time counting resumes.

Depth Measurement Readings

Depth measurement



1. Depth Measurement

The diving depth is measured every second, and the reading of the depth is displayed on the watch.

Units of depth measurement: 0.1 m (1 ft)

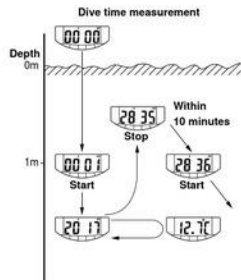
Range of measurement: 1.0m to 80.0 m (4 ft to 260 ft)

When diving depth is less than 1 m (4 ft): the display will be 00.0 m (000 ft).

When diving depth exceeds 80 m/260 ft: display will be --- m (--- ft).

In case the ER (Error) displayed depth reading flashes;

This means that the depth measurement is faulty.



2. Dive Time Measurement

When the diving depth reaches to 1.0 m (4 ft), the dive time measurement will start. It stops when the depth becomes less than 1.0 m (4 ft).

If the diving depth becomes deeper than 1.0 m (4 ft) within 10 minutes after the end of the dive time, the measurement is stopped and the accumulative time is recorded successively.

3. Water Temperature Measurement

Water temperature measurement starts 1 minute after a depth of 1.0 m (4 ft) is measured and displayed. Subsequently, temperatures will be measured every minute.

Units of water temperature measurement: 0.1 °C (1 °F)

Range of measurement: -5.0°C to +40°C (23 °F-104 °F)

Before temperature measurement and out of the measurement range: the display will be --- °C (--- °F)

While button (A) stays depressed during the display of the diving time, the display shows water temperature readings, not the diving time.

J. Precautions for Diving Mode Use

Making accurate depth readings

1. Switch the watch to the Diving Mode shortly before diving.
In case the watch, though being used on land, is out in the diving mode because the water sensor senses moisture such as sweat, make the watch released from the diving mode by wiping off the moisture, then switch it to the diving mode again.
2. Avoid too rapid descent and ascent when diving. In case the diver rapidly ascends at a rate of 1.5 meters (5 ft) or more per 10 seconds, the ascending speed alarm beeps for more than 10 seconds and the display of depth readings becomes flashing, not allowing proper measurement. When the diver rapidly descends or ascends at a rate of 4 meters (15 ft) or more per second, the display indicate ER (Error).

High altitude & Freshwater diving

When the Diving Mode is activated, the depth is calibrated at 0 meter.

However, an accurate measurement is not possible at altitudes over 4,000 meters (13,124 ft). Do not use this watch when diving in such places. Further, this watch displays changes in depth based on a standard of seawater (density 1.025).

Depths indicated in fresh water will actually be about 2.5% over indicated.

Be sure to complete appropriate safety training before diving in fresh water or at high altitudes.

(Example) 20 meters in fresh water (indicated depth) X 1.025 = 20.5 meters (actual depth)

Before diving

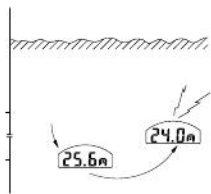
1. Make sure that the crown is pushed all the way in and locked in place.
2. Make sure that there are no cracks or other damage to the watch band or the glass face. Damage to the band may result in the band breaking and loss of the watch.
3. Make sure that the band is firmly anchored to the watch body.
4. Make sure that the register ring rotates properly.
5. Make sure that the time and date are correctly set.
6. Make sure that the second hand is moving correctly.
* If the second hand is moving in 2-second increments, then the battery is low. In this case, do not use for diving. Request battery replacement at the place of purchase or by contacting a Citizen Service Center directly.

During diving

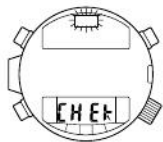
1. Never operate the buttons other than button (A) during a dive. Doing so may cause a fault such as poor water resistance.
2. The time alarm is set to OFF during a dive, so take care.
3. The dive alarm or ascending alarm may be hard to hear in water, depending on the surroundings (such as the sound of air bubbles) and the watch wearing conditions, so take care in using the alarm.
4. Be careful not to hit the watch against solid matter such as equipment or rocks.

After diving

1. After making sure that the crown is locked in place, wash the watch free of seawater, mud and sand using fresh water. Wipe completely with a dry cloth.
2. Do not attempt to remove the sensor cover or remove any dirt or debris clogging the sensor portion of the watch, using a sharp instrument. Rather flush out such debris using fresh water. If this fails, please consult a Citizen Service Center.
3. For general repairs and maintenance please refer to "Care for long term use" on pages 54-59.



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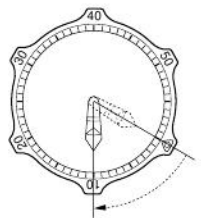


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