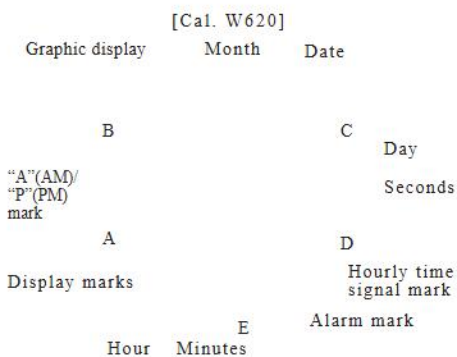
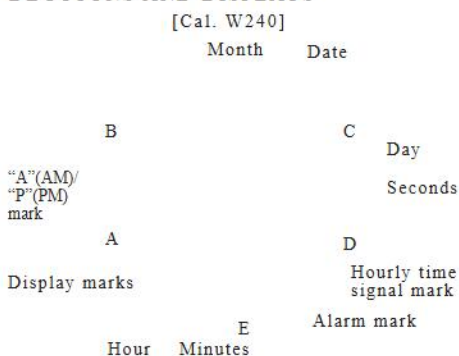


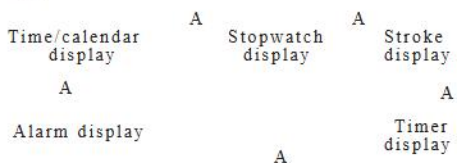
**CHARACTERISTICS**

- Time/calendar display:**
  - Hour, minutes, seconds, month, date and day of the week.
  - Fully automatic calendar: Calendar adjusts automatically for odd and even months including February of leap years from the year 1994 up to the end of 2043.
  - Time indication: Changeover between 12- and 24-hour indications is possible.
- Stopwatch:** Measures up to 10 hours with 1/100-second readout.
  - 8 lap memory: Up to 8 lap times can be stored in memory.
- Stroke function:**
  - The stroke per minute, for example pulse rate, can be calculated and displayed.
- Countdown timer:**
  - Preset timer: Nine different lengths of time (3, 5, 10, 15, 20, 30, 35, 40 and 45 minutes) have been preset for the timer.
  - Adjustable timer: Up to 9 hours and 59 minutes can be set in minutes.
  - Auto repeat function: After the set time is up, the timer counts down the set time again as many times as necessary.
- Daily alarm:** The alarm can be set to ring on a 24-hour basis. At a designated time, the display is illuminated as the alarm rings.
  - Hourly time signal: Can be set to ring every hour on the hour with a single beep.
- Illuminating light:** The light evenly illuminates the display in the dark.

**BUTTONS AND DISPLAYS**



The selection of the display can be made in the following order with each depression of button "A".

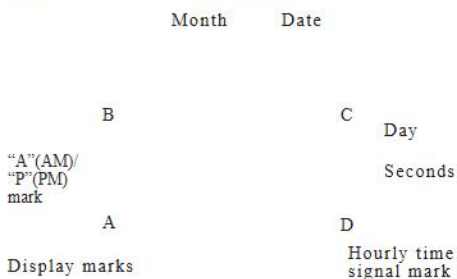


\* If the stopwatch is not reset to "00" and button "A" is depressed to change the mode from the stopwatch, the timer display will appear, skipping the stroke display.

\* When the display is changed by depressing button "A", a confirmation sound beeps.

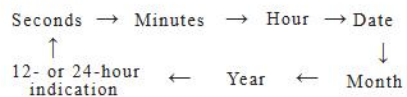
\* A flashing display mark indicates that the corresponding function is in use.

**HOW TO SET THE TIME/CALENDAR**



- Depress button "A" to show the time/calendar display.
- Depress 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 depressing button "C".



- Depress button "D" to set the flashing digits. One digit is advanced with each depression of button "D". Digits except seconds move quickly by keeping button "D" depressed.
- After all the adjustments are completed, depress button "B" to return to the time/calendar display.

**Seconds setting**

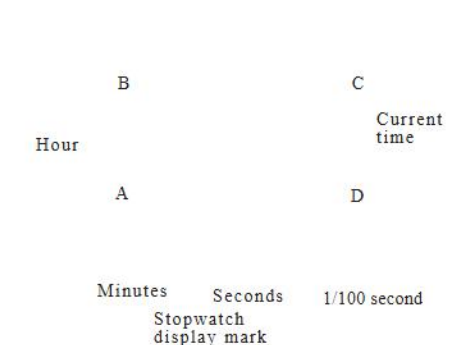
Depress button "D" in accordance with a time signal. The seconds are reset to "00" and start immediately. When the seconds count any number from "30" to "59" and button "D" is depressed, one minute is added and the seconds are reset to "00".

**Notes:**

- When setting the hour digits in the 12-hour indication, check that "A"(AM)/"P"(PM) mark is properly set. In the 24-hour indication, there is no indication.
- 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 display in 2 to 3 minutes.

**HOW TO USE THE STOPWATCH**

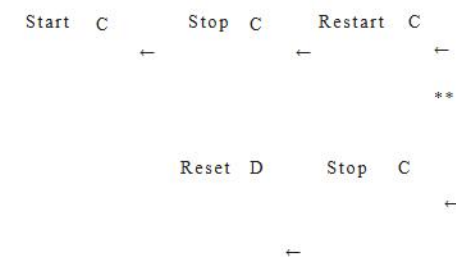
- The stopwatch can measure up to 9 hours, 59 minutes, 59 seconds and 99 in 1/100 seconds.
  - Even if the stopwatch display is changed to another while the measurement is in progress, it continues counting properly. After the stopwatch is used, however, be sure to reset it as the battery energy is consumed enormously to shorten the battery life.
  - While the stopwatch is measuring, the graphic display turns on and off repeatedly.



**Stopwatch operation**

Depress button "A" to show the stopwatch display.

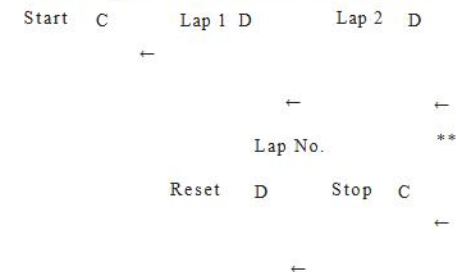
**Accumulated elapsed time measurement**



\*\* Accumulate repeatedly by depressing button "C".

**Lap time measurement**

\* "Lap time" refers to an elapsed time required to cover a given section of the whole distance.



\* Lap time measured and lap number remain displayed for 10 seconds, and then the measurement in progress and the current time appear.

\* After the measurement is stopped by depressing button "C", the current time and total time will be displayed in the upper and lower rows, respectively, in 10 seconds.

\*\* Can repeat by depressing button "D".

**Notes:**

- The lap number counts up to "99". After "99", the number is displayed in two digits such as "00" for 100, "01" for 101, and so on.
- Up to 8 lap times can be stored in memory. If more than 8 lap times are measured, the measurements over 8 will not be stored in memory.



- After all the adjustments are completed, depress button "B" to return to the alarm display.

The alarm mark and "on" mark are automatically displayed.

**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 "A"(AM)/"P"(PM) mark is properly set. In the 24-hour indication, there is no indication.
- If the watch is left untouched in the alarm setting display with the digits flashing, it will automatically return to the alarm display in 2 to 3 minutes.

**Engagement/disengagement of the alarm**

- With each depression of button "C" in the alarm display, the alarm is engaged and disengaged alternately.

Alarm engaged

Alarm disengaged

- At the designated time, the alarm rings and the display is illuminated alternately for 20 seconds and stop. To stop it manually, depress button "A", "B", "C", "D" or "E".

**Turning on/off of the hourly time signal and confirmation sound; and alarm test**

- With each depression of button "C" in the time/calendar display, the hourly time signal and confirmation sound for the button operation are turned on and off alternately.

Hourly time signal and confirmation sound turned on

Hourly time signal and confirmation sound turned off

- The alarm can be tested by keeping buttons "C" and "D" depressed in the time/calendar display.  
\* After the alarm sound is tested, be sure to check turning on/off of the hourly time signal and confirmation sound, as they are turned on and off alternately by depressing button "C".

**NOTE ON UNUSUAL DISPLAY**

While in the time/calendar setting display, the display as shown below will appear if both buttons "C" and "D" are depressed at the same time. This is not a malfunction. Depress button "A", "B", "C", "D" or "E" to return to the time/calendar display, and then set the time/calendar again.

[All the segments lighting up]

**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.

**LORUS LITE**

When button "E" is depressed and released in the time/calendar, stopwatch, stroke, timer or alarm display, the electroluminescent light evenly illuminates the display for 3 seconds for easy viewing in the dark.

**Notes:**

- LORUS LITE watches work with one battery. When the electroluminescent 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 electroluminescent light is used continuously for a long time, the battery life may be less than the specified period.

**BATTERY CHANGE**

The miniature lithium battery Matsushita CR1620 (for Cal. W240)/SEIKO CR2025, SONY CR2025 or Matsushita CR2025 (for Cal. W620), 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.

**Notes:**

- If the stopwatch and timer are used simultaneously for more than 10 hours a day, the alarm for more than 10 seconds (for Cal. W240)/20 seconds (for Cal. W620) a day, the illuminating light more than 2 times (for Cal. W240)/3 times (for Cal. W620) a day and/or the confirmation sound more than 50 times a day, the battery life may be less than the specified period.
- After the battery is replaced with a new one, be sure to depress buttons "A", "B", "C" and "D" at the same time for 2 to 3 seconds. The display becomes blank, and when the buttons are released, the time/calendar of "A 12:00:00 SA 1-1" is displayed. Then, set the desired time/calendar and alarm time. (See "HOW TO SET THE TIME/CALENDAR" and "HOW TO SET THE ALARM".)

**CARE OF YOUR LORUS WATCH**

**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**

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.