Regular Analog Setting Instructions

Note: Your model may not feature a second hand or day/day-date feature

Caution

Before using the watch, READ this instruction manual carefully for safe and correct use. After reading this manual, keep it properly for your future reference.

SAFETY PRECAUTIONS (Please observe at all times)

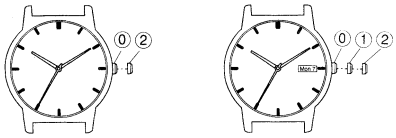
In order to prevent injury to yourself or other persons and damage to property, this manual describes the instructions that you should strictly follow as follows.

■ Injuries and damages which might be caused by using the watch improperly, neglecting any of the instructions or precautions in this manual are classified with the following symbols.

Warning	Can cause serious injury or death
Caution	Can or will cause minor or moderate injury or damage

SPECIFICATIONS

1. Quartz oscillation frequency: 32,768Hz (Hz = number of vibrations per second)
2. Converter: Step motor
3. Additional functions: Calendar quick setting function (applies to watches equipped with day as well as day and month calendar functions)
4. IC (integrated circuit): 1C/MOS-LSI
5. Accuracy: within ±◊ 15 to 20 seconds per month at normal temperature (+5°C≈+35°C))
6. Battery: One silver oxide



SETTING INSTRUCTIONS

1. Setting the Time and Date

(1) Stop the second hand in the “0 seconds” position by pulling out the crown to ② then turn crown to set watch hands to the correct time. In case of a screw lock-type crown, place in position ② after unlocking the screw.

(2) After setting watch to the correct time and returning crown to the ⓪ position, the second hand will be activated and the watch will commence to keep accurate time.
Due to the mechanical structure of the watch, the step position of the second hand is not aligned with the scale on the face. This does not have an effect on the accuracy, however.

Note:

a. To achieve optimal precision when setting the minute hand, move the minute hand four to five minutes past and then back to the desired setting.
b. For calendar-equipped watches, do not confuse AM and PM settings.
c. For watches equipped with locking screw-type crowns, do not forget to return the crown to the locked position after setting watch.

2. Setting the calendar

(1) Pull out crown to position ①
(2) Set date by turning crown to the left.
(3) Set day by turning crown to the right.
*For watches equipped with date display only, date is set by turning crown to the right.
(4) Return crown to ⓪ position.

Note:

Avoid performing the calendar quick setting operation between the below listed times:
For watches equipped with date display...9.00 PM-1:00 AM
For watches equipped with both date and day display...9:00 PM-4:30 AM
If the calendar quick setting operation is performed between these times the calendar could be incorrectly set to the date of the previous day.
After setting watch hands during these times, set time, day and date accordingly.

PRECAUTIONS ABOUT CARE AND HANDLING OF WATCHES

CITIZEN®

TEMPERATURE CARE
Avoid temperature extremes. Exposing your watch to high temperatures, such as placing it on the dashboard of a vehicle or use in a hot tub, may cause the watch to malfunction, shorten battery life or damage certain components. Leaving the watch in extreme cold temperatures may cause irregular timekeeping until the watch returns to normal operating temperature.

SHOCK-RESISTANT
The watch may be worn while playing golf or other activities, but avoid severe shocks such as dropping it on a hard surface.

MAGNETIC-RESISTANT
No problem should occur from using the watch around ordinary household electric appliances such as TV sets or stereos. Keep away from magnets.

CHEMICAL/GAS RESISTANT
Do not expose the watch to chemicals or gases for long periods.

WATCH CLEANING
Stains, waterspots and accumulated dirt on the case, crystal or band should be removed with a soft cloth to prevent damage and premature wear.

HANDLING OF WATER-RESISTANT WATCHES
Although water-resistant watches are warranted, steps should be taken to avoid damage that may result from accidents or mishandling:

- Do not operate the crown or push-button in the water or while the watch is wet. Tighten screw lock crown completely.
- Should the watch become immersed in water, dry it off right away. If the watch comes in contact with salt water, be sure to rinse it thoroughly in warm fresh water to remove any trace of salt.
- If a watch is wet from cleaning or by accident, never store it in a closed container. It should be dried immediately or taken to a watchmaker or jeweler if moisture is inside the case to prevent damage from rust.
- Vital components necessary to resist the entrance of moisture deteriorate with time and use. Gaskets, crowns and other materials should be replaced every year or two to ensure that water resistant quality remains at factory specifications.

CARE FOR METAL BRACELETS
To extend the life and maintain the good appearance of the metal watch bracelet, the following recommendations are given:

- Be aware that since the watch and bracelet is worn next to the skin, it collects dust and perspiration and becomes soiled if not cleaned regularly. This is particularly true of the inner parts of the links or mesh of the bracelet.
- Soil and rust, when present in a bracelet, are dissolved by perspiration and can cause staining of cuffs and irritation of the skin in some instances.
- Heavy perspiration should be wiped off the watch and bracelet with a soft dry cloth. The bracelet should be cleaned occasionally by using an old toothbrush and warm soapy water after which the soap is thoroughly rinsed with clear water and the bracelet dried completely. The foregoing manner of cleaning should not be done if the watch is not water-resistant but should instead be done by your jeweler.

CARE FOR STRAPS

LEATHER
- Heavy perspiration, if not removed from a leather strap, can wash out the natural oils and cause the leather to become dry and deteriorate. Any moisture should be blotted with a soft dry cloth or paper towel and the strap allowed to dry naturally.
- Salt residue and soil can be removed from the leather by cleaning with a dampened soft cloth and mild soap or saddle soap.
- Occasionally, the inside surface of the strap should be cleaned by using a soft cloth dampened with alcohol.
- The strap should always be worn a little loosely (one finger space between wrist and strap) to allow air to circulate thus causing any moisture to evaporate.

RUBBER
- Rubber straps should be washed frequently with mild soap and warm water using a soft brush.
- Thorough cleaning, using the same method, should especially be done after use in salt water.
- Solvents, oils, perspiration, tanning lotion and salt can cause rubber to deteriorate if not removed.

Marking on the Dial	Marking on the Caseback	Face washing, splashes, sweat, raindrops, etc.	Swimming	Skin diving (diving without air tanks)	Scuba diving (diving with air tanks)	Water-resistant characteristics
NONE	NONE	**NO**	**NO**	**NO**	**NO**	Non water-resistant watch and must be kept away from water.
NONE	WATER RESIST	**OK**	**NO**	**NO**	**NO**	An ordinary water-resistant watch and can withstand splashes, sweat, rain-drops and etc. for daily life use.
WR100M WR10bar WR150M	WATER RESIST	**OK**	**OK**	**OK**	**NO**	For frequent use with water. It is not specially designed for scuba diving.
WR200M	WATER RESIST	**OK**	**OK**	**OK**	**OK**	For skin and scuba diving. Usable up to the respective indicated depths.

See instruction book for further information

Water Resistance

The water-resistant quality of our timepieces is offered in varying degrees depending on the model. This ranges from non-water resistant models to those suitable for SCUBA diving. Water resistance of our timepieces is measured in BAR or Barometric Pressure. Each BAR of pressure is equal to 14.5 pounds per square inch of pressure.

Water resistance is measured when the watch is at a static, or motionless state. As the watch is moved in water, such as from the motion of swimming, pressure is added from velocity. While you may be swimming in a pool at surface level, the watch may be experiencing forces equal to that of 100 feet of water pressure (3 BAR). Diving into a pool can cause forces on the watch to exceed those pressures. As such, you should always allow a margin of safety when exposing your watch to moisture. Never "push the limit" of the degree of water resistance of your timepiece.

A primary factor to keep in mind about water resistance is that periodic maintenance is needed to maintain original factory specifications for water resistance. When a watch is new, it meets specifications for water resistance as indicated on the case back. However, as the watch ages, the gaskets that seal the watch become dry and brittle, diminishing its water resistant quality. Exposure to environments such as chlorinated pools, salt water or soaps from showering can accelerate drying of the gaskets. We recommend that the gaskets be changed at least every 18 to 24 months to maintain the water resistant quality of your timepiece. If the watch is frequently exposed to chlorinated pools, soaps salt water, etc., we recommend that the gaskets be changed on a yearly basis.

From time to time, you may notice condensation that appears then goes away after a short period of time. This is a normal occurrence and happens primarily from sudden temperature changes. When there are sudden temperature changes such as entering a cool building from the hot out of doors, or jumping into pool on a hot day the watch may fog. Conversely, if you go to the cold outdoors from a warm building, fogging may occur. As long as the fogging clears in a short period of time, there is no need for concern.

Be sure the crown is completely pushed in prior to any contact with moisture. If your model is equipped with a screw down crown, be sure it is properly seated against the case. Do not operate the crown or any push button when the watch is wet as this may allow the entrance of moisture. . If at anytime, you notice moisture in your timepiece that does not clear in a short period of time, you should send your timepiece as soon as possible to the nearest Authorized Service Center for inspection.

You can determine the level of water resistance of our watches from the markings on your case-back. Additionally, models that are water resistant to 100 or 200 meters have an indication on the dial as well. The case-backs and dials are normally marked as follows:

The case back has no indication of water resistance
This indicates the watch is a non water-resistant model and is not designed for contact with moisture at all. Caution should be exercised to avoid any contact with moisture, such as when washing your hands or from a rainstorm.

“Water Resist”
This watch is designed to withstand water from accidental splashing, such as from washing your hands or rain. Any submersion into water may result in the entrance of moisture.

“Water Resist 10BAR” or “W.R. 10BAR”, Dial marked “WR100”
This watch is designed to withstand water pressure up to 333 feet. This includes water exposure from accidental splashing and rain, but also from showering, swimming in a pool and snorkeling. Be sure to rinse the watch with fresh water after exposure to a chlorinated pool, salt water, soaps, etc. After rinsing with fresh water, be sure to dry the exterior with a soft cloth.

“Water Resist 20BAR” or “W.R. 20BAR”, Dial marked “WR200”
This watch is designed to withstand water pressure up to 666 feet. This includes all exposure to water up to and including recreational SCUBA diving. Be sure to rinse the watch with fresh water after exposure to a chlorinated pool, salt water, soaps, etc. After rinsing with fresh water, be sure to dry the exterior with a soft cloth.

Special Note about Jacuzzis and Hot Tubs
The various components used in the manufacture and assembly of your watch expand at various rates. This results in a loss of the sealing capabilities of gaskets, which may allow moisture to enter. In addition, heat from these sources can cause deformation of certain materials leading to mechanical failures. For these reasons, you should remove your watch before entering a hot tub or Jacuzzi.