Thank you for purchasing our product. Before using this watch, read this instruction manual carefully to ensure correct use.
After reading this manual, store it in a safe place for future reference.

Safety precautions (Instructions to be followed at all time)

This manual contains the following instrutions that should be strictly followed at all times to prevent injury to yourself and other persons as well as damage to property.

■ **Injuries and damages which might be caused by using the watch improperly or neglecting any of the instructions or precautions contained 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

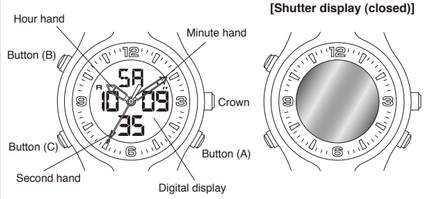
■ **Important instructions that should be followed are classified with the following symbol.**

⚠	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

■ Your Watch

This watch is a combination quartz watch equipped with a shutter function that lets you call up the digital display only when needed, and an EL (Electro-Luminescence) light function.
In addition to time and calendar functions, this watch also has alarm, chronograph and timer functions.

■ Part Names



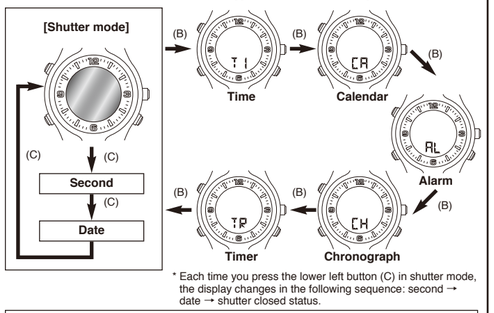
* The illustrations shown in this manual may differ from the actual watch you have purchased.

■ Turning on the EL Light

- When you press (or while continuously pressing) the lower right button (A) in time mode or calendar mode, the EL light turns on.
- When you press (or while continuously pressing) the lower right button (A) in shutter mode, the EL light turns on and the display switches to time mode.
- The EL light automatically turns on when you measure the split time or stop measurement during chronograph measurement.

■ Switching the Digital Functions (Mode)

Each time you press the upper left button (B), a confirmation tone will sound and the mode will change as follows.
When the mode switches, the mode mark will appear and the shutter will open and close.



* Each time you press the lower left button (C) in shutter mode, the display changes in the following sequence: second → date → shutter closed status.

* If there are no button operations for about 2 minutes in time mode, calendar mode or alarm mode, the watch returns to shutter mode (closed).
* If there are no button operations for about 10 minutes in chronograph mode or timer mode (except during measurement), the watch returns to shutter mode (closed).
* If there are no button operations for about 2 minutes during second or date display in shutter mode, the watch returns to the shutter closed status.

■ Setting the Time (Digital)

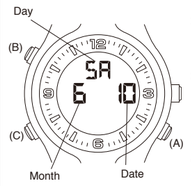
[Time normal indication]
Each time you press the lower left button (C), the display switches between date display and day display.

<Setting the Time>
1. Press the upper left button (B) to enter the time [TI] mode.
2. Press the lower left button (C) for more than 2 seconds so that the "second" indication flashes.
3. Press the lower right button (A) to set the seconds to "00".
   • When the seconds are between 30 and 59, the minutes will be advanced by one minute.
4. Each time the lower left button (C) is pressed, the flashing location changes in the following sequence: second → minute → hour → 12H/24H.
   Press the lower left button (C) so that the correction location flashes.
5. Press the lower right button (A) to correct the flashing location.
   • Each time you press the lower right button (A), the indication advances by "1". Press the lower right button (A) continuously to change the indication quickly.
   • The time mode switches between the 12-hour clock and 24-hour clock each time the lower right button (A) is pressed.
6. Press the upper left button (B) to return to the normal indication.

* When using the 12-hour clock, be sure to pay attention to a.m. A and p.m. P when correcting the time.
* If there are no button operations for about 2 minutes in the time correction status (flashing indiction), the watch returns automatically to the time normal indication.
* Press the upper left button (B) in the time correction status to return immediately to the time normal indication.

■ Setting the Calendar

[Calendar normal indication]



<Setting the Calendar>
1. Press the upper left button (B) to enter the calendar [CA] mode.
2. Press the lower left button (C) for more than 2 seconds so that the "month" indication flashes and enters the correction status.
   The flashing location can be corrected.
3. Each time the lower left button (C) is pressed in the correction status, the flashing location changes in the following sequence: month → day → year.
   Press the lower left button (C) so that the correction location flashes.
4. Press the lower right button (A) to correct the flashing location.
   (Press the lower right button (A) continuously to change the indication quickly.)
5. Press the upper left button (B) to return to the normal indication.

* If there are no button operations for about 2 minutes in the calendar correction status (flashing indication), the watch returns automatically to the calendar normal indication.
* Press the upper left button (B) in the calendar correction status to return immediately to the calendar normal indication.
* The year can be set between 2000 and 2099. (The year is displayed only during correction.)
* When the year, month and date are corrected, the day is corrected automatically.
* The calendar is a fully automatic calendar. Once set, there is no need to correct for month end, even in leap years.
* If the calendar is set to a date that does not exist, when the watch returns to the normal indication, it automatically displays the first day of the next month. (For example, February 30 becomes March 1.)

■ Using the Alarm

Once the alarm is set (ON), the alarm tone will sound for 15 seconds every day at the set time. Press any button to stop the alarm tone before 15 seconds.

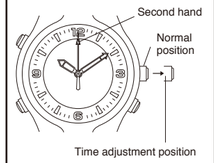
[Alarm normal (ON) indication]

<Setting the Alarm>
1. Press the upper left button (B) to enter the alarm [AL] mode.
2. Press the lower left button (C) for more than 2 seconds so that the alarm turns ON and the "hour" indication flashes.
3. Press the lower right button (A) to correct the "hour" indication.
   (Press the lower right button (A) continuously to change the indication quickly.)
4. Press the lower left button (C) so that the "minute" indication flashes.
5. Press the lower right button (A) to correct the "minute" indication.
6. Press the upper left button (B) to return to the normal indication.

* When the time mode is 12-hour clock indication, the alarm time also uses 12-hour clock indication, so be sure to pay attention to a.m. A and p.m. P when setting the alarm.
* If there are no button operations for about 2 minutes in the alarm correction status, the watch returns automatically to the alarm normal indication.
* Press the upper left button (B) in the alarm correction status to return immediately to the time normal indication.

<Alarm ON/OFF switching>
Each time you press the lower right button (A) during alarm normal indication, the alarm switches between ON and OFF.
When the alarm is ON, "◀))) " appears in the digital display in each mode.
<Sound monitor>
You can check the alarm tone by pressing the lower right button (A) in alarm mode. The alarm monitor tone sounds while the lower right button (A) is pressed.

■Setting the Time (Analog)



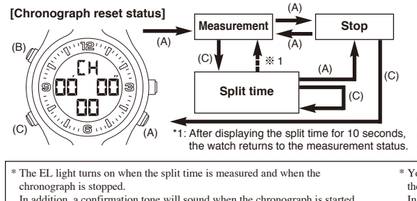
1. Pull out the crown so that the second hand stops.
2. Turn the crown to set the correct time.
3. After correcting the time, press the crown firmly back into its normal position.
   When you press in the crown, the second hand starts moving again.

* When the second hand is stopped at the 0 second position and the crown is then pressed back in when the digital time is 0 seconds, the analog time is synchronized with the digital time.

■ Using the chronograph

The chronograph can measure and display times up to 23 hours 59 minutes and 59.99 seconds in 1/100-second units.
After measuring for 24 hours, the chronograph returns automatically to the reset status and stops.
In addition, the chronograph can also measure the split time (the time partway).

[Chronograph reset status]



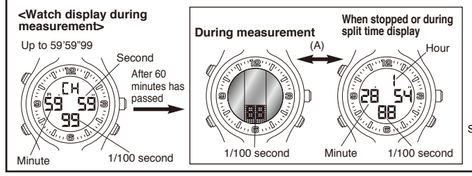
*1: After displaying the split time for 10 seconds, the watch returns to the measurement status.

<Chronograph measurement>
1. Press the upper left button (B) to enter the chronograph [CH] mode.
2. Press the lower right button (A) to start and stop measurement.
   Chronograph measurement starts and stops each time you press the lower right button (A).
3. Press the lower left button (C) while stopped to return to the reset status.

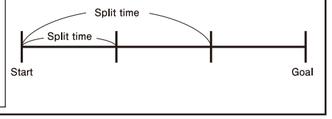
<Split time measurement>
Each time you press the lower left button (C) during measurement, the latest split time will be displayed for 10 seconds.
(The SPL mark flashes during the split time display.)

* The EL light turns on when the split time is measured and when the chronograph is stopped.
  In addition, a confirmation tone will sound when the chronograph is started, stopped, the split time is measured or the chronograph is reset.
  (However, the confirmation tone does not sound when the EL light is on.)
* You can change the mode even during chronograph measurement by pressing the upper left button (B).
  In this case you can display the current measurement status by returning to the chronograph mode again. However, when the measurement exceeds 24 hours, the watch returns to the reset status.

<Watch display during measurement>



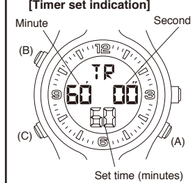
* Split time: The time partway from the starting point.



■ Using the timer

The timer can be set from 1 minute up to 60 minutes, in 1-minute units.
At the end of timer measurement, the time-up tone sounds for about 5 seconds and the timer returns to the set time.

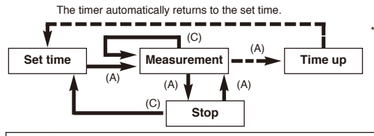
[Timer set indication]



<Setting the timer>
1. Press the upper left button (B) to enter the timer [TR] mode.
2. Each time you press the lower left button (C), the set time is corrected downward by 1 minute.
   (Press the lower left button (C) continuously to change the set time quickly.)

<Timer measurement>
1. Press the upper left button (B) to enter the timer [TR] mode.
2. Press the lower right button (A) to start the timer from the set time.
3. Press the lower right button (A) during measurement to stop the timer. Press the lower right button (A) again to restart the timer.
4. Press the lower left button (C) while stopped to return to the set time.

The timer automatically returns to the set time.



* Timer restart function
  Press the lower left button (C) during measurement to return immediately to the set time and start measurement again.

* A confirmation tone will sound when the timer is started, stopped, restarted or reset.
* You can change the mode even during timer measurement by pressing the upper left button (B).
  In this case you can display the current measurement status by returning to the timer mode again.
  However, if measurement of the set time has ended, the set time will be displayed.

■If Your Watch Needs Resetting

Be sure to reset your watch after replacing the battery.

<Resetting Your Watch>
1. Pull out the crown.
2. Press buttons (A), (B) and (C) at the same time.
   (All indications come on.)
3. Press the crown back into its normal position.
   The confirmation tone sounds, and the display changes to the shutter display (closed).

This completes the resetting procedure. After resetting, correct the time and make the mode settings as required.

■ Warranty And Service

1. **Free Guarantee**
   In the case a malfunction has occurred during the course of normal use while the watch is still under warranty, the watch will be repaired free of charge in accordance with the conditions of the warranty included with this manual.
2. **Stock Period of Repair Parts**
   Citizen's standard period for stocking repair parts for each model is generally seven years. When an exterior part such as the watch case, glass, dial, hand, crown or band is damaged, a spare part with different appearance may sometimes be used.
3. **Repair Period**
   Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. However, you will be charged for these repairs. Please take the watch to the shop where your purchased it and ask whether it can be repaired because the repair period varies according to the conditions of use, environment and so forth. Moreover, there are cases in which it is difficult to restore the watch to its original accuracy when decreased accuracy has resulted from long-term use.
4. **Change of Address or Receiving as a Gift**
   In the event that you have moved or have received your watch as a gift, and are not able to bring your watch to the shop where it was purchased for servicing, please consult Citizen Consumer Help Desk or Customer Support Center.
5. **Periodic Inspection(Charge basis)**
   You should have your watch inspected(Charge basis) every 2-3 years to extend its life and ensure safety. When replacing parts, always make sure to request genuine parts. When it becomes necessary to replace packings and springs, it may sometimes also be necessary to inspect other parts or to make repairs in addition to replacing the parts. Please ask for more detailed information on repair or replacement expenses at the shop where you purchased your watch or Citizen Consumer Help Desk, Customer Support Center.
6. **Batteries**
   * The battery which was installed in your watch at the factory is a monitor-use battery which monitors the functions and special features of your watch. You should keep in mind that the life of your battery could be shorter than the specified period is up.
   * Even in the event that the battery runs out before the time specified in the guarantee, there will be a fee for replacing the battery.
7. **Other Inquiries**
   If you have any questions regarding the warranty, repairs or other matters, please inquire at the shop where you purchased your watch or Citizen Consumer Help Desk, Customer Support Center.

■ Precautionary Items And Usage Limitations

⚠ WARNING Water Resistance

- Water-resistance for daily use (to 3 atmospheres) means that the watch may be worn while washing your face or in the rain, but is not to be immersed in water.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.

Water Resistance:
- Note that water can penetrate the watch when the crown is pulled out, regardless of water-resistance.
- Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly.

(The unit"bar" is roughly equal to 1 atmosphere.)

Name	Indication: Dial or Case back	Specification	Water-related use: When water is simply splashed onto the watch (washing your face or in rain)	Swimming and general washing work (kitchen work /swimming, etc)	Water sports and skin diving (without air tank)	Scuba diving (with air tank)	Operate the crown or button when the watch is wet
Everyday-use water-resistant watch	WATER RESIST (ANT)	Water-resistant to 3 atmospheres	○	×	×	×	×
Upgraded everyday use water-resistant watch	WATER RESIST (ANT) 5bar	Water-resistant to 5 atmospheres	○	○	×	×	×
Upgraded everyday use water-resistant watch	WATER RESIST (ANT) 10/20bar	Water-resistant to 10 or 20 atmospheres	○	○	○	×	×

* WATER RESIST(ANT) xx bar may also be indicated as W.R. xx bar.

⚠ CAUTION

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw-lock type, make sure it is securely locked.
- Do NOT operate the crown or button when the watch is wet. Water may penetrate into the watch, causing deterioration of water resistance.
- The durability of a leather band may be affected when wet, owing to the properties of the material. In the case of a watch of upgraded water resistance for daily use that is frequently used in water, fading, peeling of adhesive or other problems may occur. It is therefore recommended to use another type of band (metal or rubber watchband).
- If a watch of upgraded water resistance for daily use is immersed in sea water or subjected to excessive perspiration, thoroughly rinse with fresh water and wipe completely dry with a soft cloth.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or Citizen Consumer Help Desk, Customer Support Center for inspection and/or repair.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, buttons, etc.) may come off.

⚠ CAUTION When Wearing your Watch

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- When using the urethane band, dye from clothes or dirt may get on the band and be impossible to remove. Be careful when wearing the watch with clothes or bags that lose their color. Also, solvents or air humidity may cause the urethane band to deteriorate. Replace the band if its flexibility has deteriorated or cracks have appeared on it.

⚠ WARNING Handling of the Battery

- Keep the battery out of the reach of small children.
- In the event a battery is swallowed, immediately consult a physician.

⚠ CAUTION Battery Replacement

- If a depleted battery is left in your watch, damage may be caused by leakage of battery fluid. Be sure to replace the battery promptly.
- Always be sure to select a battery of the correct specifications when replacing the battery.

⚠ CAUTION Handling the Band (Putting on and Taking off Band)

- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.

⚠ CAUTION Always Keep your Watch Clean

- Small amounts of dirt may become trapped in the tiny gap between the crown and case, making it difficult to pull out the crown. It is recommended to occasionally turn the crown in its normal position and remove dirt.
- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing.
  Keep your watch clean at all times.
- Wearing this watch may cause itching or rash if you have sensitive skin or certain physical conditions. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician.

Possible causes of rashes include:
1. Allergy to certain metals or leather
2. Rust, dirt or perspiration present on the watch's body or band

- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.
- Do NOT wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.

<Caring for your Watch>
- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- Remove any dirt from a leather band with a dry cloth.
- For a metallic, plastic or rubber watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- Do NOT use solvents (such as paint thinner or benzene) for cleaning, since they may mar the surface of the band.

<About luminous paint>
The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.
It is free from any radioactive substance or any other material harmful to a human body or environment.
- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

<Temperature>
- The function of the watch may be impaired or the watch may even stop if the ambient temperature is outside the range of -10°C to +60°C.
  Avoid using the watch in a manner outside the range of the specifications.

<Magnetism>
- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from indicating the correct time. Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagneticcooking devices and so on.

<Static Electricity>
- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may not indicate the correct time if exposed to intense static electricity.

<Strong Shock>
- Avoid dropping the watch or subjecting it to other strong impact.

<Chemicals, Corrosive Gasses and Mercury>
- If paint thinner, benzine or other solvents or products containing these solvents (including gasoline, nail-polish, cresol, bathroom cleaners, adhesives and water repellent) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Storage>
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity. Do NOT leave a depleted battery in the watch for a long time. Be sure to replace it with new one. If battery fluid leaks out, it is likely to damage the watch.

■ Specifications

1. **Cal. No.:** U00*
2. **Type:** Combination quartz watch
3. **Time accuracy:** ±20 seconds per month on average at a normal temperature of +5°C to +35°C
4. **Acceptable temperature range:** 0°C to + 50°C
5. **Display function:**
   Analog display ... Three hands (hour, minute, second)
   Digital display ...
   • Time: hour, minute, second, day (date)
   • Date: Month, date, day, year (displayed only when changing the date)
   • Alarm: Hour, minute, ON/OF (off)
   • Chronograph: 24-hour measurement (1/100 second units), split time
   • Timer: 60 minutes (1-second units)
6. **Additional functions:** • Shutter function
   • EL light function
7. **Battery:** Silver battery 1 (battery code: SR927W) 280-44
8. **Battery life:** Approximately 3 years (for an alarm tone of 15 seconds/day, a timer time-up tone of 5 seconds/day, EL light usage of 3 seconds/day, and chronograph usage of 24 hours/week)

* Specifications may change without notice.

MEMO