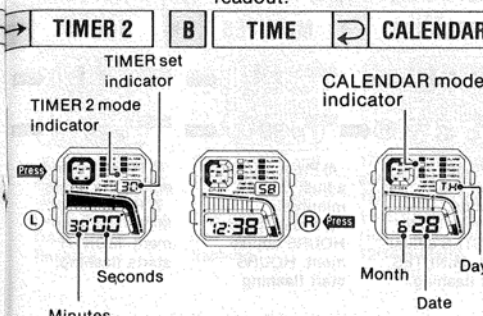
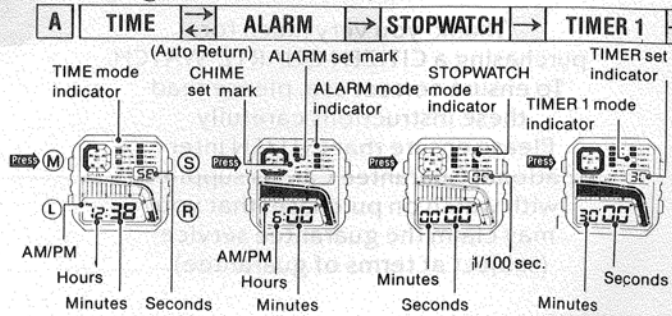


## 1. SELECTING BASIC FUNCTIONS

Press (M) button to select functions.

Press (R) button for CALENDAR readout.



- Selected modes are indicated by the mode indicators.
- See p.10 for the Specific Functions of TIMER 1 and TIMER 2.
- If the watch is left in the ALARM mode for 12 seconds without operating any buttons, AUTO-RETURN will activate to return to the TIMER display.

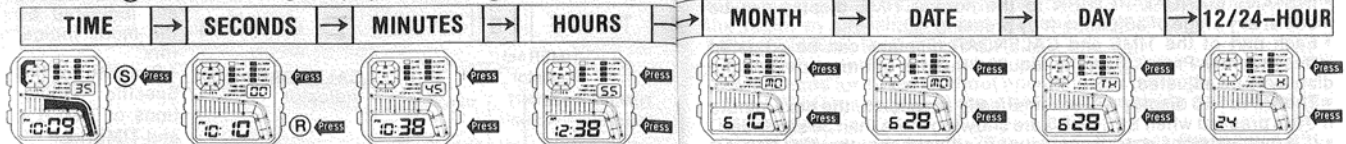
• Button Operation / (M): Mode selection / (S): STOPWATCH start/stop Digit selection

(L): Illumination / (R): CALENDAR display Digit correction

## 2. ADJUSTING THE TIME AND CALENDAR

Press (S) to select the digit display and press (R) to adjust each

display.



- 1) Press (S) in the TIME mode until SECONDS start flashing.
- 2) Press (R) and adjust the seconds.
- 3) Press (S) for MINUTES adjustment. MINUTES start flashing.
- 4) Press (R) and adjust the minutes.
- 5) Press (S) for HOURS adjustment. HOURS start flashing.
- 6) Press (R) and adjust the hours.
- 7) Press (S) for MONTH adjustment. MONTH starts flashing.

- 8) Press (R) and adjust the month.
- 9) Press (S) for DATE adjustment. DATE starts flashing.
- 10) Press (R) and adjust the date.
- 11) Press (S) for DAY adjustment. DAY starts flashing.
- 12) Press (R) and adjust the day.
- 13) Press (S) for 12-HOUR or 24-HOUR selection. 12/24 H starts flashing.
- 14) Press (R) to select the 12-hour or 24-hour display.
- 15) Press (S) to finalize adjustment.

• RAPID ADVANCEMENT of any of the digits can be made by pressing 4 on (R) button.

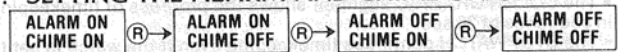
### Notes:

- INSTANT MANUAL RETURN to the normal TIME display can be made at any stage of adjustment by pressing (M).
- Each part of the TIME and CALENDAR displays can be adjusted independently. Press (S) for the required number of times to reach the display to be adjusted.
- The MINUTES display will automatically advance to the next minute if (R) is pressed when SECONDS are showing more than 30 seconds.
- If a non-existent date is set during adjustment, the CALENDAR display will show the 1st day of the next month.
- Adjust the CALENDAR manually to February 29 in a leap year.

## 3. ADJUSTING THE ALARM

- The ALARM can be set to HOURS and MINUTES. Set the ALARM by following the same procedure as that for the TIME adjustment. Select the digits by pressing (S) and adjust by pressing (R). For RAPID ADVANCEMENT, keep pressing on (R).
- Auto Return to the TIME mode will activate if the watch is in the ALARM mode for 12 sec. without operating any buttons.
- The 12/24-Hour display of the ALARM will coincide with that of the TIME display.
- The ALARM sounds for abt. 20 sec, at the time set. Press any button to stop the ALARM sound.

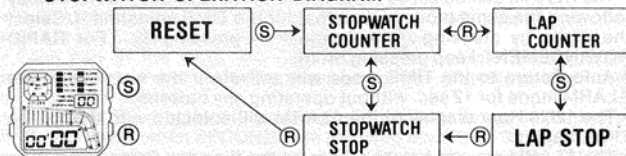
## 4. SETTING THE ALARM AND CHIME ON/OFF



- Press (R) to set the ALARM and CHIME On/Off in the ALARM mode. The setting condition changes as shown in the diagram below.
- The setting condition is indicated by the ALARM and CHIME set marks and the COLOR GRAPHIC segment. The COLOR GRAPHIC illumination disappears when the ALARM is set ON.

## 5. USING THE STOPWATCH

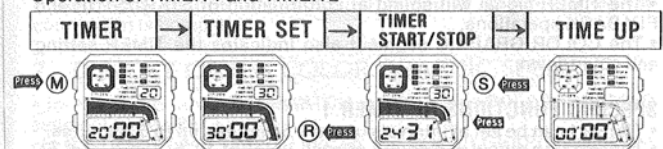
### STOPWATCH OPERATION DIAGRAM



- The STOPWATCH will count up to 59 min., 59 and 99/100 sec. and then repeat the counting again from 00' 00" 00/100.
- The COLOR GRAPHIC segment shows the progress of timekeeping in sequence of 30 sec.
- The STOPWATCH continues timekeeping even if the watch is set to another mode while in operation. However, the LAP record will be cancelled when reset to the STOPWATCH.
- When the digital display is showing the LAP time, the COLOR GRAPHIC segment indicates the progress of timekeeping.
- Each time (S) is pressed, the buzzer will sound in confirmation.

## 6. SETTING AND USING THE TIMER

Operation of TIMER 1 and TIMER 2



- 1) Press (M) to set in the TIMER 1 or TIMER 2 mode.
- 2) Press (R) for TIMER setting. The TIMER set indicator flashes.
- 3) Press (R) and set the TIMER at intervals of 5 minutes (TIMER 1) or one minute (TIMER 2).
- 4) Press (S) to start the count-down. (Press (S) again to stop the count-down.)
- 5) Press (R) at any time to RESTART the count-down from the original setting (FLY BACK function).
- 6) When the count-down is completed, the watch automatically starts the STOPWATCH timekeeping in the TIMER 1 mode. But when using TIME 2, the display returns to the original TIMER setting.

- RAPID ADVANCEMENT when setting the TIMER can be made by pressing on (R) button.
- The TIMER signal will sound in confirmation of START/STOP and FLY BACK operations.
- The COLOR GRAPHIC segment also indicates the TIMER setting and countdown.

### SPECIFIC FUNCTIONS OF TIMER 1

- TIMER 1 can be set at intervals of every 5 minutes up to 60 minutes.
- The warning signal will sound at each point of 10, 5, 1 min. and 30, 20, 10, 5, 4, 3, 2, 1 sec. to the TIME UP.
- When the countdown is completed in the TIMER 1 mode, the watch automatically starts the STOPWATCH timekeeping.
- Press (R) to reset TIMER 1 after setting the watch to COUNTER STOP by pressing (S).
- The ALARM will sound for abt 2 seconds when the countdown is completed. Press any button to stop the ALARM.

### SPECIFIC FUNCTIONS OF TIMER 2

- 10 • TIMER 2 can be set at intervals of every minute up to 60 minutes.

## 10. POWER CELL REPLACEMENT

This watch will run continuously for about 3 years. Have the power cell replaced by an authorized CITIZEN DEALER.

When the power cell is replaced, a wrong display may appear accidentally. Utilize the ALL RESET FUNCTION to recover the original program on this occasion pressing the four buttons simultaneously. When the four buttons are pressed simultaneously all of the elements will be indicated on the display.

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- The ALARM will sound for abt 10 seconds when the countdown is completed. Press any button to stop the ALARM.
- The display returns to the original setting in TIMER 2 when the countdown is completed.

## 7. DISPLAY OF THE COLOR GRAPHIC SEGMENT

- In the TIME AND STOPWATCH modes, the COLOR GRAPHIC segment shows SECONDS.
- In the TIMER 1 and TIMER 2 modes, the COLOR GRAPHIC segment shows MINUTES from 60 min. down to 1 min. and SECONDS from 60 sec. down to 1 sec.

## 8. SOUND MONITORING

Sound monitoring can be conducted by pressing (R) in the ALARM mode.

## 9. DISPLAY ILLUMINATION




The display will be illuminated when (L) button is pressed.

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## 11. SPECIAL HANDLING INSTRUCTIONS

### 1) Resistance to Water

Please make sure if your watch is water resistant or not.

Water-resistant performance ranking	Indication		Water related use			Water resistant characteristics
	Dial	Caseback				
A	—	—	×	×	×	Non-water-resistant watch and must be kept away from water.
B	—	WATER RESISTANT	○	×	×	An ordinary water resistant watch and can withstand splashes, sweat, rain drops and etc. for daily life use.
C	WATER RESISTANT 100	WATER RESISTANT	○	○	○	For frequent use with water. It is not specially designed for scuba diving.

\*WATER RESISTANT\* may sometimes be abbreviated to \*WATER RESIST\*  
 \*Always set the crown at the normal position.  
 \*Tighten screwlock crown completely.

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### 2) Avoid Extremes of Temperature

Avoid exposing this watch to direct sunlight or leaving it in a high temperature location for a long period of time. This will cause malfunctioning and shorten the life of the power cell and liquid crystal display panel.

Do not leave this watch for long periods in a cold place. This may cause the watch to gain or lose slightly. If it is worn on the wrist, the original accuracy will be restored.

### 3) Avoid Strong Shocks

This watch will withstand normal shock incurred while playing golf or other sports.

Avoid dropping it on the ground or otherwise imparting severe shock to it.

### 4) Avoid Strong Magnetic Fields

This watch is unaffected by magnetic fields from domestic appliances, such as television and stereo sets.

### 5) Avoid chemicals and gases

Avoid wearing this watch in the presence of chemicals and gases. Be careful of using chemicals. Solvents such as benzene and paint thinner (and products containing such solvent such as gasoline, manicure remover, certain cleaners and adhesives) may cause

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discoloration, melting and cracking.

### 6) Keep watch clean

A watchband gets easily dirty with the sweat or dust since it directly touches the skin, and even a stainless or gold-plated band may sometimes get rusty in the long run if it is left dirty.

For a mesh band because the meshes are very fine, its particular "flexibility" will be lost if it is soiled in a long period of use.

In this respect, it is necessary to wash a metallic watchband periodically in order to keep the band beautiful at all times.

A metallic watchband is usually washed with a brush in the soap water. After that it is well wiped with the soft cloth having good water absorption properties to get rid of the water content. Then the band is dried completely. Please pay attention to prevent the water from getting inside the watch movement, when the band is washed.

### 7) Periodic inspection

Periodic inspection of the watch at intervals of 1 to 2 years are recommended.

8) Be sure to keep the power cell away from infants or small children, should accidental ingestion occur, consult a doctor at once.

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## 12. SPECIFICATIONS

1. Model name: CITIZEN QUARTZ WIND SURFING
2. Quartz oscillator frequency: 32,768 Hz
3. Accuracy: Within  $\pm 20$  seconds per month at normal temperature range of 5°C ~ 35°C (41°F ~ 95°F)
4. Effective temperature range: 0°C ~ 55°C (32°F ~ 131°F)
5. Display type: FE-type nematic liquid crystal
6. Display method: Pushbutton operated change-over display
  - 1) Time: Hours (AM/PM), Minutes, Seconds
  - 2) Calendar: Month, Date, Day
  - 3) Alarm: Hours (AM/PM), Minutes
  - 4) Stopwatch: Minutes, Seconds, 1/100 second (Guaranteed accuracy of LAP time mode is 1/10 second.)
- 5) Timer 1 & Timer 2: Minutes, Seconds (CIRCLE Segment: Minutes, Seconds)

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### 7. Additional functions:

- Chime • Sound monitor • Timer set Fly-Back function • Illumination lamp • Automatic calendar (28 days for February)
8. Power cell: One small silver-oxide power cell (280-204/BR2016, CR2016, Size... 20.0φ × 1.6mm) will last approx 3 years.

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