

Instruction Manual



CAL. Z029 (R23 SERIES)



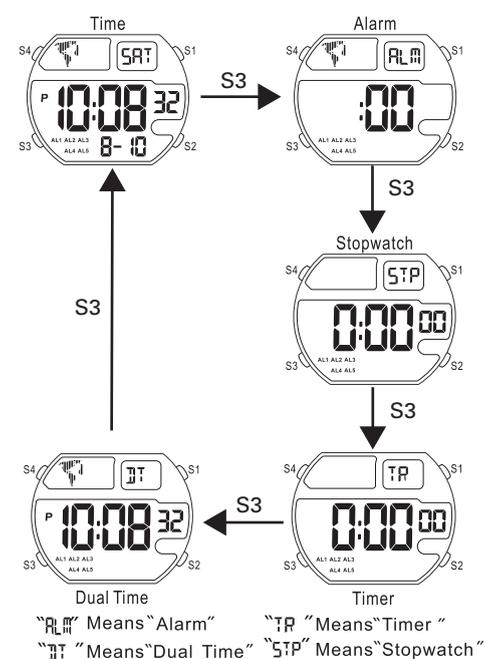
CHARACTERISTICS

- Time/Calendar Display:** Hour, minute, second, month, date and day of the week
- Automatic calendar:** the calendar automatically adjusts for odd and even months including Februaries of leap years up to 2049
- Time Indication:** Choice of 12-hour display format with PM indication or 24-hour display format is available.
- Daily alarm:** 5 daily alarms can be set to sound for 10 seconds. "Alarm 1" has a snooze function which repeats sounding 7 times at an interval of 5 minutes.
- Chime:** The chime can be set to sound every hour on the hour with a single beep.
- Stopwatch:** The stopwatch can measure up to 23 hours 59 minutes 59 seconds and 99/100-seconds. Lap time measurement is available.
- Timer:** The countdown timer can be set up to 23 hours 59 minutes and 59 seconds.
- Dual Time Display:** Time in a different time zone can be displayed.
- Illuminating Light:** The built-in electro-luminescent (EL) light evenly illuminates the display for easy viewing in darkness.

BUTTONS AND DISPLAYS



To change the display mode, press S3. The display mode changes in the following order.

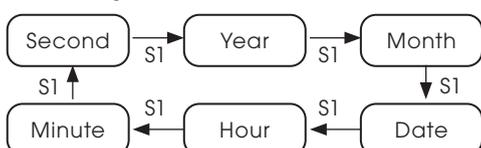


HOW TO SET THE TIME/CALENDAR

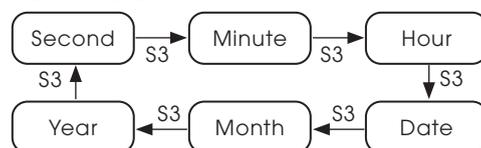
- Press and hold S2 to change the display to the TIME/CALENDAR SETTING mode. The second digits start flashing.
- Press S1 in accordance with a time signal. The second digits are reset to "00" and start counting immediately.

When the second digits count any number from "30" to "59" and S1 is pressed, one minute is added and the seconds are immediately reset to "00."

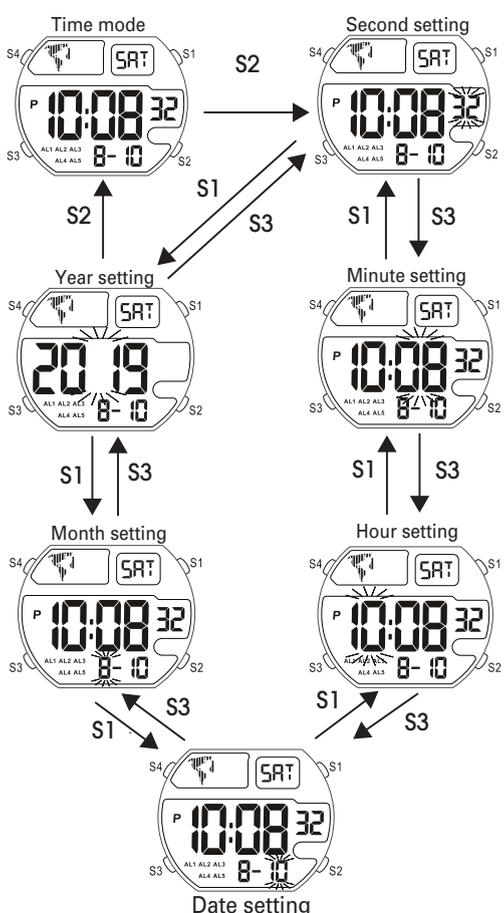
- Press S1 to select the setting items in the following order.



Press S3 to select the setting items in the reverse order.



- To set the digits for each item, press S4 to set the digits. One digit (flashing) is increased with each pressing of S4. To move the digits quickly, keep the button pressed.
- After all the adjustments are completed, press S2 to return to the TIME/CALENDAR mode.
- Day of the week will change automatically based on date changing.

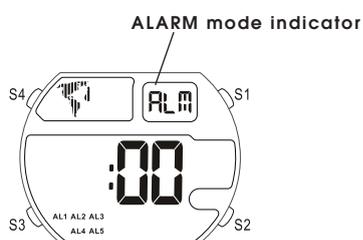


Choice of 12-Hour/24-Hour format

In the TIME/CALENDAR SETTING mode, press S1 to select either 12-hour indication or 24-hour indication.

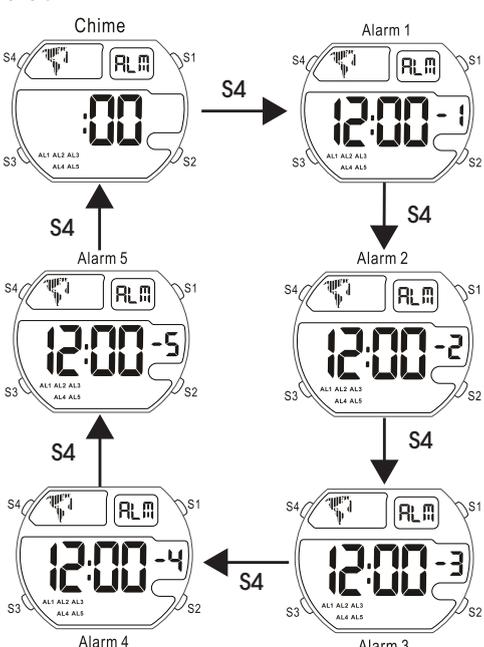
HOW TO USE THE ALARM

Press S3 once to go to the ALARM mode. The ALARM mode indicator appears on the display.



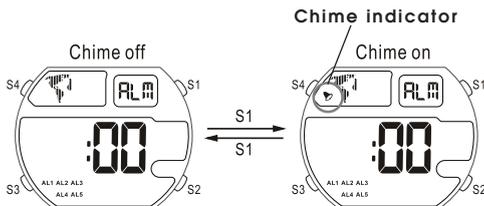
CHIME/ALARM MODE SELECTION

Press S4 to select the mode in the following order.



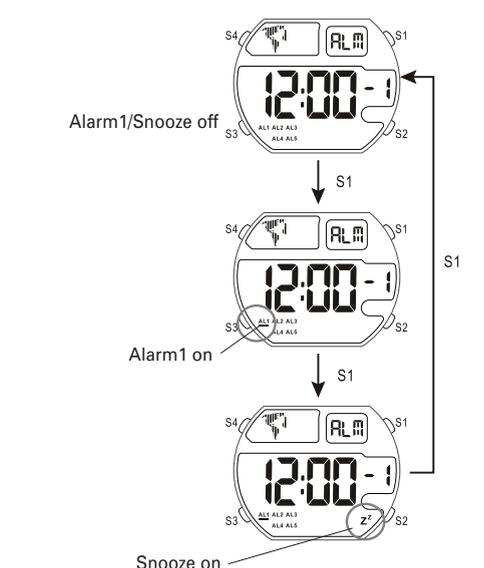
CHIME MODE (CHIME SETTING)

In the chime mode, press S1 to turn the chime on or off.



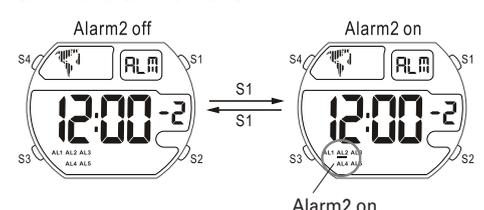
ALARM 1 MODE (SNOOZE & ALARM FUNCTION SETTING)

In the Alarm 1 mode, press S1 to turn the snooze and alarm on or off in the order below.



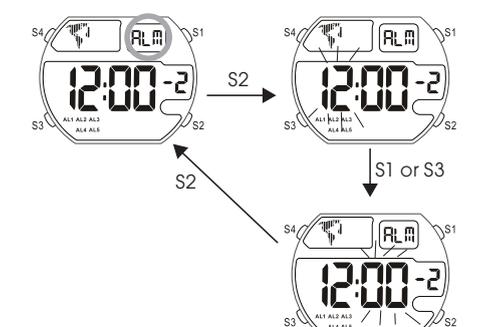
ALARM 2, 3, 4 and 5 MODES (ALARM SETTING)

In the Alarm 2, 3, 4 and 5 modes, press S1 to turn the alarm on or off.



HOW TO SET THE ALARM TIME

- When the desired alarm mode is displayed, press and hold S2 to change the display to the ALARM SETTING mode. The hour digits start flashing.
- Press S4 to set the hour digits. One digit (flashing) is increased with each press of S4. To move the digits quickly, keep the button pressed.
- Press S3 to confirm the hour setting and move on to the minute setting. The minute digits start flashing.
- Press S4 to set the minute digits. One digit (flashing) is increased with each press of S4. To move the digits quickly, keep the button pressed.
- Press S2 to exit the alarm setting mode and press S3 to return to the TIME/CALENDAR mode.



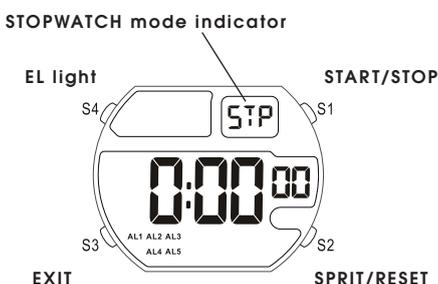
Note: The alarm can be set only in one time zone.

How to stop the alarm while sounding

The alarm sounds for 10 seconds at the designated time. To stop it manually while sounding, press any button.

■ HOW TO USE THE STOPWATCH

Press S3 twice to go to the STOPWATCH mode. The STOPWATCH mode indicator appears on the display.

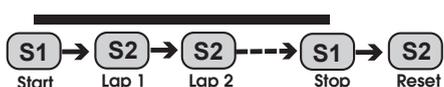


STOPWATCH OPERATION

Standard Measurement



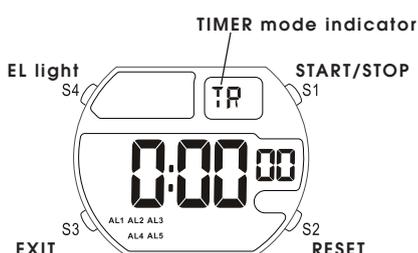
Lap Time Measurement



- Measurement and release of lap times can be repeated when S2 is pressed.
- Press S4 to activate EL light for 2 seconds

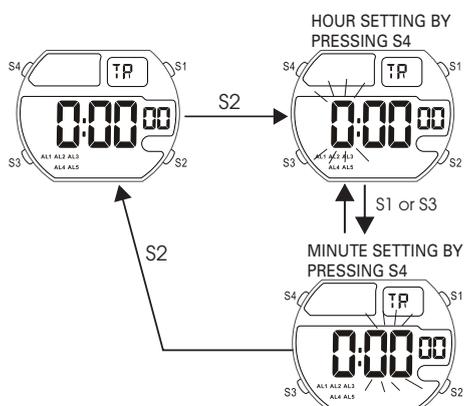
■ HOW TO USE THE TIMER

Press S3 three times to go to the TIMER mode. The TIMER mode indicator appears on the display.



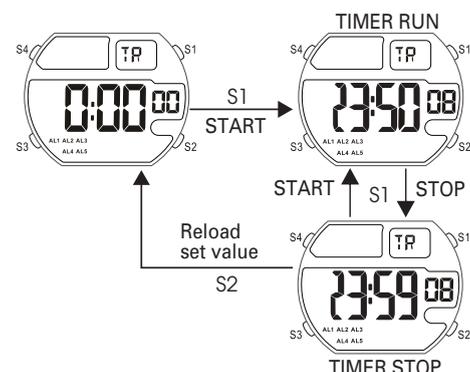
TIMER SETTING

1. Press and hold S2 to change the display to the TIMER SETTING mode. The hour digits start flashing.
2. Press S4 to set the hour digits. One digit (flashing) is increased with each pressing of S4. To move the digits quickly, keep the button pressed.
3. Press S1 or S3 to confirm the hour setting and move on to the minute setting. The minute digits start flashing.
4. Press S4 to set the minute digits. One digit (flashing) is increased with each pressing of S4. To move the digits quickly, keep the button pressed.
5. Press S2 to complete the timer setting.



TIMER OPERATION

1. Press S1 in the TIMER mode to start the timer.
2. Press S1 to stop the timer.
3. To reset the timer, press S2.

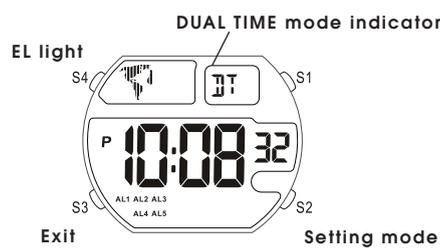


How to stop the TIMER alarm while sounding

The TIMER alarm sounds for 10 seconds when time is up. To stop it manually while sounding, press any button.

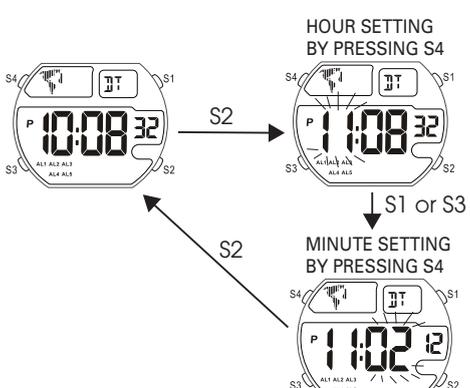
■ HOW TO SET THE SECOND TIME ZONE

Press S3 four times to go to the DUAL TIME mode. The DUAL TIME mode indicator appears on the display.



SECOND TIME ZONE SETTING

1. Press and hold S2 to change the display to the DUAL TIME SETTING mode. The hour digits start flashing.
2. Press S4 to set the hour digits. One digit (flashing) is increased with each press of S4. To move the digits quickly, keep the button pressed.
3. Press S1 or S3 to confirm the hour setting and move on to the minute setting. The minute digits start flashing.
4. Press S4 to set the minute digits. One digit (flashing) is increased with each pressing of S4. To move the digit quickly, keep the button pressed.
5. Press S2 to complete the second time zone setting.



6. Press S3 to return to the TIME/CALENDAR mode.

■ ILLUMINATING LIGHT

In any mode press S4 to illuminate the display for about 2 seconds.

Note:

1. The backlight of the watch employs an electro-luminescent (EL) light, which tends to lose illuminating power after very long use.
2. The illumination provided by backlight may be hard to see when viewed under direct sunlight.

■ BATTERY CHANGE

The miniature battery which powers your watch should last as individually specified below. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than the specified period.

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.

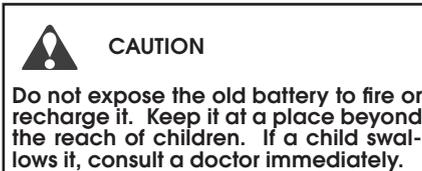
Note: If the alarm is used for more than 20 seconds a day and/or the illuminating light for more than 8 seconds a day, the battery life may be less than the specified period.

CAL. NO.	BATTERY	BATTERY LIFE (Approx.)
Z029	SONY CR2032, 1 piece	5 years

■ CARE OF YOUR LORUS WATCH

This watch contains precise electronic components. Never attempt to open the case or remove the back cover.

• BATTERY



• WATER RESISTANT

Condition of use	Indication on the dial/case back			
	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 (50M/5 BAR)	YES	YES	NO	NO
WATER RESISTANT (100M/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.
- Should you find any water or condensation inside the watch, immediately have it checked. Water can corrode electric parts inside the case.

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 be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

• 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.

• CLEANING

Use only a soft cloth and clean water for cleaning your watch. Never use chemicals, as the waterproof gasket will corrode.

■ SERVICE

When your LORUS watch requires repair or servicing, please see the enclosed WARRANTY/GUARANTEES.

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