LORUS

INSTRUCTION MANUAL

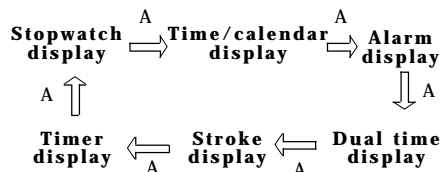## CAL. Y704 (R23 SERIES)

■ CHARACTERISTICS

1. **Stopwatch:** Measures up to 9 hours, 59 minutes, 59 seconds and 99 with 1/100 second readout.
   - **Lap time measurement:** Up to 9 lap times can be measured. The lap time difference and the fastest lap time are calculated and displayed during the measurement.
2. **Time/calendar display:** Hour, minutes, seconds, month, date and day of the week.
   - **Automatic calendar adjustment:** Calendar adjusts automatically for odd and even months including February of leap years, but not for February of common years.
   - **Time indication:** Changeover between 12- and 24-hour indications is possible.
3. **Daily alarm:** The alarm can be set to ring on a 24-hour basis.
4. **Dual time:** Time of a different time zone can be set and displayed.
5. **Stroke function:** The watch can be set to beep at a selected rate to serve as a pacemaker in jogging, etc.
6. **Countdown timer:** Up to 9 hours 59 minutes and 59 seconds can be set in seconds.

■ BUTTONS AND DISPLAYS

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

Stopwatch display → Time/calendar display → Alarm display → Dual time display → Stroke display → Timer display → (back to Stopwatch display)

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

■ 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.
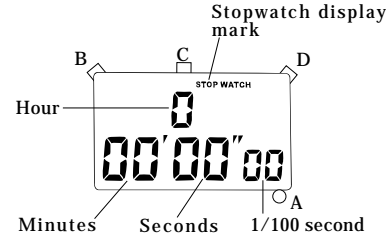
Stopwatch operation

Depress button "A" to show the stopwatch display.

Accumulated elapsed time measurement

D → D → D······ → D → C
Start   Stop   Restart   Stop   Reset

Accumulate repeatedly by depressing button "D".
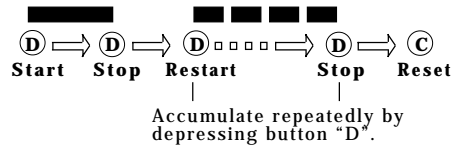
Lap time measurement

- "Lap time" refers to an elapsed time required to cover a given section of the whole distance.
1. At the start of the activity, depress button "D" to start the stopwatch.
2. At the end of the first lap, depress button "B".
   The first lap time and lap number are displayed, though the second lap time is being measured internally.
3. Depress button "B" to release the lap time before the end of the second lap. The first lap time and lap number disappear, and the measurement in progress and "0" are displayed in place of the lap time and lap number, respectively.
4. At the end of the second lap, depress button "B". The second lap time and lap number are displayed, though the third lap time is being measured internally.
5. Measurement and release of the lap time can be repeated by depressing button "B".
6. At the end of the activity, follow either of the two methods below.
   a. To display the final lap time, depress button "B". Then, depress button "B" to release the lap time, and depress button "D" to stop the measurement.
      * The time displayed when button "D" is depressed is not the total elapsed time of the activity, that is, the time that elapsed from the start until the end of the activity but the time that elapsed from the start until the stop of the measurement.
   b. To display the total elapsed time of the activity, depress button "D" to stop the measurement.
7. Depress button "C" to reset the stopwatch.

Notes:
1. When a lap time measured is the fastest among the lap times previously measured, a short beep rings to signal that the memory has been updated with the new fastest lap time.
2. The lap number counts up to "9". After "9", the number returns to "1".

Lap time difference and the fastest lap time

• While a lap time is being displayed, depress button "C". With each depression of the button, the difference between the displayed lap time and the previous lap time is displayed in the following order.

Latest lap time → Lap time difference
└── Fastest lap time ←┘

To return to the measurement in progress, depress button "B".

• The lap time difference is displayed without a plus or minus sign. Instead, the lap number of the faster lap time is always displayed at the right of the "–" mark.

Ex.)

```
        STOP WATCH
     L3-L2
    00'05"87
```

The display should be read as "Lap 2 is 5 seconds 87 faster than Lap 3".

Notes: 1. While the measurement in progress is shown on the display, the lap time difference and the fastest lap time cannot be shown by depressing button "C".

2. While the latest lap time, lap time difference or the fastest lap time is shown on the display, the display cannot be changed to another by depressing button "A".

■ HOW TO SET THE TIME/CALENDAR

Month (Day)　Date

```
      B      C        D
   PM
     12-16
    10:08 59
   Hour  Minutes  Seconds  A
```

PM mark
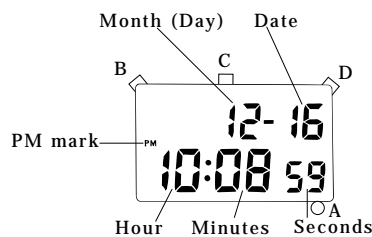
* With each depression of button "B", month and day are displayed alternately.
* With each depression of button "D", the display changes over between the 12- and 24-hour indications.

1. Depress button "A" to show the time/calendar display.

2. Depress button "C" to show the time/calendar setting display. The second digits start flashing.

3. Selection of the digits to be adjusted (flashing) is made in the following order by depressing button "D".

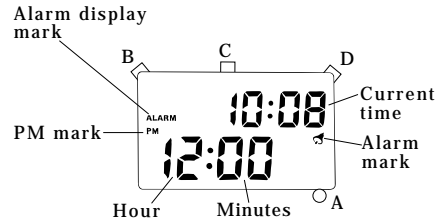Seconds→ Hour→ Minutes (tens digit)→ Minutes (units digit)
└── Day ← Date ← Month ←┘

4. Depress button "B" to set the flashing digits. One digit is advanced with each depression of button "B". Digits except seconds move quickly by keeping button "B" depressed.

5. After all the adjustments are completed, depress button "A" to return to the time/calendar display.

Seconds setting

When the seconds digits are flashing, depress button "B" in accordance with a time signal. The seconds are reset to "00" and start immediately.

Note: When setting the hour digits in the 12-hour indication, check that AM/PM is properly set. Only "PM" is displayed and there is no indication for the AM setting. In the 24-hour indication, there is no indication.

■ HOW TO SET THE ALARM

Alarm display mark

```
      B      C        D
     ALARM
     10:08      Current time
     PM
     12:00      Alarm mark
   Hour  Minutes  A
```

PM mark

1. Depress button "A" to show the alarm display.

2. Depress button "C" to show the alarm setting display. The hour digits start flashing.

3. Depress button "D" to select the digits to be adjusted (flashing).

Hour → Minutes (tens digit) → Minutes (units digit)
↑_____|

4. Depress button "B" to set the digits. One digit is advanced with each depression of the button. The digits move quickly by keeping the button depressed.

5. After all the adjustments are completed, depress button "A" to return to the alarm display.

Notes:
1. When the time function is displayed in the 24-hour indication, the alarm is also displayed in the 24-hour indication.
2. When setting the hour digits in the 12-hour indication, check that AM/PM is properly set.
Only "PM" is displayed and there is no indication for the AM setting. In the 24-hour indication, there is no indication.
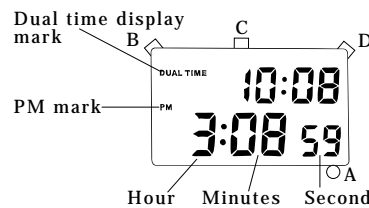
Engagement/disengagement of the alarm

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

🔔	Alarm engaged
	Alarm disengaged

• The alarm rings at the designated time for 18 seconds and stops. To stop it manually, depress button "A", "B", "C" or "D".

■ HOW TO SET THE DUAL TIME

Time of a different time zone can be set and displayed together with the time you have set in "HOW TO SET THE TIME/CALENDAR".

Dual time display mark

```
      B      C        D
   DUAL TIME
     10:08
   PM
    3:08 59
   Hour  Minutes  Seconds  A
```

PM mark

1. Depress button "A" to show the dual time display.

2. For dual time setting, refer to "HOW TO SET THE TIME/CALENDAR".

■ HOW TO USE THE STROKE FUNCTION

• 4 different stroke rates (60, 80, 120 and 160 strokes per minute) have been preset for the stroke function, and the watch beeps at a selected preset stroke rate. Therefore, it can serve as a pacemaker in such activities as jogging.

Stroke display mark

Number of strokes per minute
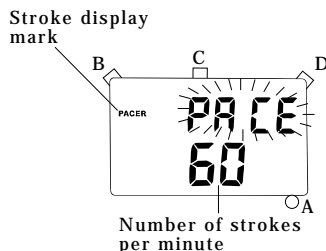
Selection of the preset stroke rate

1. Depress button "A" to show the stroke display.
2. Depress button "C" to select the desired stroke rate. Selection of the stroke rate is made in the following order by depressing button "C".

$$60 \rightarrow 80 \rightarrow 120 \rightarrow 160$$
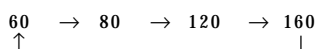
Operation of the stroke function

• Depress button "D" in the stroke display. The watch starts beeping at the selected rate.

  * To turn off the stroke sound, depress button "D". With each depression of button "D", the stroke sound is turned on and off alternately.
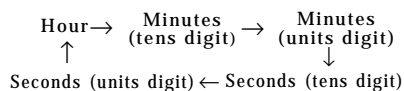
■ HOW TO USE THE COUNTDOWN TIMER

• The timer can be set up to 9 hours, 59 minutes and 59 seconds in seconds.
• The remaining time is displayed in 1/100 seconds.

Timer setting

Timer display mark

Minutes   Seconds   1/100 seconds
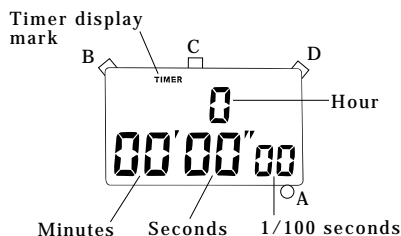
1. Depress button "A" to show the timer display.
2. Depress button "C" to show the timer setting display. The hour digit starts flashing.
3. Depress button "D" to select the digits to be adjusted (flashing).

Hour → Minutes (tens digit) → Minutes (units digit) ↓

Seconds (units digit) ← Seconds (tens digit)

4. Depress button "B" to set the digits. One digit is advanced with each depression of the button. The digits move quickly by keeping the button depressed.
5. After all the adjustments are completed, depress button "A" to return to the timer display.

Timer operation

Depress the buttons in the following order.
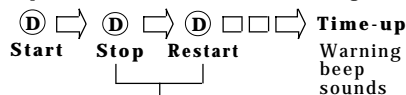
Restart and stop of the timer can be repeated by depressing button "D".

* A warning sound beeps for 18 seconds when the set time is up. To stop it manually, depress button "A", "B", "C" or "D".

■ 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.

■ BATTERY CHANGE

The miniature lithium battery MAXELL SR44W, 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 1 year. 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.

■ 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

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 (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.