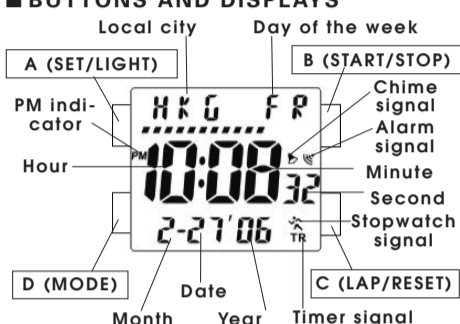# Instruction Manual

LORUS

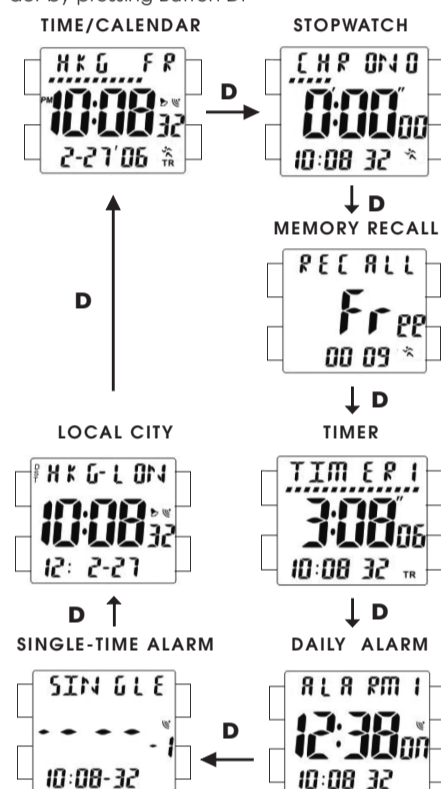## CAL. Z010 (R23 SERIES)

■ CHARACTERISTICS

1. **Time/calendar display:** Hour, minute, second, month, date and day of the week
2. **Time indication:** 12-hour display format with PM indicator and 24-hour display format are available.
3. **Stopwatch:** The stopwatch can measure up to 23 hours 59 minutes and 59 seconds in 1/100-second increments. Lap time measurement is available. Up to 15 lap times can be stored in memory.
   Memory recall function: Data obtained in the Stopwatch mode can be recalled after measurement.
4. **Countdown timer:** The countdown timer can be set up to 23 hours 59 minutes and 59 seconds.
5. **Daily alarm:** The daily alarm can be set to sound at the designated time on a 24-hour basis. Three individual daily alarms can be set.
   Single-time alarm: The Single-time alarm sounds only once at a designated time and it is disengaged automatically. Five individual single-time alarms can be set.
6. **Second Time Zone:** Time in a different time zone can be displayed.
7. **Chime:** The chime can be set to sound every hour on the hour with a single beep.
8. **Illuminating light:** The built-in electro-luminescent (EL) light evenly illuminates the display for easy viewing in darkness.
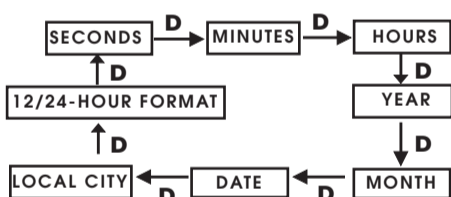
■ BUTTONS AND DISPLAYS

The display mode changes in the following order by pressing Button D.

■ HOW TO SET THE TIME/CALENDAR

1. Press Button A for 2 seconds to change the display to the TIME/CALENDAR SETTING mode. (The second digits start flashing.)
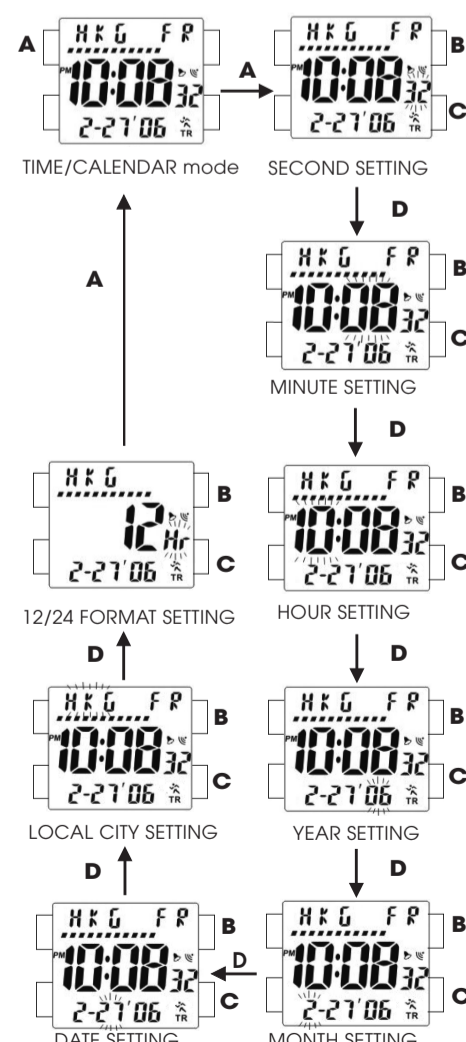2. Selection of the digits to be adjusted (flash-ing) is made in the following order by pressing Button D.

3. One digit (flashing) is increased or decreased with each pressing of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
   • **Second setting**
     Press Button B or C 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 Button B or C is pressed, one minute is added and the seconds are immediately reset to "00."

4. After all the adjustments are completed, press Button A to return to the TIME/CALENDAR mode.

Choice of 12-Hour/24-Hour format

• The time display format in either 12-hour indication or in 24-hour indication can be selected alternately by pressing button B or C. Under the 12-hour indication format," PM" mark appears in the afternoon, but no AM mark appears in the morning. Under the 24-hour indication format, no mark appears on the display.

■ ENGAGEMENT/DISENGAGEMENT OF CHIME

With each press of Button C in the TIME/CALENDAR mode, the chime can be alternately engaged or disengaged. The CHIME signal appears or disappears on the display accordingly.

■ HOW TO USE STOPWATCH

Press Button D to go to the STOPWATCH mode. The STOPWATCH mode indicator appears on the display.
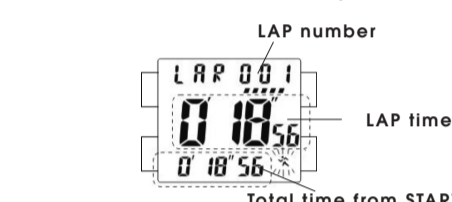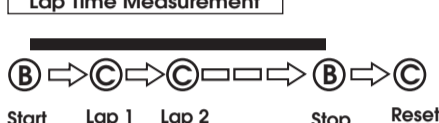

STOPWATCH OPERATION

Standard Measurement

Lap Time Measurement

* Measurement and release of lap time can be repeated by pressing Button C.
* When Button C is pressed, the display changes to show the current lap time and total time from START for 3 seconds, and then it automatically returns to show the ongoing measurement.
* When the stopwatch is reset by pressing Button C, the measured data is stored in memory.

During the measurement, the STOPWATCH signal keeps flashing.
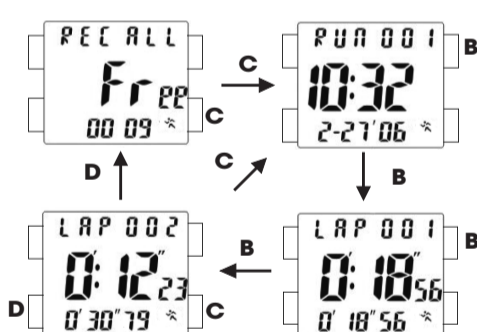Press Button D to return to the TIME/CALENDAR mode.

Memory Recall Function

Data obtained in the Stopwatch mode can be recalled after measurement. Each time data from START to RESET is managed as a RUN. Press Button D to return to the TIME/CALENDAR mode.

1. Press Button D to go to the Memory Recall mode. The MEMORY RECALL moce indicator appears on the display.
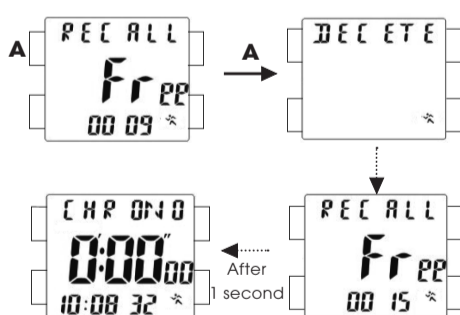

2. Press Button C to show the data of the latest measurement. The elapsed time and the date of measurement are displayed with a RUN number.
3. Press Button B to read each recorded lap time. Recorded lap time is shown in order of each lap number.
4. Press Button C to exit the Memory Recall Function. The display returns to the MEMORY RECALL mode.
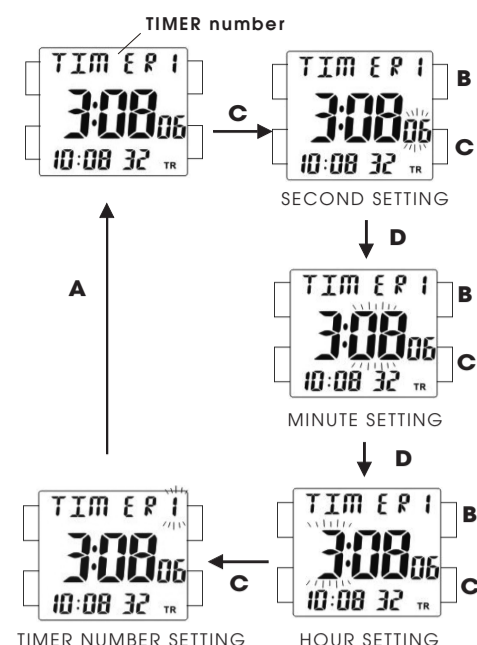

How to delete all of the memories

• Press Button A for 2 seconds. The "DELETE" indicator appears on the display when the watch starts deleting stored data. When the deletion is finished, the display returns to the MEMORY RECALL mode, and after 1 second, it automatically goes to the STOPWATCH mode.

■ HOW TO USE COUNTDOWN TIMER

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

1. Press Button A for 2 seconds to change the display to the TIMER SETTING mode. The hour digits start flashing.
2. Press Button B or C to set the second digits. One digit (flashing) is increased or decreased with each pressing of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
3. Press Button D to confirm the second setting and move on to the minute setting. The minute digits start flashing.
4. Press Button B or C to set the minute digits. One digit (flashing) is increased or decreased with each pressing of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
5. Press Button D to confirm the minute setting and move on to the hour setting. The hour digits start flashing.
6. Press Button D to set the Timer number.
7. Press Button A to complete the timer setting.

TIMER number

SECOND SETTING

MINUTE SETTING

TIMER NUMBER SETTING

HOUR SETTING

TIMER OPERATION

B ⇒ B ⇒ C

Start   Stop   Reset

1. Press Button B in the TIMER mode to start the countdown timer.
2. Press Button B to stop the countdown timer.
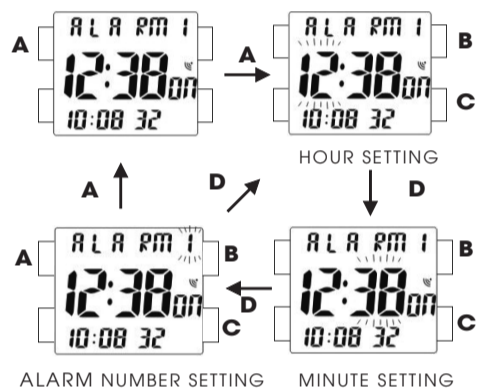3. To reset the timer, press Button C.

Press Button D to return to the TIME/CALENDAR mode.

■ HOW TO USE DAILY ALARM

Press Button D four times to go to the ALARM mode. The DAILY ALARM mode indicator appears on the display.

1. Press Button A for 2 seconds to change the display to the DAILY ALARM SETTING mode. The hour digits start flashing.
2. One digit (flashing) is increased or decreased with each press of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
3. Press Button D to confirm the hour setting and move on to the minute setting. The minute digits start flashing.
4. Press Button B or C to set the minute digits. One digit (flashing) is increased or decreased with each press of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
5. Press Button D to confirm the minute setting and move on to the alarm number setting. The alarm number starts flashing.
6. Press Button B or C to select the alarm number.
7. Press Button A to complete the alarm setting.

HOUR SETTING

ALARM NUMBER SETTING   MINUTE SETTING

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

Engagement/disengagement of daily alarm

With each press of Button B in the DAILY ALARM mode, the alarm can be alternately engaged or disengaged. The ALARM signal appears or disappears on the display accordingly.
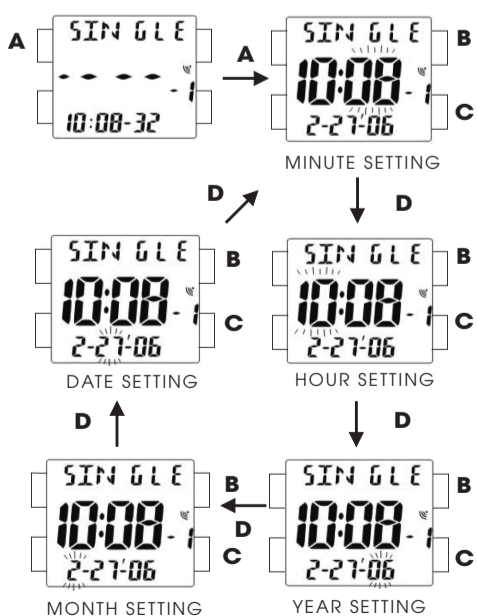
How to stop the alarm while sounding

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

■ HOW TO USE SINGLE-TIME ALARM

Press Button D five times to go to the SINGLE-TIME ALARM mode. The SINGLE-TIME ALARM mode indicator appears on the display.

1. Press Button A for 2 seconds to change the display to the SINGLE-TIME ALARM SETTING mode. The minute digits start flashing.
2. Press Button B or C to set the minute digits. One digit (flashing) is increased or decreased with each press of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
3. Press Button D to confirm the minute setting and move on to the hour setting.

   One digit (flashing) is increased or decreased with each press of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
4. Press Button D to confirm the hour setting and move on to the year setting. The year digits start flashing.
5. One digit (flashing) is increased or decreased with each press of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
6. Press Button D to confirm the year setting and move on to the month setting. The month digits start flashing.
7. One digit (flashing) is increased or decreased with each press of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
8. Press Button D to confirm the month setting and move on to the date setting. The date digits start flashing.
9. One digit (flashing) is increased or decreased with each press of Button B or C, respectively. To move the digits quickly, keep the Button pressed.
10. Press Button A to complete the single time alarm setting.

MINUTE SETTING

DATE SETTING   HOUR SETTING

MONTH SETTING   YEAR SETTING

11. Press Button D to return to the TIME/CALENDAR mode.

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

Engagement/disengagement of single-time alarm

With each press of Button B in the SINGLE-TIME ALARM mode, the alarm can be alternately engaged or disengaged. The ALARM signal appears or disappears on the display accordingly.

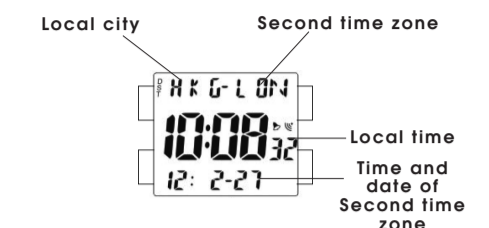#### How to stop the alarm while sounding

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

■ HOW TO SET SECOND TIME ZONE

Press Button D six times to go to the SECOND TIME ZONE mode.

1. Press Button C to select the city code.
2. If the daylight saving time is effective in the selected city, press Button B to show the daylight saving time. The daylight saving time ("DST") mark will appear.

Press Button D to return to the TIME/CALENDAR mode.

Local city   Second time zone

Local time

Time and date of Second time zone

City code	Time differences	City
H11	-11	Pago Pago
HNL	-10	Honolulu, Patete
ANC	-9	Anchorage, Nome
LAX	-8	Los Angeles, San Francisco, Las Vegas, Vancouver, Seattle
DEN	-7	Denver, Edmonton
CHI	-6	Chicago, Mexico City, Houston, New Orleans, Winnipeg
NYC	-5	New York, Washington, D.C., Montreal, Lima, Havana, Boston
CCS	-4	Santiago
RIO	-3	Rio de Janeiro, Buenos Aires, Brasilia, Montevideo, São Paulo
H02	-2	
H01	-1	Praia
GMT	0	
LON	0	London, Dublin, Reykjavik, Casablanca, Lisbon
PAR	1	Paris, Vienna, Brussels, Berlin, Madrid, Rome, Milan, Algiers, Hamburg, Frankfurt, Stockholm
CAI	2	Cairo, Athens, Helsinki, Istanbul, Beirut, Damascus
JED	3	Jeddah, Moscow, Baghdad, Nairobi, Kuwait, Riyadh
DXB	4	Dubai, Abu Dhabi, Muscat
KHI	5	Karachi, Male
DAC	6	Dacca, Colombo
RKK	7	Bangkok, Hanoi, Jakarta, Phnom Penh, Vientiane
HKG	8	Hong Kong, Beijing, Singapore, Manila, Taipei, Kuala Lumpur, Perth
TYO	9	Tokyo, Seoul, Pyongyang
SYD	10	Sydney, Guam, Melbourne, Rabaul
NOU	11	Nouméa, Port Villa
WLG	12	Wellington, Auckland, Christchurch, Nauru Island

■ HOW TO USE EL BACKLIGHT

In any mode press Button A to illuminate the display for about 4 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 SEIKO CR2016, Maxell CR2016 or SONY CR2016 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 2 years.

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.

■ CARE OF YOUR LORUS WATCH

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

• **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 RE-SISTANT	YES	NO	NO	NO
WATER RE-SISTANT (50M/5 BAR)	YES	YES	NO	NO
WATER RE-SISTANT (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 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.

• **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/GUARANTEE.

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