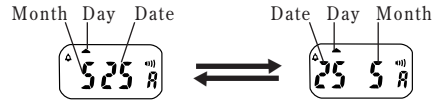


## ■ HOW TO SET THE DUAL CALENDAR DISPLAY

1. Depress button "B" to show the calendar (month, date, and day) display. The calendar display is shown while button "B" is kept depressed.
2. The month and the date change places with each other with each depression of button "C" while keeping button "B" depressed.

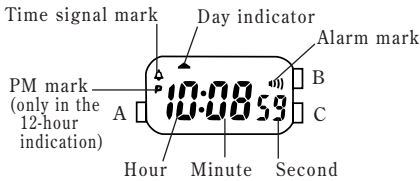


\* "A" (AM) appears in the morning, and "P" (PM) in the afternoon.

## ■ CHARACTERISTICS

1. **Time/calendar display:** Hour, minute, seconds, date, day of the week and month.
2. **Automatic calendar adjustment:** Calendar adjusts automatically for odd and even months except February of leap years.
3. **Time indication:** Changeover between 12-hour and 24-hour indication is possible.
4. **Stopwatch:** 24 hour stopwatch with 1/100 second readout up to 40 minutes and with 1 second readout after the first 40 minutes. Split time measurement is available.
5. **Alarm:** The alarm rings at the designated hour and minute with "beep, beep" for 30 seconds.
6. **Hourly time signal:** Can be set to ring every hour on the hour with a single "beep".

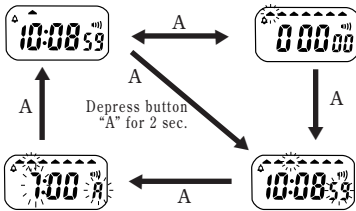
## ■ DISPLAY AND BUTTON OPERATION



**Button A:** Selection of the display

The selection is made in the following order.

Time/calendar display    Stopwatch display



Time/calendar setting    Alarm setting

**Button B:**

- Calendar (month, date and day) display in the time/calendar display.
- Start/Stop in the stopwatch function.
- Selection of the digits to be adjusted in the alarm setting function and the time/calendar setting function.

**Button C:**

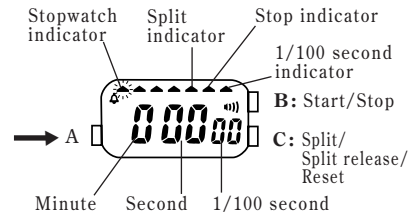
- Alarm display in the time/calendar display.
- Split/Split release/Reset in the stopwatch function.
- Setting the digits in the alarm setting function and the time/calendar setting function.
- Stopping the alarm in any display.

**Button B while keepig button C depressed:**  
Engagement and disengagement of the alarm and the time signal.

**Button C while keeping button B depressed:**  
Changeover of the calendar (month and date) display.

**Buttons B & C:**  
Alarm test in the time/calendar

## ■ HOW TO USE THE STOPWATCH



1. Depress button "A" to show the stopwatch display. (The stopwatch indicator starts flashing.)

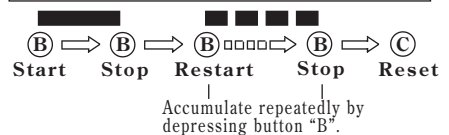
The stopwatch can measure up to 24 hours and is displayed in minutes, seconds, and 1/100 second up to 40 minutes, and in hours, minutes, and seconds after the first 40 minutes. (The 1/100 indicator flashes during the first 40 minutes.)

When the measurement is over 24 hours, the stopwatch will be reset to "0:00:00" and start counting again.

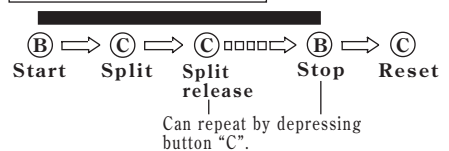
2. Reset the digits to "0:00:00" before using the stopwatch. When the split and the stopwatch indicators are flashing, depress button "B" to check that the stop indicator starts flashing, and then depress button "C" twice to reset the digits to zero.
3. When measuring a long period of time, return the stopwatch to the time/calendar display after the stopwatch starts to prevent any possible mistaken operation.

\* When button "B" or "C" is depressed in the stopwatch display, a single "beep" sounds to confirm the operation.

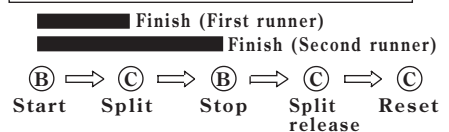
### Accumulated elapsed time measurement



### Split time measurement

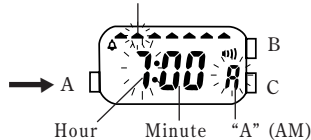


### Measurement between two competitors



## ■ HOW TO SET THE ALARM

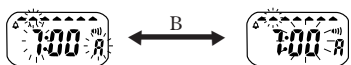
Alarm set indicator



1. Depress button "A" for 2 seconds to activate the alarm setting function. (The alarm set indicator starts flashing.)
2. Depress button "B" to activate the "Hour" or "Minute" setting. The display changes in the following order with each depression of button "B".

Hour setting

Minute setting



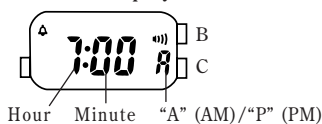
3. One digit (flashing) is advanced by each depression of button "C". The digits are advanced quickly by keeping button "C" depressed.
4. After all adjustments are completed, depress button "A" to return to the time/calendar display. (The display returns directly to the time/calendar display and not to the time/calendar setting.)

**Note:** When setting the hour digits, be sure to check that the "A" (AM)/"P" (PM) mark is correctly set.

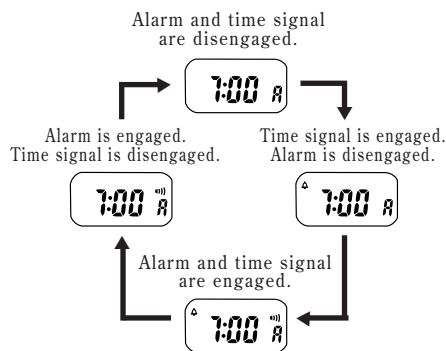
## ■ HOW TO ENGAGE AND DISENGAGE THE ALARM AND THE TIME SIGNAL

1. Depress button "C" to show the alarm display. The alarm display is shown while button "C" is kept depressed.

Alarm display



2. Each depression of button "B" while keeping button "C" depressed repeats the engagement and disengagement of the alarm and the time signal as follows:



## ■ HOW TO STOP THE ALARM

The alarm rings at the designated time for 30 seconds and stops. However, the alarm can be stopped manually by depressing button "C" in any display.

## ■ ALARM TEST

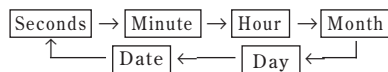
The alarm can be tested with a beeping sound by depressing buttons "B" and "C" at the same time in the time/calendar display.

## ■ HOW TO SET THE TIME/CALENDAR

Time/calendar setting indicator



1. Depress button "A" for 2 seconds (alarm setting function will appear), and again depress the button to activate the time/calendar setting function (time/calendar setting indicator and seconds digits flashing).
2. Selection of the digits to be adjusted (flashing) is made in the following order by depressing button "B".



3. One digit (flashing) is advanced by each depression of button "C". (The digits except seconds are advanced quickly by keeping button "C" depressed.)

### • Second setting

Depress button "C" in accordance with a time signal. The seconds are reset to "00" and start immediately.

When the seconds count any number from "30" to "59" and button "C" is depressed, one minute is added and the seconds are immediately reset to "00".

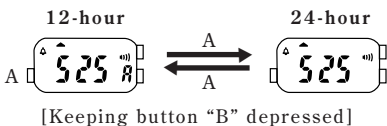
4. After all adjustments are completed, depress button "A" to return to the time/calendar display.

**Note:** When setting the hour digits, be sure to check that the "A" (AM)/"P" (PM) mark is correctly set.

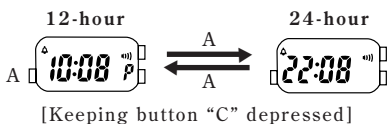
## ■ HOW TO CHANGE OVER THE 12-HOUR AND THE 24-HOUR INDICATIONS

In the calendar or the alarm display, each depression of button "A" changes over the time indication display from the 12-hour to the 24-hour and vice versa.

• **Changeover in the calendar display**



• **Changeover in the alarm display**



\* When the "A" (AM)/"P" (PM) mark disappears, the calendar or the alarm display is shown in the 24-hour indication.

■ **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 battery which powers your watch should last approximately 2 years for SEIKO SR726W and 1.5 years for MAXELL SR726W. However, because the battery is inserted at the factory, the actual life of the battery once in your possession may be less than 3 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.

■ **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	Accidental contact with water, such as splashes and rain	Swimming and taking a shower	Skin diving	Scuba diving
No indication	NO	NO	NO	NO
<b>WATER RESISTANT</b>	YES	NO	NO	NO
<b>WATER RESISTANT (50 M/5 BAR)*</b>	YES	YES	NO	NO
<b>WATER RESISTANT (100 M/10 BAR or*) above</b>	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.