

# Instruction Manual



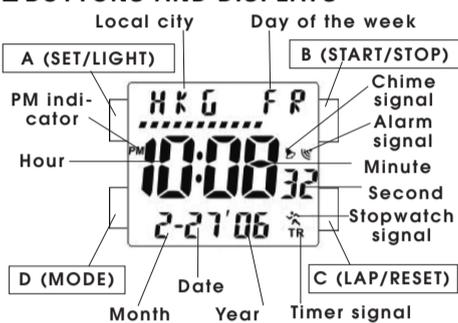
CAL. 2010 (R23 SERIES)



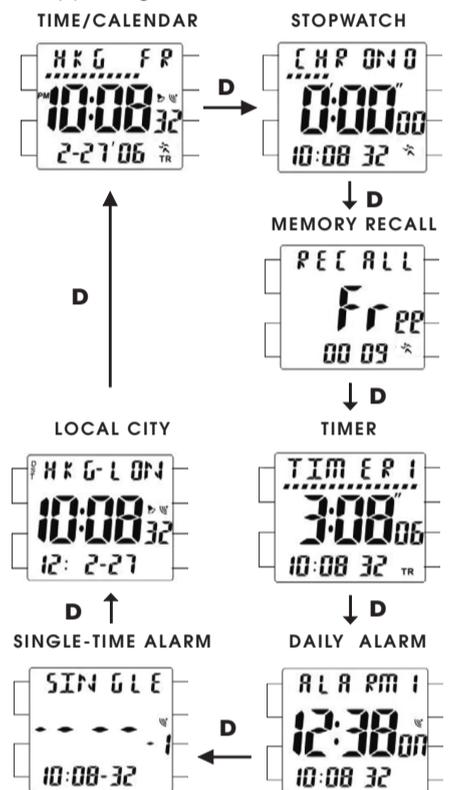
## CHARACTERISTICS

- Time/calendar display:** Hour, minute, second, month, date and day of the week
- Time indication:** 12-hour display format with PM indicator and 24-hour display format are available.
- 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.
- Countdown timer:** The countdown timer can be set up to 23 hours 59 minutes and 59 seconds.
- 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.
- Second Time Zone:** Time in a different time zone can be displayed.
- Chime:** The chime can be set to sound every hour on the hour with a single beep.
- Illuminating light:** The built-in electro-luminescent (EL) light evenly illuminates the display for easy viewing in darkness.

## BUTTONS AND DISPLAYS

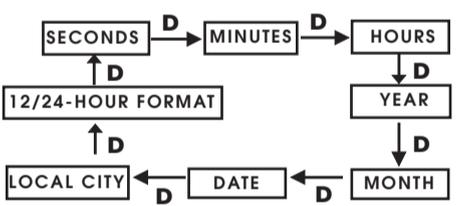


The display mode changes in the following order by pressing Button D.

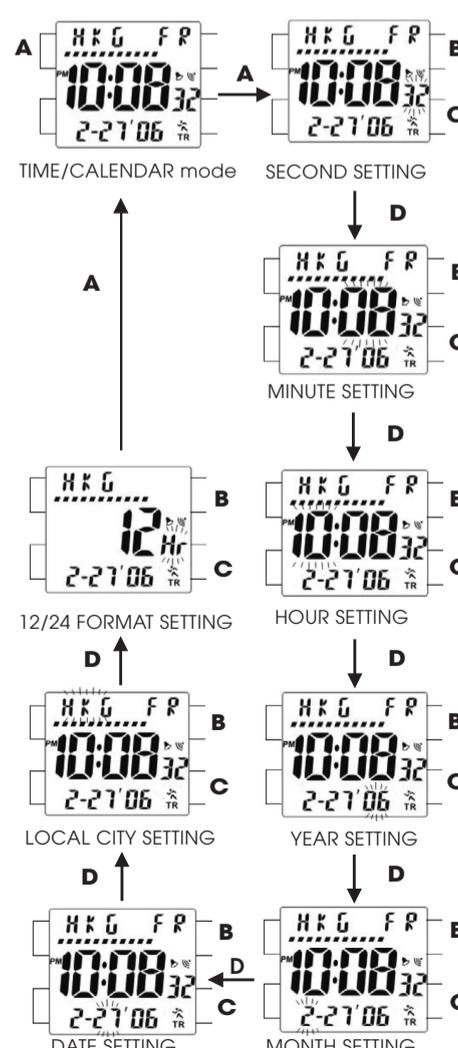


## HOW TO SET THE TIME/CALENDAR

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



- 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."



- After all the adjustments are completed, press Button A for 2 seconds to return to the TIME/CALENDAR mode.

## Choice of 12-Hour/24-Hour format

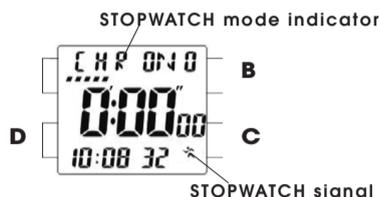
- The time display format in either 12-hour indication or in 24-hour indication can be selected alternately by pressing button B or C. Under the 12-hour indication format, "PM" mark appears in the afternoon, but no AM mark appears in the morning. Under the 24-hour indication format, no mark appears on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

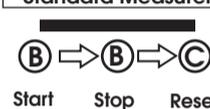
## HOW TO USE STOPWATCH

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

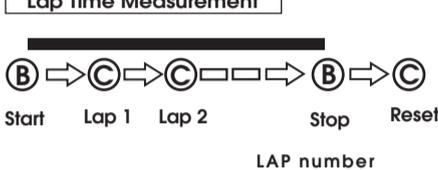


## STOPWATCH OPERATION

### 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

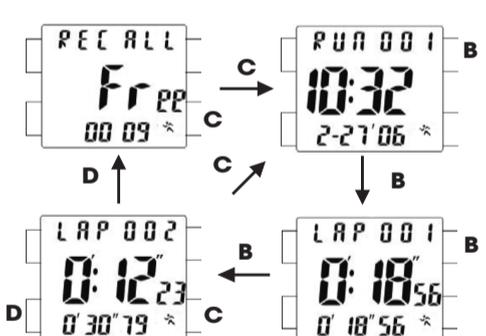
Data obtained in the Stopwatch mode can be recalled after measurement. Each time data from START to RESET is managed as a RUN. Press Button D to return to the TIME/CALENDAR mode.

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

### MEMORY RECALL mode indicator

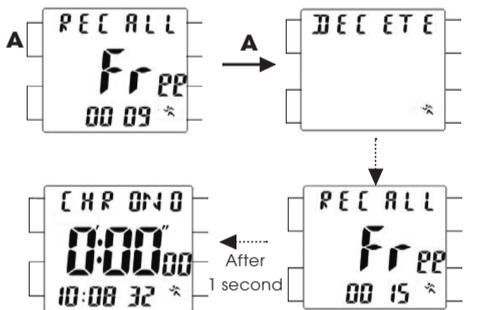


- Press Button C to show the data of the latest measurement. The elapsed time and the date of measurement are displayed with a RUN number.
- Press Button B to read each recorded lap time. Recorded lap time is shown in order of each lap number.
- Press Button C to exit the Memory Recall Function. The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



## How to delete all of the memories

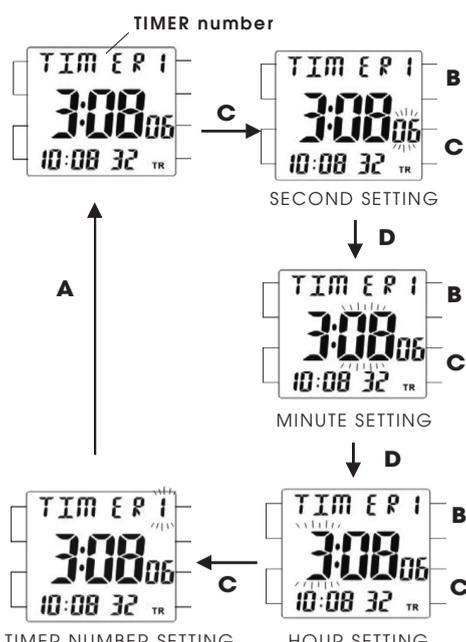
- Press Button A for 2 seconds. The "DELETE" indicator appears on the display when the watch starts deleting stored data. When the deletion is finished, the display returns to the MEMORY RECALL mode, and after 1 second, it automatically goes to the STOPWATCH mode.



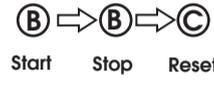
## HOW TO USE COUNTDOWN TIMER

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

- Press Button A for 2 seconds to change the display to the TIMER SETTING mode. The hour digits start flashing.
- 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.
- Press Button D to confirm the second setting and move on to the minute setting. The minute digits start flashing.
- 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.
- Press Button D to confirm the minute setting and move on to the hour setting. The hour digits start flashing.
- Press Button D to set the Timer number.
- Press Button A to complete the timer setting.



**TIMER OPERATION**



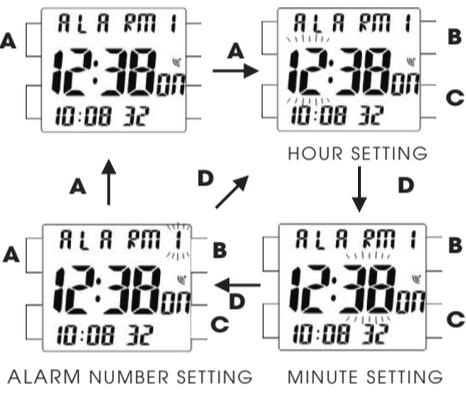
1. Press Button B in the TIMER mode to start the countdown timer.
  2. Press Button B to stop the countdown timer.
  3. To reset the timer, press Button C.
- Press Button D to return to the TIME/CALENDAR mode.



**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.



**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.

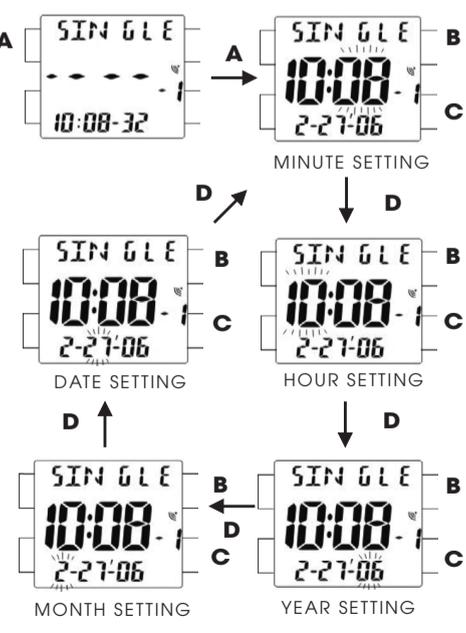
**How to stop the alarm while sounding**

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.



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**

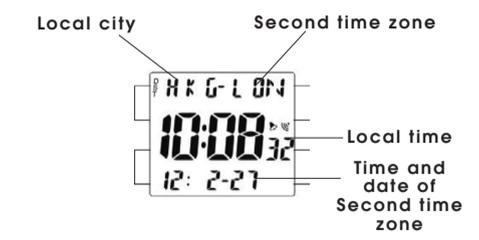
The alarm sounds for 10 seconds at the designated time. To stop it manually while sounding, press any Button.

**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.



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
	7	Bangkok, Hanoi, Jakarta, Phnom Penh, Vientiane
RKK	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	Accidental contact with water, such as splashes and rain	Swimming and taking a shower	Skin diving	Scuba diving
Indication on the dial/case back				
<b>No Indication</b>	NO	NO	NO	NO
<b>WATER RESISTANT</b>	YES	NO	NO	NO
<b>WATER RESISTANT (50M/5 BAR)</b>	YES	YES	NO	NO
<b>WATER RESISTANT (100M/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.
- 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/