Features

The combination watch of the analog and digital display

Lap time measurement per 1/1000 second (→ page 18) with the lap recording function (→ page 22)

Eco-Drive

Solar-powered—no need for battery replacement

World time—easy to see the time of 43 cities all over the world (→ page 24)
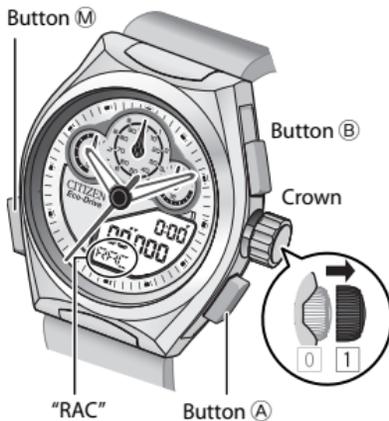
This watch is powered by light.
If the watch is not exposed to light for a long time, it stops moving.
See page 9 for charging the battery.

You can view explanations of the operation of this watch by accessing the Citizen web site and viewing the "Service&Support."
URL: http://www.citizenwatch.jp/

Race mode quick guide

Button Ⓜ

Button Ⓑ

Crown

"RAC"   Button Ⓐ

Setting the distance of the course

1. Press **button** Ⓜ to change the mode to Race. ("**RAC**")

2. Pull out **the crown** to position 1.

3. Press **button** Ⓐ to display "**YES**," then press and hold **button** Ⓜ for more than 2 seconds.

4. Press **button** Ⓐ or Ⓑ to adjust the current digit, and press **button** Ⓜ to go to the next one.

5. Push in **the crown** to position 0.

Measuring lap times

1. Press **button** Ⓜ to change the mode to Race. ("**RAC**")

2. Press **button** Ⓑ to start measurement.

3. Press **button** Ⓐ to measure lap times.

- Each time you press **button** Ⓐ, a lap time and the speed are displayed.
- The records are stored in the Lap Record mode.

4. Press **button** Ⓑ to stop the measurement.

Checking the records

1. Press **button** Ⓜ to change the mode to Lap Record.

"**FAS**" is displayed.

2. Press **button** Ⓐ to change the record displayed.

Each time you press **button** Ⓐ, following records are displayed: the best time ("**FAS**")➜the average time ("**AVG**")➜the worst time ("**LAT**")➜all lap times from old to new.

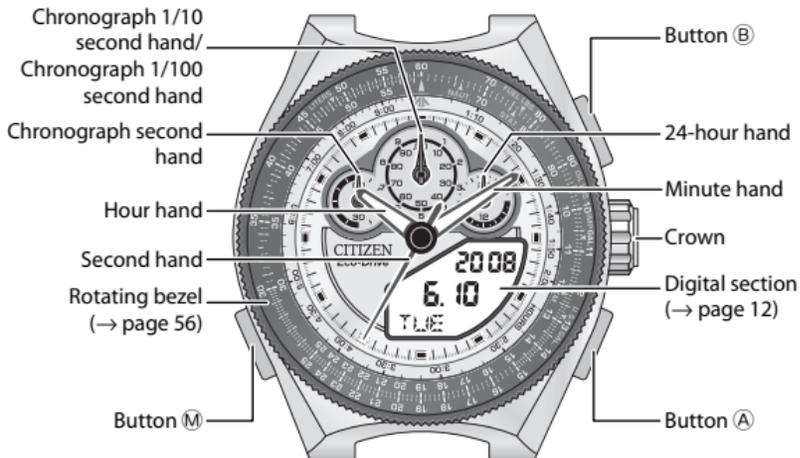For detail, see page 18 for the Race mode and page 22 for the Lap Record mode.

3

⌄ Contents

English

⊗ Before use

■ Part names

Chronograph 1/10 second hand/
Chronograph 1/100 second hand

Chronograph second hand

Hour hand

Second hand

Rotating bezel
(→ page 56)

Button Ⓜ

Button Ⓑ

24-hour hand

Minute hand

Crown

Digital section
(→ page 12)

Button Ⓐ

The illustrations in this instruction manual may differ from the actual appearance of your watch.

■ How to use the screw down crown

The screw down crown is equipped on some models. When a normal crown is equipped, you can operate the crown without unlocking it.

Checking the crown type
Pull out the crown. • If you CANNOT pull it out easily, it is a screw down crown. Turn the crown to the right. • If you CANNOT keep turning it, it is a screw down crown.
Unlocking/relocking the screw down crown
Turn the crown to the left until it pops out. • The crown is unlocked and you can operate it. Turn the crown to the right while pushing it in, and tighten firmly. • The crown is relocked.
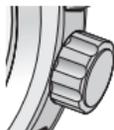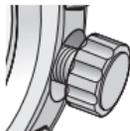
■ Checking the battery

Check your watch as follows before using it:

Check the movement of the second hand.

| Moving at 1-second intervals. | Moving at 2-second intervals or has stopped. |

Check the digital section.

| " ✗ " is not displayed. | " ✗ " is displayed. |

Expose the dial to light for charging the battery.

Start using the watch!
• To adjust the time and calendar, see page 14.
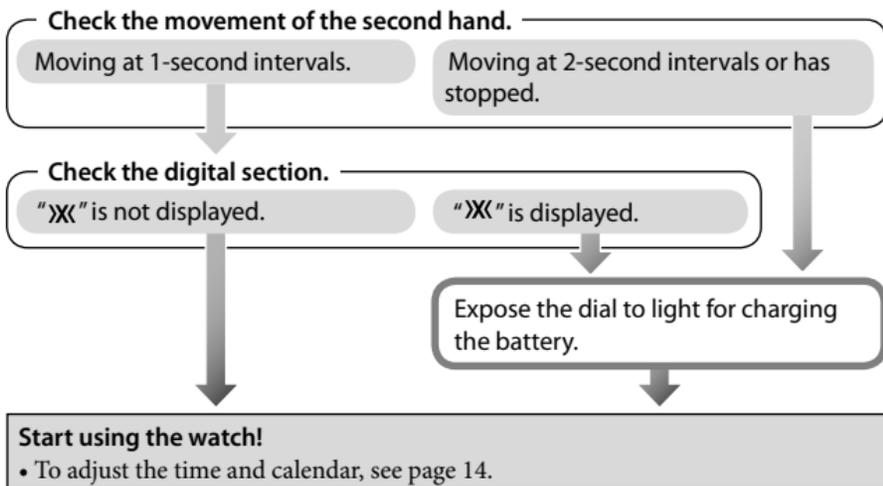
■ How to charge the battery

This watch has a battery which is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

To obtain the best performance:

• **Expose the dial to direct sunlight for several hours at least once a month.**
• After taking off the watch, put it **where the dial is exposed to bright light,** such as by a window.
• Before storing the watch in a dark place for an extended period of time, fully charge the battery.

Caution

• When the watch is covered with long sleeves, for example, the battery may not be charged sufficiently. Try to keep the watch exposed to light even when wearing the watch.
• Do not charge the battery at a high temperature (about 50˚C/122˚F or higher) such as on the dashboard.

See page 32 for charging time.

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■ Checking the reference position

Check whether the reference position is correct or not.

Chronograph second hand

Chronograph 1/10 second and 1/100 second hands

Button Ⓑ

Crown

Button Ⓜ

"CHR"

Button Ⓐ
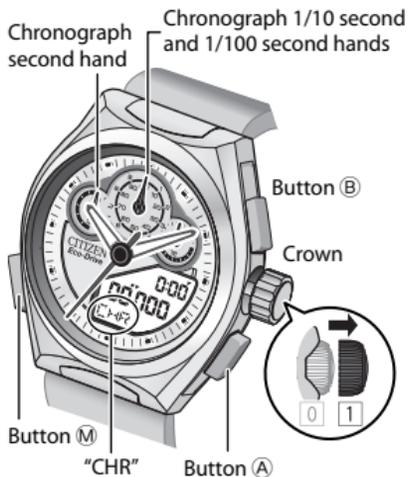
Check and adjust the reference position also in the following cases:
- The correct time is not displayed on the analog section even after the time setting.
- Each chronograph hand does not point to "0/.00" or "60" even after resetting the measurement time.

1. **Press button Ⓜ to change the mode to Chronograph. ("CHR")**

2. **Pull out the crown to position** $\boxed{1}$.

"**0**" is displayed and all hands move to indicate the current reference position.

3. **Check the reference position.**

- Go to step **3** on page 40 if the reference position is incorrect.

4. **Push in the crown to position** $\boxed{0}$ **to finish the check.**

The current time is indicated on the analog section.

Correct reference position

① Chronograph second hand points to "60."
② Chronograph 1/10 second and 1/100 second hands point to "0/.00."
③ Hour, minute, and second hands point to 12:00.
④ 24-hour hand points to "24."

⌄ Changing the mode of the digital section

1. Press **button** Ⓜ repeatedly to change the mode.
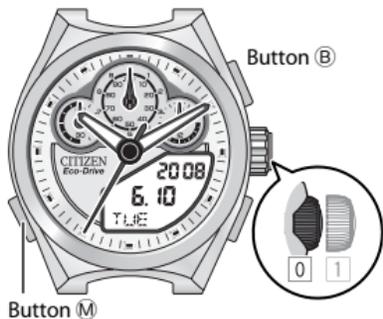
Button Ⓑ

Button Ⓜ

While calendar or world time is displayed, the digital section is lighted for 2 seconds by pressing **button** Ⓑ.

Time and Calendar mode

(→ page 14)

2008 — Year

6.10 — Month, day

TUE — Day of the week

Timer mode

(→ page 28)

99

98 59 — Timer indicator

"TMR" (Timer)

Chronograph mode

(→ page 16)

0:00

00'000

"CHR" (Chronograph)

Race mode

(→ page 18)

0:00

00'000

"RAC" (Race)

Lap Record mode

(→ page 22)

0:03

37'0 12

Kind of the records

Alarm mode

(→ page 26)

A   RL On

12:00

◀))) — Alarm indicator

City for the alarm setting

World Time mode

(→ page 24)

P — A (AM)/P (PM) indicator
(for 12-hour clock)

4:09

SMT — Daylight saving time
indicator

City of the local time

⌄ Setting the time and calender—Time and Calendar mode

Button Ⓜ

Button Ⓑ
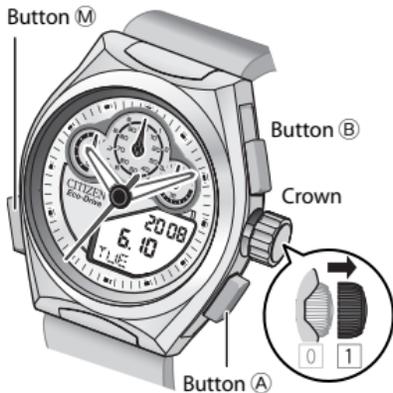
Crown

Button Ⓐ

- The time on the digital section set here is the basic time of the watch—the home time.
- The analog section indicates the home time corresponding to the setting.

1. Press **button** Ⓜ **to change the mode to Time and Calender.**

2. Pull out **the crown** to position 1.

The second hand points to the 0 second position, and all hands stop moving. The city name starts flashing.

Refer to "Table of city names"
(→ page 54) for the selectable cities.

14

3. Press **button** Ⓜ to select an item, and press **button** Ⓐ or Ⓑ to adjust the selected item.

City	Daylight saving time ("**ON/OFF**")	Second, minute, hour	Time system ("**12H/24H**")	Month, day, year
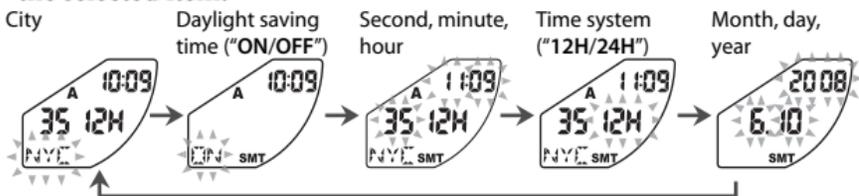
- If you press and hold **button** Ⓐ or Ⓑ, the item changes continuously.
- Use **button** Ⓐ for following items: daylight saving time, second, and time system.

4. Push in **the crown** to position ⓪ after the adjustment.

The hands move to indicate the adjusted time.

- Even if you push in **the crown** to position ⓪ before finishing setting, adjustment you have set is stored.
- You cannot use any button while the hands move.

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⊘ Using the chronograph—Chronograph mode

You can measure times up to 23 hours 59 minutes 59 seconds 999, per 1/1000 second.

Chronograph second hand
Chronograph 1/10 second and 1/100 second hands
Button Ⓑ (Start/stop)
Crown
Button Ⓜ
Button Ⓐ (Split/reset)
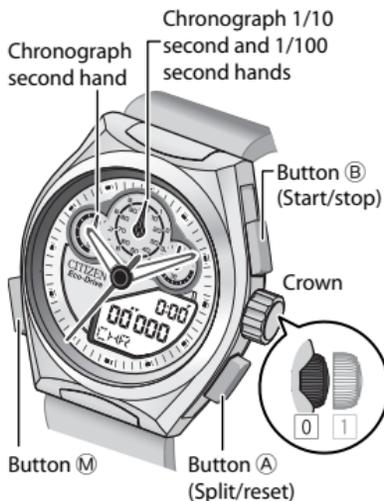
• When the measurement time passes over 23 hours 59 minutes 59 seconds 999, the measurement stops and the measurement time is reset.
• When 60 seconds elapsed after starting /restarting the measurement, the chronograph 1/10 second and 1/100 second hands stop at "0/.00."
• After the chronograph 1/10 second and 1/100 second hands stop, you can change the mode with the measurement continued (other than the Race mode and Lap Record mode).

1. Press **button** Ⓜ to change the mode to Chronograph. ("CHR")

- If the chronograph hands do not point to "0/.00" or "60," adjust the reference position. (→page 39)

0:00
00˚000
ᴄʜʀ

2. Press **button** Ⓑ to start measurement.

- To display a split time, press **button** Ⓐ. It is displayed for 10 seconds.

0:02
3˚1825
sᴘʟ

SPL (Split) indication

3. Press **button** Ⓑ to stop the measurement.

- To restart the measurement, press **button** Ⓑ again.
- To reset the measurement time, press **button** Ⓐ while the measurement is stopped.

17

⊙ Measuring lap times—Race mode

You can measure lap times and the average speed of each lap. The records of the latest 20 laps are stored in the Lap Record mode. (→ page 22)

Button Ⓜ

Button Ⓑ

Crown

"RAC"

Button Ⓐ

■ Setting the distance of the course

- To calculate speed, set the distance of the course. (Setting range: 0 to 99.999 km/mile)
- When you set the distance, records in the Lap Record mode are deleted. To cancel the setting, push in **the crown** to position $\boxed{0}$ before step **3** on page 19.

1. Press **button** Ⓜ to change the mode to Race. ("RAC")

2. Pull out **the crown** to position $\boxed{1}$.

3. Press **button** Ⓐ to display "YES," then press and hold **button** Ⓜ for more than 2 seconds.

The past lap records are deleted and the last distance setting is displayed.

4. Press **button** Ⓐ or Ⓑ to adjust the current digit, and press **button** Ⓜ to go to the next one.

Integer   Decimals

$\rightarrow$

$\leftarrow$

"**KM**" or "**MIL**" (The unit is different depending on models.)

• If you press and hold **button** Ⓐ or Ⓑ, the digit changes continuously.

5. Push in **the crown** to position $\boxed{0}$ after the adjustment.

■ Measuring lap times

Button Ⓜ

Button Ⓑ

Crown

Lap number

Button Ⓐ

0 1

- The records of the latest 20 laps are stored in the Lap Record mode. (→ page 22)
- Set the distance of the course to calculate speed. (→page 18)
- The largest lap number is "**99**." It returns to "**01**" as you take the 100th lap time.
- You cannot change the mode during the measurement.

1. Press **button** Ⓜ to change the mode to Race. ("**RAC**")

0:00
00'000
RAC

2. Press **button** Ⓑ to start measurement.

20

3. Press **button** Ⓐ to measure lap times.

Each time you press **button** Ⓐ, the lap time and its number ("**01**" to "**99**") are displayed for 7 seconds, then the speed for three seconds.

Lap number

"**KMh**" or "**MPH**"
(The unit is different depending on models.)

- The maximum speed displayed is "**999**." If the speed is beyond 999, "**---**" is displayed.
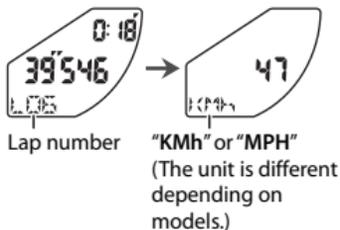
4. Press **button** Ⓑ to stop the measurement.

Following records are displayed: lap time and its number, speed, and the total of elapsed time.

- To restart the measurement, press **button** Ⓑ again.
- To reset the measurement time, press **button** Ⓐ while the measurement is stopped.

To check the records

Change the mode to Lap Record. (→page 22)

⌄ Checking the records of lap times—Lap Record mode

After the lap measurement, you can check the records of the latest 20 laps.

Button Ⓜ

Button Ⓑ

Crown

Button Ⓐ

Kind of the records
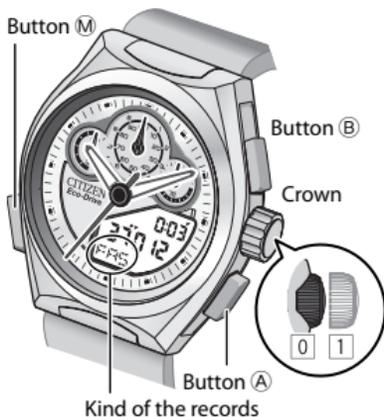
■ Checking the records

The best time, the average time, and the worst time are displayed, calculated from the stored records.

1. Press **button** Ⓜ to change the mode to Lap Record.

"**FAS**" is displayed.
- When no record is stored, "--" is displayed.

2. Press **button** Ⓐ to change the record displayed.

Best time ("**FAS**") Average ("**AVG**") Worst time ("**LAT**") All lap times from old to new

- If you press **button** Ⓑ while a lap time is displayed, the speed is displayed for three seconds.
- "**FAS**" or "**LAT**" and the lap number are displayed alternately.

■ Deleting the records

1. Press **button** Ⓜ to change the mode to Lap Record.

2. Pull out **the crown** to position ☐1.

3. Press **button** Ⓐ to display "YES," then press **button** Ⓜ for more than 2 seconds.

The records are deleted and "--" is displayed.

4. Push in **the crown** to position ☐0.

23

⊙ Checking the time of another city—World Time mode

You can display a local time selected among 43 cities or UTC.

Button Ⓜ

Button Ⓑ

Crown

City of the local time

Button Ⓐ

- The local time is calculated based on the time difference from the home time.
- If you press **buttons** Ⓐ and Ⓑ at the same time while **the crown** is set to position $\boxed{0}$, you can set the local time as the new home time. (The previous home time becomes the local time.)
- You can set daylight saving time for each city.

See "Table of city names" on page 54 for the selectable cities.

■ **Selecting a city**

1. Press **button** Ⓜ to change the mode to World Time.

2. Pull out **the crown** to position 1.

3. Press **button** Ⓐ or Ⓑ to select a city, then press **button** Ⓜ to go to the daylight saving time setting.

- If you press and hold **button** Ⓐ or Ⓑ, the city name changes continuously.

4. Press **button** Ⓐ to select "ON" or "OFF" for daylight saving time.

5. Push in **the crown** to position 0.
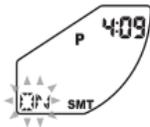
⏷ Using the alarm—Alarm mode

You can set the alarm based on the time of the selected city.

Button Ⓜ

Button Ⓑ

Crown

Button Ⓐ

"AL"

City for alarm setting
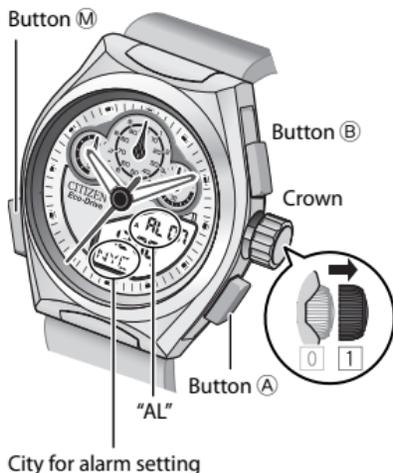
To monitor the alarm sound, press and hold **button** Ⓐ for more than 2 seconds while **the crown** is set to position 0. You can monitor it for up to 10 seconds.

1. **Press button** Ⓜ **to change the mode to Alarm. ("AL")**

2. **Pull out the crown to position** 1.

3. Press **button** Ⓜ to select an item, and press **button** Ⓐ or Ⓑ to adjust the selected item.

Alarm ON/OFF   City   Alarm time (Hour, minute)
("**AL ON/AL OF**")

— Alarm indicator
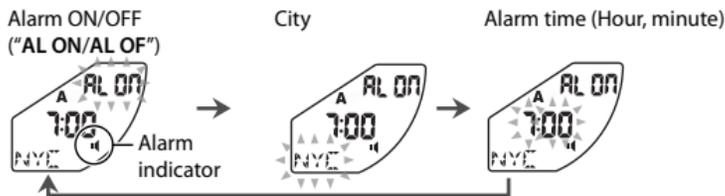
- Use **button** Ⓐ for the alarm ON/OFF setting.
- If you press and hold **button** Ⓐ or Ⓑ, the item changes continuously (for the city and alarm time setting).

4. Push in **the crown** to position ⓪ after the adjustment.

When the alarm time comes

The alarm tone sounds for 15 seconds.
- To stop the alarm tone, press any button.

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⌄ Using the timer—Timer mode

You can set the countdown timer from 1 minute up to 99 minutes per 1 minute.

Button Ⓜ

Button Ⓑ

Crown

"TMR"   Button Ⓐ
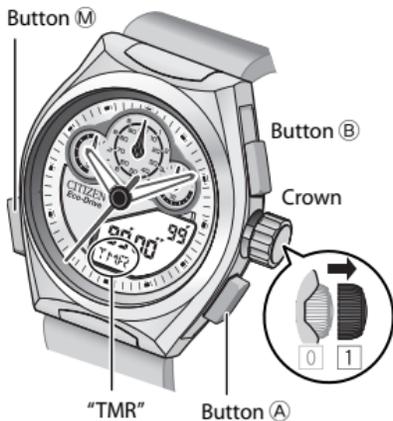
1. Press **button** Ⓜ to change the mode to Timer. ("TMR")

The last timer setting is displayed.

- Go to step **5** if you do not need to change the setting.

2. Pull out **the crown** to position 1.

3. Press **button** Ⓐ or Ⓑ to adjust the time.

- If you press and hold **button** Ⓐ or Ⓑ, the figure changes continuously.

4. Push in **the crown** to position ⓪ after the adjustment.

5. Press **button** Ⓑ to start countdown.

"●" appears.

- Each time you press **button** Ⓑ, the countdown starts or stops.
- <u>To restart the countdown from the set time</u>, press **button** Ⓐ while the countdown is running.
- <u>To return to the set time</u>, press **button** Ⓐ while the countdown is stopped.

Set time

Remaining time

Timer indication
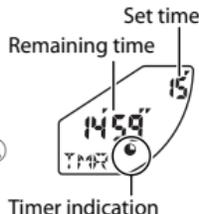
| The countdown continues even if you change the mode during the countdown. |

When the set time has passed

The time-up tone sounds for 5 seconds.
- To stop the time-up tone, press any button.
- The remaining time returns to the set time.

⊙ Charging the battery

■ When the battery becomes short of power—Insufficient charge warning function

Function and the movement of the watch
When the battery becomes short of power—Insufficient charge warning function ①   "※" appears on the digital section. The chronograph hands do not move (except the chronograph second hand).
When the battery reaches low charge—Insufficient charge warning function ②   The second hand moves once every two seconds. You cannot operate the watch.   • The alarm tone does not sound.   • If you have not charged the battery for about three days since the warning movement began, the watch will stop.

When the battery becomes short of power, insufficient charge warning function ① and ② are activated in order. Charge the battery by exposing the dial to light.

	While the battery is charged:
Insufficient charge warning function ① indication	"✕" disappears.
The two-second interval movement	The second hand starts to move normally. • Keep charging the battery until "✕" disappears.
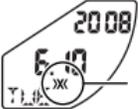
31

■ Charging time

Below are the approximate values for when exposing the dial to light continuously.

Illuminance (Lx)	Environment	Time for charging fully when the battery is empty (approx.)	Charging time needed for 1-day movement (while the second hand moves normally) (approx.)
3,000	20 cm (8 in.) under a fluorescent lamp (30 W)	200 hours	40 minutes
10,000	Under cloudy weather	60 hours	12 minutes
100,000	Under direct sunlight in summer	30 hours	3 minutes

You can calculate the amount of power the watch can get.
For example, if the battery is charged under cloudy weather for about 4 hours, the watch will get the power for approx. 20 days.

To charge the battery enough, expose the dial to brighter light for a long time. Sunlight is more effective than fluorescent lamps.

• You can put the watch under direct sunlight for a long time if the temperature of the watch is kept under 50˚C/122˚F.

<After the battery is fully charged—Overcharge prevention function>
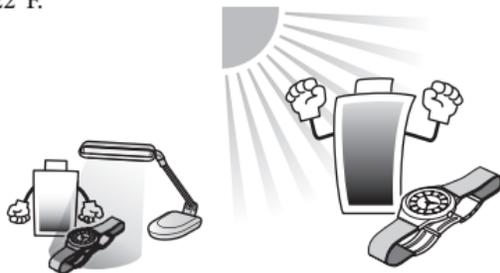
When the battery becomes fully charged, the overcharging prevention function is activated automatically to prevent excessive charging.

⌄ Power saving function

When the dial is not exposed to light for a certain period of time, the power saving function ① and ② are activated as follows:

Button Ⓑ

Button Ⓜ   Button Ⓐ
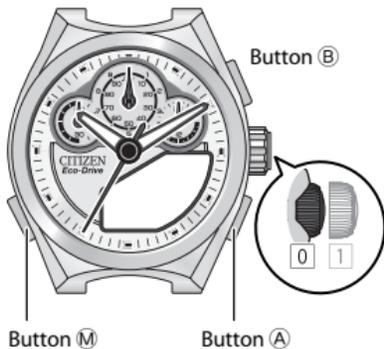
Condition when the function is activated
When the dial is not exposed to light for <u>more than 30 minutes</u>—Power saving function ①
When the dial is not exposed to light for <u>more than 7 days</u>—Power saving function ②

Caution
Charge the battery if the second hand is moving once every 2 seconds after the power saving function is canceled. (→page 30)

	Movement of the watch	To cancel the function
	The digital section is turned off.	Expose the dial to light or press any button.
	The digital section is turned off and all hands stop at the reference position.	Expose the dial to light. • The hour, minute, second, and 24-hour hands start to move and indicate the current time. • If the indicated time is not correct, adjust the time and calendar. (→page 14)

⊙ Troubleshooting

If you have a problem with your watch, check the table below.

Symptoms	Remedies	Page
The hands do not work properly		
The second hand moves only once every 2 seconds.	Charge the battery.	**9, 30**
The chronograph 1/10 second and 1/100 second hands do not move.		
All hands stop moving.	Push in the crown to position $\boxed{0}$.	**14**
	Charge the battery.	**9**
Incorrect time is indicated on the analog section.	Check and adjust the reference position.	**39**
Each chronograph hand does not return to "0/.00" or "60."		

Symptoms	Remedies	Page
The hands start turning rapidly when you take the watch out of the case.	The watch is canceling the power saving function. Wait until the hands indicate the current time.	**34**

The digital section seems unusual

The digital section is turned off when you take the watch out of the case.	The power saving function is activated. Expose the dial to light or press any button.	**34**
The mode cannot be changed.	Stop the measurement of the Chronograph or Lap Record mode.	**16, 20**
"❌" appears.	The battery is short of power. Charge the battery until "❌" disappears.	**9, 30**

Troubleshooting

Symptoms	Remedies	Page

Others

Symptoms	Remedies	Page
The alarm tone does not sound.	Confirm the alarm setting.	**26**
	Charge the battery.	**9, 30**
The movement or indication is not normal.	Reset the watch. If the watch still does not work properly, contact the Citizen Service Center or the store where you purchased your watch.	**42**
The watch does not work properly even if you have tried the remedies stated in "Troubleshooting" (pages 36 to 38).		
The watch does not move even if the battery is fully charged. (→ page 32)	Contact the Citizen Service Center or the store where you purchased your watch.	–

⌄ Adjusting the reference position

Adjust the reference position in the following cases:
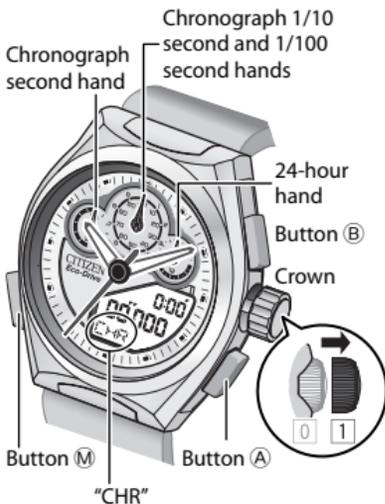
Chronograph 1/10 second and 1/100 second hands

Chronograph second hand

24-hour hand

Button Ⓑ

Crown

Button Ⓜ   Button Ⓐ

"CHR"

- The correct time is not displayed on the analog section even after the time setting.
- Each chronograph hand does not point to "0/.00" or "60" even after resetting the measurement.

1. **Press button Ⓜ to change the mode to Chronograph. ("CHR")**

2. **Pull out the crown to position** $\boxed{1}$ **.**

"**0**" is displayed and all hands move to indicate the current reference position.

```
00 00
00 000
--0--
```

- Go to step **5** on page 41 when the reference position is correct. (0:00:00/measurement time: 0)

39

Adjusting the reference position

Chronograph 1/10 second and 1/100 second hands

Chronograph second hand

24-hour hand

Button Ⓑ

Crown
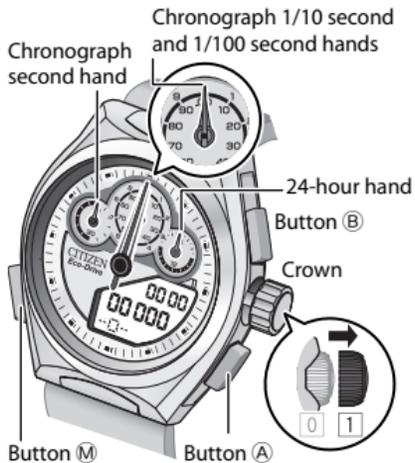
Button Ⓜ   Button Ⓐ

The illustration shows the correct reference position.

3. Press **button** Ⓑ for more than 2 seconds.

"**CRS**" is displayed.

4. Press **button** Ⓜ to select hands, and press **button** Ⓐ or Ⓑ to adjust the position of the selected hands.

| Chronograph second hand ("**CRS**") | Chronograph 1/10 second and 1/100 second hands ("**CRM**") | Hour and 24-hour hands ("**HR**") | Second and minute hands ("**MIN**") |
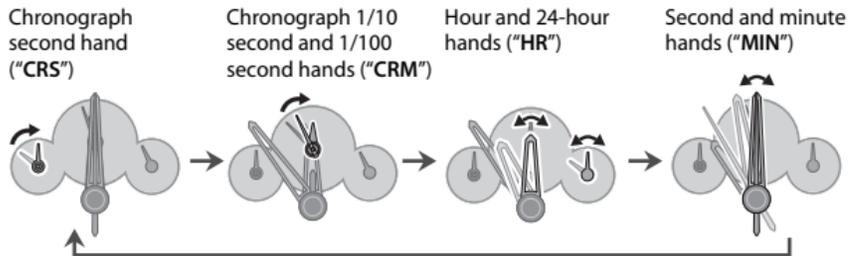
- Each time you press **button** Ⓜ, the adjustable hands move.
- If you press and hold **button** Ⓐ or Ⓑ, the hands move continuously.
- Use **button** Ⓑ for the chronograph hands.
- While adjusting the chronograph 1/10 second and 1/100 second hands or the hour and 24-hour hands, the second and minute hands move backward by 3 minutes and 30 seconds so that the hands to adjust can be seen.

5. Push in **the crown** to position ⓪ after the adjustment.

The current time is indicated on the analog section.

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⌄ Resetting the watch

The watch may not work properly if it is affected by static electricity or shock. In this case, reset the watch.

Button Ⓜ

Button Ⓑ
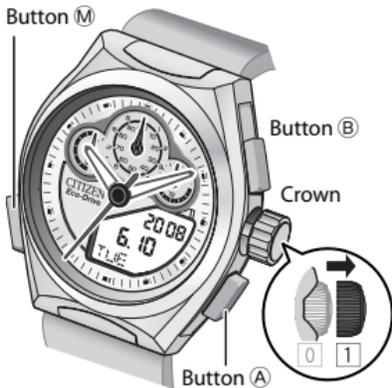
Crown

Button Ⓐ

Caution

If you reset the watch, the indication of each mode changes as the table on the right and the records in the Lap Record mode are deleted.

1. **Pull out the crown to position** 1.

2. **Press buttons** Ⓐ, Ⓑ **and** Ⓜ **simultaneously.**
The confirmation tone sounds and "**0**" is displayed.

3. **Correct the reference position.**
Follow step **3** to step **5** on page 40.

After resetting, the indication of each mode changes as follows. Adjust the time and calendar, and other settings.

■ Indication of each mode after resetting the watch

Time and Calender mode	January 1, 2008/ Tuesday
Chronograph mode	0:00:00:000
Race mode	0:00:00:000
Lap Record mode	--
World Time mode	AM12:00 / City : UTC
Alarm mode	AM12:00 / Alarm: OFF / City: UTC
Timer mode	99 minutes

⊘ Precautions

WARNINGS
Water-resistance performance
Before use, confirm the water-resistance level of your watch indicated on the dial and case.

Indication		Specifications
Dial	**Case (case back)**	
WATER RESIST(ANT) or no indication	WATER RESIST(ANT)	Water-resistant to 3 atmospheres
WR 50 or WATER RESIST 50	WATER RESIST(ANT) 5bar	Water-resistant to 5 atmospheres
WR 100/200 or WATER RESIST 100/200	WATER RESIST(ANT) 10bar/20bar	Water-resistant to 10 or 20 atmospheres

The unit "bar" is roughly equal to 1 atmosphere.
* "WATER RESIST(ANT) xx bar" may also be indicated as "W.R. xx bar."

	Examples of use				
	Minor exposure to water (washing face, rain, etc.)	Moderate exposure to water (washing, kitchen work, swimming, etc.)	Marine sports (skin diving)	Scuba diving (with an air tank)	Operation of the crown when the watch is wet
	OK	**NO**	**NO**	**NO**	**NO**
	OK	**OK**	**NO**	**NO**	**NO**
	OK	**OK**	**OK**	**NO**	**NO**

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Precautions

- Water-resistance for daily use (up to 3 atmospheres):
  This type of watch is resistant to minor exposure to water. For example, you may wear the watch while washing your face; however, it is not designed to be used underwater.
- Upgraded water-resistance for daily use (up to 5 atmospheres):
  This type of watch is resistant to moderate exposure to water. You may wear the watch while swimming; however, it is not designed to be used for skin diving.
- Upgraded water-resistance for daily use (up to 10/20 atmospheres):
  This type of watch may be used for skin diving; however, it is not designed to be used for scuba or saturated diving using helium gas.
- Be sure to use the watch with the crown pressed in fully (normal position) to ensure the water resistance. If the crown of your watch is the screw down crown, be sure to tighten it completely.
- Do not operate the crown or buttons when the watch is wet.

- If water has penetrated the watch, or if the inside of the glass is fogged up and does not become clear in a day, take the watch to your dealer or Citizen Service Center for repair. Leaving the watch in such a state will rust the internal parts and cause malfunction.
- If seawater penetrates the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, the pressure inside the watch will increase, and parts (glass, crown, buttons, etc.) may come off.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth.

Keep your watch clean
- Keep your watch clean to prevent rust or dirt building up on the watch. They may stain your clothes.
- Wipe off dirt on the leather band with a soft and dry cloth to prevent it from discoloring.

WARNINGS
Handling the secondary battery
- Do not remove the battery. When it is required, keep the battery out of the reach of children to prevent them from swallowing it.
- If the battery is swallowed, consult a doctor and seek medical treatment.

CAUTIONS
Cautions about charging
- Excessively high temperature at charging battery may cause discoloration and deformation of the exterior, and malfunction of the movement.
- Do not charge the battery at a high temperature (about 50˚C/122˚F or higher). Examples:
  – charging the battery by light such as an incandescent lamp or halogen lamp
  – charging the battery where the temperature becomes extremely high—such as on the dashboard

To avoid injury
• DO NOT wear the watch where the temperature becomes extremely high—such as in a sauna. Otherwise the watch may become hot and cause skin burn.

To avoid malfunction
• DO NOT use the watch where the temperature is lower or higher than the operation temperature specified in the instruction manual. Doing so may cause the watch to malfunction or stop.
• DO NOT place the watch nearby any materials generating a strong magnetic field such as:
  – magnetic health equipment such as a magnetic necklace
  – a magnetic latch of a refrigerator door
  – a magnetic clasp on a handbag
  – speakers of a mobile phone
  – electromagnetic cooking devices
  They may interfere with the movement of the stepping motors in the watch and timekeeping becomes inaccurate.

Precautions

- DO NOT place the watch nearby household appliances generating static electricity. Timekeeping may become inaccurate if the watch is exposed to such strong static electricity as that which is emitted from a TV screen.
- DO NOT apply any strong shock, for example, by dropping it onto a hard floor.
- Avoid using the watch where it may be exposed to chemicals or corrosive gases. If solvents, such as thinners or benzine, or substances containing such solvents come into contact with the watch, discoloration, melting, cracking, etc. may occur. The case, band, or other parts may become discolored if the watch comes into contact with mercury, such as that used in thermometers.

⌄ Maintenance

Daily maintenance
- Rotate the crown while it is pressed in (position $\boxed{0}$) and press the buttons periodically so that they will not be rusty.
- Wipe off dirt, perspiration, and water from the case and glass with a soft cloth.
- To clean a metal, plastic, or rubber watchband, wash away dirt with water. Use a soft brush to remove dust and dirt stuck in the gaps in a metal band.
- Do not use solvents (thinner, benzine, etc.), as they may damage the finish.

Periodical inspections
Your watch needs an inspection once every two or three years for safety and longer usage. To keep your watch water-resistant, the packing needs to be replaced regularly. Other parts need to be inspected and replaced if necessary.
Ask for genuine Citizen parts upon replacement.

⊙ Specifications

Model	U70* (Indication of unit: U700: km/U706: mile)
Type	Combination solar-powered watch
Timekeeping accuracy	Within ±15 seconds per month on average (when worn at normal temperatures between +5˚C/41˚F and +35˚C/95˚F)
Operating temperature range	0˚C/32˚F to +50˚C/122˚F
Display functions	**Analog section:** • Time: Hours, minutes, seconds, 24 hours • Chronograph: second, 1/10 second, 1/100 second **Digital section:** • Calender: Year, Month, Date, Day of the week • Chronograph (Split time) • Race (Lap time, speed) • Race record (Lap time, speed)

Display functions	• World time • Alarm • Timer
Battery duration without recharging	Fully charged to empty: • Approx. 7 years (with the power save function) • Approx. 8 months (without the power save function) Two seconds interval movement to stopping: Approx. 3 days
Battery	Secondary battery, 1pc.
Additional functions	• Power saving function (battery saving mode) ①/② • Overcharge prevention function • Insufficient charge warning function ①/② • Daylight saving time ON/OFF • Full auto calendar (until December 31, 2099) • LED light

Specifications are subject to change without prior notice.

⌄ Table of city names

abbr.	City name	Time difference	abbr.	City name	Time difference
UTC	—	±0	DXB	Dubai	+4
LON	London		KBL	Kabul	+4.5
MAD	Madrid	+1	KHI	Karachi	+5
PAR	Paris		DEL	Delhi	+5.5
ROM	Rome		DAC	Dhaka	+6
BER	Berlin		RGN	Yangon	+6.5
CAI	Cairo	+2	BKK	Bangkok	+7
ATH	Athens		SIN	Singapore	+8
JNB	Johannesburg		HKG	Hong Kong	
MOW	Moscow	+3	BJS	Beijing	
RUH	Riyadh		TPE	Taipei	
THR	Tehran	+3.5	SEL	Seoul	+9

abbr.	City name	Time difference	abbr.	City name	Time difference
TYO	Tokyo	+9	LAX	Los Angeles	–8
ADL	Adelaide	+9.5	DEN	Denver	–7
SYD	Sydney	+10	MEX	Mexico City	–6
NOU	Noumea	+11	CHI	Chicago	
AKL	Auckland	+12	NYC	New York	–5
SUV	Suva		YMQ	Montreal	
MDY	Midway Island	–11	SCL	Santiago	–4
HNL	Honolulu	–10	RIO	Rio de Janeiro	–3
ANC	Anchorage	–9	FEN	Fernando de Noronha	–2
YVR	Vancouver	–8	PDL	Azores	–1

Countries or regions may change time zones for various reasons.
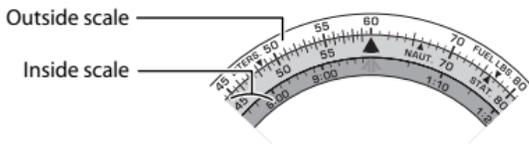
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⊙ How to use the rotating bezel

The rotating bezel is equipped on some models.
Using the bezel, you can easily calculate the followings:
1. Speed, driving distance, and required time
2. Fuel consumption rate, fuel consumption, and driving time
3. Conversion (weight/volume/distance)

• Rotate the outside scale for the calculation.

Outside scale ⎯⎯⎯⎯⎯⎯

Inside scale ⎯⎯⎯⎯⎯⎯

• The way of rotating the bezel differs depending on the type of the watch.
• You need to add a decimal point depending on calculation results.

## 1. Calculating speed, driving distance, and required time
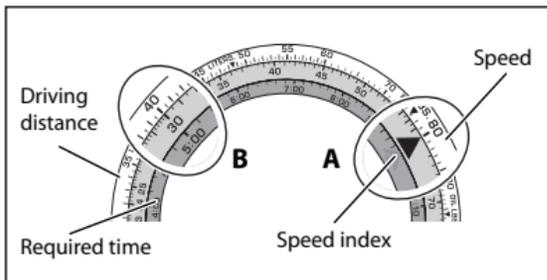
▲ (Speed index) always indicates a speed.

$$\frac{\text{Speed}}{\blacktriangle} = \frac{\text{Driving distance}}{\text{Required time}}$$

In the circle A, the speed index points to "80." Then any other part indicates a pair of driving distance and required time with the speed of 80 km/h. When the driving distance is 400 km ("40"), for example, the required time is 5 hours ("5:00").
In the circle B, a driving distance and a required time are set. Then ▲ indicates the speed.

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2. Calculating fuel consumption rate, fuel consumption, and driving time

Fuel consumption

Fuel consumption per hour (Fuel consumption rate)
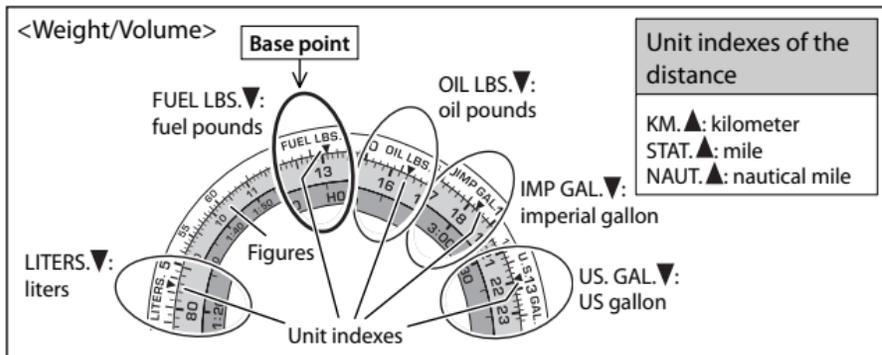
Driving time
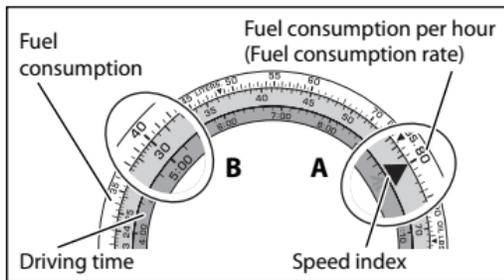
Speed index

▲ (Speed index) always indicates a fuel consumption rate.

$$\frac{\text{Fuel consumption rate}}{\blacktriangle} = \frac{\text{Fuel consumption}}{\text{Driving time}}$$

In the circle A, the speed index points to "80." Then any other part indicates a pair of fuel consumption and the maximum driving time with the fuel consumption rate of 80 *l*/h. When the fuel consumption is 400 *l* ("40"), for example, the maximum driving time is 5 hours ("5:00").

In the circle B, fuel consumption and driving time are set. Then ▲ indicates the fuel consumption rate.

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3. Conversion

<Weight/Volume>

Base point

FUEL LBS.▼:
fuel pounds

OIL LBS.▼:
oil pounds

IMP GAL.▼:
imperial gallon

LITERS.▼:
liters

US. GAL.▼:
US gallon

Figures

Unit indexes

Unit indexes of the distance

KM. ▲: kilometer
STAT. ▲: mile
NAUT. ▲: nautical mile

Set one of the indexes (▲/▼) to the figure you want to convert. Then the other indexes (▲/▼) point to converted figures.
The example shows 13.1 fuel pounds (base point) is equal to 16.4 oil pounds, 1.82 imperial gallon, 2.18 US gallon, and 8.25 liters.

⊙ Glossary

Terms (page)	Descriptions
AVG (3, 23)	AVERAGE: the average lap time.
FAS (3, 22)	FASTEST: the best lap time.
LAT (3, 23)	LATEST: the worst lap time.
UTC (24, 43, 54)	"Coordinated Universal Time" is the standard time around the world maintained by international agreement.
Eco-Drive (1)	System to convert light into electrical energy. It enables a watch to move efficiently.
Daylight saving time (13, 15, 24, 53)	The institution to set a clock forward an hour during a certain period in summer. Whether and when it is administered depend on each country or city.
Split time (17)	Elapsed time from the starting point to the measured point.

Terms (page)	Descriptions
Screw down crown (7)	Crown fixed with a screw. Locking the crown prevents accidental operation or submergence.
Full auto calendar (53)	Function to adjust the date automatically at the end of each month including February 29.
Home time (14, 24)	Time displayed on the main display part. (When a watch has two or more time indication)
Lap time (1, 3, 18, 20, 23, 52)	Elapsed time of every lap.
Reference position (10, 17, 35, 36, 39, 42)	The base position of the indication for the analog section. (0:00:00/measurement time: 0) If the reference position is off from it, the watch will not display the time and measurement time correctly.