

CHARACTERISTICS

1. Analogue & digital time displays

2. Automatic calendar

- The calendar automatically adjusts for odd and even months including February of leap years up to 2050.

3. World time function

- Time in the 77 cities and regions around the world can be displayed. Among those 77 cities, the cities in some time zones with 30-minute offsets from UTC are included.
- Daylight saving time can also be set.
- By presetting the "Home City," you can easily reset the display to the time in your "Home City" after your return from abroad.
- The time zone abbreviations in the United States are also displayed for applicable cities.

4. 24-hour stopwatch

- The stopwatch can measure up to 23 hours, 59 minutes and 59 seconds in 1/100-second increments for the first 60 minutes and in 1-second increments thereafter.

5. Countdown timer

- The timer can be set up to 9 hours and 59 minutes in 1-minute increments.

6. Regular alarm

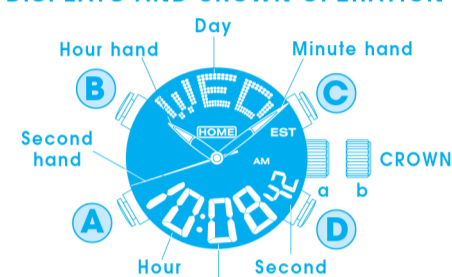
- The regular alarm sounds once every 24 hours at the designated time.
- You can preview the alarm sound by using the sound demonstration function.
- The hourly time signal can also be set.

7. Single-time alarm

- The Single-time alarm sounds only once at a designated time and it is disengaged automatically.

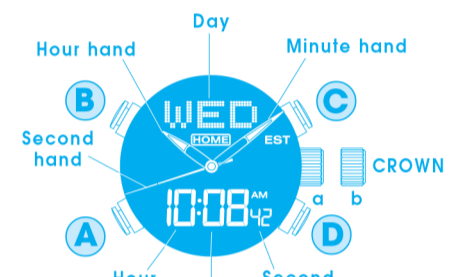
- 8. Illuminating light** (Electroluminescent panel)
- The built-in electroluminescent backlight illuminates the display for approximately 3 seconds for easy viewing in darkness.

DISPLAYS AND CROWN OPERATION



CROWN position a: normal position
b: extended position (analogue time setting)

(Caliber NX11)

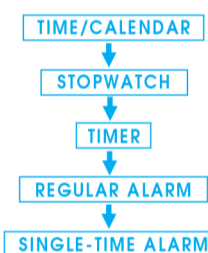


CROWN position a: normal position
b: extended position (analogue time setting)

(Caliber NX14)

The caliber NX11 and NX14 have the different designs of digital displays, but their usages are the same. The following sections of this manual will provide explanation by using the caliber NX11 as an example.

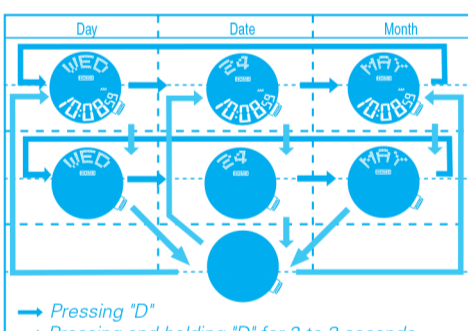
With each press of "A," the mode in the digital display changes in the following order.



When display returns to the TIME/CALENDAR display, you will hear the confirmation sound.

Choice of display in the TIME/CALENDAR mode

- Pressing "D" in the TIME/CALENDAR mode will change the calendar element shown at the top half of the display in order of "day," "date" and "month".
- Pressing and holding "D" for 2 to 3 seconds in the TIME/CALENDAR mode will select the item shown at the top and bottom halves of the display. See the chart below.



- Choice of display is available only in the TIME/CALENDAR display.

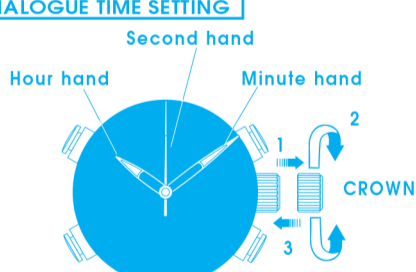
Note on unusual display:

If all the segments of the display light up in the TIME/CALENDAR SETTING display with the digits flashing, it is not a malfunction. This happens when both "C" and "D" are pressed simultaneously. In such a case, press "A," "C" or "D" to return to the TIME/CALENDAR mode, and then set the time/calendar again.

HOW TO SET THE TIME/CALENDAR

The analogue and digital displays are separately illustrated in the following sections of this manual for the purpose of explanation.

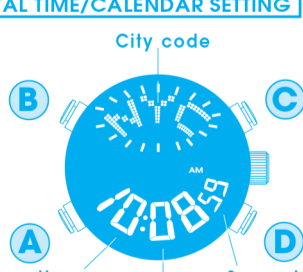
ANALOGUE TIME SETTING



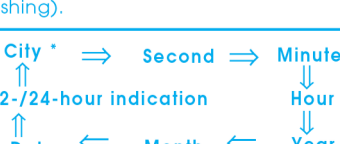
- Pull out the crown when the second hand is at the 12 o'clock position.
The second hand will stop on the spot.
- Turn the crown to set the hour and minute hands to the correct time.
- Push the crown back in simultaneously with a time signal.

To set the hands more accurately, advance the minute hand four to five minutes ahead of the correct time, and then slowly move the hand back to the correct time.

DIGITAL TIME/CALENDAR SETTING



- Press and hold "A" for 2 to 3 seconds to show the TIME/CALENDAR SETTING display.
The city code currently selected will flash at the top half.
- Press "B" to select the item to be adjusted (flashing).



At this point, you can set your "Home City." Refer to "RETURNING TO THE "HOME CITY" DISPLAY" for details.

- Press "C" or "D" to set the flashing item.

To set the city, select the city code representing the city which is in the same time zone as the city you are wearing this watch. For information on city codes and their time zones, refer to "CITIES AND TIME DIFFERENCES."

- Press "A" to confirm the settings and return to the TIME/CALENDAR mode.

NOTES

❖ Setting the second

To reset the second digits to "00," press either "C" or "D" in accordance with a time signal while the second digits are flashing. If "C" or "D" is pressed while the second digits count any number between "30" and "59," one minute is added and the second digits are immediately reset to "00."

- Once the year, month and date have been set, the day of the week is automatically set.

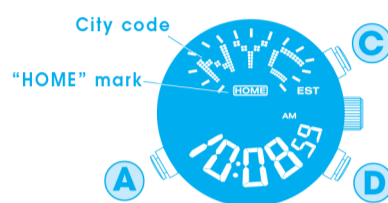
❖ 12-/24-hour indication setting

- When the 12-hour indication is selected, "AM" indicator appears for the morning and "PM" indicator appears from the afternoon.
- When setting the hour digits in the 12-hour indication, check that the AM/PM is properly set.

"HOME CITY" SETTING

This watch is equipped with the world time function which enables you to view the time in the 77 cities and regions around the world.

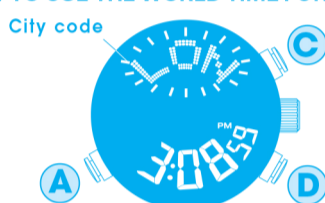
By presetting the "Home City," even if you set the watch to display the time of the place you are staying while traveling abroad, you can easily and conveniently reset the watch to display the time of your "Home City" after your return home. For details, refer to "RETURNING TO THE "HOME CITY" DISPLAY."



- Press and hold "A" for 2 to 3 seconds.
The city code currently selected will flash at the top half.
- Press "C" or "D" to select the city code which represents the city you wish to set as your "Home City."
- Press both "C" and "D" at the same time.
Beneath the city code which you have selected, the "HOME" mark appears.
- Press "A" to confirm the setting and return to TIME/CALENDAR mode.

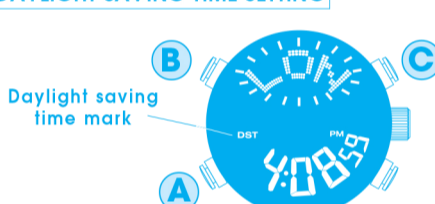
If you need to set the time, follow the procedures from Step 2 in "DIGITAL TIME/CALENDAR SETTING."

HOW TO USE THE WORLD TIME FUNCTION



- Press and hold "C" for 2 to 3 seconds.
The city code whose time the watch is currently showing will flash.
- Press "C" or "D" to select the city code whose local time you want to display on the watch.
- Press "A" to confirm the setting and return to the TIME/CALENDAR mode.
 - In a case that the alarm is engaged, it will sound at the designated time of the currently selected city.
 - If the watch is left untouched with the city code flashing, it will automatically return to the TIME/CALENDAR mode in 1 to 2 minutes.

DAYLIGHT SAVING TIME SETTING

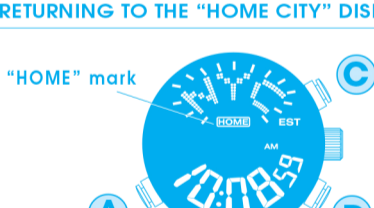


- Press and hold "C" for 2 to 3 seconds.
The city code whose time the watch is currently showing will flash.
- Press "B" to set the daylight saving time.
With each pressing of "B," the daylight saving time can be alternately set or cancelled. For information on city codes and their time zones, refer to "CITIES AND TIME DIFFERENCES."
- Press "A" to confirm the setting and return to the TIME/CALENDAR mode.

NOTES

- While the daylight saving time mark appears on the display, the time is advanced by one hour in all the cities.
- Daylight saving time can be set even for cities and regions where daylight saving time is not actually adopted.
- In a case that the alarm is engaged, it will sound at the designated time of the current time setting.

RETURNING TO THE "HOME CITY" DISPLAY



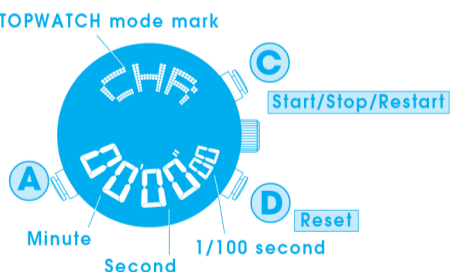
- Press and hold "C" for 2 to 3 seconds.
The city code whose time the watch is currently showing will flash.
- Press both "C" and "D" at the same time.
- Press "A" to return to the TIME/CALENDAR mode.
The display shows the time in your "Home City."

NOTES

- In a case that the alarm is engaged, the alarm will sound at the designated time of your "Home City" time.

HOW TO USE THE STOPWATCH

STOPWATCH mode mark



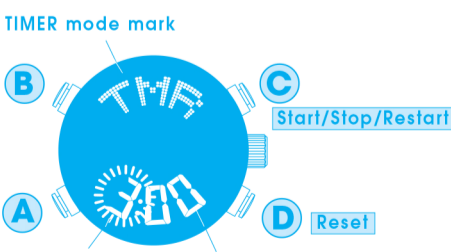
- Press "A" once to show the STOPWATCH mode.
- Press "C" to start or stop the stopwatch.
Pressing "C" will alternately start or stop the stopwatch.
- Press "D" to reset to "00:00:00."

NOTES

- Even if the STOPWATCH mode is changed to a different mode while the measurement is in progress, it continues counting properly. After the stopwatch is used, however, be sure to stop it as the battery energy is consumed enormously to shorten the battery life.

HOW TO USE THE COUNTDOWN TIMER

TIMER mode mark



- Press "A" twice to show the TIMER mode.
- Press and hold "A" for 2 to 3 seconds to show the TIMER SETTING display.
- Press "B" to select the item to be adjusted (flashing).

Hour n Minute

- Press "C" or "D" to set the flashing digits.
The flashing digits move quickly if "C" or "D" is kept pressed.
- Press "A" to confirm the timer setting.

NOTES

- If the timer time is set for "0:00," the timer does not function.
- If the watch is left untouched in the TIMER SETTING display with the digits flashing, it will automatically return to the TIMER mode in 1 to 2 minutes.

TIMER OPERATION

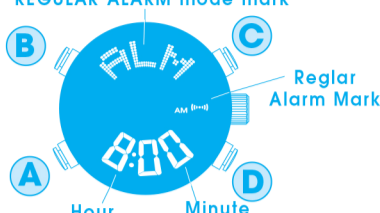
- Press "C" to start or stop the timer.
Pressing "C" will alternately start or stop the timer.
- Press "D" to reset.
Remember to reset the timer time by pressing "D" for next use.

NOTES

- Starting from 3 seconds before the set time is up, the timer beeps for 10 seconds. To stop the beep manually while sounding, press any of the buttons.
- Before start using the timer, reset the timer time by pressing "D."
- Restart and stop of the timer can be repeated by pressing "C."
- Even if the TIMER mode is changed to a different mode while the measurement is in progress, it continues counting properly. After the timer is used, however, be sure to stop it as the battery energy is consumed enormously to shorten the battery life.

HOW TO USE THE REGULAR ALARM

REGULAR ALARM mode mark



- Press "A" three times to show the REGULAR ALARM mode.
The hour digits start flashing.
- Press and hold "A" for 2 to 3 seconds to show the REGULAR ALARM SETTING display.
The hour digits start flashing.
- Press "B" to select the item to be adjusted (flashing).
Hour n Minute
- Press "C" or "D" to set the flashing digits.
The flashing digits move quickly if "C" or "D" is kept pressed.
- Press "A" to confirm the alarm setting.
The regular alarm mark will be automatically displayed indicating that the regular alarm is engaged.

NOTES

- If the watch is left untouched in the REGULAR ALARM SETTING display with the digits flashing, it will automatically return to the REGULAR ALARM mode in 1 to 2 minutes.
- When the 24-hour indication is selected in the TIME/CALENDAR mode, the regular alarm is also displayed in the 24-hour indication.
- When setting the hour digits in the 12-hour indication, check that AM/PM is properly set.

Engagement/disengagement of the regular alarm

With each press of "C" in the REGULAR ALARM mode, the regular alarm will be alternately engaged or disengaged. Accordingly, the regular alarm mode mark will appear or disappear indicating whether the alarm is ON or OFF.

How to stop the regular alarm manually while sounding

The regular alarm sounds for 20 seconds at the designated time and automatically stops. To stop the regular alarm manually while sounding, press any of "A", "B", "C" or "D."

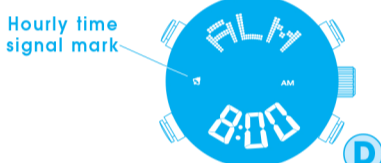
Doing this in any display can stop the alarm.

Sound Demonstration Function (Alarm sound preview)

To preview the alarm sound, press "C" for 2 to 3 seconds in the REGULAR ALARM mode. The alarm sound can be heard while the button is kept pressed.
Using this function will reverse the regular alarm setting. Reset the alarm by pressing "C".

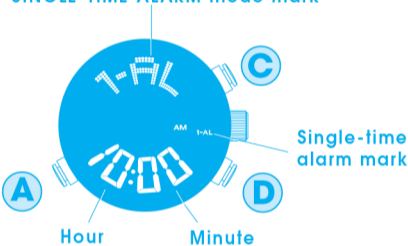
How to engage or disengage the hourly time signal

- Press "A" three times to show the REGULAR ALARM mode.
Pressing "D" will alternately engage or disengage the hourly time signal. The hourly time signal mark will appear indicating whether the hourly time signal is ON or OFF.



HOW TO USE THE SINGLE-TIME ALARM

SINGLE-TIME ALARM mode mark



- Press "A" four times to show the SINGLE-TIME ALARM mode.
The flashing digits move quickly if "C" or "D" is kept pressed.
- Press "C" once. The time one minute ahead of the current time will be displayed.
- Press "C" or "D" to set the alarm time.
When the single-time alarm time is set, the single-time alarm mark "1-AL" appears to indicate that the single-time alarm is engaged.
- Press "A" to confirm the alarm setting and return to the TIME/CALENDAR mode.

How to cancel the single-time alarm

- Press "A" four times to show the SINGLE-TIME ALARM mode.
The display shows "-: -" indicating that the single-time alarm has been cancelled.



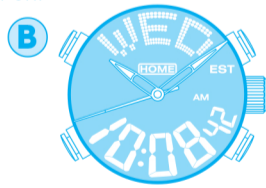
How to stop the single-time alarm manually while sounding

The single-time alarm sounds for 20 seconds at the designated time and automatically stops. To stop the single-time alarm manually while sounding, press any of "A", "B", "C" or "D."

Doing this in any display can stop the alarm. The single-time alarm will be automatically cancelled once it sounds at the designated time.

ILLUMINATING LIGHT (Electroluminescent panel)

- Press "B" in any mode to turn the illuminating light on.



- When "B" is pressed in the calendar or blank display of the TIME/CALENDAR mode, the time/calendar display is shown while the display is illuminated.
- The electroluminescent panel loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.
- When the illuminating light becomes dim, replace the batteries with new ones. If the light remains dim after the batteries are replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be replaced at cost.
- While the illuminating light is used, the watch gives out a slight noise. However, this is not a malfunction.

BATTERY CHANGE

The battery SEIKO SR626SW (for analogue display) and SEIKO SR41W (for digital display), which power your watch, should last approximately 2 years. However, because they are inserted at the factory, the actual life of the batteries once in your possession may be less than 2 years.

Be sure to replace the batteries to prevent any possible malfunction as soon as either of them runs down. To replace the batteries, we recommend taking the watch to a local watch repair shop.

Note:

- If the alarm is used for longer than 10 seconds a day and/or the illuminating light is used more than once for longer than 3 seconds a day, the battery life may be shorter than the above specified period.
- Even if either of the two batteries has run down, replace both of them with new ones.
- After the batteries are replaced with new ones, set the time/calendar and alarm and adjust the stopwatch hand position.

Necessary procedure after battery change

After the batteries are replaced with new ones, or when an abnormal display (failing digits, etc.) appears, follow the procedures below to reset the built-in IC. The watch will resume its normal operation.

Press and hold buttons A, B, C and D at the same time for 2 to 3 seconds until the display becomes blank, then release all the buttons. The watch returns to its default setting, which is "12:00'00" a.m., Jan. 1st, 2005, SAT" with "UTC" selected as "Home City" and contrast level 5. Before start using the watch, set the time, calendar including "Home City", and alarm.

CITIES AND TIME DIFFERENCES

- The use of daylight saving time or a time different from UTC may change in some regions or countries as determined by each country.
- The time zone abbreviations in the United States (PST, MST, CST and EST) are also displayed for applicable cities.

*1 UTC: universal coordinated time

*2 Time difference from UTC (hour)

*3 Daylight saving time/US time zone abbr.

City code	City name	Country or region	*2	*3
UTC	UTC *1	Universal Coordinated Time		
LON	London	The United Kingdom	0	○
CAS	Casablanca	Morocco	0	○
BCN	Barcelona	Spain	+1	○
MAD	Madrid	Spain	+1	○
PAR	Paris	France	+1	○
AMS	Amsterdam	The Netherlands	+1	○
FRA	Frankfurt	Germany	+1	○
MUC	Munich	Germany	+1	○
BER	Berlin	Germany	+1	○
ZRH	Zurich	Switzerland	+1	○
MIL	Milan	Italy	+1	○
ROM	Rome	Italy	+1	○
CPH	Copenhagen	Denmark	+1	○
STO	Stockholm	Sweden	+1	○
VIE	Vienna	Austria	+1	○
PRG	Prague	Czech	+1	○
ATH	Athens	Greece	+2	○
IST	Istanbul	Turkey	+2	○
CAI	Cairo	Egypt	+2	○
TLV	Tel Aviv	Israel	+2	○
MOW	Moscow	Russia	+3	○
RUH	Riyadh	Saudi Arabia	+3	
BGW	Baghdad	Iraq	+3	
THR	Teheran	Iran	+3.5	○
DXB	Dubai	The United Arab Emirates (UAE)	+4	
KBL	Kabul	Afghanistan	+4.5	
KHI	Karachi	Pakistan	+5	
DEL	Delhi	India	+5.5	
DAC	Dacca	Bangladesh	+6	
RGN	Yangon	Myanmar	+6.5	
BKK	Bangkok	Thailand	+7	
SGN	Ho Chi Minh City	Vietnam	+7	
JKT	Jakarta	Indonesia	+7	
KUL	Kuala Lumpur	Malaysia	+8	
SIN	Singapore	Singapore	+8	
HKG	Hong Kong	China	+8	
PEK	Beijing	China	+8	
SHA	Shanghai	China	+8	
TPE	Taipei	Taiwan	+8	
MNL	Manila	Philippines	+8	
PER	Perth	Australia	+8	
FNK	Pyongyang	North Korea	+9	
SEL	Seoul	South Korea	+9	
SPK	Sapporo	Japan	+9	
SDJ	Sendai	Japan	+9	
KIJ	Niigata	Japan	+9	
TYO	Tokyo	Japan	+9	
NGO	Nagoya	Japan	+9	
OSA	Osaka	Japan	+9	
FUK	Fukuoka	Japan	+9	
OKA	Okinawa	Japan	+9	
ADL	Adelaide	Australia	+9.5	○
SYD	Sydney	Australia	+10	○
NOU	Noumea	New Caledonia	+11	
WLG	Wellington	New Zealand	+12	○
HNL	Honolulu	The United States	-10	
ANC	Anchorage	The United States	-9	○
YVR	Vancouver	Canada	-8	○PST
SEA	Seattle	The United States	-8	○PST
SFO	San Francisco	The United States	-8	○PST
LAX	Los Angeles	The United States	-8	○PST
LAS	Las Vegas	The United States	-8	○PST
DEN	Denver	The United States	-7	○MST
DFW	Dallas	The United States	-6	○CST
CHI	Chicago	The United States	-6	○CST
YMQ	Montreal	Canada	-5	○EST
DTT	Detroit	The United States	-5	○EST
ATL	Atlanta	The United States	-5	○EST
MIA	Miami	The United States	-5	○EST
NYC	New York	The United States	-5	○EST
YTO	Toronto	Canada	-5	○EST
CCS	Caracas	Venezuela	-4	
BUE	Buenos Aires	Argentina	-3	
SAO	São Paulo	Brazil	-3	○
RIO	Rio de Janeiro	Brazil	-3	○
PDL	Azores	Azores	-1	○

CARE OF YOUR LORUS WATCH

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

BATTERY

WARNING

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.
- Never short-circuit, tamper with or heat the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.
- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the 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

* 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.

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
WATER RESISTANT	YES	NO	NO	NO
WATER RESISTANT (50M/5 BAR)	YES	YES	NO	NO
WATER RESISTANT (100M/10 BAR or above)	YES	YES	YES	NO

- 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/STATIC ELECTRICITY

Your watch will not be affected by magnetism generated by household electric appliances but keep your watch away from a place where the watch is subject to strong electric field and static electricity.

SHOCKS AND VIBRATIONS

Your watch may be worn for normal sports activities. However, be careful not to drop it or hit it on hard surfaces and avoid any severe impacts.

TEMPERATURE

Your watch works with stable accuracy within a temperature range between 0°C and 50 °C. Do not expose the watch to a place exceeding this temperature range.

CLEANING

Use only a soft cloth and clean water for cleaning your watch. Never use chemicals, especially soap.

SERVICE

When your LORUS watch requires repair or servicing, please see the enclosed WARRANTY/GUARANTEE.