

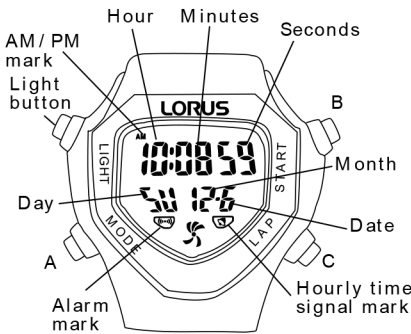
INSTRUCTION MANUAL

CAL. W100 (RBM SERIES)

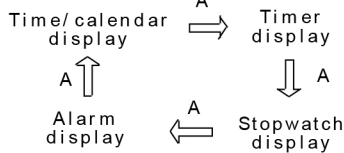
CHARACTERISTICS

- Time/calendar display: Hour, minutes, seconds, month, date and day of the week.
 - Fully automatic calendar: Calendar adjusts automatically for odd and even months including February of leap years from the year 1998 to the end of 2048.
 - Time indication: Changeover between 12- and 24-hour indications is possible.
- Stopwatch: Measures up to 10 hours with 1/100 second readout.
 - Lap time measurement: When the fastest lap time is measured, a beep sounds and the display is illuminated.
 - Auto start function: The stopwatch can be set to start automatically at a desired time.
- Countdown timer:
 - Preset timer: Five different lengths of time (3, 10, 15, 30 and 45 minutes) have been preset for the timer.
 - Adjustable timer: Up to 23 hours and 59 minutes can be set in minute increments.
- Daily alarm: The alarm can be set to ring on a 24-hour basis.
 - Hourly time signal: Can be set to ring every hour on the hour.
- Dual time: Time of a different time zone can be set and displayed.
- Illuminating light: The light illuminates the display in the dark.

BUTTONS AND DISPLAYS



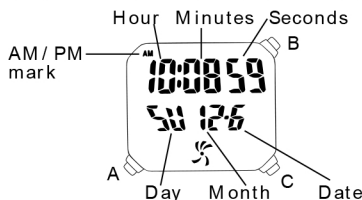
The selection of the display can be made in the following order with each press of button "A".



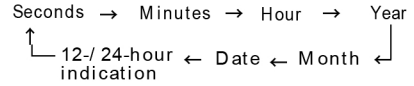
With each press of button "B" in the time/calendar display, the display changes over between the time/calendar and dual time alternately.



HOW TO SET THE TIME/CALENDAR



- Press button "A" to show the time/calendar display.
- Press button "A" for 2 seconds to show the time/calendar setting display. The second digits start flashing.
- Selection of the digits to be adjusted (flashing) is made in the following order by pressing button "B".



- Press button "C" to set the flashing digits. One digit is advanced with each press of button "C". Digits except seconds and 12-/24-hour indication move quickly by keeping button "C" pressed.
- After all the adjustments are completed, press button "A" to return to the time/calendar display.

Seconds setting

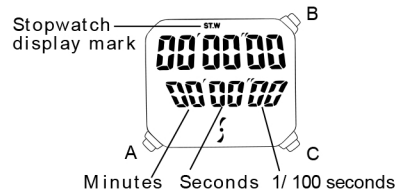
When the seconds digits are flashing, press button "C" in accordance with a time signal. The seconds are reset to "00" and start immediately. When the seconds count any number from "30" to "59" and button "C" is pressed, one minute is added and the seconds are immediately reset to "00".

Notes:

- When setting the hour digits in the 12-hour indication, check that AM/PM is properly set. In the 24-hour indication, there is no indication.
- Once the year, month and date have been set, the day of the week is set automatically.
- If the watch is left untouched in the time/calendar setting display with the digits flashing, it will automatically return to the time/calendar display in 2 minutes.

HOW TO USE THE STOPWATCH

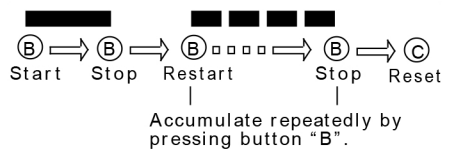
- The stopwatch can measure up to 10 hours in 1/100 seconds.
 - Even if the stopwatch display is changed to another while the measurement is in progress, it continues counting properly. After the stopwatch is used, however, be sure to reset it as the battery energy is consumed enormously to shorten the battery life.



Stopwatch Operation

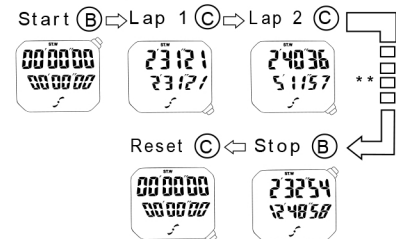
Press button "A" to show the stopwatch display.

Accumulated elapsed time measurement



Lap time measurement

- "Lap time" refers to an elapsed time required to cover a given section of the whole distance.



** Can repeat by pressing button "C".

Note: When a lap time measured is the fastest among the lap times previously measured, a beep rings and the display is illuminated.

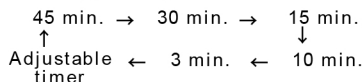
- * When the set time is up, a warning sound beeps and the display is illuminated for 10 seconds. To stop them manually, press button "A", "B" or "C".
- * At 3, 2 and 1 minutes, 30, 20, 10, 3, 2 and 1 seconds before the set time is up, a beep sounds and the light illuminates.

2. How to Use the Adjustable Timer

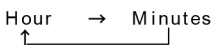
- Adjustable timer can be set up to 23 hours and 59 minutes in minutes.

Adjustable timer setting

- Press button "A" to show the timer display.
- Press button "C" to select the adjustable timer. Selection of the adjustable timer and preset timers are made in the following order by pressing button "C".



- Press button "A" for 2 seconds to show the adjustable timer setting display. The hour digits start flashing.
- Selection of the digits to be adjusted (flashing) is made in the following order by pressing button "B".



- Press button "C" to set the digits. One digit is advanced with each press of the button. The digits move quickly by keeping the button pressed.
- After all the adjustments are completed, press button "A" to return to the timer display.

Note: If the watch is left untouched in the adjustable timer setting display with the digits flashing, it will automatically return to the timer display in 2 minutes.

Adjustable timer operation

Refer to "Preset timer operation" above.

■ LUMIBRITE WATCH

(dial, hands, buttons, case, bezel, strap, etc.)



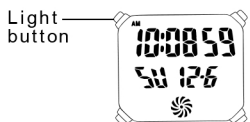
- ★ If your watch is a LORUS LUMIBRITE watch, it has following features.

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.

■ ILLUMINATING LIGHT

When the light button is pressed and released in the time/ calendar, stopwatch, alarm, dual time or timer display, the light illuminates the display in red, green and both colors for 5 seconds for easy viewing in the dark.



■ ViViDiGi

ViViDiGi is a new type of liquid crystal panel that makes possible various colors and high contrast.

- Excellent light reflection and transmission make the display bright and clear.
- Various color options are available.
- Either the whole panel or the displayed data only can be illuminated.
- * Features vary in different models.

ViViDiGi

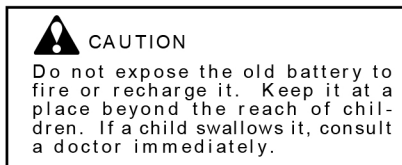
■ BATTERY CHANGE

The miniature lithium battery PANASONIC CR2025, which powers your watch should last approximately 2.5 years. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than the specified period. 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 5 seconds a day, the battery life may be less than the specified period.

■ CARE OF YOUR LORUS WATCH

• BATTERY



• WATER RESISTANT

Condition of use / Indication on the dial/ case back	Accidental contact with water, such as splashes and rain	Swimming and taking a shower	Skin diving	Scuba diving
No indication	NO	NO	NO	NO
WATER RESISTANT	YES	NO	NO	NO
WATER RESISTANT (50 M/ 5 BAR)*	YES	YES	NO	NO
WATER RESISTANT (100 M/ 10 BAR or above)	YES	YES	YES	NO

* If your watch is 200 M/ 20 BAR, 100 M/ 10 BAR or 50 M/ 5 BAR water resistant, it is so indicated on the dial/ case back.

- Do not operate the buttons when the watch is wet.
- If the watch is exposed to salt water, rinse it in fresh water and then wipe it thoroughly dry.

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.