

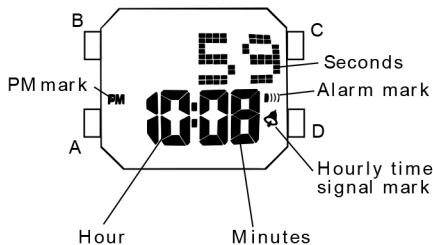
INSTRUCTION MANUAL

CAL. W160 (RCZ SERIES)

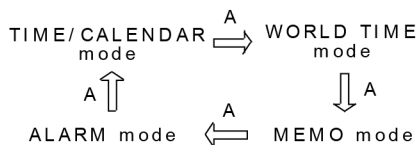
■ CHARACTERISTICS

- Time/calendar display: Hour, minutes, seconds, month, date and day of the week.
 - Automatic calendar: Calendar adjusts automatically for odd and even months except February of leap years.
 - Time indication: Changeover between 12- and 24-hour indications is possible.
- World time: The time of any of 24 cities in different time zones throughout the world can be displayed.
 - Daylight saving time: Daylight saving time (summer time) can be set.
- 3-channel memo: Up to 40 characters can be entered for each memo.
- 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.
- Illuminating light: The light illuminates the display in the dark.

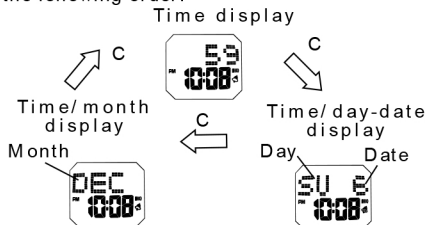
■ BUTTONS AND DISPLAYS



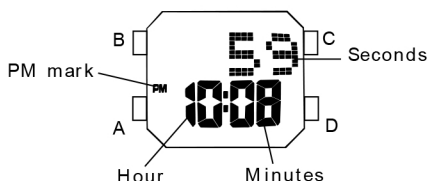
The selection of the mode can be made in the following order with each press of button "A".



With each press of button "C" in the TIME/CALENDAR mode, the display changes over in the following order.



■ HOW TO SET THE TIME/CALENDAR



- Press button "A" to show the TIME/ CALENDAR mode.
- 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".

Seconds → Minutes → Hour → Month

↑ 12-/ 24-hour indication ← City ← Day ← Date ↓
- Press button "C" or "D" to set the flashing digits. One digit is increased or decreased with each press of button "C" or "D", respectively. Digits except seconds, city and 12-/ 24-hour indication move quickly by keeping the respective buttons pressed.
 - * Pressing button "C" will increase the digits while pressing button "D" will decrease them.
- After all the adjustments are completed, press button "A" to return to the TIME/ CALENDAR mode.

Seconds setting

When the seconds digits are flashing, press button "C" or "D" 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" or "D" is pressed, one minute is added and the seconds are immediately reset to "00".

City setting

When an abbreviated city name is flashing, press button "C" or "D" to select the city representing your area. The time difference from GMT is also shown at the lower right of the display.

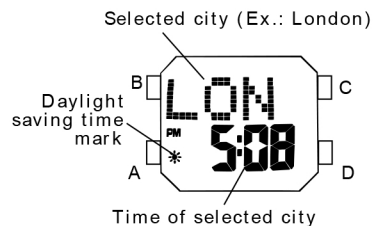
* If the daylight saving time (summer time) is effective in your area, follow the procedure in "To show the daylight saving time (summer time)" in "■ HOW TO SHOW THE WORLD TIME" to set the daylight saving time.

Notes:

- Changeover between 12- and 24-hour indications is made alternately with each press of button "C" or "D".
- When setting the hour digits in the 12-hour indication, check that AM/ PM is properly set. Only "PM" mark is displayed and there is no indication for the AM setting. In the 24-hour indication, "24H" is displayed.
- Once the time/ calendar of your area is set, those of the 24 cities covered in the WORLD TIME mode will be 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 mode in 2 minutes.

■ HOW TO SHOW THE WORLD TIME

- The time of any of 24 cities in different time zones throughout the world can be displayed.



- Press button "A" to show the WORLD TIME mode.
- Press button "C" or "D" to select the desired city. The abbreviated city names move quickly by keeping the respective buttons pressed.

To show the daylight saving time (summer time)

If the selected city uses the daylight saving time (summer time), press button "A" for 2 seconds in the WORLD TIME mode. The daylight saving time mark "*" appears and the time is advanced by one hour from the standard time.

* With each continuous press of button "A", the time changes over between the daylight saving time and standard time alternately.

TIME DIFFERENCES

GMT = Greenwich Mean Time

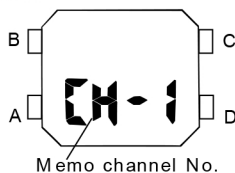
GMT □ (hours)	Abbreviation displayed	Name of city or area
0	LON	London*
+ 1	PAR	Paris*
+ 1	ROM	Rome*
+ 1	BER	Berlin*
+ 2	IST	Istanbul*
+ 3	MOW	Moscow*
+ 4	DXB	Dubai
+ 5	KHI	Karachi
+ 6	DAC	Dacca
+ 7	BKK	Bangkok
+ 8	BJS	Beijing
+ 9	TYO	Tokyo
+10	SYD	Sydney*
+11	NOU	Noumea
+12	WLG	Wellington*
-10	HNL	Honolulu
-9	ANC	Anchorage*
-8	LAX	Los Angeles*
-7	DEN	Denver*
-6	CHI	Chicago*
-5	NYC	New York*
-4	CCS	Caracas
-3	RIO	Rio de Janeiro*
-1	PDL	Azores*

* The cities marked with "*" use daylight saving time (summer time).

Note: The time differences and use of daylight saving time may change in some areas or countries when they are so decided by the countries concerned.

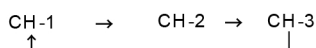
■ HOW TO USE THE MEMO FUNCTION

- A 3-channel memo function is provided to register a memo in each channel for display.
- Up to 40 characters can be entered for each memo.



To enter the memo

- Press button "A" to show the MEMO mode.
- Press button "C" to select the desired memo channel in the following order.



- Press button "A" for 2 to 3 seconds to show the memo entry display. The flashing cursor appears at the left end of the upper row.
- Press button "C" or "D" to select the character to be entered. Characters move quickly by keeping the respective buttons pressed.
- Press button "B" to enter the desired characters.
- Repeat the steps "4" and "5" above until the desired memo is entered.
- Press button "A" to return to the MEMO mode.

Types of characters

The following characters can be used to enter the memo.

- English capital letters: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
- Numerals and symbols: 1 2 3 4 5 6 7 8 9 0 ! ? @ # + * / = % ♥ ~ ' " < > - _ : ; , .

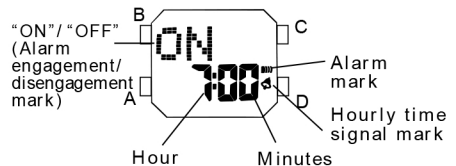
To display the memo

After selecting the memo channel containing the desired memo, press button "D". The entered memo scrolls once, and then, its first four characters remain displayed.

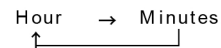
Notes:

- If the watch is left untouched in the memo entry display with the cursor flashing, it will automatically return to the MEMO mode in 2 minutes.
- To protect the registered memos from damage or loss in case of accident, malfunction, repair, loss or theft of the watch, be sure to keep data sources such as business cards or note down the memos in a note book or the like.
Please note that we are not liable for any damage or lost profits resulting from the use of this watch and the loss or change of the registered data caused by malfunction or repair of the watch. We will not accept any claim for recovery of such damage or lost profits made by any third party.

■ HOW TO SET THE ALARM



- Press button "A" to show the ALARM mode.
- Press button "A" for 2 seconds to show the alarm setting display. The hour digits (and PM mark if the time is set in the 12-hour indication) start flashing.
- Press button "B" to select the digits to be adjusted (flashing).



- Press button "C" or "D" to set the digits. One digit is increased or decreased with each press of button "C" or "D", respectively. The digits move quickly by keeping the respective buttons pressed.
* Pressing button "C" will increase the digits while pressing button "D" will decrease them.
- After all the adjustments are completed, press button "A" to return to the ALARM mode.

Notes:

- When the time function is displayed in the 24-hour indication, the 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. Only "PM" mark is displayed and there is no indication for the AM setting. In the 24-hour indication, "24H" is displayed.
- If the watch is left untouched in the alarm setting display with the digits flashing, it will automatically return to the ALARM mode in 2 minutes.

Engagement/disengagement of the alarm and hourly time signal

- With each press of button "C" in the ALARM mode, the engagement and disengagement of the alarm and hourly time signal are made as follows.



1		Hourly time signal engaged
2		Both engaged
3		Alarm engaged
4		Neither engaged

- The alarm rings at the designated time for 20 seconds and stops. To stop it manually, press any of the buttons.
- The alarm can be tested by keeping button "C" pressed in the ALARM mode.

- LUMIBRITE WATCH
(dial, hands, buttons, case, bezel, strap, etc.)



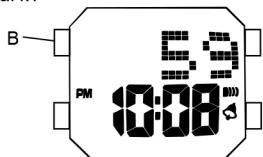
★ If your watch is a LORUS LUMIBRITE watch, it has following features.

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 button "B" is pressed and released in the TIME/ CALENDAR, WORLD TIME, MEMO, or ALARM mode, the light illuminates the display for 1 to 2 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.



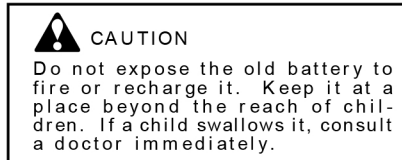
■ BATTERY CHANGE

The miniature lithium battery PANASONIC CR2025, which powers your watch should last approximately 3 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 1 second a day and/or the illuminating light for more than 1 second 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