

# Instruction Manual



CAL. YK61 (R23 SERIES)



## CHARACTERISTICS

### 1. Current Time Mode

**<Time>** Hour, minute and second indication with choice of 12-hour format or 24-hour format.

**<Calendar>** Month, date and day of the week indication with choice of month-day format or day-month format.

**2. Stopwatch Mode:** Measuring range up to 9 hours 59 minutes and 59.99 seconds in 1/100-second increments. Accumulated elapsed time and lap time measurement functions. Maximum of 10 lap times storable in memory.

**3. Alarm Mode:** Daily alarm and hourly chime. Alarm sound demonstration function.

**4. Pacer Mode:** Regular beeps at a pre-defined rate within a range between 30 and 180 beats per minute (bpm).

**5. Countdown Timer Mode:** Measuring range up to 23 hours 59 minutes in 1-second increments.

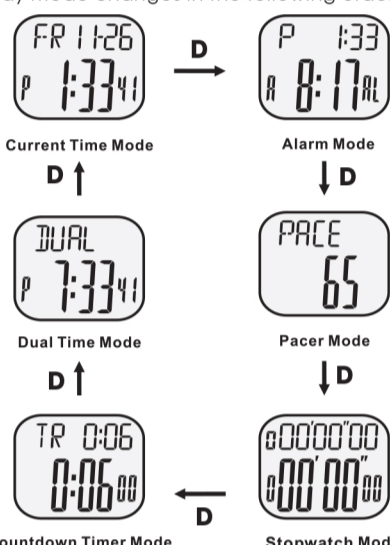
**6. Dual Time Mode:** Hour, minute and second indication of the time in a different time zone area.

**7. Illuminating light:** The built-in electro-luminescent (EL) light evenly illuminates the display for easy viewing in darkness.

## BUTTONS AND DISPLAY



To change the display mode, press Button D. The display mode changes in the following order.

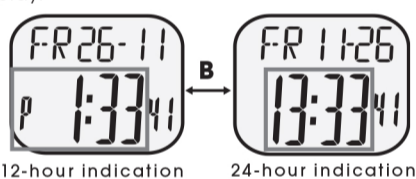


## CURRENT TIME MODE



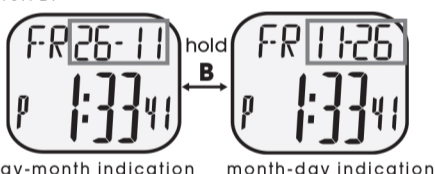
### Choice of 12-Hour/24-Hour format

The time display format in either 12-hour indication or 24-hour indication can be selected alternately by pressing Button B. Under the 12-hour indication format, AM/PM indicator appears on the display.



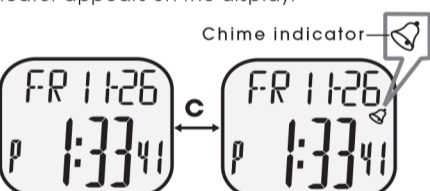
### Choice of month-day/day-month format

The calendar display format in either day-month indication or month-day indication can be selected alternately by keeping holding down Button B.



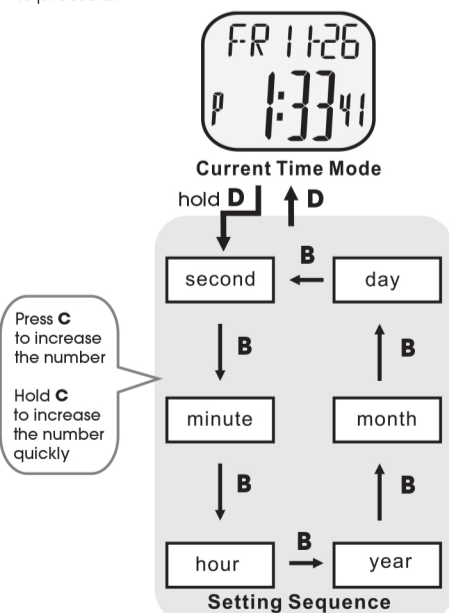
### Turning the hourly chime ON/OFF

To turn the hourly chime ON or OFF, press Button C. When the hourly chime is turned ON, the chime indicator appears on the display.



### How to set the time

- Keep holding down Button D for 2 seconds to change the display to the TIME/CALENDAR SETTING mode. The second digits start flashing.
- <Second setting>**  
Press Button B 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 is pressed, one minute is added to the seconds and the seconds are immediately reset to "00."
- Press Button B to confirm the second setting and move on to the next item. Selection of the item to be adjusted (flashing) is made in the following order when Button B is pressed.



- To set the digits for each item, press Button C. One digit (flashing) is increased with each pressing of Button C. To move the digits quickly, hold down the Button.
- After all the adjustments are completed, press Button B to return to the TIME/CALENDAR mode.

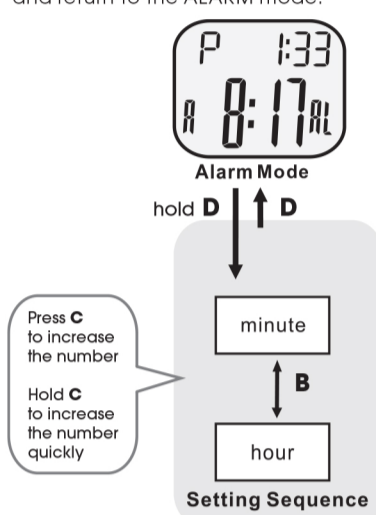
## ALARM MODE

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



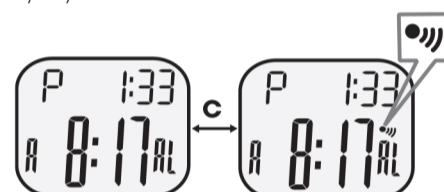
### How to set the alarm

- In the ALARM mode, press Button D for 2 seconds to change the display to the ALARM SETTING mode. The minute digits start flashing.
- Press Button C to set the minute digits. One digit (flashing) is increased with each press of Button C. To move the digits quickly, hold down the Button.
- Press Button B to confirm the minute setting and move on to the hour setting. The hour digits start flashing.
- Press Button C to set the hour digits. One digit (flashing) is increased with each press of Button C. To move the digits quickly, hold down the Button.
- Press Button D to complete the alarm setting and return to the ALARM mode.



### Turning the alarm ON/OFF

To turn the alarm ON or OFF, press Button C in the ALARM mode. When the alarm is turned ON, the ALARM mode indicator appears on the display. When the alarm is ON, the watch beeps for 20 seconds at the designated alarm time everyday.



### Alarm sound test function

To test the alarm sound, keep holding down Button B in the ALARM mode. The alarm will sound as long as the button is pressed.

## PACER MODE

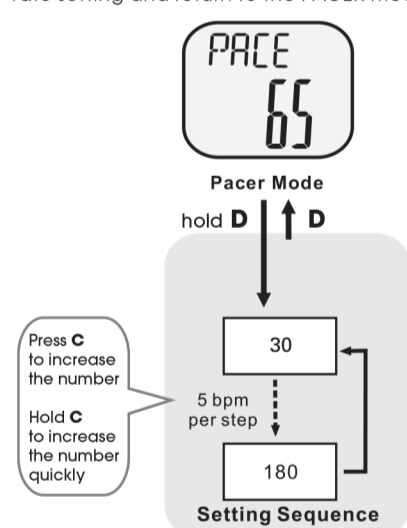
Press Button D two times to go to the PACER mode. The PACER mode indicator appears on the display.



The pacer function generates regular beeps at a pre-defined rate, which can be set within a range between 30 and 180 beats per minute (bpm). The pacer and stopwatch can be activated at the same time.

### How to set the pacer beeping rate

- In the PACER mode, press Button D for 2 seconds to change the display to the PACER SETTING mode. The beeping rate digits start flashing.
- Press Button C to set the beeping rate digits. Five digits (flashing) are increased with each press of Button C. To move the digits quickly, hold down the Button.
- Press Button D to complete the pacer beeping rate setting and return to the PACER mode.

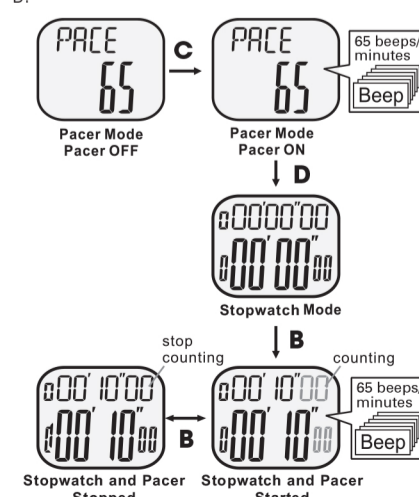


### How to use the pacer

- In the PACER mode, press Button C to start the pacer.
- Press Button C again to stop the pacer.

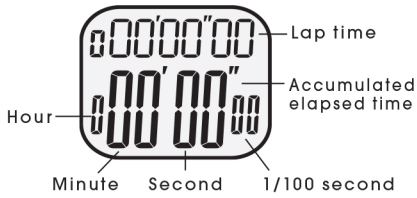
### Combined use of the pacer and stopwatch functions

- In the PACER mode, press Button C to activate the pacer function.
- Press Button D to switch the display to the STOPWATCH mode.
- Press Button B to simultaneously start the pacer and stopwatch. While the stopwatch is running, the watch beeps at the preset rate.
- To stop the pacer and stopwatch, press Button B.



## ■ STOPWATCH MODE

Press Button D three times to go to the STOPWATCH mode.



### STOPWATCH OPERATION

#### Standard Measurement



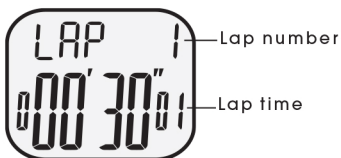
Start Stop Reset

#### Lap Time Measurement



Start Lap 1 Lap 2 Stop Reset

While the stopwatch is measuring, press Button C to take lap times. The display changes to the LAP TIME display, which shows the current lap number and lap time for 5 seconds. Then, the display automatically returns to the ongoing measurement display.



### HOW TO RECALL THE LAP TIME DATA

Lap time data obtained in the STOPWATCH mode can be recalled after measurement.

After stopping the stopwatch, press Button C to view the recorded lap times. The lap times will be displayed one after another with each press of the button.

### HOW TO DELETE THE LAP TIME DATA

To delete the lap time data, keep holding down Button C for 2 seconds. When the deletion is completed, the display is automatically reset to zero in the STOPWATCH mode.

## ■ COUNTDOWN TIMER MODE

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

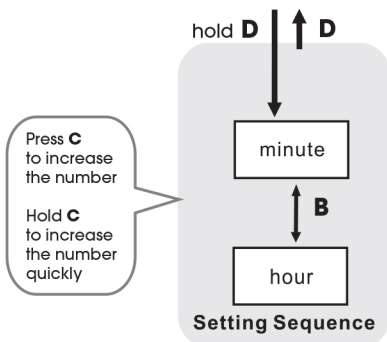


### How to set the countdown timer

- In the COUNTDOWN TIMER mode, keep holding down Button D for 2 seconds to change the display to the COUNTDOWN TIMER SETTING mode. The minute digits start flashing.
- Press Button C to set the minute digits. One digit (flashing) is increased with each press of Button C. To move the digits quickly, hold down the Button.
- Press Button B to confirm the minute setting and move on to the hour setting. The hour digits start flashing.
- Press Button C to set the hour digits. One digit (flashing) is increased with each press of Button C. To move the digits quickly, hold down the Button.
- Press Button D to complete the countdown timer setting and return to the COUNTDOWN TIMER mode.



### Countdown Timer Mode

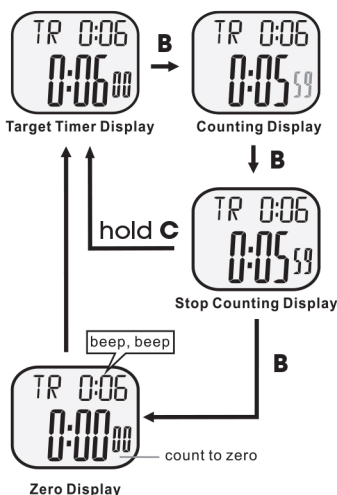


### How to use the countdown timer

- In the COUNTDOWN TIMER mode, press Button B to start the timer.
- Press Button B again to stop the timer.

### How to reload the target time

- To reload the original target time after stopping the timer before it reaches zero, keep holding down Button C.
- After the timer reaches zero, it will automatically reload the original target time.

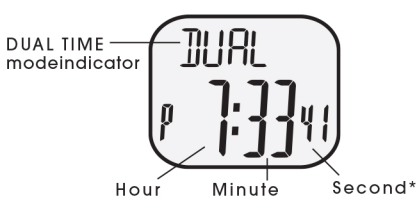


### Timer Alarm Sound

- While counting down, the timer will beep once when it reaches the last 10, 5 and 1 minute(s) and the last 5, 4, 3, 2 and 1 second(s).
- When the timer counts to zero, it will sound for 20 seconds.

## ■ DUAL TIME MODE

Press Button D five times to go to the DUAL TIME mode. The DUAL TIME mode indicator appears on the display.



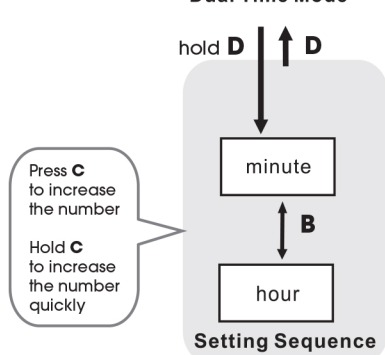
\* The second digits in the DUAL TIME display is the same as the current time.

### How to set the dual time

- In the DUAL TIME mode, press Button D for 2 seconds to change the display to the DUAL TIME SETTING mode. The minute digits start flashing.
- Press Button C to set the minute digits. One digit (flashing) is increased with each press of Button C. To move the digits quickly, hold down the Button.
- Press Button B to confirm the minute setting and move on to the hour setting. The hour digits start flashing.
- Press Button C to set the hour digits. One digit (flashing) is increased with each press of Button C. To move the digits quickly, hold down the Button.
- Press Button D to complete the dual time setting and return to the DUAL TIME mode.



### Dual Time Mode



## ■ ILLUMINATING LIGHT

In any mode press Button A to illuminate the display for about 4 seconds.

### Note:

- The backlight of the watch employs an electro-luminescent (EL) light, which tends to lose illuminating power after very long use.
- 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.

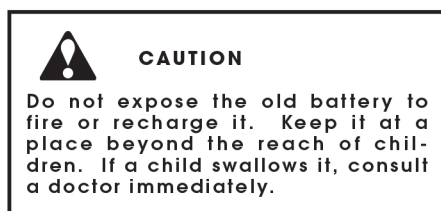
Be sure to replace the battery to prevent any possible malfunction as soon as it runs down. To replace the battery we recommend taking the watch to a local watch repair shop.

### Notes:

- If the stopwatch is used for more than 2 hours a day and/or the alarm rings for more than 20 seconds a day, the battery life may be less than the specified period.
- After the battery is replaced with a new one, set the time/calendar and alarm and adjust the stopwatch hand position.

## ■ CARE OF YOUR LORUS WATCH

### • BATTERY



### • WATER RESISTANT

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/50 BAR)	YES	YES	NO	NO
WATER RESISTANT (100M/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 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.

### ■ SERVICE

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