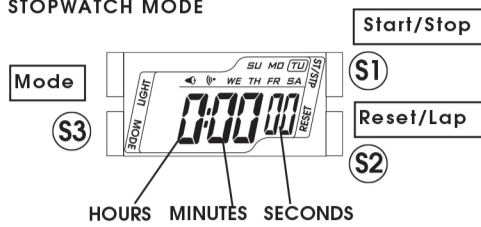


HOW TO USE STOPWATCH

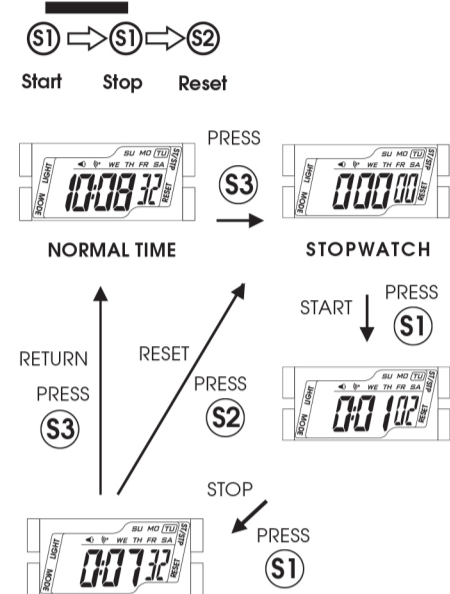
- * From NORMAL TIME display, press Button S3 to go to the STOPWATCH mode.

STOPWATCH MODE

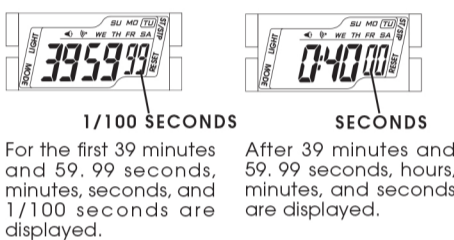


Standard Measurement

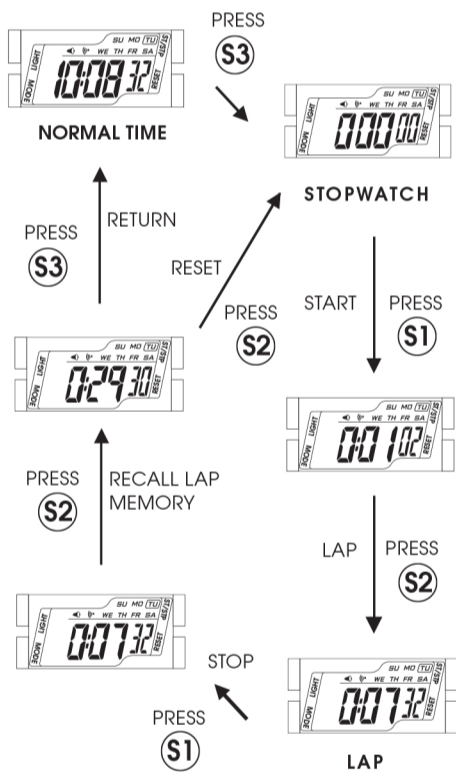
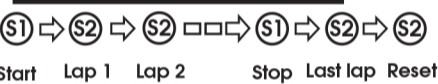
1. Press Button S1 to start and stop the STOPWATCH.
2. Press Button S2 to reset the STOPWATCH to "0:00:00."



Stopwatch display



Lap Time Measurement



- * While the stopwatch is measuring, press Button S2 button to take lap times.
- * Measurement and release of lap times can be repeated by pressing Button S2.

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 S2 to view the recorded lap times.

The lap times will be displayed one after another with each press of the button.

- * Press Button S3 to return to the NORMAL TIME display.

BATTERY CHANGE

1. The miniature battery SEIKO CR1220, Maxell CR1220 or SONY CR1220, 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.
2. Be sure to replace the battery to prevent any possible malfunction as soon as it runs down.
3. To replace the battery we recommend taking the watch to a local watch repair shop.

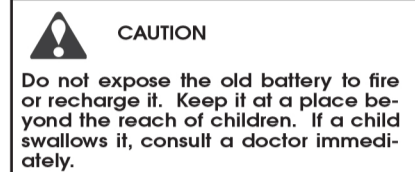
Note:

If the alarm is used for more than 20 seconds a day and/or the illuminating light for more than 8 seconds a day, the battery life may be less than the specified period.

CARE OF YOUR LORUS WATCH

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

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/5 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.
- 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

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.

CLEANING

Use only a soft cloth and clean water for cleaning your watch. Never use chemicals, as the waterproof gasket will corrode.

SERVICE

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