

# LORUS

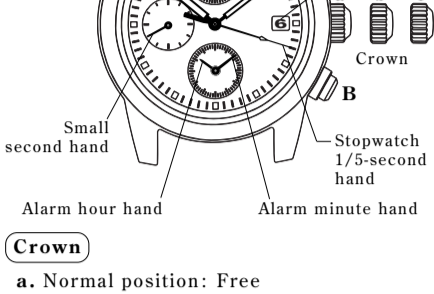
## INSTRUCTION MANUAL

### CAL. 7T62 (RF3 SERIES)

#### ■ CHARACTERISTICS

- Time:** Indicated by the hour, minute and small second hands.
- Date:** Displayed in numerals.
- Stopwatch:** Measures up to 60 minutes in 1/5 second increments.
  - **Split time measurement**
- Single-time alarm:** Can be set to ring only once at a designated time within the coming 12 hours.

#### ■ DISPLAY AND CROWN OPERATION



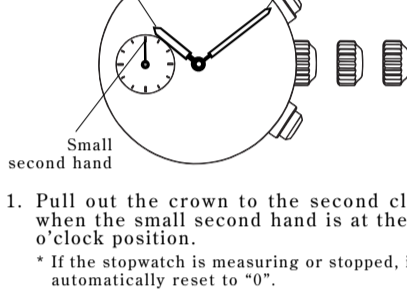
##### Crown

- Normal position: Free
- First click : • Date setting  
• Alarm time setting
- Second click : • Main time setting  
• Adjusting the alarm hands to the current time  
• Adjusting the stopwatch hand position

#### ■ SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION

- This watch is so designed that
  - 1) main time setting,
  - 2) alarm hand adjustment and
  - 3) stopwatch hand position adjustment
 are all made with the crown at the second click position. Once the crown is pulled out to the second click, be sure to make all the above adjustments at the same time.

##### 1) Main time setting



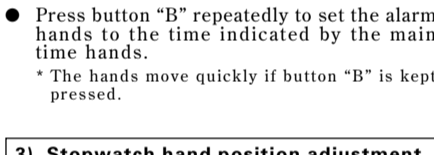
- Pull out the crown to the second click when the small second hand is at the 12 o'clock position.
  - \* If the stopwatch is measuring or stopped, it is automatically reset to "0".
  - \* If the alarm has been set, the alarm hands will turn to indicate the current time.
- Turn the crown to set the hour and minute hands.
  - \* It is recommended that the hands be set to the time a few minutes ahead of the current time, taking into consideration the time required to set the alarm hands and to adjust the stopwatch hand position if necessary.

##### Notes:

- When setting the hour hand, be sure to check that AM/PM is correctly set. The watch is so designed that the date changes once in 24 hours.
- When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

##### 2) Alarm hand adjustment

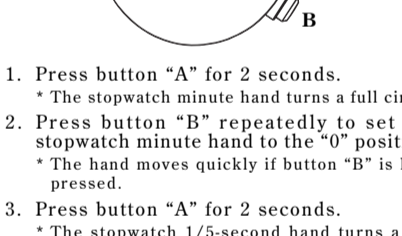
- Set the alarm hands to the time the main time hands indicate.



- Press button "B" repeatedly to set the alarm hands to the time indicated by the main time hands.
  - \* The hands move quickly if button "B" is kept pressed.

##### 3) Stopwatch hand position adjustment

- If the stopwatch hands are not in the "0" position, follow the procedure below to set them to the "0" position.



- Press button "A" for 2 seconds.
  - \* The stopwatch minute hand turns a full circle.
- Press button "B" repeatedly to set the stopwatch minute hand to the "0" position.
  - \* The hand moves quickly if button "B" is kept pressed.
- Press button "A" for 2 seconds.
  - \* The stopwatch 1/5-second hand turns a full circle.
- Press button "B" repeatedly to set the stopwatch 1/5-second hand to the "0" position.
  - \* The hand moves quickly if button "B" is kept pressed.

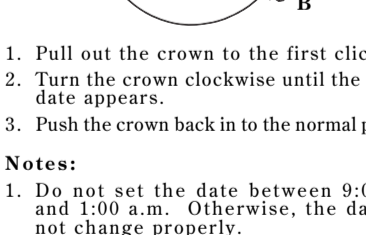
- The alarm and stopwatch hands can be re-adjusted in the following order by pressing button "A" for 2 seconds.



- \* For the adjustment method, see the steps above.
- After all the adjustments are completed, push the crown back in to the normal position in accordance with a time signal, checking that the main time and alarm hands indicate the same time.

#### ■ SETTING THE DATE

- Before setting the date, be sure to set the main time.
- It is necessary to adjust the date at the end of February and 30-day months.



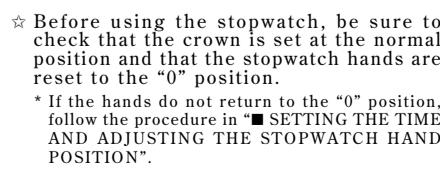
- Pull out the crown to the first click.
- Turn the crown clockwise until the desired date appears.
- Push the crown back in to the normal position.

##### Notes:

- Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly.
- Do not press button "B" when the crown is at the first click position, as this will move the alarm hands.

#### ■ STOPWATCH

- The stopwatch can measure up to 60 minutes in 1/5 second increments.
- After 60 minutes, it will start counting again from "0" repeatedly up to 12 hours.

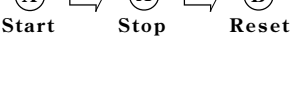


**A: Start / Stop**  
**B: Split / Split release / Reset**

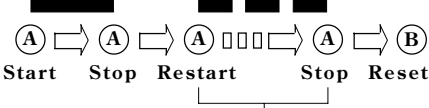
- ☆ Before using the stopwatch, be sure to check that the crown is set at the normal position and that the stopwatch hands are reset to the "0" position.
- \* If the hands do not return to the "0" position, follow the procedure in "■ SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION".

#### Stopwatch operation

##### Standard measurement

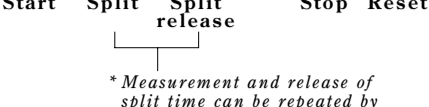


### Accumulated elapsed time measurement



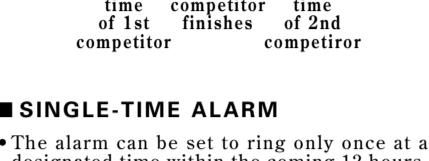
\* Restart and stop of stopwatch can be repeated by pressing button "A".

### Split time measurement



\* Measurement and release of split time can be repeated by pressing button "B".

### Measurement of two competitors

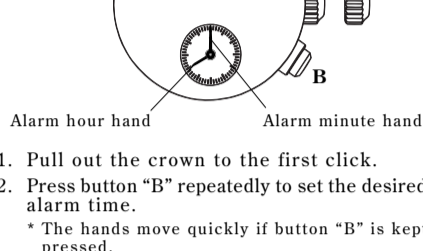


## ■ SINGLE-TIME ALARM

- The alarm can be set to ring only once at a designated time within the coming 12 hours.
- The alarm time can be set in one minute increments.

☆ Before using the alarm, check that the alarm hands are adjusted to the current time. (See "■ SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION")

### Alarm time setting



1. Pull out the crown to the first click.
2. Press button "B" repeatedly to set the desired alarm time.

\* The hands move quickly if button "B" is kept pressed.

3. Push the crown back in to the normal position.

\* The alarm is automatically engaged.

#### Notes:

1. The single-time alarm cannot be set for a time more than 12 hours ahead of the current time. While you keep button "B" pressed to advance the alarm hands quickly, they stop when they indicate the current time. In that case, release button "B", and then, keep the button pressed again to set the alarm hands to the desired time.
2. While the crown is at the normal position, the alarm hands indicate the current time when the alarm is disengaged and the designated alarm time when it is engaged.

### To stop the alarm

- The alarm rings at the designated time for 20 seconds, and it is automatically disengaged as it stops. To stop it manually, press button "A" or "B".

\* While the stopwatch is measuring, the alarm rings differently than usual. However, this is not a malfunction.

\* While the alarm is ringing, pressing button "A" or "B" will only stop the alarm, and no stopwatch operation can be made.

### To cancel the alarm time you have set

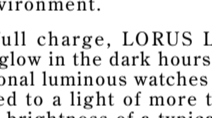
1. Pull out the crown to the first click, and press and hold button "B" until the alarm hands stop to indicate the current time.
2. Push the crown back in to the normal position.

#### Note:

To correct the alarm time you have set, follow the procedure described in "Alarm time setting".

## ■ 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.

## ■ BATTERY CHANGE

The miniature battery SEIKO SR927W, Maxell SR927W, SONY SR927W or EVEREADY 399, 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.

#### Notes:

1. 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.
2. 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



#### 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

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 (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 press the buttons or turn the crown 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.