



**A Watch You Can Trust**

**INSTRUCTION MANUAL FOR  
WATCH CALIBRE  
Z001**



**WARNING**



**THIS PRODUCT CONTAINS A BUTTON BATTERY**

If swallowed or placed inside any part of the body, the battery can cause severe or fatal injuries within 2 hours or less.

Button batteries are hazardous whether new or used. Keep batteries out of reach of children.

If you think the battery may have been swallowed or placed inside any part of the body, seek immediate medical attention. Contact the Australian Poisons Information Centre immediately on 13 11 26 (New Zealand 0800 764 766) for 24 / 7 fast, expert advice.

# Instruction Manual

## LORUS

CAL. Y922, YK30, YK31, YK32, YK33, YK34  
CAL. Z001, Z002, Z003 (R23 SERIES)

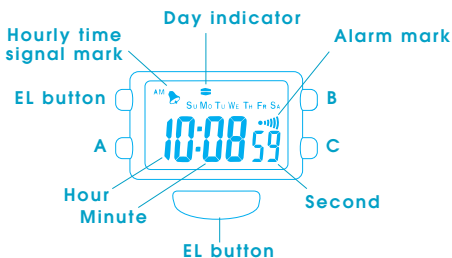
## LORUS

### ■ CHARACTERISTICS

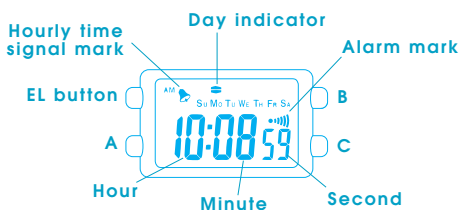
- 1. Time/calendar display:** Hour, minute, second, date, day of the week and month.
- 2. Automatic calendar adjustment:** Calendar adjusts automatically for odd and even months except February of leap years.
- 3. Time indication:** Changeover between 12-hour and 24-hour indications is possible.
- 4. Stopwatch:** 24-hour stopwatch with 1/100 second readout up to 40 minutes and with 1 second readout after the first 40 minutes. Split time measurement is available.
- 5. Alarm:** The alarm rings at the designated hour and minute with "beep, beep" for 30 seconds.
- 6. Hourly time signal:** Can be set to ring every hour on the hour with a single "beep".
- 7. Illuminating light (for Cal. YK30, YK31, YK32, YK33, YK34 & Z001):** The light evenly illuminates the display in the dark.

### ■ DISPLAY AND BUTTON OPERATION

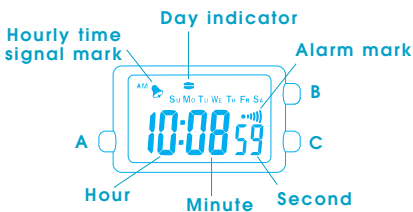
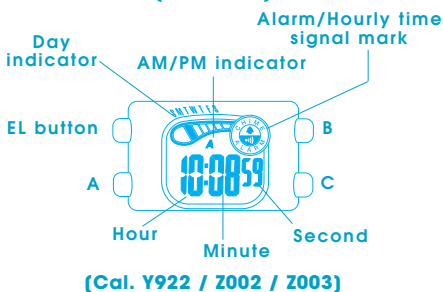
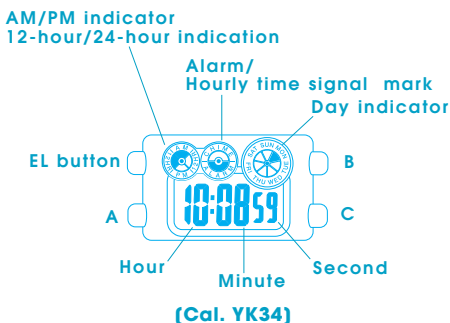
(Cal. YK32 / Z001)



(Cal. YK30 / YK31)



(Cal. YK33)



### Button A:

- Selection of the display.

The selection is made in the following order:

**Time/calendar display    Stopwatch display**



Press  
Button A  
for 2 sec.



**Time/calendar setting**

**Alarm setting**

### Button B:

- Calendar (month, date and day) display in the time/calendar display.
- Start/stop in the stopwatch function.
- Selection of the digits to be adjusted in the alarm setting function and the time/calendar setting function.

### Button C:

- Alarm display in the time/calendar display.
- Split/Split release/Reset in the stopwatch function.
- Setting the digits in the alarm setting function and the time/calendar setting function.
- Stopping the alarm in any display.

**Button B while keeping Button C pressed:**

Engagement and disengagement of the alarm and the hourly time signal.

**Button C while keeping Button B pressed:**

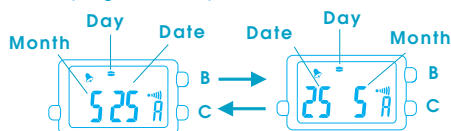
Changeover of the calendar (month and date) display.

**Buttons B & C:**

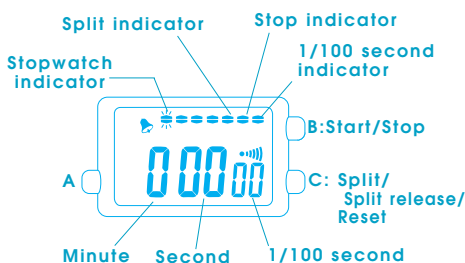
Alarm test in the time/calendar display.

**■ HOW TO SET THE DUAL CALENDAR DISPLAY**

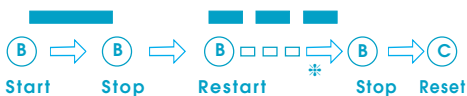
- 1 Press Button B to show the calendar (month, date, and day) display. The calendar display is shown while Button B is kept pressed.
- 2 The month and the date change places with each other with each press of Button C while keeping Button B pressed.



\* In the 12-hour indication, "A" (AM)/"P" (PM) mark is displayed. In the 24-hour indication, there is no indication.

**■ HOW TO USE THE STOPWATCH**

- 1 Press Button A to show the stopwatch display. (The stopwatch indicator starts flashing.)  
The stopwatch can measure up to 24 hours and is displayed in minutes, seconds, and 1/100 seconds up to 40 minutes, and in hours, minutes, and seconds after the first 40 minutes. (The 1/100 second indicator flashes during the first 40 minutes.)  
When the measurement is over 24 hours, the stopwatch will be reset to "0:00oo" and start counting again.
  - 2 Reset the digits to "0:00oo" before using the stopwatch. When the split and the stopwatch indicators are flashing, press Button B to check that the stop indicator starts flashing, and then press Button C twice to reset the digits to zero.
  - 3 When measuring a long period of time, return the stopwatch to the time/calendar display after the stopwatch starts to prevent any possible mistaken operation.
- \* When Button B or C is pressed in the stopwatch display, a single "beep" sounds to confirm the operation.

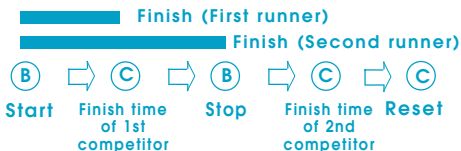
**Accumulated elapsed time measurement**

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

**Split time measurement**

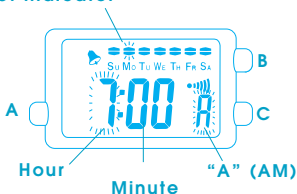
\* Measurement and release of split time can be repeated by pressing button C.

## Measurement between two competitors

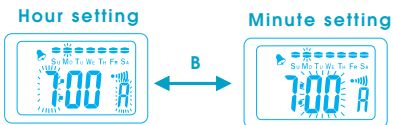


## HOW TO SET THE ALARM

### Alarm set indicator



- 1 Press Button A for 2 seconds to activate the alarm setting function. (The alarm set indicator starts flashing.)
- 2 Press Button B to activate the "Hour" or "Minute" setting. The display changes in the following order with each press of Button B.



- 3 One digit (flashing) is advanced with each press of Button C. The digits are advanced quickly by keeping Button C pressed.
- 4 After all the adjustments are completed, press Button A to return to the time/calendar display.

(The display returns directly to the time/calendar display and not to the time/calendar setting.)

**Note:** When setting the hour digits, be sure to check that the "A" (AM)/"P" (PM) mark is correctly set.

## ■ HOW TO ENGAGE AND DISENGAGE THE ALARM AND THE HOURLY TIME SIGNAL

- 1 Press Button C in the time/calendar display to show the alarm display. The alarm display is shown while Button C is kept pressed.

### Alarm display



- 2 With each press of Button B while keeping Button C pressed, the engagement and disengagement of the alarm and the hourly time signal are made as follows:

*Alarm and hourly time signal are disengaged.*



*Alarm is engaged.  
Hourly time signal is disengaged.*



*Hourly time signal is engaged.  
Alarm is disengaged.*



*Alarm and hourly time signal are engaged.*

## ■ HOW TO STOP THE ALARM

The alarm rings at the designated time for 30 seconds and stops. However, the alarm can be stopped manually by pressing Button C in any display.

## ■ ALARM TEST

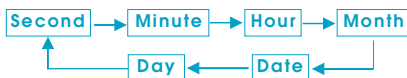
The alarm can be tested with a beeping sound by pressing Buttons B and C at the same time in the time/calendar display.

## ■ HOW TO SET THE TIME/CALENDAR

### Time/calendar setting indicator



- 1 Press Button A to activate the time/calendar setting function. (The time/calendar setting indicator and the second digits start flashing.)
- 2 Selection of the digits to be adjusted (flashing) is made in the following order by pressing Button B.



- 3 One digit (flashing) is advanced with each press of Button C. (The digits except seconds are advanced quickly by keeping Button C pressed.)

- **Second setting**

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".

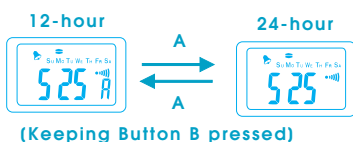
- 4 After all the adjustments are completed, press Button A to return to the time/calendar display.

**Note:** When setting the hour digits, be sure to check that the "A" (AM)/"P" (PM) mark is correctly set.

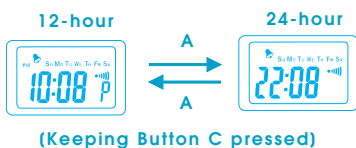
## ■ HOW TO CHANGE OVER THE 12-HOUR AND 24-HOUR INDICATIONS

In the calendar or the alarm display, each press of Button A changes over the time indication display from the 12-hour to the 24-hour and vice versa.

- **Changeover in the calendar display**



- **Changeover in the alarm display**



- \* When the "A" (AM)/"P" (PM) mark disappears, the calendar or the alarm display is shown in the 24-hour indication.

## ■ LUMIBRITE WATCH

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

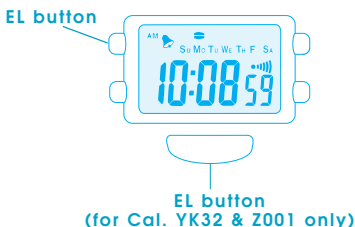
LORUS LUMIBRITE watches absorb and store light energy from natural and artificial light sources and emit light in the dark. They are made of environmentally friendly material, and therefore, are harmless to human beings and the environment.

- 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

(for Cal. YK30, YK31, YK32, YK33, YK34 & Z001)

When EL button is pressed and released in the time/calendar or stopwatch display, or in the alarm setting or time/calendar setting function, the electroluminescent light evenly illuminates the display for 4 seconds for easy viewing in the dark.



## Notes:

1. The watch works with one battery. When the light begins to lose its luminance, this is an indication that the battery is depleted. We recommend that you change the battery before the watch itself stops.
2. If the light is used continuously for a long time, the battery life may be less than the specified period.

## ■ BATTERY CHANGE

The miniature battery which powers your watch should last as individually specified below. 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.

CAL. NO.	BATTERY	BATTERY LIFE (Approx.)
Y922 YK30 YK33 Z002 Z009	SONY <b>CR2016</b> , 1 piece	<b>Cal. Y922:</b> 10 years <b>Cal. YK30:</b> 2 years <b>Cal. YK33:</b> 2 years <b>Cal. Z002:</b> 5 years <b>Cal. Z009:</b> 2 Years
YK31	SONY <b>CR1220</b> , 1 piece	2 years
YK32 YK34	SONY <b>CR1620</b> , 1 piece	2 years
Z001	SONY <b>CR2032</b> , 1 piece	8 years
Z003	SONY <b>CR1020</b> , 1 piece	4 years

**Note:** If the alarm is used for more than 30 seconds a day (and/or the illuminating light for more than 4 seconds a day for Cal. YK30, YK31, YK32, YK33, YK34 & Z001), 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



### 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 Indication on the dial/ case back	Accidental contact with water, such as splashes and rain	Swimming and taking a shower	Skin diving	Scuba diving
<b>No Indication</b>	NO	NO	NO	NO
<b>WATER RESISTANT</b>	YES	NO	NO	NO
<b>WATER RESISTANT (50M/5 BAR)</b>	YES	YES	NO	NO
<b>WATER RESISTANT (100M/10 BAR) or above</b>	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 a normal temperature.

## ■ SERVICE

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