

Features

- ANALOGUE TIME DISPLAY
- DIGITAL TIME AND CALENDAR
- CHRONOGRAPH
- DATA RECALL FUNCTION
- TIMER
- 3-CHANNEL ALARM
- WORLD TIME FUNCTION
- ILLUMINATING LIGHT (ELECTROLUMINESCENT PANEL)

SCREW DOWN CROWN

[for models with screw down crown]

Unlocking the crown

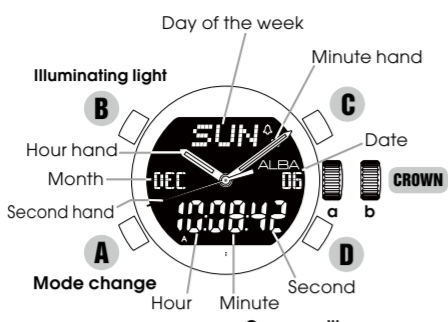
- Turn Crown counterclockwise until you no longer feel the threads turning.

2 Crown can be pulled out.

Locking the crown

- Push Crown back into normal position.
- Turn Crown clockwise while pressing it lightly until tight.

Crown/buttons and display

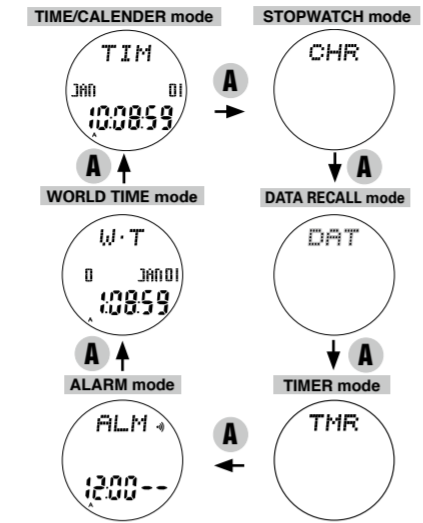


Crown position:
a: normal position
b: extended position (analogue time setting)

The analogue and digital displays are separately illustrated in the following sections of this manual for the purpose of explanation.

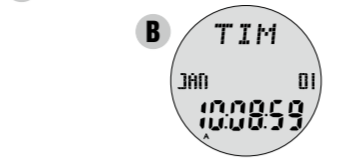
Mode change

With each press, the mode in the digital display changes in the following order.



Illuminating light

Press to turn the illuminating light on.

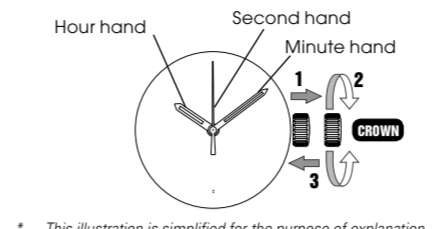


The built-in electroluminescent backlight illuminates the display for approximately 3 seconds for easy viewing in darkness.

- NOTES**
- The electroluminescent panel loses its luminance as the battery becomes weaker with use. Also, its luminance level decreases gradually with use.
 - When the illuminating light becomes dim, replace the batteries. If the light remains dim after the batteries are replaced, have the electroluminescent panel replaced by the retailer from whom the watch was purchased.
 - While the illuminating light is used, the watch gives out a slight noise. However, this is normal and not a malfunction.

Time/Calendar mode

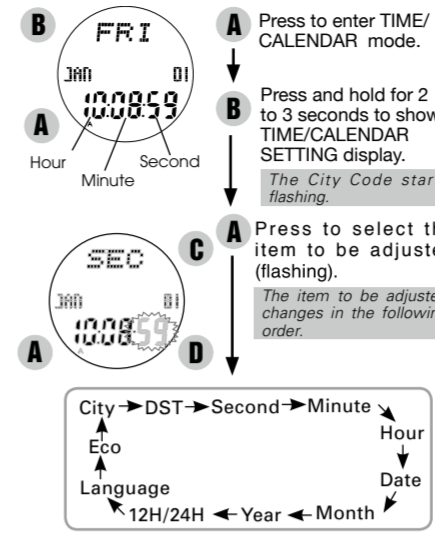
ANALOGUE TIME SETTING



This illustration is simplified for the purpose of explanation.

- CROWN**
- Pull out when the second hand is at the 12 o'clock position. The second hand will stop on the spot. To set the hands accurately, advance the minute hand four to five minutes ahead of the correct time, then slowly move it back to the exact minute(s).
 - Turn to set the hour and minute hands to the correct time.
 - Push back simultaneously with a time signal.

DIGITAL TIME/CALENDAR SETTING



- Press to set the flashing item.
- With each press of the button C (or D), the flashing digits increase (or decrease). The flashing digits move quickly if the button C or D is kept pressed.
- Press to confirm the settings and return to TIME/CALENDAR mode.
- NOTES**
- If the watch is left untouched in the TIME/CALENDAR SETTING display with the digits/item flashing, it will automatically return to the TIME/CALENDAR mode in 2 to 3 minutes.
 - The calendar automatically adjusts for odd and even months including February of leap years up to 2065.
 - Once the year, month and date have been set, the day of the week is automatically set.
 - Setting the second**
To reset the second digits to "00," press either button C or D in accordance with a time signal while the second digits are flashing. If button C or D is pressed while the second digits count any number between "30" and "59," one minute is added and the second digits are immediately reset to "00."
 - 12-/24-hour indication setting**
When the 12-hour indication is selected, "A" indicator appears for the morning and "P" indicator appears for the afternoon. When setting the hour digits in the 12-hour indication, check that AM/PM is properly set.

- Language setting**
Select your language among English(ENG), French(FRA), German(GER) and Spanish(SPN). The month and day of the week are displayed in the selected language.
- Eco mode**
- When no operation is performed for longer than a pre-set time, the watch automatically enters the eco mode and the display is turned off to reduce battery consumption.
 - Select the transition time to eco mode from among 1 hour (1H), 3 hours (3H), 6 hours (6H) and 12 hours (12H). To deactivate the eco mode, select OFF.
 - When the stopwatch or timer is not reset, the eco mode will not be activated.
- Confirmation Sound for Button Operation**
Press the button C and D simultaneously to alternately turn on the confirmation sound.
- HOW TO HIDE THE SECOND**
- If you prefer a time display without second, keep pressing down the button B for four seconds in the Time/Calendar mode.

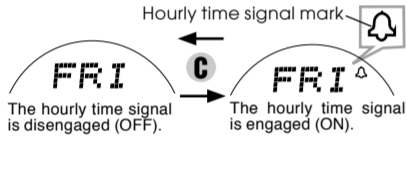
HOW TO CHECK THE HOME CITY

- To check which city is currently selected, press the button D. The city code will be shown on the display.



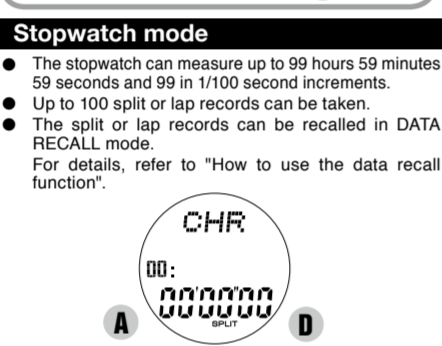
HOW TO SET THE HOURLY TIME SIGNAL

- With each press of button C, the hourly time signal will be alternately engaged or disengaged. Accordingly, the hourly time signal mark will appear or disappear indicating whether the hourly time signal is ON or OFF.



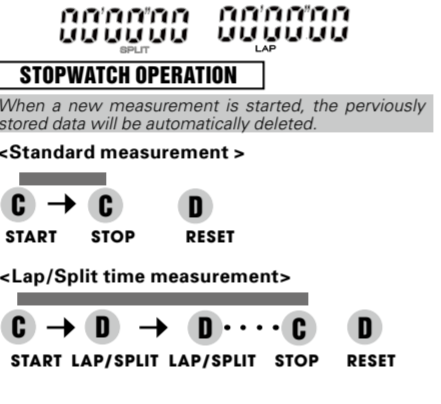
Note on unusual display

If all the segments of the display light up in the TIME/CALENDAR SETTING display with the digits flashing, it is normal and not a malfunction. In such a case, press button A, B, C or D to return to the TIME/CALENDAR mode, and then set the time/calendar again.



STOPWATCH mode

- Press to enter STOPWATCH mode.
- Press to reset the stopwatch to 00'00"00.
- Press to choose a display either with split time or with lap time.



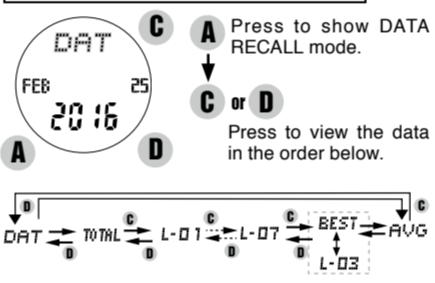
STOPWATCH OPERATION

- When a new measurement is started, the previously stored data will be automatically deleted.
- <Standard measurement>**
- START STOP RESET
- <Lap/Split time measurement>**
- START LAP/SPLIT LAP/SPLIT STOP RESET
- NOTES**
- When the stopwatch is working, the stopwatch mark flashes.
 - When a split or lap time is taken, the measured time will be shown on the display along with the split or lap number for 7 seconds, and then the display automatically returns to the ongoing measuring display.
 - When the total number of split or lap records reaches 100, "FULL" and "L-100" will be alternately shown on the display. After that, even if the button D is pressed, no more record will be taken.

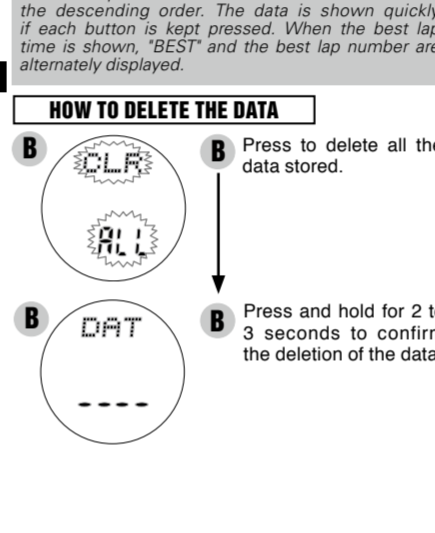
How to use the data recall function

- Up to 100 measurement data can be recalled.
- The "total time," each "lap time," "best lap time and best lap number," and "average lap time" will be presented.
- The measurement data will be stored until the next measurement is started.

HOW TO RECALL MEASURED DATA



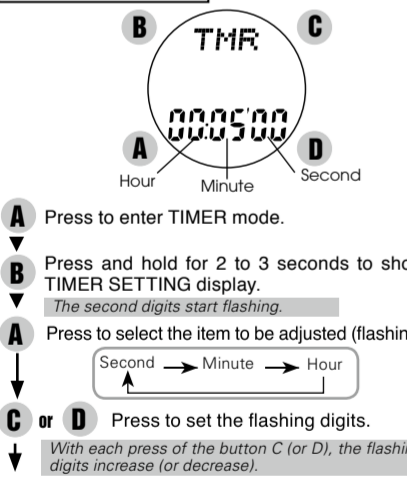
HOW TO DELETE THE DATA



Timer mode

- The timer can be set 10 seconds up to 99 hours 59 minutes and 59 seconds.

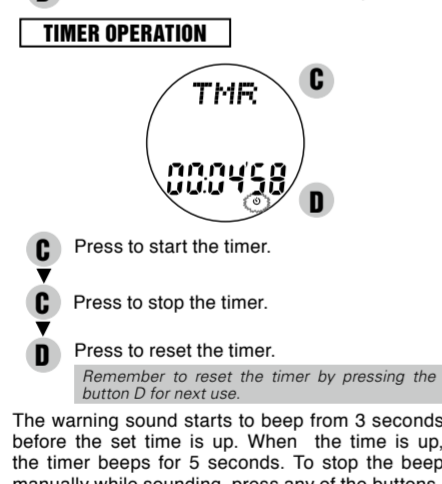
TIMER SETTING



Alarm mode

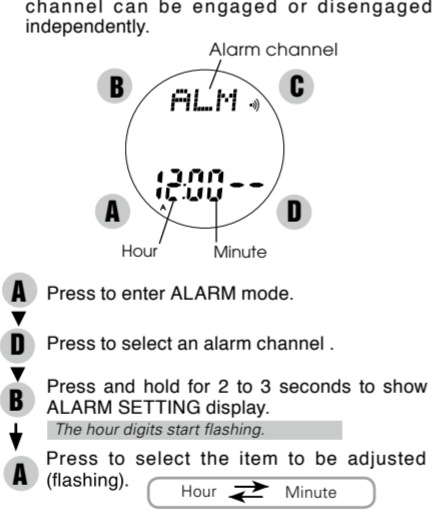
- The three-channel daily alarm sounds at a designated time every 24 hours. Each alarm channel can be engaged or disengaged independently.

TIMER OPERATION



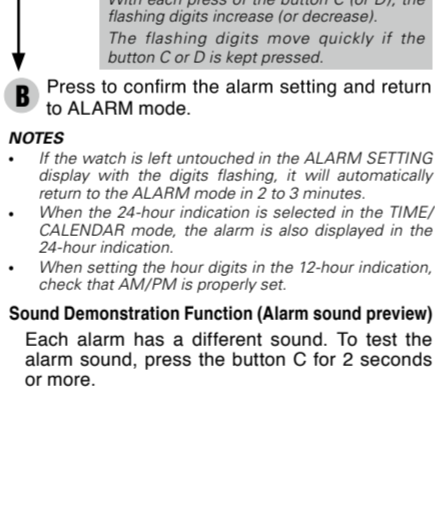
Alarm mode

- The three-channel daily alarm sounds at a designated time every 24 hours. Each alarm channel can be engaged or disengaged independently.



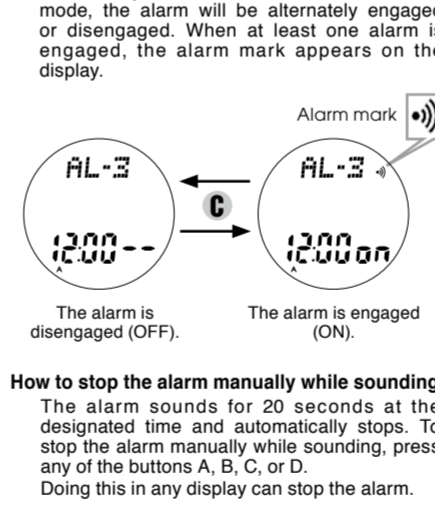
Engagement/disengagement of the alarm

- With each press of the button C in the ALARM mode, the alarm will be alternately engaged or disengaged. When at least one alarm is engaged, the alarm mark appears on the display.



World time mode

- Time in the 44 cities and regions around the world can be displayed.
- Daylight saving time can also be set (except GMT).



Cities and time differences

Time difference from GMT	City code	City name
0	GMT	
0	LIS	Lisbon
0	LON	London
+1	PAR	Paris
+1	ROM	Rome
+1	BER	Berlin
+2	ATH	Athens
+2	CAI	Cairo
+3	MOW	Moscow
+3	JED	Jeddah
+3	BGW	Baghdad
+3.5	THR	Teheran
+4	DXB	Dubai
+4.5	KBL	Kabul
+5	KHI	Karachi
+5.5	DEL	Delhi

Battery change

Time difference from GMT	City code	City name
+6	DAC	Dacca
+6.5	RGN	Yangon
+7	BKK	Bangkok
+7	JKT	Jakarta
+8	SIN	Singapore
+8	HKG	Hong Kong
+8	BJS	Beijing
+9	SEL	Seoul
+9	TYO	Tokyo
+9.5	ADL	Adelaide
+10	GUM	Guam
+10	SYD	Sydney
+10	OOL	Goldcoast
+11	NOU	Noumea
+12	WLG	Wellington
-10	HNL	Honolulu

Battery life

Time difference from GMT	City code	City name
-9	ANC	Anchorage
-8	YVR	Vancouver
-8	LAX	Los Angeles
-7	DEN	Denver
-6	CHI	Chicago
-5	NYC	New York
-5	YMQ	Montreal
-5	BOS	Boston
-4	SDQ	Santo Domingo
-3	BUE	Buenos Aires
-3	RIO	Rio de Janeiro
-1	PDL	Azores

2 Years

- Battery life** : Approx. 2 years
- Battery** : SEIKO SR626SW, 1 piece (for analogue display) SEIKO CR2016, 1 piece (for digital display)
- The battery life may be less than 2 years if:
 - the alarm is used more than once a day,
 - the stopwatch is used more than one hour a day,
 - the illuminating light is used more than once a day.
 - Even if either of the two batteries has run down, replace both of them with new ones.
 - As the batteries are inserted at the factory to check the function and performance of the watch, their actual lives once in your possession may be less than the specified period.
 - When the batteries expire, be sure to replace them as soon as possible to prevent any malfunction.
 - We recommend that you contact an AUTHORIZED ALBA DEALER for battery replacement.
 - The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced. When the indicator appears, EL backlight and sound (ALARM/TIMER) are invalid.

WARNING

- Do not remove the battery from the watch.
 - If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.
 - Never short-circuit, tamper with or heat the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.
- CAUTION**
- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.

To preserve the quality of your watch

- WATER RESISTANCE**
- Non-water resistant**
If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED ALBA DEALER or SERVICE CENTER.
 - Water resistance (3 bar)**
If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for swimming or diving.
 - Water resistance (5 bar)***
If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for swimming, yachting and taking a shower.
- Water resistance (10 bar/15 bar/20 bar)***
If "WATER RESISTANT 10 BAR," "WATER RESISTANT 15 BAR" or "WATER RESISTANT 20 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar and is suitable for taking a bath, shallow diving, but not for scuba diving. We recommend that you wear a ALBA Diver's watch for scuba diving.
- TEMPERATURES**
- Your watch works with stable accuracy within a temperature range of 5° C and 35° C (41° F and 95° F). Temperatures over 50° C (122° F) may cause battery leakage or shorten the battery life. Do not leave your watch in very low temperatures below -5° C (+23° F) for a long time since the cold may cause a slight time loss or gain. However, the above conditions will be corrected when the watch returns to normal temperature.
- MAGNETISM**
- Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.
- SHOCKS & VIBRATION**
- Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.
- CHEMICALS**
- Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.
- CARE OF CASE AND BRACELET**
- To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.
- PERIODIC CHECK**
- It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an AUTHORIZED ALBA DEALER or SERVICE CENTER to ensure that the case, crown, buttons, gasket and crystal seal remain intact.
- PRECAUTION REGARDING CASE BACK PROTECTIVE FILM**
- If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch.

2-3 Years

- WARNING**
- Do not remove the battery from the watch.
 - If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.
 - Never short-circuit, tamper with or heat the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.
- CAUTION**
- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.