

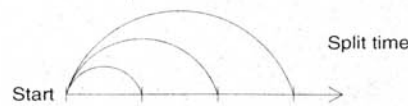
■ FEATURES

This watch is equipped with the following functions.

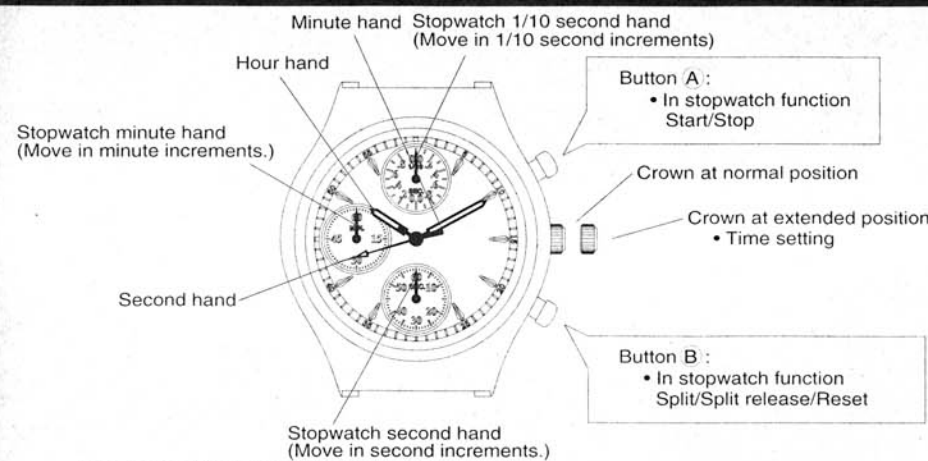
- **Time**
Indicated by the hour, minute, and second.

- **Stopwatch**
It can measure up to 60 minutes in 1/10 seconds.
Split time measurement is also possible.

* "Split time" refers to an elapsed time required to cover a distance from the start to a given point.



■ DISPLAY AND CROWN/BUTTON OPERATION



- * The measured time is indicated by the stopwatch hands that move independently of the center and 24-hour hands.
- * Stopwatch 1/10 second hand moves for a first minute. After one minute, it indicates the measured time when it is stopped.

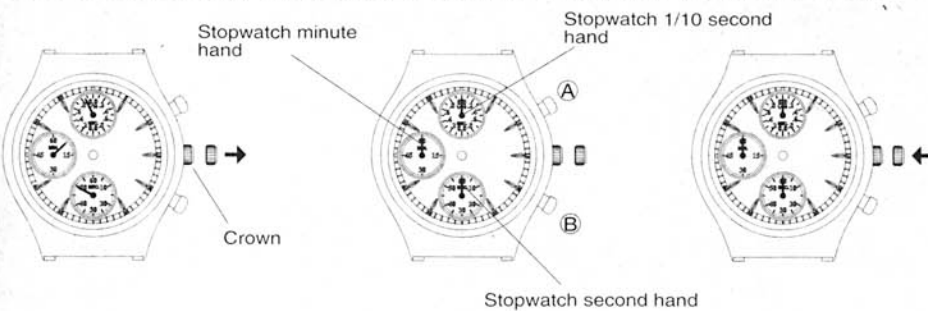
■ ADJUSTING STOPWATCH HAND POSITION

Before setting the time, check if the stopwatch 1/10 second, second and minute hands are in the "0" (12 o'clock) position.

- * If the stopwatch is in use, press the button in the following order to reset it, and then check if the hands return to "0" position. (For details, see "HOW TO USE THE STOPWATCH".)

- If the stopwatch is counting: A → B
- If the stopwatch is stopped: B
- If the split time is displayed: B → A → B

- If either of the stopwatch hands are not in the "0" position, reset them following the procedure below.



1. Pull out the crown.
2. Press button A or B to reset the stopwatch 1/10 second, second, and minute hands to "0" position.
 - By pressing button A, set the stopwatch 1/10 second hand.
 - By pressing button B, set the stopwatch second and minute hands.
3. Push the crown back in to the normal position.

- * The stopwatch minute hand moves correspondingly with the stopwatch second hand.
- * The hands move quickly if the respective buttons are kept pressed.

■ TIME SETTING

- * While the stopwatch is being used, do not set the time.



1. Pull out the crown when the second hand is at the 12 o'clock position. The second hand will stop on the spot.
2. Turn the crown to set the hour and minute hands to the desired time.
3. Push the crown back in to the normal position in accordance with a time signal.

- * If the crown is of the screw lock type, unscrew the crown by turning it counter-clockwise, and then, pull it out.

- * While the crown is at the extended position, do not press any button. Otherwise, the stopwatch second hand will move. (For details, see "ADJUSTING THE STOPWATCH HAND POSITION".)

- * The mechanism of the quartz watch is different from that of the mechanical one. To set the time accurately, first advance the minute hand 4 to 5 minute ahead of the desired, and turn it back to the exact minute.

- * If the crown is of the screw lock type, screw it in completely by turning it clockwise while pressing it.

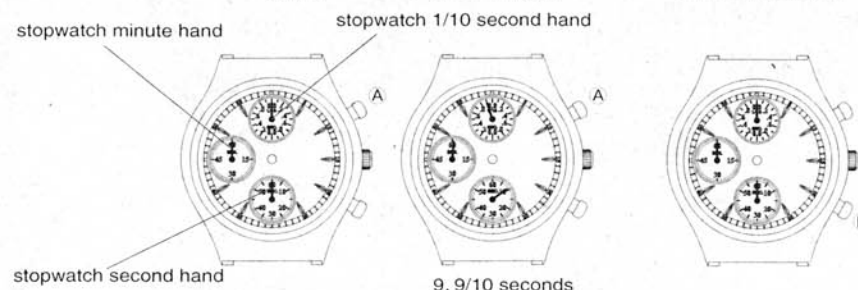
- * The telephone time signal service (TEL 117) is helpful for setting the exact time.

■ HOW TO USE THE STOPWATCH

- The measured time is indicated by the stopwatch hands that move independently of the center hands.
- The stopwatch can measure up to 60 minutes in 1/10 seconds.

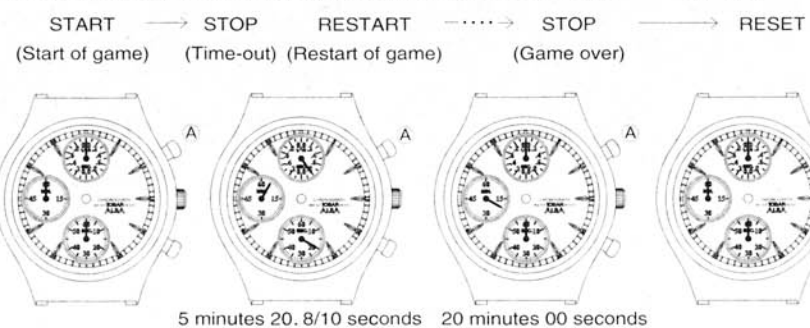
[Standard measurement]

Ex.) 100m race (Press the buttons in the following order: A → A → B)
START → STOP (Finish) → RESET (Reset to "0'00")



[Accumulated elapsed time measurement]

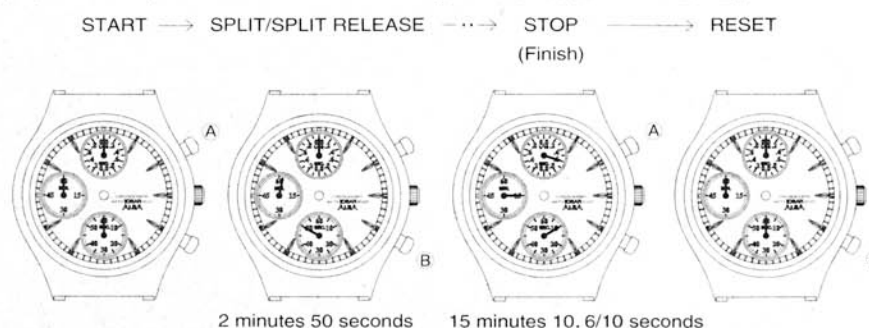
Ex.) Basketball game (Press the buttons in the following order: A → A / A → ... → A → B)
START → STOP → RESTART → ... → STOP → RESET



* Restart and stop of the stopwatch can be repeated as many times as necessary by pressing button A.

[Split time measurement]

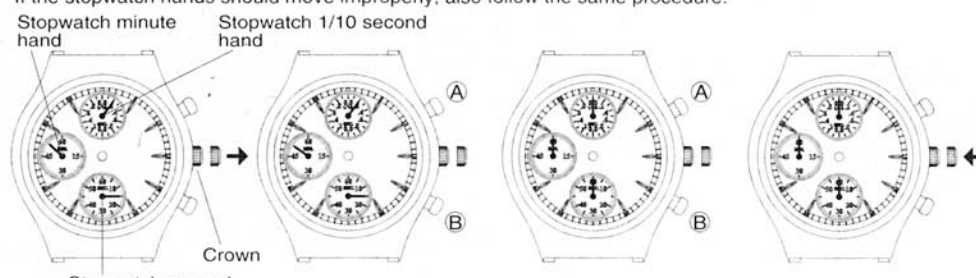
Ex.) 5,000m race (Press the buttons in the following order: A → B / B → ... → A → B)
START → SPLIT/SPLIT RELEASE → ... → STOP → RESET



* Measurement and release of the split time can be repeated as many times as necessary by pressing button B.

■ RESETTING THE IC

When the battery is replaced with a new one, the time information stored in the built-in IC and the time indicated by the stopwatch hands do not correspond with each other. Reset the stopwatch hands to "0" position following the procedure below. If the stopwatch hands should move improperly, also follow the same procedure.



1. Pull out the crown.
2. Keep buttons "A" and "B" pressed at the same time for 2 seconds, and then, release the buttons. The stopwatch second hand move back and returns to where it was.
3. Press button "A" or "B" to reset the stopwatch hands to "0" position.
 - By pressing button "A", set the stopwatch 1/10 second hand.
 - By pressing button "B", set the stopwatch second and minute hands.
4. Turn the crown to set the hour, and minute hands to the desired time, and push the crown back in to the normal position. (For details, refer to "TIME SETTING".)

- * The stopwatch minute hand moves correspondingly with the stopwatch second hand.
- * The hands move quickly if the respective buttons are kept pressed.

■ SPECIFICATION

1. Frequency of crystal oscillator 32,768Hz (Hz=Hertz ... Cycles per second)
2. Loss/gain (monthly rate) Less than 20 seconds at normal temperature range (5°C ~ 35°C)
3. Operational temperature range -5°C ~ +50°C
4. Display system | Time display Hour, minute, seconds,
| Stopwatch display Minute, second, 1/10 second
5. Driving system Step motor 3 pieces
6. Battery Miniature silver oxide battery SB-AN, 1 piece.
7. IC (Integrated Circuit) C-MOS-LS1, 1 piece.

* The specifications are subject to change without prior notice, for product improvement.

■ LUMIBRITE

(IF YOUR WATCH HAS LUMIBRITE)

- LumiBrite externally-energized luminous material which doesn't contain any radioactive substance.
- LumiBrite is a newly-developed luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark.
- For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 3 to 5 hours. Please note, however, that as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

■ REMARKS ON THE BATTERY

● Notes on the battery

- (1) Battery life
When a new normal battery is installed, this watch operates for approximately two years. However, if the stopwatch is used for 60 minutes a day, the battery life may be less than the specified period.
- (2) Monitor battery
The battery in your watch may run down in less than two years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.
- (3) Battery change

- 1 For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or an ALBA DEALER, and request the battery for exclusive use with the ALBA watches.
- 2 If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.

- 3 Battery replacement is charged even if it runs down within the guarantee period.
- 4 Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced.

⚠ CAUTION

1. Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intense heat or catch fire.
2. The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
3. If the watch is left in a temperature below 5°C or above 35°C for a long time, it may cause the battery life to be shortened.

⚠ WARNING

1. Do not remove the battery from the watch.
2. If it is necessary to take out the battery, keep it out of the reach of children.
3. If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

■ TO PRESERVE THE QUALITY OF YOUR WATCH

⚠ CAUTION

● WATER RESISTANCE

- Check the dial or case back of your watch for the water resistant quality, and then see the table below.
- Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

	Designed and manufactured to withstand the water in daily use such as shower, and rain	Designed and manufactured to withstand each activity such as swimming, and water sports	Skimming with surf sticks and bathing	Surface diving in shallow water or leisure	Surface operation when the watch is wet	Open operation when the watch is wet
"WATER RESISTANT" is not inscribed on the back of your watch case.	×	×	×	×	×	×
"WATER RESISTANT" is inscribed on the back of your watch case.	○	×	×	×	×	×
"WATER RESISTANT 5 BAR" is inscribed on the back of your watch case.	○	○	×	×	○	×
"WATER RESISTANT 10-15 BAR" is inscribed on the back of your watch case.	○	○	○	×	○	×
"WATER RESISTANT 20 BAR" is inscribed on the back of your watch case.	○	○	○	×	○	×

● ABOUT BATHING

- Your watch can be worn while bathing if it is equipped with water resistance over 10 bar.
- In that case, please note the following carefully.
 - Please do not operate your watch (Crown operation, Button operation etc.) When it is wet with soap or shampoo, it sometimes causes a reduction in the water proofing.
 - When the watch gets warm due to warm water, the watch could gain or lose time to some degree. However, the watch will return to its usual accuracy at normal temperatures.

⚠ WARNING

- If your watch is 3 bar water resistant, do not use it in water.
- If your watch is 5 bar water resistant, do not use it in any type of diving including skin diving.
- If your watch is 10 or 20 bar water resistant, do not use it in saturation diving or scuba diving.

● PLACES TO KEEP YOUR WATCH

- Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
- Do not leave the watch in a place where there is strong vibration.
- Do not leave the watch in a dusty place.
- Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
- Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

⚠ CAUTION

● CARE OF YOUR WATCH

- The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust of those who have a delicate skin may have a rash.
- After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.

METAL BRACELET

- Clean the watch bracelet with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.

LEATHER BAND

- When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.

SOFT PLASTIC BRACELET

- If your watch has a soft plastic band such as urethane band, do not leave the watch under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the band may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water. Otherwise, the band may be discolored in a very short time.

- When the band is soiled, rinse it in soapy water. Do not use solvents for cleaning as some solvents may deteriorate the band.

- If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use.

- If your watch is not water-resistant, be careful not to get wet with water or sweat. When it gets wet with water or sweat, wipe it thoroughly dry with a hygroscopic cloth.

- If your watch is 5, 10 or 20 bar water resistant, rinse it in a bowl of fresh water after used in seawater. Do not use chemicals to wash it.
- If your watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.

⚠ CAUTION

● RASH AND ALLERGY

- Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
- The possible causes of the rash are as follows:
 1. Allergy to metals or leathers
 2. Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

● PRECAUTIONS ON WEARING YOUR WATCH

- Take utmost care in the following cases:
 - When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.
 - In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
 - When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.

⚠ CAUTION

- If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

● PERIODIC CHECK

- We suggest that you have your watch checked by ALBA DEALER every 2 or 3 years or when the battery is replaced for oil condition, battery electrolyte leakage or damage due to water or sweat. After checking the watch, adjustment and repair may be required.
- When the replacing the parts or battery, please specify "ALBA GENUINE PARTS". If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.
- Be sure to have the gasket and push-pin replaced with new ones by the ALBA DEALER when checking the watch or the battery is replaced.

■ NOTES ON THE REPLACEMENT PARTS

- (1) ALBA makes it a policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
- (2) The number of years that a watch is considered repairable may vary greatly depending on the condition under which used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased, when having them repair your watch.
- (3) The case, dial, hands, glass, bracelet, or parts thereof may be replaced with substitutes if the originals are not available.