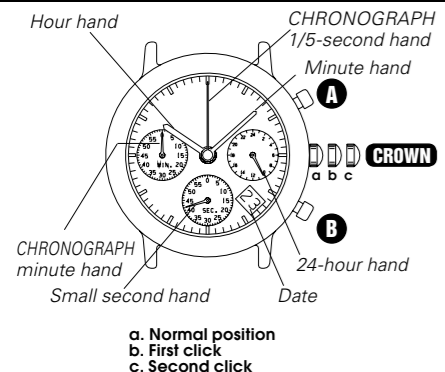


Features

- Time indication by the hour, minute and small second and 24-hour hands
- Date displayed in numerals
- 60-minute chronograph with chronograph minute hand and chronograph 1/5-second hand

Display and crown/buttons



Screw down crown

[for models with screw down crown]

Unlocking the crown

- Turn the crown counterclockwise until you no longer feel the threads turning.
- Now the crown can be pulled out.

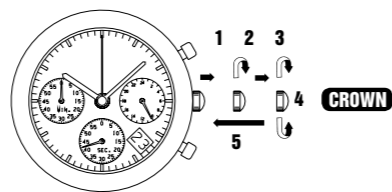


Locking the crown

- Push the crown back in to the normal position.
- Turn the crown clockwise while pressing it lightly until tight.



Time/date setting



- Pull out the crown to the first click, and turn it clockwise until the previous date appears.
- Pull out the crown to the second click when the small second hand is pointing at the 12 o'clock position.
- Turn the crown clockwise until the desired date appears.
- Turn the crown to set the hour and minute hands.
- Push the crown back to the normal position in accordance with a time signal.

NOTES

[TIME SETTING]

- If the crown is pulled out to the second click while the chronograph is counting, the CHRONOGRAPH hands will continue to move. This is not a malfunction.

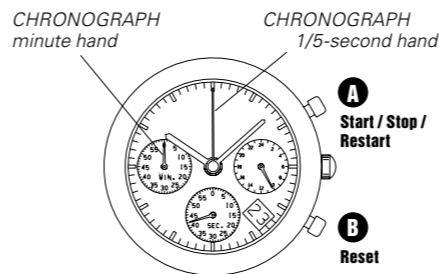
[24-HOUR SETTING]

- The 24-hour hand moves correspondingly with the hour hand.
- When setting the hour hand, check that the 24-hour hand is correctly set.
- When setting the minute hand, first advance it 4 to 5 minute ahead of the desired time and then turn it back to the exact minute.

[DATE SETTING]

- It is necessary to adjust the date on the first day after a 30-day month and February.
- Do not set the date between 9:00 p.m. and 3:00 a.m., as this may cause a malfunction.

Chronograph



- The chronograph can measure up to 60 minutes in 1/5 second increments.
- After 60 minutes, the chronograph will stop counting.
- Before using the chronograph, be sure to check that the crown is set at the normal position and that the CHRONOGRAPH hands are reset to the "0" position.

Standard measurement



START STOP RESET

Accumulated elapsed time measurement



START STOP RESTART STOP RESET

* If the CHRONOGRAPH hands are incorrectly positioned, press the buttons in the order shown below to reset the CHRONOGRAPH hands to the "0" position.



START STOP RESET

NOTES

- During the accumulated elapsed time measurement, restart and stop of the chronograph can be repeated as many times as necessary by pressing the button A.
- While the chronograph is counting, if the button B (reset) is pressed, the chronograph will continue counting.

Tachymeter

[for models with tachymeter scale on the dial]

To measure the hourly average speed of a vehicle

Ex. 1

Tachymeter scale: "90"



CHRONOGRAPH second hand: 40 seconds
"90" (tachymeter scale figure) x 1 (km or mile) = 90 km/h or mph

- Use the stopwatch to determine how many seconds it takes to go 1 km or 1 mile.
- Tachymeter scale indicated by the stopwatch second hand gives the average speed per hour.

Ex.2: If the measuring distance is extended to 2 km or miles, or shortened to 0.5 km or miles and the CHRONOGRAPH second hand indicates "90" on the tachymeter scale.

"90" (tachymeter scale figure) x 2 (km or mile) = 180 km/h or mph

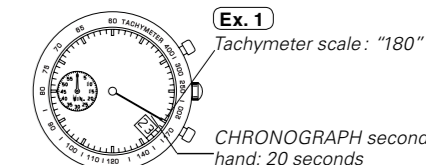
"90" (tachymeter scale figure) x 0.5 (km or mile) = 45 km/h or mph

NOTES

- Tachymeter scale can be used only when the time required is less than 60 seconds.

To measure the hourly rate of operation

Ex. 1



"180" (tachymeter scale figure) x 1 job = 180 jobs/hour

- Use the stopwatch to measure the time required to complete 1 job.
- Tachymeter scale indicated by the stopwatch second hand gives the average number of jobs accomplished per hour.

Ex. 2: If 15 jobs are completed in 20 seconds:

"180" (tachymeter scale figure) x 15 jobs = 2700 jobs/hour

Battery change

3 Years

Battery life : Approx. 3 years
Battery : SEIKO SR936SW

- If the chronograph is used for more than 60 minutes a day, the battery life may be less than the specified period.
- As the battery is inserted at the factory to check the function and performance of the watch, its actual life once in your possession may be less than the specified period.
- When the battery expires, be sure to replace it as soon as possible to prevent any malfunction.
- We recommend that you contact an AUTHORIZED ALBA DEALER for battery replacement.

WARNING

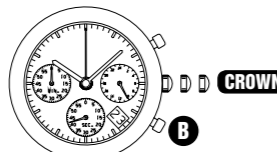
- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.
- Never short-circuit, tamper with or heat the battery, and never expose it to fire. The battery may burst, become very 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.

<Necessary procedure after battery change>

After the battery is replaced with a new one, or in case any of the hands should move improperly, follow the procedure below to reset the hands to the "0" position.



- Pull out the crown to the second click.
- Press and hold the button B for 2 seconds and then release it.
- Push the crown back to the normal position.

NOTE

- The small second hand will move in two-second intervals for ten seconds.
- It is not necessary to set the CHRONOGRAPH hands after the battery is replaced with a new one.

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 an ALBA Diver's watch for scuba diving.

* Before using the water resistance 5, 10, 15 or 20 bar watch in water, be sure the crown is pushed in completely.

Do not operate the crown when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.

* When taking a shower with the water resistance 5 bar watch, or taking a bath with the water resistance 10, 15 or 20 bar watch, be sure to observe the following:

- Do not operate the crown when the watch is wet with soapy water or shampoo.
- If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

NOTE:

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

TEMPERATURES

Your watch works with stable accuracy within a temperature range of 5° C and 35° C (41° F and 95° F). Temperatures over 60° C (140° F) may cause battery leakage or shorten the battery life. Do not leave your watch in very low temperatures below -10° C (+14° 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.

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.

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.

SHOCKS

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.

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.

ALBA

INSTRUCTION BOOKLET

Cal.VK63/VK73

NAEVKXXX