

## Features

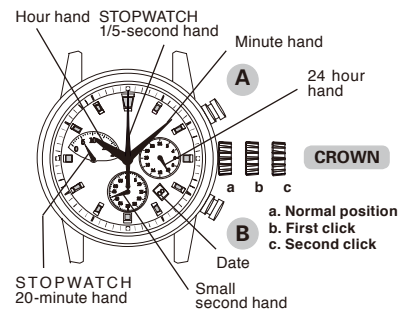
### Time/Calendar:

- Hour, Minutes and Small second hands
- Date displayed in numerals

### Stopwatch:

- Measures up to 20 minutes in 1/5 second increments

## 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.
- The crown can be pulled out.

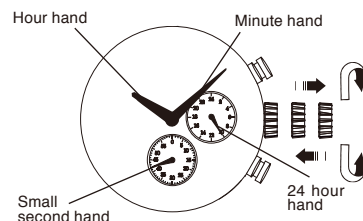


### Locking the crown

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



## Setting the time

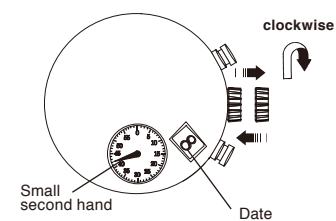


### CROWN

- Pull out the CROWN to the second click position.
- Turn the CROWN to set hour and minutes hands (Check that AM/PM is set correctly).
- Push the CROWN back into the normal position.

**Note:**  
If the CROWN is pulled to the second position while the STOPWATCH is started, the STOPWATCH hands will continue to move. This is not a malfunction.

## Setting the date



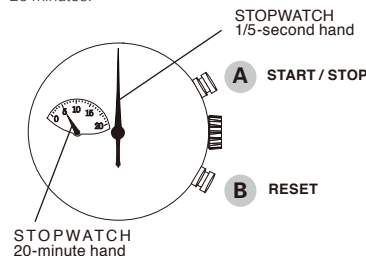
### CROWN

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

\* Do not set the date between 9:00 P.M. and 3:00 A.M. as this will cause a malfunction.

## Stopwatch

- The stopwatch can measure up to 20 minutes.
- The stopwatch stops after a measurement for 20 minutes.



- \* If the STOPWATCH hand positions are incorrect, push button B will return the hands to their appropriate positions.
- \* During the STOPWATCH operation, button b can be pushed. There is no problem with the function.
- \* When button A is pressed to start a measurement, the STOPWATCH second hand will start moving.

### Standard measurement



### Accumulated elapsed time measurement

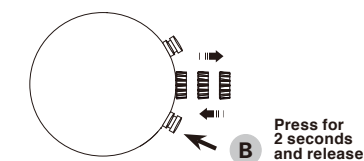


\*\* Restart and stop of the STOPWATCH can be repeated as many times as necessary by pressing button A.

Restart in the following procedure.



## Reset the watch (after battery change)



- Pull out the CROWN to the second click position.
- Press the button B for 2 seconds and release the button.
- Push the CROWN back to the normal position.
- The small second hand will move at two-second interval for 10 seconds.

\* If the CROWN is operated within this 10 seconds, the two-second interval movement will not activate.

\* If the STOPWATCH hands position are incorrect, following below procedure all the STOPWATCH hands will be reset to "0" position.



## To preserve the quality of your watch

### 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.

## 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.

\* 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

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