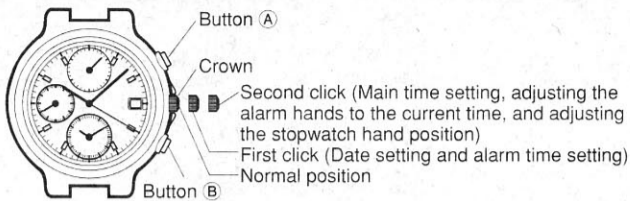


# ALBA

## INSTRUCTION BOOKLET

CAL. 7T62/YM62

### ■ DISPLAY AND CROWN/BUTTON OPERATION

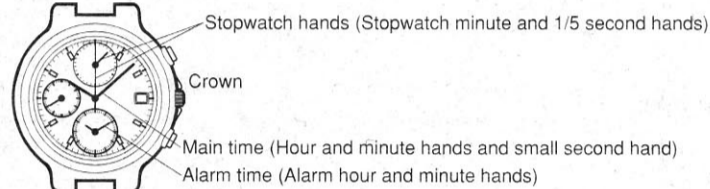


### ■ SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION

This watch is so designed that

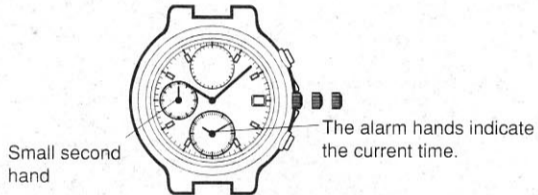
- main time setting
- adjustment of the alarm hands to the current time, and
- stopwatch hand position adjustment

are all made with the crown at the second click position. Once the crown is pulled out to the second click, be sure to make all the above adjustments at the same time.



#### ● How to set the time

- 1 Pull out the crown to the second click when the small second hand is at the 12 o'clock position. The small second hand stops on the spot.



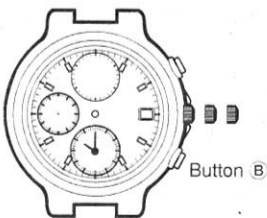
- ※ If the stopwatch is measuring, the stopwatch hands are automatically reset to "0" position.
- ※ If the alarm is engaged with the alarm hands indicating the designated alarm time, the alarm hands move quickly to indicate the current time.

- 2 Turn the crown to set the main time hands to the desired time.

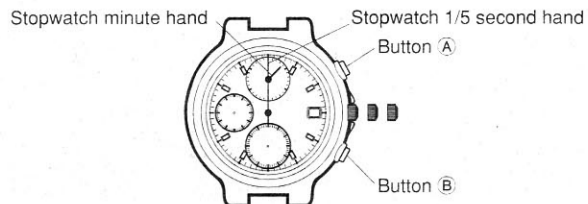


It is recommended that the hands be set to the time a few minutes ahead of the current time, taking into consideration the time required to set the alarm hands and to adjust the stopwatch hand position if necessary.

- ※ When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the date changes once in 24 hours.
  - ※ When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time, and then, turn it back to the exact minute.
- 3 Press button B to set the alarm hands to the current time. Set the alarm hands to the time the main time hands indicate. The alarm hands move quickly if button B is kept pressed.

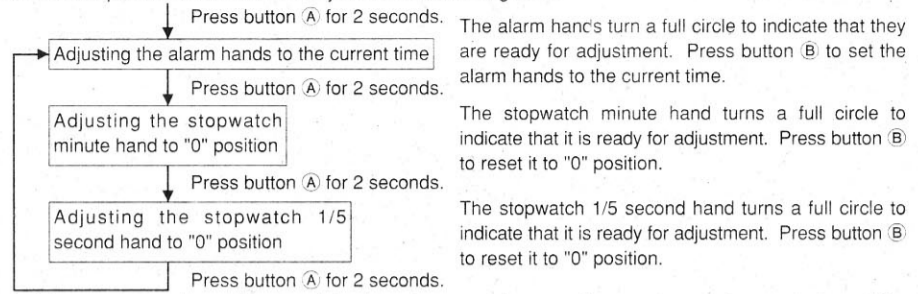


- ※ The alarm hands do not indicate AM/PM, moving on a 12-hour basis.
- 4 Reset the two stopwatch hands to "0" position. Press Button A for 2 seconds. The stopwatch minute hand turns a full circle. Press button B repeatedly to reset the stopwatch minute hand to "0" position. It moves quickly if button B is kept pressed.



Press button A for 2 seconds. The stopwatch 1/5 second hand turns a full circle. Press button B repeatedly to reset the stopwatch 1/5 second hand to "0" position. It moves quickly if button B is kept pressed.

- 5 The alarm and stopwatch hands can be readjusted in the following order.



※ Adjustment of the alarm and stopwatch hands can be repeated as many times as necessary by pressing button A.

- 6 After all the adjustments are completed, push the crown back in to the normal position in accordance with a time signal.

- ※ Check that the main time hands and alarm hands indicate the identical time, and then, push the crown back in to the normal position.
- ※ The telephone time signal service (TEL. 117) is helpful in setting the hands accurately.

### ■ HOW TO SET THE DATE

- Be sure to set the main time before setting the date.
  - It is necessary to adjust the date on the first day of March and months following 30-day months.
- 1 Pull out the crown to the first click.



- ※ Take care not to press button B at this step. Otherwise, the alarm time you have set will be readjusted or canceled.

- 2 Turn the crown clockwise to set the date.
- ※ Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly. If it is necessary to set date during that time period, first change the time to any time outside it, set the date and then, reset the correct time.

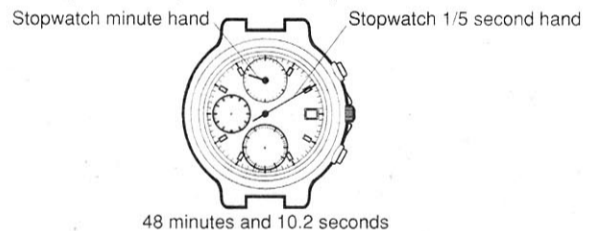
- 3 After all the adjustments are completed, push the crown back in to the normal position.

### ■ HOW TO USE THE STOPWATCH

- The stopwatch can measure up to 60 minutes in 1/5 second increments. After 60 minutes, it will start counting again from "0" repeatedly up to 12 hours. After 12 hours, it will automatically stop.
- Time measured is indicated by the stopwatch 1/5 second hand at the center and the stopwatch minute hand at the 12 o'clock side.
- Split time measurement is available.

<How to read the stopwatch hands>

Time measured is indicated by the two stopwatch hands (stopwatch 1/5 second and minute hands).



<Note on adjusting the stopwatch hand position>

- If the stopwatch hands do not return to "0" position when the stopwatch is reset, follow the procedure in "TIME SETTING AND ADJUSTING THE STOPWATCH HAND POSITION" to reset them.
- In that case, be sure to adjust the main time hands to the current time.

#### ● How to reset the stopwatch

- When the stopwatch hands are counting:

- 1 Press button A to stop the stopwatch.
- 2 Press button B to reset the stopwatch.

- When the stopwatch hands are stopped:

One of the following three stopwatch operations has been made. Reset the stopwatch accordingly.

[The stopwatch was stopped in "Standard measurement" or "Accumulated elapsed time measurement".]

- 1 Press button B to reset the stopwatch.

[Split time was measured and remains displayed in "Split time measurement".]

- 1 Press button B. The split time is released and the stopwatch hands move quickly to indicate the measurement in progress.

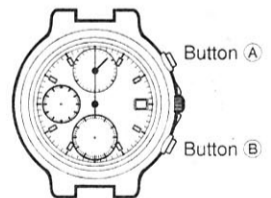
- 2 Press button A to stop the stopwatch.

- 3 Press button B to reset the stopwatch.

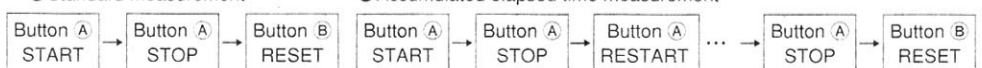
[The time of the 2nd competitor was measured in "Measurement of two competitors".]

- 1 Press button B. The stopwatch hands move quickly and stop.

- 2 Press button B to reset the stopwatch.



#### ● Standard measurement



Restart and stop of the stopwatch can be repeated by pressing button A.

#### ● Split (intermediate) time measurement



Measurement and release of the split time can be repeated by pressing button B.

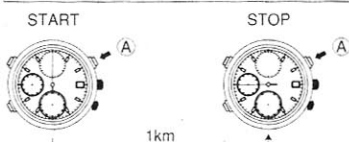
#### ● Measurement of two competitors



## HOW TO USE THE TACHYMETER (For the models with a tachymeter scale on the dial)=

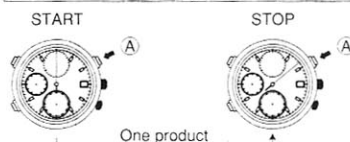
- The tachymeter can be used to measure the hourly average speed of a vehicle and the hourly rate of operation.

To measure the hourly average speed of a vehicle



- Use the stopwatch to determine how many seconds it takes to go one kilometer.
- Read the tachymeter scale where the second hand points.  
80km/h

To measure the hourly rate of operation



- Use the stopwatch to measure the time required to complete one product.
- Read the tachymeter where the second hand points.  
400 products/hour

## HOW TO USE THE TELEMETER (For the models with telemeter scale on the dial)=

- The telemeter can provide a rough indication of the distance to the source of the sound.

### <Telemeter>

- The telemeter shows the distance from your place to an object that emits both sound and light. For example, it can indicate the distance to the place where a lightning struck by measuring the time elapsed after you see a flash of the lightning until you hear the sound.
- A flash of lightning reaches you in a moment while the sound travels to you at a speed of 0.33km/second. The distance to the source of the light and sound can be calculated on the basis of this difference.
- The telemeter scale is so graduated that the sound travels at a speed of 1km in 3seconds.

### CAUTION

The telemeter provides only a rough indication of the distance to the place where lightning struck, and therefore, the indication cannot be used as the guideline to avoid the danger of lightning. It should also be noted that the speed of the sound differs depending on the temperature of the atmosphere where it travels.



### How to use

- Check that the stopwatch has been reset. Press button "A" to start the stopwatch as soon as you see the light.
  - When you hear the sound, press button "A" to stop the stopwatch. Read the telemeter scale that the stopwatch second hand points to.
- [Note] Please note that the stopwatch second hand moves in 1/5 second increments and does not always point exactly to the graduations of the telemeter scale. The telemeter scale can be used only when the measured time is less than 60 seconds.

## HOW TO USE THE SINGLE-TIME ALARM

- The single-time alarm rings only once at the designated time. As it rings, it is automatically disengaged.
- The alarm can be set within the coming 12 hours from the current time in one-minute increments.



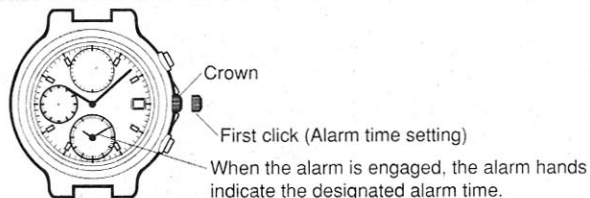
When the alarm is disengaged, the alarm hands indicate the current time. When the alarm is engaged, the hands indicate the designated alarm time.

<Note on adjusting the alarm hands to the current time>

- Set the alarm hands to the current time at the same time as you set the main time. (Refer to "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION".)

### How to set the alarm time

- Pull out the crown to the first click.
- ※ Please note that, when the crown is pulled out to the first click, the stopwatch operation cannot be made.



- Press button B to set the alarm hands to the desired alarm time. The alarm hands move quickly if the button is kept pressed.



※ If the alarm hands are advanced past the time for which you wish to set the alarm, keep button B pressed to advance the hands further. They stop when they indicate the current time. Release the button, and then, press it again to re-set the desired alarm time.

※ The alarm can be set within the coming 12 hours. If the current time is 10:08 a.m., it can be set for a time up to 10:07 p.m.

- After all the adjustments are completed, push the crown back in to the normal position.
- ※ If the crown is left at the first click, the alarm will not ring. Be sure to push in the crown after setting the alarm time.

### To stop the alarm

- At the designated alarm time, the alarm rings for 20 seconds and stops. To stop it manually, press button A or B

※ While the stopwatch is counting, the alarm sounds differently. This is not a malfunction. While the alarm is ringing, pressing button A or B will not make any stopwatch operation but only stops the alarm. After the alarm stops ringing, the normal stopwatch button operation will be return.

Once the alarm rings and is stopped, it is automatically disengaged.

### To reset or cancel the set alarm time

- To reset the alarm time you have set
- To cancel the alarm time you have set

- Pull out the crown to the first click.

- Press button B to set the alarm hands to the desired alarm time. The hands move quickly if the button is kept pressed.

• To cancel the alarm time you have set, press button B repeatedly to set the alarm hands to the current time. More conveniently, keep button B pressed to advance the alarm hands quickly. They stop when they indicate the current time. Then, release the button.

- After resetting or canceling the set alarm time, push the crown back in to the normal position.

## CARE 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 usually experienced in a daily living such as showers, and rain	Designed and manufactured for swimming and kitchen work	Skindiving without scuba and bathing	Genuine diving using scuba or helium gas	Button operation when the watch is wet	Crown 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 5-10-15-20 BAR", "WATER RESISTANT" and marks inscribed on the back of your watch case.	5 BAR	○	○	×	×	×
	10-15-20 BAR	○	○	○	×	×

### 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



- If the watch is left in a temperature below -5°C or above +50°C for a long time it may function improperly or stop operating.
- This watch is so adjusted that it will maintain stable time accuracy in normal temperatures. (5°C ~ 35°C) It will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.
- Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
- Do not leave the watch 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:
  - Allergy to metals or leathers
  - 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 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.