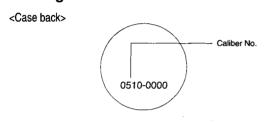
ANALOG CHRONOGRAPH

Caliber No. 0510, 0540, 0560 CTZ-P6746

MODEL No. ANO *** AN1***

INSTRUCTION MANUAL

• Before Using The Watch



Confirm the Caliber No. of your watch by the stamp on its case back as shown below.

This instruction manual explains how to use Calibers: 0510, 0540 and 0560.

Main Components



	0510	0540	0560
1	Hour hand	Hour hand	Hour hand
2	Minute hand	Minute hand	Minute hand
3	Small second hand	Small second hand	C·G 1/20 second hand
4	C G hour hand	24-hour hand	C-G hour hand
5	C-G minute hand	C-G minute hand	C-G minute hand
6	C·G second hand	C-G second hand	C-G second hand
Α	Start / Stop button	Start / Stop button	Start / Stop button
В	Reset button	Reset button	Reset button
C	Crown	Crown	Crown

Setting the Watch



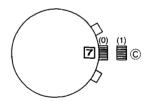
0510 0540

- 1. Wait till small second hand is on "0" sec, then crown to position (2) it stops the small second hand.
- 2. Turn the crown to set the minute/hour hands to the desired time. *The 24-hour hand 4 is synchronised with the hour hand (0540). Use the 24-hour time display as a reference to confirm a.m. and p.m. setting.
- **3.** To start the small second hand, push the crown back to position (0). *Reduction of power consumption: crown at (2) movement stop.

0560

- 1. When the crown is pulled out in position (2), the C.G 1/20 second hand 3 is instantaneously returned to "0" position.
- 2. Turn the crown to set the minute/hour hands to the desired time.
- 3. To start the C.G 1/20 second hand by one step moving, push the crown back to position (0).
- *Reduction of power consumption: crown at (2) movement stop.

Setting the Date



0510 0540 0560

- **1.** Pull out the crown to position (1).
- 2. Turn the crown till the desired date appears. *Do not set the date between 9:00 p.m. and 1:00 a.m. otherwise the date may not change properly.
- 3. Push the crown back to position (0) after setting the date.

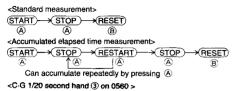
Chronograph operation

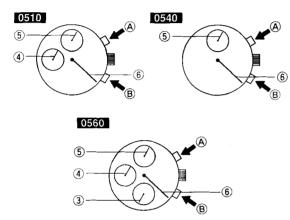
The crown is set to normal time position.

0510 The chronograph can measure up to 12 hours in one second increments.

The chronograph can measure up to 60 minutes in one second increments.

The chronograph can measure up to 12 hours in 1/20 (0.05) second increments.





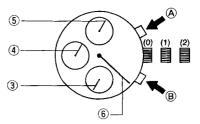
C.G 1/20 second hand will still indicate the correct time measurement even when the chronograph is started by pressing button A, while the C.G 1/20 second hand is functioning as one step movement.

The C.G 1/20 second hand automatically stops at 00 second position 30 seconds after the chronograph is started. When the chronograph is stopped by the button A, the C.G 1/20 second hand indicates the elapsed time.

When button B is pressed again after the chronograph has been reset, the C.G 1/20 second hand starts to function as one step movement to confirm watch operation.

*The hour/minute hands indicate the current time even when the chronograph is being used.

Adjusting the Chronograph



If the chronograph hands do not return to "0" position when the chronograph is reset

- **1.** Pull out the crown to position (2).
- 2. Press button A adjusting the C.G 1/20 second hand 6 at "0" position.
- **3.** Press button B adjusting the C.G second hand at "0" position (0560 only).
- *Press continuously button A or B to quick advance the C.G second hand 6 or C.G 1/20 second hand 3.
- **4.** Set the watch to the current time.
- **5.** Push the crown back to position (0).
- **6.** Press the button B to reset minute/hour hand (except 0540) at "0" position.

Tachymeter



The tachymeter is the device which measures the speed of an automobile. Knowing in how many seconds the car covers a distance of 1km, the meter can measure the approximate average speed per hour during a journey (up to the maximum measurable range of, 60 seconds.)

If the chronograph is started at the same time as measurement, and stopped after 1km, the average speed per hour can be determined, according to the position of the second hand. If the car covers the distance of 1km in 45 seconds, the average hourly speed during the journey will be about 80km.

After Changing The Battery

After changing the battery, please refer to the

- Adjusting The Chronograph section and set the correct chronograph hands position prior to use.
- *This operation is required because the chronograph hands may not return to the "0" position when the chronograph is reset after changing the battery.

Nater resistance / Imperméabilité / Wasserdichtigkeit					
	Watch face Cadran de la montre Vorderseite		WATER RESISTANT (5 bar)	WATER RESISTANT (10-20 bar)	
ndication ndications Angabe	Caseback Dos de la montre Rückseite	WATER RESIST (ANT)	WATER RESIST (ANT)	WATER RESIST (ANT)	
	Light spray, perspiration, light rain, etc. Humidification, transpiration, pluie légère, bain, etc. Leichter Spray, Schweiß, leichter Regen, Baden etc.	OK OUI OK	OK OUI OK	OK OUI OK	
CE	Swimming,etc. Natation,etc. Schwimmen etc.	NO NON NEIN	OK OUI OK	OK OUI OK	
Water-related use Utilisation au contact de l'eau Benutzung im Wasser	Skin diving (without oxygen tank) Plongée libre (sans bouteille à oxygéne) Tauchen (Ohne Sauerstoffflasche)	NO NON NEIN	NO NON NEIN	OK OUI OK	
l'eau er	Scuba diving (with oxygen tank) Plongée (avec bouteille à oxygéne) Tauchen (Mit Sauerstoffflasche)	NO NON NEIN	NO NON NEIN	NO NON NEIN	
	Pulling out the crown when the wacth is wel. Couronne lirée lorsque la montre est mouillée Herausziehen der Krone, wenn die Uhr naß ist.		NO NON NEIN	NO NON NÉIN	

- *To prevent water coming in contact with the internal mechanism of the watch, the crown under no circumstances should be pulled out while the watch is wet.
- *If watches designed for sports or working in the water are exposed to salt water or significant amounts of sweat, they should be rinsed in fresh water and dried thoroughly.
- *Exposure to water may attack the durability of some types of leather bands.
- *Because the internal watch parts may hold some moisture, if the external temperature is lower than that inside the watch, the glass covering the watch may fog up. If this fogging is only temporary it poses no problem, however, if it persists over a long period of time we suggest that you have the watch checked at the shop where you purchased it or at a Citizen Service Centre.

Temperature

Avoid exposing the watch to direct sunlight or leaving it in extremely hot or cold locations for a long period of time.

- This will cause malfunctioning and shorten the life of the battery.
- This may cause your watch to gain or lose time and affect its other functions.

Shock

- This watch will withstand the bumps and jars normally incurred in daily use and while playing such non-contact sports as golf.
- Dropping the watch on the floor or otherwise imparting severe shock to it may cause malfunctioning or damage.

Magnetic Fields

This watch is antimagnetic up to 60 gauss and not affected by the magnetic fields produced by ordinary household electric appliances. If used in the immediate vicinity of strong magnetism, however, the watch's functions may temporarily be affected.

Static Electricity

The integrated circuits used in the watch are sensitive to static electricity. If exposed to static electricity, the watch's display may lose its accuracy.

Chemicals and Gases

Avoid wearing the watch in the presence of strong chemicals or gases. If the watch comes in contact with such solvents as thinner and benzine or products containing materials such as gasoline, polish, detergent or adhesive, its components may discolour, dissolve or crack. Be especially careful to avoid chemicals. The watchbase or band may discolour if they come in contact with mercury from a broken thermometer or other equipment.

Keep Your Watch Clean

It may become difficult to pull out the crown due to dirt and dust getting caught between the crown and the watch case when the watch is worn for long periods of time. To help prevent this from happening, turn the crown freely back and fourth occasionally while it is in the normal set position.

Wipe off any water and moisture that adheres to the case, glass and band with a soft, clean cloth. Any dirt left on the case or band may cause skin rash. A watchband may easily become soiled with dust and perspiration because it is in direct contact with the skin. Even a stainless or gold plated band may begin to corrode if it has not been cleaned for a long period of time. Mesh bands, because the meshes are very fine, will lose their particular "flexibility" if they are left soiled for a long time. Metal watchbands should be washed periodically to keep them looking beautiful at all times. Metal watchbands are usually washed with a brush in mild, soapy water and well wiped with a soft, absorbant cloth to make sure all water is removed. Pay attention to prevent any water from getting inside your watch when the band is washed.

Iten	Caliber No:	0510	0540	0560	
1.Type		Analog quartz watch			
		± 20 seconds/month at temperature(5°C to 35°C/41°F to 95°F)			
3.Quartz oscillator frequency		32,768Hz			
4.I C used		C/MOS-LSI 1pce			
5.Effective temperature range		-10°C to +60°C(14°F to 140°F)			
6.Calendar		Date	Date	Date	
7.A	dditional Functions				
	•Chronograph	Hour,minute, second hands	minute,second hands	Hour,minute,second, 1/20(0.05)second hands	
	•Others	Power saving switch			
8.Power cell life time		Approximately 2 years			
9 .Pc	ower cell				
Power cell No			280-44(SR927W) 1	oce	