

CONTENTS

1. Features	3
2. Names and Functions of Components	4
3. EL Internal Illumination Function	6
4. Switching Functions (Modes)	8
5. Setting the Time and Date	9
6. Using the Alarm	12
7. Using the Chronograph	15
8. Using the Body Board Timer	17
9. All-Reset Procedure	21
10. Precautions	22
11. Specifications	28

1. Features

This watch is a digital quartz watch equipped with a body board timer function for use during body board competition in addition to time, calendar, alarm and chronograph modes.

In addition, it is equipped with a “tap light function” that illuminates an electroluminescence (EL) light when the watch is subjected to a gentle shock.

2. Names and Functions of Components

Name		Time/Date	Alarm
①	Mode display	Hours, minutes, seconds, AM/PM, month, date, day	Hours, minutes, AM/PM, OFF
②	Mode mark display	TIME	ALARM
③	Mode ON/OFF display	Displayed when alarm, chime or tap light is ON	
④	Graphic display 1	Graphic seconds (in 0.5 second increments)	_____
⑤	Graphic display 2	Graphic seconds (in 1 second increments)	_____
A	Button(A)	Normal state	Switching between time and date
	Correction mode	Correcting time and date	Switching ON and OFF Alarm time correction
B	Button(B)	When pressed for at least 1 second	To time/date correction state
	When pressed once	Changing location to be corrected	Changing location to be corrected
C	Button(C)	When pressed	EL illumination
M	Button(M)	When pressed	To alarm mode
			To chronograph mode

4

Chronograph	Body Board
Measured time	Remaining time display, set time
CHR	BB.TMR
Displayed when alarm, chime or tap light is ON	
Chronograph graphic seconds (in 0.5 second increments)	Graphic display of remaining amount of safe competition time
Chronograph graphic seconds (in 1 second increments)	Graphic display of remaining amount of precautionary competition time
Split time, reset	Timer setting, flyback
_____	_____
_____	_____
Start, stop	Start, stop
EL illumination	Switching between safe competition timer and precautionary competition timer
To body board mode	To time/date mode

5

3. EL Internal Illumination Function

Electroluminescence, abbreviated as EL, refers to a phenomenon in which light is emitted by applying a voltage. This watch employs an EL substance in the panel as a means of emitting light.

【EL Illumination Method】

(1) Illumination method using the tap light switch (illuminating by applying a gentle shock to the watch)

*When the top (upper surface of the glass, etc.) of the watch is given a gentle tap with your fingernail when the tap light switch is ON, the EL light is illuminated for about 4 seconds. Refer to "5. Setting the Time and Date" for information on the procedure for switching the tap light switch on and off.

Notes:

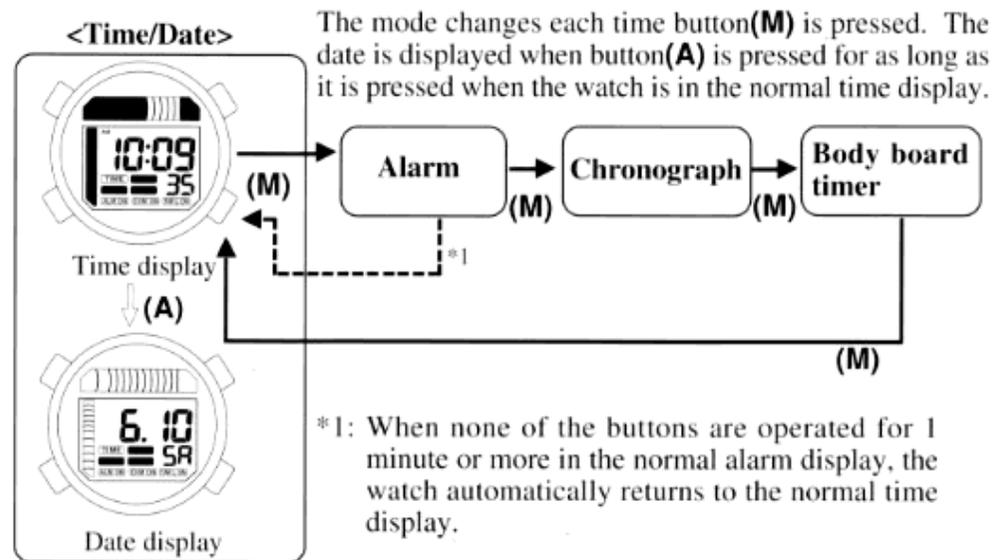
*Do not tap the watch with metal objects or sharp objects. This can scratch or damage the glass.

*The tap light switch may have difficulty in being activated if the watch is worn too tightly on the wrist. Wear the watch on your wrist while allowing a little space between your wrist and the watch.

(2) Illumination method by pressing button(C)

*The EL light is illuminated by pressing button(C) regardless of whether the tap light switch is ON or OFF.

4. Switching Functions (Modes) ---



5. Setting the Time and Date ---

- (1) Press button **(M)** to switch the watch to the time/date mode.
- (2) When button **(B)** is pressed continuously for at least one second, the watch switches to the tap light switch ON/OFF correction state.
- (3) When button **(B)** is pressed, the location to be corrected changes each time it is pressed, and that location begins to flash. Display the location to be corrected by pressing button **(B)**.
 - *ON or OFF is displayed when the watch is in the tap light switch correction state, and the tap light switch mark "TA" begins to flash. When the tap light switch is set to ON, the tap light switch is turned on and the EL light is illuminated when a gentle shock is applied to the watch.
 - *ON or OFF is displayed when the watch is in the chime correction state, and the chime mark "CH" begins to flash. When the chime is set to ON, the chime sounds on the hour.
- (4) Press button **(A)** to correct the location on the display that is flashing.
 - *When correcting seconds, pressing button **(A)** returns the seconds to zero. If button **(A)** is pressed between 30 and 59 seconds, the minutes advance by one minute.

*Pressing button **(A)** continuously in the minute, hour, month, date, day and year correction states causes the display to advance rapidly.

(5) When correcting 12H/24H time, pressing button **(B)** returns the watch to the time/date display.

*Pressing button **(M)** in any of the correction states forcibly returns the watch to the time/date display.

*When none of the buttons are operated for one minute or more in any of the correction states, the watch automatically returns to the normal time display.

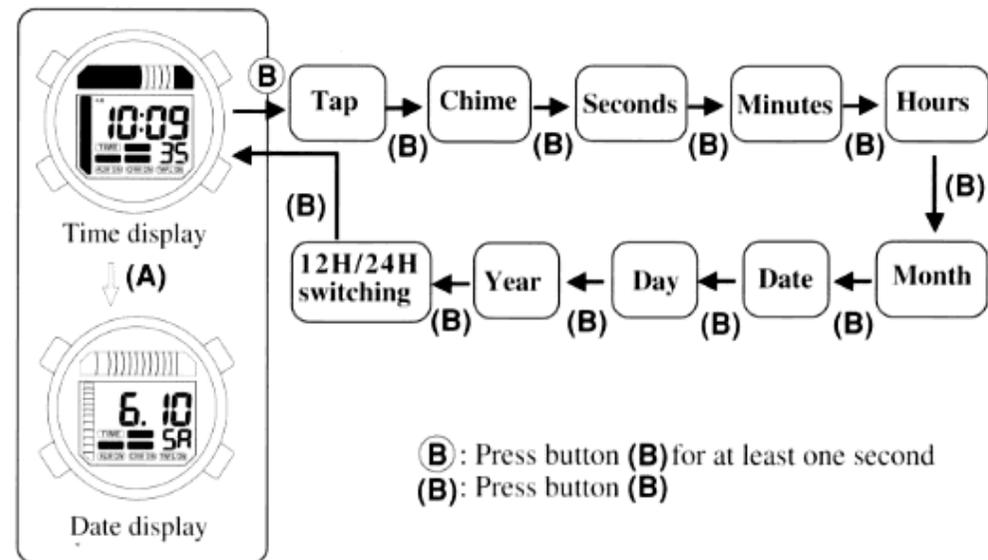
Notes:

*When 12 hour time is displayed, pay attention to AM and PM when setting the time.

*When the date is set to a date that does not exist during date correction (for example, February 30), the date will automatically be corrected to the first day of the next month when the watch is returned to the normal time display.

*The year can be corrected from 2000 to 2099.

<Time/Date Display>



(B): Press button **(B)** for at least one second
(B): Press button **(B)**

6. Using the Alarm

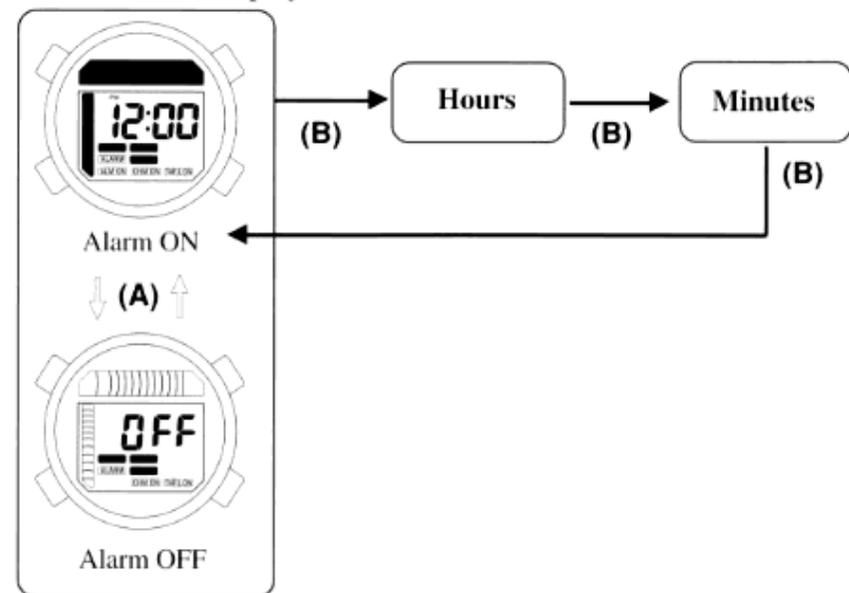
【Switching the Alarm ON and OFF】

- (1) Press button **(M)** to switch the watch to the alarm mode.
- (2) When button **(A)** is pressed, a confirmation tone sounds each time it is pressed, and the alarm switches between ON (set time is displayed) and OFF.
 - *When the alarm is set to ON, the alarm will sound at the same time everyday until the alarm is canceled (set to OFF).

【Setting the Alarm】

- (1) Press button **(M)** to switch the watch to the alarm mode.
- (2) When button **(B)** is pressed, the watch is switched to the correction state, and the location to be corrected on the display switches between hours and minutes each time button **(B)** is pressed.
- (3) Press button **(A)** to correct the hours or minutes.
 - *Pressing button **(A)** continuously causes the display to advance rapidly.
- (4) After correcting the minutes, press button **(B)** to return the watch to the normal alarm state.
 - *Pressing button **(M)** in the correction state forcibly returns the watch to the normal alarm display (ON).

<Normal Alarm Display>



Notes:

- *The watch automatically returns to the normal alarm display when none of the buttons are operated for at least one minute in either of the correction states.
- *Since the alarm time is also displayed in 12-hour time when the time display is displayed in 12-hour time, pay attention to AM and PM when setting the alarm time.

【Duration of Alarm Tone】

The alarm tone sounds for about 20 seconds when the watch reaches the set time.

【Stopping the Alarm Tone】

The alarm tone can be turned off when it is sounding by pressing any button.

【Alarm Tone Monitor】

Pressing button **(A)** for at least one second during the normal alarm display causes the alarm tone to sound for as long as it is pressed.

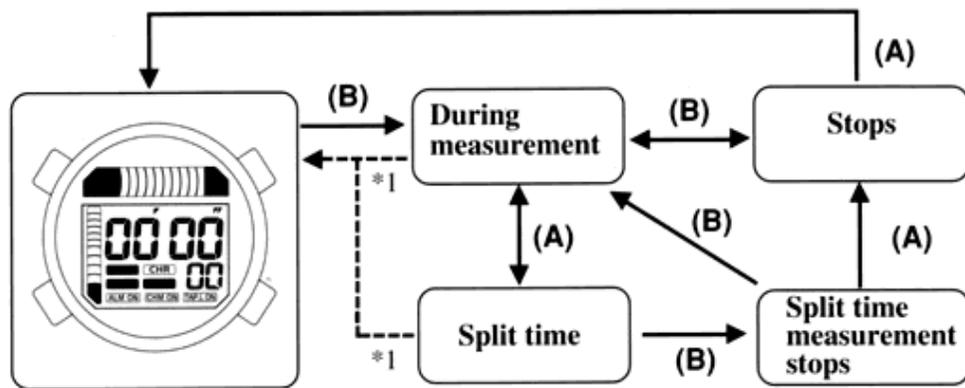
7. Using the Chronograph ---

The chronograph is able to measure time up to a maximum of 47 hours, 59 minutes, 59 seconds in 1/100th second units. After 48 hours have elapsed, the chronograph automatically returns to 00 seconds. When the duration of measured time is less than 60 minutes, the chronograph displays chronograph minutes, chronograph seconds and chronograph 1/100th seconds, and after measuring for 60 minutes, the display changes to display of chronograph hours, chronograph minutes and chronograph seconds.

【Chronograph Measuring Procedure】

- (1) Press button **(M)** to switch the watch to the chronograph mode.
- (2) The chronograph starts when button **(B)** is pressed.
 - *The chronograph is repeatedly started and stopped each time button **(B)** is pressed.
 - *Graphics are displayed during measurement.
- (3) The chronograph switches to split time display when button **(A)** is pressed during measurement.
- (4) Pressing button **(A)** while the chronograph is stopped returns the display to 00 seconds.
 - *A confirmation tone is sounded whenever button **(A)** or **(B)** is pressed.

<Chronograph Reset State>

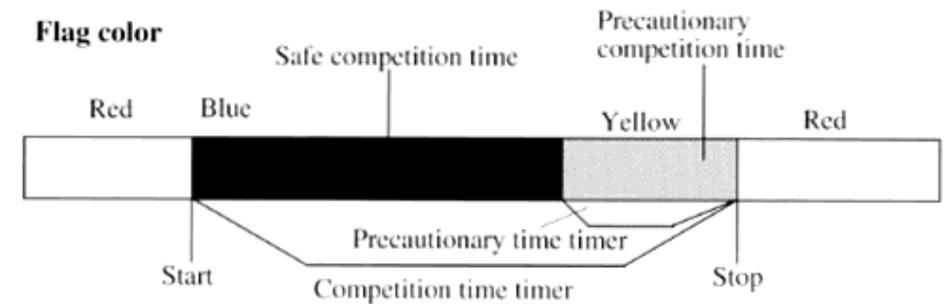


*1: Automatically returns to 00 seconds after 48 hours.

8. Using the Body Board Timer

The body board timer allows setting of a competition time and precautionary time. This timer can be set from 99 minutes to 1 minute in 1 minute units. The remaining time of safe competition is displayed on graphic display 1 (blue), while the remaining time of precautionary competition time is displayed on graphic display 2 (yellow).

[Body Board Competition Time Management and Flag Color]



【Setting the Body Board Timer】

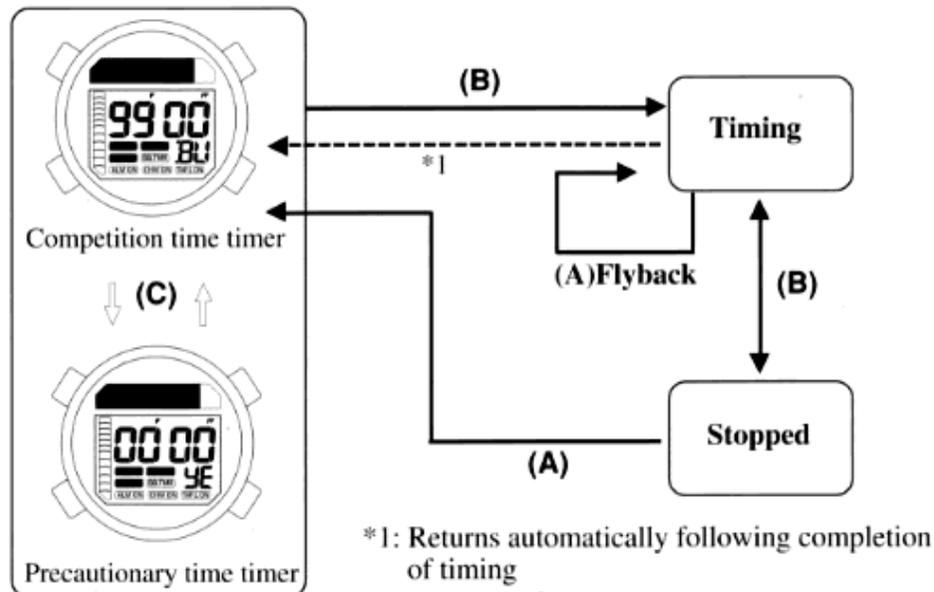
Set the total competition time on the competition time timer, and the precautionary competition time on the precautionary time timer.

- (1) Press button **(M)** to switch the watch to the body board timer mode.
 - * The set time and BU (Blue: flag color of safe competition time) flash.
- (2) Pressing button **(A)** corrects the time in the negative direction in 1 minute increments each time it is pressed. Press button **(A)** to set the competition time.
 - * The competition time timer can be set from 99 minutes to 1 minute.
 - * Pressing button **(A)** continuously causes the display to advance rapidly.
- (3) Pressing button **(C)** causes a confirmation tone to sound and the watch to switch to the precautionary time timer.
 - * The set time and YE (Yellow: flag color of precautionary competition time) flash.
- (4) Pressing button **(A)** corrects the time in the negative direction in 1 minute increments each time it is pressed. Press button **(A)** to set the precautionary competition time.
 - * The precautionary time timer can be set from 20 minutes to 0 minutes. However, it must be set to at least one minute less than the set time of the competition time timer. If the precautionary time timer is set to 0 minutes, this means that the time on the competition time timer equals the safe competition time.
 - * Pressing button **(A)** continuously causes the display to advance rapidly.

【Body Board Timer Measurement Procedure】

- (1) Pressing button **(B)** starts the timer from the set time (and the timer starts to count down).
 - * Simultaneous to the timer starting, the set competition time and set precautionary time alternately flash on the watch.
 - * While the time is still within the safe competition time, the time is displayed on graphic display 1 (blue).
 - * When the time reaches the precautionary competition time, the time is displayed on graphic display 2 (yellow).
 - * A warning tone sounds when the remaining time of the competition time timer reaches 5, 3 and 1 minute as well as 30, 20, 10, 5, 4, 3, 2 and 1 second before the time set for the precautionary competition time.
 - * A warning tone does not sound when the time set for the precautionary competition time reaches 0 minutes.
- (2) Pressing button **(B)** during timing stops the timer. Pressing button **(B)** again causes the timer to resume timing.
- (3) Pressing button **(A)** while the timer is stopped causes the timer to return to the initial set time.
- (4) Pressing button **(A)** during timing forces the timer to return to the initial set time (flyback) and resume timing from that point.

<Body Board Timer>



9. All-Reset Procedure ---

Perform the all-reset procedure described below after replacing the battery or when the display or operation of the watch has become abnormal (such as the display not being shown or the alarm continuing to sound) as a result of the watch having been subjected to a strong impact.

- (1) When all four buttons **(A)**, **(B)**, **(C)** and **(M)** are pressed simultaneously for at least 2 seconds, the entire liquid crystal display goes out.
- (2) When any of the buttons are released, the entire display is shown.
- (3) When any of the buttons are pressed again, the all-reset procedure is performed and a confirmation tone sounds.
- (4) After completing the all-reset procedure, correctly reset the time, date and each mode before using the watch.

10. Precautions

CAUTION: Water-resistance performance

There are several types of water-resistant watches, as shown in the following table. For correct use within the design limits of the watch, confirm the level of water-resistance of your watch, as indicated on the dial and case, and consult the table.

* (The unit "bar" is roughly equal to 1 atmosphere.)

Indication		Specification	OK
Dial	Case back		
WATER RESIST or no indication	WATER RESIST (ANT)	Water-resistant to 3 atmospheres	OK
WR 50 or WATER RESISTANT 50	WATER RESIST (ANT) 5 bar or WATER RESIST (ANT)	Water-resistant to 5 atmospheres	OK
WR 100/200 or WATER RESISTANT 100/200	WATER RESIST (ANT) 10 bar/20 bar or WATER RESIST (ANT)	Water-resistant to 10/ 20 atmospheres	OK

	Minor exposure to water (washing face, rain, etc.)
--	--

Examples of use

			
Moderate exposure to water (washing, kitchen work, swimming, etc.)	Marine sports (skin diving)	Scuba diving (with air tank)	Operation of the button with moisture visible
NO	NO	NO	NO
OK	NO	NO	NO
OK	OK	NO	NO

* WATER RESIST(ANT) xxbar may also be indicated as W.R. xxbar.

Water-resistance for daily use (to 3 atmospheres): This type of watch is water-resistant to minor exposure to water. For example, you may wear the watch while washing your face; however, it is not designed for use underwater.

Upgraded water-resistance for daily use (to 5 atmospheres): This type of watch is water-resistant to moderate exposure to water. You may wear the watch while swimming; however, it is not designed for use while skin diving.

Upgraded water-resistance for daily use (to 10/20 atmospheres): This type of watch may be used for skin diving; however, it is not designed for scuba or saturated diving using helium gas.

CAUTION

- Do NOT operate the button with wet fingers or when the watch is wet. Water may enter the watch and compromise water-resistance.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth.

- If moisture has entered the watch, or if the inside of the crystal is fogged up and does not become clear within a day, immediately take the watch to your dealer or Citizen Service Center for repair. Leaving the watch in such a state will allow corrosion to form inside.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, buttons, etc.) may come off.

CAUTION: Keep your watch clean.

- Dust and dirt tend to be deposited in gaps in the back of the case or band. Deposited dust and dirt may cause corrosion and soil your clothing. Clean the watch occasionally.

Cleaning the Watch

- Use a soft cloth to wipe off dirt, perspiration and water from the case and crystal.
- Use a soft, dry cloth to wipe off perspiration and dirt from the leather band.
- To clean a metal, plastic, or rubber watchband, wash away dirt with mild soap and water. Use a soft brush to remove dust and dirt jammed in the gaps in the metal band. If your watch is not water-resistant, take it to your dealer.

NOTE: Avoid using solvents (thinner, benzine, etc.), as they may mar the finish.

WARNING: Handling of the battery

- Keep the battery out of the reach of small children. If a child swallows the battery, contact a physician immediately.

CAUTION: Replacing the battery

- For replacement of the battery, take your watch to your dealer or Citizen Service Center.
- Replace the battery as soon as possible if the service life of the battery has expired. Leaving a depleted battery in the watch may result in leakage, which can damage the watch severely.

CAUTION: Operating environment

- Use the watch within the operating-temperature range specified in the instruction manual.
Using the watch where temperatures are outside the specified range, may result in deterioration of functions or even stoppage of the watch.
- Do NOT use the watch in places where it is exposed to high temperature, such as in a sauna. Doing so may result in a skin burn.
- Do NOT leave the watch in a place where it is exposed to high temperature, such as the glove compartment or dash-board of a car.
Doing so may result in deterioration of the watch, such as deformation of plastic parts.

- Do NOT place the watch close to a magnet.
Timekeeping will become inaccurate if you place the watch close to magnetic health equipment such as a magnetic necklace or a magnetic latch of a refrigerator door or handbag clasp or the earphone of a mobile phone. If this has occurred, move the watch away from the magnet and reset the time.
- Do NOT place the watch close to household appliances that generate static electricity.
Timekeeping may become inaccurate if the watch is exposed to strong static electricity, such as is emitted from a TV screen.
- Do NOT subject the watch to strong shocks such as dropping it onto a hard floor.
- Avoid using the watch in an environment where it may be exposed to chemicals or corrosive gases.
If solvents, such as thinner and benzine, or substances containing such solvents come in contact with the watch, discoloration, melting, cracking, etc. may result. If the watch comes in contact with mercury used in thermometers, the case, band or other parts may become discolored.

11. Specifications ---

***Caliber No.:** D800

***Type:** Digital quartz watch

***Time-keeping accuracy:** Within ± 45 seconds per month on average (when worn at normal temperatures of $+5^{\circ}\text{C}$ to $+35^{\circ}\text{C}/41^{\circ}\text{F}$ to 95°F)

***Operating temperature range:** 0°C to $+50^{\circ}\text{C}$ (32°F to 122°F)

***Basic functions:**•Time: Hours, minutes, seconds, 12/24 hour time

•Calendar: Month, date, day, year (when correcting only)

•Alarm: Hours, minutes, 12/24 time, alarm monitor

•Chronograph: 48 hour time, 1/100 second units (up to 60 minutes), split time measurement

•Body board timer: Timing from 99 to 1 minute, competition time timer, precautionary time timer, warning tone, flyback, timer graphics

***Additional functions:**Tap light

EL internal illumination

***Battery:** Battery no. 280-206 (CR2016)

***Battery Life:** Approx. 3 years (when the alarm tone sounds for 20 seconds/day, the chronograph is used for 6000 seconds/day, the body board timer is used for 500 seconds/day, and EL illumination is used for 8 seconds/day)

Specifications are subject to change without notice.