

③ボタン(Eまたはボタン(Dを押して、呼が出したいランを選んでください)

(ラン番号の選択:ラン番号が1つずつ戻ります)

(ラン番号の選択:ラン番号が1番ずつ進みます)

RUN 5 ∕∏<sub>ボタン©</sub>

コントラスト調整

⑤ボタン Cまたは Dを押すごとに下記のように設定ができます。

ボタンCかD

⑥合わせ終わったら、ボタンAを押して、時刻カレンダー表示に戻してください。

、 S-ON /<sub>□ボタン®</sub>

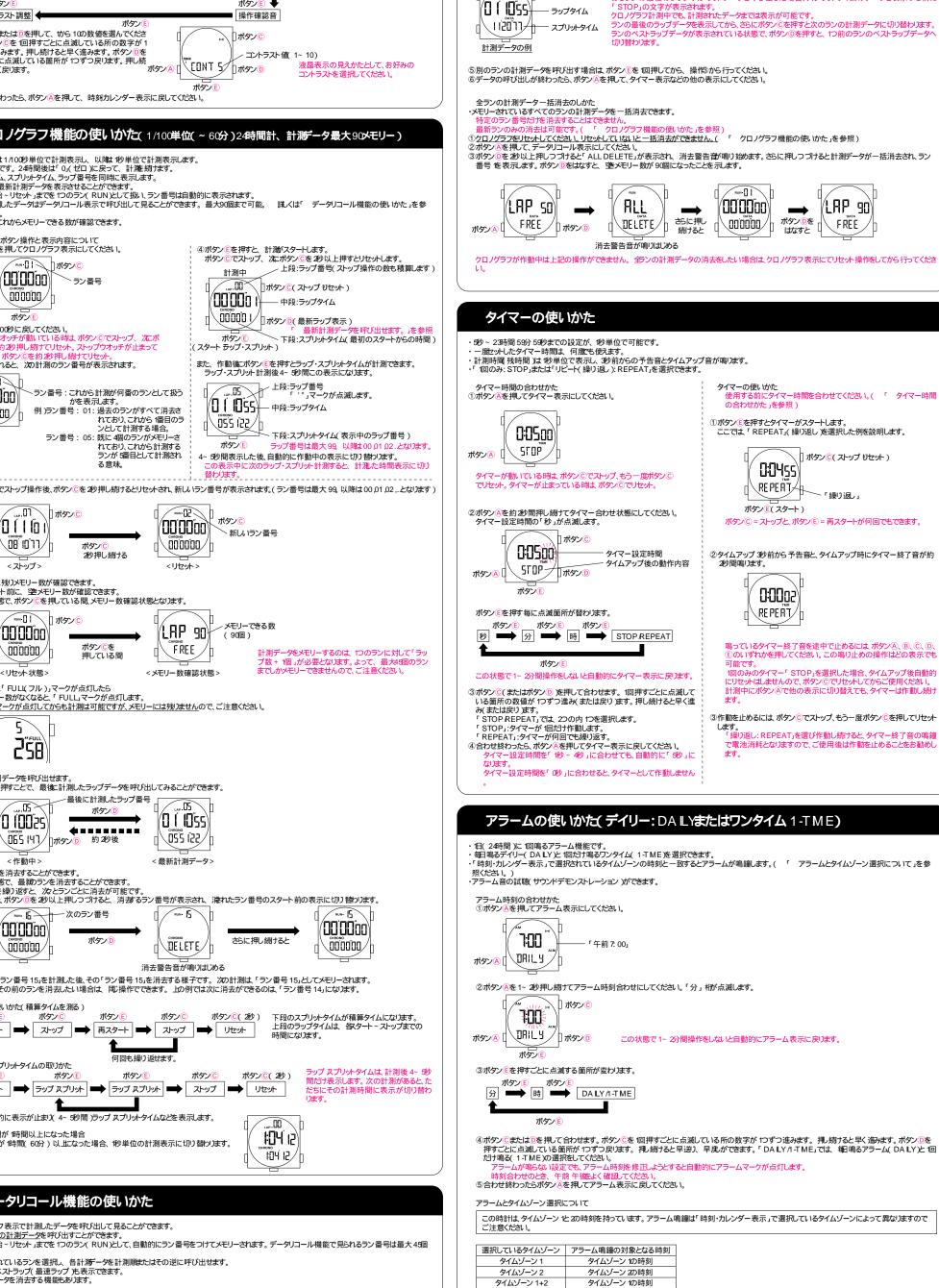
操作確認音鳴る

■ 操作確認音

「SOFF」マーク

└ 5-0FF

ボタンE 操作確認音が鳴らない



アラームの鳴る 鳴らないの設定方法

ださい。DA LYと1-T MEではアラーム音が異なります。

サウンドデモンストレーション(アラーム音の試し聴き)

~「ラン番号」

全部で7個のランがある場合、ボタン⑥を押すと矢印の方向に進み、またボタン⑥はその逆に戻ります。

アラーム表示でボタンⓒを押すごとに次の順序で設定が変わります。アラームマーク「 ((・・・))」が点灯 消灯します。

-ム音を試し聴きしたい時は、アラーム表示の時に、ボタン ©を 2~ 3秒間押してください。 押し続けている間アラーム音( 1.TMEのアラーム音)が

- O 操作をした後は、アラームのON OFF設定が変わりますので、「 アラーム鳴る鳴らないの設定方法」を参照して元の状態に戻してください。

④ランを選んだら、ボタンでを押して計測データを呼び出します。

あるランの最後のラップ スプリットデータを呼び出した場合、スプリットタイムのデータを表示する前に

ベストラップ | ➡ | ラップ 1 | ➡ | ラップ 2 | ➡ | ラップ 3 | ➡ …… ➡ | ラップ 9 | ➡ | ラップ 10 | ➡ (次のランへ)

上記の例は、ラップ 10まで計測したランの場合です。ボタン①を押すと上記の矢印の逆の順番で計測データが呼び出せます。

## 電池について

1)電池寿命 この時計は新しい正常な電池を組み込んだ場合、その後約2年間作動します。ただし、アラーム音を1日20秒以内、内部照明の点灯を1日1回を基準としていますので、それ以上使用した場合は上記の期間に満たないうちに電池寿命が切れる場合があります。

・一般的の毛にあるかりの組み込まれている電池は、機能・性能をみるためのモニター用です。お買い上げ後上記の期間に満たないらちに電池寿命が切れることがありますのでこ了承ください。

3)電池交換 もだとは、 ①電池交換は、必ずお買い上げ店で「純正部品(電池)」とご指名の上、ご用命ください。 ②電池寿命切れの電池をそのまま長時間放置しますと漏液などで故障の原因になりますので、お早めに交換してください。

③電池交換は、保証期間内でも有料となります。

③電池を実践は、床面細別回りているイベータンタッ。 ・ 電池交換などで裏がたた開閉しますと当初の防水性能を維持できなくなる場合があります。 電池交換の際には、お客様の時計の防水性能に合った防水検査をご依頼ください。特に10気圧以上のものは検査が必要です。

①お客様は、時間から電池を取り出さないでください。 ○の音を除る、呼音が3 電が2 電が2 いたいにい。 ②やなを得ず3 客様が時計から電池を取出した場合は、電池ただちに幼児の手が届かないところに保管してください。 ③万一飲み込んだ場合は、体に害があるため直ちに医師とご相談ください。

①破裂、発熱 発光などのおそれがありますので、電池を絶対にショート、分解 加熱 火に入れるなどしないでください。 ②この時計に使用している電池は、充電式ではないので、充電ると液漏れ、破損のおそれがあります。絶対に充電しないでください。 ③「常温、5 ~ 35 )からはずれた温度」下で長時間放置すると電池寿命が短くなることがあります。

#### エレクトロルミネッセンス(内部照明)について

内部照明として使用されているエレクトロルミネッセンス(EL)パネルは、電池の電圧が低くなると、輝度(明るさ)が低下します。また、EUパネルは発光時 間の経過と共に、徐々に輝度が減衰する特性を持っています。 EU、ネルの輝度は、点灯時間の累積で約120時間経過すると半減します。ご使用中に内部照明が暗くなったときはまず、電池を新しいものに交換してください。電池を交換しても暗すぎる場合は、EU、ネルの交換となります。お買い上げ店に交換をお申しつけください。 有料にて申し受けします。

#### 使用上の注意とお手入れの方法

### ⚠ 注意

・ケース・バンドは肌着類と同様に直接肌に接しています。汚れたままにしておくとサビて衣類の袖口を汚したり、かぶれの原因になることがあ ・ゲース・ハンドは別は自然に回い味に与いな別にはいましている。このでは、 いますので常に清潔にしてご使用ください。 ・時計をはずしたときには、柔らかい布などで汗や水分を拭き取ってください。汚れも取れ、ケース、パンド、およびパッキンの寿命がちがってきま

・金属バンドは時々柔らかい歯ブラシなどを使い、石 けん水で部分洗いなどのお手入れをお願いします。 その際に、非防水の時計の場合には時計本体に 水がかからないようにご注意ください。

・革バンドは水分を吸い取るように軽 く拭いてください。こするように拭くと 色が落ちたり、ツヤがなくなったりす る場合があります。

・ウレタンパンドなど軟質ブラスチックでできているバンドは、蛍光灯や太陽光の下に長時間放置されたり、汚れが染み込んだりすることによ って、色あせ・変色、あるいは硬くなったり切れたりする場合があります。 特に半透明のウレタンパンドは 変色などが自立ちやすく、条件によっては数ヵ月のご使用で起こり始める場合があります。 湿気の多い場所に保管したり、汗や水で濡れたまま放置しておくと、早く変色することがありますので、汚れたときは、石けん水で洗ってくたさい。 ただし、化学製品ですので溶剤によっては変質する場合があります。 非防水時計は、水、水道の水はね、雨、雪など)や多量の汗にご注意ください。 万一、水や汗でぬれた場合には吸湿性のよい布などで水

分を拭きとってください。 日常生活用強化防水時計は海水中などでの使用のあと、化学薬品類を使用せず、ためた真水で洗ってください。 回転ベゼルつきの時計の場合、ベゼル下に汚れなどがたまり、回転が重くなったりしますので清潔にしてご使用ください。

#### ⚠ 注意 かぶれやアレルギーについて

軟質プラスチックバンド

・ハンドは多少余裕を持たせ、通気性よくしてご使用ください。 ・かぶれやすい体質の人や体調によっては、皮膚がゆみやかぶれをきたすことがあります。

かぶれの原因として考えられますのは 1.金属・皮革に対するアレルギー 2.時計本体及びハンドに発生した錆、汚、付着た汗などです。 ・万一肌などに異常を生じた場合は、ただちに使用を中止し医師にご相談ください

保管について





能が低下したり、停止する場合があります。









ところに放置しないでください。(薬品の例:ベンジン、シンナーなどの有機溶剤、及びそれらを含有する もの - ガソリン、マニキュア、化粧品などのスプレー 液、クリーナー剤、トイレ用洗剤、接着剤など - 水銀 、ヨウ素系消毒液など) ・温泉や防虫剤の入ったひきだしなど特殊な環境に

⚠ 注意

の影響があるところに放置しな この時計は常温( 5 ~ 35 の範囲内 )で 腕に付けた時に安定した精度を得られるよ いでください。

放置しないでください。

×

うに調整してあります。よって温度によって 多少の進み遅れが生ずることがありますが、 常温にもどればもとの精度に戻ります。

強い振動のあると

#### ・時計の文字板または裏ぶたにある防水性能表示を たさい。 ・水分のついたままリュウズを回したり引き出したりしる水滴。 水(スキンダイビング)か入浴。 にふれる場合。 どを使用する本 ン操作。 ないでください。時計内部に水分が入ることがありま 非 防 水 ケースの裏にWATER RESISTANTの表示のない時計 × × × × 日常生活用防水 ケースの裏にWATER RES STANTの表示のある時計 × × X × 5 気圧 防水 RES STANT 5 10 15 20BAF × × 防生 水活 用 10-15-20 気圧防水 か、WATER RES Sで マー クの表示のある時計

・10気圧以上の防水の場合、時誌つけたまま入浴してもかまいませんが下記のことに注意してください。 ・時計に、石がんやシャンプーがついた状態で、リュウズ操作やボタン操作を行わないでください。(防水機能が維持できなくなることがあります)・温水で時計が温まりますと、多少の進み、運体生ずることがあります。ただし、常温・もどれば精度はもとに戻ります。

●告・日常生活用防水 (気圧)の時計は水の中に入れてしまうような環境での使用はできません。 ・日常生活用強化防水 (気圧)の時計はスキンダイングを含めて全ての潜水に使用できません。

・日常生活用強化防水(10・20気圧)の時計は、飽和潜水/空気潜水には使用できません

提げ時計やペンダント時計の場合、ひもやチェーンによって衣類や手・首とどを傷つける事がありますのでご注意ください。

### その他、携帯上ご注意いただきたいこと

- バンドの着脱の際に中留などで爪を傷つける恐れがありますのでご注意ください。 ・ 転倒時や他人との接触などにおいて、 時まの装着が原因で思わぬケガを負う場合がありますのでご注意ください。

・特こ乳幼児を抱いたりする場合は、時話に触れることでケガを負ったり、アレルギーによるかぶれをおこしたりする場合もありますので十分ご注意くださ

\_\_\_\_\_\_\_\_\_\_ ・ながくご愛用いただくために、2~3年に一度程度の点検調整をおすすめします。 定期的な点検により目に見えない部分が原因 となる損傷を未然に防ぎ、より安心してご使用いただけます。保油状態・漏液の有無・汗や水分の侵入などの点検をお買い上 となる損傷を未然に防ぎ、より女心して、使用いににリます。 味油の窓・桐瓜ショボ・ハー・ハッション・ハット・リカにのは食をご依頼ください。 点検の結果によっては分解掃除を必要とする場合があります。 部品(電池)交換の時は「純正部品(電池)」とご指定ください。 電池が切れたまま長時間放置しますと漏液などで故障の原 パネ棒

因となりますので早めに交換をご依頼ください。 ・定期点検や電池交換の際にはパッキンやバネ棒の交換もあわせてご依頼ください。

## 液晶パネルについて

(補修用性能部品とは、時計の機能を維持するのに不可欠な修理用部品です。)

④修理のとき、ケース・文字板・針・ガラス・バンドなどは一部代替部品を使用させていただいたり、またはケースごとの一式交換や代替品に替わることがあ

### VMDG**について**

V N D G(( ビビデジ )は色表現やライト点灯時の光り方で様々な表現を実現した新しい液晶パネルです。

D光の透過率、反射率が高く液晶パネルが鮮やかにはっきりと見えます。 ②デジット(文字・数字)や液晶の背景全体にカラーや様々な仕上げを施すことができます。 ③画面全体の発光やセグメント(表示内容)のみの発光ができます。 上記の特徴は機種によって異なります。

この時計の 液晶パネル は、5年を過ぎますとコントラストが低下したり数字が読みにくくなります。お買い上げ店に交換をお申しつけください。 有料にて

### 修理について

D保証内容は保証書に記載したとおりですので、よくお読みいただき大切に保管してください。 ②この時計の補修用性能部品の保有期間は通常 7年間を基準としています。正常なご使用であれば、この期間中は原則として修理可能です。

# |修理可能な期間はご使用条件によりいちじるしく異なり、精度が元通りにならない場合がありますので、修理ご依頼の際にお買い上げ店とよくご相談く

りますので、ご了承ください。 ⑤修理の内容によっては、修理代が標準小売価格を上まわる場合があります。その他、わからない点がありましたら「セイコーウオッチ株式会社お客様相 談室・お客様相談係」へお問い合わせください。

#### **ALBA W 561**

このたびはアルバデジタル W 561をお いますようお願い申しあげます。 し必要に応じてご覧ください。

買いあげいただきありがとうございま した。ご使用の前にこの取扱説明書を よくお読みのうえ正しくご愛用くださ なお、この取扱説明書はお手元に保存

お客様相談室 〒101-0044東京都千代田区鍛冶町 2-1-10 お客様相談係 全国共通フリーダイヤル 0120-612-911(上記の最寄地に着信いたします) 0208D

#### **FEATURES**

This watch is equipped with the following functions

No calendar adjustment at the end of the month is required from the year 2001 up to the end of 2050 FULL-AUTOMATIC CALENDAR function ·· The stopwatch can measure time up to 60 minutes in increments of 1/100 second. After 60 minutes, it counts in CHRONOGRAPH ·· increments of one second. After 24 hours, the display goes back to "00" and continues counting. The lap and split time can be displayed at the same time. Every time data "from START to RESET" is managed as a RUN. An individual number is assigned to each RUN. The watch can store up to 90 records. The stored records can be called up by using (STOPWATCH) function the data recall function.

The records stored in the memory as such lap numbers, lap/split time etc., can be recalled either during or after measuring time. Ine best lap (tastest lap) can be also displayed.

The timer can be set within the range from 5 seconds up to 23 hours 59 minutes and 59 seconds in increments of one second. The selection is available between "STOP" (only once) and "Repeat".

Two types of alarms are available. Either the daily alarm that sounds every day at a set time, or the one-time alarm that sounds only once at a set time, can be selected. The alarm sound can be tried out.

When Button 
significant is pressed, the light illuminates the display for 3 seconds. measuring time. The best lap (fastest lap) can be also displayed.

TIME DISPLAY function ..... Current time and date in two different time zones can be displayed. Current time, month, date and day of the week o

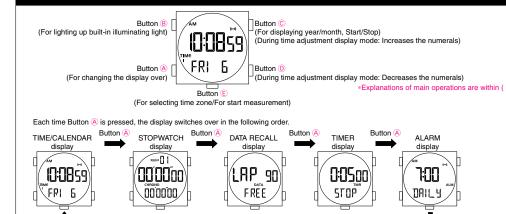
each time zone can be displayed. It is also possible to display each current time of two different time zones at the

#### **SPECIFICATIONS**

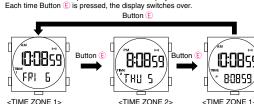
ILLUMINATING LIGHT

Frequency of crystal oscillator	32,768Hz	4. Display medium	Nematic Liquid Crystal, FEM (Field Effect M
	(Hz=Hertz Cycles per second)	5. Battery	Miniature lithium battery SB-T11, 1 piece
Loss/gain (monthly rate)	Less than 30 seconds at normal	6. Battery life	Approximately 2 years
	temperature range (5°C~35°C)	7. Illuminating light	EL (Electroluminescent panel)
Operational temperature range	-5°C~+50°C (0°C~+50°C for display function)		Oscillator, frequency divider and driving circuit C-MOS-IC, 1 piece
The chara enseifications may be auticat to paried a changes without prior nation due to product improvements			

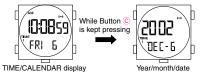
# **DISPLAY AND BUTTON OPERATION**



When button @ is pressed, the light illuminates the display for 3 seconds. To select time zone on the TIME/CALENDAR display This watch has two separate time/calendar display function.



10:0859 80859/ <TIME ZONE 1+2> upper row time of TIME ZONE 1 time of TIME ZONE 2 time of TIME ZONE ower row date of TIME ZONE 1 date of TIME ZONE 2 time of TIME ZONE 2 To show year/month/date on the TIME/CALENDAR display While in TIME/CALENDAR display, when Button © is kept pressing, year, month and date are displayed.



ear, month and date of the currently selected time zone ar isplayed. While TIME ZONE 1+2 is selected, year, month nd date of TIME ZONE 1 are shown

While the seconds are flashing, press Button © or D in accordance

between 30 and 59 when Button © or D is pressed, one minute will

with a time signal. The seconds are reset to "00". If the seconds rea

**8:08**59

TIME/CALENDAR SETTING display (the minutes start flashing).

**B**0859

\*If the watch is left untouched in the TIME/CALENDAR SETTING display for 1 to 2 minutes, it wil automatically return to the TIME/CALENDAR display.

Button E Button E Button E

@Press Button (F) repeatedly to select the item to be adjusted. (The

Minute 

→ Hour 
→ Year 
→ Month 
→ Date

When TIME ZONE 2 is selected and the TIME/CALENDAF

⑤Press Button ⑥ or ⑥ to set the flashing item. With each press o

Button ©, the numeral currently flashing goes up one by one. Wher

Button © is kept pressed, the numeral goes up quickly. Use Button

D to move the flashing item backward. When Button D is kept

pressed, the flashing item moves backward quickly.

After all adjustments are completed, press Button (A) to return to the TIME/CALENDAR SETTING display.

ot be adjusted because it should be set in TIME ZONE

selected item starts flashing). With each press of Button (if flashing item and the display change over in the following order.

Button @

/ | Button (

How to set time/calendar in TIME ZONE 2 ①Press Button ② to show the TIME/CALENDAR display ②Press Button ⓒ to select TIME ZONE 2

Button (A) THU 5

## HOW TO SET THE TIME/CALENDAR

This watch has two separate TIME ZONE displays. Time/calendar should be set individually in each TIME ZONE. Make sure which TIME ZONE is chosen when you set time/calendar

Seconds Setting

TIME ZONE \

①Press Button (A) to show the TIME/CALENDAR display and select TIME ZONE (**10:08**59) FRI 6 /

How to set time/calendar in TIME ZONE 1

3 Press Button A for a couple of seconds to show the

TIME/CALENDAR SETTING display (the seconds start flashing) Button © (**0:08**59 SETTING display for / Button (D)

Press Button (E) repeatedly to select the item to be adjusted. (The selected numerals will flash.) With each press of Button (E), the thing item and the display change over in the following order.

Button (E) Button (E) Button (E) Button (E) Button (E) Button (E) Second → Minute → Hour → 12H/24H → Year → Month → Date Button (E) Confirmation sound

(5) Press Button (C) or (D) to set the flashing item. With each press of Button ©, the numeral currently flashing goes up by one. When Button © is kept pressed, the numeral goes up quickly. Use Button © to move the flashing item backward. When Button © is kept pressed, the flashing item moves backward quickly. en either "12H" or "24H" is flashing, selection between the 12- and

24-hour indications can be made. In the 12-hour indication, either Regarding "confirmation sound" and "contrast level of liquid crys

display", see "CONFIRMATION SOUND SETTING" and "CONTRAST 6 After all adjustments are completed, press Button A to return to the TIME/CALENDAR SETTING display.

f all indicators of the display light while in the TIME/CALENDAR SETTING display in TIME ZONE 1, it is not a malfunction. It happens are pressed at the same time.

Button © 88888 display, and then if necessary, Button (A) follow the above procedures from step 1 to set the Button (E)

セイコーウオッチ株式会社 本 社 東京都千代田区五番町 6-2 〒 102-0076

アルバ製品について、修理その他のご相談は、「お買い上げ店」でうけたま わっております。

セイコーウオッチ株式会社

なお、ご不明の点は下記へお問い合わせください。

〒550-0013大阪市西区新町 1-4-24 大阪四ツ橋第一生命ビル) (06)6538-654 〒 060-0061札幌市中央区南一条西 7-20-( 札幌スカイビル セイコーサービスセンター内 ) 〒810-0801福岡市博多区中洲 5-1-22 松月堂ビル セイコーサービスセンター内)

Button (E) Confirmation sound rings 6After all adjustments are completed, press Button A to return to the TIME/CALENDAR displa

#### **CONTRAST CONTROL OF LIQUID CRYSTAL DISPLAY**

5-0N | Button Button or Button

Button (A)

Press Button @ for about 2 seconds to show the TIME/CALENDAR SETTING display.

Press Button © to change the display to the CONFIRMATION SOUND SETTING display.

With each press of Button ©, the flashing item and display change over in the following order.

①Press Button (A) to show the TIME/CALENDAR display.

he contrast of the liquid crystal display can be adjusted within the contrast range from Level 1 (pale) to Level 10 (deep) Press Button (a) to show the TIME/CALENDAR display. Press Button A for about 2 seconds to show the TIME/CALENDAR SETTING display. Press Button E to change the display to the CONTRAST CONTROL display.

HOW TO SET THE CONFIRMATION SOUND FOR BUTTON OPERATION

Button (E)

5-0FF

Confirmation sound dose not ring

n is switched off, both alarm and time-up sound of the timer remain to ring properly

"S.OFF" indicator appears

Contrast level (1 to 10)

function" for details

(RESET/LAP-SPLIT)

\*Select your optimal contrast level to view

Button (E)

The confirmation sound for button operation rings when the display changes over to another or when a button is pressed to "start" or "stop" etc. The sound can be switched off when it is not required.

Button © Button © Button © Button © Button © Button © Date

Button (

With each press of Button (E), the flashing item and display change over in the following order. Button (E) Button (E) Button (E) Button ( Second  $\longrightarrow$  Minute  $\longrightarrow$  Hour  $\longrightarrow$  12H/24H  $\longrightarrow$  Year  $\longrightarrow$  Month  $\longrightarrow$  Date **↑**Button **(E)** Button (E) Contrast control ⑤ Press either Button ⓒ or ⑥ to select the contrast level between 1 and 10. With each press of Button ⓒ, the

down by one degree.

If the respective buttons are kept pressed, the level of the contrast moves unwards or downward with the contrast moves unwards or downwards with the contrast moves unwards with the contrast moves and the contrast the contrast moves upwards or downward quickly. 6 After all adjustments are completed, press Button A to return to the TIME/CALENDAR display

contrast level goes up by one degree. On the contrary,

# **HOW TO USE THE CHRONOGRAPH (STOPWATCH)**

(24-hour measurement, in increments of 1/100 second up to 60 minutes. •During recording, the latest record can be displayed. Up to 90 records in memory)

The stopwatch can measure time up to 60 m nutes in increments of 1/100 second. After 60 m nutes, it continues counting in increments of Severy time data "from START to RESET" is managed as a RUN. A RUN number is automatically displayed.

The stored data can be called up under DATA RECALL display mode. Up to 90 records can be recalled. See "HOW TO USE THE DATA RECALL

•After 24 hours, the display goes back to "00" and continues •The lap/split time and lap number are displayed simultaneously.

DISPLAY AND BUTTON OPERATION Press Button (A) to show the STOPWATCH display. RUN number Button A | 000000

® Refore using the stopwatch, he sure to reset the numerals to "00" the stopwatch is active, press Button © to stop it, then ke ng Button © for 2 seconds to reset the stopwatch. When ③When the stopwatch is reset, the RUN number for the next measurement is automatically shown.

RUN- [] 00'00'00 RUN No.: the RUN No. for the next measurement is indicated. Ex.) "RUN: 01" All the RUN memories in the \00°00°00/ stored in memory and the next ement will be counted as the fifth RUN.

measurement will be counted as the first RUN.

Middle row: Lap time Lower row: Split time (Lap number on display)

\*The lap number counts up to "00" A" number goes back to "00", and continues counting "RUN: 05": The 4 past RUN have already been The display automatically returns to the measurement in progress in 4 to 5 seconds.

•Prior to recording, the available amount of memory can be checked

Button © (stop/reset)

Middle row: Lap time

Upper row: Lap number

Button () (Latest lap time)

If Button (E) is pressed after each measurement, lap/split time can be

The display below appears for 4 to 5 seconds after lap/split time

" indicator flashes

4 Press Button (E) to start measurement. Press Button (C) to stop

measurement. Then keep it pressed for longer than 2 seconds to reset.

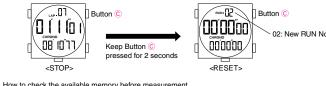
While the stopwatch is in measurement
Upper row: Lap number
(Each "Stop" operation is also counted)

Lower row: Split time (The accumulated elapsed

time from the start)

\*While the lap/split time remains displayed, if the next lap/split time are

⑤ After pressing Button ⑥ to stop measurement, keep Button ⑥ pressed for 2 seconds to reset and display the new RUN No. (The RUN No. counts up to 99. After "99", the number goes back to "00", and continues counting from 00, 01, 02....).



Available memory can be checked before starting measurement.

After the stopwatch is reset, while Button © is kept pressed, the memory indicator appears. RUN- | Button ©

LAP 90¥ (00°00°00) While Button ©is kept pressed FREE '\**00**0000/ <MEMORY INDICATOR> <RESET>

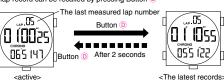
that can be stored (90 sets) In order to store a record, "the lap number plus one" set

only maximum 45 RUNs can be stored.

•When the memory has become full, the "FULL" indicator appears. •The measurement can be continued even if the "FULL" indicator appears, however, the record thereafter will not be stored in memory.

**C'58**)

How to recall the latest record st lap record can be recalled by pressing Button (



After measurement, the latest RUN can be deleted. •When measurement is finished and the stopwatch is reset, the latestmeasured RUN can be deleted. •By repeating this operation, each RUN can be deleted succ sively one by one.

①After the stopwatch is reset, keep Button ② pressed for 2 seconds or longer, then the RUN number to be deleted is displayed. The display is reset to start measurement again from the deleted RUN number. Next RUN number **00'00**00 00°00°00\ DE LETE/ \00°00'00\ \000000\/<sub>|Button (0)</sub>

The illustration shows how to delete the RUN No.15 right after measuring the RUN No.15. The next measurement will be stored as the RUN No.15. 2The RUN number just before the deleted RUN can also be deleted successively by following the same procedure. RUN No.14 is to be deleted after deleting RUN No.15.

Button ©

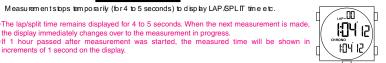
STANDARD MEASUREMENT (How to measure accumulated elapsed time Button © Button (E) Button © (Press it for 2 seconds) Button(C) START | STOP | RESTART | STOP | RESET The split time on the lower row of the display indicates the accumulated elapsed time. The lap time on the upper row indiateds the time between each start and stop. as many times as required by pressing Button How to measure lap/split time

START | LAP/SPLIT | LAP/SPLIT STOP RESET Measurements tops temporarily (for 4 to 5 seconds) to display LAP SPL IT time etc.

Button (

increments of 1 second on the display.

the display immediately changes over to the measurement in progress.



Button © (Press it for 2 seconds)

#### **HOW TO USE THE DATA RECALL FUNCTION**

•Data obtained in the STOPWATCH mode can be recalled either during or after measurement.

- יסף וט שט ויפטועג כמו pe recalled. •Every time data from START to RESET is managed as one RUN, and an individual RUN number is automatically assigned to each RUN for memory. The RUN number can be displayed up to run № 45

The RUN number can be displayed up to run No.45.

It is possible to recall each record in the RUN, which is stored in the memory, in order of measurement or in reverse order.

The best lap (the fastest lap) of each RUN can also be displayed.

1) Press Button (A) to show the DATA RECALL display ②Press Button ⓒ to recall the record.

The best lap in the latest displayed RUN is the first to be

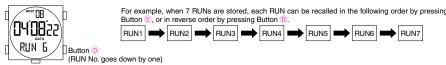


•All the stored data can be deleted by one operation.

-I an No of the best lan The amount of available memory ☐ Button ©

records can be stored' The best lap time MAXimum: 90 records (The fastest lap time in this RUN.) \RUN 5∠

③Press Button (E) or (D) to select the RUN to be recalled.

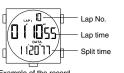


Selection of RUN No.: RUN No. goes up by one.)

After selecting RUN, press Button © to recall the record. With each press Button ©, the display changes over in the following order.

Button © Button © Button © Button © 

The above illustration shows the RUN containing 10 laps. Press Button (1) to recall the record in reverse order of the arrow in the above illustration



\*In the last lap/split data in a RUN is called up, "STOP" indicator appears before the split time data is shown \*The measured data can be displayed even when the stopwatch is active.

\*After showing the last lap data of the RUN, press Button © to display the data of the next RUN.

\*While the best lap data of the RUN is displayed, press Button ® to display the best lap data of the previous

⑤In order to recall records in another RUN, press Button ⑥ once, and follow the same precedure from Step 3. ⑥After checking the data, press Button ⑥ to show the other display mode such as the TIMER display.

How to delete all the stored data

All the stored data in memory can be deleted at one transaction.

Any specific RUN to be deleted cannot be chosen.

It is possible to delete the latest RUN only. (See "HOW TO USE THE STOPWATCH")

Reset the stopwatch. Otherwise, the stored data cannot be deleted at one transaction. See "HOW TO USE THE STOPWATCH" ②Press Button 🙆 to show the DATA RECALL display. ③When Button ① is kept pressed for 2 seconds or longer, "ALL DELETE" is displayed and the delete alert starts sounding. Keep pressing Button ℂ

further to delete all the stored data and to display RUN No.1. Stop pressing Button (1) to show that 90 sets of memory are available 

The delete alert starts sounding

FREE Button (1) Button (2) If keep pressing,

While the stopwatch is counting, the stored data connot be deleted. To delete all the stored data, reset the stopwatch in the STOPWATCH display

### **HOW TO USE THE TIMER**

•The timer is adjustable from 5 seconds up to 23 hour 59 minutes and 59 seconds in increments of one second.

•Once the timer is set, it can be used repeatedly.
•The counted time (and the remaining time) will be displayed in increments of one second. The warning sound beeps at 3 seconds before the set time, followed by the time-up sound ringing at the set time. •The selection is available between "STOP (only once) and "Repeat"

Press Button (A) to show the TIMER display.



\*When the timer is active, press Button © to stop the timer. Press Button © again to reset the timer. When the timer is not active, press Button © to

2Press Button A for about 2 seconds to show the TIMER SETTING display. The seconds for timer setting start flashing Button © Set time \_\_\_\_\_ Action of the timer after STOP Button time is up is displayed.

Press Button E to select the item to be adjusted. Button (E) Button (

Second Minute Hour STOP/REPEAT If the watch is left untouched in the TIMER SETTING display for 1 to 2

REPEAT: The timer works repeatedly

TIMER display.

If the timer is set between 1 and 4 seconds, it will be automatically

utes, it will automatically return to the TIMER display ③Press Button © (or ①) to set the flashing item

SPress Button © (or D) to set the flashing item.
With each press of Button ©, the numeral in the selected item goes up by one (or goes down by one).
The numerals move quickly by keeping each button pressed.
Select either "STOP" or "REPEAT" in the STOP/REPEAT item.
STOP: The timer works only once. After all adjustments are completed, press Button (A) to return to the

\*If the timer is set for 0 second, it will not work as a timer.

How to use the timer \*Make sure to set the timer before use. See "HOW TO SET THE ①Press Button (E) to start the timer The example here explains as to how to use the timer when "Repeat"

If stop

Button © (STOP/RESET) 0:0455

\REPERT 👍 REPEAT Button (START) Restart and stop of the timer can be repeated as many times as required by pressing Button © (STOP) and Button ® (RESTART

2 Warning sound starts beeping at 3 seconds before the set time followed by the 2-second time-up sound, which rings at the set time.



o manually stop the time-up sound, press any of the buttons (A), (B),

The time-up sound can be stopped manually in all display modes by pressing any of fiese buttons.

Under STOP timer mode, reset the timer to use it for next time since it does not automatically reset itself after time is up.

Even if Button (a) is pressed and the display is changed into another

3To stop the timer, press Button C. Then press it again to reset the timer.

\*While REPEAT is selected and the timer is kept running, the battery

is used by the time-up sound. It is recommended to stop the time after you finish using it.

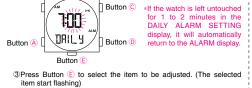
### HOW TO USE THE ALARM (DAILY AND ONE-TIME ALARM)

•Either the daily alarm or the one-time alarm can be chosen. The daily alarm sounds once every day at a designated time on a 24-hour basis, while alarm sounds only once at a designated time.
unds when the time of the TIME-ZONE selected on the TIME/CALENDAR mode reaches the designated time on the alarm.

How to set the alarm 1) Press Button (A) to show the ALARM display. DRILY /

•The alarm can be set to sound once in 24 hours.

s Button (A) for a couple of seconds to show the DAILY ALARN SETTING display. The minutes start flashing.



Minute Hour DAILY/1-TIME  $\P$  Press Button @ or @ to set the flashing item. Button @: The numeral in the selected item goes up by one with each

Button (i): The numeral in the selected item goes down by one with each press of Button (D). The numerals move quickly if each button is kept pressed.
Select either the daily alarm or the one-time alarm on DAILY/1-TIME

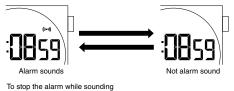
press of Button ©

\*While the alarm is disengaged, if the new alarm time is set, the alarm n setting the hour numerals, check if AM/PM is properly se ⑤After all adjustments are completed, press Button (A) to return to the Please note that the alarm sounds correspondingly to the set time of the selected TME ZONE in the TME.CALENDAR display. The selected TIME ZONE | When Alam sounds At the set time of TME ZONE 1 TIME ZONE 1 TIME ZONE 2 At the set time of TME ZONE 2 At the set time of TME ZONE 1

This watch has 2 different time zone displays. TME ZONE 1 and 2.

The alarm and selection of TIME ZONE displays

HOW TO ENGAGE/DISENGAGE THE ALARM with each press of Button © in the ALARM display, the alarm is engaged and disengaged alternatively. The alarm indicator " ((101))" appears/disappears.



The alarm sounds for 20 seconds at the set time. To stop it manually while sounding, press any of the buttons (A), ( \*The daily alarm can be stopped manually in any display by pressing any of these buttons.

SOUND DEMONSTRATION (Alarm sound test)

To try out the alarm sound, keep Button © pressed for a couple of seconds under the ALARM display. The one-time alarm sound can be heard while Button © is kept pressing.

\*The above operation will also change the daily alarm settings. See
"DAILY ALARM ON/OFF SETTING" to return to the original settings.

#### **REMARKS ON THE BATTERY**

#### NOTES ON THE BATTERY

When a new normal battery is installed, this watch operates for approximately two years. However, if the alarm is used for more than 20 seconds a day, the illuminating light more than once a day, the battery life may be shorter than the above specified period. When the battery time down all the shorter than the above specified. than 20 seconds a day, the illuminating light more than once a day, the battery life may be shorter than the above specified period. When the battery runs down, all the stored data in memory will be deleted. It is recommended, therefore, that you keep backup data for important records.

The battery in your watch may run down in less than 2 years after the date of purchase, as it is a monitor battery which is

inserted at the factory to check the function and performance of the watch (3)Battery change
①When replacing the battery, please specify the ALBA BATTERY at the retailer from whom your watch was purchased.
②If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as

Battery replacement is charged even if it runs down within the guarantee period

©Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced.

①Do not remove the battery from the watch. 2 If it is necessary to take out the battery, keep it out of the reach of children

3 If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

Dever short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intense heat or catch fire. The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery of the watch is left in a temperature below 5 or above 35 for a long time, it may cause the battery life to be shortened.

## NOTE ON THE ELECTROLUMINESCENT PANEL(FOR ILLUMINATING LIGHT)

The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered. Also, its luminance leve

the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the re

## TO PRESERVE THE QUALITY OF YOUR WATCH

#### **⚠** CAUTION

#### CARE OF YOUR WATCH

SOFT PLASTIC BRACELET

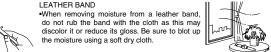
•The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust or those

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 soapywater.If your watch is not water-resistant, be careful not to get the

the watch was purchased. It will be made at cost



FLASTIC BHACELET

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. off 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

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 regulary. Otherwise, dust will gather under it, making the rotation harde

#### **⚠** 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

PLACES TO KEEP YOUR WATCH 

If the watch is left in a temperature below -5°C or above •Do not leave the +50°C for a long time, it may function improperly or stop watch in a place \*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.

where it is substatic electricity.

is strong vibration.

•Do not leave the •Do not expose the watch to gases o watch where there chemicals. (Ex.: Organic solvents such as benzhe and thinner, gasoline, na il polish, cosmetic spray, de lergent, adhesives, mercury, and bodine antiseptic solution.)

•Do not leave the watch in a hot spring, or

insecticides inside.

×

do not keep it in a drawer havin

Allergy to metals or leathers
 Rust, dust or perspiration on the watch or band
 very develop any skin reactions, take off the watch and consult a

•The possible causes of the rash are as follows:

×

# 

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 b withshald he water usually manufactured br without scuba Genuine diving using scuba or ton when the experienced in a daily living sw imm ing and and bathing. such as splashes and rain. he lium gas. 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.

"BAR. 5 BAR. 10 · 15 · 20 BAR."

that you wear the watch.

. 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

•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.

If your watch is 3 bar water resistant, do not use it in the 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.

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.

PRECAUTIONS ON WEARING YOUR WATCH 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

When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy. PERIODIC CHECK 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 Push-pin When the 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.

# NOTE ON THE LIQUID CRYSTAL PANEL

The normal life expectancy for the liquid crystal panel of the watch is approximately 5 years. After that, it may decrease in contrast, becoming defficult to read. Please contact the retailer from whom the watch was purchased to have the liquid crystal panel replaced with a new one. It will be made at

## NOTES ON THE REPLACEMENT PARTS

①If the watch requires service, take it to the retailer from whom the watch was purchased. If the trouble occurs within the guarantee period, submit the cirtificate of guarantee together with the watch. Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep 2 ALBA makes it a policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this

The number of years that a watch is considered repairable may vary greatly depending on the condition under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased, when having them repair your watch.

### VIVIDIGI

"VIVIDIGI" is a newly developed liquid crystal panel that has various color combinations of segments and background and lights up in various manners, providing wide varieties of displays.

①VIVIDIGI"has high light-transmissivity and lightreflectance to give a vivid and clear display.
②The segments for digits and the entire background of the display can be illuminated in various colors.
③Either the whole display or only the segments are illuminated depending on models.

\*Above features of "VIVIDIGI" are embodied differently from model to model.

The case, dial, hands, glass, bracelet, or parts thereof may be replaced with substitutes if the originals are not available