

### Instruction Manual AR08 Night Run: WJ17

#### Warranty

Product	
Warranty period	Date of purchase:
Retailer	

### World-Wide Limited Warranty

- Warranty term: Two years from the date of purchase • Your watch will be repaired or replaced (with the same or similar model) free of charge at our option during the warranty term (see above) if it should malfunction during normal use as described in the
- This warranty covers the watch itself (movement and case) and the metal watchband. Other parts than the above are not covered by the
- To have repairs and adjustments covered under this warranty performed, bring the watch, the warranty, and the original receipt identifying the ASICS watch purchased and the date of purchase to an ASICS watch retailer or a nearby authorized ASICS service
- Note that repairs will be charged in the following cases, even during the warranty term:
- a. Failure or damage caused by improper use or carelessness
- b. Failure or damage caused by unjustifiable repair or modification; c. Failure or damage caused by fire or water, or a natural disaster such as an earthquake: d. Esthetic changes that occur during use (minor scratches, etc. on
- the case and metal watchband): e. In case the retail store and the purchase date are not indicated on
- the warranty, or if this information has been rewritten; and f. If the warranty is not submitted along with the watch.
- Battery replacement will be charged even during the warranty term. Since the battery in your watch is a monitor battery inserted at the factory to check the functions and performance of the watch, it may run down in less than the specified period after the date of purchase.
- The case, dial, hands, glass, watchband or other parts of the watch may be replaced with substitutes if the originals are not available
- All nostage, insurance and shipping costs incurred in presenting or sending the watch to the service facility are your responsibility.
- Some countries, states and regions do not allow the exclusion or limitation of consequential damages or limitations on how long an implied warranty lasts so the above exclusion or limitation may no apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from country to country, state to state, and region to region.
- This warranty warrants that you can receive free repair in term, and shall not restrict any lawful right of the Customer.
- For the locations of the authorized ASICS service facilities, please visit SEIKO NEXTAGE CO., LTD.

I-9, Hatchobori 1-chome, Chuo-ku, Tokyo 104-0032, Japan

TO PRESERVE THE QUALITY OF

#### **SPECIFICATIONS**

Chronograph function	Measures up to 99 hours, 59 minute and 59 seconds 99		
Lap/split time measurement function	Up to 150 laps of data can be stored Provided with Night Run function		
Backlight function			
Timer function	2-Channel Repeat Timer		
Alarm function	3-Channel Daily Alarm		
Water-proof feature	Water resistant 5 bar		
Operational temperature range	-5°C ~ +50°C		

Materials	
Case	Plastic
Caseback	Stainless steel
Strap	Polyurethane
Glass	Acrylic glass

#### Loss/gain (monthly rate)

Less than 30 seconds at normal temperature range (5°C to 35°C) (when the watch is worn on the wrist)

#### **Battery Life** Approximately 2 years (Battery life may vary depending on

the frequency of use of any given function.)

Battery				
	Model	Battery		
AR08	WJ17	CR2025		

- Never operate any of the buttons in water. The watch may be damaged due to water immersion.
- The specifications are subject to change without prior notice, for product improvement

For the locations of the authorized ASICS service facilities please visit our website at: http://www.asics-watch.com

#### For the US Consumers: Additional Notation to Obtain Warranty Service

#### **Warranty Disclaimers**

We make no express warranties other than as expressly set forth in

WE HERERY DISCLAIM ANY AND ALL LIABILITY FOR INDIRECT SPECIAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY AND ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE. Some states do not allow the exclusion or limitation of ental or consequential damages, so the above limitation or exclusion may not apply to you.

### Warranty Limitations

All implied warranties, including, without limitation, implied warranties of merchantability and fitness for a particular purpose, which may exist are limited to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

We make no warranties except as expressly set forth in this warranty.

### **∴** WARNING

including skin diving.

Risks indicated under the assumption that majo harm is inflicted resulting through unauthorized NEVER WEAR 5-bar water-resistant watch during any type of diving

#### Risks and material brakeage indicated under the on that minor harm is inflicted resulting

NEVER PUT 3-bar water-resistant watch into water. **PRECAUTIONS ON WEARING YOUR WATCH** 

# **∴** WARNING

# • In case you tumble, fall or bump into others with the watch worn on your

YOUR WATCH

CAUTION □

- wrist, you may be injured by the reason of the fact that you wear the
- When you make contact with children, especially with infants, they may
- get injured or develop a rush caused by allergy.

  Your watch may damage property or malfunction depending on your actions when wearing it. Special care should be taken.

# **∴** CAUTION

• When clasping and unclasping the band, you may damage your nail depending on the type of clasp used with the band.

# ● CARE OF YOUR WATCH

# **∴** CAUTION

- The case and bracelet touch the skin directly just as underwear. If they are left (5) if the watch is exposed to chemicals or chemical steam, it may 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, this allowing for prolongation of the life of the gasket. Your watch is extremely sensitive to chemicals, including benzine, thinner, alcohol, detergent and other organic solvents. Keep your watch away from
- chemicals and avoid their chemical reaction to your watch. If not, it may be <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. <Metal band>
- Clean the watch band with a soft toothbrush dipped in water or soapy water and be sure to blot up the moisture using a soft dry cloth. If your watch is not water-resistant, be careful not to get the case wet when cleaning.

  <Polyurethane band>
- 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
- umidity, 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 no use solvents for cleaning as some solvents may deteriorate the band. If your watch has a semitransparent urethane band, which is easily discolored, The battery in your watch may run down in less than the specified period

- **∴** CAUTION • 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 **BATTERY REPLACEMENT** • If you are constitutionally predisposed to rash, the band may cause you
- to develop a rash or disorder depending on your physical condition

   The possible causes of the rash are as follows: 1. 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

### •WATER RESISTANCE

Check the dial or case back of your watch for the water resistant quality,

Indication for water resistance (on the back of your watch case)	Degree of water resis	use			without scuba.	Genuine diving usi scuba or heliumga
"WATER RESIST" is inscribed.	Water-re	sistance	0	×	×	×
"WATER RESIST	Reinforced	Water resistance 5 BAR	0	0	×	×

0

0 0 X

NEVER WEAR 10-bar water-resistant watch during saturated diving and

# **∴** CAUTION

 After you use a 10-bar or 5-bar water-resistant watch in a bathing place emove salt, etc as soon as possible. If not, the watch may be rusted. If you rinse the watch under running water, excessive water pressure applies to the watch, this causing a failure in its water resistance. Always se the watch in a pot or bowl and be careful not to apply excessive water pressure to the watch.

#### • If a leather band gets wet, its durability may be affected ●PLACES TO KEEP YOUR WATCH

When not in use, the watch may be damaged, deteriorated or broken in any

- of the following cases: ① if the watch is exposed to a temperature below -5°C or above +50°C for a long time, its performance may be impaired or it may stop operating
- if the watch is exposed to direct sunlight, high temperature or low temperature for a long time, it may gain or lose in timekeeping. 3 if the watch is exposed to magnetic leakage from TV sets, speakers nobile phones, magnetic necklaces, etc., it may gain or lose in
- 4) if the watch is exposed to strong vibration, it may be broken or gain or
- Examples of chemicals: Benzine, thinner, manicure, cosmetics spray
- solvents, cleaners, toilet solvents, adhesive agents, mercury, iodized
- disinfectants, insect repellents, etc.

  (§) if the watch is exposed to hot spring water or other special environment or put in a box containing insect-killer, it may be deteriorated.
  It is recommended that the watch be put in a clean box or case and

#### stored in a well-ventilated place. ●PERIODIC CHECK

- We suggest that you have your watch checked every 2 or 3 years by the retailer from whom you purchased the watch. Depending on how the vatch is used, the lubrication of the watch mechanism may becom sufficient, parts may become worn due to impurities in the lubricating
- oil or the watch may be running noticeably fast or late. Seals, etc., may also become worn and the watch may stop being waterproof. Take you watch to the retailer from whom you purchased it for inspection and diustment through disassembly/cleaning
- When replacing the parts such as battery, please specify "GENUINE

#### • It is recommended that the gasket and the push-pin be also replaced with new ones.

**REMARKS ON THE BATTERY** 

If your watch has a semitransparent urethane band, which is easily discolored.

If your watch has a semitransparent urethane band, which is easily discolored.

In a partierly in your active the date of purchase, as it is a monitor battery inserted at the date of purchase, as it is a monitor battery inserted at the check the functions and performance of the watch.

We cannot guarantee the stored data will stay intact when either the case batteries or during repairs. In order to secure from data active to the condition of the watch. after the date of purchase, as it is a monitor battery inserted at the factory exchanging batteries or during repairs. In order to secure from data being

**MONITOR BATTERY** 

 $\ensuremath{\textcircled{\scriptsize 1}}$  For battery replacement, be sure to have the battery replaced with a

genuine battery at the retailer or the dealer from whom you purchased  $\ensuremath{\mathfrak{D}}$  If 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

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

# **⚠ WARNING**

- The battery is not rechargeable. Never attempt to recharge it, as this may
- cause battery leakage or damage to the battery.
  Do not remove the battery from the watch. . If it is necessary to take out the battery, keep it out of the reach of
- If the child swallows it, consult a doctor immediately as it will affect the

# **∴**CAUTION

health of the child.

 Do not leave your watch out of the room temperature from 5°C to 35°C for a long time. Doing so may shorten the battery life or cause a malfunction due to battery leakage.

For best results, please read the instructions in this manual carefully before using your Digital Quartz Watch, Please keep this manual handy for ready reference,

# NAMES OF BUTTONS MODE/ADJUST LIGHT Pasics START/STOP DISPLAY LAP/RESET

# **SELECTION Oasks** 10:0859

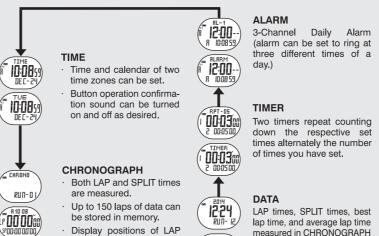
Mode changes with each

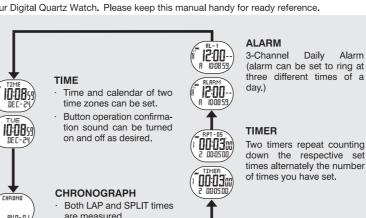
press of MODE/ADJUST.

Press the button repeatedly

to select the desired mode.

MODE





### MARK DESCRIPTIONS CHRONOGRAPH mark ECO mark Displayed when the "ECO" function measurement is in progress. is turned on **AUTO-BACKLIGHT mark BATTERY** mark Displayed when Auto-Becomes hollow ( ←□ ) to indicate that the battery needs to be replaced. TIME ZONE mark Indicates which time zone is ALARM mark Displayed when Displayed when button

measured in CHRONOGRAPH alarm is engaged mode can be recalled. sound is turned on. Night Run mark Displayed when Night Run function of

Alarm Setting

**ALARM** 

12:00-10:0859

Pasic

12:00 R 10:08:59

· · ·

**Oasics** 

@asics

. 12:00°

(000)

12:00

R 12:00on R 10:08:59

To Stop Alarm Sound

12:01 R 10:08:59/

#### Setting of Time/Calendar, Auto-Backlight, and other items



**O**asics

10:08

TIME

• Keep MODE/ADJUST pressed for 2 seconds. Seconds digits start flashing. Press START/STOP or DISPLAY to reset Seconds to "00".



2 Press LAP/RESET, and Minutes digits start flashing.



With each press of START/STOP or DISPLAY, the flashing digits increase or decrease by one, respectively. Digits move quickly if the respective buttons are kept pressed. Press them repeatedly but separately to set

digits as desired. Repeat Steps 2 and 3 above to set Minutes, Hour, Date, Month, Year, 12-/24-hour indication, ON/OFF of Auto-Backlight function<sup>1)</sup>, contrast<sup>2)</sup>, and the time before "ECO" function is activated3)



● Press MODE/ADJUST to register the settings you have made. \* If the watch is left untouched with digits flashing, the settings you have made are all registered automatically in 2 to 3 minutes.



3 The time/calendar of two time zones (T1 and T2) can be set. With each continuous press of LAP/RESET for 2 seconds, the time display changes over from one time zone to the other alternately. Repeat Steps 1 to 2 above to set the time/calendar of two desired time zones.

1) Turning ON/OFF of Auto-Backlight function When the function is turned ON, Auto-Backlight mark ( ) is shown on the display, and Backlight turns on for 2 seconds each time any button is pressed.



Contrast of display can be adjusted. Setting range: -3 (lowest)  $\rightleftharpoons$  0  $\rightleftharpoons$  3 (highest) 3) Activation of "ECO" function If the watch is left untouched without any button

operation for a selected preset time (0, 1, 3, 6 or 12 hours), "ECO" function is activated to turn off display to save battery power. \* To disable "ECO" function, select "OH." Display

will not be turned off. \* To terminate "ECO" function while it is activated, press any of the buttons. Display turns on again. \* Please note that "ECO" function will not be

activated unless Chronograph and Timer

have been stopped and reset.

# Turning On/Off of Button Operation Confirmation Sound



With each press of START/STOP, "A" mark appears and disappears alternately. When the mark is shown, Button Operation Confirmation Sound rings each time any button is pressed.

# **Alarm Sound Test**



The alarm sound can be tested by pressing both START/STOP and DISPLAY

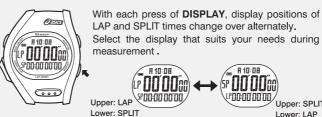
# **CHRONOGRAPH**

measurement.

# **Changeover of Displays**

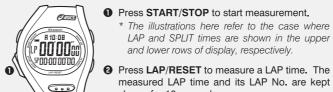
and SPLIT times can be

changed over during



\* Changeover of displays can be made either during measurement or while Chronograph is stopped.

### Start, Stop and Reset of Measurement/ Storage of Measured Data

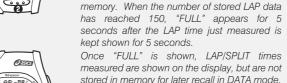


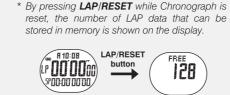
DATA

• Press START/STOP to start measurement. \* The illustrations here refer to the case where LAP and SPLIT times are shown in the upper and lower rows of display, respectively.

measured LAP time and its LAP No. are kept shown for 10 seconds. With each press of LAP/RESET, a LAP time is measured, and a new LAP time measurement is



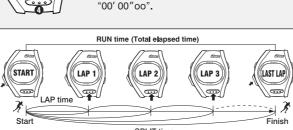








memory, and Chronograph is reset to



The time required to go the entire run distance from the start to the finish. esponds to the aggregate of each LAP time.

The time required to go any given section of the entire run distance.

\* SPLIT time refers to the time required to go from the start to any given point of the run distance.

wish to check.

average LAP time) is displayed.

**35**50 10392

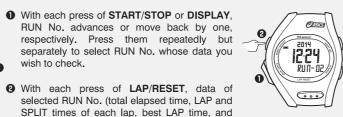
**How to Recall Data** 

**Oasics** 

**Oasics** 

. **12:34** RUN-02/

**Deletion of Data** 



 To delete data of a selected RUN Press START/STOP or DISPLAY to select

20 -N US

of the buttons.

RUN No. whose data you wish to delete. Keep MODE/ADJUST pressed until flashing "CLR" appears. Keep the button pressed further, and release it when flashing "ALL CLR" appears. Data of the selected RUN is deleted.



 To delete all the data in memory Keep MODE/ADJUST pressed. "CLR", "ALL CLR", and "FREE 150" and "- - - -" appear in

80



TIMER mark

is in progress.

With each press of LAP/RESET Alarm Channel

2 Keep MODE/ADJUST pressed for 2 seconds.

❸ With each press of START/STOP or DISPLAY.

respective buttons are kept pressed.

the flashing digits increase or decrease by one,

respectively. Digits move quickly if the

Press them repeatedly but separately to set

Repeat Steps 3 and 4 to set Minutes and

Hour, and select Time Zone (T1 or T2) for which

Alarm rings according to the time of selected

 **Press MODE/ADJUST** to register the settings

you have made. Alarm is automatically engaged.

Alarm rings differently from channel to channel.

Select an Alarm Channel, and press DISPLAY.

The Alarm sound of the selected channel can

● With each press of LAP/RESET, Alarm Channel

2 With each press of START/STOP, Alarm is

Alarm rings for 20 seconds at the designated

time. To stop Alarm sound manually, press any

engaged and disengaged alternately.

you wish to engage or disengage Alarm.

changes over in order. Select Alarm Channel

Press LAP/RESET. Hour digits start flashing.

Minutes digits start flashing.

vou wish to use.

digits as desired.

you wish to set Alarm.

Time Zone.

be demonstrated.

**Engagement/Disengagement of Alarm** 

changes over in order. Select Alarm Channel

Displayed when

@asics

**10:08**59

•••

# **Turning ON/OFF of Night Run Function**

**BACKLIGHT WITH "Night Run" FUNCTION** 

With each press of LIGHT, Backlight turns on for

When Auto-Backlight function is turned ON in

TIME mode, Auto-Backlight mark (◀▮) is shown

on the display, and Backlight turns on for 2

seconds each time any button is pressed. For the

method of turning ON/OFF of Auto-Backlight, refer

to "Setting of Time/Calendar, Auto-Backlight, and

Auto-Backlight mark

**Turning ON of Backlight** 

2 seconds.

other items.

### Night Run Function

Backlight flashes continuously for 30 minutes for easier viewing of the watch display during running at night. In addition, use of the plastic case that passes light makes the whole watch stand out at night as Backlight flashes, increasing the visibility of the runner wearing it to support comfortable night running on the road.



Night Run mark

By keeping LIGHT pressed for 2 seconds, Night Run function of Backlight is turned on, and the entire display starts flashing rhythmically. Night Run mark (NIGHT (1=) is shown on the display, and Backlight keeps flashing and turns off automatically in 30 minutes.

\* Even if the mode is changed to another while Backlight is flashing, Night Run function will

To turn off Night Run function manually while

Backlight is flashing, keep **LIGHT** pressed for 2

\* While the setting function is activated in TIME, TIMER or ALARM mode, Night Run function cannot be turned on.

\* If the setting function is activated in TIME, TIMER or ALARM mode while Night Run function is turned on, Backlight stops flashing while the setting procedure is performed. It resumes flashing when the setting function is deactivated. and turns off automatically 30 minutes after Night

# **TIMER**

# **Double Repeat Timer:**

● Keep MODE/ADJUST pressed for 2 seconds.



② With each press of START/STOP or DISPLAY, the flashing digits increase or decrease by one, respectively. Digits move quickly if the

respective buttons are kept pressed.



❸ With each press of LAP/RESET, selection of digits to be adjusted (flashing) can be made in order. Repeat Steps 2 and 3 to set Seconds, Minutes and Hour of Timer-1 and Timer-2, and the number of repetitions. By setting "0:00 00" for Timer-2, Timer-1 can be used alone as an

\* From 10 seconds up to 99 hours 59 minutes and 59 seconds can be set for each Timer. \* The number of repetitions can be set from 1 up to 99.



4 Press MODE/ADJUST to register the settings you have made.

\* If the watch is left untouched with digits flashing, the settings you have made are all registered automatically in 2 to 3 minutes.

# Start, Stop and Reset of Timer



1 Press START/STOP to start Timer-1. When Timer-1 has counted down the set time, Timer-2 starts countdown. When "2" or more is set for the number of repetitions, Timer-1 repeats countdown as Timer-2 has finished counting down the set time. Warning beep starts ringing 3 seconds before

To stop warning beep manually, press any of

the set time is up, and rings for 3 more

seconds when the time is up.

START/STOP again. \* Start and restart of Timer can be repeated as

3 After both Timers have counted down the

respective set times the number of times you have set, they are automatically reset to show the set countdown times. To reset them manually, press LAP/RESET after stopping Timer countdown.

seconds again.

not be turned off.

Run function is first turned on.

# Timer Setting

Timer-1 and Timer-2 repeat counting down the respective set times alternately the number of times

Seconds digits of Timer-1 start flashing. \* Timer setting display will not appear unless Timer has been reset. For the method of resetting Timer, see "Start, Stop and Reset of Timer" below.



Press them repeatedly but separately to set digits as desired.

independent timer.





000

@asics

00:0300

the buttons. 2 To stop Timer during countdown, press START/STOP. To restart it, press

many times as necessary by pressing START/STOP.

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