

# CITIZEN QUARTZ

## Windsurfing

### with Electroluminescence

Model No. MCO\*\*\*\* /  
MC1\*\*\*\* / MC2\*\*\*\*

Caliber. No. D283 • D288 • D289

## • INSTRUCTION MANUAL

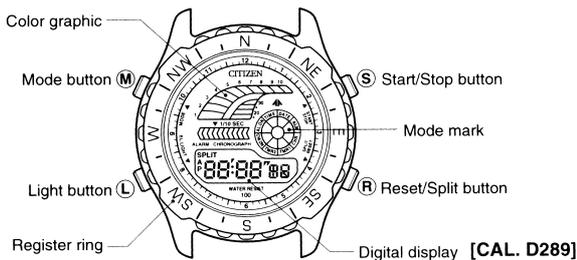
### CTZ-B6780

#### 1. FEATURE

This watch has an electroluminescent (EL) illumination that evenly illuminates the display to easy viewing in the dark locations.

#### 2. NAME OF EACH PARTS

Each model are indicated differently according to the model, but they are to be operated in the same way.



#### 3. EL (ELECTROLUMINESCENCE) ILLUMINATION

The display is illuminated while the (L) button is depressed.



Electroluminescence (EL)

Electroluminescence refers to the emission of light by a phosphorescent substance under the influence of an applied voltage. The panel of this watch provides illumination by EL (electroluminescence).

#### Characteristics and replacement of the EL (electroluminescence) panel

The EL (electroluminescence) panel has the following properties.

- When the battery voltage drops, the brightness (intensity) also drops.
- It is adversely affected by humidity. If any water enters inside the watch by accident, promptly request repair.
- The EL panel has a finite life span. The brightness (intensity) gradually drops in proportion to the total number of hours of use (light emission).

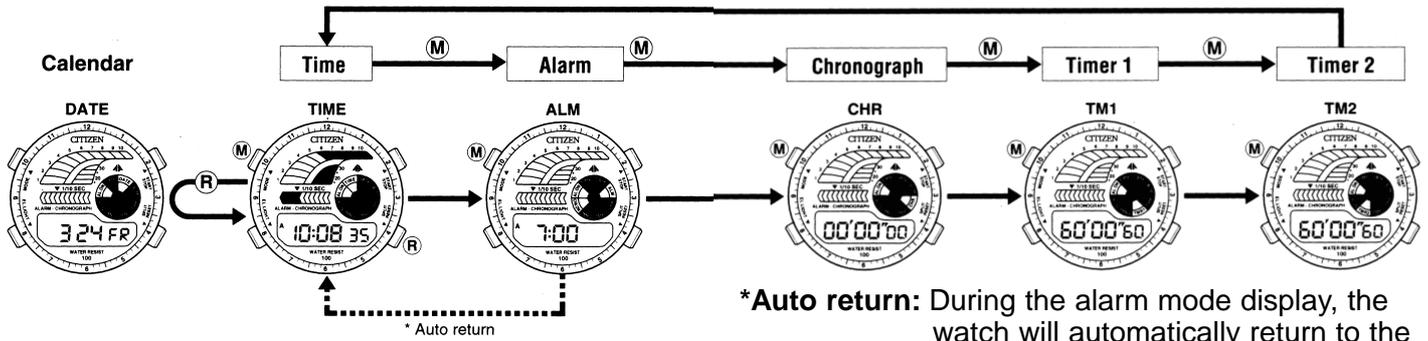
If the display appears dark or is hard to see when the EL panel is lit, ask either the store where you purchased the product or your nearest CITIZEN Service Center to replace the EL panel. This repair will be done for a fee.

#### 4 SWITCHING THE MODES

Other than the time display, this watch has five functions: Calendar, Alarm, Chronograph, Timer 1 and Timer 2

- The mode changes each time the (M) button is pressed.

- Calendar will be displayed only while the (R) button is pressed during the time display.

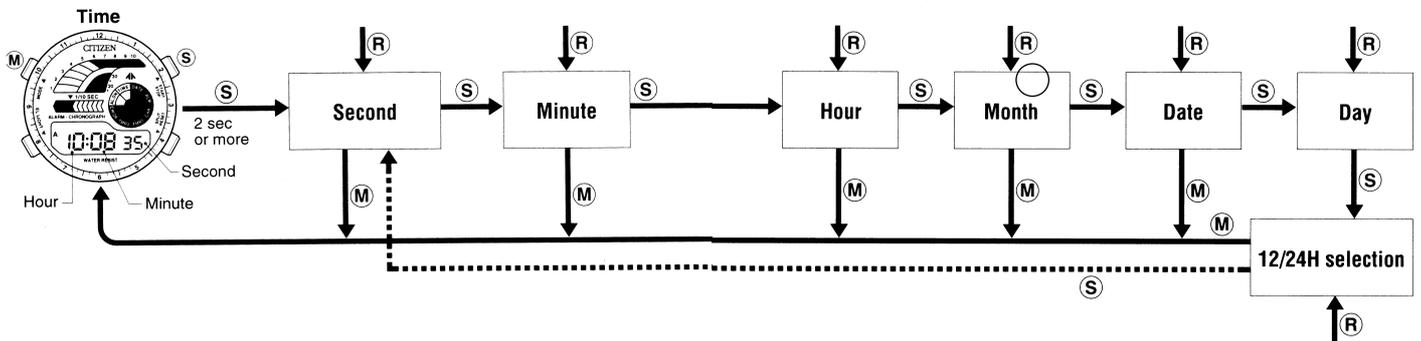


**\*Auto return:** During the alarm mode display, the watch will automatically return to the time mode after about 12 seconds if there is no input.

#### 5. SETTING THE TIME AND CALENDAR

In the same way, to make an adjustment during the calendar mode, depress the (S) button for two seconds or more, to select the digit to adjust (flashing), then press the (R) button to adjust.

- Regardless of the displayed mode, the normal time display mode is recovered by pressing the (M) button.



#### 6. SETTING THE TIME ALARM

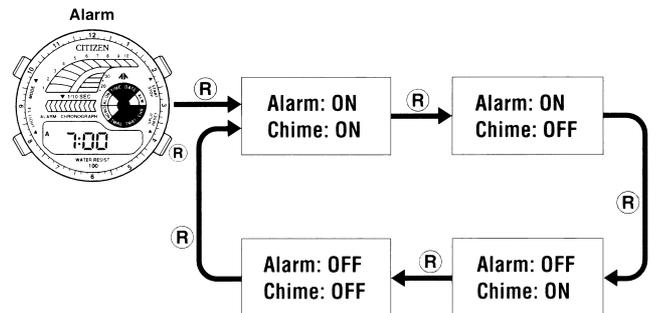
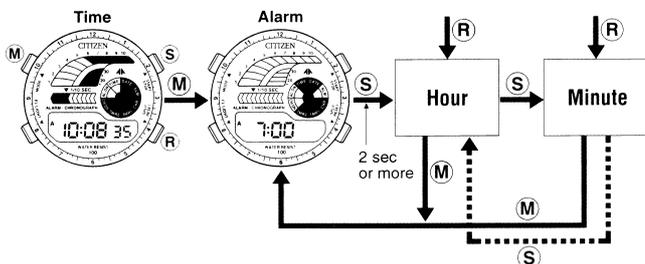
Setting the alarm time uses the same procedure as setting the time and calendar. In the alarm mode (ALM), press the (S) button for two seconds or more to select the digit to adjust (flashing). Then press the (R) button to set the alarm time.

- 1) The alarm will sound for about 16 seconds. Press any button to stop the alarm.
- 2) If the time mode employs the 12-hour systems for the hour display, the alarm set time is also shown by the 12-hour system. AM/PM should be specified.

#### 7. ALARM AND CHIME ON/OFF

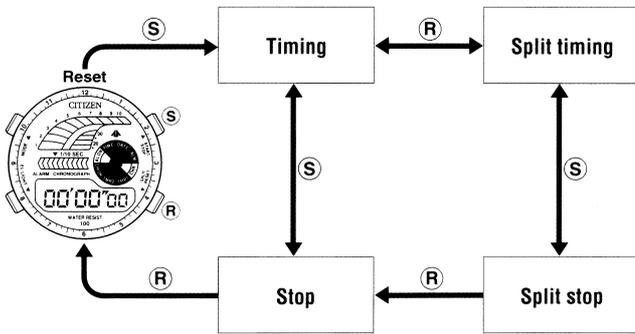
During the alarm mode, alarm can be turned ON/OFF each time the (R) button is pressed.

- \* The chime sounds twice on the hour.



## 8. CHRONOGRAPH

This Chronograph can measure up to 59 minutes 59 seconds in 1/100 second increment.



Press the (M) button to set the digital mode to the (CHR) mode.

### (Standard measurement)

1. Press the (S) button to start measurement.
2. Press the (S) button to stop movement.
3. Press the (S) button to reset chronograph.

### (Accumulated elapsed time measurement)

1. Press the (S) button to repeat the chronograph timing and stop cycle.

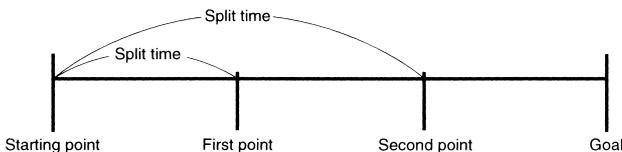
### (Split time measurement)

1. Press the (R) button while the chronograph is running to obtain the split timing mode.
2. Press the (S) button during the split timing to stop the timing (split stop).
3. Press the (R) button while split stop is displayed to obtain the chronograph stop mode.

\*Procedures 1-2 can be repeated as often as required.

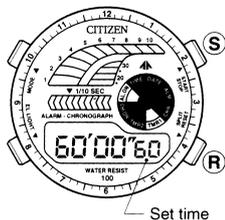
Split time..... an intermediate point between start and goal.

Split time.....an intermediate point between start and goal.



## 9. TIMER 1

Press the (M) button to set the digital mode to the (TM1) mode.



- The timer 1 can be set up to 60 minutes in 5 minutes.
- The timer 1 automatically changes to the chronograph mode when the time is up.

1. Press the (R) button to set the timer.
2. Press the (S) button to start the timer.
3. Press the (S) button to stop the timer.
4. Press the (R) button to reset the timer.

✱ A time-up notice beep sounds once at the following intervals:  
10•5•1 minutes and 30•20•10•5•4•3•2•1 seconds before the time is up.

- Time-up and automatic chronograph features (Timer 1 only)

# Chronograph automatically starts after the end of a timing session, and end-of-session confirmation beep sounds for 3 seconds.

## 10. TIMER 2

Press the (M) button to set the digital mode to the (TM2) mode.



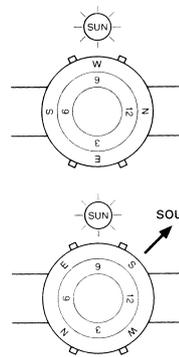
- The Timer 2 can be set up to 60 minutes in minutes.

1. Press the (R) button to set the timer.
2. Press the (S) button to start the timer.
3. Press the (S) button to stop the timer.
4. Press the (R) button to reset the timer.

✱ A time-up confirmation beep sounds for 3 seconds at the end of each timing session.

## 11. USING THE REGISTER-RING

In case of the watch with a register-ring, an approximate cardinal point will be found in the following way on the basis of the direction of the sun.



At the time of 9 o'clock 00 minutes AM.

On the scale marked with N to 12 o'clock which is located inside the register-ring, put the mark of 9 o'clock in the direction of the sun.

The direction of half of the angle between the lines of the marks 9 and 12 to the centre of the watch is approximately south (S). Turn the register-ring to that south direction and set S by that point.

✱ This arrangement can be used only in the northern hemisphere.

## 11. PRECAUTIONS

### Water Resistance

Classification	Specification	Indication		Water-related use				
		Watch face	Case back	 Washing face or getting wet in the rain, that (when splashed over it and no water pressure is applied to it).	 Swimming and general washing work (kitchen work/car washing etc.)	 Water sports and skin diving. (without air tank).	 Scuba diving. (with air tank).	 Pulling out the crown when the watch is wet.
No water resistance	Non	Non	Non	NO	NO	NO	NO	NO
Water resistance for daily life	3 bar water resistance watch	Non	WATER RESIST (ANT)	OK	NO	NO	NO	NO
Reinforced water resistance for daily life.	5 bar water resistance watch	WATER RESISTANT WR ###/### bar	WATER RESIST (ANT)	OK	OK	NO	NO	NO
	10 bar/20 water resistance watch	WATER RESISTANT WR ###/### bar	WATER RESIST (ANT)	OK	OK	OK	NO	NO

\*"WATER RESISTANT" may sometimes be abbreviated as "WATER RESIST"      \*Always set the crown in the normal position.      \*Tighten screw lock crown completely

- To prevent water coming into contact with the internal mechanism of the watch, the crown should under no circumstances 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 affect 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 face may fog up.  
If this fogging up is only temporary it poses no problem, however, if it persists over a long period of time you should discuss the matter with a salesperson at the shop where you purchased the watch 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 and catchball.
- Dropping the watch on the floor or otherwise imparting severe shock to it may cause malfunctioning or damage.

#### Static Electricity

- The integrated circuits used in the watch are sensitive to static electricity. If exposed to intense 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 benzene or products containing materials such as gasoline, nail polish, detergent or adhesive, its components may discolour, dissolve or crack. Be especially careful to avoid chemicals. The watchcase or band may discolour if they come in contact with mercury from a broken thermometer or the equipment.

#### Keep Your Watch Clean

Wipe off soil and moisture from the glass with a soft, absorbent cloth. If you wear the watch when the back side of the case and watchband is soiled they may cause a skin rash as they come in direct contact with your skin. Keep your watch clean also to avoid staining your cuffs.

#### Battery

- The battery is a monitor battery that has been factory-installed. For this reason it may wear out after purchase before the specified battery life (about 3 years) has elapsed.
- **Be sure to keep the battery out of the reach of infants and small children. Should accidental ingestion occur, consult a doctor immediately.**

### 13. SPECIFICATIONS

1) **TYPE:** Digital quartz watch with magic light

2) **Time accuracy:** within +45 seconds per month

3) **Watch operation temperature range:**

0°C~55°C/32°F~131°F

4) **Display functions** •Time.....hour/minute/  
second, AM/PM  
12H/24H

•Calendar.....month/date/  
day of the  
week

•Chronograph..min, sec  
(up to 60 min  
in 5 min)

•Time 1.....min,sec  
(up to 60 mins  
in 5 mins.

\*With confirmation beep.  
Chronograph automatically  
starts after time-up.

•Time 2.....min, sec (up to  
60 min in min).

5) **Additional  
function:**

Illumination by EL  
(electroluminescent) panel

6) **Battery:** • Life.....Approx. 3 years (when the EL  
panel is lit 3 seconds a day)

\*The battery longevity varies  
according to the usage of the  
alarm.

\*The battery installed in your  
watch at the factory is for a  
monitor use.

You should keep in mind that  
the life of your battery could  
be shorter than a specified  
period.

• Number.....280-204 (CR2016)

Specifications are subject to change without prior  
notice.