

CITIZEN QUARTZ YACHTING

Model No. JH2XXX
Cal. No. C21*

• INSTRUCTION MANUAL

CTZ-B6782

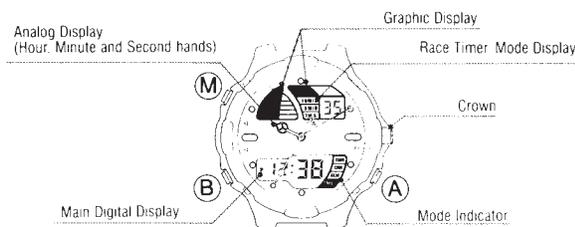
Operating method is the same to Cal. No. C210, C211 and C212.



1. FEATURES

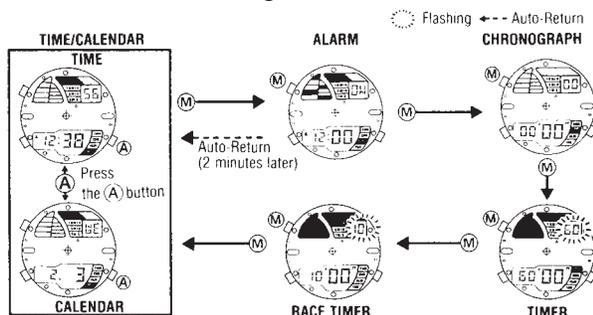
The YACHTING is Citizen's new Promaster sports watch specially designed for yacht racing. It is a combination quartz watch with analog and digital displays and offers the RACE TIMER, CHRONOGRAPH (stopwatch) and other versatile functions.

2. PARTS DESCRIPTIONS



3. TO CHANGE THE MODE

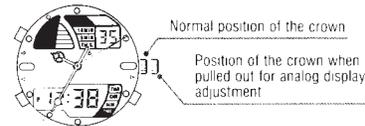
This watch has 5 modes: TIME/CALENDAR, ALARM, CHRONOGRAPH, TIMER and RACE TIMER. The mode changes every time the (M) button is pressed in the following order.



- Above figures show the normal display of each mode.
- The watch automatically returns to the TIME/CALENDAR mode from the ALARM mode in about 2 minutes if the watch is left in the normal ALARM display.

4. TO SET THE ANALOG DISPLAY

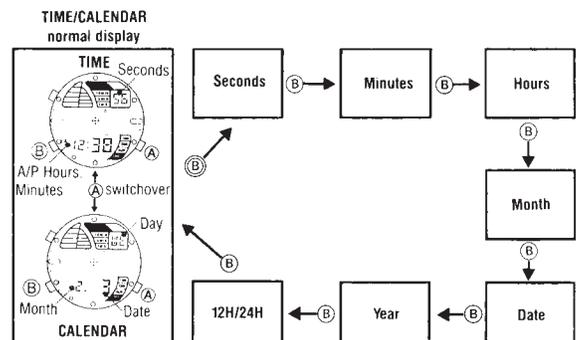
1. To set the correct time, pull out the crown and turn it in either direction.
 2. After adjusting the analog display, push the crown to the normal position. The watch will restart.
- To precisely synchronise the watch, stop the Second Hand at "0" and advance the Minute Hand several minutes and then move it back in the reverse direction. Push back the crown simultaneously with the time-casting tone.
 - You can set different times in the Analog display and Digital display for use as a dual-time watch.



5. TO USE THE DIGITAL FUNCTIONS

1. To Set The Time/Calendar Mode mark: [TME]

- Press the (M) button to set the watch to the TIME/CALENDAR mode.
- To change the TIME display to the CALENDAR display and vice versa, press the (A) button in the normal TIME/CALENDAR mode.
- To adjust Seconds, depress the (B) button in the normal TIME/CALENDAR mode. Seconds will flash. Adjust the seconds to "0" by pressing the (A) button.
- To adjust other TIME displays, select the digit by pressing the (B) button, and adjust them by pressing the (A) button. The display for adjustment will flash in the order of Minutes, Hours, Month, Date, Year and 12 (24H) each time the (B) button is pressed.
- The display changes 12-hour and 24-hour displays each time the (M) button is pressed in the 12H/24H setting mode. This setting automatically changes the 12-hour and 24-hour display in the ALARM mode.
- Rapid advancement of the digits: Press and hold the (A) button when adjusting the display. The flashing digits will advance rapidly.
- Auto-Return function: The watch will automatically return to the normal TIME display when left for about 2 minutes, with the digits flashing in the adjustment mode.
- CALENDAR programming: The CALENDAR is programmed from 1993 through 2099 including leap years. Once Month, Date and Year are set, the display changes automatically up to the end of 2099.



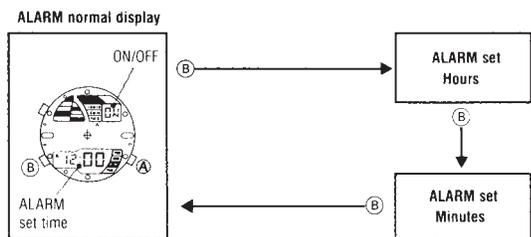
Button operation: (B) Depress the (B) button for about 2 seconds
(A) Press the (B) button once

2. To Set The Alarm Mode mark: [ALM]

- Press the (M) button to set the watch to the ALARM mode.
- The ALARM can be set in the same way as the TIME/CALENDAR. Press the (B) button in the ALARM mode and select the digits to adjust. Press the (A) button for adjustment.
- Auto-Return function: The watch will automatically return to the TIME/ CALENDAR mode in about 2 minutes when left in the ALARM mode.
- To set the ALARM ON/OFF: The ALARM is set ON or OFF each time the (A) button is pressed in the normal ALARM display.

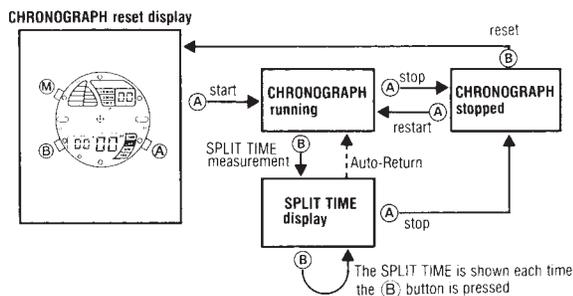
(Alarm Monitor)

The ALARM sound can be checked while the (A) button is pressed in the normal Alarm display.



3. To Use The Chronograph Mode mark: [CHR]

1. Press the (M) button to set the watch to the CHRONOGRAPH (stopwatch) mode.
 2. Press the (A) button when the Chronograph display shows 00'00"00. The Chronograph will start running.
- The Chronograph measures up to 11'59"59 and is automatically reset to 0'00"00 when it reaches exactly 12 hours.
 - SPLIT TIME display: The Split Time is shown when the (B) button is pressed while the Chronograph is running and automatically returns to the Chronograph display in 10 seconds.
 - The Chronograph time counting will be kept on even if it is changed to another mode while the Chronograph is in run mode.



- Display method:
From 0 to 59 minutes 59 seconds 99 1/100 sec.
From 1 hour to 11 hours 59 minutes 59 seconds

Split Time Measurement

A SPLIT TIME is measured at a given passing point while the CHRONOGRAPH is running.

- Press the (A) button to start the Chronograph. Press the (B) button at a given passing point. The watch will show the Split Time for about 10 seconds and automatically return to the Chronograph running display.

4. To Use The Timer Mode mark: [TMR]

• To set the TIMER:

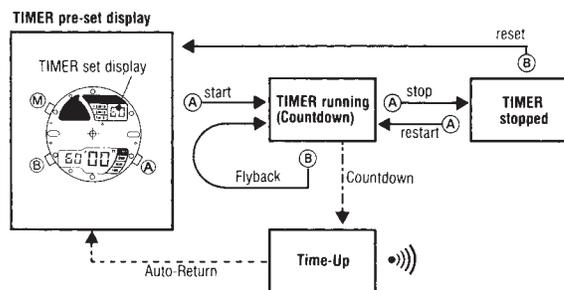
1. Press the (M) button to set the watch to the TIMER mode.
2. The TIMER set display is flashing. Press the (B) button to set the TIMER.
The TIMER can be set from 1 minute to 60 minutes in units of 1 minute.
3. Press the (A) button to start and/or stop the TIMER.

• Time Up:

The TIMER starts countdown when the (A) button is pressed. When countdown reaches the Time-Up point (00'00"), the buzzer will sound for 5 seconds. Then the display will automatically return to the pre-setting display.

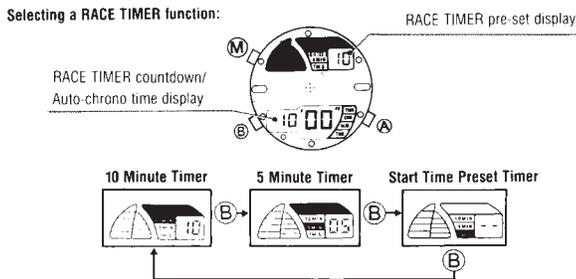
(Flyback Function)

The Timer countdown will be restarted immediately from the pre-set display by pressing the (A) button after the TIMER has started. Use this Flyback function when a false start is made in a race.



5. To Use The Race Timer Mode mark [10 min, 5 min, TMS]

- The RACE TIMER has three functions of the 10 Minute Race Timer, 5 Minute Race Timer and Start Time Preset Timer. Select the most useful function according to the rules of the yacht race.
- Press the (M) button to set the watch to the RACE TIMER mode.
Press the (B) button to select the 10 Minute Race Timer, 5 Minute Race Timer or Start Time Preset Timer.
- While the RACE TIMER is counting down, you cannot select another timer function.
- You cannot change the Timer setting when using the 10 Minute Race Timer or 5 Minute Race Timer.
- Automatic Chronograph (Auto-Chrono) function: The watch is automatically switched to the Chronograph when countdown reaches the Time-Up point (00'00") in the RACE TIMER mode and at the same time the Chronograph starts to run. This Auto-Chrono function is particularly useful for yacht racing.
- Press the (A) button to stop or restart the Chronograph while the Auto-Chronograph is running.
- Press the (B) button to return to the RACE TIMER pre-set display.
- The Auto-Chronograph measures up to 11'59"59 and is automatically reset to the pre-set display when it reaches exactly 12 hours.
- The ALARM buzzer will sound about 5 seconds when the Chronograph has reached the Time-Up point (00'00").



1. How To Use The 10-Minute Race Timer And The 5-Minute Race Timer

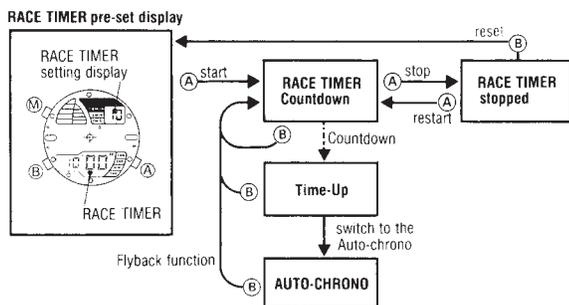
- Follow the same operating procedures to use the 10 Minute Race Timer and the 5 Minute Race Timer.
- Use the Flyback function in the RACE TIMER mode exactly in the same manner as in the TIMER mode.

- Press the **M** button to set the watch to the RACE TIMER mode.
Press the **B** button to select the 10 Minute Race Timer or 5 Minute Race Timer function.
- Press the **A** button to start countdown.
- Press the **B** button to “flyback” the RACE TIMER to the pre-setting display. The RACE TIMER countdown reaches the Time-Up point (00’00”), the buzzer will sound for about 5 seconds. At the same time, the Chronograph will start counting the race time from the starting point.

(Forecast Signal Buzzer)

The Forecast Signal Buzzer will sound:

- every minute when the remaining time to the start is 5 minutes and less,
- every 10 seconds when the remaining time is 50 seconds and less, and
- every second when the remaining time is 10 seconds and less.



2. How To Use The Start Time Preset Timer

Make sure that any timer function is not running in the RACE TIMER mode. Press the **B** button to set the watch to the Start Time Preset function.

- Setting the Race Start time
 - Press the **B** button for 2 seconds in the RACE TIMER pre-setting display. The display will show the time set for the previous race. Press the **A** button to set Hours.
 - Press the **B** button once again. Minutes will flash. Press the **A** button to set Minutes.

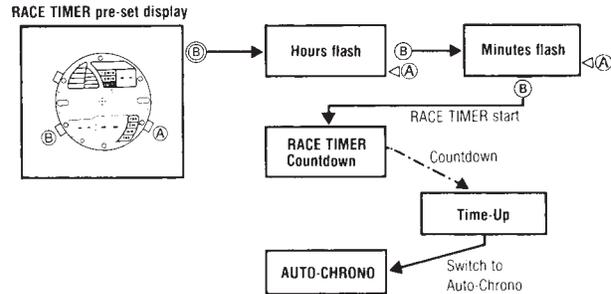
The above procedures complete the setting of the Start Time Preset Timer function. (Note: Minutes are flashing in this mode.)

② Starting the Timer function

- Press the **B** button. The Start Timer function will start count down and show the remaining time to the start of the race.

③ Time-Up and the Auto-Chrono function

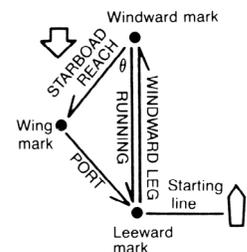
- When the RACE TIMER reaches the Time-Up point, the buzzer will sound in confirmation and at the same time the chronograph (stopwatch) will automatically start and measures the elapsed time from the start point.
- Operating procedures for the Start Time Preset Timer are the same as those for the 10 Minute Race Timer and 5 Minute Race Timer.



6. HOW TO USE THE ROTATING BEZEL

(Some models are not equipped with the rotating bezel).

Many yacht races are set in triangulated course layouts such as the one described here where the winner is the boat that navigates the designated course around the marks in the fastest time.



Direction: Navigational bearings are most often given in terms of degrees.

North: 0° East: 90° South: 180° West: 270°

Starboard: The right-hand side of a yacht looking forward.

Port: The left-hand side of a yacht looking forward.

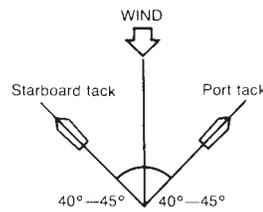
Using the rotating bezel (1)

- Before a race, determine the direction of the wind from the direction and position of the windward marker. Line up the number representing the wind direction (in degrees) on the bezel with the triangle (Δ) mark at 12 o'clock. (Ex.: northeasterly wind at 45°)
- The course bearing from the windward mark to the wing mark (starboard reach) is read off the bezel, in degrees, at the green triangle (Δ) on the bottom of the left side of the dial.
- The course bearing from the wing mark to the leeward mark (port reach) is read off the bezel, in degrees, at the red triangle (Δ) on the bottom right.
- When sailing from the windward mark to the leeward mark, the small, white triangle at the bottom of the watch dial becomes the reference point for determining course bearings. Note that the above explanation is only valid for times when the θ angle is 45°. At 60°, use the values lying above the red and green triangles; at 30°, use the values lying below the two triangles.

Using the rotating bezel (2)

Most present-day yachts are capable of sailing at 45° to the wind.

To be in a position of being able to read the wind shift after the start of a race, make several runs before the race matching your course as close as possible to the red (or green) bars on the left (or right) upper portion of the watch face.



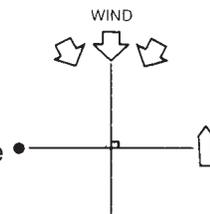
Using the rotating bezel (3)

By using the rotating bezel in the following way you can determine the angle between the start/finish line and the direction from which the wind is blowing.

The start/finish line is usually set at right angles to the direction of the wind, but because the wind is always shifting direction, it is a rare occasion when a true 90° angle is met.

In this case, line up the white triangle at the 12 o'clock position on the watch with the direction from which the wind is blowing. Sail from one end of the start/finish line to the other, using the white lines marked (at 3 or 9 o'clock) on the watch to site your destination. If the course steered falls on the plus (+) side of the white line, you are on a favourable heading to start the race when you cross the start/finish line.

If the course steered falls to the minus (-) side of the white line on this watch, you know it is favourable to cross the start/finish line on a heading from the opposite direction.



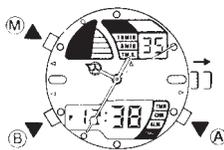
- Use any one or a combination of the three methods described above to help you manoeuvre your boat into and maintain the position you feel is the most advantageous during a race.

7. ALL-RESET FUNCTION

Use the ALL-RESET function to reset the watch in cases where the battery has been newly replaced or the watch indicates or operates abnormally.

Operating Procedures for the All-Reset function

1. Pull out the crown.
2. Press the (A), (B) and (M) buttons simultaneously. All digital displays will disappear.
3. Release the (A), (B) and (M) buttons. All digital displays are shown.
4. Push back the crown to the normal position. The buzzer will sound in confirmation and the watch will start running from 12'00"01 in the Time mode.
5. Adjust displays accordingly in each mode.



8. CARE FOR LONG TERM USE

- 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 the 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 causes 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 such as golf and catchball.
- Dropping the watch on the floor or otherwise imparting severe shock to it may cause malfunctioning or damage.

Magnetic Fields

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

Static Electricity

The integrated circuits used in the watch are sensitive to static electricity. If exposed to intense static electricity, the display may be adversely affected.

Chemicals and Gases

Avoid wearing the watch in the presence of strong chemicals or gases. If the watch comes in contact with solvents such as thinner and benzene or products containing materials such as gasoline, polish, detergent or adhesive, its components may discolour, dissolve or crack. Be especially careful to avoid chemicals. The watchcase and band may become discoloured if they come in contact with mercury from a broken thermometer or other 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 contact with your skin. Keep your watch clean also to avoid staining your cuffs. How to clean the watchband:

- Metal band: Wash soiled parts with a toothbrush in mild, soapy water.
- Plastic or rubber band: Wash in water. Do not use solvent.
- Leather band: Rub lightly on the front side with a soft, dry cloth. Use a cloth moistened with alcohol to clean the under side.

Periodic inspection

Getting your watch checked once every year or two is recommended to ensure long use and trouble-free operation.

Be sure to keep the batteries out of reach of infants and small children. Should accidental ingestion occur, consult a doctor at once.

9. WATER RESISTANCE

Indication	Watch face	—	WATER RESISTENTE (5 bar)	WATER RESISTENTE (10-20 bar)
	Caseback	WATER RESIST (ANT)	WATER RESIST (ANT)	WATER RESIST (ANT)
Water-related use	Light spray, perspiration, light rain, etc.	OK	OK	OK
	Swimming, etc.	NO	OK	OK
	Skin diving (without oxygen tank)	NO	NO	OK
	Scuba diving (with oxygen tank)	NO	NO	NO
	Pulling out of the crown when the watch is wet.	NO	NO	NO

“WATER RESISTANT” may sometimes be abbreviated as “WATER RESIST”

* Always set the crown out in the normal position

10. SPECIFICATIONS/CALIBER No. C210, C211 AND C212

- **Type:** Combination display quartz watch
- **Accuracy:** ± 20 seconds per month at normal temperature (5 -35°C/41-95°F)
- **Operating temperature range:** 0°C-55°C (32-131°F)
- **Display functions:**
 - « Analog section » Time: Hours/Minutes/Seconds
 - « Digital section » Time/Calendar, Alarm, Chronograph, Timer, Race Timer
- **Battery:** 280-44 (SR 927W)
- **Battery Life:** Approx. 2 years
Battery life depends upon the operating frequency of each function

Specifications subject to change without prior information.