CITIZEN QUARTZ
AIR DUNK
Model No. ME5XXX
Cal. No. D311

• INSTRUCTION MANUAL

CTZ-B8018

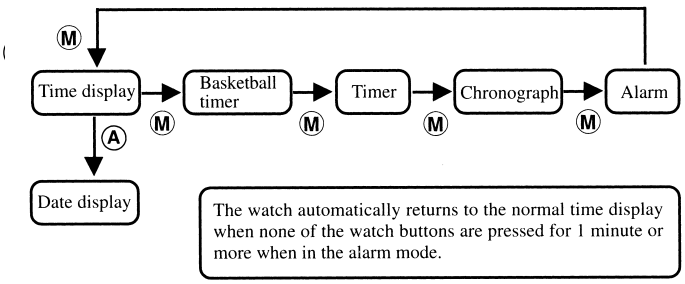
When reading this instruction manual please keep the watch diagram above folded out and in view. Symbols (Ⓐ, Ⓑ, etc.) used in the sections on operating instructions refer to the symbols indicated in this diagram. The design may differ slightly depending on the model

1. FEATURES

* This watch is a digital watch equipped with a time and date mode as well as numerous other functions including a basketball timer mode, timer mode, chronograph mode and alarm mode. In addition, it is also provided with an EL internal illumination function that enables the display to be viewed even in dark locations.

2. SWITCHING THE MODE

Pressing button Ⓜ switches the display in the manner shown below each time the button is pressed. The date is displayed for as long as button Ⓐ is pressed when the watch is showing the normal time display.

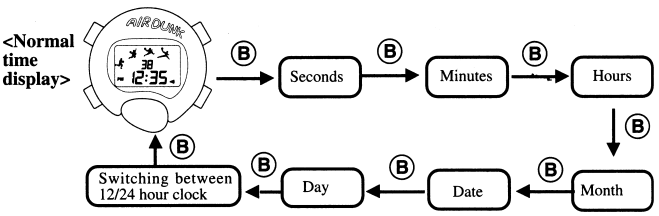


3. EXPLANATION OF DISPLAYS AND BUTTONS

Name		Time/date	basketball timer	Timer	Chronograph	Alarm
Button Ⓐ	When pressed	Date display (month, date, day)	Basketball timer correction	Timer correction	Split time/ rest	Alarm ON/OFF switching, alarm time correction
Button Ⓑ	When pressed once	_____	Start/stop	Start/stop	Start/stop	Alarm correction mode
	When pressed for at least 2 seconds	To time/date correction mode	_____	_____	_____	_____
Button Ⓒ	When pressed	EL illumination on	EL illumination on	EL illumination on	EL illumination on	EL illumination on
Button Ⓓ	When pressed	EL illumination on	EL illumination on	EL illumination on	EL illumination on	EL illumination on
Button Ⓜ	When pressed	To basketball timer mode	To time mode	To chronograph mode	To alarm mode	To time/date mode
Display		Hours, minutes, seconds and AM/PM or month, date and day	Display of remaining time (minutes, seconds)	Display of remaining time (minutes, seconds)	Measured time (minutes, seconds, 1/100 seconds)	Hours minutes, AM/PM, (OFF)

4. SETTING THE TIME AND DATE

(1) When in the normal time display, continuously pressing button Ⓑ for at least 2 seconds switches the watch to the seconds correction mode (the seconds display flashes).
(2) Press button Ⓐ to correct the seconds.
  * When button Ⓐ is pressed to return the seconds display to zero when the seconds are between 30 and 59 seconds, the minute display advances by 1 minute.
(3) Since the location of the display that is to be corrected changes in the manner shown below each time button Ⓑ is pressed, change the location of the display desired to be corrected until it flashes.
(4) Press button Ⓐ to correct the location of the display that is flashing.
  * Pressing button Ⓐ continuously causes the display to advance rapidly.
(5) Press button Ⓑ or Ⓜ to return the watch to the normal time display.

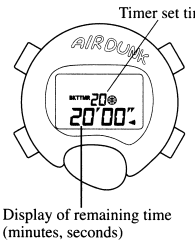


* When using a 12-hour clock for displaying time, make sure to set the time while paying attention to AM and PM.
* When the date has been set to a date that does not exist (such as February 30) when setting the date, it will automatically be corrected to the first day of the following month when the watch is returned to the normal time display.
* The date does not have to be corrected on the last day of the month. The watch performs this automatically. It is necessary, however, to correct the last day of February during leap years (February 29).
* Pressing button Ⓜ in any correction mode automatically returns the watch to the normal time display.
* The watch automatically returns to the normal time display when none of the watch buttons are pressed for 1 minute or more in any of the correction modes.

5. USING THE BASKETBALL TIMER

* The basketball timer can be set to any of the settings of 20, 15, 12, 6, 5 or 3 minutes.
* A preliminary warning tone will sound every second until the set time is up when the time remaining on the timer reaches 10 seconds. In addition, a tone indicating that the time is up will sound for about 3 seconds when the set time is up.
* A tone confirming operation sounds whenever a button is pressed.

(Initial Timer Setting Mode)



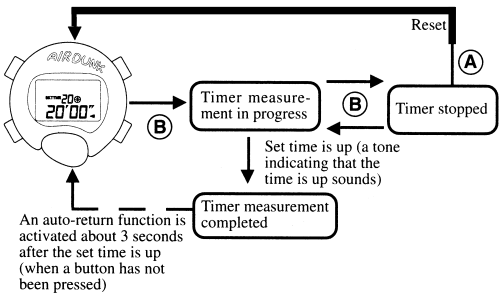
<Setting the Timer>

(1) When the set time is flashing in the basketball timer mode, the set time will change between 20,15, 12, 6, 5 and 3 minutes each time button Ⓐ is pressed. Press button Ⓐ to display the time desired to be set.

* Pressing button Ⓐ continuously allows the set time to advance rapidly.

<Timer Measurement>

(1) When button Ⓑ is pressed, the basketball timer will start counting down from the set time.
(2) The basketball timer can be stopped during timing by pressing button Ⓑ, and then restarted by pressing button Ⓑ again.
(3) Pressing button Ⓐ when the basketball timer is stopped returns the timer to the initial set time.

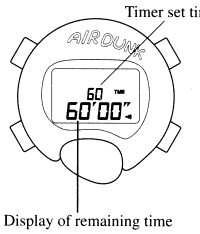


* When the watch has been switched back to the timer mode after previously switching to a different mode when in the initial timer setting mode, when the timer is running, or when the timer has been stopped, the watch will display each state as it was prior to switching to the other mode. However, the watch will return to the initial timer setting mode following completion of timer measurement.

6. USE OF THE TIMER

* The timer can be set in 1 minute increments from 60 minutes to 1 minute.
* When measurement is completed, a tone indicating that the time is up will sound for about 3 seconds.
* Ⓐ tone confirming operation sounds whenever a button is pressed.

[Initial Timer Setting Mode]



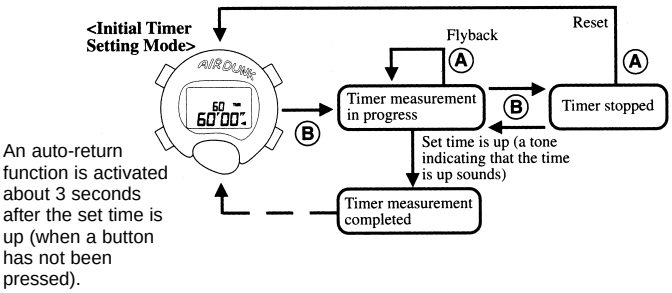
<Setting the Timer>

(1) Pressing button Ⓐ when the set time is flashing in the timer mode causes the set to be corrected backwards in 1 minute increments. Press button Ⓑ to display the desired set time.

* Pressing button Ⓐ continuously causes the display to advance rapidly.

<Timer Measurement>

(1) The timer starts to count down from the set time when button Ⓑ is pressed.
(2) The timer is stopped by pressing button Ⓑ during measurement. The timer is restarted by pressing button Ⓑ again after the timer is stopped.
(3) Pressing button Ⓐ when the timer is stopped returns the watch to the initial set value after which the timer begins to count down again from the set value.

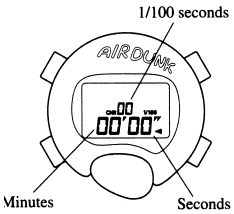


* When the watch has been switched to the timer mode after previously switching to a different mode when in the initial timer setting mode, when the timer is running or when the timer has been stopped, the watch will display each state as it was prior to switching to the mode. However, the watch will return to the initial timer setting mode following completion of timer measurement.

7. Using the Chronograph

* The chronograph is able to measure and display time in 1/100 second increments up to a maximum of 60 minutes. The chronograph returns to 00 minutes, 00.00 seconds after measuring 60 minutes, after which it continue to measure time.

[Chronograph Reset Mode]

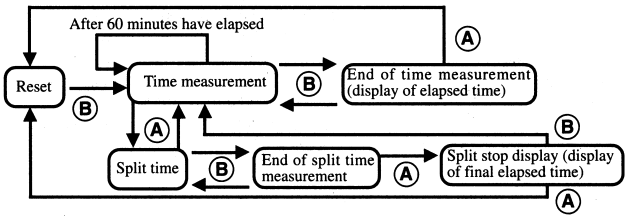


<Use of Integrated Measurements>

(1) The chronograph is started and stopped by pressing button Ⓑ.
① The chronograph is started and stopped each time button Ⓑ is pressed during timing.
(2) The chronograph is reset by pressing button Ⓐ while it is stopped.

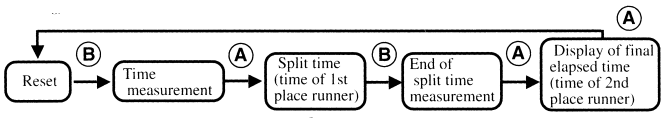
<Use of Split (Intermediate Elapsed Time) Time Measurement>

(1) Press button Ⓑ to start timing.
(2) Press button Ⓐ during timing to display the split time.
*The letters “SPL” flash when split time is displayed.
(3) Press button Ⓐ again to cancel the split time and continue timing after adding the time that elapsed during display of split time.
*Repeat steps (2) and (3) when desiring to repeat display of split time.
(4) Pressing button Ⓑ while split time is displayed ends split time measurement.
(5) Next time, when button Ⓐ is pressed, the time is displayed after adding the time that elapsed during display of split time.
(6) Finally, press button Ⓐ to reset the chronograph.



<Procedure for Simultaneously Timing 1st and 2nd Place Times>

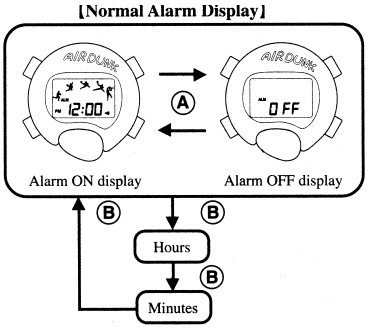
(1) Press button Ⓑ to start timing.
(2) When button Ⓐ is pressed simultaneously to the 1st place runner crossing the finish line, the time of the 1st place runner is displayed.
* In this state, timing continues while the time of the 1st place runner is displayed on the watch.
(3) When button Ⓑ is pressed simultaneously to the 2nd place runner crossing the finish line, timing stops.
* In this state, the time of the 1st place runner continues to be displayed.
(4) When button Ⓐ is pressed again, the time of the 2nd place runner is displayed.
(5) Pressing button Ⓐ resets the chronograph to zero.



* When the watch is returned to the chronograph mode after switching to a different mode while the chronograph is measuring time, the watch will return to measurement as it was prior to switching to the other mode. However, exceptions to this are as follows:
1 When the chronograph is measuring split time, the watch will return to chronograph measurement.
2 When the chronograph is in the split stop mode, the watch will enter the stop mode.

8. Using the Alarm

* Once the alarm has been set to on (set time is displayed), the alarm will sound at the same time each day until it is cancelled (OFF is displayed).



<Setting the Alarm>

(1) Press button Ⓑ to cause the “hours” display to flash.
(2) Press button Ⓐ to correct the “hours”.
(3) Press button Ⓑ to cause the “minutes” display to flash, and then press button Ⓐ to correct the “minutes”.

* Pressing button Ⓐ continuously causes the display to advance rapidly.

(4) Press button Ⓑ after correcting the minutes to return the watch to the normal alarm display.

<Switching the Alarm On and Off>

The alarm is switched on and off each time button Ⓐ is pressed during the normal alarm display.

<Duration of Alarm Tone>

The alarm tone sounds for approximately 15 seconds.

<Turning Off the Alarm Tone>

The alarm tone can be turned off by pressing any button.

<Alarm Tone Monitor>

The alarm tone monitor can be sounded by pressing button Ⓐ when switching the alarm ON or OFF in the normal alarm display. The alarm sounds for as long as button Ⓐ is pressed.

* The watch automatically returns to the normal alarm display (ON state) when none of the watch buttons are pressed for 1 minute or more when in the alarm correction mode.
* In addition, the watch automatically returns to the normal time display when none of the watch buttons are pressed for 1 minute or more when in the normal alarm display.
* When the time is displayed using a 12-hour clock, since the alarm time also uses a 12-hour clock, pay attention to AM and PM when setting the alarm time.

9. EL Internal Illumination Function

<What is EL?>

EL is the abbreviation for electroluminescence. It refers to the phenomenon in which light is emitted when a voltage is applied to a certain type of material. This watch incorporates an EL substance and uses that substance to emit light.

<Illumination Method>

Press button Ⓒ or Ⓓ to turn on the EL illumination.

10. All-Reset Procedure

Perform the all-reset procedure described below after replacing the battery or when the watch does not run properly or has an abnormal display due to a strong impact (such as when there is no display showing or when the alarm sounds completely).

(1) Press button Ⓐ, Ⓑ, Ⓒ and Ⓜ simultaneously.
* All cells and the EL internal illumination will light during the time the buttons are pressed.
* The displays of all cells will continue to be lit from the time the buttons are released until the next button is pressed or until 60 seconds have elapsed. (EL internal illumination will be turned off when the buttons are released.)

(2) Following completion of the all-reset procedure, reset each of the modes before using the watch.

11. Precautions

CAUTION: Water-resistance performance

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

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

Indication		Specifications	Examples of Use					
Dial	Case (Case back)		 Minor exposure to water (washing face, rain, etc.)	 moderate exposure to water (washing, kitchen, work swimming, etc.)	 Marine sports (skin diving)	 Scuba diving (with air tank)	 Saturation diving (helium enriched environment	 Operation of the crown with moisture visible
WATER RESIST or no indication	WATER RESIST(ANT)	Water-resistant to 3 atmospheres	OK	NO	NO	NO	NO	NO
WR 50 or WATER RESIST 50	WATER RESIST(ANT) 5 bar or WATER RESIST(ANT)	Water-resistant to 5 atmospheres	OK	OK	NO	NO	NO	NO
WR 100/200 or WATER RESIST 100/200	WATER RESIST(ANT) 10 bar / 20 bar or WATER RESIST(ANT)	Water-resistant to 10/20 atmospheres	OK	OK	OK	NO	NO	NO

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

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

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

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

CAUTION

- Do NOT operate the button with wet fingers or when the watch is wet. Water may enter the watch and compromise the water-resistance.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth.
- If moisture has entered the watch, or if the inside of the crystal is fogged up and does not become clear within a day, immediately take the watch to your dealer or Citizen Service Centre for repair. Leaving the watch in such a state will allow corrosion to form inside.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure will increase, and parts (crystal, buttons, etc) may come off.

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

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

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

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

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

CAUTION: Operating environment
- Use the watch within the operating-temperature range specified in the instruction manual. Using the watch where temperatures are outside the specified range, may result in deterioration of functions or even stoppage of the watch.
- Do NOT use the watch in a place where it is exposed to high temperature, such as a sauna. Doing so may result in a skin burn.
- Do NOT leave the watch in a place where it is exposed to high temperature, such as the glove compartment or dash-board of a car. Doing so may result in deterioration of the watch, such as deformation of plastic parts.
- Do NOT place the watch close to a magnet. Timekeeping will become inaccurate if you place the watch close to magnetic health equipment such as a magnetic necklace or a magnetic latch of a refrigerator door or handbag clasp or the earphone of a mobile phone. If this has occurred, move the watch away from the magnet and reset the time.
- Do NOT place the watch close to household appliances that generate static electricity. Timekeeping may become inaccurate if the watch is exposed to strong static electricity, such as emitted from a TV screen.
- Do NOT subject the watch to strong shocks such as dropping it onto a hard floor.
- Avoid using the watch in an environment where it may be exposed to chemicals or corrosive gases. If solvents, such as thinner and benzine, or substances containing such solvents, come in contact with the watch, discolouration, melting, cracking, etc. may result. If the watch comes in contact with mercury used in thermometers, the case, band or other parts may become discoloured.

12. Specifications

1. **Caliber No.** D311
2. **Type:** Digital quartz watch
3. **Accuracy:** Within ±45 seconds per month on average (when worn at normal temperature of +5°C/41°F to +35°C/95°F)
4. **Operations Temperature Range:** 0°C/32°F to +50°C/122°F
5. **Functions:**
   - Time: Hours, minutes, seconds, 12/24-hour clock
   - Date: Month, date, day
   - Basketball timer: Six types of time settings (20, 15, 12, 6, 5 or 3 minutes)
   - Timer: 60 minute timer (1 minute increments)
   - Chronograph: 60 minute clock (1/100 second increments), split time measurements
   - Alarm: Hours, minutes, 12/24-hour clock
6. **Additional Functions:** EL internal illumination function
7. **Battery:** No.280-206, battery code: CR2016
8. **Battery Life:** Approx. 3 years (assuming that the alarm tone is used 30 seconds per day, and the EL illumination for 3 seconds.