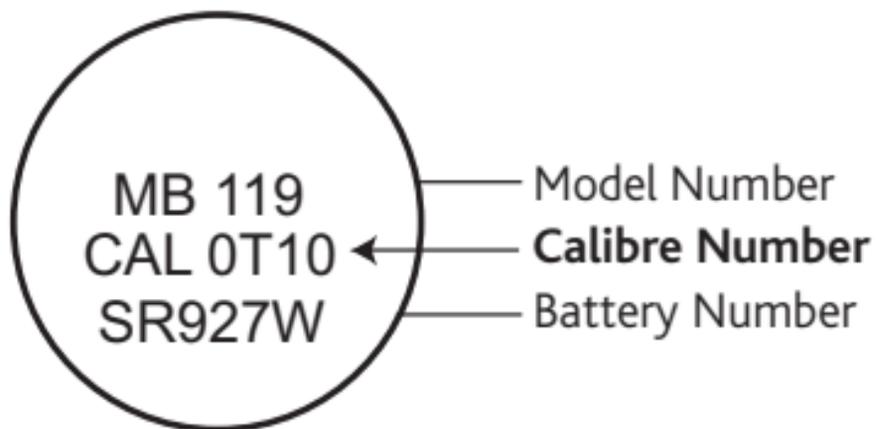
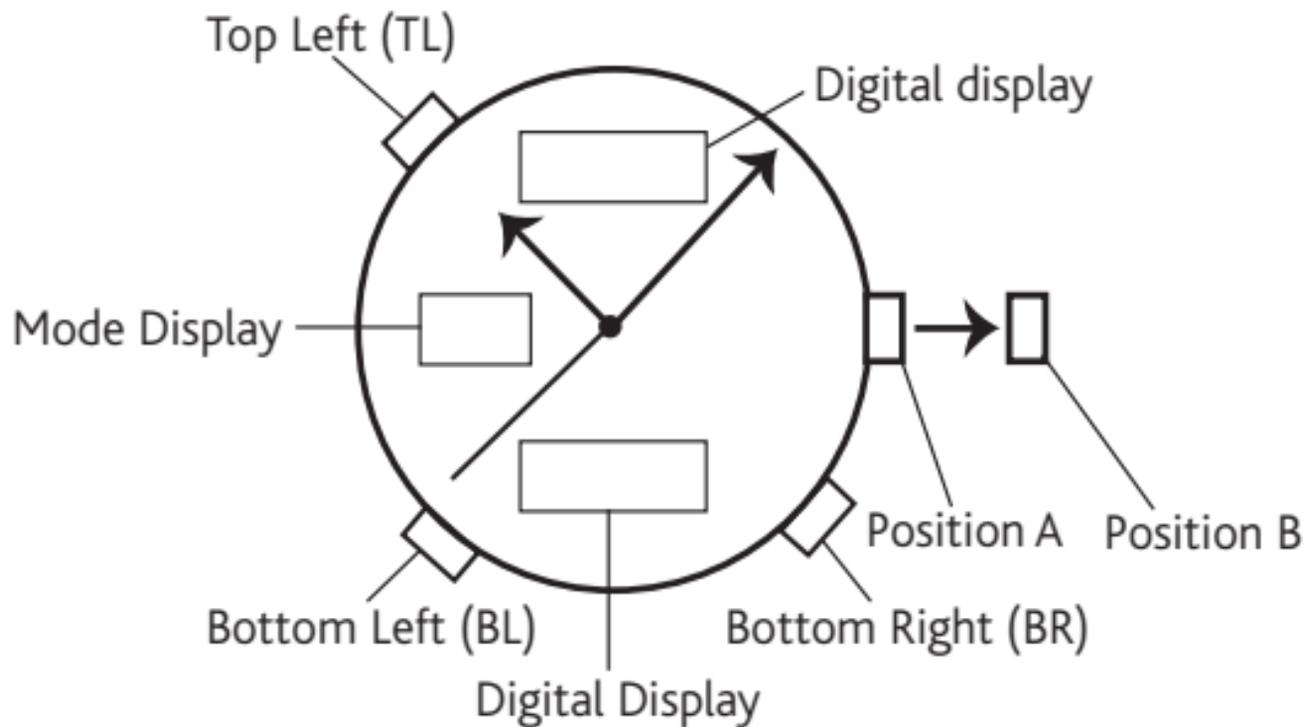


Caseback markings



CR60 Operating Instructions



Displaying the time and calendar of cities worldwide:

1. Press TL Button to select the 'TME' or 'CAL' mode.
2. Press BL Button to select city's names and its time and calendar.

Analogue time setting:

1. When second hand moves to the 0 position, pull the crown to position B.
2. Turn crown either way to correct time.
3. Push in crown to position A.

CR60 Operating Instructions continued...

Digital time setting

1. Press TL Button to select Time (TME) mode.
2. Press BL Button to display the city whose time you want to adjust.
3. Press and hold BL Button for 2 or more seconds to select summertime (S.T) either 'ON' or 'OFF'.
4. Press BR Button to select summertime 'ON' or 'OFF'
5. Press BL Button to select between summertime, seconds, minutes, hour and 12/24 hour sequence.
6. Press BR Button to adjust the flashing figures.
Press and hold BR Button to quick change the flashing figures.
7. Press TL Button to return to normal time display.

Note: When in the 12-hour mode, be sure to select morning (A) and afternoon (P)
The set flashing mode (step 6) will automatically revert to the normal display if left for two minutes with no input.

To set the calendar/date:

Adjusting the calendar for one of the 30 cities and UTC time will automatically adjust the calendar for the remaining cities.

1. Press TL Button to select Calendar (CAL) mode.
2. Press BL Button to display the city whose calendar you want to adjust.
3. Press and hold BL Button for 2 or more seconds, to set the 'month'
4. Press the BR Button to adjust the month.

continued...

CR60 Operating Instructions continued...

To set the calendar/date continued . . .

5. Press the BL Button to select the 'month', 'day' and 'year' sequence.

6. Press the BR Button to adjust the flashing figures.

Press and hold BR Button to quick change the flashing figures.

7. Press TL Button to return to normal time display.

Press and hold BR Button for 2 or more second to switch between city display (e.g. LON) and day display (e.g. SAT).

To set the alarms:

Setting the operation of Alarm 1 and Alarm 2 are the same, only the sound of the alarms is different. Once you turn the alarm on, it will sound for 20 seconds at the same time each day.

1. Press TL Button to select the <AL1> or <AL2> mode.
2. Press BL Button to select the city for alarm setting.
3. Press and hold BL Button for 2 or more seconds, the 'hour' display will start flashing. The flashing 'hour' display can be adjusted by pressing the BR Button. (Press and hold BR Button to quick change the flashing figures)
4. Once hour is set, press BL Button to set the 'minute' display. Press BR Button to adjust the 'minutes' alarm.
5. Press TL Button to return to the normal alarm display.

continued...

CR60 Operating Instructions continued...

To set the alarms continued . . .

Notes: Press the BR Button while in the alarm mode (AL1 or AL2) to switch alarm either 'ON' or 'OFF'.

To test the alarm sound, while in the alarm mode (AL1 or AL2). Press and hold BR Button. (Alarm sound monitor function)

When in the 12-hour mode, be sure to select morning (A) and afternoon (P).

To set the time and time zone:

When the time is set for one of the 30 cities and UTC (Universal time coordinated) time, the remaining cities and their 'times' are automatically set.

Chronograph measurement:

1. Press BL Button to select Chronograph mode (CHR).
2. Each time the BR Button is pressed, the chronograph is switched between 'start' and 'stop'.
3. Press the BL Button to reset while the chronograph is stopped.

Chronograph split time measurement:

1. Press BL Button to select Chronograph mode (CHR).
2. Press BR Button to start chronograph.
3. Press BL Button to display the split time for approximately ten seconds.
(The 'SPL' indicator will flash while the split time is displayed)
Each time BL Button is pressed, the newest split time is displayed.
4. Press BL Button to reset while the chronograph is stopped.

continued...

CR60 Operating Instructions continued...

Chronograph split time measurement continued . . .

Note: Even if the TL Button is pressed and the mode is switched while the chronograph is measuring, the measurement will continue. When you return to the <CHR> mode the measured time is again displayed.

Using the timer <TMR>:

You can set the time for a number of whole minutes up to 99 in one minute decrements. When the timer has elapsed, an alarm will sound for five seconds and the watch will return to timer set mode.

Using the timer <TMR> continued . . .

1. Press TL Button to select Timer mode (TMR).
2. Press BL Button to adjust timer in one minute decrements.
(Press and hold BR Button to quick change the flashing figures)
3. Press BR Button to start and stop the timer.
4. Press BL Button to revert to set timer mode, when the timer has stopped.

Note: If the BL Button is pressed while the timer is running, the time will reset to the set timer mode and commence timing automatically. Even if the TL Button is pressed and the mode is changed while the timer is running, the timer countdown will continue. When you return to the <TMR> mode, the countdown time is again displayed.

CR60 Operating Instructions continued...

Using the zone setting <SET>:

In the zone setting mode you can select the cities that you want to display from among the 30 cities and UTC time that this watch is capable of displaying, also you can set summertime for each of these cities. This allows you to easily recall and display only the cities that have been set to (ON) in any mode.

1. Press TL Button to select Set mode (SET)
2. Press BL Button to recall the city that you want to set.
3. Press and hold BL Button for 2 or more seconds, the 'ON' or 'OFF' and the 'City name' will blink.
4. Press BR Button to select whether the city should be displayed to (ON) or not (OFF).

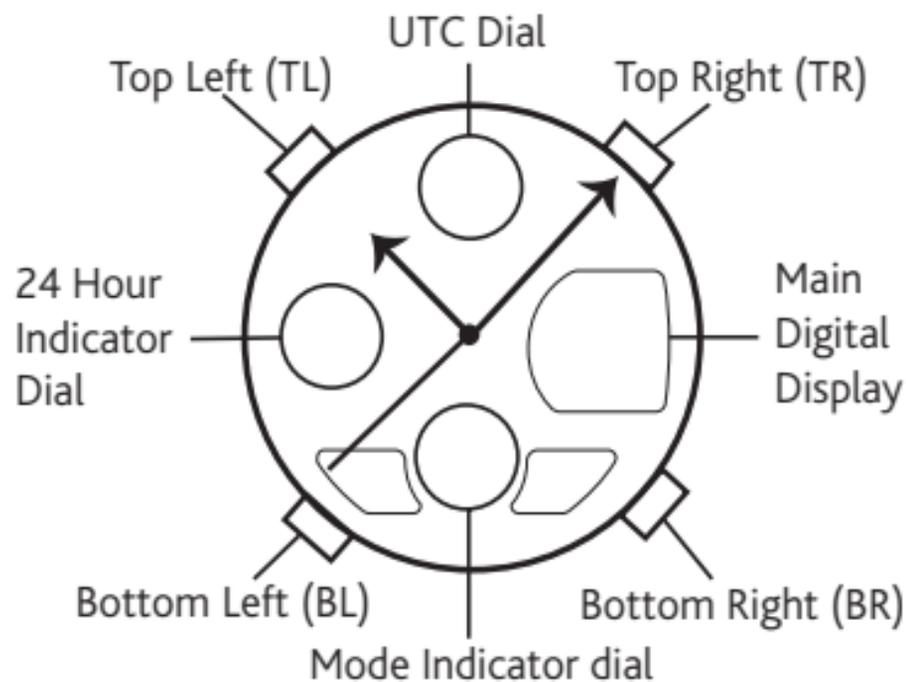
Using the zone setting <SET> continued . . .

5. Press BL Button to display the Summertime (S.T) setting for selected city.
6. Press BR Button to select either summertime on ('ON' S.T) or summertime off ('OFF' S.T).
7. Press BL Button to select and set modes for other cities.
Please follow procedures 3 to 6 for set up.
8. When all desired cities have been set, press TL Button to return to normal zone setting display.

All Reset:

1. Gently pull out crown to Position B.
2. Press TL, BL and BR Buttons simultaneously. (While pressed, there will be no display)
3. Release the buttons. (Display segments will re-appear)
4. Push crown in to Position A.

CPOO Operating Instructions



KEY TO DIAGRAM

UTC dial - shows universal coordinated time (UTC) in 24 hour format. UTC (or GMT) is the standard from which all time zones are calculated.

24 hour dial - shows main hand time in 24 hour format. This can be used to determine the correct a.m. and p.m settings.

Mode indicator dial - shows main hand time in 24 hour format. This can be used to determine the correct a.m and p.m. settings.

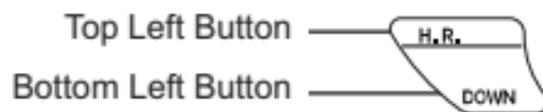
Mode indicator dial - shows the mode that the watch is in - TME (time), CAL (calendar), AL-1, 2 or 3 (alarm 1, 2 or 3), CHR (chronograph), TMR (timer), SET (set)

Main digital display - shows the digital time, calendar, alarms, chronograph or timer depending on which mode chosen.

Button function displays - indicates the function of each button at any moment, as shown in the diagram opposite. >

To set the time:

1. Push the bottom right hand button until the mode hand indicator points to TME.
2. Press and hold the upper left button for three seconds. The hour and minute hand will retract to the 12 O'clock position.
3. Select the time zone on the digital display by pressing the upper right button or the lower left button.
4. Pull the bottom right button out one click. The bottom part of the digital display will start flashing. Press the bottom left button to adjust for daylight saving time.
5. Press the upper right button. You will see the seconds flashing on the lower half of the digital display. Press the lower left button to reset the seconds to 00.



CPOO Operating Instructions continued . . .

To set the time continued . . .

6. Press the upper right button. You will see the minutes flashing. Press the lower left button to set the minutes to your current time.
7. Press the upper right button. You will see the hours flashing. Press the lower left button to set the hours to your current time.
8. Press the upper right button. You will see 12H or 24H flashing. Press the lower left button to switch between 12 hour and 24 hour.
9. Push the lower right button back in one click.

To set the calendar:

1. Push the bottom right hand button until the mode hand indicator points to CAL.
2. Press and hold the upper left button for three seconds. The hour and minute hand will retract to the 12 O'clock position.
3. Select the time zone on the digital display by pressing the upper right button or the lower left button.
4. Pull the bottom right button out one click. You will see the month flashing on the digital display. Press the lower left button to change the month.
5. Press the upper right button and the date will begin flashing. Press the lower left button to change the date.
6. Press the upper right button. You will see the year flashing. Press the lower left button to change the year.
7. Push the lower right button back in one click.

CPOO Operating Instructions continued . . .

To set the alarms

1. Push the bottom right hand button until the mode hand indicator points to AL1, AL2 or AL3.
2. Press and hold the upper left button for three seconds. The hour and minute hand will retract to the 12 O'clock position.
3. Select the time zone on the digital display by pressing the upper right button or the lower left button.
4. Pull the lower right button out one click. You will see ON or OFF flashing on the digital display. Press the lower left button to turn the alarm on or off.
5. Press the upper right button. You will see the hours flashing. Press the lower left button to change the hour.
6. Press the upper right button. You will see the minutes flashing. Press the lower left button to change the minutes.
7. Push the lower right button back in one click.

Using the timer

1. Press the lower right button to move the mode hand indicator to TMR mode on the mode dial.
2. Press and hold the upper left button for three seconds. The hour and minute hand will retract to the 12 O'clock position.
3. Pull the lower right button out one click. You will see the minutes flashing in the digital display. Change the minutes by pressing the lower left button. Once you have set the minutes on the timer, push the lower right button back in one click.
4. Pressing the upper right button starts and stops the timer.
5. Press the lower left button when the timer is stopped to reset the timer to its initial preset time.

CPOO Operating Instructions continued . . .

To set the timezone

1. Setting the time zones allows you to add or remove cities on the digital display or switch between daylight saving and standard time. Begin by pressing the lower right button to move the mode hand indicator to SET mode on the bottom dial.
2. If the hour or minute hands are obscuring the digital display, press and hold the upper left button for three seconds. This will cause the hour and minute hand to retract to the 12 O'clock position.
3. Now pull the lower right button out one click. You will see the digital display flashing. Press the upper left button to select SET to display the city or OFF to not display the city. Press the lower left button to turn summertime on or off. Summertime is indicated on the lower part of the digital display. Daylight savings time must be manually set for each city.
4. Pressing the upper right button will allow you to scroll through all the cities. After setting, push the lower right button back in.

Troubleshooting

The analogue hands block the digital display.

1. Press and hold the upper left button for three seconds. The hour and minute hand will retract to the 12 O'clock position allowing a clear view of the digital display.
2. Press the upper left button to return the analogue hands to the previous position.

The analogue time does not match the digital time for the selected zone.

1. Push the bottom right hand button until the mode indicator hand points to TME.
2. Select the time zone on the digital display by pressing the upper right button or the lower left button.
3. Press the upper right and lower left buttons simultaneously and release. The hour and minute hand will go to the time zone shown on the digital display. At this point the digital display may go to UTC or another time zone. Press the upper right or lower left button to scroll to the time zone you just set the analogue hands to.

CPOO Operating Instructions continued . . .

Troubleshooting continued . . .

The analogue hands are not precisely synchronised with the digital time.

1. Press the lower right button to move the mode indicator hand to CHR.
2. Pull the lower right button out one click. The hour, minute and UTC hands will retract towards the straight up 12 O'clock position. You will see UTC on the top half of the digital display.
3. Press the upper right button to advance the hands to the straight up 24-hour position. Use the lower left button to go in reverse.

4. Press the upper left button. You will see HR on the top half of the digital display. Press the upper right button to advance the hour and 24-hour hand clockwise until they both point straight up at the 24-hour position. Use the lower left button to move the hand anti-clockwise until it is pointing straight up at the 12 O'clock position.

5. Press the upper left button. You will see MIN on the top half of the digital display. Press the upper right button to advance the minute hand clockwise or the lower left button to move anti-clockwise until it is pointing straight up at the 12 O'clock position.

6. Push the lower right button back in one click.

CPOO Operating Instructions continued . . .

Troubleshooting continued . . .

The watch malfunctions in some way and the above procedures do not work.

1. Press the lower right button until the mode indicator hand points to TME.
2. Pull the lower right button out one click. Press the other three buttons down simultaneously for three seconds and release. You will see 8's on the digital display.
3. Press the upper left button. You will see UTC on the top half of the digital display. Press the upper right button to advance the hands of the top dial to the straight up 24-hour position. Use the lower left button to go in reverse.
4. Press the upper left button. You will see HR on the top half of the digital display. Press the upper right button to advance the hour and 24-hour hand clockwise until they both point straight up at the 24-hour position. Use the lower left button to move the hand anti-clockwise.

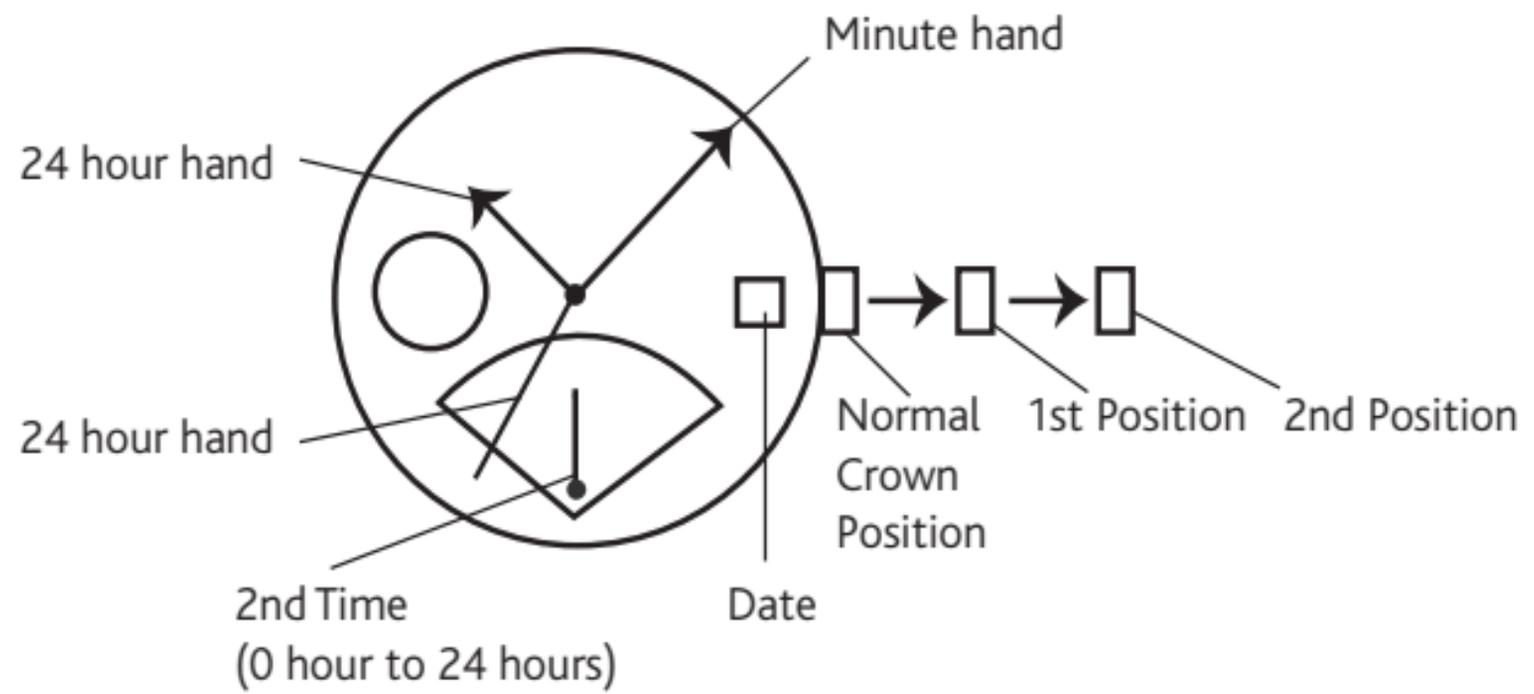
5. Press the upper left button. You will see MIN on the top half of the digital display. Press the upper right button to advance the minute hand clockwise or the lower left button to move anti-clockwise until it is pointing straight up at the 12 O'clock position.
6. Push the lower right button back in one click.

If you require technical assistance:

The following resources are available if you require technical assistance –

1. CDROM giving step-by-step interactive instructions is supplied with the watch. Interactive instructions are also available from our website www accurist.co.uk.
2. Technical manual in A4 printable Adobe Reader format available from our website www accurist.co.uk.
3. Accurist technical help line +44 (0)20 74473941 – during office hours.

GP03 Operating Instructions



Setting the time:

1. Pull the crown out to the 2nd position.
2. Turn the crown to set hour and minute hands.
3. When the crown is pushed back to the normal position, second hand begins to run.

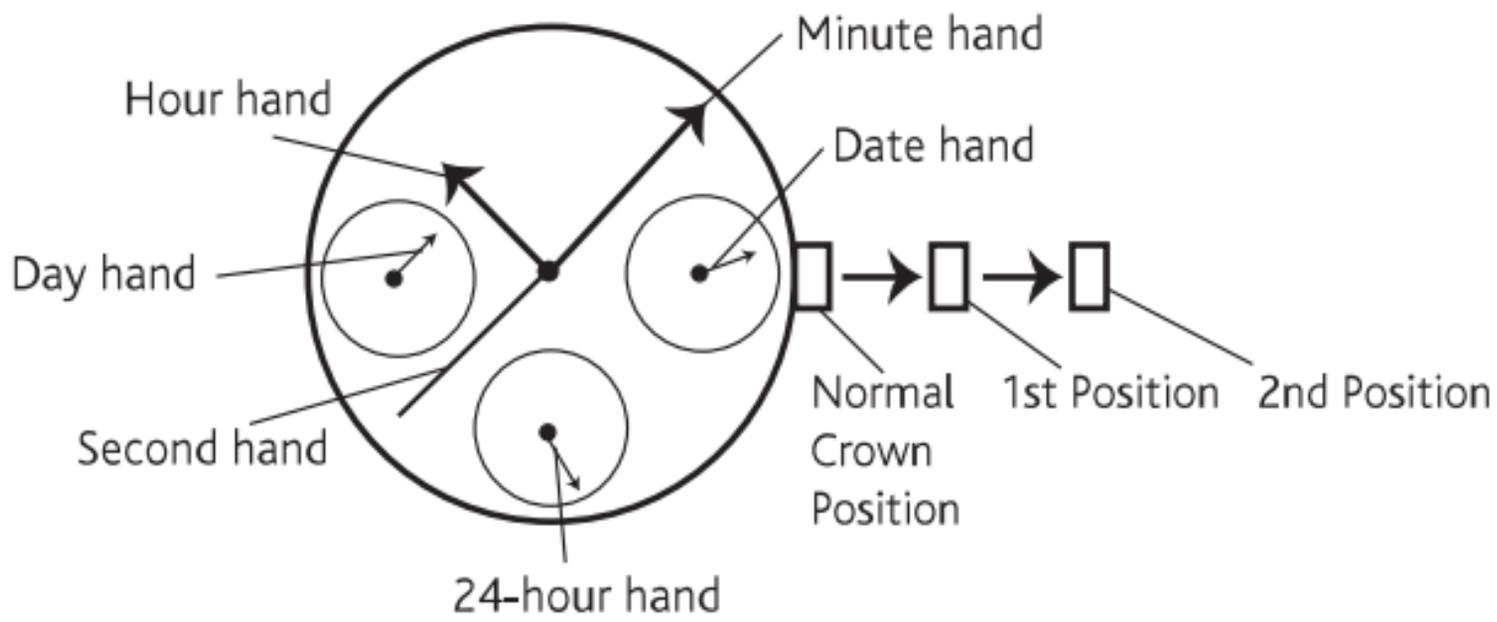
Setting the date:

1. Pull the crown out to the 1st position.
 2. Turn the crown counter-clockwise to set the date.
- * If the date is set between the hours of around 9:00 PM and 1:00 AM, the date may not change the following day.
3. After the date has been set, push the crown back to the normal position.

Setting the 2nd time (24 hours):

1. Pull the crown out to the 1st position.
2. Turn the crown counter-clockwise to set the 2nd time (24H).
3. After the 2nd time (24H) has been set, push the crown back to the normal position.

Cal. VX3J Operating Instructions



Setting the day and time:

1. Pull out to second position when Second hand is at the 12 o'clock position.
2. Turn clockwise to advance Hour and Minute hands until Day hand is set to the desired day of the week.
3. Turn to set the time.
4. Push back completely in accordance with a time signal.

Setting the date:

1. Pull out to first position.
2. Turn clockwise to set Date hand to the desired date.
3. Push in.

Cal. VX3J Operating Instructions continued . . .

NOTES ON USING THE WATCH

Day and Time setting

- To advance the day hand quickly, turn back the hour and minute hands 4 to 5 hour beyond the point the day normally changes, and then advance them again until the day hand is set to the next.
- * The day hand will not move back by turning the crown counterclockwise.
- When adjusting the day hand, turn the crown slowly.
- The 24-hour hand moves correspondingly with the hour hand.
- When setting the hour hand, check that the 24-hour hand is correctly set.
- When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.

Date Setting

- Do not set the date hand between 9:00 p.m. and 1:00 a.m. Otherwise, it may not turn properly.
- While setting the date hand, check that it moves properly in one-day increments.
- It is necessary to adjust the date at the end of February and 30-day months.

Care of your watch

Avoid temperature extremes

1. Avoid leaving your watch in direct sunlight or in extremely warm conditions for long periods of time: this will cause malfunctioning and shorten the life of the battery.
2. Do not leave your watch for long periods of time in extremely cold places; this may cause your watch to gain or lose time. Should it begin to gain or lose time, place your watch on your wrist to restore its original accuracy.

Avoid wet conditions

1. Do not operate the buttons when your watch is wet, even on models marked 'Water Resistant'
2. Check case back markings and refer to the Resistance to water section below.

Avoid strong shocks

1. This watch will withstand the bumps and jars normally incurred during sports activities.
2. Avoid dropping your watch on the ground or otherwise imparting severe shock to it.

Avoid strong magnetic fields

1. Keep your watch away from strong magnets.
2. Generally, your watch is not affected by magnetic fields from household appliances such as television sets and stereo equipment.

Avoid harmful chemicals, solvents & gases

1. Avoid wearing your watch in the presence of strong chemicals, solvents or gases.
2. Avoid materials such as gasoline, benzene, paint thinner, alcohol, spray cosmetics, nail polish, nail polish remover, adhesives or paint.

Periodic inspection

1. A regular 4 to 5 years service by an authorised Accurist technician will ensure trouble free operation.
2. Refer to the After Sales Service section on page 48 for details.

IMPORTANT

1. Keep the batteries out of reach of infants and small children. Should accidental ingestion occur consult a doctor immediately.
2. Do not attempt to replace the battery yourself as this invalidates your guarantee.

Keep your watch clean

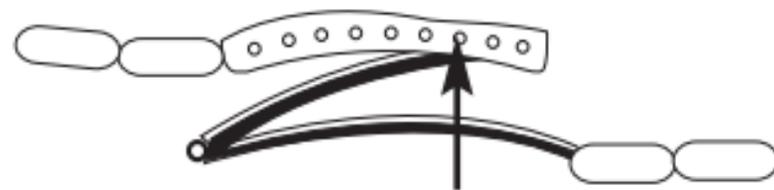
Wipe off any moisture that adheres to the case, glass or band with a soft, clean cloth.

Bracelet Adjustment

The bracelet requires a small adjustment and the model has a Z-type clasp.



1. Depress the end of the spring bar on the centre clasp with a pin.



2. Relocate the spring bar in an alternative hole.

The bracelet requires a significant adjustment or the model does not have a Z-type clasp.

1. Use the enclosed wrist gauge to measure and mark the size of your wrist.
2. Return the completed wrist gauge with your watch.
3. Follow the instructions in the After Sales Service section to return your watch for adjustment. Your watch will be adjusted free of charge.

Resistance to water

INDICATIONS ON DIAL OR CASEBACK		LIGHT SPRAY, PERSPIRATION, LIGHT RAIN BATHING, ETC...	SWIMMING ETC...
DIAL	CASEBACK		
-	WATER RESISTANT	OK	X
WATER RESISTANT 50M (5 ATM)	WATER RESISTANT	OK	OK
WATER RESISTANT 100M (10 ATM)	WATER RESISTANT	OK	OK
WATER RESISTANT 150M (15 ATM) AND DEEPER	WATER RESISTANT	OK	OK

SKIN DIVING: DIVING WITHOUT AN AIR TANK	SCUBA DIVING: DIVING WITH AN AIR TANK	DIVING: WHEN USING A HELIUM ENRICHED ENVIRONMENT
X	X	X
X	X	X
OK	X	X
OK	OK	X

Resistance to water continued . . .

IMPORTANT - NEVER PULL OUT THE CROWN WHEN THE WATCH IS WET.

- Tighten screwlock crown completely.
- Water resistance is not a permanent property. We strongly recommend you return your watch for resealing every 4 - 5 years and/or when changing batteries.
- "Water resistant" may sometimes be abbreviated as "Water resist" or "WR".
- Never pull out the crown when the watch is wet.
- Always set the crown in the normal position.