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 \( \odot \) button is depressed.

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.

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.

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.

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.

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

<table>
<thead>
<tr>
<th>Classification</th>
<th>Specification</th>
<th>Watch face</th>
<th>Case back</th>
<th>Indication</th>
<th>Water-related use</th>
</tr>
</thead>
<tbody>
<tr>
<td>No water resistance</td>
<td>Non</td>
<td>Non</td>
<td>Non</td>
<td>NO</td>
<td>NO NO NO NO</td>
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<tr>
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<td>3 bar water resistance watch</td>
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<tr>
<td>Reinforced water resistance for daily life</td>
<td>5 bar water resistance watch</td>
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<td>WATER RESIST (ANT)</td>
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<tr>
<td></td>
<td>10 bar/20 bar water resistance watch</td>
<td>WATER RESISTANT (WR)</td>
<td>WATER RESIST (ANT)</td>
<td>OK</td>
<td>OK OK NO NO</td>
</tr>
</tbody>
</table>

"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 benzine or products containing materials such as gasoline, nail polish, detergent or adhesive, its components may discolor, 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 (eletroluminescent) 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.