

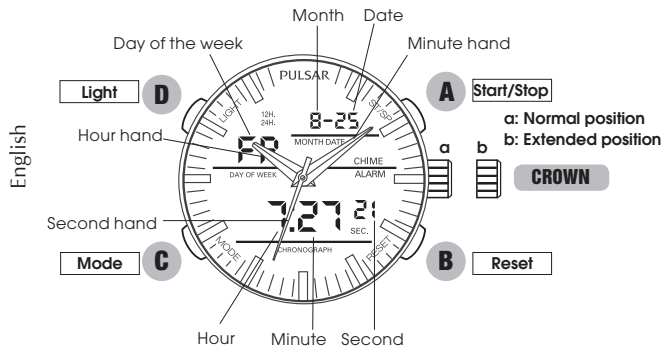
PULSAR

CAL. Z021 CHRONOGRAPH

- Analogue & digital time displays
- Daily alarm and hourly chime
- Stopwatch
- Selection of 12- or 24-hour format
- EL backlight

ENGLISH

DISPLAY AND CROWN/BUTTONS



2

C With each press, the mode in the digital display changes in the following order.



ILLUMINATING LIGHT (EL BACKLIGHT)

D Press in any mode to turn the illuminating light on.



- The electroluminescent panel loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.
- When the illuminating light becomes dim, replace the batteries with new ones.

English

3

SCREW DOWN CROWN

[for models with screw down crown]

Unlocking the crown

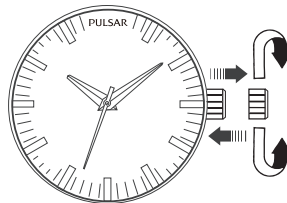
- 1 Turn Crown counterclockwise until you no longer feel the threads turning.
- 2 Crown can be pulled out.

**Locking the crown**

- 1 Push Crown back in to normal position.
- 2 Turn Crown clockwise while pressing it lightly until tight.

**TIME/CALENDAR MODE**

- The analogue and digital displays are separately illustrated in the following sections of this manual.

ANALOGUE TIME SETTING**CROWN**

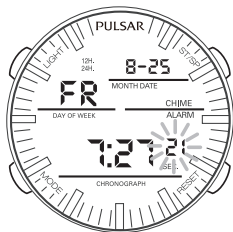
Pull out when the second hand is at the 12 o'clock position.

The second hand will stop on the spot.

Turn to set the hour and minute hands to the correct time.

Push back simultaneously with a time signal.

DIGITAL TIME/CALENDAR SETTING

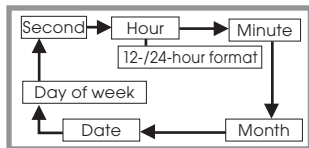


English

6

C Press until the watch enters the TIME SETTING mode.

B Press to select the item to be adjusted. With each press of the button, the selected item changes in the following order.



A Press to set the flashing digits.

C Press to confirm the settings and return to the NORMAL TIME mode.

- To set the second digits, if you press the Button A while the second digits count any number between "30" and "59," one minute is added and the seconds digits are immediately reset to "00." If you press the Button A while the second digits count any number between 00 and 29, the second digits will be reset to 00 and the minute digits will be unchanged.
- In the hour setting, "H" appears to indicate the 24-hour format, "A" or "P" appears to indicate the 12-hour format.

English

7



ALARM

- C** Press until the watch enters the ALARM mode.
- B** Press to show the ALARM SETTING display.
The hour digits start flashing.
- B** Press to select the item to be adjusted.
Hour ↔ Minute
- A** Press to set the flashing digits.
- C** Press to confirm the alarm settings and return to the NORMAL TIME display.

Engagement/disengagement of the alarm

With each press of the Button A in the ALARM setting mode, the alarm and chime will be alternately engaged or disengaged in the following sequence. The alarm indicator and chime indicator will appear or disappear accordingly on the display.



How to stop the alarm manually while it is sounding

To stop the alarm manually while it is sounding, press either Button A or Button B.

Snooze function

Press the Button C to turn the snooze function on or off alternately. When the snooze function is enabled, the alarm will stop sounding temporarily and go off again 5 minutes later for 20 seconds and automatically stop.

STOPWATCH

- The stopwatch measures up to 23 hours 59 minutes and 59 seconds in 1/100-second increments.

C Press until the watch enters the STOPWATCH mode.



A Start/Stop/Restart

B Split/Reset

Standard measurement



Split time measurement



- Measurement and release of the split time can be repeated as many times as necessary by pressing the button B.

BATTERY CHANGE

**2
Years**

Battery life : Approx. 2 years
Battery : SEIKO SR626SW, 1 piece
(for analogue display)
SEIKO CR2025, 1 piece
(for digital display)

English

- *If the stopwatch is used for more than 60 minutes a day, the battery life may be less than the specified period.*
- *Even if either of the two batteries has run down, replace both batteries with new ones.*
- *As the battery is inserted at the factory to check the function and performance of the watch, its actual life once in your possession may be less than the specified period.*
- *When the batteries expire, replace them as soon as possible to prevent any malfunction.*
- *We recommend that you contact an AUTHORIZED PULSAR DEALER for battery replacement.*

12



WARNING

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.
- Never short-circuit, tamper with or heat the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.



CAUTION

- **The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.**

English

13

TO PRESERVE THE QUALITY OF YOUR WATCH

WATER RESISTANCE

● Non-water resistant



If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED PULSAR DEALER or SERVICE CENTER.

● Water resistance (3 bar)



If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for swimming or diving.

● Water resistance (5 bar)*



If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for swimming, yachting and taking a shower.

● Water resistance (10 bar/15 bar/20 bar)*



If "WATER RESISTANT 10 BAR", "WATER RESISTANT 15 BAR" or "WATER RESISTANT 20 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar and is suitable for taking a bath, shallow diving, but not for scuba diving. We recommend that you wear a PULSAR Diver's watch for scuba diving.

- * Before using the water resistance 5, 10, 15 or 20 bar watch in water, be sure the crown is pushed in completely. Do not operate the crown when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.
- * When taking a shower with the water resistance 5 bar watch, or taking a bath with the water resistance 10, 15 or 20 bar watch, be sure to observe the following:
 - Do not operate the crown when the watch is wet.
 - If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

NOTE:

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

TEMPERATURES



Your watch works with stable accuracy within a temperature range of 5° C and 35° C (41° F and 95° F). Temperatures over 50° C (122° F) may cause battery leakage or shorten the battery life.

Do not leave your watch in very low temperatures below -5° C (+23° F) for a long time since the cold may cause a slight time loss or gain. However, the above conditions will be corrected when the watch returns to normal temperature.

MAGNETISM

Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

SHOCKS & VIBRATION

Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.

CHEMICALS

Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

CARE OF CASE AND BRACELET

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

PERIODIC CHECK

It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an **AUTHORIZED PULSAR DEALER** or **SERVICE CENTER** to ensure that the case, crown, buttons, gasket and crystal seal remain intact.

PRECAUTION REGARDING CASE BACK PROTECTIVE FILM

If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch.