

Thank you for your purchase of this Citizen watch.

Before using the watch, please read this instruction manual carefully to ensure correct use.

After reading the manual, store it in a safe place for future reference.

■ Before using the watch

This instruction manual explains the usage of calibers 051*, 051C, 0540 and 0560. Confirm your watch's caliber No. following the instruction below.

To check the movement number

A case number is engraved on the case back.
(Figure on the right)

The first 4 digits of the case number represent the movement number of the watch.

In the example on the right, "1234" is the movement number.

Engraving position example



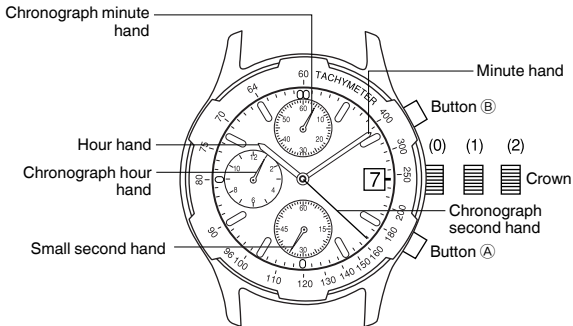
The engraving position may differ depending on watch model.

C O N T E N T S

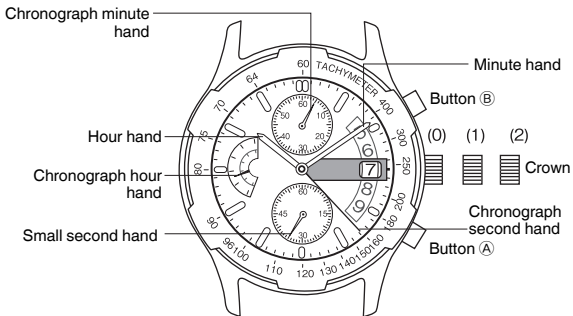
■ Before using the watch	1	Caliber 0560.....	14
■ Main components		■ Adjusting the chronograph	
Caliber 051*	3	Caliber 051*/051C/0540.....	16
Caliber 051C	4	Caliber 0560.....	18
Caliber 0540.....	5	■ Precautions	20
Caliber 0560.....	6	■ Maintenance	26
■ Setting the watch		■ Battery handling	27
Caliber 051*/051C.....	7	■ Information	28
Caliber 0540.....	8	■ Tachymeter	29
Caliber 0560.....	9	■ Specifications	30
■ Setting the date			
Caliber 051*/051C/0540/0560.....	10		
■ Chronograph operation			
Caliber 051*	11		
Caliber 051C	12		
Caliber 0540.....	13		

■ Main Components

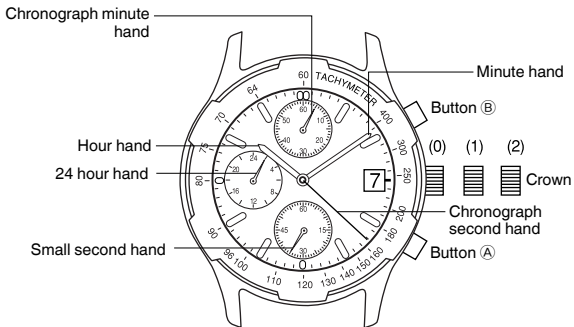
051*



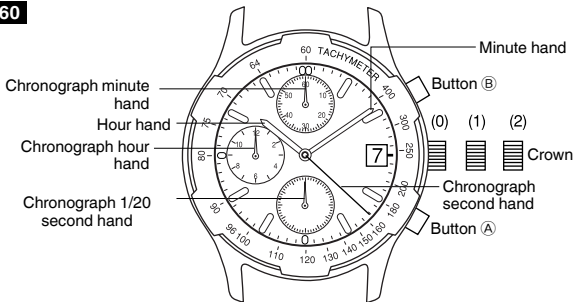
051C



0540



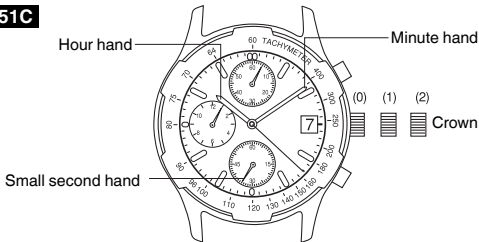
0560



The Chronograph 1/20 second hand functions as one step movement to confirm normal watch operation when the chronograph is not being used. When stopped, this hand can be re-started by pressing button (A).

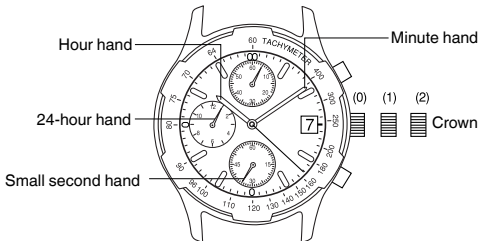
■ Setting the watch

051* 051C



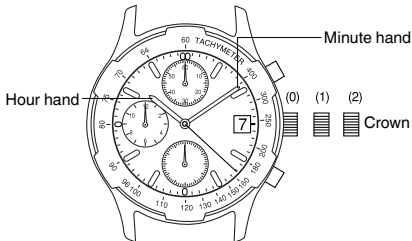
1. Pull the crown out to position (2) to stop the small second hand at "0" sec.
2. Turn the crown to set the minute/hour hands to the desired time.
 - * The date changes at 12:00 AM each day. Pay attention to AM and PM when setting the time.
3. Push the crown in to position (0) to start the hands again.
 - * To stop the movement and reduce the power consumption, pull the crown out to position (2).

0540



1. Pull the crown out to position (2) to stop the small second hand at "0" sec.
2. Turn the crown to set the minute/hour hands to the desired time.
 - * The 24-hour hand is synchronized with the hour hand.
Use the 24-hour time display as a reference to confirm a.m. and p.m. setting.
3. Push the crown in to position (0) to start the hands again.
 - * To stop the movement and reduce the power consumption, pull the crown out to position (2).

0560

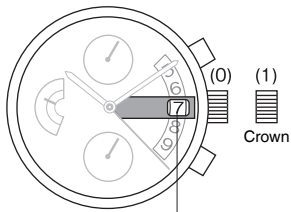
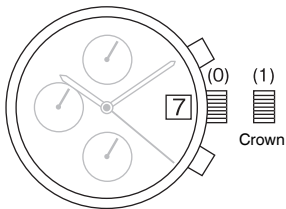


1. Pull the crown out to position (2).
2. Turn the crown to set the minute/hour hands to the desired time.
 - * The date changes at 12:00 AM each day. Pay attention to AM and PM when setting the time.
3. Push the crown in to position (0) to start the hands again.
 - * To stop the movement and reduce the power consumption, pull the crown out to position (2).

■ Setting the date

051* | 0540 | 0560

051C

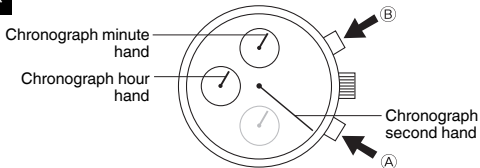


The current date is indicated here.

1. Pull out the crown to position (1).
2. Turn the crown until the desired date appears.
 - * Do not set the date between 9:00PM and 1:00AM. Otherwise, the date may not change properly.
3. Push the crown back to position (0) after setting the date.

■ Chronograph operation

051*



The chronograph can measure up to 12 hours in one second increments.

<Standard measurement>

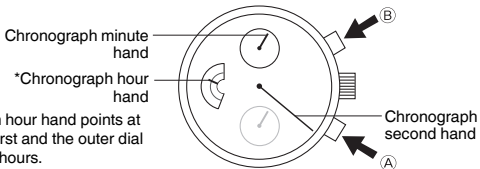


<Accumulated elapsed time measurement>



Can accumulate repeatedly by pressing (B)

051C



* The chronograph hour hand points at the inner dial at first and the outer dial after passing six hours.

The chronograph can measure up to 12 hours in one second increments.

<Standard measurement>

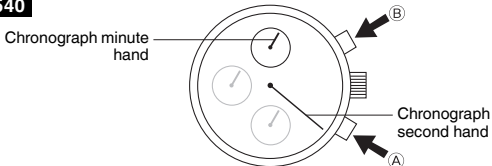


<Accumulated elapsed time measurement>



Can accumulate repeatedly by pressing (B)

0540



The chronograph can measure up to 60 minutes in one second increments.

<Standard measurement>

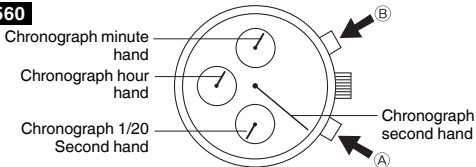


<Accumulated elapsed time measurement>



Can accumulate repeatedly by pressing (B)

0560



The chronograph can measure up to 12 hours in 1/20 (0.05) second increments.


<Standard measurement>



<Accumulated elapsed time measurement>



Can accumulate repeatedly by pressing (B)



The Chronograph 1/20 second hand will still indicate the correct time measurement even when the chronograph is started by pressing button (B) while the Chronograph 1/20 second hand is functioning as one step movement.

The Chronograph 1/20 second hand automatically stops at 00 second position 30 seconds after the chronograph is started.

When the chronograph is stopped by the button (B), the Chronograph 1/20 second hand indicates the elapsed time.

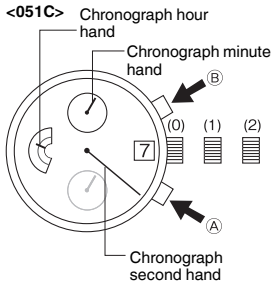
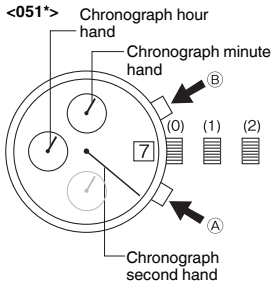
When button (A) is pressed again after the chronograph has been reset, the Chronograph 1/20 second hand starts to function as one step movement to confirm watch operation.

* The hour/minute hands indicate the current time even when the chronograph is being used.

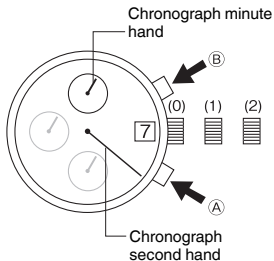
■ Adjusting the chronograph

If the chronograph hands do not return to "0" position when the chronograph is reset.

051* **051C** **0540**

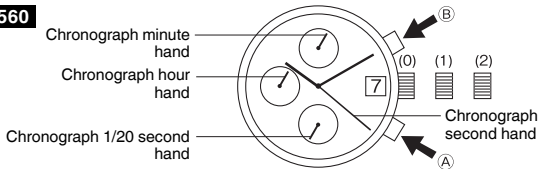



<0540>



1. Pull out the crown to position (2).
2. Press button (B) repeatedly to adjust the chronograph second hand to "0" position.
* The hand moves quickly if the button (B) is pressed continuously.
3. Press the button (A) to reset chronograph minute/hour hands to "0" position.
4. Set the watch to current time.
5. Push the crown back to position (0).

0560



- 
1. Pull out the crown to position (2).
 2. Press button (B) repeatedly to adjust the chronograph second hand to “0” position.
 - * The hand moves quickly if the button (B) is pressed continuously.
 3. Press button (A) repeatedly to adjust the chronograph 1/20 second hand at “0” position.
 - * The hand moves quickly if the button (A) is pressed continuously.
 4. Set the watch to current time.
 5. Push the crown back to position (0).
 6. Press the button (A) to reset the chronograph minute/hour hands to “0” position.

■ Precautions

Water resistance

Names	Indication (Case or back)	Specification
Non-water resistant	—————	Non-water resistant
Everyday-use water-resistant watch	WATER RESIST(ANT)	Water-resistant to 3 atmospheres
Upgraded everyday-use water-resistant watch	WATER RESIST(ANT) 5 bar	Water-resistant to 5 atmospheres
Upgraded everyday-use water-resistant watch	WATER RESIST(ANT) 10/20 bar	Water-resistant to 10 or 20 atmospheres

Examples of use



Minor exposure
to water
(washing face,
rain, etc.)



Swimming and
general washing
work



Skin diving,
marine sports



Scuba diving
using an air tank



Operate the
crown or button
when the watch
is wet

NO

NO

NO

NO

NO

OK

NO

NO

NO

NO

OK

OK

NO

NO

NO

OK

OK

OK

NO

NO



Warnings on water-resistance performance

- Non-water resistant watches cannot be used underwater or in environments in contact with water.
- Water-resistance for daily use (to 3 atmospheres) means that the watch may be worn while washing your face or in the rain, but is not to be immersed in water.
- Upgraded water-resistance for daily use (tested to 5 bar): This type of watch is resistant to moderate exposure to water. You may wear the watch while swimming; however, it is not designed to be used for skin diving.
- Upgraded water-resistance for daily use (tested to 10 or 20 bar): This type of watch may be used for skin diving; however, it is not designed to be used for scuba or saturation diving.
- Before use, confirm the water-resistance level of your watch indicated on the dial and case, referencing the table on the previous page. (The unit “bar” is roughly equal to 1 atmosphere.)
- “WATER RESIST(ANT) xx bar” may also be indicated as “W.R. xx bar.”



Cautions on exposure to water

- Be sure to use the watch with the crown pressed in fully (normal position) to ensure the water resistance. If the crown of your watch is the screw down crown, be sure to tighten it completely.
- Do not operate the crown or buttons when the watch is wet.
- If water has penetrated the watch, or if the inside of the glass is fogged up and does not become clear in a day, take the watch to your dealer or Citizen Service Center for repair. Leaving the watch in such a state will rust the internal parts and cause malfunction.
- If seawater penetrates the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, the pressure inside the watch will increase, and parts (glass, crown, buttons, etc.) may come off.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth after each use.



Keep your watch clean


- Keep your watch clean to prevent rust or dirt building up as this may stain your clothes, damage the watch or appear as black residue on your wrist. Depending on use, occasional cleaning of the exterior of your watch may be necessary.
- Wipe dirt off the leather band with a soft and dry cloth to prevent it from discoloring.

To Avoid Injury

- DO NOT wear the watch where the temperature becomes extremely high—such as in a sauna. The watch may become hot and burn the skin.

To avoid malfunction

- DO NOT use the watch where the temperature is lower or higher than the operating temperature specified in this manual. Doing so may cause the watch to malfunction or stop.
- DO NOT place the watch nearby any materials generating a strong magnetic field such as:
 - magnetic health equipment such as a magnetic necklace
 - a magnetic latch of a refrigerator door
 - a magnetic clasp on a handbag

- 
- a magnetic coin tray
 - speakers of a mobile phone
 - electromagnetic cooking devices

They may interfere with function of the movement in the watch causing it to stop or operate erratically.

- DO NOT place the watch on or nearby household appliances that generate static electricity such as Televisions or computer monitors. The timekeeping may be affected.
- DO NOT apply any strong shock, for example, by dropping it onto a hard floor.
- Avoid using the watch where it may be exposed to chemicals or corrosive gases. If solvents, such as thinners or benzine, or substances containing such solvents come in contact with the watch, discoloration, melting, cracking, etc. may occur.

The case, band, or other parts may become discolored if the watch comes into contact with some household chemicals mercury that may be found in thermometers.

■ Maintenance

Daily maintenance

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- Wipe off dirt, perspiration, and water from the case and glass with a clean soft cloth occasionally.
- To clean a metal, plastic, or rubber watchband, wash away dirt with water. Use a soft brush to remove dust and dirt stuck in the gaps in a metal band.
- Do not use a polishing type of cloth as this may damage the surface and certain treatments.
- Do not use solvents (thinner, benzine, etc.), as they may damage the finish.

Periodical inspections

- Your watch needs an inspection once every two or three years for safety and longer usage. To keep your watch water-resistant, the gaskets and other components need to be replaced regularly. Other parts need to be inspected and replaced if necessary.
- Always ask for genuine Citizen parts upon replacement.

■ Battery handling

- Do not attempt to recharge an old battery.
- Do not dispose an old battery into a fire.
- Keep batteries out of reach of children.
- In the event a battery is swallowed, immediately consult a physician.
- Do not disassemble, modify, or heat the battery. Doing so may cause an accident.
- If a depleted battery is left in your watch, damage may be caused by leakage of battery fluid. Be sure to replace the battery promptly.
- Always be sure to select a battery of the correct specifications when replacing the battery.

After changing the battery

After changing the battery, please refer to the “Adjusting the Chronograph” section and set the chronograph hands to the correct position.

* This operation is required because the chronograph hands may not return to the “0” position when the chronograph is reset after changing the battery.

■ Information

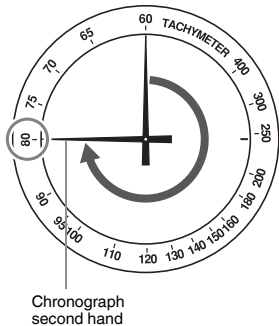
About luminous paints

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.

It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light (“glow”) will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

■ Tachymeter



The tachymeter is the device which measures the speed of an automobile.

Knowing in how many seconds the car covers a distance of 1km, the meter can measure the approximate average speed per hour during a journey (up to the maximum measurable range of 60 seconds.)

If the chronograph is started at the same time as measurement, and stopped after 1km, the average speed per hour can be determined according to the position of the second hand.

If the car covers the distance of 1km in 45 seconds, the average hourly speed during the journey will be about 80km.

■ Specifications

Item	Caliber No:	051*	0540	0560
1. Type		Analog quartz watch		
2. Accuracy		±20 seconds/month at temperature (5°C to 35°C/41°F to 95°F)		
3. Quartz oscillator frequency		32,768Hz		
4. IC used		C/MOS-LSI 1pce		
5. Effective temperature range		-10°C to +60°C (14°F to 140°F)		
6. Calendar		Date		
7. Additional Function				
	· Chronograph	12-hour measurement by 1 second	1-hour measurement by 1 second	12-hour measurement by 1/20 seconds
	· Others	Power saving switch		
8. Battery life time		Approximately 2 years (051C: 5 years)		
9. Battery No.		280-44 (SR927W)		

* For product improvement, specifications are subject to change without prior notice.