CAL. VR34
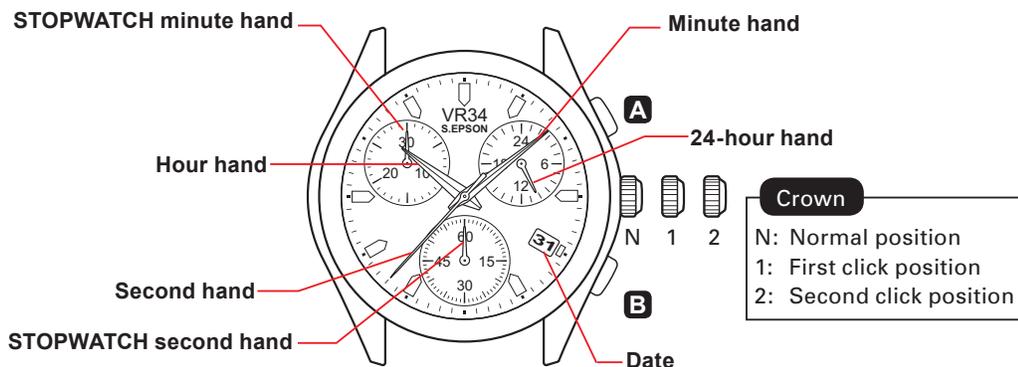## CHRONOGRAPH

Features

◆ 24-hour, hour, minute and second hands

◆ Date

◆ Stopwatch

- 2 Stopwatch hands: second and minute hands.
- The stopwatch can measure up to 29'59".
- Split time measurement is available.

STOPWATCH minute hand — Minute hand

Hour hand — 24-hour hand

Crown

N 1 2

N: Normal position
1: First click position
2: Second click position

Second hand

STOPWATCH second hand

Date

Movement Size	13 1/2'''
Outside Diameter	ø31.20mm x 28.00 mm (3H-9H)
Casing Diameter	ø30.60mm (12H-6H)
Height	3.97 mm (Including battery)
Battery	SR920SW
Battery Life	Approximately 3 years

◆ Battery Life Indicator

When the battery nears its end, the second hand moves at two-second intervals instead of the normal one-second intervals. In that case, have the battery replaced with a new one as soon as possible.

Note: The watch remains accurate while the second hand is moving at two-second intervals.
When the second hand moves at two-second intervals, the stopwatch does not operate. If the second hand starts to move at two-second intervals while the stopwatch is measuring, the stopwatch measurement is reset and the stopwatch hands return to the "0" position.

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How to set time and date
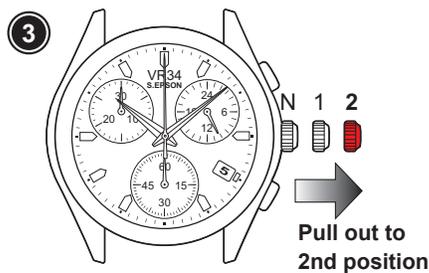
①

**Pull out to
1st position**
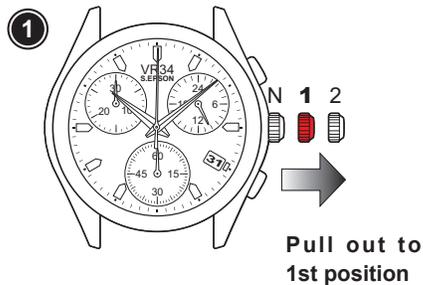
- Pull the crown out to the 1st click position.

②

- Turn the crown counterclockwise until the previous day's date appears.

  Note: Do not set the date between 9:00 PM and 1:00 AM. Otherwise, the date may not change properly.

③

**Pull out to
2nd position**

- Pull the crown out to the 2nd click position when the second hand is at the 12 o'clock position.

  Note: When the stopwatch is or has been measuring or is stopped, if the crown is pulled out to the 2nd click position, it will automatically reset the Stopwatch hands to "0".

④
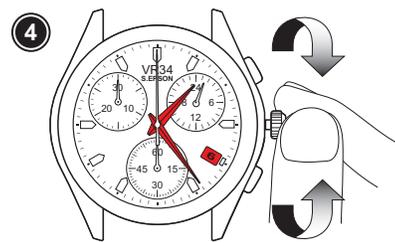
- Turn the crown to set the hour and minute hands.
- Turn the crown clockwise to advance the hour and minute hands past 12:00 midnight. This will advance the date to the current date.
- Take AM/PM into consideration when setting the hour and minute hands to the desired time.
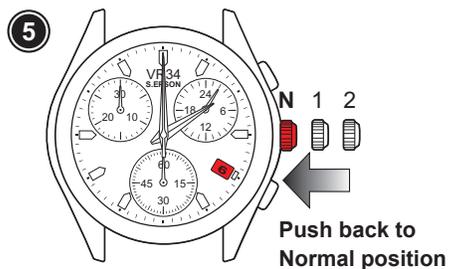
Recommend:
- *When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.*

⑤

**Push back to
Normal position**

- Push the crown back to the normal position.

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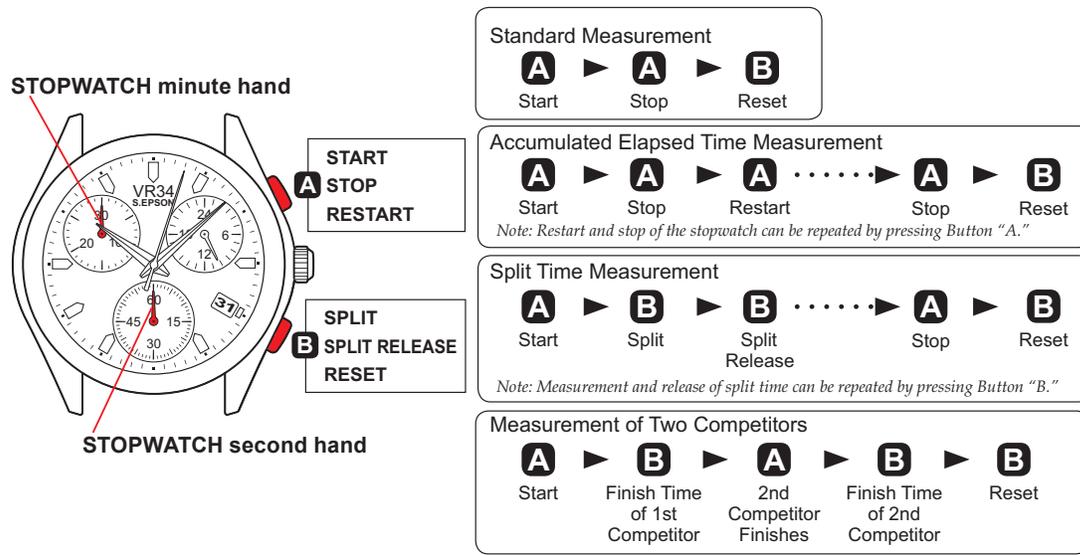
How to use stopwatch functions

- The stopwatch can measure up to 29'59" in one-second increments.

- When the measurement reaches 30 minutes, the stopwatch automatically stops counting.

STOPWATCH minute hand

STOPWATCH second hand

START
A STOP
RESTART

SPLIT
B SPLIT RELEASE
RESET

Standard Measurement

A ► **A** ► **B**
Start   Stop   Reset

Accumulated Elapsed Time Measurement

A ► **A** ► **A** ·····► **A** ► **B**
Start   Stop   Restart   Stop   Reset

Note: Restart and stop of the stopwatch can be repeated by pressing Button "A."

Split Time Measurement

A ► **B** ► **B** ·····► **A** ► **B**
Start   Split   Split   Stop   Reset
                  Release

Note: Measurement and release of split time can be repeated by pressing Button "B."

Measurement of Two Competitors

A ► **B** ► **A** ► **B** ► **B**
Start   Finish Time   2nd   Finish Time   Reset
         of 1st   Competitor of 2nd
         Competitor   Finishes   Competitor

- The stopwatch second hand is capable of timing 30 minutes. (60 seconds x 30 times)

- The stopwatch minute hand is capable of timing 30 minutes.

- Whether the stopwatch hands return to the "0" position in a clockwise rotation or in a counterclockwise rotation is decided depending on the elapsed time the stopwatch has measured.

* Before using the stopwatch, be sure to check that the crown is set at the normal position and that the stopwatch hands are reset to the "0" position.

   Note: If the stopwatch hands do not return to the "0" position when the stopwatch is reset to "0", follow the procedure in "Stopwatch hand position adjustment".

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Stopwatch hand position adjustment

If the stopwatch hands are not in the "0" position, follow the procedures below to set them to the "0" position.
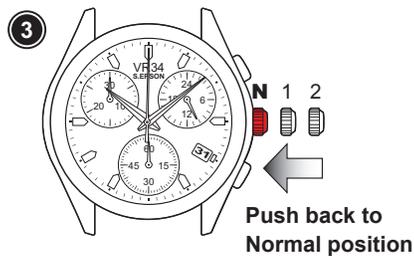
①

Pull out to 2nd position
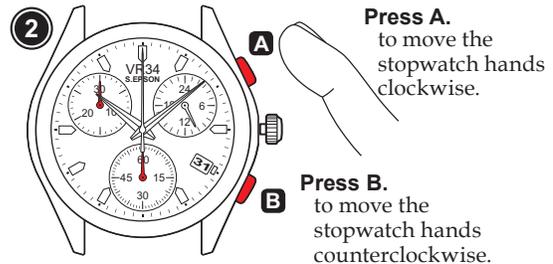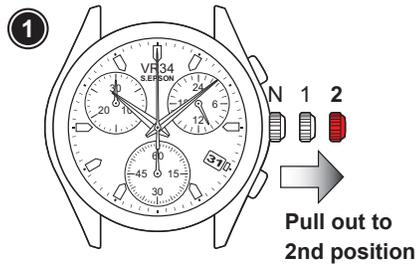
- Pull the crown out to the 2nd click position.

  Note: While the stopwatch is running or has been stopped while running, if the crown is pulled out to the 2nd click position, the stopwatch will be automatically reset.

②

Press A.
to move the stopwatch hands clockwise.

Press B.
to move the stopwatch hands counterclockwise.

- Press Button "A" or "B" to set the stopwatch hands to the "0" position.
- The movements of the stopwatch minute hand and stopwatch second hand are interlocked. To set the stopwatch minute hand to the "0" position, continue to move the stopwatch second hand until the stopwatch minute hand reaches the "0" position.

  Note: The stopwatch minute and second hand move quickly if Button "A" or "B" is kept pressed.

③

Push back to Normal position

- Push the crown back to the normal position.

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