



SETTING THE LOCAL TIME

1. Pull the crown out to the position 2.
2. Turn the crown to set hour and minute hands.
3. After the time has been set, push the crown back to the normal position

SETTING THE DUAL TIME

1. Keep the crown at the normal position.
2. Adjusting the time by pressing the button A or B.
button A : -10 minute/push button B : +10 minute/push

SETTING THE DATE

1. Pull the crown out to the position 1.
2. Turn the crown counter-clockwise to set the date.
3. After the date has been set, push the crown back to the normal position.

* Do not set the date between 9:00PM and 1:00AM. Otherwise, the day may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside it, set the date and then reset the correct time.

All CCCP timepieces are designed with a minimum water-resistance rating of 5 ATM (50m).

The water-resistance of a timepiece protects the movement from dust, moisture, and risk of damage to the movement should it be immersed in water.

Please see chart for guidelines for the recommended exposure of various water ratings.

It is important not to attempt to adjust the position of the crown while the timepiece is in contact with water. Water can enter the case causing damage to the movement.

For timepiece with screw-down crowns, it is important to ensure the crown is in the proper position and completely locked before contact with water.

For timepieces with chronograph functions, do not engage the chronograph under water, as water may leak in the case and cause damage to the movement.

USE PRECAUTIONS - RESISTANCE TO WATER

All CCCP timepieces are designed to withstand use as indicated on the following chart.

Indication	Water-related Use			
Water Resistant characteristics	Light spray, Perspiration, Light rain, etc.	Bathing, etc.	Shallow swimming, etc.	Skin diving, (Diving without oxygen cylinder)
3 ATM	OK	NO	NO	NO
5 ATM	OK	OK	NO	NO
10 ATM	OK	OK	OK	NO
20 ATM	OK	OK	OK	OK

Always set the crown in the normal position.
Tighten screw-down crown completely.