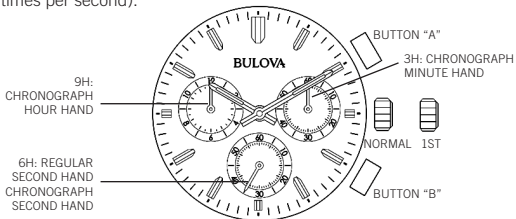


FEATURES:

1. Exclusive Three Prong Torsional Resonator gives accuracy within 5 seconds/month.
2. Chronograph feature measures + displays time in 0.5 seconds up to 11hours, 59minutes, 59.5 seconds.

In Chrono mode the 6H regular second hand is used for the Chrono second hand. The Chrono second hand jumps in $\frac{1}{2}$ second intervals (two times per second).

3. Hours, minutes, and petite seconds time display. The Second hand, jumps in $\frac{1}{2}$ second intervals (two times per second).



A. SETTING THE TIME

1. Pull the setting crown out to position “1” (See diagram). If the crown has a “screw down” lock, unscrew the crown lock first by turning the crown towards you, then pull it to position “1”.
2. Turn the crown moving the hour and minute hands to the correct time.
3. When the correct time is set, push the crown back to the “NORMAL” wearing position. If the crown has a “screw down” lock, fasten the crown by turning the crown away from you.

B. CHRONOGRAPH (CHRONO) ADJUSTMENT

If any of the three Chrono hands are not at the 12H position, adjustment is necessary.

NOTE: When using the buttons for these adjustments, each button push will move the hand

one step – BUT holding the button down will advance the hand rapidly.

1. Pull the crown out to position “1”. The 6H hand will return to ‘60’.
2. Press button “B” for 3 seconds. The 6H hand will return to ‘60’ again.
If it does not, press button “A” to move 6H hand to ‘60’.
3. Press button “B” for 3 seconds. The 3H hand will return to ‘60’.
If it does not, press button “A” to move 3H hand to ‘60’.
4. Press button “B” for 3 seconds. The 9H hand will return to ‘12’.
If it does not, press button “A” to move 9H hand to ‘12’.

5. Push the crown back to the “NORMAL” wearing position.

C. USING THE CHRONOGRAPH (CHRONO)

NOTE: The maximum Chrono reading is 11hours, 59minutes, 59.5 seconds.

1. Press button “B”. The 6H hand will move to ‘60’ position.
 2. Press Button “A” to start the chronograph.
 3. Press Button “A” to stop the chronograph. Start again by pushing button “A” again.
 4. Press button “B” to reset Chronograph, returning all Chrono hands to the 12H position.
 5. Press button “B”. The 6H hand returns to current second hand time.
- When there is no chronograph operation for 60 minutes after (1) or (4), the 6H hand will return to show current second hand time.

HOW TO USE THE ELAPSED TIME INDICATOR



If your watch is equipped with a rotatable outer dial with one-minute graduations, this can be used in various ways to check elapsed time. For example if a diver has a 30-minute air supply, he can set the outer ring so that the triangle is in line with the minute hand when he submerges. The minute hand will then indicate on the outer ring the length of time that the diver has been under water.

SCREW-DOWN CROWN

If your watch includes a screw-down crown, you have additional assurance that it will remain watertight. To make the crown operational, it must be turned toward you until the threads are disengaged. Then, instructions for setting must be followed. To reseal the crown, press in until threads engage. Turn away from you until tight.

LOCKING PUSH BUTTONS (ON SOME MODELS)

When the watch is submerged, this feature allows you to lock the push buttons for the chronograph so that they cannot be pushed accidentally. To lock the buttons, simply turn the outer collar of the button clockwise until it is fully seated against the button recess in the case. Then, test the button to insure it cannot be pushed in. Reverse the process when needed.

ABOUT THE POWER CELL

Your new Quartz Watch has a fresh power cell designed to provide maximum reliability for approximately a year under normal use. If the cell is not replaced before it is exhausted, the watch will simply stop. The mechanism should not be harmed in any manner. However, when the power cell becomes exhausted, it should be removed at your earliest convenience to diminish the possibility of leakage. Never store your watch with an exhausted power cell in it. The

watch should be brought to an authorized Bulova dealer for replacement of the power cell. For best performance, the proper power cell should be used.

Note: When the crown is in the “OUT” position, the motor and hands stop. Only the quartz crystal continues to vibrate, using very little power. If the watch is to be stored for a length of time, it is recommended that the crown be left in the “OUT” position to prolong battery life. This does not apply to models with two hands only.

WATER RESISTANCE

Watch models marked only “Water Resistant” on the case back, without additional depth markings are not to be used for swimming. For swimming, models that have the additional marking of “50m,” “100m” or “200m” are recommended.

300 METER WATER RESISTANCE (MARKED 300m)

This product is recommended for recreational use only. The depth in meters shown on the watch does not indicate the diving depth of the watch, but indicates the air pressure used in the water resistance testing of the product in accordance with industry standards.