

Start by setting UTC time (Coordinated Universal Time), which is the same as London time, where time starts, one hour before Swedish local time. (All time zones will then adjust after UTC automatically) Do this accordingly: Keep pressing the "Mode" button (left side at the top) until you see a city in top window and time in bottom window. Then press the Start/Stop button (Right side) until you see UTC on the top display window.

Change Mode

Set Time



Change City (zone)



- Mode Menu:**
- Time
 - Calendar
 - Alarm
 - Chronograph
 - Timer



Then press the "Select/Reset" button (left side, bottom) for a few seconds until the bottom display starts to blink, change Seconds, Minute and Hour by pressing the Start/Stop button (Right side) and confirm each choice by pressing Select/Reset button in between.



Hold

Then you will have a choice of 12h and 24 h display, 24 h is better. Change with Start/Stop button and confirm with Select/Reset button.



Confirm

Change

Then Press "Mode" button again to set date. When you are in Date mode, Press Select/Reset button again for a few seconds and the lower display starts to blink, then set Month with Start/Stop button, confirm with Select/Reset button, then set Day with Start/Stop button, confirm with Select/Reset button. After this you need to set the correct Year in same procedure, set with Start/Stop button, confirm with Select/Reset button.

Set Calendar



Hold



Confirm

Change

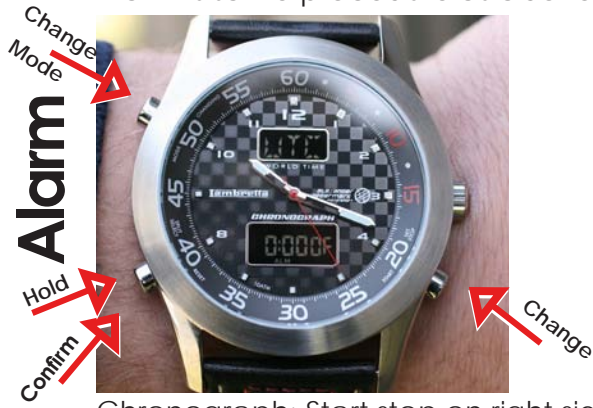
Now you can press forward on the Start/reset Button to choose any time zone on both "Date mode" and "Time mode" to witch you like.



Alarm is same procedure as above.

If you what to set "summertime" do this in the zone you chose, set it in the same way as UTC by first holding the Select/Reste Button a few seconds etc... , but now you will have a new option:

"SMT" (summertime) ON or OFF.



Chronograph: Start stop on right side, Reset on bottom left side.



Timer: Set minutes on Select/Reset button and start and stop on right side button Start/Stop.



For even more details like Time Zones etc, please download manual at:

www.lambrettawatches.com