



INSTRUCTION FOR GUL COURSE

By pressing the mode - "M"- button you move from one function to the next.

In the mode indication window you can see which function you can set.

The GUL COURSE has the following functions, in order of appearance:

Time: hour, minute, second, AM/PM/12h/24h display.

Date: weekday, month, date.

Alarm 1 (AL-1): Hour, minute. (AM/PM)

Alarm 2 (AL-2): Hour, minute. (AM/PM)

Stopwatch (ST.W): Minute, second, 1/100 second up to 60 minutes.

Hour, minute, second up to 24 hours. Split time (SP).

Timer (TMR): Countdown start can be selected from 99 to 1 min. Sound signals at zero.

Battery: CR 2016, approximate battery life 2 years.

"AL-1", "AL-2", "STP", "TMR" can all be running at the same time.

Setting the analogue watch.

Pull out the the crown and set the time in the same way you would with a 3-hand watch.

Setting the time/month/date/day and 12/24h: Only flashing digits can be adjusted. They can be advanced one at a time, or quickly, by keeping "R" depressed.

Press button "S" until the seconds flash, then press "R" when seconds should read "00". Press "S" again to flash minutes and set with "R". Continue with hour, month, date, weekday and finally 12/24h timing in same way. An "A" or "P" to the left in the display window indicates AM/PM when in the 12h mode.

Press "R" to see month, date and weekday in the time mode.

Press "R" again to go back to time mode.

Setting first alarm ("AL-1"): Move to "AL-1" mode; "If" "OFF" is displayed, alarm is activated by pressing "R" button. Set desired alarm hour by first pressing "S" and then "R". Set minutes

in the same way.

Setting second alarm ("AL-2"): Move to "AL-2" mode with "M" button and proceed as with "AL-1".

Stop watch: Move to "ST.W" mode with "M" button. Start and stop with "S" button, reset with "R". Start with "S" and stop and restart with "R" for split timing ("SPLIT" is shown in display window).

Timer/count-down: The set number of minutes is shown in small flashing numbers in the top right-hand window. This number remains unchanged during count-down to remind you of the selected setting. Quick-set the desired number of minutes by keeping "R" button depressed, move one minute at a time with repeated pushes.

Once set, the timer function is started by pressing "S". Pressing "S" again stops and, with one more press, restarts (from the stopped time) the timer.

Press first "S" and then "R" when timer is working to re-set timer to set time.

Pressing "R" when timer is running re-sets it to the set time and immediately restarts the count-down.

The timer stops at "0" and a signal is given off. The watch automatically starts counting up from "0" like a ordinary stopwatch.

Chime: Hourly chime is turned on/off by pressing "S" and "R" at the same time in the "Time" mode.

Water resistance: 10ATM which means the GUL COURSE can be used for water-sports but NOT for scuba-diving.

Strong magnetic fields, as found for example around hi-fi speakers and welding equipment, affect all quartz watches and make them loose some of their very high accuracy. Please keep your GUL watch out of such environments.

Thank you for choosing a GUL watch. We feel certain it will serve you well for a very long time.

At your local dealer you can see a wide range of colours and styles of easily interchangeable GUL straps. You can really personalize your GUL as there are over 12.000 watch and strap combinations!



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Internet: <http://www.gulwatches.com>