

# Abbreviated Setting Instructions

Models - AT40\* \*

Mvmt. Cal. No. E65\* \*



NOTE: Under normal conditions, this timepiece will receive radio signals to automatically update the time and calendar for the 5 radio controlled cities (zones) featured (LAX, DEN, CHI, NYC and LON.) The 'A-TM' (alternate) time zone is not radio controlled but its time is based from the radio controlled zones. There may be conditions in which the radio signal cannot be received. If a signal cannot be received or the 'A-TM' (alternate) time zone is chosen, the watch will operate normally, but not sync with the radio signal.

NOTE: After a complete loss of charge or an abnormal function is noticed, an ALL RESET PROCEDURE and 0-POSITIONING is required. Be sure to set the time and date after performing these procedures.

## RADIO RECEPTION

The timepiece will receive radio signals both automatically and on-demand. Both the time and calendar will update based on a chosen radio controlled time zone (LAX, DEN, CHI, NYC or LON) and provided you are within that radio signal zone.

Automatic reception occurs first at 2:00 a.m., 3 a.m. and then if needed, at 4:00 a.m. If initial reception is successful, subsequent reception attempts (3:00 a.m. or 4:00 a.m.) will not be activated.

The "on-demand" reception feature allows the user to enter the reception mode at his/her convenience. This is helpful when changing time zones before the automatic update or if an automatic update was not successful.

NOTE: Radio updating can take up to 15 minutes to complete. During the update process, the watch must not be moved as this will prohibit a successful radio update.

For in-depth instructions on the radio reception feature, please refer to your owners guide.

## ALL RESET AND 0-POSITIONING PROCEDURE

☐ Pull the crown out one 'click'.

☐ Rotate the crown to move the mode hand (6:00 sub dial) to CHR mode.

☐ Pull the crown out an additional 'click.' The hour, 24-hour, minute and multi-function hands as well as the date will rotate to their zero positions currently stored in memory. The correct zero positions are:

Hour, Minute, Second and 24-hour: 12:00 (straight up)  
Multi-function hand (2:00 sub dial): 6:00 (straight down)  
Date: between 31 and 1, centered in date window

☐ Press and hold the upper right (B) and lower right (A) buttons down simultaneously for 2 or more seconds, then release them. The hands will move back and forth and a "beep" sound will tone indicating the ALL RESET is successful.

☐ Press and release the lower right button (A). The minute and hour hands will move slightly indicating they are active for setting.

☐ Rotate the crown to move the minute, hour and 24-hour hands until they point straight up (12:00.) NOTE: quickly rotating the crown two 'clicks' will activate rapid advancement. To stop rapid advancement, rotate the crown 1 'click.'

☐ Press and release the lower right button (A). The second hand will move slightly indicating it is ready for setting.

☐ Rotate the crown in either direction to move the second hand to the 12:00 position.

☐ Press and release the lower right button (A). The multi-function hand (2:00 sub dial) will move back and forth indicating it is ready for setting.

☐ Rotate the crown in either direction so that the multi-function hand points straight down (6:00) and the date indicates between "31" and "1" (centered in the date window.)

☐ Push the crown in two 'clicks' to the closed position next to the case. This completes the ALL RESET and 0-POSITIONING. You must now set the time and calendar.

## TO SET THE TIME AND CALENDAR

NOTE: You must first set one of the radio controlled time zones prior to setting the 'A-TM' (alternate) time zone, even if you do not wish to use a radio controlled time zone. Otherwise, the time displayed will not be correct for all zones.

NOTE: If you are using one of the radio controlled time zones (LAX, DEN, CHI, NYC and LON), and you are in the signal area for that time zone, the time and date will update automatically upon receiving a successful radio update. There may be circumstances however for which you need to manually set the time and date such as after an ALL RESET and 0-POSITIONING.

☐ Pull the crown out one 'click'. Rotate the crown clockwise or counterclockwise to the radio controlled time zone shown nearest you. Note: The 'A-TM' (alternate) time zone is not radio controlled.

☐ Pull the crown one additional 'click' to the time setting position. The second hand will rotate to the SMT (daylight savings time) "on" or "off" setting position set in memory.

☐ Press and release the upper right button (B) to move the second hand to indicate SMT "ON" or "OFF."

☐ Press and release the lower right button (A). The second hand will rotate to the 12:00 position and the minute hand will move slightly indicating the minute, hour and 24-hour hands are active for setting.

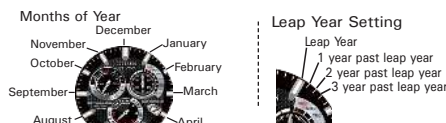
☐ Rotate the crown in either direction to set the current time in the radio controlled zone chosen. Pay particular attention to the 24-hour hand to ensure the correct AM or PM time is set. (quickly rotating the crown two 'clicks' will activate rapid advancement.)

☐ Press and release the lower right button (A). The multi-function hand (2:00 sub dial) will move indicating the date is active for setting.

☐ Rotate the crown one 'click' clockwise or counterclockwise to change the date (quickly rotating the crown two 'clicks' will activate rapid advancement.)

☐ Press and release the lower right button (A). The second hand will rotate to the current month of year and leap year position set in memory.

☐ Rotate the crown clockwise to set the current month of year and leap year as outlined in the graphic below:



☐ Press and release the lower right button (A). The multi-function hand (2:00 sub dial) will rotate to the current day of week set in memory.

☐ Rotate the crown clockwise or counterclockwise to set the correct day of week.

☐ Press and release the lower right button (A). The second hand will rotate to the 12:00 position and the minute hand will move slightly indicating the minute, hour and 24-hour hands are active for setting.

☐ Rotate the crown clockwise to set the current minute.

☐ Push the crown in two 'clicks' to the closed position next to the case. This completes setting the time and calendar.

## TO SET THE ALTERNATE TIME ZONE

NOTE: ONE OF THE RADIO CONTROLLED TIME ZONES MUST BE SET PRIOR TO SETTING THE ALTERNATE TIME ZONE.

☐ Pull the crown out one 'click'. Rotate the crown clockwise or counterclockwise until the mode hand (6:00 sub dial) points to "A-TM." The hands will rotate to the current "alternate time" set in memory.

☐ Pull the crown out one additional 'click' to the time setting position. The second hand will rotate to the SMT (daylight savings time) "on" or "off" setting position set in memory and the minute hand will move back and forth slightly

☐ Press and release the upper right button (B) to move the second hand to indicate SMT (daylight savings time) "ON" or "OFF."

☐ Rotate the crown clockwise to advance or counterclockwise to decrement the time in one hour increments.

☐ Press and release the lower right button (A) to advance the minutes in 15 minute increments.

☐ Push the crown in two "clicks. This completes setting the alternate time zone.

## TO INITIATE ON DEMAND RECEPTION

There may be times when you need to initiate radio reception rather than waiting for the automatic update to occur.

Be sure the mode hand (6:00 sub dial) is pointing to one of the radio controlled cities (LAX, DEN, CHI, NYC or LON) and you are within that same radio signal reception region.

☐ Press and hold the lower right button (A) for approximately 2 seconds and release. The second hand will rotate to the "RX" position.

☐ Place the watch on a stable surface where it will not be disturbed during the update process. The update process can take up to 15 minutes to complete, depending on signal strength.

☐ After the update process is complete (successful or failed), the watch will return to normal operation.

If you are having difficulty receiving radio reception and are in one of the radio controlled zones featured on this timepiece, try a different location such as by a window that is facing your nearest radio transmission tower (as indicated in your instruction manual.)

For further instructions and details of the many additional features of the Perpetual Chronograph AT, please refer to your owners manual or the technical support section our web site at [www.citizenwatch.com](http://www.citizenwatch.com)