



ANALOGUE  
QUARTZ WATCH

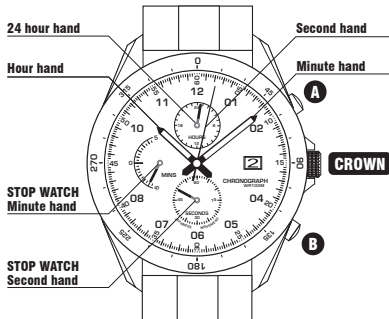
USER MANUAL



# ANALOGUE QUARTZ WATCH

Congratulations on your purchase of this Ronstan Analogue Quartz Watch RF4056. For best results, please read the instructions in this booklet carefully before using your watch.

CONTENTS	PAGE
1. SPECIFICATIONS	1
2. SETTING THE TIME	2
3. SETTING THE DATE	3
4. STOPWATCH	4
5. TIMER	5
6. BATTERY REPLACEMENT	6
7. CARE & MAINTENANCE	7
8. WARRANTY	8



## 1. SPECIFICATIONS

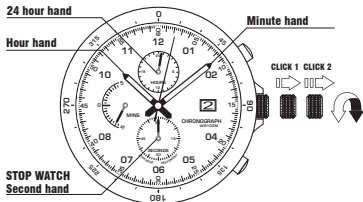
Watch:	Analogue Quartz 13mm (1/2") Chronograph Movement
Case:	43mm, Grade 316 stainless steel, brushed matt black finish
Band:	Nylon, 22mm wide, stainless steel spring pin
Lens:	Hard mineral crystal lens
Frequency of Crystal Oscillator:	32,768 Hz
Accuracy Loss /Gain (monthly range):	± 20 seconds at normal temperature range (between 5°C and 35°C)
Operating Temperature Range:	-5°C to +50°C

### **Indicator/Function/Display**

3 Hands:	Hour / Minute / Second
Small Hands:	24 hour (12hr) Stopwatch/Timer (10mins) / Stopwatch/Timer (60sec)
Calendar:	Instant setting device for date calendar. Date is displayed in numerals
Power Depletion Warning:	Second hand moves at 2 second intervals
Battery:	SR920SW or 371
Battery Life:	Approx. 3 years
Water Resistance:	10ATM/100M

## 2. SETTING THE TIME

1. Pull out the **CROWN** to the second click when the small second hand is at the 12 o'clock position.
2. Turn to set the time (hour/minute hands).
1. Push the **CROWN** back into the normal position to synchronise with official time.

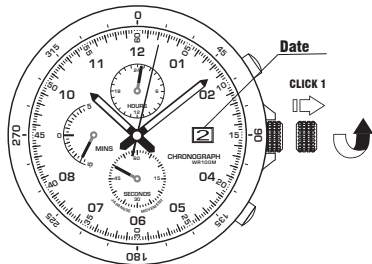


If the stopwatch/timer is in operation and the **CROWN** is pulled out to the second click, the stopwatch will continue.

- The 24-hour hand movement is synchronised with the hour hand.
- The date changes at midnight. When setting the hour hand, make sure to check that AM/PM is correctly set by using the 24 hour hand as an AM/PM indicator.
- When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

### 3. SETTING THE DATE

1. Pull the **CROWN** out to the first click.
2. Turn anticlockwise until the desired date.
3. Push the **CROWN** back into normal position.



- **DATE** setting should always be carried out after the time is correctly set.
- Manual date adjustment is required on the first day after a month that has less than 31 days: February, April, June, September and November.



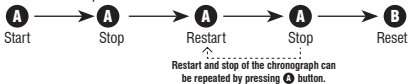
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## 4. STOPWATCH

- Standard measurement



- Accumulated elapsed time measurement



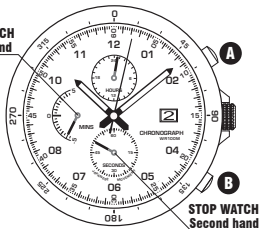
- Split time measurement



- Measurement of two competitors



STOP WATCH  
Minute hand



## 4.1. HOW TO RESET THE STOPWATCH



**While the stopwatch hands are moving**

1. Press button **A** to stop the stopwatch.
2. Press button **B** to reset the stopwatch.

**While the stopwatch hands are stopped**

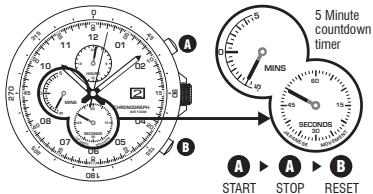
1. Press button **B** to reset the stopwatch.

## 5. TIMER

Your Ronstan analogue stopwatch also functions as a 5 minute countdown timer using the minute and second stopwatch chronographs.

The timer starts at minus 5 counting down to zero, then counts up to 5 minutes elapsed time.

You can use this count down function as a guide to a standard ISAF 5 minute start sequence





## **6. BATTERY REPLACEMENT**

The watch battery should be replaced by a qualified watchmaker. 1x SR920SW.

The battery which powers your watch should last approximately 3 years. However, because the battery is inserted at the factory to check the function and performance of the watch, its remaining life once in your possession may be less than the specified period. When the battery expires, be sure to have it replaced as soon as possible.

## **7. CARE & MAINTENANCE**

Sailing and racing in a marine environment can be tough on equipment, including watches. To ensure your Analogue ClearStart™ performs as intended, the following care and maintenance procedures should be followed;

- After use in salt water, rinse the watch with fresh water to remove salt.

- Only use the watch to the recommended water resistant depth.
- Do not operate buttons while the watch is submerged.
- Avoid contact with chemicals, sunscreens, lubricants, solvents, paint etc.
- Treat the watch with care and avoid dropping it.
- Do not open the watch. Battery replacement should only be carried out by a professional watch maker/ technician.

## **8. WARRANTY**

Ronstan International Pty Ltd warrants ClearStart™ Watches to be free of defects in materials or workmanship for one (1) year from the date of purchase by the original purchaser.

- This warranty shall not apply to any product which has been improperly fitted, improperly maintained, altered, abused or used in any application for which it was not intended.

- This warranty shall not apply to normal wear which can reasonably be expected in normal use of the product.
- Ronstan's liability shall be limited to the repair or replacement, at its discretion, of the defective goods.
- The benefits given to the consumer by this warranty are in addition to other rights and remedies of the consumer under a law in relation to the goods or services to which the warranty relates. You may also have other legal rights which vary from state to state, and country to country. This warranty does not affect those rights.

Full details of the Ronstan Warranty Policy can be found in the SUPPORT section of the Ronstan web sites.

** WARNING**

Do not remove the battery from the watch except for replacement by a qualified watchmaker.

If it is necessary to take out the battery, keep it out of the reach of children.

If a child swallows it, consult a doctor immediately.

** WARNING**

Never short-circuit, heat or otherwise tamper with the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.

The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.

**Retain your purchase receipt as proof of purchase.  
Complete the details below for warranty.**

**Date of Purchase:**

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**Serial No. (on watch back)**

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**Retailer purchased from:**

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