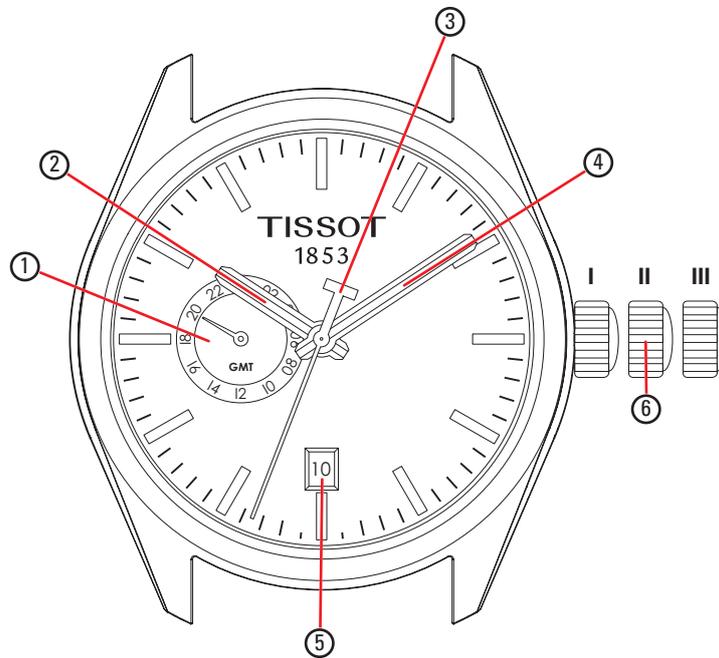


# GMT QUARTZ

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## User's Manual



- ① GMT display (2nd time zone - 24h)
- ② Hour hand (local time)
- ③ Seconds hand (direct-drive)
- ④ Minute hand
- ⑤ Calendar

**⑥ 3-position crown**

- I Neutral position (screwed down\*, not pulled out)
- II Date-setting position (unscrewed\*, half pulled out)
- III Time-setting position (unscrewed\*, completely pulled out)

**\* Models with screw-down crown:**



**IA** Initial position (screwed down, not pulled out)

**IB** Neutral position (unscrewed, not pulled out)

## Acknowledgements

Thank you for choosing a watch from TISSOT®, a Swiss brand based in Le Locle since 1853. Meticulously designed, using only the highest quality materials and components, your watch is protected against shock loads, variations in temperature, water and dust.

Your GMT QUARTZ watch has both a traditional local time display and a 24h display, enabling you to follow another time zone.

To ensure that your watch operates with perfect precision for many years to come, we advise you to pay careful attention to the advice given in this manual.

## Settings

### Models with screw-down crown

To ensure even better water-resistance, certain models are fitted with a screw-down crown. Before setting the time or date, you must first unscrew the crown to position **IB**, before pulling it out to position **II** or **III**.

**Important: After every operation, the crown must be screwed back down to maintain the water-resistance of the watch.**

### Setting the GMT display time (2nd time zone)

Pull the crown out to position **III**; the seconds hand will stop. Turn the crown forward or backward to simultaneously set the GMT display (2nd time zone) and the minute hand. Do not worry about setting the hour hand (local time) or the date at this stage. Push the crown back into position **I**. The seconds hand will start running again. The GMT display and minute hand are set.

### Rapid date correction and setting the local time

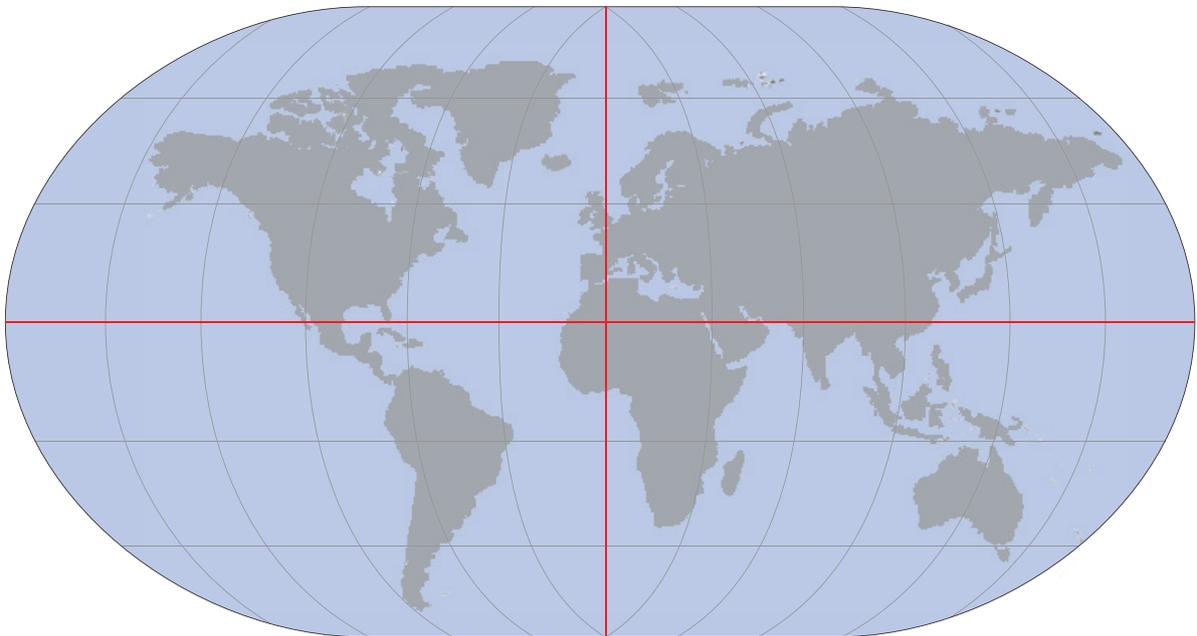
Pull the crown out into position **II**. The seconds hand will continue to run. Turn the crown backward until you obtain the desired date. The hour hand will make one-hour jumps forward, and the date will change whenever the hour hand passes midnight. When the date is set, keep turning the crown backward to position the hour hand to the desired local time. Push the crown back into position **I** (and screw it back down if you have a screw-down crown model)

### Winding

Quartz watches do not need to be wound.

## GMT function

Traditionally, GMT is used to designate Greenwich Mean Time.



This reference time was used for much of the 20th Century, before being replaced by the more precise Coordinated Universal Time (UTC) in 1972.

Though regularly used as a synonym for UTC+0 due to its similarity, GMT is a different term since it is measured by the Earth's rotation whereas UTC uses atomic clock technology.

In the world of watchmaking, the acronym GMT is used when the watch dial possesses a second time zone display; you can select the one you want.

## Replacing the battery

TISSOT® quartz watches have the incomparable precision of quartz. Their battery life is usually more than 2 years in continuous use (depending on how often the watch functions are used).

### Replacing the battery

Once drained, the battery must be replaced without delay by a TISSOT® approved retailer or service centre.

Battery type: Silver oxide battery U = 1.55 V, "Low drain" type.

### Collection and treatment of end of life quartz watches\*



*This symbol indicates that this product should not be disposed of as household waste. It must be returned to an approved collection point. By following this procedure you will contribute to safeguarding the environment and human health. Recycling the materials will help to conserve natural resources.*

*\* valid in European Community member states and in any countries with comparable legislation.*

## Water-resistance

Your TISSOT® watch is designed to withstand a certain water pressure, see the inscription on the case-back.

A watch cannot be permanently guaranteed absolutely water-resistant. It may be affected by ageing of the gaskets or by an accidental impact on the watch. We recommend that you have your watch's water-resistance checked once a year by a TISSOT® approved service centre.

## Care and maintenance

### Temperature

Do not expose your watch to sudden temperature changes (exposure to sunlight followed by immersion in cold water) or extreme temperatures (over 60°C (140°F) or below 0°C (32°F)).

### Magnetic fields

Do not expose your watch to intense magnetic fields such as those generated by speakers, mobile phones, computers, refrigerators or other electromagnetic appliances.

### Shocks and impacts

Avoid thermal shocks or impacts, since they may harm your watch. In the event of a violent impact please have your watch checked by a TISSOT® approved service centre.

### Harmful products

Prevent your watch from coming into any direct contact with solvents, detergents, perfumes, cosmetic products etc., since they may damage the bracelet, the case or the gaskets.

### Cleaning

We would advise you to clean your watch regularly (except for the leather strap) using a soft cloth and lukewarm soapy water. After immersion in salty water, rinse your watch in fresh water and leave it to dry completely.

## Services

Like any precision instrument, a watch must be serviced regularly for optimum operation. As a general rule, we recommend that you have your watch checked every 3 to 4 years by your approved TISSOT® retailer or service centre. However, please note that depending on the climate and the conditions of use of the watch, a shorter interval may be required. To enjoy the highest standards of service and to ensure your guarantee warranty remains valid, please always contact a TISSOT® approved retailer or service centre.

## Availability and spare parts

From the production end date of the watch, TISSOT® guarantees the availability of its spare parts for a minimum period of 10 years for standard watches, and for a period of up to 20 years for gold watches. If for any reason production of a particular spare part is stopped or deferred, TISSOT® reserves the right, at its sole discretion, to offer the customer an alternative solution.