**How To Set The Day & Date On Cooper Submaster Analog Quartz Watch**

Digital calendar wheels (as opposed to analog subdials) are the most popular form of displaying the day and date in watches. The following are basic instructions on how to adjust the date on your Cooper Submaster watch with a date wheel.

These are the parts of the watch which you will adjust:

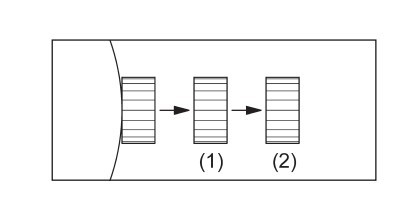
1. The Second Hand

2. The Minute Hand

3. The Hour Hand

4. The Date Wheel

On the right of the case is the watch's crown often referred to as the winder, in most modern watches is pulled out to a couple of positions to adjust the time. The Cooper Submaster is equipped with a screw down crown which needs to be unscrewed when the time or date is reset and it is ESSENTIAL that it must be screwed back in or the watch will not be water resistant.

**These are the crown positions: **

I. Zero Position. This is the position at its innermost neutral spot. In non handwinding winding mechanical watches and in analog quartz watches, at this position the crown would not be operational. if it is not of the screwed down variety, it would could be turned in place and it would do nothing to the watch. In mechanical hand winding watches, this is the position in which you would be able to hand wind the watch using the crown (by rotating it in clockwise direction).

II. First Position. To get to it, pull the crown outward until you feel a click. In most modern calibers, this is the position in which you would be able to adjust the date wheel. Keep in mind you cannot turn the date wheel backward, so if you miss your correct date you have to go all the way round again also ensure the watch is set to midnight and not midday.

III. Second Position. To get to it, pull the crown (from neutral) until you feel a second click. This is the position in which you advance the time. The Cooper Submaster has a hacking movement (the ability to stop the second hand), moving the crown to this position will hack the movement. Turning the crown clockwise in the second position will advance the hour and minute hand normally (clockwise). Rotating the crown counterclockwise will cause the hour and minute hand to rotate backward (counterclockwise). It is advisable that unless you have to or is required or allowed (like in quartz) by your caliber, to avoid rotating the hands counterclockwise.

Now that you know what all the parts are and how they work, let’s set the time and date.

**SETTING THE WATCH:**

Setting the time and day/date on your watch is something that most people do together so this how to will describe the process for both. feel free to adapt these instructions to your needs.

STEP 1: Wind the movement - If you have a mechanical caliber start of by winding it. If you have a purely hand windable caliber, give it a full wind. if you have an automatic that can hand wind, 20 or 30 turns of the crown should give you a nice chunk of power reserve to get started (the movement of your wrist will finish winding it later). If you have a mechanical caliber that only winds with the rotor, give it a few swirls with the dial face up. You don't need to spend five minutes doing this. Depending on the watch, 30 seconds to a minute will give you more than enough reserve.

STEP 2: Setting the Date - First, pull the crown to the second position (yes the one for the time). Advance the time to any place between 0300 and 0900. You are doing this since setting the day and date between the period of change over (roughly around 2200 to 0200 +/-) can cause you to damage the little gears in the mechanism. To make sure we are safe, we advance the hour to a range where we know no changeover occurs (any place in the arc between 0300 and 0900). Now that you've done that push the crown all the way in to Zero. Pull the crown to the first position and advance the wheel to YESTERDAY'S date (this is important and you'll soon see why). Once there, proceed to STEP 3 below.

STEP 3: Setting the Time - Now that your date is set to yesterday, pull your crown out to the second position and advance the time until you see the date begin to change. Once the date begins to change you will either be at midnight or close to it, which means that once you cycle the time past midnight you will be in the watch's AM cycle. Continue advancing the time until you set the correct time for today. the day and date will by now have advanced or be in the process of advancing to today's date. If you are setting the watch at 0100 in the morning do not be alarmed if once you've finished setting the time, your day wheel is not fully in the window. These things change gradually and you just happen to have set the watch at a time when it is in the middle of its change over. It will finish on its own. As you set the time, make sure to account for AM or PM. If you are setting the time to PM, you will need to cycle the hour hand one full turn around the dial in order to put it into PM mode.

**USING THE SCREW DOWN CROWN**

Your watch is equipped with a screw-down, locking crown. This screws into the case to ensure a waterproof seal during use in water. To set your watch, you must first unscrew the crown by turning it counter- clockwise 3-4 turns. It will then pop out or can then be pulled gently out from the case for setting. After setting or resetting the watch always ensure that you screw the crown back into the case by pressing it firmly into the case; then, by applying gentle pressure against the case, turn the crown clockwise until it is snug against the case to ensure the watch is water tight. Always ensure that it turns smoothly and is not cross-threaded because this will cause major damage to the watch. Do not over tighten! (Finger-tight will ensure a good water-proof seal.) It is important to keep in mind that damage to the watch which occurs due to a failure to screw in the crown correctly can be costly to repair and that if the crown is not secure the watch will leak which can write off the movement especially if the watch suffers water ingression while in seawater.

**USING THE ROTATING BEZEL**

Your watch is equipped with a rotating bezel. This is the ring around the outside of the watch face, which gives you a simple and legible way to track bottom-time on a dive, or any elapsed time. Simply turn the bezel so that the arrow marker is opposite the minute hand. The minute hand will move forward. You can then read the time elapsed since you set the bezel, by looking where the minute hand points on the bezel. While the intended use of this is for diving, it can also be useful reminder for everyday timing. (e.g. remembering elapsed time when you park a car or noting how long it takes to get served in a restaurant) Also note that, for safety reasons, the bezel rotates counterclockwise (anti-clockwise) only! If you set the bezel for a dive, then knock it accidentally, this will only show a greater than actual bottom time, so you will never underestimate how long you have been underwater.

**THE CRYSTAL**

Most of our watches are fitted with a heat tempered hardened mineral crystal. Please note that while this glass is heat- hardened, an impact with a hard or sharp object can scratch the crystal, crack or shatter it. (Scratches and impact damage are not covered under warranty.)

**TEMPERATURE CARE**

Avoid temperature extremes. Exposing your watch to high temperatures, such as placing it on the dashboard of a vehicle or use in a shower, jacuzzi or hot tub may cause the watch to malfunction, shorten battery life, or cause deformations of certain components leading to mechanical failures. Leaving the watch in extreme cold temperatures may cause irregular time keeping until the watch returns to normal operating temperatures. For these reasons, you should remove your watch prior to exposure.