

SEIKO WATCH CORPORATION  
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SEIKO



العربية  
简体中文 繁體中文 한국어 ไทย



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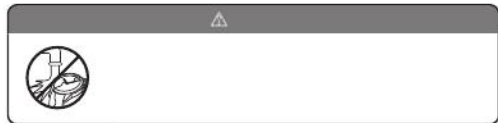
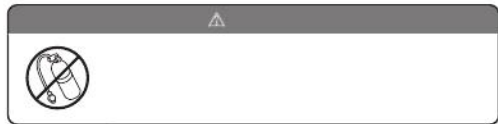
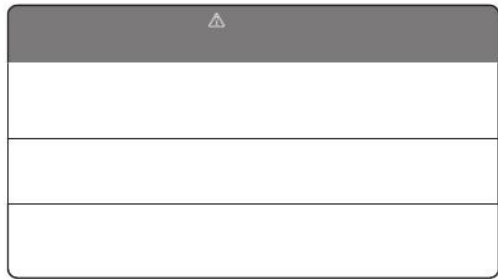
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# 1 Characteristics

This solar watch is equipped with a stopwatch function.

- A full-scale stopwatch, which can measure in 1/5-second increments (V172, V174, V175) or 1/20-second increments (V176) with the center hand, is equipped.
- A solar cell under the dial converts any form of light into "electrical energy" to operate the watch.

\* "Chronograph" means a watch with a stopwatch function.

■ **Stopwatch function**..... The stopwatch can measure up to 60 minutes in 1/5-second increments (V172, V174, V175) or 1/20-second increments (V176). After measuring 60 minutes, the stopwatch will automatically stop.  
→ P.22

■ **Alarm function**..... The single-time alarm can be set to sound only once at a designated time. The alarm time can be set in one-minute increments to the time until 11 hours 59 minutes is reached. (Only available for V172 and V174)

■ **Solar Charging Function**..... The watch charges by converting light that shines on the solar panel on the dial into electrical energy. After the battery is fully charged, the watch will operate for about six months even if the dial is not exposed to light.  
→ P.37

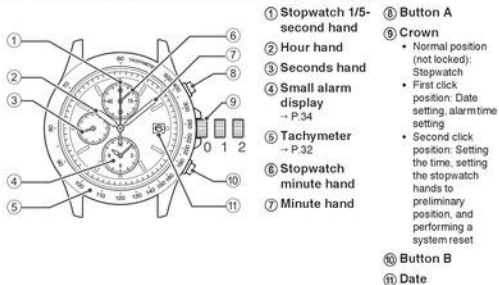
# Names of the parts and functions

Refer to the page corresponding to the caliber of your watch. The case back shows the caliber and performance of your watch. "Performance and type" → P.43

\* The caliber number shows your watch type.

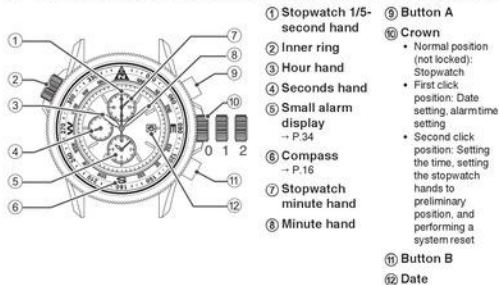
Caliber number	V172	V174	V175	V176
Reference page (Names of the parts and functions)	P.10, 11	P.12	P.13	P.14
Stopwatch function	Measures in 1/5-second increments			Measures in 1/20 second increments
Alarm function	Yes	Yes	No	No
24-hour display	No	Yes	Yes	No

## 1 V172: Equipped with a stopwatch and alarm

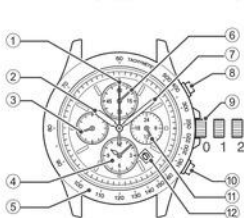


\* Some models may not have a tachymeter.

## 1 V172: Equipped with a stopwatch, alarm and compass



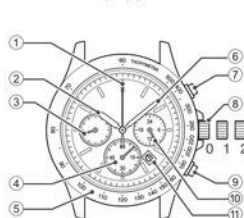
## ■ V174: Equipped with a stopwatch, alarm and 24-hour hand



- ① Stopwatch 1/5-second hand
- ② Hour hand
- ③ Seconds hand
- ④ Small alarm display → P.34
- ⑤ Tachymeter → P.32
- ⑥ Stopwatch minute hand
- ⑦ Minute hand
- ⑩ Button B
- ⑪ 24-hour hand
- ⑫ Date

\* Some models may not have a tachymeter.

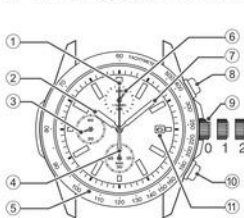
## ■ V175: Equipped with a stopwatch and 24-hour hand



- ① Stopwatch 1/5-second hand
- ② Hour hand
- ③ Seconds hand
- ④ Stopwatch minute hand
- ⑤ Tachymeter → P.32
- ⑥ Minute hand
- ⑦ Button A
  - Normal position (not locked): Stopwatch
  - First click position: Date setting
  - Second click position: Setting the time, setting the stopwatch hands to preliminary position, and performing a system reset
- ⑨ Button B
- ⑩ 24-hour hand
- ⑪ Date

\* Some models may not have a tachymeter.

## ■ V176: Equipped with a stopwatch

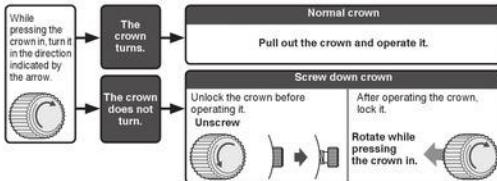


- ① Stopwatch second hand
- ② Hour hand
- ③ Seconds hand
- ④ Stopwatch minute hand
- ⑤ Tachymeter → P.32
- ⑥ Stopwatch 1/20-second hand
- ⑦ Minute hand
- ⑧ Button A
- ⑨ Crown
  - Normal position (not locked): Stopwatch
  - First click position: Date setting
  - Second click position: Setting the time, setting the stopwatch hands to preliminary position, and performing a system reset
- ⑩ Button B
- ⑪ Date

\* Some models may not have a tachymeter.

## Crown

There are two types of crowns, a normal crown and a screw down crown. Please check the type of the crown of your watch.



\* By locking the crown by screw, a screw down crown can prevent malfunction and increase water resistance.  
\* Be careful not to screw the crown in by force as it may damage the slots of the crown.



**6** Press button B to set the alarm time to the same time as the main time (only for models V172 and V174).

If button B is kept pressed, the alarm hands advance quickly.

\* Alarm time can be set on a 12-hour basis.



**7** Push the crown back in to the normal position in accordance with a time signal.

The seconds hand immediately starts moving.

\* The telephone time signal service is helpful for setting the seconds hand exactly.

\* For models with screw down crown, please be sure to lock the crown after operating it.

EN 20

## Stopwatch function

The stopwatch can measure up to 60 minutes in 1/5-second increments (V172, V174, V175) or 1/20-second increments (V176). After measuring 60 minutes, the stopwatch hands will automatically stop at the 0 minute 0 second position.

**■ The names of the parts and functions of the stopwatch (V172, V174)**



- ① **Stopwatch 1/5-second hand**  
moves in 1/5-second increments
- ② **Stopwatch minute hand**  
moves in one-minute increments
- ③ **Button A**  
Start/Stop
- ④ **Button B**  
Split/Reset
- ⑤ **Tachymeter**  
→ P.32  
\* The position of the tachymeter display may differ depending on the design of the model.  
\* Some models may not have a tachymeter.

EN 22

**■ Manual date adjustment at the end of the month**

It is necessary to adjust the date at the end of February and 30-day months.

**Ex.) To adjust the date in the A.M. period on the first day of a month following a 30-day month**

The watch displays "31" instead of "1": Pull out the crown to the first click.

Turn the crown clockwise to set the date to "1" and then push the crown back in to the normal position.

\* For models with screw down crown, please be sure to lock the crown after operating it.



Pull out the crown to the first click

### CAUTION

- Avoid amending the date when the watch is displaying between 9 PM and 1 AM. Doing so may cause damage.

EN 21

**■ The names of the parts and functions of the stopwatch (V175)**

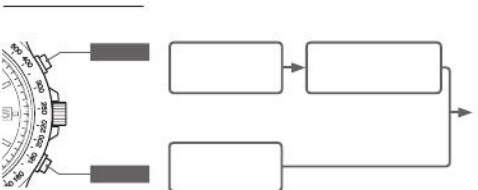


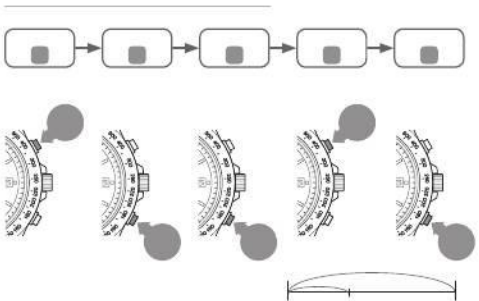
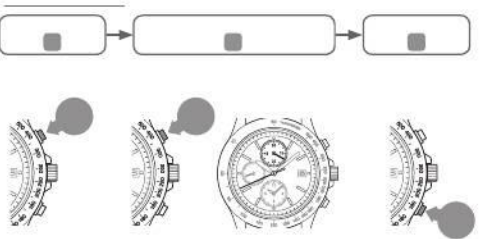
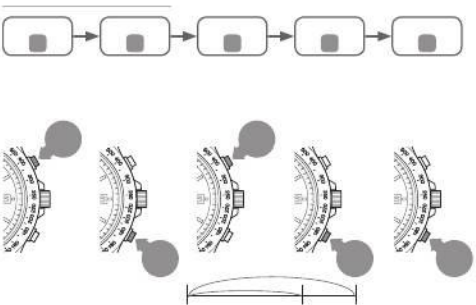
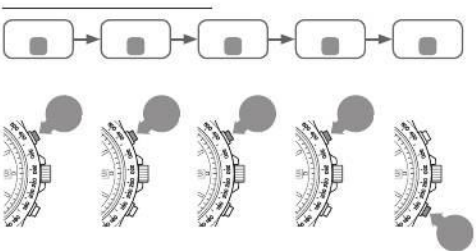
- ① **Stopwatch 1/5-second hand**  
moves in 1/5-second increments
- ② **Button A**  
Start/Stop
- ③ **Button B**  
Split/Reset
- ④ **Stopwatch minute hand**  
moves in one-minute increments
- ⑤ **Tachymeter**  
→ P.32  
\* The position of the tachymeter display may differ depending on the design of the model.  
\* Some models may not have a tachymeter.

EN 23



- ①
- ②
- ③
- ④
- ⑤
- ⑥





## How to use the tachymeter

The numbers on the tachymeter scale can be read to determine how many seconds it takes to run 1 km or to measure the time required to complete 1 job.

- How to measure kilometers / hour

**1** Measure the time (within 1 minute) it takes to run 1 km.

**2** Read the number on the tachymeter scale that the stopwatch 1/5-second hand (V172, V174, V175) or seconds hand (V176) is pointing to.

Ex. : If it takes 45 seconds to run 1 km...80 km/h



- How to measure the hourly rate of operation

**1** Measure the time (within 1 minute) required to complete 1 job.

**2** Read the number on the tachymeter scale that the stopwatch 1/5-second hand (V172, V174, V175) or seconds hand (V176) is pointing to.

Ex. : If it takes 20 seconds to complete one product...180 products/hour



EN 32

EN 33

## How to use the alarm (V172, V174)

The single-time alarm can be set to sound only once at a designated time. When the time of the main time reaches the designated alarm time, the alarm sounds. The alarm time can be set in one-minute increments within the coming 11 hours 59 minutes.

① Minute hand

② Hour hand

③ Small alarm display

When the alarm time is set: the designated alarm time is displayed.

When the alarm time is not set: current time (same as the main time) is displayed.

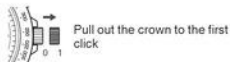
\* When the seconds hand is moving at two-second intervals, the alarm does not sound at the set alarm time. And alarm time cannot be set. "About energy" - (P.39)



## How to set the alarm time

**1** Pull out the crown to the first click.

- The watch continues operating.
- \* For models with screw down crown, please unlock the crown before operating it.



**2** Press button B to set the alarm time.

- If button B is kept pressed, the alarm hands are fast forwarded.
- \* If the alarm hands advance more than the desired alarm time, continue pressing button B to advance the hand to set the desired alarm time.
- \* If button B is kept pressed until the alarm hands point to the same time as the main time, the alarm hands stop and the alarm is disengaged.



**3** Push the crown back in to the normal position.

- \* For models with screw down crown, please be sure to lock the crown after operating it.

EN 34

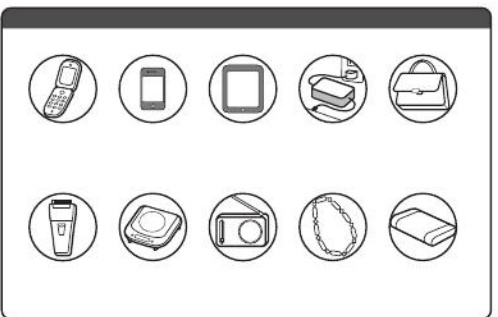
EN 35



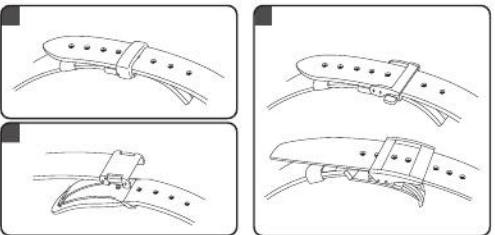
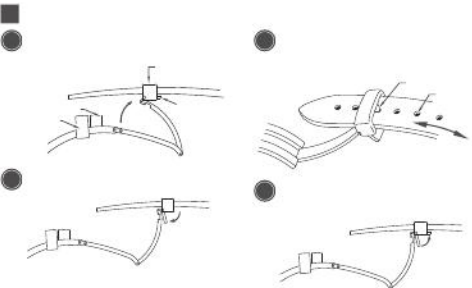
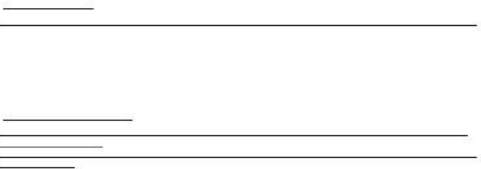

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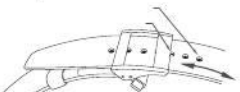
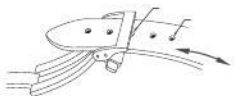
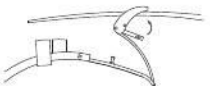
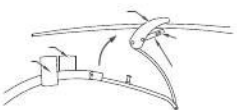
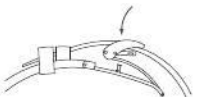
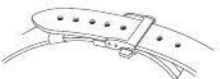
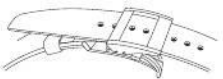
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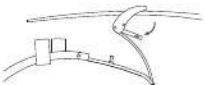
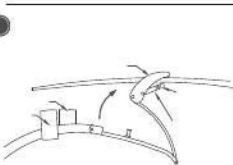
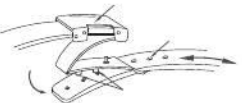
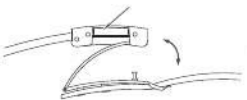
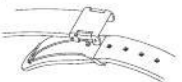


TO PRESERVE THE QUALITY OF YOUR WATCH

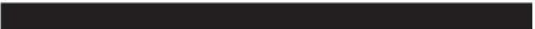


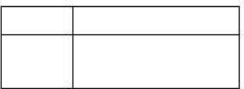
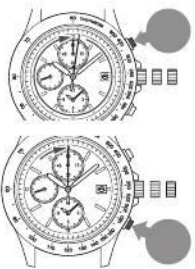
TO PRESERVE THE QUALITY OF YOUR WATCH

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SPECIFICATIONS

