

SEIKO

セイコーオーツデジタル ストップウォッチ 取扱説明書 INSTRUCTION S140

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1 FEATURES

SEIKO Digital Stopwatch Cal. S140 features a frequency measuring function that calculates and displays the frequency of an activity per minute such as the number of strokes in rowing or swimming. It is also equipped with a memory function that stores the measurements and a large-sized three-row display panel that can display the split time and total elapsed time of lap time in progress at the same time in separate rows. In addition, the stopwatch is waterproof and withstands up to 10 bar. Therefore, it is suitable for aquatic sports or use in rainy weather.

- The frequency of an activity per minute such as the number of strokes in rowing or swimming is automatically calculated only by measuring the time required to make three strokes.
- Large-sized three-row display panel
- Total elapsed time or lap time in progress, split time and lap time are displayed at the same time, and they can be measured successively without releasing split or lap time measurement.
- Memory recall function: Up to 300 measurement data can be stored in memory. Measurement data obtained from the start to finish of the measurement is recorded as a block without erasing the data in the previous block, and up to 100 blocks of data can be stored in memory.
- This function is very useful for separately keeping the data measured at different time and date.
- Besides, the stopwatch is equipped with such convenient functions as ID No. function useful for keeping the data of individual users separately, and memory capacity indicator and fastest lap time recall functions.
- An antibacterial agent is applied to the case surface of the stopwatch.
- It has an antibacterial effect gradually over time and the effective period differs depending on the conditions of use.
- Time/calendar display
- Year, month, date, hour, minutes and seconds can be displayed while the stopwatch and frequency measuring functions are not used.

2 HOW TO USE THE STOPWATCH

① Display and button operation

Press button (A) to show the Accumulated elapsed time display of the stopwatch mode.

Button (C) (Recall of the stored data)
 Stored lap times and split times are recalled by pressing the button.

Button (D) (Lap time/split time measurement, reset)
 With each press of the button after the measurement is started, lap time/split time is measured. By pressing the button to end the measurement, the new block number for the next measurement is displayed.

Button (E) (Start/stop)
 Restart and stop of the stopwatch can be repeated by pressing the button.

Split time (2 hours, 2 minutes and 45 seconds 5:100)
 Lap time (1 minute and 28 seconds 23:100)
 Total time (Accumulated elapsed time) (2 hours, 3 minutes and 56 seconds 35:100)
 Memory capacity indicator
 Mode mark
 Button (F) (Changeover of modes)
 With each press of the button, the mode changes over in the order of the accumulated elapsed time display of the stopwatch mode
 Lap time measurement in progress display of the stopwatch mode
 Frequency measurement mode
 Time-calendar mode

② Notes on the block of data in memory

• The SEIKO Stopwatch Cal. S143 features a "Block Memory" stopwatch operation system. The data obtained from start till finish of a race is recorded as a block and stored in memory.

• The time and date of starting the measurement of a block of data are automatically stored in memory.

• Before the measurement is started, the block number is assigned to the block of data to be measured.

• Up to 300 data can be stored in memory.

• A block of data includes at least three data. If more than one block is used to store the data, the memory may become full even before the number of lap time/split time measurements in memory amounts to 300.

③ Standard measurement

Press the buttons in the following order: (A) → (A) → (B)

(Start) → (Stop) → (Reset to "00")

The new block number for the next measurement is displayed with the digits reset to "00".

(Start of the game) → (Stop of the game) → (Restart of the game)

(Finish of the game) → (Reset to "00")

The new block number for the next measurement is displayed with the digits reset to "00".

④ Accumulated elapsed time measurement

Press the buttons in the following order: (A) → (A) → (A) → (A) → (B)

(Start of the game) → (Stop of the game) → (Restart of the game) → (Stop of the game) → (Restart of the game)

(Finish of the game) → (Reset to "00")

The new block number for the next measurement is displayed with the digits reset to "00".

⑤ How to measure lap time/split time (When the accumulated elapsed time display of the stopwatch mode is used, for example, in a marathon race)

Press the buttons in the following order: (A) → (B) → (C) → (B) → (A) → (B)

(Start) → (Lap 1) → (Lap 2) → (Lap 3) → (Finish)

(10 km point) → (20 km point) → (30 km point)

(Reset to "00")

⑥ How to measure lap time/split time (When the lap time measurement in progress display of the stopwatch mode is used)

Press button (C) to show the lap time measurement in progress display of the stopwatch mode

Lap time measurement in progress display: While a lap time is being measured, the measurement in progress is displayed.

It indicates that the lap time measurement in progress display is shown.

(Lap/Split time)

The lap time measurement in progress is displayed. Each time button (D) is pressed to measure the lap time/split time, the digits are reset to "00" and the stopwatch starts counting from "00".

When the lap time measurement in progress exceeds 1 hour, the hour digit appears in place of the mark for lap time in progress mark.

⑦ How to use the memory recall function

• The data obtained in the measurement can be recalled and displayed.

• Up to 100 blocks of data or 300 data can be stored and recalled.

• The stored data is recalled by pressing button (C). The data is recalled successively if the button is kept pressed.

• The stored data can be recalled while the stopwatch is measuring.

• Order of recalling the stored data

When the stopwatch is stopped	With each press of button (C), the data is recalled starting from the oldest one.
When the stopwatch is in use	The data is recalled starting from the newest one.

• Button operation while the stored data is recalled

Display before recall	Button (A)	Button (B)	Button (D)
Reset	Returning to the display before recall	Clearing the data in memory	Returning to the display before recall
Stopped	Returning to the display before recall	Returning to the display before recall	Returning to the display before recall
Measuring	Stopping the measurement	Measuring lap/split time	Returning to the display before recall

⑧ How to use the frequency measuring function

○ When the stopwatch is reset or stopped: The data is recalled starting from the first data in block "1".

<Ex.> When the measurement of data in block "4" has been completed with the digits reset to "00"

Button (C) (RESET) → Block No. Recall button → Start date → Fastest LAP No. → Fastest LAP → Lap Split No. → Split time → Stop time

Block 1: Start data → Block 2: Start data → Block 3: Start data → Block 4: Start data

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

⑨ Notes on memory capacity

• The number of data in memory is shown graphically by the memory capacity indicator.

• Besides the measured lap times/split times, the start time data and block number are also retained in memory as two separate data. Therefore, a block of data includes at least three data. If more than one block is used to store the data, the memory become full even before the number of lap time/split time measurements in memory amounts to 300.

• Memory data guide during recall

While the data is recalled, a segment of the bar flashes to indicate the measurement order of the data being recalled. In the illustration below, 210 to 239 data is stored in memory and the data being recalled is between 120th and 149th data in memory.

Number of data in memory

290-300	When 10 or less data of memory capacity is available, the top segment starts flashing. When the memory is at its full capacity, it stops flashing and remains displayed.
240-289	
210-239	
180-209	
150-179	
120-149	30 to 59 data is stored in memory. When no segment is displayed, 0 to 29 data is stored in memory.
90-119	
60-89	
30-59	

• When the memory reaches its full capacity: All the segments of the bar are displayed.

• The 301st data and those measured thereafter will be displayed but will not be stored in memory for later recall.

⑩ How to clear the stored data (All clear of data)

• The memory clear function is useful in the following cases:

- When the stored data becomes unnecessary.
- When the residual memory is not sufficient for a new measurement.

• Once the following steps are taken to clear the data, all the stored data is erased from memory. The stored data cannot be erased one by one or block by block.

① While the stopwatch is measuring or when the digits are not reset after the end of the measurement, the stored data cannot be erased from memory. In that case, end the measurement and reset the stopwatch by following the procedure below.

② Press button (C) (recall button). In the memory recall display, the stored data can be erased irrespective of which data is displayed.

③ Keep button (C) pressed for more than 1.5 seconds.

While button (C) is kept pressed, the display below is shown with warning beeps. After 1.5 seconds, the stored data is erased from memory with a long beep. All the data is erased from memory and the initial measurement display is shown.

* Unless button (C) is kept pressed for more than 1.5 seconds, the stored data will not be erased from memory.

⑪ How to use the memory recall function

○ When the stopwatch is measuring: The data is recalled starting from the newest one.

<Ex.> When the measurement of the third lap/split time in block "4" has been completed-

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

4 TIME/CALENDAR DISPLAY

① Display and button operation

Press button (D) to show the time/calendar display.

With each press of the button, the display changes over between contrast adjustment display and time/calendar display alternately.

Selection of the digits to be adjusted.

Setting the digits to be adjusted (The digits can be advanced quickly by keeping the button pressed.)

Year

Month and date

Time (displayed in the 24-hour indication)

Time/calendar display mark

With each press of the button, the display changes over in the following order:

Accumulated elapsed time display of the stopwatch mode

Lap time measurement in progress display of the stopwatch mode

Frequency measurement mode

Time-calendar mode

② Time / calendar setting

Seconds setting → Minutes setting → Hour setting → Year setting → Month setting → Date setting → ID setting → Finish of time/calendar setting

1 Press (A) and the second digits will flash.

2 Press (B) in accordance with a time signal to reset the second digits to "00".

3 Press (B) and the minute digits will flash.

4 With each press of (A), one minute is advanced.

5 Press (B) and the hour digits will flash.

6 With each press of (A) one hour is advanced.

7 Press (B) and the year digits will flash.

8 With each press of (A) one year is advanced.

9 Press (B) and the month digits will flash.

10 With each press of (A), one month is advanced.

11 Press (B) and the date digits will flash.

12 With each press of (A), one day is advanced.

13 When button (B) is pressed, the identification number digits start flashing.

14 With each press of button (A), one digit is advanced. "OFF" means that no identification number is set.

15 After all the adjustments are completed, press (B).

③ Care of your watch

● BATTERY LIFE INDICATOR

When the battery nears its end, flashing battery mark "BATT" is displayed. In that case, have the battery replaced with a new one as soon as possible by the retailer from whom your stopwatch was purchased or an AUTHORIZED SEIKO DEALER. When the battery is replaced with a new one, all the stored data will be erased from memory.

● CARE OF YOUR WATCH

Indication for water resistance

● WATER RESIST	Water resistance (10 bar)	○
● WATER RESIST 10BAR	Water resistance (10 bar)	○

● CAUTION

If your watch is water resistant (10 bar) and exposed to saltwater or pouring perspiration, rinse it fresh water and then wipe it thoroughly dry.

As a small amount of moisture is included inside the watch, the inner surface of the glass may be temporarily blurred if the atmospheric temperature is lower than that inside the watch. This does not adversely affect the watch. However, if the blur persists for a long time, we suggest that you have your watch checked by the retailer from whom it was purchased.

④ PLACES TO KEEP YOUR WATCH

• If the watch is left in a temperature below -10°C or above +60°C for a long time it may function improperly or stop operating.

• Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.

• Do not leave the watch in a dusty place.

• Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)

• Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

● PERIODIC CHECK

• We suggest that you have your watch checked by the retailer from whom your stopwatch was purchased every 2 or 3 years or when the battery is replaced for oil condition, battery electrolyte leakage or damage due to water or sweat. After checking the watch, adjustment and repair may be required.

⑤ Adjustment of the contrast of the display

• The contrast of the display can be adjusted.

① Show the time/calendar mode.

② Press button (C) to show the contrast adjustment display.

Contrast adjustment display

Button (A): Increasing the level (darker)

Button (B): Decreasing the level (lighter)

The contrast can be adjusted for 10 levels from level "1" to "10". The display is the lightest at level "1" and the darkest at level "10".

③ Press button (C) or (D) to return to the time/calendar mode.

⑥ PRECAUTIONS

⑦ REMARKS ON THE BATTERIES

● NOTE ON THE BATTERY

(1) Battery Life

A new normal battery will last approximately three years.

* If the stopwatch is used for more than 3 hours a day, the battery life may be less than 3 years.

(2) Monitor battery

The battery in your watch may run down in less than three years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.

(3) Battery change

For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or at an authorized SEIKO DEALER, and request the battery for exclusive use with the SEIKO watches.

* If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.

* Battery replacement is charged even if it runs down within the guarantee period.

⑧ SPECIFICATIONS

1. Frequency of crystal oscillator	32,768Hz (Hz=Hertz...Cycles per second)
2. Loss/gain (monthly rate)	Less than 15 seconds at normal temperature range (5°C~35°C)
3. Operational temperature range	-10°C~+60°C
4. Display system	Desirable temperature range of use: 0°C~+50°C
5. Display-medium	Nematic Liquid Crystal, FEM (Field Effect Mode)
6. Battery	Lithium battery SR-T74, 1 piece
7. Battery Life	Approximately three years
8. Battery life indicator	"BATT" mark start flashing when the battery life nears its end.
9. IC (Integrated Circuit)	C-MOS-LSI (Complementary Metal Oxide Silicon-Large Scale Integrated Circuit) 1 piece

* The specifications are subject to change without prior notice, for product improvement.

⑨ How to use the memory recall function

○ When the stopwatch is reset or stopped: The data is recalled starting from the first data in block "1".

<Ex.> When the measurement of data in block "4" has been completed with the digits reset to "00"

Button (C) (RESET) → Block No. Recall button → Start date → Fastest LAP No. → Fastest LAP → Lap Split No. → Split time → Stop time

Block 1: Start data → Block 2: Start data → Block 3: Start data → Block 4: Start data

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

⑩ How to clear the stored data (All clear of data)

• The memory clear function is useful in the following cases:

- When the stored data becomes unnecessary.
- When the residual memory is not sufficient for a new measurement.

• Once the following steps are taken to clear the data, all the stored data is erased from memory. The stored data cannot be erased one by one or block by block.

① While the stopwatch is measuring or when the digits are not reset after the end of the measurement, the stored data cannot be erased from memory. In that case, end the measurement and reset the stopwatch by following the procedure below.

② Press button (C) (recall button). In the memory recall display, the stored data can be erased irrespective of which data is displayed.

③ Keep button (C) pressed for more than 1.5 seconds.

While button (C) is kept pressed, the display below is shown with warning beeps. After 1.5 seconds, the stored data is erased from memory with a long beep. All the data is erased from memory and the initial measurement display is shown.

* Unless button (C) is kept pressed for more than 1.5 seconds, the stored data will not be erased from memory.

⑪ How to use the frequency measuring function

○ When the stopwatch is reset or stopped: The data is recalled starting from the first data in block "1".

<Ex.> When the measurement of data in block "4" has been completed with the digits reset to "00"

Button (C) (RESET) → Block No. Recall button → Start date → Fastest LAP No. → Fastest LAP → Lap Split No. → Split time → Stop time

Block 1: Start data → Block 2: Start data → Block 3: Start data → Block 4: Start data

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

⑫ How to use the memory recall function

○ When the stopwatch is measuring: The data is recalled starting from the newest one.

<Ex.> When the measurement of the third lap/split time in block "4" has been completed-

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

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<Ex.> When the measurement of data in block "4" has been completed with the digits reset to "00"

Button (C) (RESET) → Block No. Recall button → Start date → Fastest LAP No. → Fastest LAP → Lap Split No. → Split time → Stop time

Block 1: Start data → Block 2: Start data → Block 3: Start data → Block 4: Start data

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

⑮ How to use the memory recall function

○ When the stopwatch is measuring: The data is recalled starting from the newest one.

<Ex.> When the measurement of the third lap/split time in block "4" has been completed-

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

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Block 1: Start data → Block 2: Start data → Block 3: Start data → Block 4: Start data

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

⑱ How to use the memory recall function

○ When the stopwatch is measuring: The data is recalled starting from the newest one.

<Ex.> When the measurement of the third lap/split time in block "4" has been completed-

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

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Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

㉑ How to use the memory recall function

○ When the stopwatch is measuring: The data is recalled starting from the newest one.

<Ex.> When the measurement of the third lap/split time in block "4" has been completed-

Block 4: Lap Split time3 → Fastest lap no. → Lap Split time3 → Lap Split time2 → Lap Split time1

Block 3: Start data → Block 3: Firstest lap → Block 3: Stop time

Block 1: Lap Split time1 → Block 4: Lap Split time3

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