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The image features several horizontal blue bars of varying lengths and positions. One bar is at the top left, another is below it and shifted to the right. A third bar is on the left side, partially overlapping the text. A fourth bar is at the bottom, also shifted to the right. On the far right edge, there is a vertical column of seven small, stacked blue squares.

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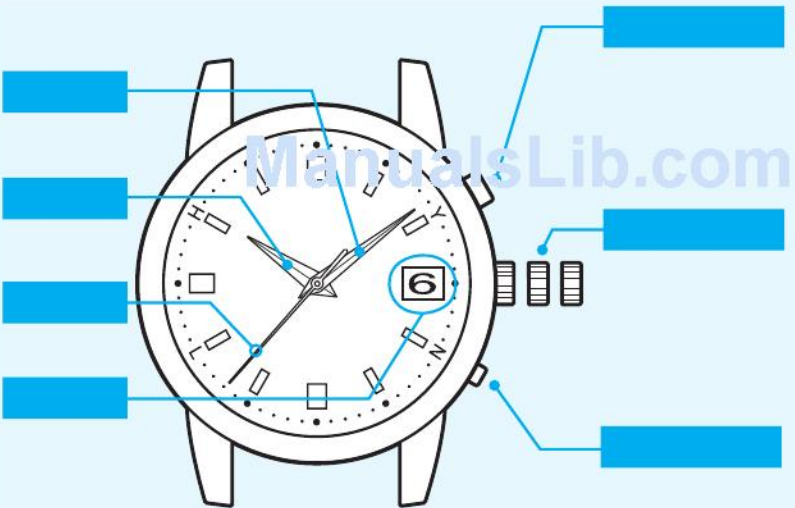


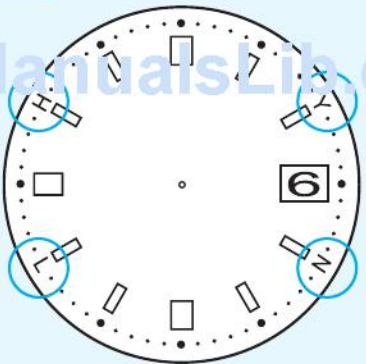
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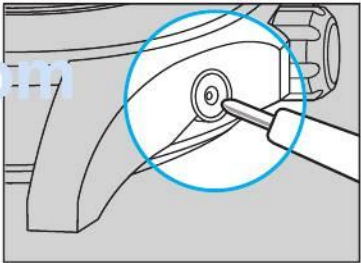
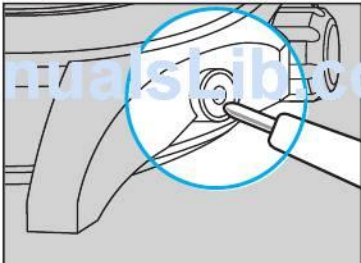
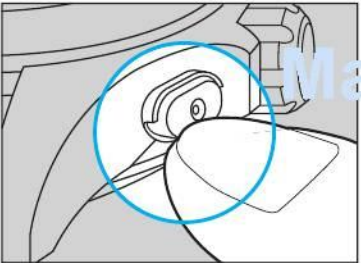


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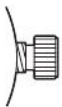


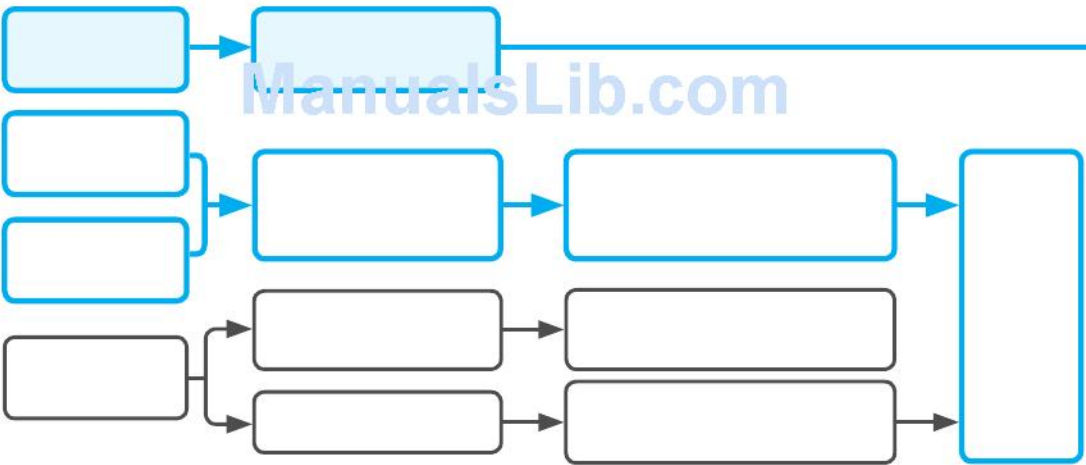


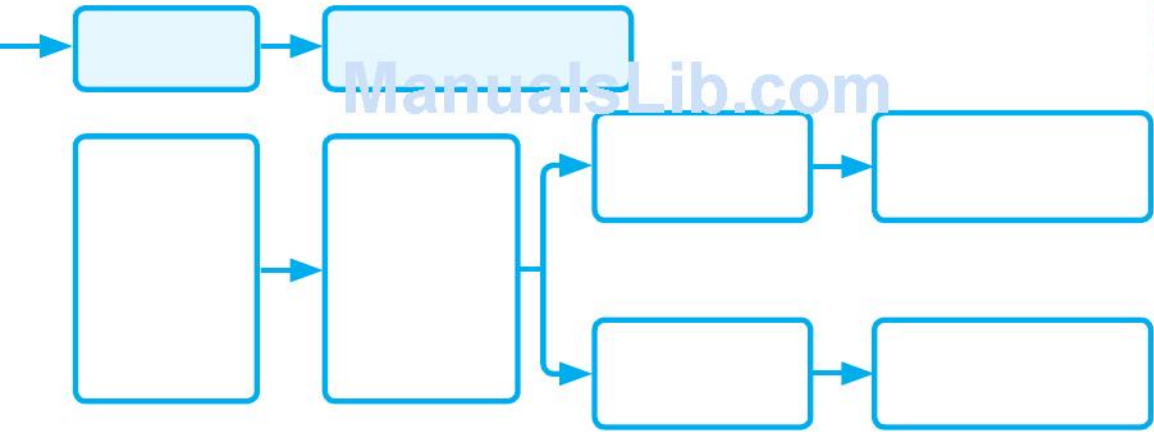


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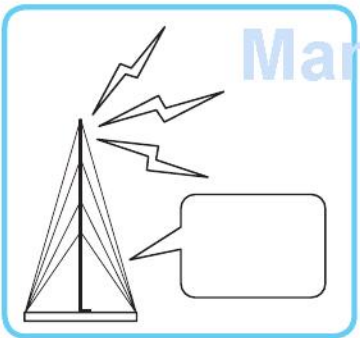




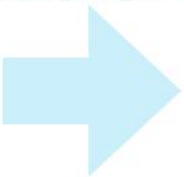
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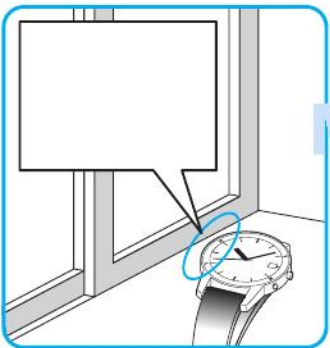


Before Use



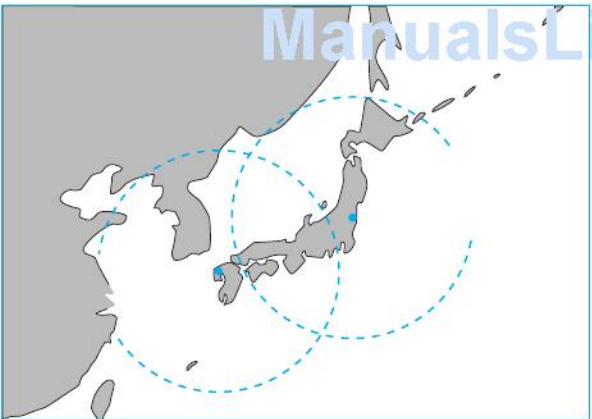
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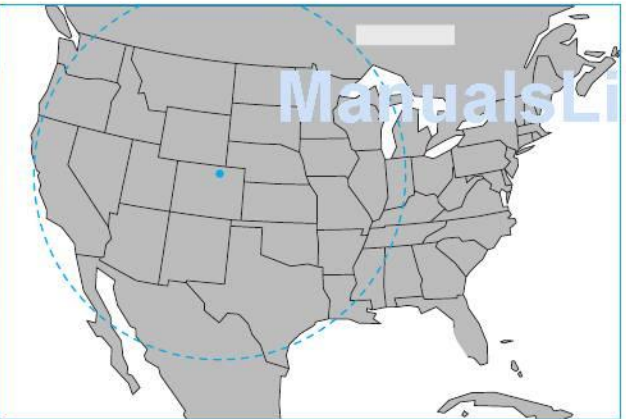


How to Set the Time and Date (Radio Signal Reception)

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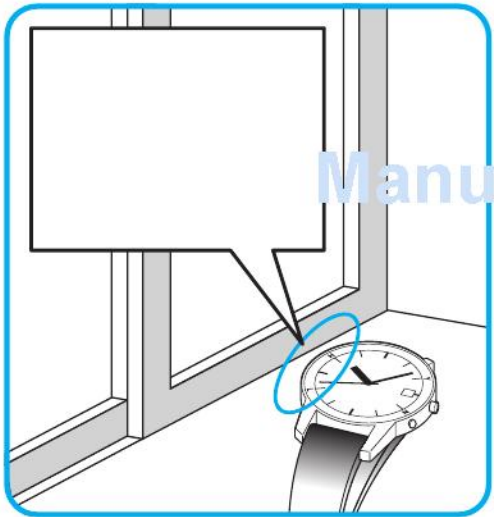


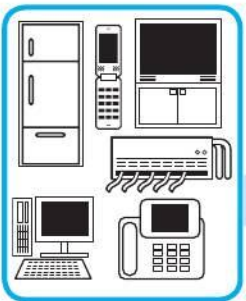
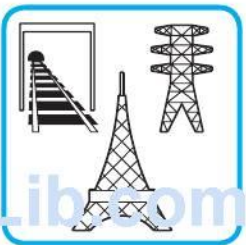
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How to Set the Time and Date (Radio Signal Reception)

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Press Button A  
once and then  
release it.

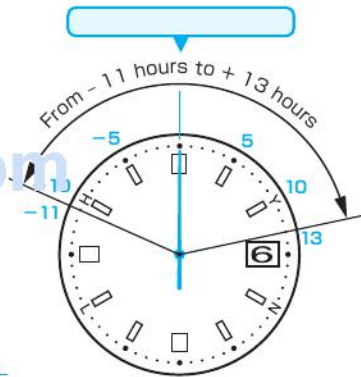


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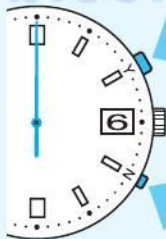


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Press and hold  
Button B for  
four seconds,

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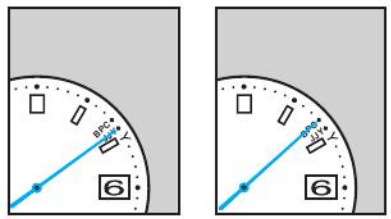
The second hand  
moves clockwise  
by  
pressing Button A.



The second hand  
moves counterclockwise  
by  
pressing Button B.



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Time Zone Adjustment Function



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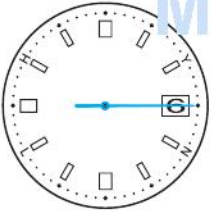



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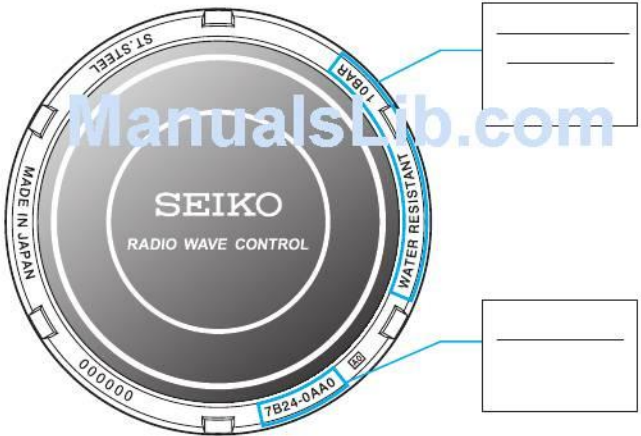
		

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Refer the table below for the description of each degree of water resistant performance of your watch before using.

(Refer to " page 115 ")

Indication on the case back	Water resistant performance
	Non-water resistance
	Water resistance for everyday life
	Water resistance for everyday life at 5 barometric pressures
	Water resistance for everyday life at 10(20) barometric pressures.

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Condition of use

## Avoid drops of water or sweat

The watch withstands accidental contact with water in everyday life.



**WARNING** Not suitable for swimming

The watch is suitable for sports such as swimming.

The watch is suitable for diving not using an air cylinder.

 **WARNING**

**Do not use the watch in scuba diving or saturation diving.**

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

 **CAUTION**

- ※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER (listed on the end of a book).



**Do not turn or pull out the crown when the watch is wet.**

Water may get inside of the watch.

## CAUTION



**Do not leave moisture, sweat and dirt on the watch for a long time.**

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.



**Do not wear the watch while taking a bath or a sauna.**

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.





**Do not pour running water directly from faucet.**

The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

Affected by nearby magnetism,  
a quartz watch may temporarily gain or lose time or stop operating.

※When the hand positions deviate to display incorrect time as a result of influence of magnetism, this watch automatically corrects the hand alignment itself. (Refer to page 142)

Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

## Examples of common magnetic products that may affect watches



Cellular phone (speaker)

Magnetic health belt

Bag (with magnet buckle)

Magnetic necklace

AC-powered shaver

Magnetic health mat



Portable radio (speaker)

Magnetic health pillow

Magnetic cooking device etc

The reason why analogue quartz watch is affected by magnetism.

It is because the built-in motor of the watch, which harnesses magnetic power and external strong magnetism, affect each other to stop the motor or suppresses the turn of the motor.

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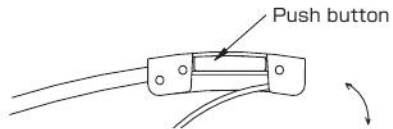
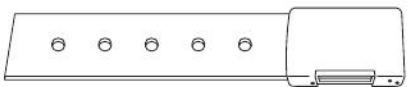
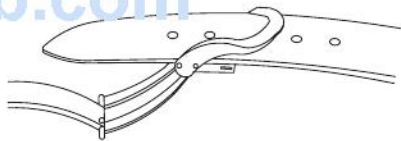
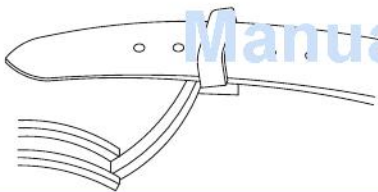
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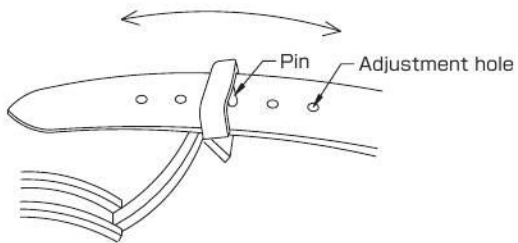
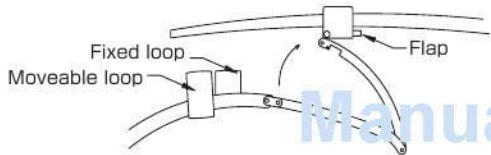
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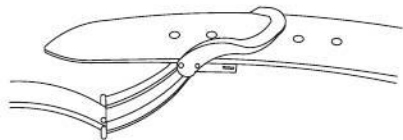
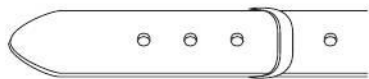
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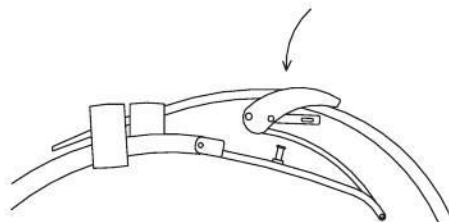
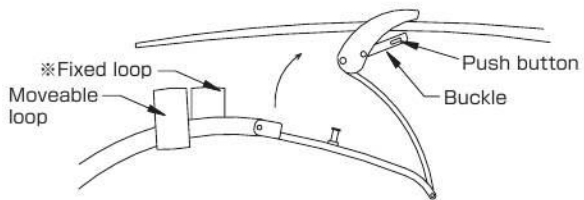


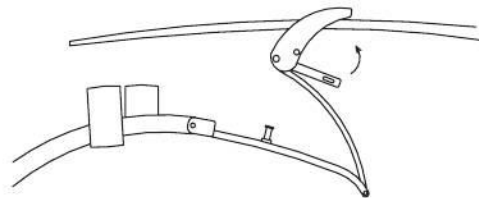
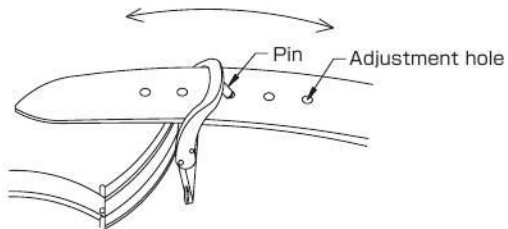
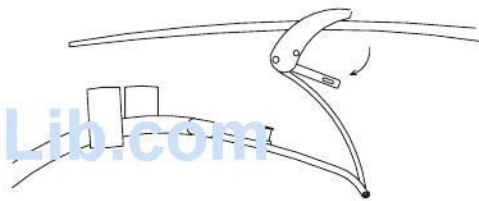
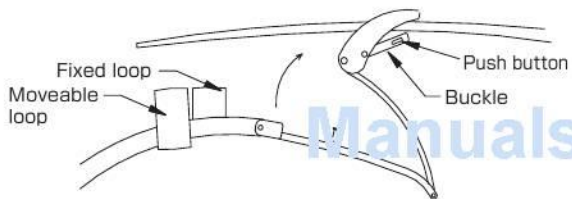




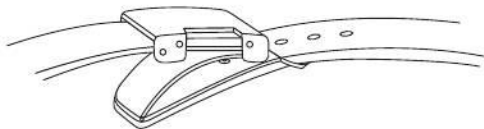
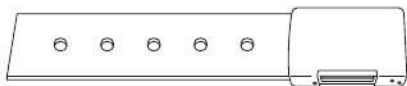


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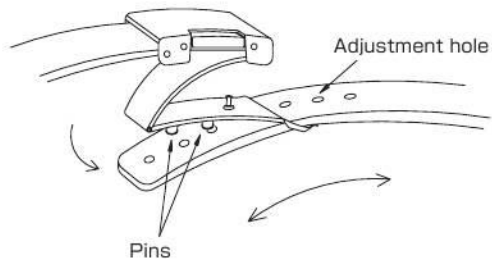
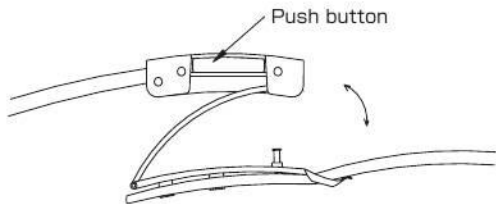




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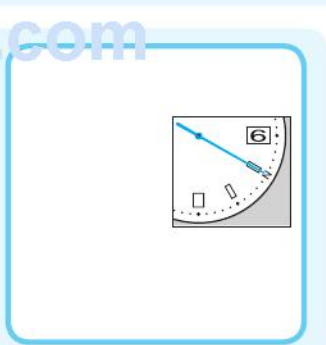
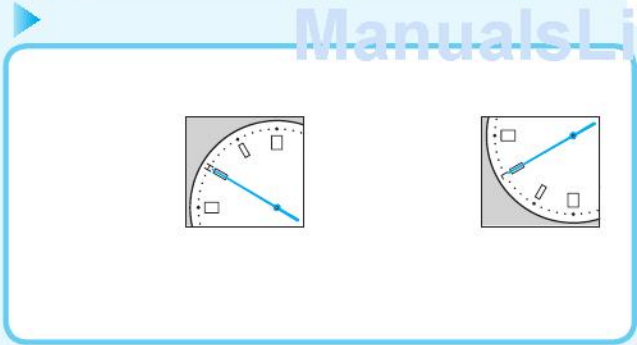
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Keep  
pressing  
Button A for  
four second.



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Pulling the  
Crown to the  
Second Click






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Button A



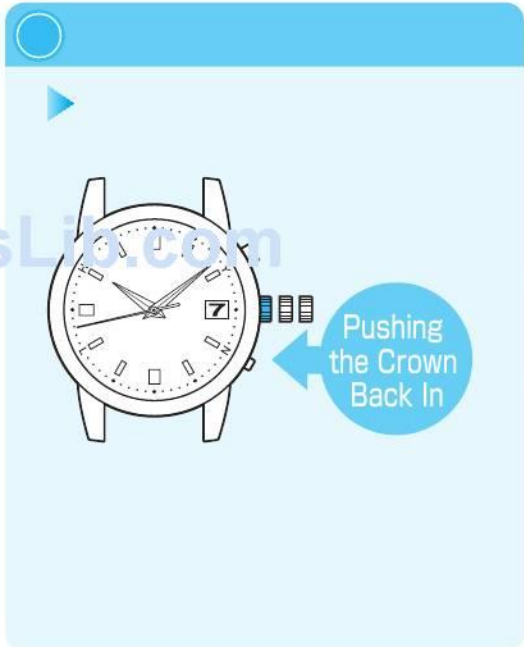
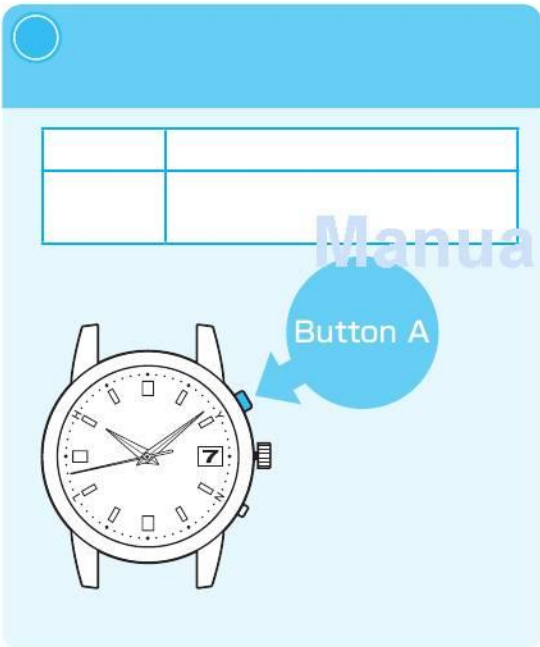
Pushing  
the Crown  
Back In

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Pulling the  
Crown to the  
First Click





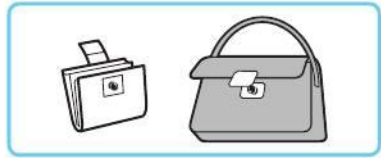
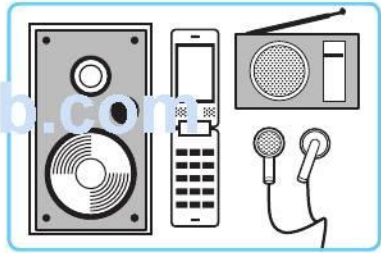
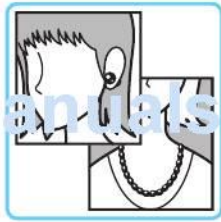


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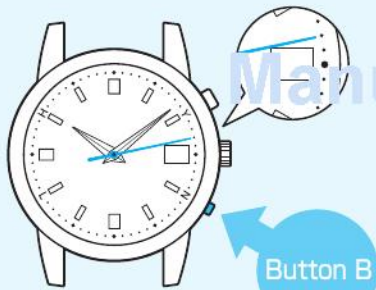
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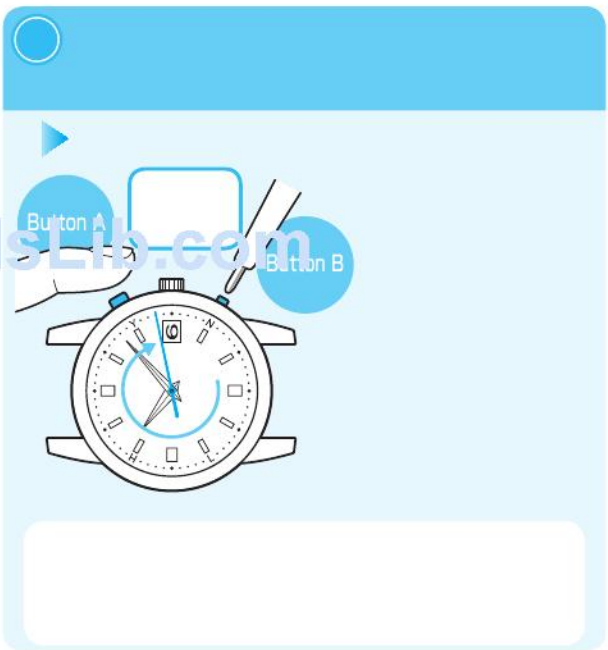
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Press Button A  
Press for 1 to 2  
Seconds



Press  
Button B  
Once.

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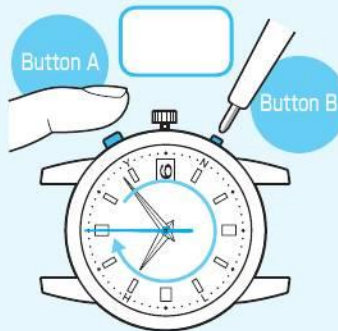
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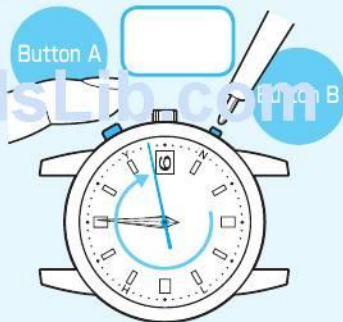


Pulling the  
Crown to the  
Second Click





Push  
the crown  
back in

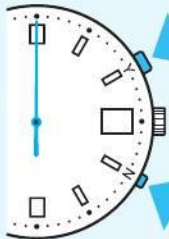




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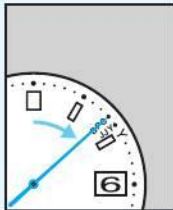
Press and hold  
Button B for  
four seconds.



The second hand  
moves clockwise by  
pressing Button A.



The second hand  
moves counterclockwise  
by pressing Button B.



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