

Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36

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You are now the proud owner of a SEIKO Automatic Diver's Watch Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36. For best results, please read the instructions in this booklet carefully before using your SEIKO Automatic Diver's Watch. Please keep this manual handy for ready reference.

Sie sind jetzt stolzer Besitzer einer automatischen Taucheruhr SEIKO Kal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36. Bitte lesen Sie diese Bedienungsanleitung vor der Verwendung der Uhr aufmerksam durch, um optimale Ergebnisse davon zu erhalten. Heben Sie die Bedienungsanleitung gut auf, um jederzeit nachlesen zu können.

Vous voici l'heureux propriétaire d'une montre automatique de plongée SEIKO Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36. Pour en obtenir de bonnes performances, veuillez, avant d'utiliser la montre, lire attentivement les explications de ce mode d'emploi que vous conserverez pour toute référence ultérieure.

Grazie per aver acquistato questo orologio automatico SEIKO Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36 per subacqueo. Per ottenerne i migliori risultati leggere attentamente le istruzioni di questo libretto prima di passare all'uso dell'orologio stesso. Tenere poi il manuale a portata di mano, per ogni eventuale futura, ulteriore consultazione.

Usted es ahora un honrado poseedor del reloj de buceador automatico SEIKO Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36. Para obtener de él los mejores resultados, lea las instrucciones del presente folleto con cuidado antes del uso de su reloj de buceador automatico SEIKO. Guarde este manual para fácil referencia.

Você pode sentir-se orgulhoso de possuir um Relógio do mergulhador SEIKO Automático Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36. Para obter dele os melhores resultados, leia atentamente as instruções contidas neste opúsculo antes de usar o seu Relógio do mergulhador SEIKO Automático. Conserve este manual para referências futuras.

Теперь Вы являетесь обладателем часов Аналоговые Кварцевые часы Калибра 4R15/4R16/4R35/4R36/7S26/7S35/7S36. Перед использованием их, для достижения лучших результатов, пожалуйста, внимательно ознакомьтесь с данной инструкцией и обязательно сохраните ее.

您現在是精工自動潛水錶機件編號 4R15/4R16/4R35/4R36/7S26/7S35/7S36 自豪的擁有者。為正確使用起見，請在使用精工自動潛水錶之前，詳細閱讀本說明書。並將之妥善保管，以備今後參考。



WARNING

- Do not attempt to dive using this watch unless you have been properly trained in diving. For your safety, please abide by the rules of diving.
- Do not use the watch for saturation diving using helium gas.
- Before diving, make sure that the watch operates normally.



CAUTION

- Please read and observe the instructions described in this booklet to ensure the proper functioning of your diver's watch.
- Do not operate the crown when the watch is wet or in water.
- Avoid hitting the watch against hard objects such as rocks.

 WARNING

WARNING notes indicate any condition or practice which, if not strictly observed, could result in severe personal injury or possible death.

 CAUTION

CAUTION notes indicate any condition or practice which, if not strictly observed, may result in personal injury or property damage.

PRECAUTIONS ON USING THE WATCH FOR DIVING

Before diving, make sure that the watch operates normally and be sure to observe the precautions described below.

BEFORE DIVING

- Do not use the watch for saturation diving using helium gas.
- Check that:
 - the crown is locked tightly in place.
 - there are no visible cracks in the crystal or the watch band.
 - the strap or bracelet is securely fastened to the watch case.
 - the buckle keeps the strap or bracelet firmly secured to the wrist.
 - the rotating bezel turns counterclockwise smoothly (the rotation must not be too loose or too tight) and the "0" mark aligns with the minute hand.
 - the time and calendar are appropriately set.
 - the second hand is operating normally (if not, swing the watch for more than 30 seconds to wind the mainspring sufficiently).

If there are any malfunctions, we recommend that you contact an AUTHORIZED SEIKO SERVICE CENTER.

WHILE DIVING

- Do not operate the crown when the watch is wet or in water.
- Take care not to hit the watch against hard objects such as rocks.
- Bezel rotation may become slightly stiffer underwater. This is not a malfunction.

AFTER DIVING

- Rinse the watch in fresh water after diving and wash out all seawater, soil, sand, etc.
- Wipe the watch thoroughly dry to prevent possible rust on the case after cleaning the watch in fresh water.

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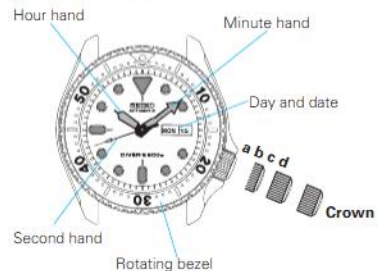
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☆ For the care of your watch, see "TO PRESERVE THE QUALITY OF YOUR WATCH" in the attached Worldwide Guarantee and this Instruction Booklet.

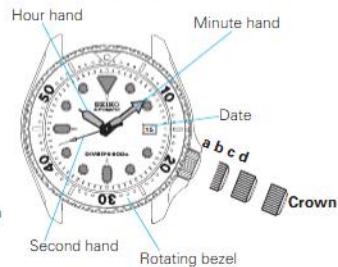
SEIKO AUTOMATIC DIVER'S WATCH

Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36

● 4R16/4R36/7S26/7S36



● 4R15/4R35/7S35



a: Screwed-in position b: Normal position c: First click d: Second click

FEATURES

200 METER WATER RESISTANCE

- Suitable for scuba diving

ROTATING BEZEL

- Elapsed time measurement during diving (up to 60 minutes)

SCREW DOWN CROWN

SECOND HAND HALT MECHANISM (4R35/4R36)

HOW TO START THE WATCH (4R15/4R16/7S26/7S35/7S36)

This is an automatic mechanical watch.

● To initially start your watch:

Swing it from side to side in a horizontal arc for about 30 seconds.

- * If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.
- * If the watch is used without being wound up sufficiently, gain or loss of the watch may result. To avoid this, wear the watch for more than 8 hours a day.



TIME/CALENDAR

4R16/4R36/7S26/7S36

- Hour, minute & second hands
- Date
- Day

4R15/4R35/7S35

- Hour, minute & second hands
- Date

HOW TO START THE WATCH (4R35/4R36)

This watch is an automatic watch equipped with a manual winding mechanism.

● To initially start your watch:

If your watch is completely stopped, it is recommended that you manually wind the mainspring by turning the crown.

● How to manually wind the mainspring by turning the crown

1. Unlock the crown by turning it counterclockwise.
2. Slowly turn the crown clockwise to wind the mainspring.
3. Continue to turn the crown until the mainspring is sufficiently wound. The second hand will start moving.
4. Lock the crown by turning it clockwise while pressing it.



* The winding operation for 4R35 and 4R36 are the same.

TIME/CALENDAR SETTING (4R16/7S26/7S36)

- 1 Unlock the crown by turning it counterclockwise.
- 2 Pull out the crown to the first click.
- 3 Turn the crown clockwise until the previous day's date appears.
- 4 Turn the crown counterclockwise until the previous day of the week in the desired language appears.



- 5 Pull out the crown to the second click.
- 6 Turn the crown to advance the hands until the date and day change to the next. When they have changed, the time is set for the A.M. period. Keep advancing the hands to set the correct time.
- 7 Push back the crown.
- 8 Lock the crown by turning it clockwise while pressing it.

*Do not change the day or the date between 9:00 p.m. and 4:00 a.m.

TIME/CALENDAR SETTING (4R15/7S35)

- 1 Unlock the crown by turning it counterclockwise.
- 2 Pull out the crown to the first click.
- 3 Turn the crown clockwise until the previous day's date appears.



- 4 Pull out the crown to the second click.
- 5 Turn the crown to advance the hands until the date change to the next. When it has changed, the time is set for the A.M. period. Keep advancing the hands to set the correct time.
- 6 Push back the crown.
- 7 Lock the crown by turning it clockwise while pressing it.

*Do not change the date between 9:00 p.m. and 1:00 a.m.

TIME/CALENDAR SETTING (4R36)

- 1 Unlock the crown by turning it counterclockwise.
- 2 Pull out the crown to the first click.
- 3 Turn the crown counterclockwise until the previous day's date appears.
- 4 Turn the crown clockwise until the previous day of the week in the desired language appears.



- 5 Pull out the crown to the second click when the second hand is at the 12 o'clock position. (The second hand stops on the spot).
- 6 Turn the crown to advance the hands until the date and day change to the next. When they have changed, the time is set for the A.M. period.
- Keep advancing the hands to set the correct time.
- 7 Push back the crown in accordance with a time signal.
- 8 Lock the crown by turning it clockwise while pressing it.

*Do not change the day or the date between 9:00 p.m. and 4:00 a.m.

TIME/CALENDAR SETTING (4R35)

- 1 Unlock the crown by turning it counterclockwise.
- 2 Pull out the crown to the first click.
- 3 Turn the crown counterclockwise until the previous day's date appears.



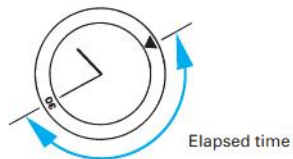
- 4 Pull out the crown to the second click when the second hand is at the 12 o'clock position. (The second hand stops on the spot).
- 5 Turn the crown to advance the hands until the date change to the next. When it has changed, the time is set for the A.M. period.
- Keep advancing the hands to set the correct time.
- 6 Push back the crown in accordance with a time signal.
- 7 Lock the crown by turning it clockwise while pressing it.

*Do not change the date between 9:00 p.m. and 1:00 a.m.

- * Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P.M. period. If the calendar changes when the hour hand passes the 12 o'clock marker, the time is set for A.M. If the calendar does not change, the time is set for P.M.
- * When setting the hands, first set them to a time a few minutes earlier than the correct time, and then advance them to the exact time.
- * It is necessary to adjust the date on the first day after a month that has less than 31 days.

ROTATING BEZEL

The rotating bezel can show up to 60 minutes of elapsed time.



1 Turn the rotating bezel to align the "▼" mark to the minute hand.

2 When time has elapsed, read the number on the rotating bezel.

Example: Starting time : 10:10
 Finishing time : 10:40
 Elapsed time : 30 minutes

- * For safety's sake, the rotating bezel rotates only counterclockwise, so that the time measured is never shorter than the actual elapsed time.

TO PRESERVE THE QUALITY OF YOUR WATCH

■ TEMPERATURES

The key components in mechanical watches are made of metals, which expand or contract depending on temperatures due to metal properties. This exerts an effect on the accuracy of the watches. Mechanical watches tend to lose time at high temperatures while they tend to gain time at low temperatures.

■ MAGNETISM



Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

■ CHEMICALS



Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

■ PERIODIC CHECK



It is recommended that the watch be checked once every 2 to 3 years by an AUTHORIZED SEIKO DEALER or SERVICE CENTER to ensure that the case, crown, gasket and crystal seal remain intact.

■ CARE OF CASE AND BRACELET



To prevent possible rusting of the case and bracelet, wipe them periodically with a soft dry cloth.

■ SHOCKS & VIBRATION



Be careful not to drop your watch or hit it against hard surfaces.

■ PRECAUTION REGARDING CASE BACK PROTECTIVE FILM



If your watch has a protective film and/or a sticker on the case back, peel them off before using your watch.

LUMIBRITE™

LumiBrite is a newly developed luminous paint that is completely harmless to human beings and the natural environment, containing no noxious materials such as radioactive substances. LumiBrite absorbs the energy of sunlight or artificial light in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 5 to 8 hours.

Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

When you make a dive in dark water, LumiBrite may not emit light unless it has absorbed and stored light sufficiently.

Before diving, therefore, be sure to expose the watch to light under the conditions specified above, so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

< Reference data on luminance >

- (A) Sunlight
[Fine weather]: 100,000 lux [Cloudy weather]: 10,000 lux
- (B) Indoor (Window side during daytime)
[Fine weather]: more than 3,000 lux [Cloudy weather]: 1,000 to 3,000 lux
[Rainy weather]: less than 1,000 lux
- (C) Lighting apparatus (40-watt daylight fluorescent light)
[Distance to the watch: 1 m]: 1,000 lux
[Distance to the watch: 3 m]: 500 lux (average room luminance)
[Distance to the watch: 4 m]: 250 lux

* "LUMIBRITE" is a trademark of SEIKO HOLDINGS CORPORATION.

SPECIFICATIONS

- 1 Vibrations per hour 21,600
- 2 Operational temperature range .. Between -10 °C and 60 °C (Between 14 °F and 140 °F)
- 3 Continuous operating time 4R15, 4R16: More than approx. 50 hours
4R35, 4R36, 7S26, 7S36: More than approx. 41 hours
- 4 Driving system 4R15, 4R16, 7S26, 7S35, 7S36: Automatic winding type
4R35, 4R36: Automatic winding type with manual winding mechanism
- 5 Jewels 4R15, 4R16: 22 jewels
4R35, 7S35, 7S36: 23 jewels
4R36: 24 jewels
7S26: 21 jewels
- 6 Magnetic resistance 4,800 A/m (60 gauss)
- 7 Water resistance..... Water resistant up to 200 meters
The watch is suitable for scuba diving.

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