

ANALOGUE TYPE
Cal. 7A38, SPORTS 100 Cal. 7A38
CHRONOGRAPH

SEIKO QUARTZ

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You are now the proud owner of a SEIKO Analogue Watch Cal. 7A38 or SPORTS 100 Cal. 7A38. Before using your SEIKO Analogue Watch Cal. 7A38 or SPORTS 100 Cal. 7A38, please read the instructions in this booklet carefully for its proper use and care. Please keep this manual for ready reference.

Toutes nos félicitations! Vous voilà en possession d'une montre SEIKO analogique Cal. 7A38 ou SPORTS 100 Cal. 7A38. Pour l'utiliser convenablement, veuillez lire avec attention cette brochure explicative et la conserver pour toute référence ultérieure.

Puede sentirse orgulloso de su reloj SEIKO Analógico Cal. 7A38 o SPORTS 100 Cal. 7A38. Antes de usarlo, lea detenidamente las instrucciones de este folleto para su uso y cuidado apropiados. Conserve este manual para referencia.

Wir gratulieren Ihnen zum Erwerb Ihrer SEIKO Analogarmbanduhr Kal. 7A38 oder SPORTS 100 Kal. 7A38! Bevor Sie Ihre SEIKO Analogarmbanduhr Kal. 7A38 oder SPORTS 100 Kal. 7A38 benutzen, lesen Sie bitte die Anleitungen in dieser Broschüre gut durch, um Ihre Uhr stets richtig zu benutzen und zu pflegen. Bitte behalten Sie diese Anleitungen zum schnellen Nachschlagen und Überprüfen.

Vi ringraziamo di avere acquistato l'orologio SEIKO Analógico Cal. 7A38 o SPORTS 100 Cal. 7A38. Prima di usarlo, preghiamo di leggere attentamente le istruzioni riportate in questo opuscolo per l'uso corretto e la cura sufficiente dell'orologio. Si consiglia di conservare questo manuale per gli ulteriori riferimenti.

Você é agora dono dum relógio SEIKO Analógico Cal. 7A38 ou SPORTS 100 Cal. 7A38 e pode sentir-se orgulhoso disso. Antes de usar o seu SEIKO Analógico Cal. 7A38 ou SPORTS 100 Cal. 7A38, leia cuidadosamente as instruções contidas neste opúsculo quanto as seu uso e cuidado. Guarde este manual para sua pronta referência.

閣下現在擁有精工指針手錶7A38號或100號運動錶7A38，定會覺得自豪。在使用您的精工指針手錶7A38號或100號運動錶7A38以前，為了能够正確使用和小心維護起見，務請注意閱讀小冊子中的各項說明，並請將手冊妥加保管，以便隨時參考。

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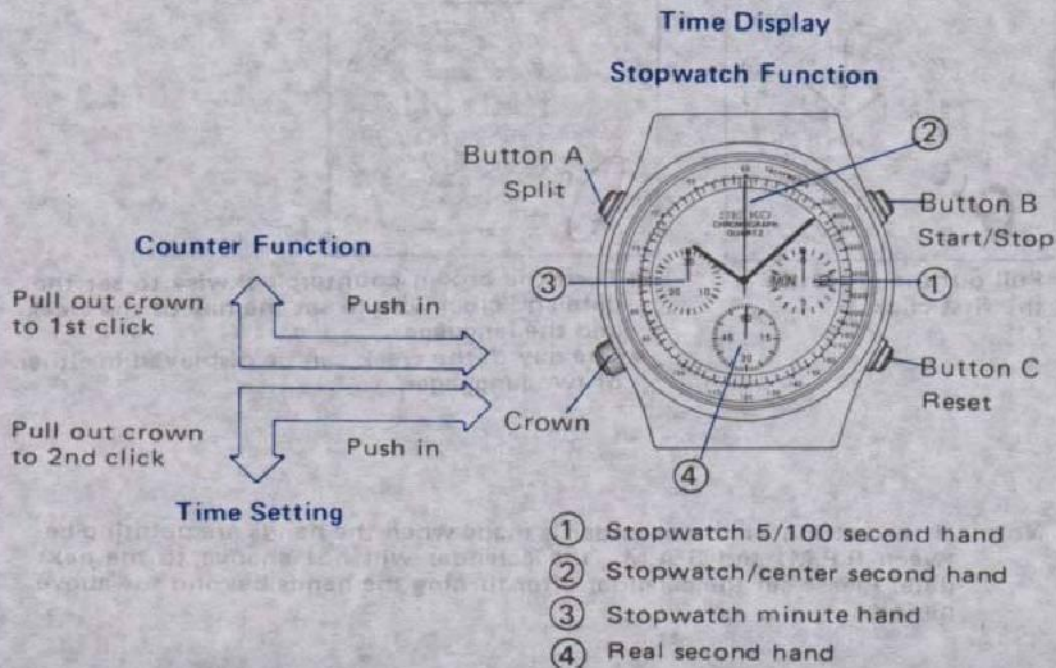
SEIKO ANALOGUE QUARTZ WATCH WITH CHRONOGRAPH

Cal. 7A38 and SPORTS 100 Cal. 7A38

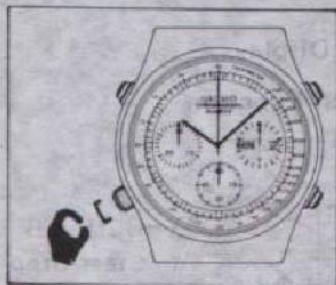
CHARACTERISTICS

1. **Time indication:** Hour, minutes and seconds.
2. **Stopwatch function:** Minutes, seconds and 5/100 second up to 30 minutes.
3. **Counter function:** Three different types of counting scales are available.
4. **Tachymeter:** Some models are provided with the graduated dial of the tachymeter. If your watch is provided with the graduated dial, it can indicate the average speed of a vehicle or the hourly operation efficiency of a factory, etc.
5. **Battery life indicator:** The second hand moves at two-second intervals when the battery life nears its end.
6. **Water resistant:** When "WATER RESISTANT" is shown on the back of your watch case, the watch has been water tested to a pressure of 3 atmospheres (water pressure at a 30-meter or 100-foot depth). When "SPORTS 100" is shown on the panel cover and "WATER RESISTANT" is shown on the back of your watch case, the watch has been water tested to a pressure of 10 atmospheres (water pressure at a 100-meter or 300-foot depth).
Note: For details, refer to "WATER RESISTANCE" on page 14 in "TO PRESERVE THE QUALITY OF YOUR WATCH".
7. **Battery:** Use a miniature battery, U.C.C. 394 or Maxell SR936SW.

CROWN AND BUTTONS OPERATION



HOW TO SET THE CALENDAR



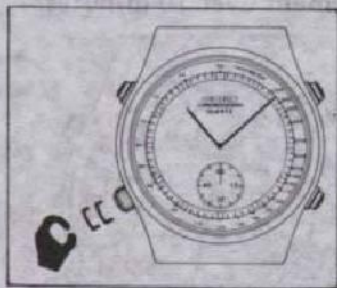
Pull out the crown to the first click.



- Turn the crown counterclockwise to set the date and clockwise to set the day of the week and the language.
- The day of the week can be displayed in either of two languages.

Note: If the setting of the calendar is made when the hands are pointing between 9 P.M. and 3 A.M., the calendar will not change to the next date. Please set the calendar after turning the hands beyond the above period.

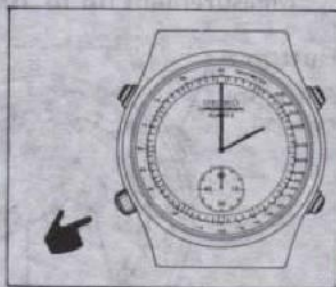
HOW TO SET THE TIME



Pull out the crown as far as it goes to the second click when the real second hand is at the 60 position, and the second hand stops on the spot.



Turn the crown counter-clockwise to advance the hands, and clockwise to turn them back. When setting the minute advance the minute hand by 4 to 5 minutes and then turn it back to the desired position.

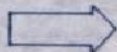


Push in the crown all the way to the normal position in accordance with the exact time.

To use the center second hand (of stopwatch) for the watch time indication, depress button "B" the moment the real second hand gets to the 60 position. The center second hand (of stopwatch) will then begin to move as a normal second hand.

STOPWATCH FUNCTION

Measurement up to 10 minutes



Measurement over 10 minutes

Button A
Split/Split
release



Button B
Start/Stop

Button C
Reset/Trial run



Stopwatch
minute hand

Stopwatch 5/100
second hand

Stopwatch/center second hand

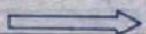
Although 5/100 second stops at "0" position when the measurement time is over ten minutes, the watch continues measuring the elapsed

time. In order to read the exact time elapsed after 10 minutes, depress button "A" (split) or button "B" (stop), and the time will be indicated by the second hand of the 5/100 dial.

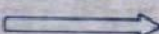
HOW TO USE THE STOPWATCH

1. STANDARD STOPWATCH MEASUREMENT

START



STOP

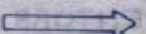


RESET



2. ACCUMULATED ELAPSED TIME MEASUREMENT

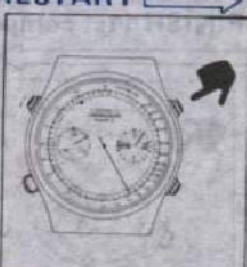
START



STOP



RESTART



STOP*



* After STOP, the stopwatch can be RESET by depressing button "C".

3. SPLIT TIME MEASUREMENT

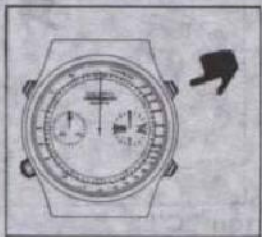
START → **SPLIT** → **SPLIT RELEASE** → **STOP***



* After STOP, the stopwatch can be RESET by depressing button "C"
The 5/100 second hand starts counting within a second after the split is released.

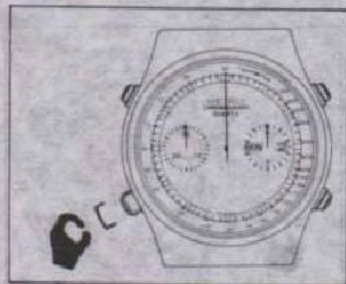
4. CONTINUOUS TIME MEASUREMENT OF TWO COMPETITORS

START → **FINISH (1st competitor)**
→ **FINISH (2nd competitor) READOUT**

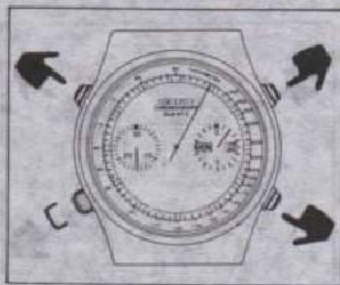


HOW TO USE THE COUNTER

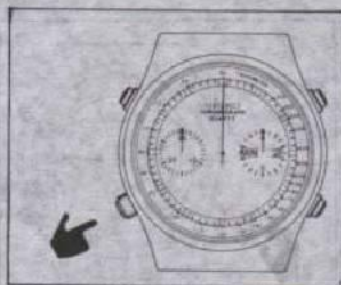
The three hands of the stopwatch can be used as counter scales.



Pull out the crown to the first click.



The count number is indicated as shown in the table below by each depression of button "A", "B" or "C".



After using the counter, reset each hand by depressing the respective buttons and push in the crown all the way to the normal position.

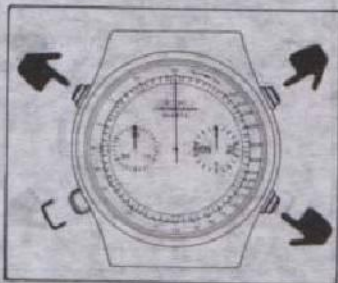
Button	Display	Count number
A	Stopwatch minute hand	Up to 30
B	Stopwatch 5/100 second hand	" 20
C	Stopwatch/center second hand	" 60

WHEN THE STOPWATCH HANDS ARE NOT RESET TO "0"

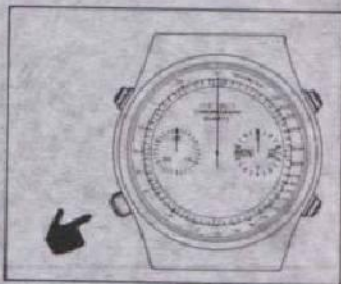
When the stopwatch hands are not reset to "0" position by depressing button "C" after use of the counter, follow the procedures below to reset them to "0".



Pull out the crown to the first click when the stopwatch function is not activated.



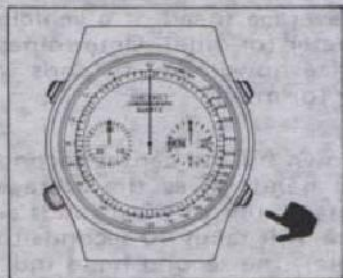
Reset each hand by depressing the corresponding button. Each depression of the button advances the hand one mark. However, each hand can be advanced rapidly by continuously depressing the corresponding button.



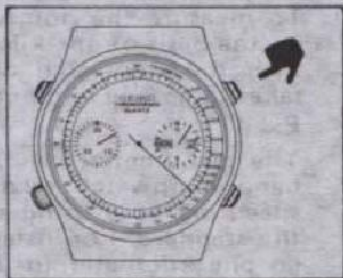
Push in the crown all the way to the normal position.

TRIAL RUN OF STOPWATCH HANDS

MEASURING OF REMAINING TIME

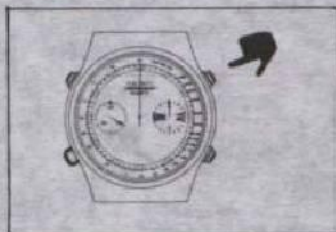


The one round trial run of all stopwatch hands can be made by keeping button "C" depressed for 1 to 2 seconds with the crown pushed into the normal position.



Set the stopwatch hand for the desired amount of time in the same method as for the counter. After pushing the crown all the way, depress button "B" to start measuring the remaining time up to "00".

Example:



If there are 20 minutes left in the basketball game, Set the stopwatch minute hand to "10" as shown above and depress button "B". When the hand reaches "30", 20 minutes will have elapsed.

The stopwatch second may also be used in this way to measure the remaining time in seconds.

HOW TO USE THE TACHYMETER

Some models are provided with a graduated dial of the tachymeter.

The tachymeter can be used for the following purposes:

- (1) To measure the hourly average speed of a vehicle on the basis of one kilometer (or mile). Determines with the stopwatch device how many seconds it takes to go one kilometer (or mile).

Ex. 1)

The tachymeter scale shown by the center second hand (stopwatch second hand) gives the average speed per hour using a maximum of 60 seconds as the standard. For instance, if it takes 40 seconds to go one kilometer (or mile), the second hand indicates 90 on the tachymeter scale. This means the speed of the automobile is 90 kilometers (or miles) per hour.

$$90 \text{ (40 seconds position)} \times 1 = 90 \text{ km/h (mph)}$$

Ex. 2)

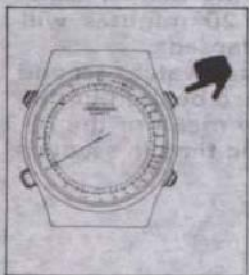
If the measuring distance is extended to two kilometers (or miles) or shortened to 500 meters (or half a mile), double the scale figure or reduce it to a half, respectively. We recommend that you apply the tachymeter in a rally, speedway or circuit race.

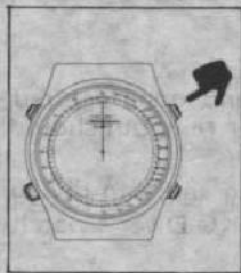
$$90 \text{ (40 seconds position)} \times 2 = 180 \text{ km/h (mph)}$$

$$90 \text{ (40 seconds position)} \times 0.5 = 45 \text{ km/h (mph)}$$



Tachymeter scale





- (2) To measure work accomplished in an hour
 The tachymeter is extremely useful in calculating factory operation efficiency and measuring the machine production capacity.

Ex. 1)

For example, if it takes 20 seconds to complete one job, the center second hand (stopwatch second hand) indicates 180 on the tachymeter scale. This means that 180 jobs will be completed in one hour.

$$180 \text{ (20 seconds position)} \times 1 \text{ Job} = 180 \text{ Jobs per hour}$$

Ex. 2)

If 15 jobs are accomplished in 20 seconds, multiply the scale of 180 (showing 15 jobs in 20 seconds) by 15 and the work amount in one hour will be shown as 2700.

$$180 \text{ (20 seconds position)} \times 15 \text{ Jobs} = 2700 \text{ Jobs per hour}$$



TO PRESERVE THE QUALITY OF YOUR WATCH

Your watch contains a highly precise electronic circuit and crystal oscillator, and to maintain its high accuracy, you should not subject it to violent shocks or extreme temperatures.

WATER RESISTANCE

Regular water resistant watches: These watches are designed and manufactured to withstand accidental contact with water such as splashes or rain, but should not be worn while swimming or diving.

Sports 100 watches: These watches are suitable for swimming and skin diving but not for scuba diving. We recommend that you wear a SEIKO Diver's watch for scuba diving.

When the watch gets wet, wipe it dry completely. If it is exposed to sea water, rinse it in fresh water and then wipe it dry completely. Do not operate the crown and buttons when the watch is wet.

Have your SEIKO watch checked periodically by an **AUTHORIZED SEIKO DEALER** to be sure that the case, crown, buttons, gasket and crystal seal remain intact.

BATTERY LIFE INDICATOR (indicated by second hand)

The battery needs to be replaced when you see the real second hand moving in two second intervals instead of the normal one second interval. However, the watch will remain accurate during this period.

BATTERY CHANGE

The miniature battery which powers your watch should last approximately 2 years. However, because the battery in your watch is inserted at the factory, its actual life once in your possession may be less than the stipulated period. When the life of the battery comes to its end, replace the battery as soon as possible to prevent any possible malfunction. When replacing the battery, we recommend that you contact an **AUTHORIZED SEIKO DEALER** or **SERVICE CENTER** to use any one of the recognized batteries, U.C.C. 394 or Maxell SR936SW only.

Note: When the stopwatch 5/100 second hand is used for a total of 20 minutes a day and the stopwatch/center second hand and the stopwatch minute hand are used for 24 hours a day as the real second and minute hands respectively, the battery should last approximately 2 years.