

セイコーウォッチ株式会社

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セイコーウォッチ株式会社

全国共通フリーダイヤル 0120-612-9111

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FEATURES

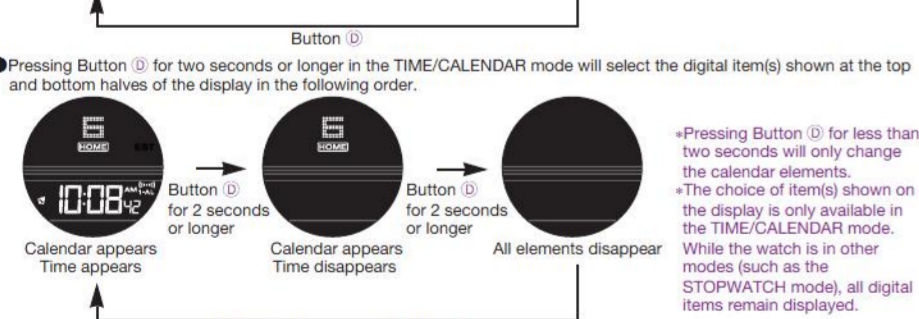
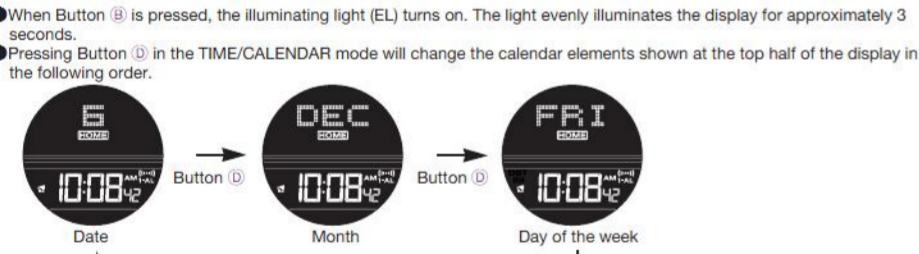
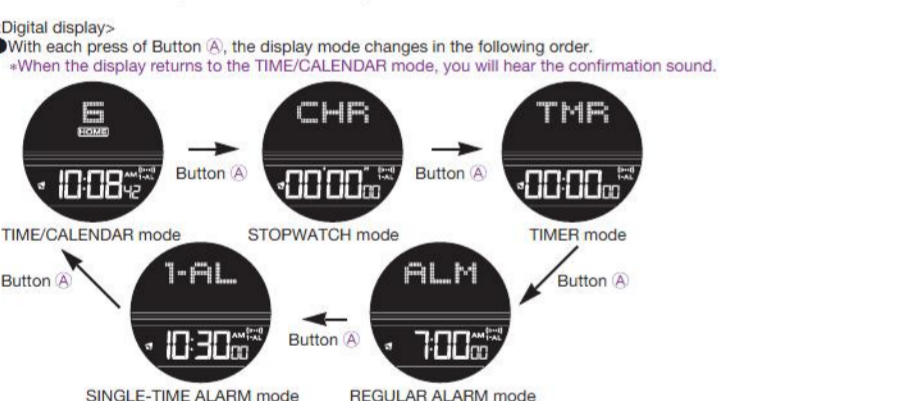
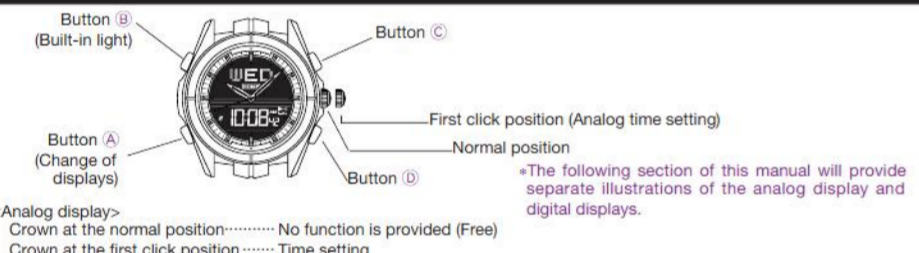
This watch is equipped with a multifunctional digital display, featuring a world time function, as well as an eye-friendly analog time display.
Time is displayed by the hour, minute and second hands.
Time and calendar display:
<Time> Hour, minute and second are displayed. (Choice of 12-hour/24-hour indication is available.)
<Calendar> Date and day of the week are displayed. (The automatic calendar of the year 2005 up to 2050 is featured; no calendar adjustment is required at the end of non-31 day months.)
The built-in light is available to illuminate the time and calendar display.
World time function:
Time in the selected 77 cities and regions around the world can be displayed.
Among those 77 cities, the cities in some time zones with 30-minute offsets from UTC are included.
Daylight saving time (DST) can also be set.
By presetting the "Home City," you can easily reset the

display to show your home time.
The time zone abbreviations in the United States (PST, MST, CST and EST) are also displayed for applicable cities.
Stopwatch function:
The stopwatch can measure up to 23 hours 59 minutes and 59 seconds in 1/100-second increments for the first 60 minutes and in 1-second increments thereafter.
Timer function:
The timer can be set up to 9 hours and 59 minutes in 1-minute increments. The timer starts to beep 3 seconds before the set time is up.
Two alarm types are provided; a regular alarm, which sounds once every 24 hours at a designated time, and a single-time alarm, which sounds only once at a designated time. In addition, the hourly time signal can be set.
Electro Luminescent Backlight:
The built-in electro luminescent backlight evenly illuminates the display for three seconds for easy viewing in darkness.

SPECIFICATION

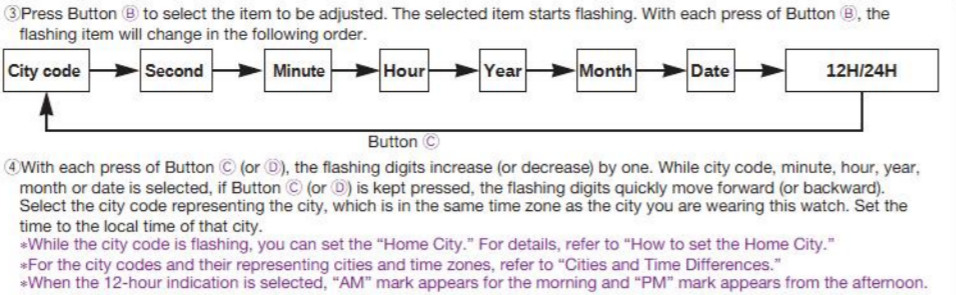
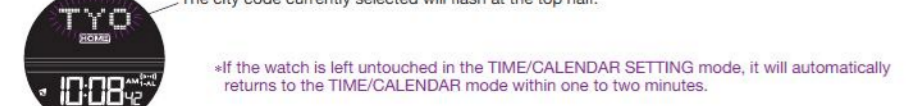
- 1. Frequency of crystal oscillator 32,768 Hz (Hz=Hertz; Cycles per second)
2. Loss/gain (monthly rate) Less than 30 seconds (won on the wrist at a temperature between 5°C and 35°C)
3. Operational temperature range Between -5°C and +50°C (for the digital display, between 0°C and +50°C)
4. Driving system for analog unit Step Motor, 1 piece
5. Digital display medium Nematic Liquid Crystal, FEM (Field Effect Mode)
6. Battery For analog unit: silver oxide cell SB-AW, 1 piece
For digital unit: silver oxide cell SB-B1, 1 piece
7. Battery life Approx. 2 years
8. Illuminating light EL (Electro luminescent panel)
9. IC (Integrated Circuit) C-MOS-IC, 2 pieces
*The specifications are subject to change without prior notice due to product improvements.

DISPLAYS AND BUTTON OPERATION

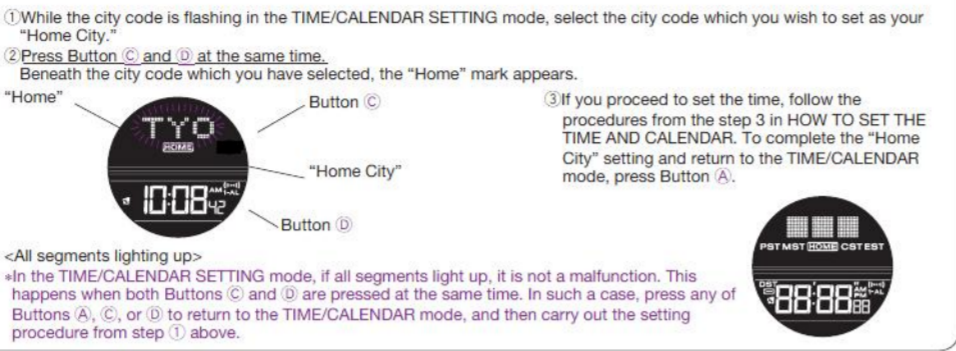


HOW TO SET THE TIME AND CALENDAR

<Analog time>
How to set the time
1. Pull out the crown when the second hand is pointing to the 12 o'clock position. The second hand will stop on the spot.
2. Turn the crown to set the hands to the correct time.
3. Push the crown back in simultaneously with the time signal.
<Digital time>
How to set the time
1. Press Button A to show the TIME/CALENDAR mode.
2. Press and hold Button A for two to three seconds to change the display to the TIME/CALENDAR SETTING mode.
The city code currently selected will flash at the top half.

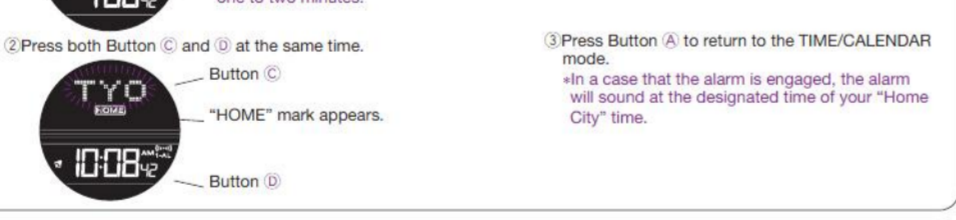
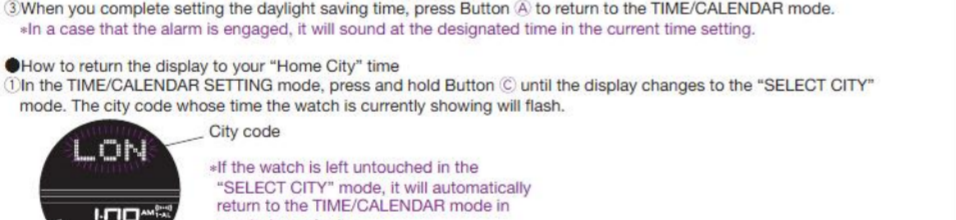
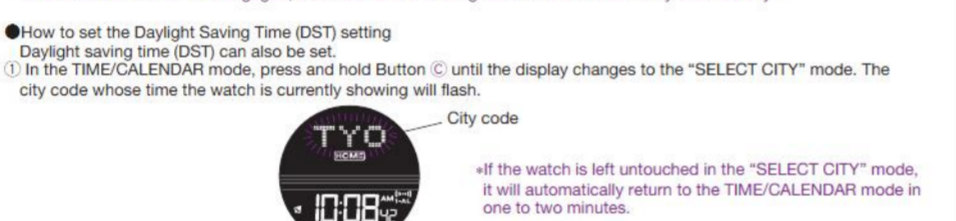


Press Button B to select the item to be adjusted. The selected item starts flashing. With each press of Button B, the flashing item will change in the following order.
With each press of Button C (or D), the flashing digits increase (or decrease) by one. While city code, minute, hour, month or date is selected, if Button C (or D) is kept pressed, the flashing digits quickly move forward (or backward).
While the city code is flashing, you can set the "Home City." For details, refer to "How to set the Home City."
When the 12-hour indication is selected, "AM" mark appears for the morning and "PM" mark appears from the afternoon.



HOW TO USE THE WORLD TIME

Time in the 77 cities and regions around the world can be displayed.
Among those 77 cities, the cities in some time zones with 30-minute offsets from UTC are included.
Daylight saving time (DST) can also be set.
By using the "Home City" setting function, you can easily reset the display to the time in your "Home City" after your return from abroad.
The time zone abbreviations in the United States are also displayed for applicable cities.
How to use the world time function
1. In the TIME/CALENDAR mode, press and hold Button C until the display changes to the "SELECT CITY" mode. The city code whose time the watch is currently showing will flash.
2. Press either Button C or D to select a city code.
3. When you complete selecting the city code whose local time you want to display, press Button A to return to the TIME/CALENDAR mode.



CITIES AND TIME DIFFERENCES

Table with columns: City name, Country or region, Time difference from UTC (hour), Daylight saving time. Lists 77 cities including London, New York, Tokyo, Sydney, etc.

The use of daylight saving time or a time different from UTC may change in some regions or countries as determined by each country.
The time zone abbreviations in the United States (PST, MST, CST and EST) are also displayed for applicable cities.

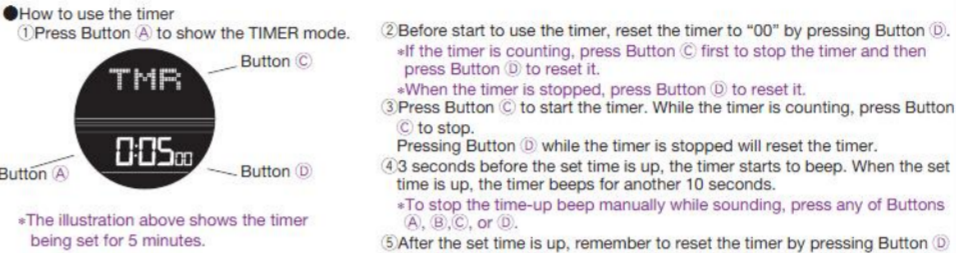
HOW TO USE THE STOPWATCH

The time is measured and displayed in 1/100-second increments for the first 60 minutes and in 1-second increments thereafter.
The stopwatch can measure up to 23 hours 59 minutes and 59 seconds and automatically stops.
Press Button A to change the display to the STOPWATCH mode.
Before start to use the stopwatch, reset the display to "00" by pressing Button D.
Press Button B to start the stopwatch. Press Button C first to stop the stopwatch and then press Button D to reset it.
When the stopwatch is stopped, press Button D to reset it.
Pressing Button C will alternately start or stop the stopwatch. Pressing Button D while the stopwatch is stopped will reset the stopwatch.



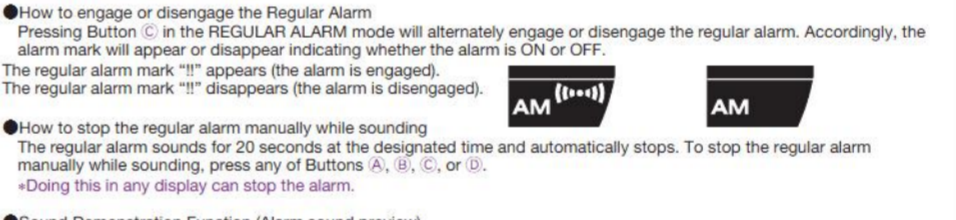
HOW TO USE THE TIMER

The timer can be set up to 9 hours and 59 minutes in 1-minute increments.
A warning beep starts 3 seconds before the set time is up, followed by a time up beep for 10 seconds when the set time is up.
How to set the timer
1. Press Button A to change the display to the TIMER mode.
2. Press and hold Button A for 2 to 3 seconds until the display changes to the TIMER SETTING mode. The "hour" starts flashing.
3. With each press of Button B, the flashing item will change.
4. Press Button C (or D) to set the timer time. With each press of Button C (or D), the flashing digits increase (or decrease) by one. Pressing and holding the Button C (or D) will quickly increase (or decrease) the digits.
5. After all the adjustments are completed, press Button A to return to the TIMER mode.



HOW TO USE THE REGULAR ALARM

The regular alarm sounds once every 24 hours.
You can preview the alarm sound by using the sound demonstration function.
The hourly time signal can also be set.
How to set the regular alarm
1. Press Button A to change the display to the REGULAR ALARM mode.
2. Press and hold Button A for 2 to 3 seconds until the display changes to the REGULAR ALARM SETTING mode. The "hour" starts flashing.
3. With each press of Button B, the flashing item will change.
4. Press Button C (or D) to set the regular alarm time. With each press of Button C (or D), the flashing digits increase (or decrease). Pressing and holding the Button C (or D) will quickly increase (or decrease) the digits.
5. After all the adjustments are completed, press Button A to return to the REGULAR ALARM mode.

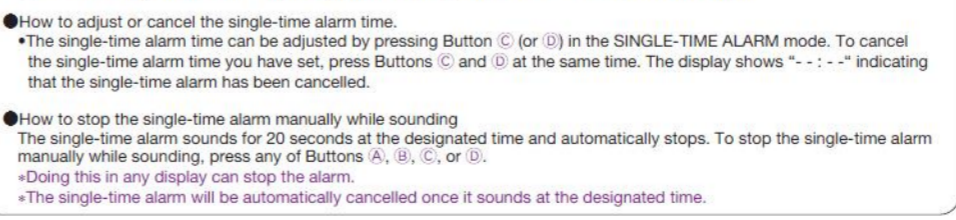


How to engage or disengage the Regular Alarm
Pressing Button C in the REGULAR ALARM mode will alternately engage or disengage the regular alarm. Accordingly, the alarm mark will appear or disappear indicating whether the alarm is ON or OFF.
The regular alarm mark "!" appears (the alarm is engaged).
The regular alarm mark "!" disappears (the alarm is disengaged).
How to stop the regular alarm manually while sounding
The regular alarm sounds for 20 seconds at the designated time and automatically stops. To stop the regular alarm manually while sounding, press any of Buttons A, B, C, or D.
Sound Demonstration Function (Alarm sound preview)
To preview the alarm sound, press and hold Button C for 2 to 3 seconds in the REGULAR ALARM mode. The alarm sound can be heard while the button is kept pressed.
Using this function will reverse the alarm setting (ON/OFF), and it is necessary to engage or disengage the alarm once again as you prefer. Refer to "How to engage or disengage the Regular Alarm."



HOW TO USE THE SINGLE-TIME ALARM

The single-time Alarm sounds only once at a designated time and is automatically disengaged.
How to set the single-time alarm
1. Press Button A to change the display to the SINGLE-TIME ALARM mode.
2. Press Button B to change the display to the SINGLE-TIME ALARM SETTING mode.
3. Press Button C (or D) to set the single-time alarm time. With each press of Button C (or D), the digits increase (or decrease) in one-minute increments. Pressing and holding the Button C (or D) will quickly increase (or decrease) the digits. If you keep holding down the button further, the digits increase (or decrease) in 15-minute increments.
4. After all the adjustments are completed, press Button A to return to the TIME/CALENDAR mode.
5. How to adjust or cancel the single-time alarm time.
6. How to stop the single-time alarm manually while sounding.

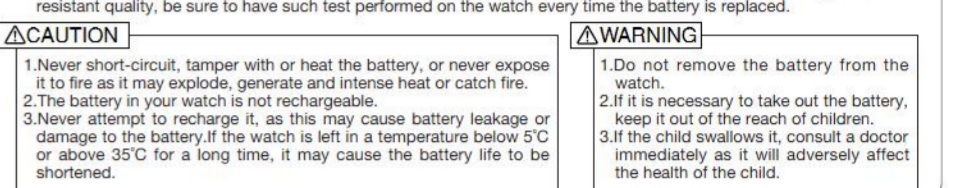


NECESSARY PROCEDURE AFTER REPLACING THE BATTERY (SYSTEM RESET)

After the battery is replaced with a new one, or when an abnormal display (broken digits, etc.) appears, carry out the procedures below to reset the built-in IC. The watch will resume its normal operation.
How to reset the built-in IC
Press Button A, B, C, and D at the same time for 2 seconds or longer until the display becomes blank, then release all the Buttons. The watch returns to its default setting, which is "12:00:00 am, Jan 1st, 2005, SAT, Home City: UTC." Before start to use the watch, set the time and calendar including the "Home City" and alarm.

REMARKS ON THE BATTERY

Battery life
When a new standard battery is installed, this watch will operate for approximately 2 years. However, the battery life may be shorter than 2 years if the alarm is used for more than 10 seconds a day and the built-in electro luminescent backlight more than once (for 3 seconds) a day.
Monitor battery
The battery in your watch may run down in less than 2 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.
Battery life indicator
If "!" starts flashing, it means that the battery is expiring. Have the battery replaced with a new one at the retailer from whom the watch was purchased as soon as possible.
Illuminating light
If "!" starts flashing, the functions below cannot be used. This is not a malfunction.
Battery charge
For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, and request the battery for exclusive use with the SEIKO watches.

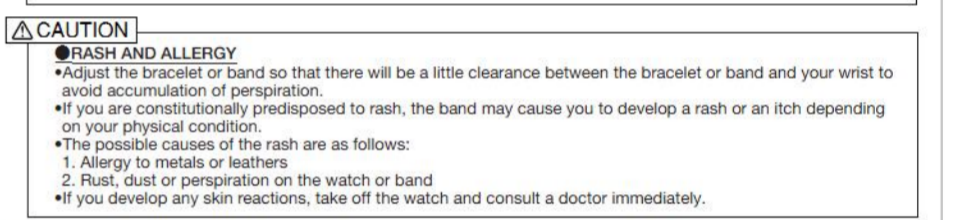


NOTE ON THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)

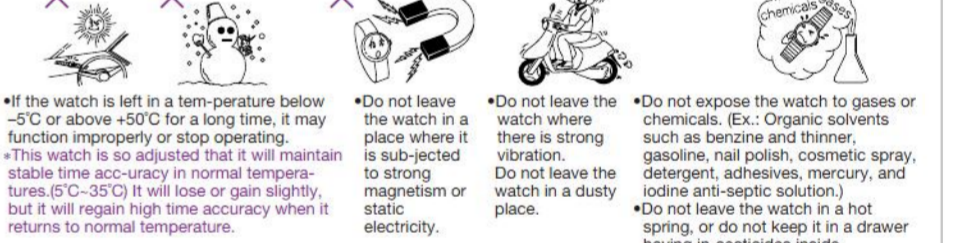
The electroluminescent panel for illumination of the display loses its luminescence as the battery voltage gets lowered. Also, its luminescence level decreases gradually with use.
After 120 hours of use, the luminescence level decreases by about half. When the illuminating light becomes dim, replace the battery with a new one. If the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be made at cost.

CARE OF YOUR WATCH

CARE OF YOUR WATCH
The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust or those who have a delicate skin may have a rash.
After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.
METAL BRACELET
Clean the watch bracelet with a soft toothbrush dipped in water or soapy/water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.
LEATHER BAND
When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
SOFT PLASTIC BRACELET
If your watch has a soft plastic band such as urethane band, do not leave the watch under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the band may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water.
If your watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.



PLACES TO KEEP YOUR WATCH



CAUTION

Table with columns: WATER RESISTANCE, Water resistance level, and icons for different activities like swimming, diving, etc.

ABOUT BATHING
Your watch can be worn while bathing if it is equipped with water resistance over 10 bar. In that case, please note the following carefully.
Please do not operate your watch (Crown operation, Button operation etc.) when it is wet with soap or shampoo. It sometimes causes a reduction in the water proofing.
When the watch gets warm due to warm water, the watch could gain or lose time to some degree. However, the watch will return to its usual accuracy at normal temperatures.

WARNING

If your watch is 3 bar water resistant, do not use it in the water.
If your watch is 5 bar water resistant, do not use it in any type of diving including skin diving.
If your watch is 10 or 20 bar water resistant, do not use it in saturation diving or scuba diving.
PRECAUTIONS ON WEARING YOUR WATCH
Take utmost care in the following cases:
When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.
In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.

CAUTION

If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.
PERIODIC CHECK
We suggest that you have your watch checked by 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.
When the replacing the parts or battery, please specify "SEIKO GENUINE PARTS". If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.
Be sure to have the gasket and push-pin replaced with new ones by when checking the watch or the battery is replaced.

NOTES ON THE REPLACEMENT PARTS

Guarantee coverage is spelled out in the certificate of guarantee, please read it carefully and keep.
SEIKO makes it a policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
The number of years that a watch is considered repairable may vary greatly depending on the condition under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased, when having the watch repaired.
The case, dial, hands, glass, bracelet, or parts thereof may be replaced with substitutes if the originals are not available.