

DIGITAL TYPE

27799

Cal. W358

CIRCUIT RACE TIMER AND NAVIGATOR

# SEIKO QUARTZ

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You are now the proud owner of a SEIKO DIGITAL QUARTZ WATCH Cal. W358. For best results, please read the instructions in this booklet carefully before using your SEIKO Digital Quartz Watch. Please keep this manual for ready reference.

Vous voici l'heureux propriétaire d'une MONTRE NUMERIQUE SEIKO QUARTZ Cal. W358. Pour obtenir pleine satisfaction de cette montre, veuillez lire attentivement ce mode d'emploi que vous garderez pour toute référence ultérieure.

Usted es ahora el honrado poseedor de un RELOJ SEIKO DIGITAL DE CUARZO Cal. W358. Para los mejores resultados, lea las instrucciones de este panfleto con cuidado antes de usar su reloj SEIKO digital de cuarzo. Guarde este manual para ulterior referencia.

Sie sind nun stolzer Besitzer einer SEIKO DIGITAL-QUARZUHR Kal. W358. Für den bestmöglichen Gebrauch Ihrer Uhr lesen Sie bitte dieses Heftchen sorgfältig durch, bevor Sie Ihre SEIKO Digital-Quarzuhr in Gebrauch nehmen. Verwahren Sie dieses Heftchen, um sich jederzeit wieder informieren zu können.

Siete ora in possesso di un OROLOGIO SEIKO DIGITALE AL QUARZO Cal. W358. Per ottenere i migliori risultati dall'uso dell'orologio, leggere le istruzioni contenute in questo manuale, e conservare poi il manuale per qualsiasi eventuale futura necessità di consultazione.

Você poderá sentir-se orgulhoso de ter adquirido um SEIKO QUARTZ DIGITAL Cal. W358. Para obter os melhores resultados, leia atentamente as instruções contidas neste opúsculo antes de usar o seu SEIKO Quartz Digital. Guarde este manual para referências futuras.

閣下現已擁有一隻機件編號為W358的精工數字石英精密錶，足以感到自豪。在使用您的精工數字石英精密錶以前，為了能夠發揮它的最佳效果，務請仔細閱讀這本小冊子中的各項有關說明。並請妥善保存，以備日後隨時參考。

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# SEIKO DIGITAL QUARTZ CIRCUIT RACE TIMER AND NAVIGATOR

Cal. W358

## FEATURES

The SEIKO Quartz Watch Cal. W358 is a multi-function digital watch featuring 3-channel alarm, stopwatch, timer, circuit race timer and navigator functions. It is also provided with a memory recall function for the circuit race timer.

### ■ TIME/CALENDAR

Hour, minutes, seconds, year, month, date and day of the week are displayed. The calendar adjusts automatically for odd and even months including February of leap years from the year 1990 up to the end of 2050.

### ■ 3-CHANNEL ALARM

The alarm can be set to ring at three different times a day. Hourly time signal is also provided.

### ■ STOPWATCH

The stopwatch can measure up to 30 hours in 1/100 seconds.

#### • Auto start function

Stopwatch can be set to start automatically at a desired time.

## ■ TIMER

Up to 29 hours and 59 minutes can be set in minutes. The set time can be used repeatedly unless canceled.

### • Auto repeat function

After the set time is up, the timer counts down the set time again as many times as necessary.

## ■ CIRCUIT RACE TIMER

Lap times of either one or two cars can be measured up to 60 minutes in 1/100 seconds, and up to 100 lap times measured (50 each for two-car measurement) can be stored in memory.

Average speed per hour, split time/lap time difference between two cars can also be calculated and displayed.

## ■ MEMORY RECALL

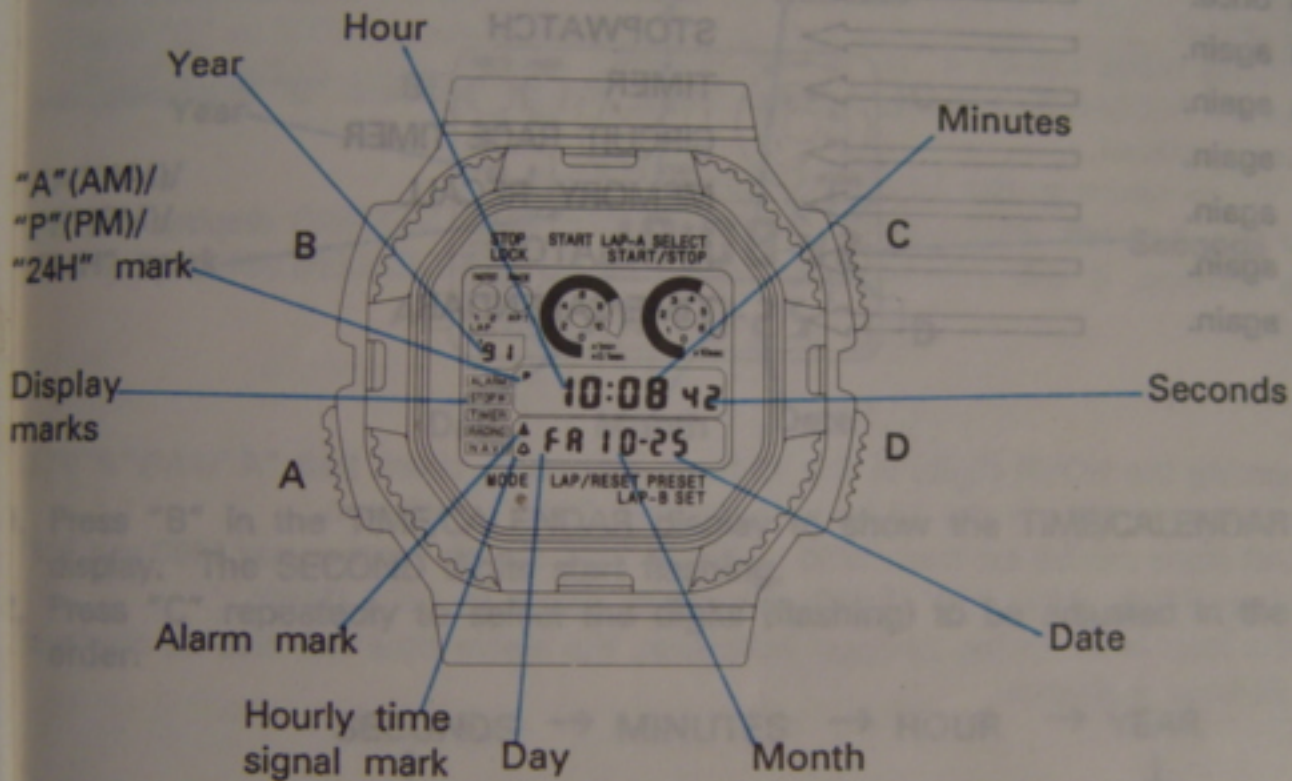
Data obtained in the circuit race timer mode can be recalled, such as lap time, fastest lap time, average speed per hour, split/lap time difference between two cars.

## ■ NAVIGATOR

By setting the distance and desired arrival time or the distance and expected average speed, the remaining distance and the time required to reach the destination are displayed while the watch is measuring.

There are four buttons as indicated in the illustration below.

[TIME/CALENDAR display]

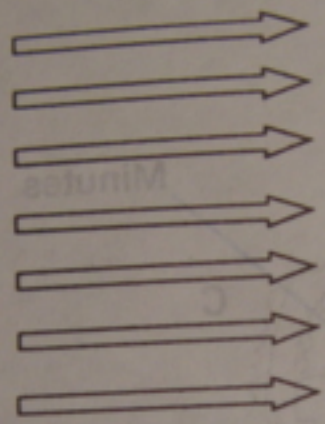


English

The display changes with each press of "A" in the TIME/CALENDAR display.

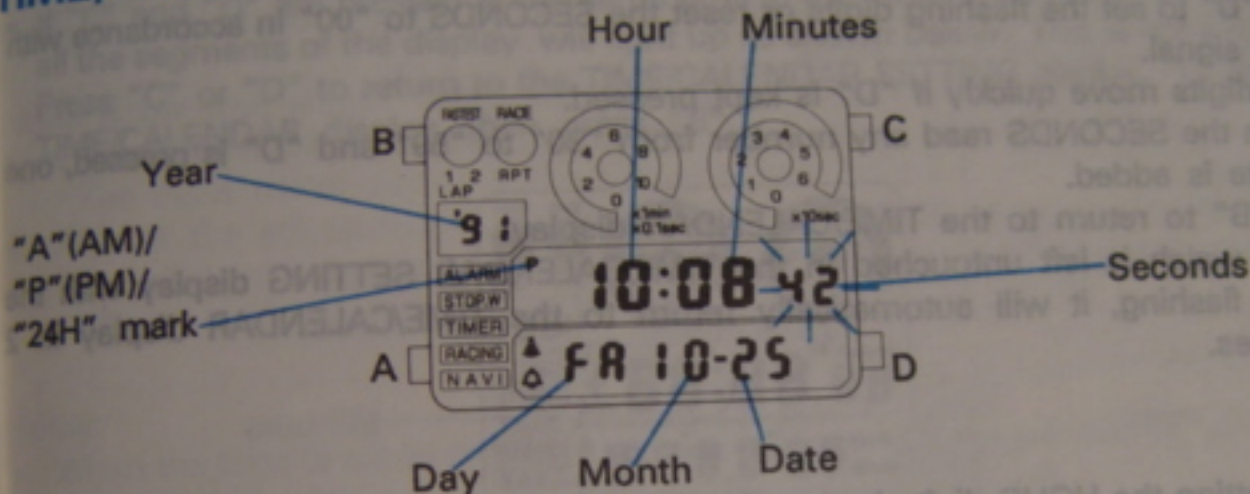
English

1. Press once.
2. Press again.
3. Press again.
4. Press again.
5. Press again.
6. Press again.
7. Press again.

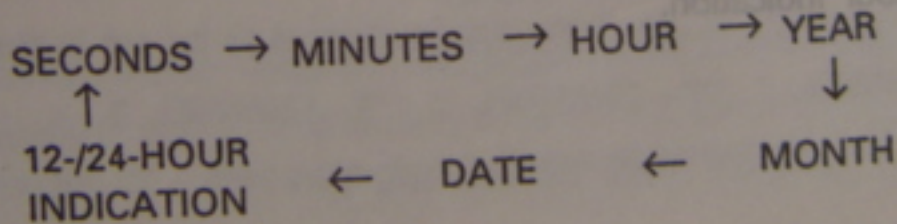


- ALARM
- STOPWATCH
- TIMER
- CIRCUIT RACE TIMER
- MEMORY RECALL
- NAVIGATOR
- TIME/CALENDAR

# TIME/CALENDAR SETTING



1. Press "B" in the TIME/CALENDAR display to show the TIME/CALENDAR SETTING display. The SECOND digits start flashing.
2. Press "C" repeatedly to select the digits (flashing) to be adjusted in the following order.



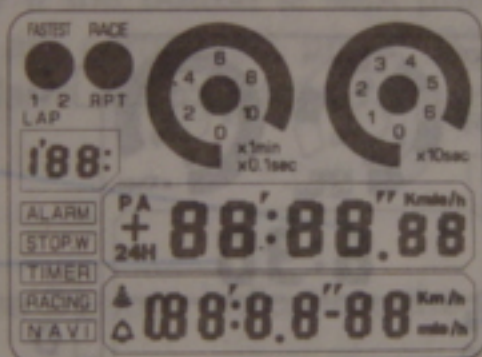
- Once the YEAR, MONTH and DATE are set, the DAY is automatically set.
3. Press "D" to set the flashing digits or reset the SECONDS to "00" in accordance with a time signal.
    - The digits move quickly if "D" is kept pressed.
    - When the SECONDS read any number from "30" to "59" and "D" is pressed, one minute is added.
  4. Press "B" to return to the TIME/CALENDAR display.
    - If the watch is left untouched in the TIME/CALENDAR SETTING display with the digits flashing, it will automatically return to the TIME/CALENDAR display in 2 minutes.

**Notes:**

1. When setting the HOUR digits in the 12-hour indication, check that "A"(AM)/"P"(PM) mark is properly set. In the 24-hour indication, "24H" is shown.
2. The YEAR digits can be set from 1990 to 2050. "90" stands for the year 1990 and "00" for the year 2000. After "50" (2050), the digits return to "90" (1990).
3. When the time is set in the 24-hour indication, the alarm time will also be displayed in the 24-hour indication.

## When All the Segments Light Up

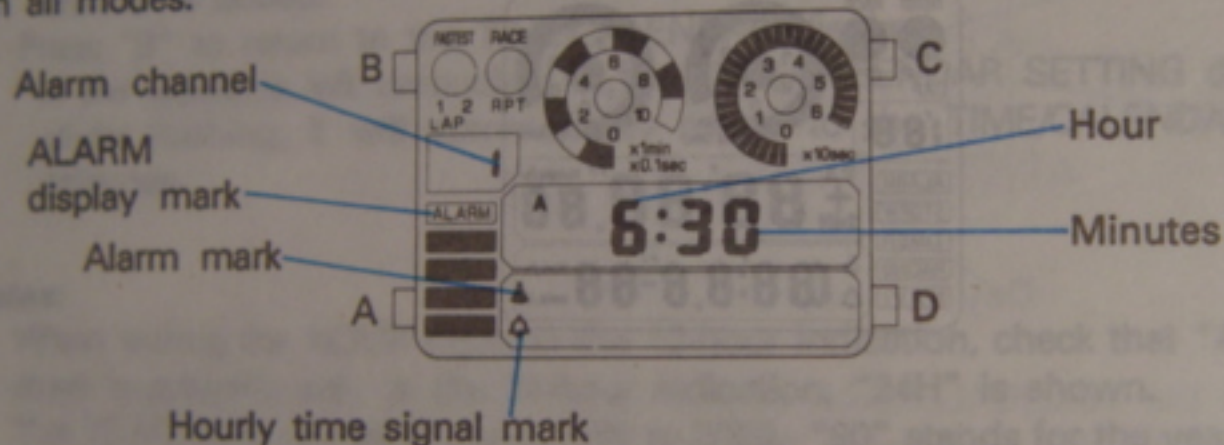
- If "C" and "D" are pressed at the same time in the TIME/CALENDAR SETTING display, all the segments of the display will light up as shown below. This is not a malfunction. Press "C" or "D" to return to the TIME/CALENDAR SETTING display. To return to the TIME/CALENDAR display, then press "B".



## 3-CHANNEL ALARM

The alarm can be set to ring at three different times a day. Set the three alarm channel one by one to the desired alarm times.

- Alarm mark is displayed if the respective alarm is engaged. Hourly time signal mark is displayed when hourly time signal is on. These remain displayed in the lower row in all modes.



### Alarm Time Setting

1. Press "A" to show the ALARM display.
2. Press "C" repeatedly to select the alarm channel to be set in the following order.

CHANNEL 1 → CHANNEL 2 → CHANNEL 3  
 ↑ HOURLY TIME SIGNAL DISPLAY ←

3. Pr

4. Pr

5. Pr

•

6. A

•

Note:

1. W

24

2. By

dis

3. If

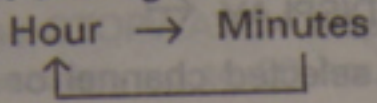
it

Alarm

1. Pre

sig

- 3. Press "B" to show the ALARM SETTING display. The HOUR digits start flashing.
- 4. Press "C" to select the digits (flashing) to be adjusted.



- 5. Press "D" to set the flashing digits.
  - \* The digits move quickly if the button is kept pressed.
- 6. After all the adjustments are completed, press "B" to return to the ALARM display.
  - \* To set more than one alarm channel, follow the procedure above starting from step "2".

**Notes:**

- 1. When the time is set in the 24-hour indication, the alarm will also be displayed in the 24-hour indication.
- 2. By pressing "D" to set the digits in the ALARM SETTING display, the alarm mark is displayed and the alarm is automatically engaged.
- 3. If the watch is left untouched in the ALARM SETTING display with the digits flashing, it will automatically return to the ALARM display in 2 minutes.





**Alarm and Hourly Time Signal Engagement/Disengagement**

- 1. Press "C" repeatedly in the ALARM display to select the alarm channel or hourly time signal to be engaged or disengaged in the following order.

CHANNEL 1 → CHANNEL 2 → CHANNEL 3

↑ HOURLY TIME SIGNAL DISPLAY ←

2. With each press of "D", the alarm of the selected channel or hourly time signal is engaged and disengaged alternately.
- \* The alarm and hourly time signal can be engaged and disengaged independently of each other.

Indication for the alarm channel/ hourly time signal	Alarm/hourly time signal engaged	Alarm/hourly time signal disengaged
1		—
2		—
3		—
( No indication for the hourly time signal )	 00	OFF

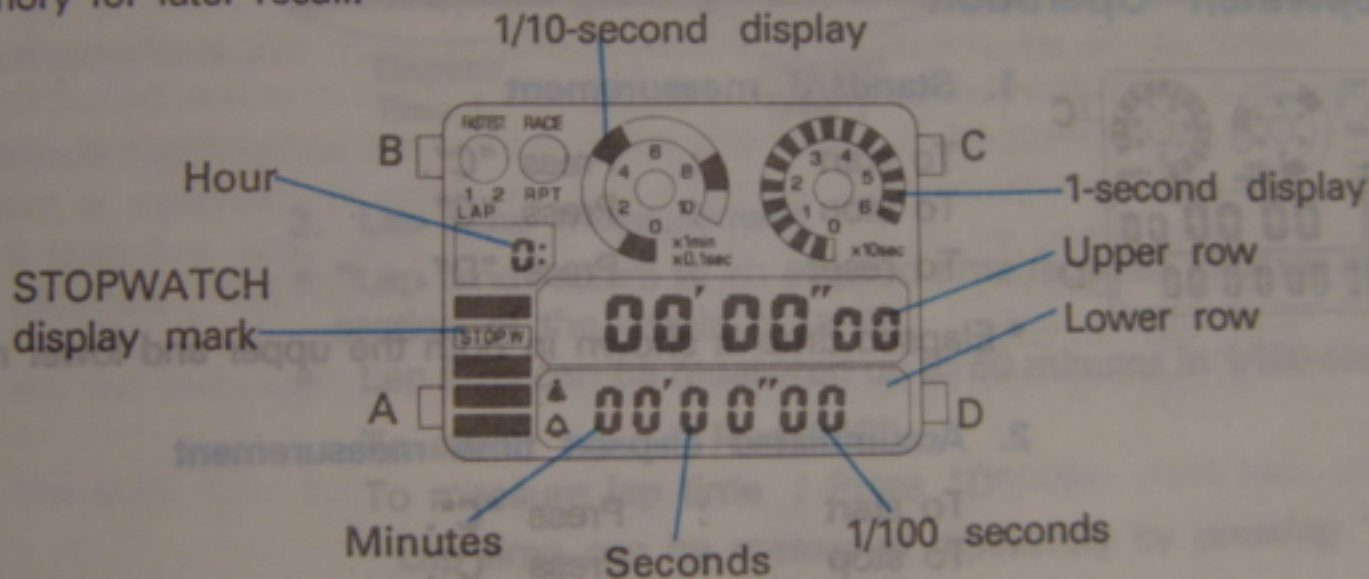
- The alarm rings at the designated time for 20 seconds and stops. To stop it manually, press "A", "B", "C" or "D".
- The alarm can be tested by keeping "D" pressed in the ALARM display.

# STOPWATCH

Press "A" to show the STOPWATCH display.

The stopwatch can measure up to 30 hours in 1/100 seconds.

\* Please note that the measurements taken in the STOPWATCH display cannot be stored in memory for later recall.

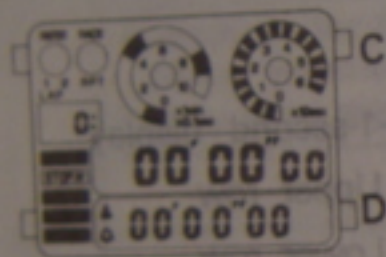


**Note:** The stopwatch and circuit race timer cannot be used simultaneously. If the stopwatch is started while the circuit race timer is measuring, warning beeps sound for 10 seconds. In that case, stop and reset the circuit race timer (refer to "CIRCUIT RACE TIMER"), and then use the stopwatch.

\* To stop the warning beep, press "A", "B", "C" or "D".

- Before using the stopwatch, be sure to reset the digits to "00".  
When the stopwatch is stopped, press "D".  
When the stopwatch is counting, press "C" to stop the measurement and then, press "D".

## Stopwatch Operation



### 1. Standard measurement

- To start : Press "C".
- To stop : Press "C".
- To reset : Press "D".

\* Elapsed time is shown in both the upper and lower rows.

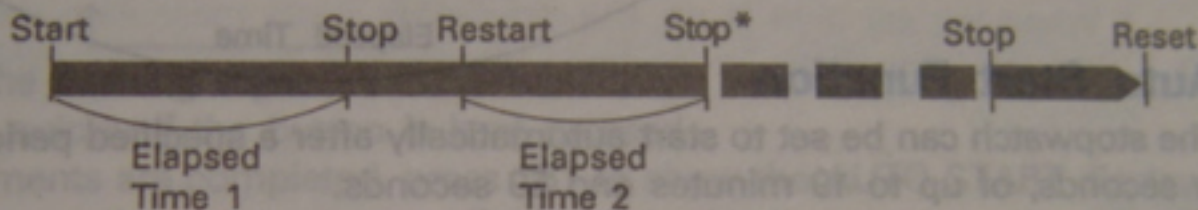
### 2. Accumulated elapsed time measurement

- To start : Press "C".
- To stop : Press "C".
- To restart : Press "C".
- To stop : Press "C".

\* Restart and stop of the stopwatch can be repeated by pressing "C".

- To reset : Press "D".

\* Accumulated elapsed time (Elapsed Time 1 + Elapsed Time 2) is shown in the upper row, and elapsed time between each subsequent start and stop (Elapsed Time 2) is shown in the lower row.



### 3. Lap time measurement

- "Lap time" refers to an elapsed time required to cover a given section of the whole distance.
- Lap time can be measured up to 60 minutes in 1/100 seconds.

To start : Press "C".

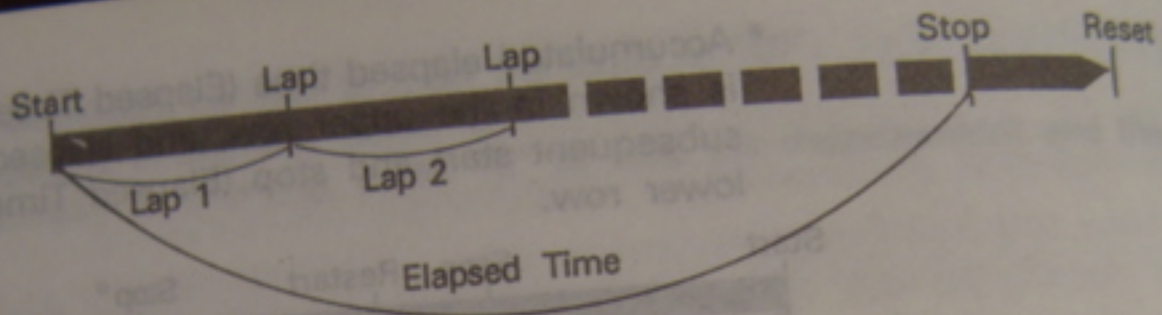
To measure lap time : Press "D".

\* Lap time can be measured repeatedly by pressing "D".

To stop : Press "C".

To reset : Press "D".

- \* Total elapsed time and the latest lap time are shown in the upper and lower rows of the display, respectively.



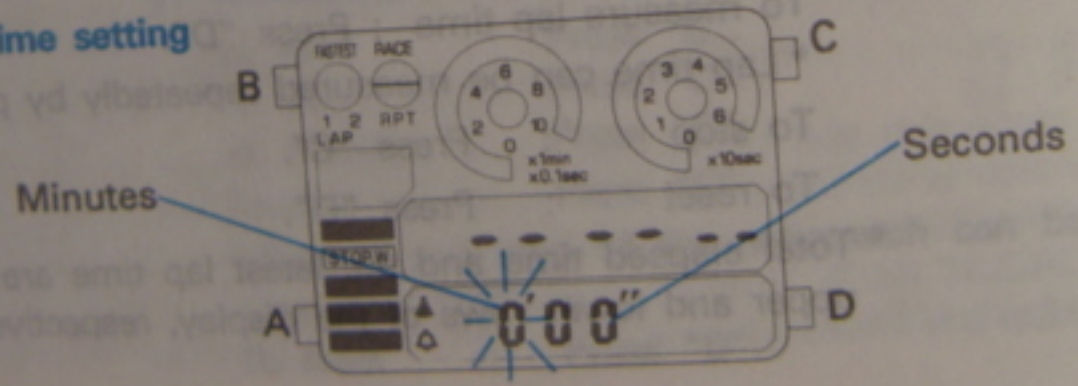
## Auto Start Function

The stopwatch can be set to start automatically after a specified period of time, measured in seconds, of up to 19 minutes and 59 seconds.

**Note:** The auto start function, timer and navigator cannot be used simultaneously. If the auto start function is started while the timer or navigator is measuring, warning beeps sound for 10 seconds. In that case, stop and reset the timer (refer to "TIMER") or the navigator (refer to "NAVIGATOR"), and then use the auto start function.

\*To stop the warning beep, press "A", "B", "C" or "D".

### 1. Auto start time setting



1. After
2. Press

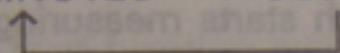
3. Press
4. After

- Notes:**
1. If th
  2. Onc

∴ Usi

1. After stopping the stopwatch or resetting it, press "B" to show the AUTO START TIME SETTING display. The MINUTE digits start flashing.
2. Press "C" to select the digits to be adjusted (flashing) in the following order.

MINUTES → SECONDS

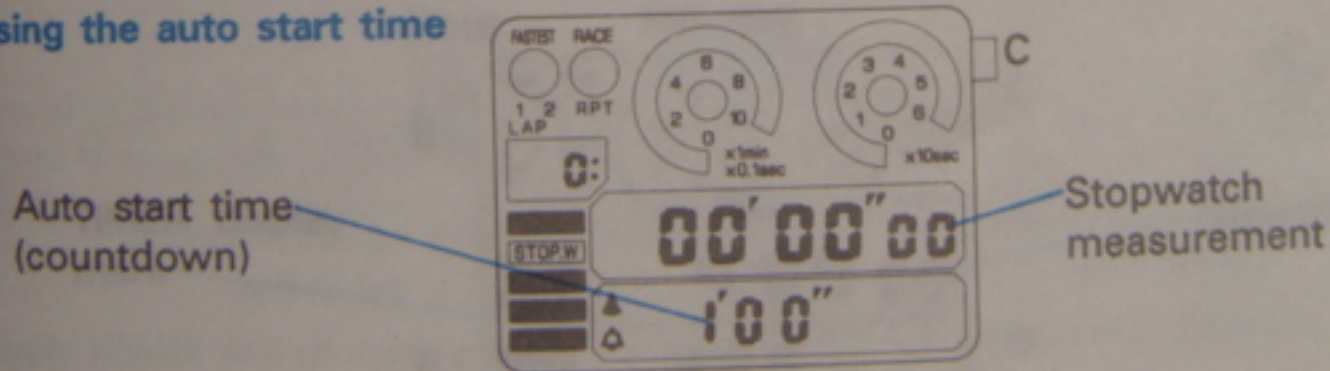


3. Press "D" to set the flashing digits.  
\* The digits move quickly if the button is kept pressed.
4. After all the adjustments are completed, press "B" to show the AUTO START display. The auto start time you have set remains displayed in the lower row.

#### Notes:

1. If the watch is left untouched in the AUTO START TIME SETTING display with the digits flashing, it will automatically return to the AUTO START display in 2 minutes.
2. Once set, the auto start time can be used repeatedly unless newly adjusted.

#### 2. Using the auto start time



1. Press "C" in the AUTO START display. The countdown of the set time will be started.
  - \* With each press of "C", the countdown is started and stopped alternately.
  - \* To cancel the auto start time you have set, press "C" to stop the countdown and then press "D". The watch will return to the STOPWATCH display.
  - \* When the set time is up, the stopwatch starts measuring with a beeping sound.
2. After the stopwatch is started, operate the buttons as explained in "Stopwatch operation".

**Notes:**

1. At 3, 2 and 1 seconds before the stopwatch measurement is started, a beep sounds.
2. If the stopwatch has not been reset to "00", the time previously measured will be added to the new measurement when the auto start time is activated and the set time is up.



## TIMER

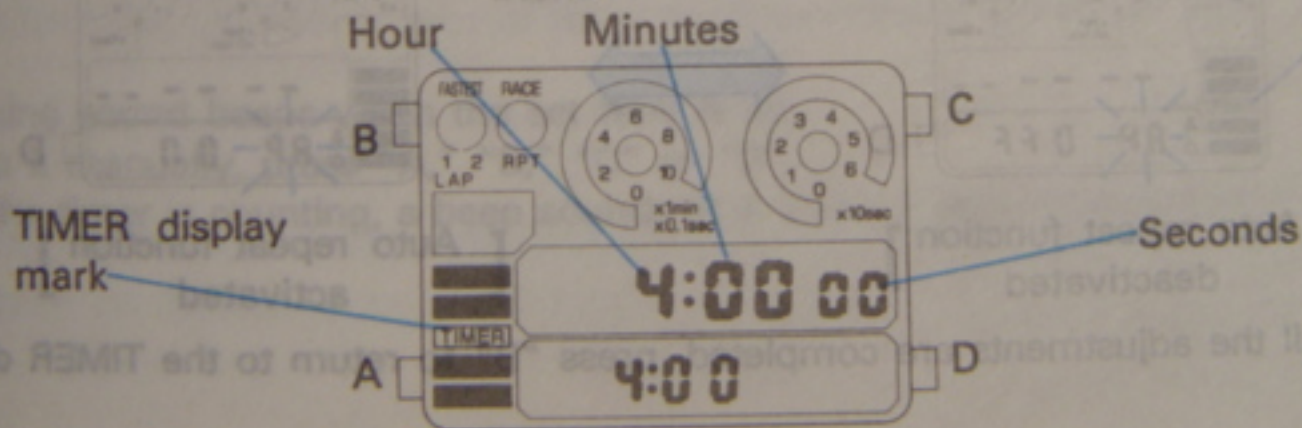
The timer can be set for a desired amount of time in minutes up to 29 hours and 59 minutes.

**Note:** The timer, auto start function and navigator cannot be used simultaneously. If the timer is started while the auto start time is counting down or the navigator is measuring, warning beeps sound for 10 seconds. In that case, stop and reset the countdown of the auto start time (refer to "Auto Start Function") or the navigator (refer to "NAVIGATOR"), and then use the timer.

\*To stop the warning beep, press "A", "B", "C" or "D".

## Timer Setting

- The timer is equipped with an auto repeat function. When the function is activated, the timer counts down the set time as many times as necessary unless it is stopped.



1. Press "A" to show the TIMER display.
2. Press "B" to show the TIMER SETTING display. The HOUR digits start flashing.
3. Press "C" repeatedly to select the digits (flashing) to be adjusted in the following order.

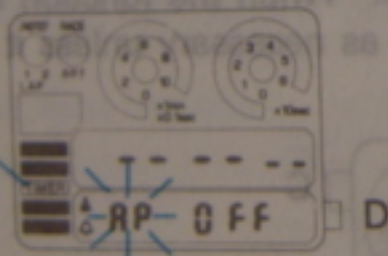
HOUR → MINUTES → ACTIVATION / DEACTIVATION  
OF  
THE AUTO REPEAT FUNCTION

4. Press "D" to set the flashing digits.

\* The digits move quickly if the button is kept pressed.

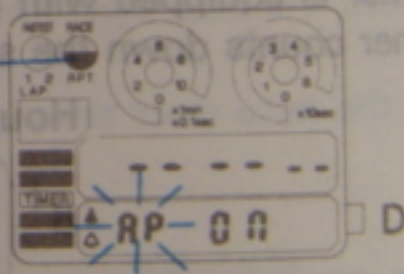
\* When flashing "RP" is displayed, the auto repeat function is activated and deactivated alternately with each press of "D". "ON" and the auto repeat mark are displayed when the function is activated, and "OFF" is displayed when it is deactivated.

TIMER  
display  
mark



[ Auto repeat function  
deactivated ]

Auto  
repeat  
mark

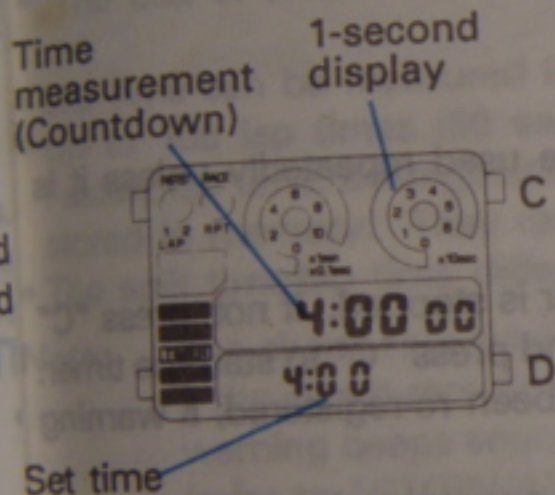


[ Auto repeat function  
activated ]

5. After all the adjustments are completed, press "B" to return to the TIMER display.

- If the watch is left untouched in the TIMER SETTING display with the digits flashing, it will automatically return to the TIMER display in 2 minutes.

## Timer Operation



To start	:	Press "C".
To stop	:	Press "C".
To restart	:	Press "C".
To stop	:	Press "C".

\* Restart and stop of the timer can be repeated by pressing "C".

To reset : Press "D".

\* A warning sound beeps when the set time is up.

\* To stop it manually, press "A," "B," "C" or "D".

\* While the timer is counting, a beep sounds at 3, 2 and 1 seconds before the set time is up.

## Auto Repeat Function

Once the timer is started by pressing "C" with the auto repeat function activated, it counts down the set time any number of times unless stopped. After the timer is used the desired number of times, be sure to stop it by pressing "C", as the energy of the battery is consumed, enormously shortening its life.

## How to Use the Time Set Previously

Once the timer is set, the set time is retained and can be used repeatedly unless it readjusted.

- To use the time previously set again, make sure the timer is stopped. If not, press "C" to stop it and then press "D" to re-register the set time, and press "C" to start the timer.
- If you press "D" when the timer is set or has already been re-registered, a warning beep sounds.
- If you press "C" or "D" when the timer is set to zero, a warning beep sounds.

## CIRCUIT RACE TIMER

The circuit race timer can measure a lap time up to 60 minutes in 1/100 seconds. By setting the distance of the racecourse, the average speed per hour can be calculated and displayed.

- The unit of distance can be selected from kilometers and miles.
- Lap time can be measured for either one or two cars.
- Up to 100 lap times (50 each for two-car measurement) can be stored in memory. Fastest lap time, average speed, split/lap time difference between two cars can also be stored in memory. They can be recalled in the MEMORY RECALL display.
- The split time/lap time difference between two cars is also calculated and displayed.

**Note:** The circuit race timer, stopwatch and navigator cannot be used simultaneously. If the circuit race timer is started while the stopwatch or navigator is measuring, warning beeps sound for 10 seconds. In that case, stop and reset the stopwatch (refer to "STOPWATCH") or the navigator (refer to "NAVIGATOR"), and then use the circuit race timer.

\*To stop the warning beep, press "A", "B", "C" or "D".

## Selection of 1- or 2-car Measurement and Distance Setting

The distance can be set up to 99.999 km or 99.999 miles.



4. Press "D" to select the number of cars or set the flashing digit.
  - \* The digit moves quickly if the button is kept pressed.
  - \* When "D" is pressed once to change the number of cars, "AC" is displayed in the lower row. Please note that, if "C" or "B" is pressed while "AC" is displayed, all the data stored in memory will be erased.
5. After all the adjustments are completed, press "B" to return to the CIRCUIT RACE TIMER display.

#### Notes:

1. If the watch is left untouched in the DISTANCE SETTING display with the digit flashing, it will automatically return to the CIRCUIT RACE TIMER display in 2 minutes.
2. Once set, the distance is retained and can be used repeatedly unless it is readjusted.

## Memory Function

The circuit race timer can store up to 100 lap times in memory (50 for each car in two-car measurement).

If more than 100 lap times are measured, the measured lap times over 100 will not be stored in memory, though they are displayed.

Stored lap time, fastest lap time, average speed and split/lap time difference between two cars can be recalled in the MEMORY RECALL display.

Before using the circuit race timer, clear any stored lap times in memory.

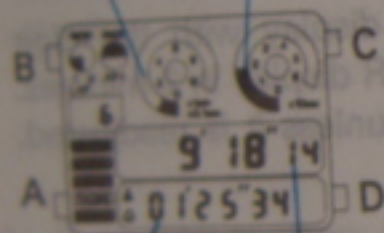
If the lap number is not "00", press "A" while keeping "D" pressed. The stored data is erased from the memory, and the lap number is reset to "00".

- It is recommended that the stored lap times be erased before using the circuit race timer, but when using it without clearing the memory, note that the lap number for the new measurements is not counted from "00" but from the lap number displayed before starting the racing timer.

## Circuit Race Timer Operation

1/10-sec.  
display

1-sec.  
display



Lap time

Accumulated  
elapsed time

Accumulated  
elapsed time

Lap time

### 1. One-car measurement

- Make sure that the distance of the racecourse is set and the number of cars is set to "1".

To start : Press "C".

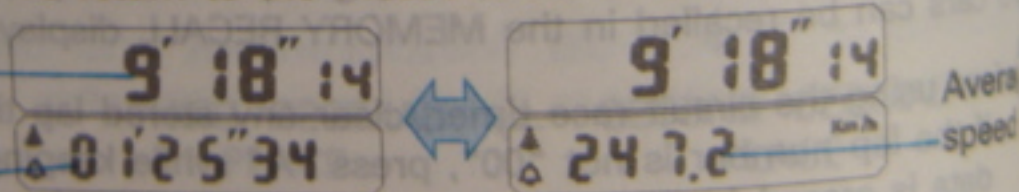
To measure lap time : Press "D".

- Lap time can be measured repeatedly by pressing "D".

To show the average speed of the last lap : Press "A".

- The last lap and its average speed are displayed alternately in the lower row for 6 seconds. During that time 1/10 second display stops.

To return to the measurement display, press "A".

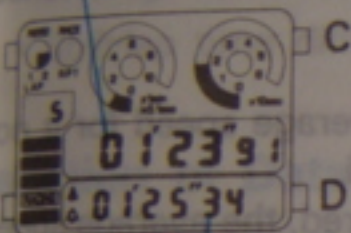


Average  
speed

To stop : Press "B".

To reset : Press "D".

Lap time of  
car X



Lap time of  
car Y

## 2. Two-car measurement

- Make sure that the distance of the racecourse is set and the number of cars is set to "2".

To start : Press "C".

To measure lap time of car X : Press "C".

To measure lap time of car Y : Press "D".

\* Lap times of cars X and Y can be measured repeatedly by pressing "C" and "D", respectively.

To show the average speeds of cars X and Y and split/lap time difference between them : Press "A".

\* The average speeds of cars X and Y, split/lap time difference between them are displayed alternately for 6 seconds.

To return to the measurement display, press "A".

To stop : Press "B".

To reset : Press "D".

Average speed  
of car X

00'03"9

Average speed  
of car Y

▲ 00'00"34



254.7 Km/h

Split time  
difference

▲ 224.3 Km/h

Lap time  
difference**Notes:**

1. When a lap time exceeds 60 minutes, neither the lap time, average speed for it or split/lap time difference are displayed, and " - - - " is displayed.
2. In one-car measurement, if more than 100 lap times are measured, the average speed for Lap 100 is displayed when "A" is pressed to show the average speed. In two-car measurement, if more than 50 lap times are measured for each car, the measurement data for Lap 50 is displayed when "A" is pressed to show the average speed and split/lap time difference.
3. Lap time measurement can be made while the average speed and split/lap time difference are displayed.
4. If the calculated speed per hour is more than 999.9 km/h or miles/h or less than 0.1 km/h or miles/h, "Err" is displayed.
5. In two-car measurement, if the number of lap times measured is different for the two cars, average speed, split/lap time difference are calculated from the data in the last lap for the car having fewer laps and the data in the corresponding lap, instead of the data in the last lap, for the other car.

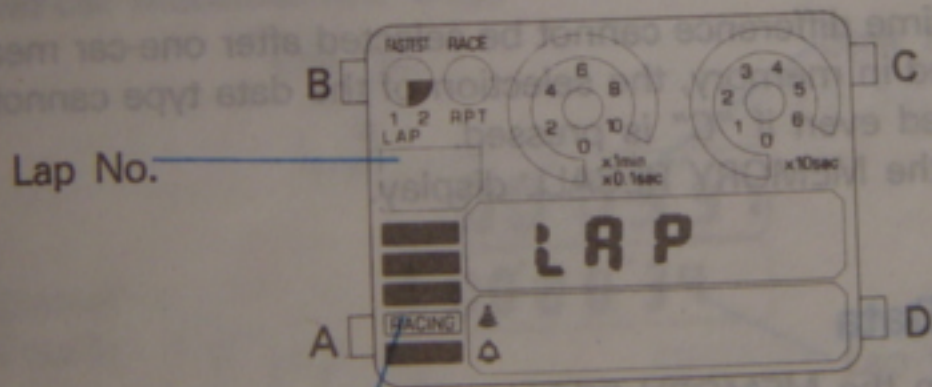
## MEMORY RECALL

The following data measured in the CIRCUIT RACE TIMER mode can be recalled.

- Lap time
- Fastest lap time and its average speed
- Average speed per hour of each lap
- Split/lap time difference between two cars

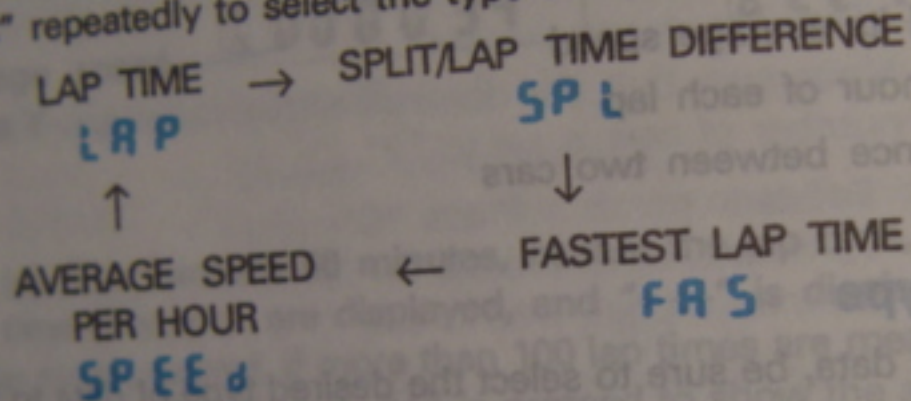
### Selection of Data Type

Before recalling the stored data, be sure to select the desired type of data to be recalled.



CIRCUIT RACE TIMER  
display mark

- Press "A" to show the MEMORY RECALL display.
- "LAP", "SPL", "FAS" or "SPEED" is displayed in the upper row.
- Press "B" to show the MEMORY RECALL SETTING display.
- Press "C" repeatedly to select the type of data to be recalled in the following order:



- \* Recall of the split/lap time difference cannot be selected after one-car measurement.
- \* When no data is stored in memory, the selection of the data type cannot be made.
- \* "LAP" is kept displayed even if "C" is pressed.

- Press "B" to return to the MEMORY RECALL display.

## Recall of the Stored Data

- \* With each press of "D" in the MEMORY RECALL display, the stored data is recalled successively starting from the oldest one in memory.
- \* The data are recalled rapidly if "D" is kept pressed.

1. Recall of la

Lap No.

6

2. Recall of  
(for two-

1. Recall of lap time **LAP**

[One car]

Lap No.

6

01'26"14

Lap time

▲  
△

[Two car]

Lap No.

5

01'23"91

Lap time  
of car X

▲ 01'25"34

Lap time  
of car Y2. Recall of split/lap time difference **SP Δ**

(for two-car measurement only)

Lap No.

5

00'03"91

Split time difference

▲ 00'00"34

Lap time difference

### 3. Recall of fastest lap time and its average speed **F R S**

\*\* In two-car measurement,

- 1) to show the fastest lap time of car "X": Press "C".
- 2) to show the fastest lap time of car "Y": Press "D".

Notes

1. WI
- it
2. If t
3. In
- dis
- is
- 1)
- 2)

[One car]

Lap No. 6

Fastest lap time 0 1' 25" 32

Average speed of fastest lap ▲ 247.2 Km/h

[Two car]

Lap No. 6

Fastest lap time 0 1' 36" 96

Average speed of fastest lap ▲ 224.3 Km/h

### 4. Recall of average speed **S P E E D**

[One car]

Lap No. 6

Average speed 247.2 Km/h

▲ -----

[Two car]

Lap No. 6

Average speed of car X 254.7 Km/h

Average speed of car Y ▲ 224.3 Km/h

Notes:

1. When the lap time, split time difference or lap time difference exceeds 60 minutes, it will not be displayed, and " - - - " is displayed.
2. If the calculated speed per hour is more than 999.9 km/h or miles/h, "Err" is displayed.
3. In two-car measurement, if the lap time of one car is not measured in a lap, following displays are shown in the MEMORY RECALL mode to indicate that no data of the car is stored for the lap.
  - 1) "00'00"00" is displayed when recalling the lap time.
  - 2) "Err" is displayed when recalling the average speed.

METHOD 1

METHOD 2

## NAVIGATOR

### CAUTION

Do not operate the watch while you are at the wheel.

By setting the distance to the destination and the desired arrival time, or the distance to the destination and average speed per hour, the navigator counts down and displays the remaining distance and the time required to reach the destination.

The navigator can be used in the following two ways.

#### METHOD I

By setting the distance and the desired arrival time, the navigator calculates the average speed required and counts down the remaining time and distance. While on the way, by readjusting the remaining distance according to the actual distance covered, you can know the average speed required to arrive at the destination as planned. If you take a rest on the way, the countdown of the distance can be stopped during the rest time.

#### METHOD II

By setting the distance and the expected average speed of your car, the navigator

calculates the time required to arrive at the destination and counts down the remaining time and distance. While on the way, by readjusting the remaining distance and average speed according to the actual traffic condition, you can know the newly calculated time required to cover the distance.

- The unit of distance can be selected from kilometers and miles.

**Note:** The navigator, timer, circuit race timer and auto start function cannot be used simultaneously. If the navigator is started while the timer or circuit race timer is measuring or auto start time is counting down, warning beeps sound for 10 seconds. In that case, stop and reset the timer (refer to "TIMER"), circuit race timer (refer to "CIRCUIT RACE TIMER") or the countdown of auto start time (refer to "2. Using the auto start time"), and then use the navigator.

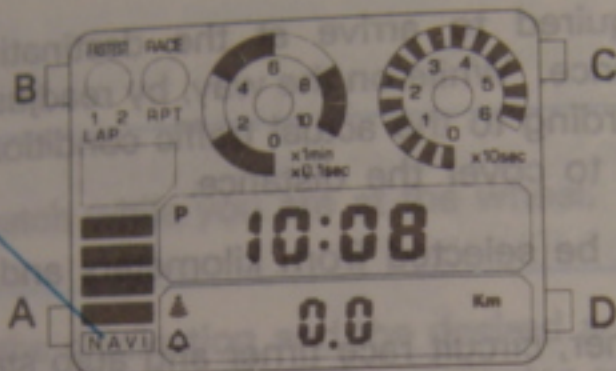
\*To stop the warning beep, press "A", "B", "C" or "D".

## Navigator Setting

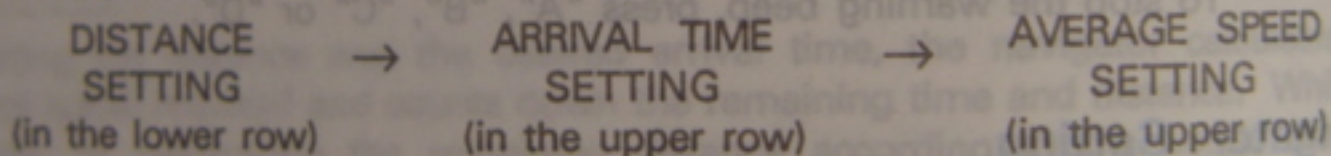
Set the distance and arrival time or distance and average speed according to your purpose. (See "METHOD I" and "METHOD II" above.)

- The distance can be set up to 999.9 km or 999.9 miles.  
The average speed can be set up to 999.9 km/h or 999.9 miles/h.
- The arrival time can be set up to 23 hours and 59 minutes beyond the current time.

NAVIGATOR  
display mark



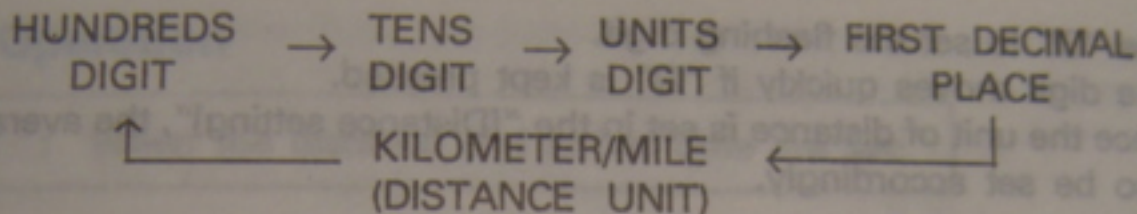
1. Press "A" to show the NAVIGATOR display. The time when "A" is pressed remains displayed.
2. Press "B" to activate the NAVIGATOR SETTING function. The digits in the lower row start flashing.
3. Press "A" repeatedly to select the setting display (flashing) in the following order.



4. Set the selected display following the procedure below.

**[Distance setting]**

- 1) Press "C" repeatedly to select the digit to be adjusted and the distance unit (flashing) in the following order.



- 2) Press "D" to set the flashing digit.  
 \* The digit moves quickly if "D" is kept pressed.

#### [Arrival time setting]

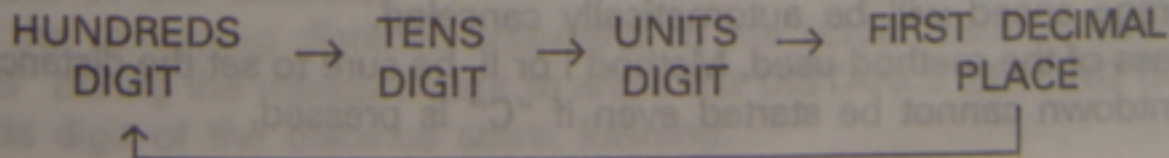
- 1) Press "C" to select the digits (flashing) to be adjusted.

HOUR → MINUTES

- 2) Press "D" to set the flashing digits.  
 \* The digits move quickly if "D" is kept pressed.  
 \* When the time function is displayed in the 24-hour indication, the arrival time is also displayed in the 24-hour indication.

#### [Average speed setting]

- 1) Press "C" repeatedly to select the digit (flashing) to be adjusted in the following order.



- 2) Press "D" to set the flashing digit.
  - \* The digit moves quickly if "D" is kept pressed.
  - \* Once the unit of distance is set in the "[Distance setting]", the average speed will also be set accordingly.
5. After all the adjustments are completed, press "B" to return to the NAVIGATOR display.

**Notes:**

1. If the watch is left untouched in the NAVIGATOR SETTING display with the digit flashing, it will automatically return to the NAVIGATOR display in 2 minutes.
2. To reset the distance, arrival time and average speed you have set, press "D" in the NAVIGATOR display before the measurement is started or when the countdown of the set distance is stopped.
3. If the calculated speed is more than 999.9 km/h or miles/h, or if the calculated time required to cover the set distance is more than 99 hours, 59 minutes and 59 seconds, a warning beep sounds when "C" is pressed to start the measurement, and the measurement will not be started. In this case, set the navigator again following the procedure above starting from step "2".
4. If the distance, arrival time and average speed are all set in the NAVIGATOR SETTING, the average speed will be automatically canceled.
5. Regardless of the method used, Method I or II, be sure to set the distance. Otherwise the countdown cannot be started even if "C" is pressed.

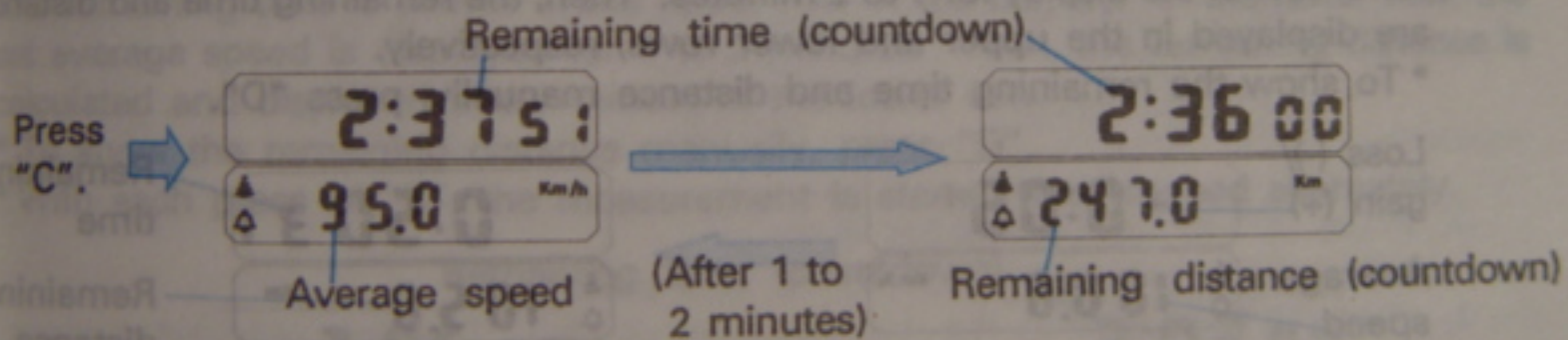
## Navigator Operation

### METHOD 1 : When the distance and arrival time are set:

1. Make sure that the set arrival time and distance are displayed in the upper and lower rows, respectively.
2. Press "C" to start the measurement.

The remaining time is shown in the upper row of the display. In the lower row, the average speed per hour is displayed for 1 to 2 minutes. Then, the remaining distance is calculated and displayed every minute in the lower row.

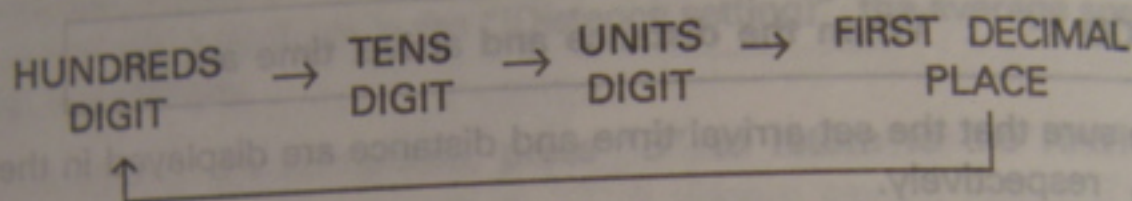
\* To show the remaining distance manually, press "D".



#### [Readjustment of the distance]

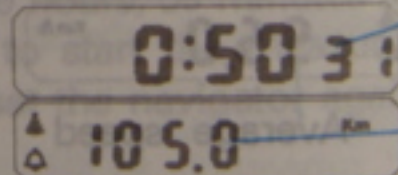
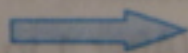
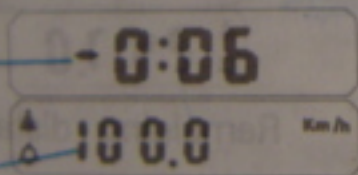
- Readjust the remaining distance according to the actual distance covered.
- 1) Press "B" during the measurement to show the DISTANCE SETTING display. The hundreds digit of the distance starts flashing.

- 2) Press "C" repeatedly to select the digit (flashing) to be adjusted in the following order.



- 3) Press "D" to set the flashing digit.  
 \* The digit moves quickly if "D" is kept pressed.
- 4) Press "B" to return to the measurement display. The loss (-) or gain (+) from the expected arrival time is displayed in minutes (the seconds are rounded off) in the upper row and the average speed required to arrive as planned is displayed in the lower row of the display for 1 to 2 minutes. Then, the remaining time and distance are displayed in the upper and lower rows, respectively.  
 \* To show the remaining time and distance manually, press "D".

Loss (-)/  
gain (+)



Remainin  
time

Remainin  
distance

#### [Measurement of the intermission]

- 1) Press "C" to start the measurement of the time of intermission. The countdown of the distance will be stopped.

g2) Press "C" repeatedly to stop the measurement. The loss (-) from the expected arrival time is displayed in minutes (the seconds are rounded off) in the upper row and the average speed required to arrive at the destination as planned is displayed in the lower row of the display for 1 to 2 minutes.

### METHOD II : When the distance and average speed are set:

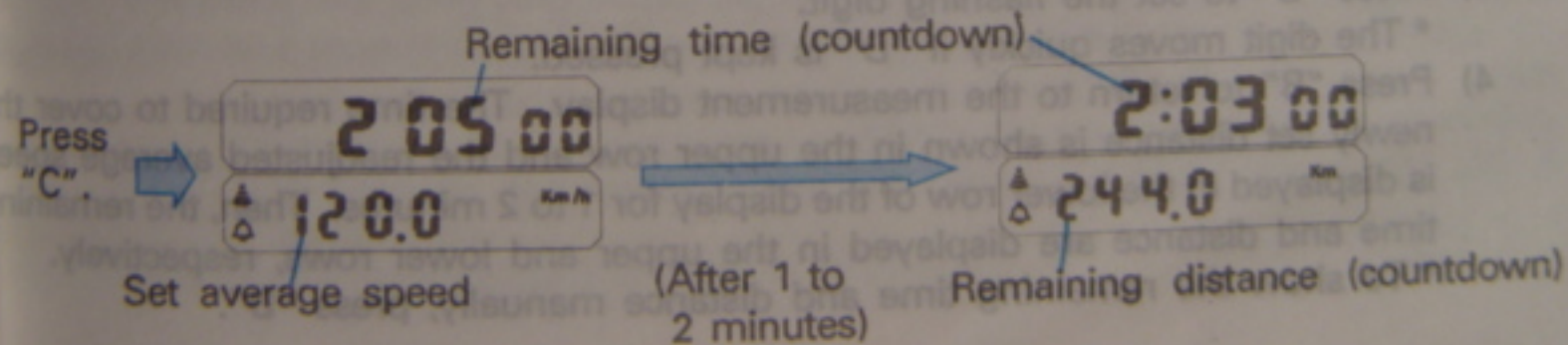
Make sure that the set average speed and distance are displayed in the upper and lower rows, respectively.

Press "C" to start the measurement.

The remaining time is shown in the upper row of the display. In the lower row, the set average speed is displayed for 1 to 2 minutes. Then, the remaining distance is calculated and displayed every minute in the lower row.

\* To show the remaining distance manually, press "D".

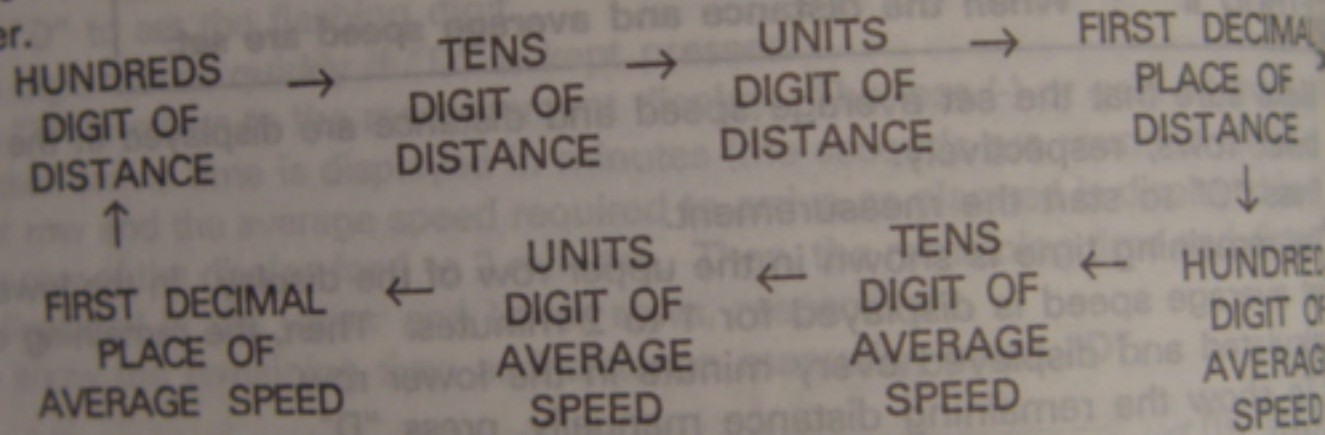
\* With each press of "C", the measurement is started and stopped alternately.



[Readjustment of the distance and average speed]

• Readjust the remaining distance and average speed according to the actual tra condition.

- 1) Press "B" during the measurement to show the DISTANCE AND AVERAGE SPEED SETTING display. The hundreds digit of the distance starts flashing.
- 2) Press "C" repeatedly to select the digit (flashing) to be adjusted in the following order.

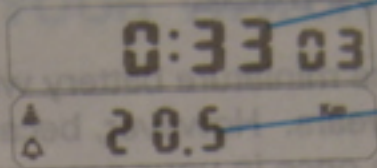
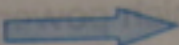
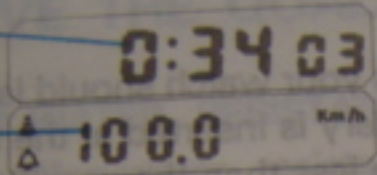


- 3) Press "D" to set the flashing digit.
  - \* The digit moves quickly if "D" is kept pressed.
- 4) Press "B" to return to the measurement display. The time required to cover newly set distance is shown in the upper row and the readjusted average speed is displayed in the lower row of the display for 1 to 2 minutes. Then, the remaining time and distance are displayed in the upper and lower rows, respectively.
  - \* To show the remaining time and distance manually, press "D".

Time n  
calcula  
Readju  
averag  
speed

tes:  
When  
sounds  
"C".  
To res  
then p  
naviga  
The ca  
when t

Time newly calculated  
Readjusted average speed



Remaining time  
Remaining distance

Notes:

- When the countdown of the remaining time and distance is finished, a warning beep sounds and "0" remains displayed until the measurement is stopped by pressing "C".
- To reset the navigator to "00", press "C" to stop the countdown of the distance and then press "D". If the watch is left untouched with the measurement stopped, the navigator will automatically be reset to "00" in 1 hour.
- The calculated speed/time may include a slight computational error, particularly when the set or calculated average speed is less than 10 km/h or miles/h.

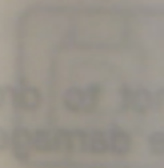
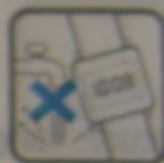
## BATTERY CHANGE

3  
Years

The miniature battery which powers your watch should last approximately 3 years. However, because the battery is inserted at the factory, its actual life once in your possession may be less than the specified period. When the battery expires, be sure to replace it as soon as possible to prevent any malfunction. For battery replacement, we recommend that you contact an AUTHORIZED SEIKO DEALER and request SEIKO CR2025 battery.

### Notes:

1. When the battery nears its end, the display light becomes dim or completely blank as the alarm rings. In that case, replace the battery as soon as possible.
2. If the alarm is used for more than 10 seconds a day, the battery life may be less than 3 years.
3. While the stopwatch, timer, circuit race timer and navigator functions are not in use, be sure to stop the measurements and reset the display to "00".



# TO PRESERVE THE QUALITY OF YOUR WATCH

## ■ WATER RESISTANCE



### • Non-water resistance

If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the module. If the watch becomes wet, we suggest that you have it checked by an **AUTHORIZED SEIKO DEALER** or **SERVICE CENTER**.



### • Water resistance (3 bar)

If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for swimming or diving.



### • Water resistance (10 bar/15 bar)

If "WATER RESISTANT 10 BAR" or "WATER RESISTANT 15 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar and is suitable for swimming and shallow diving, but not for scuba diving. We recommend that you wear a **SEIKO Diver's watch** for scuba diving. If used in sea water, rinse the watch in fresh water and dry it completely.

Do not operate the buttons in water.

**NOTE:**

Pressure in bar is a test pressure and should not be considered corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

**■ TEMPERATURES**

Your watch works with stable accuracy between a temperature range of 5°C and 35°C (41°F and 95°F).

Temperatures over 50°C (122°F) may cause battery leakage or shorten the battery life.

If the watch is left in direct sunlight for a long time, the display may become black, but this condition will be corrected when the watch returns to normal temperature.

Do not leave your watch in very low temperatures below -5°C (+23°F) for a long time since the cold may cause:

- a slight time loss or gain.
- the change of digits to become slow.
- the display light to dim.

However, the above conditions will be corrected when the watch returns to normal temperature.

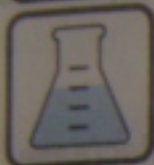
**■ SHOCKS & VIBRATION**

Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.



### ■ MAGNETISM

Your watch will not be affected by magnetism.



### ■ CHEMICALS

Be careful not to expose the watch to solvents (e.g., alcohol and gasoline), mercury (i.e., from a broken thermometer), cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.



### ■ STATIC ELECTRICITY

The IC (Integrated Circuit) used in your watch will be affected by static electricity which may disturb the display. Keep your watch away from close contact with objects such as TV screens which emit strong static electricity.



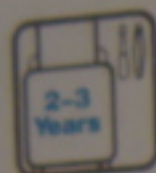
### ■ CARE OF CASE AND BRACELET

To prevent possible corrosion of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.



### ■ PRECAUTION REGARDING CASE BACK PROTECTIVE FILM

If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch. Otherwise, perspiration getting in under them may rust the case back.



### ■ PERIODIC CHECK

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



### ■ LIQUID CRYSTAL PANEL

After about 5 years of use the liquid crystal panel will decrease contrast, becoming difficult to read. Have the panel replaced with a new one by an **AUTHORIZED SEIKO DEALER** or **SERVICE CENTER**.

## SPECIFICATIONS

1. Frequency of crystal oscillator ..... 32,768 Hz (Hz = Hertz ... Cycles per second)
2. Loss/gain (monthly rate) ..... Less than 20 seconds at normal temperature range (5°C ~ 35°C) (41°F ~ 95°F)
3. Operational temperature range ..... -5°C ~ +50°C (23°F ~ 122°F) for the watch mechanism  
0°C ~ 50°C (32°F ~ 122°F) for the alarm sound
4. Display system  
TIME/CALENDAR display ..... Hour, minutes, seconds, year, month, day and day of the week.

	"A"/"P"/"24H", display marks and graphic display.
ALARM display .....	Hour, minutes and alarm channel. "A"/"P"/"24H", alarm and hourly time signal marks.
STOPWATCH display .....	ALARM display mark and graphic display. Hour, minutes seconds and 1/100 seconds. STOPWATCH display mark and graphic display.
TIMER display .....	Hour, minutes and seconds. TIMER display mark, auto repeat mark and graphic display.
CIRCUIT RACE TIMER display .....	Minutes, seconds and 1/100 seconds. Number of cars and lap number. Distance in kilometers/miles. Speed per hour in km/h or miles/h. Circuit race timer mark, CIRCUIT RACE TIMER display mark and graphic display.
MEMORY RECALL display .....	Minutes, seconds and 1/100 seconds. Number of cars and lap number. Speed per hour in km/h or miles/h. "LAP", "SPL", "FAS" and "SPEEd". MEMORY RECALL display mark and graphic

NAVIGATOR display .....	display. Hour, minutes and seconds. Distance in kilometers/miles. Speed per hour in km/h or miles/h. "A"/"P"/"24H", NAVIGATOR display mark on graphic display.
5. Display medium .....	Nematic Liquid Crystal, FEM (Field Effect Mode)
6. Battery. ....	Lithium battery, SEIKO CR2025, 1 piece
7. IC (Integrated Circuit) .....	C-MOS-LSI, 1 piece

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

TABLE

CARAC  
REGLA  
REGLA  
CHROM  
MINUT  
UTILISA  
RAPPE  
NAVIG  
REMPI  
POUR  
SPECIF