

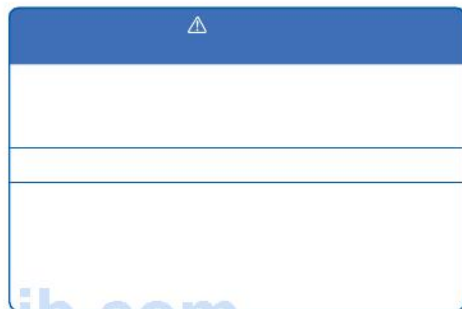
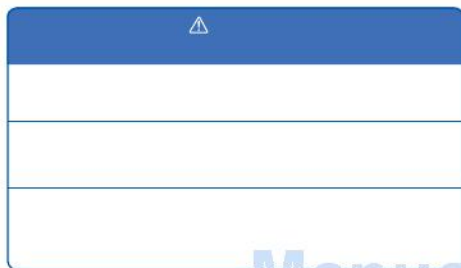
SEIKO
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I N S T R U C T I O N S

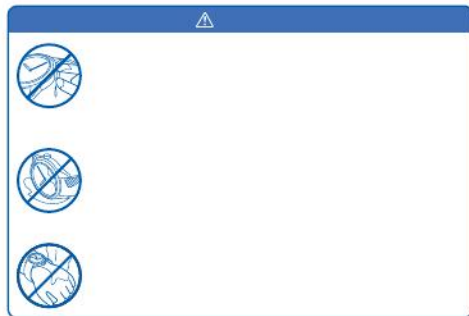


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 Too Hot
Use Under 50 °C

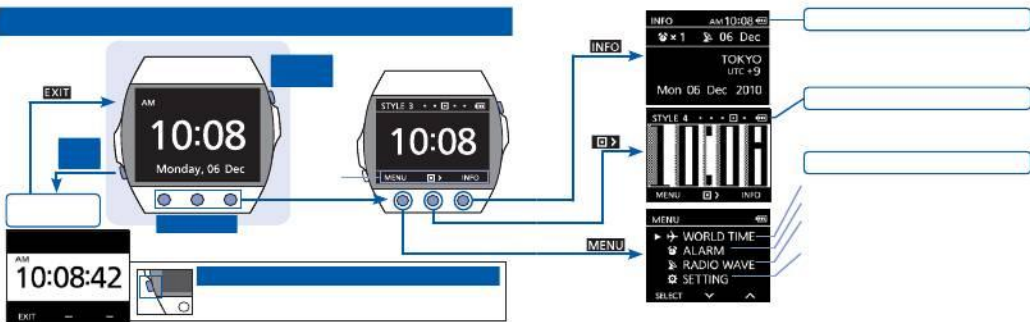
EN 10 08

 Too Cold
Use Over -5 °C

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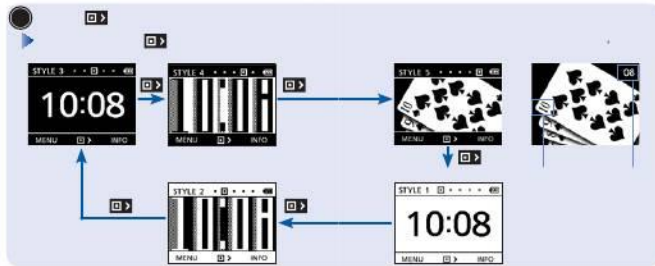


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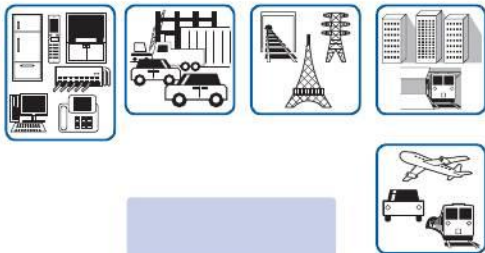
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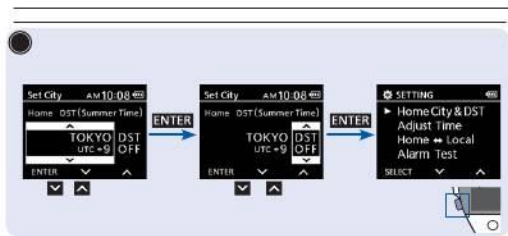
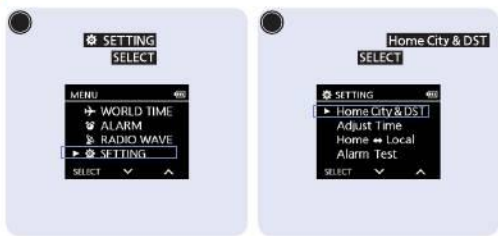
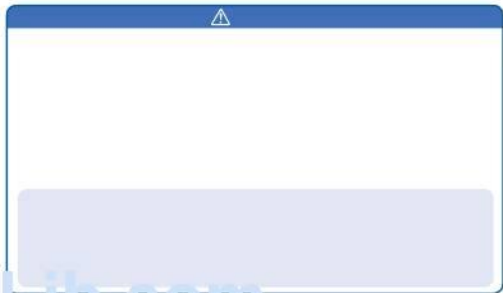


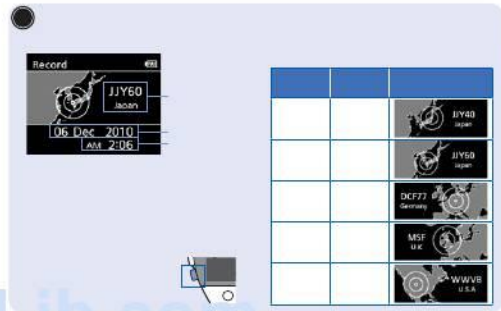
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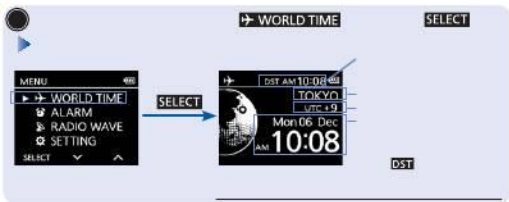


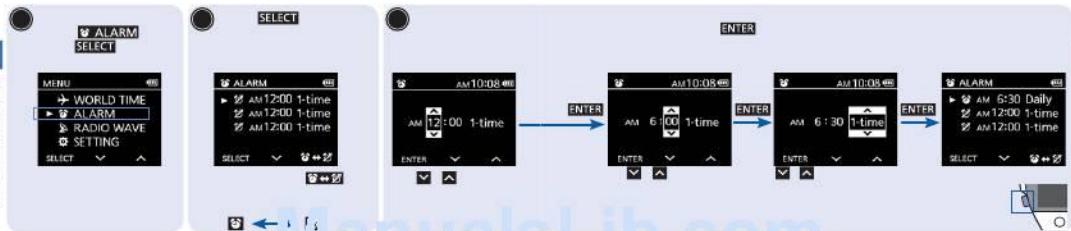
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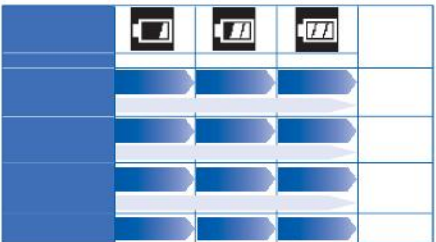
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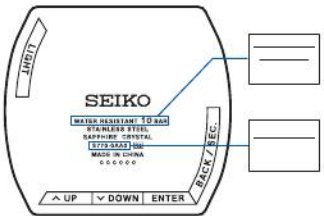


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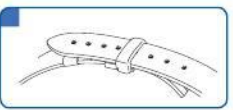
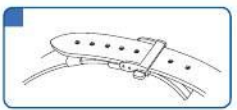
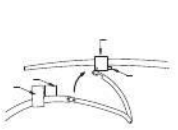
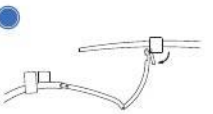
	POWER SAVE	SLEEP

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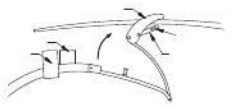
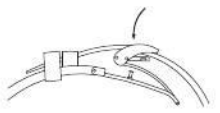
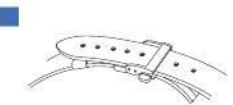
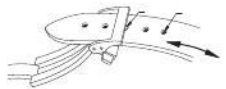
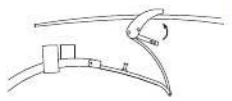
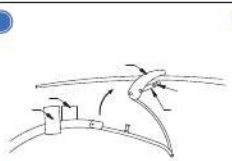
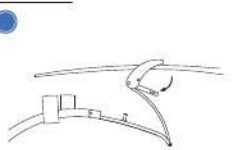


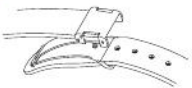
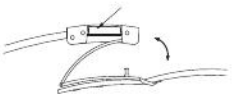
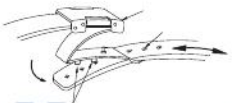
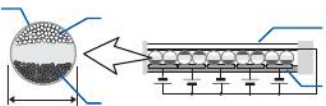
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SELECT

RADIO WAVE



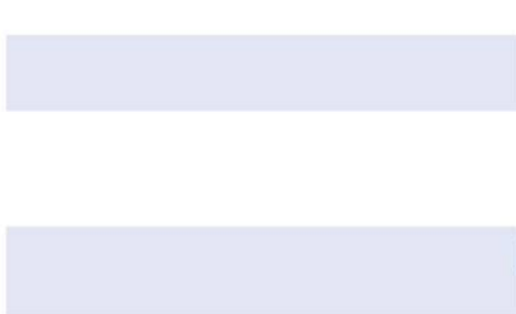
Receive

SELECT





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How to manually set the time and date (Year, month and date)

When you use the watch continuously outside the reception range or in a place or region where the watch cannot receive radio waves, manually set the time and date.
→ "Radio wave reception range" P112

When you start using the watch in a radio wave receivable environment, let the watch receive radio waves so that it can set the time and date.
→ Automatic reception and manual reception P111

- When the watch sets the time and date after it successfully received radio waves, you do not have to manually adjust the time and date.
- Even if the watch cannot receive radio waves, its accuracy is kept by the quartz movement with monthly accuracy within 15 seconds.
- If the watch receives radio waves after the time and date were manually set, it will indicate the time and date obtained by the reception.

■ Setting the time

- ① In the Menu Display, select **SETTING** and press **SELECT**.



To show the Menu Display
→ How to change the modes and displays P104

- ② In the Miscellaneous Setting Mode, select **Adjust Time** and press **SELECT**.



If you only want to set the date, go to step ③ on P166.

- ③ Press **SELECT** to select the time indication format.



Continued on the next page

④ Setting the hour and minute

With each pressing of **ENTER**, the selectable segment will be activated.



Press **▼** or **▲** to set the hour.

Press **▼** or **▲** to set the minute.

Press **▼** or **▲** to reset the figures to "00."

- If you press **ENTER** or the **BACK** button without pressing **▼** or **▲**, the watch returns to the step ③.
- If you press the **BACK** button after pressing **▼** or **▲**, the watch immediately starts moving from 0 seconds. This action will have the same effect as step ③, when the watch starts moving from 0 second.

⑤ Setting the second



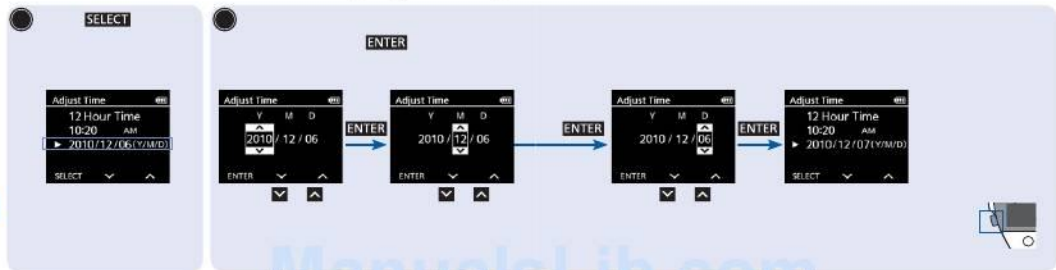
Press **START** simultaneously with a time signal.

You can see the second counting.

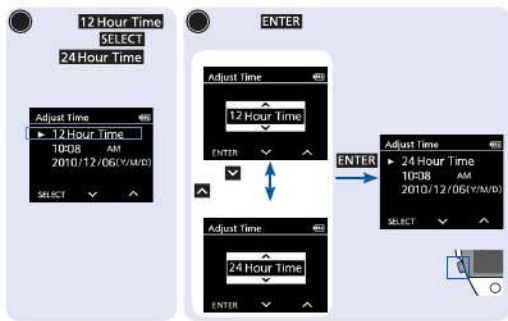
To continue to the date setting, go to the next page.

To return to the time display, hold down the **BACK** button.

Hold down



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Troubleshooting

	POWER SAVE	SLEEP	AM10:08 ⚠ Too Cold Use Over 5°C		
				🔋	⚠ Too Hot Use Under 50°C

Troubleshooting

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Troubleshooting

Troubleshooting

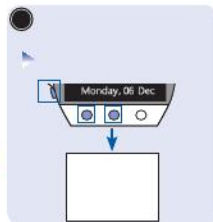
Troubleshooting

Troubleshooting

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Troubleshooting

Troubleshooting



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