

ANALOGUE QUARTZ
WITH ADDITIONAL SUB-HANDS
Cal. 7F22, 7F24, 7F26, 7F38, 7F39

SEIKO QUARTZ

INSTRUCTIONS

You are now the proud owner of a SEIKO ANALOGUE QUARTZ WATCH with multi-display features. Please check the case back of your watch to find the calibre number inscribed on it. As illustrated in the diagram below, the calibre number of your watch is the 4-digit number to the left of the hyphen mark. This booklet includes instructions for the following watch calibre numbers: Cal. 7F22, 7F24, 7F26, 7F38 and 7F39.

For best results, please carefully read the instructions in this booklet pertaining to your watch calibre number before using your SEIKO Analogue Watch. Please keep this manual for ready reference.

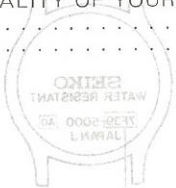
The case back of your watch



Cal. No.

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SEIKO ANALOGUE QUARTZ WITH ADDITIONAL SUB-HANDS

Cal. 7F22, 7F24, 7F26, 7F38, 7F39

FEATURES

SEIKO Analogue Quartz Watches Cal. 7F22, 7F24, 7F26, 7F38 and 7F39 are multi-display watches with additional sub-hands that feature 24-hour time (dual time) display and a date display.

For Watches Cal. 7F24, 7F26, 7F38 and 7F39, the day of the week is displayed by an additional sub-hand. For Watches Cal. 7F38 and 7F39, the moon phase is also displayed.

■ MAIN TIME DISPLAY

Cal. 7F22, 7F24, 7F26 and 7F38: Two-hand
Cal. 7F39: Three-hand

■ CALENDAR

Date: Indicated by additional sub-hand
Day of the week (Cal. 7F24, 7F26, 7F38 and 7F39): Indicated by additional sub-hand

■ DUAL TIME DISPLAY

With an additional sub-hand, the time of an area in a different time zone can be set in 24-hour time indication.

■ **MOON PHASE DISPLAY (For Cal. 7F38 and 7F39)**

The phases (waxing and waning) of the moon are displayed.

■ **BATTERY LIFE INDICATOR (For Cal. 7F39)**

The second hand moves at two-second intervals when the battery needs to be replaced.

DISPLAY AND CROWN/BUTTON OPERATION

There are two types of crown/button operation.

They are illustrated below with the typical calibres of each type as examples.

Cal. 7F22

Crown A (Main time and calendar setting)

- (a) Normal position: Free
- (b) First click: Calendar setting
 - Clockwise: Date setting
 - Counterclockwise: Day setting (Cal. 7F24, 7F26, 7F38 and 7F39)
- (c) Second click: Main time setting

Cal. 7F39

Crown B (24-hour time setting)

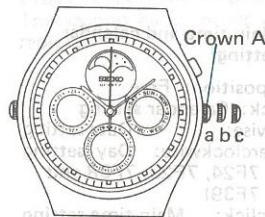
- (a) Normal position: Free
- (b) First click: 24-hour time setting

Button C (Cal. 7F38 and 7F39)

- Moon phase display setting

TIME SETTING

● Main time setting



- a) Normal position
- b) First click
- c) Second click

Cal. 7F22, 7F24, 7F26 and 7F38:

1. Pull out crown "A" all the way to the second click.
2. Turn crown "A" clockwise or counterclockwise to set the desired time.
3. Push in crown "A" back to the normal position.

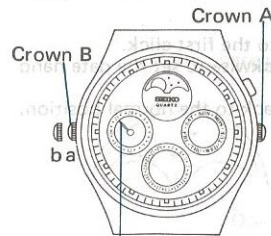
Cal. 7F39:

1. Pull out crown "A" all the way to the second click when the second hand points at 12 o'clock position (the second hand stops on the spot).
2. Turn crown "A" clockwise or counterclockwise to set the desired time.
3. Push in crown "A" back to the normal position in accordance with a time signal, and the time can be set to the exact second.

Note:

When setting the minute hand, first advance the hand a few minutes ahead of the desired time and then turn it back to the exact minute.

● 24-hour time setting



Additional hour hand

- a) Normal position
- b) First click

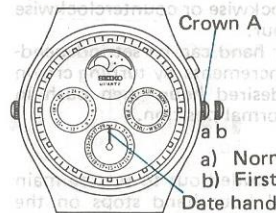
1. Pull out crown "B" to the first click.
2. Turn crown "B" clockwise or counterclockwise to set the desired hour.
3. The additional hour hand can be set independently in one hour increments by turning crown "B". Set for the desired hour, then push in crown "B" to the normal position.

Notes:

1. When crown "A" is pulled out to set the main time, the additional hour hand stops on the spot.
2. When crown "B" is pulled out to set additional hour hand, the hands on the main time display continue to move. Thus, the 24-hour time display can be set independently of the main time display to indicate the time of an area in a different time zone, if desired.

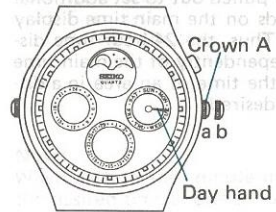
CALENDAR SETTING

• Date setting



1. Pull out crown "A" to the first click.
2. Turn crown "A" clockwise to set the date hand to the desired date.
3. Push in crown "A" back to the normal position.

• Day-of-the-week setting (Cal. 7F24, 7F26, 7F38 and 7F39)

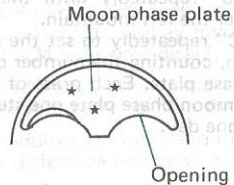


1. Pull out crown "A" to the first click.
2. Turn crown "A" counterclockwise to set the day hand to the desired day of the week.
3. Push in crown "A" back to the normal position.

Note:

The date and day of the week displays interlock with the main time setting by crown "A", but do not interlock with the additional time setting by crown "B".

MOON PHASE DISPLAY (Cal. 7F38 and 7F39)



- The phases (waxing and waning) of the moon are displayed by the shapes which a circle (the moon) and the double-mountain-shaped opening on the dial combine to form.

- The moon phase (age of the moon) is expressed by the number of days which elapse from the time of a new moon to the noon of a certain day. It moves in a cycle of approximately 29.5 days from one new moon to the next.

- The illustration below will be helpful to you in reading the moon phase. It is intended to show the age of the moon only and not the exact shapes of the moon.

Age of the moon	0 (New Moon)	7	15 (Full Moon)	22
Moon phase				

MOON PHASE SETTING



1. Press button "C" repeatedly until the moon peers slightly over the left mountain.
2. Press button "C" repeatedly to set the desired age of the moon, counting the number of steps of the moon phase plate. Each press of button "C" moves the moon phase plate one step. One step represents one day.

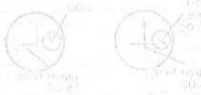
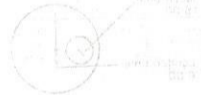
Notes:

1. Refer to the newspaper for the day's age of the moon. Round off any fractions. (For example: 24.4 → 24; 7.3 → 7)
2. The moon phase display interlocks with the main time setting by crown "A", but does not interlock with the additional time setting by crown "B".

Age of Moon	the moon phase
0 (New Moon)	
1 (Waxing Crescent)	
2 (First Quarter)	
3 (Waxing Gibbous)	
4 (Full Moon)	

DUAL TIME FUNCTION

1. The main time display and the 24-hour time display can be set independently to indicate different time zones. Thus, if you are traveling out of town, your watch can display home time on the main time display and local time on the 24-hour time display, or vice-versa.
2. The additional hour hand can indicate the time that is a given number of hours ahead of or behind the main time display.
3. The additional hour hand interlocks with the main time display so that the time difference previously set will be automatically maintained.



1. Turn crown "A" to set the main time to London time. The additional hour hand continues to indicate London time.

2. Turn crown "A" to set the main time to London time. The additional hour hand continues to indicate London time.

1. Turn crown "A" to set the main time to London time. The additional hour hand continues to indicate London time.

2. Turn crown "B" to set the additional hour hand to 1. The additional hour hand indicates 1 hour ahead of London time.

3. Turn crown "A" to set the main time to New York time. The additional hour hand continues to indicate 1 hour ahead of New York time.

1. Turn crown "A" to set the main time to London time. The additional hour hand continues to indicate London time.

2. Turn crown "B" to set the additional hour hand to 1. The additional hour hand indicates 1 hour ahead of London time.

3. Turn crown "A" to set the main time to New York time. The additional hour hand continues to indicate 1 hour ahead of New York time.

1. Turn crown "A" to set the main time to London time. The additional hour hand continues to indicate London time.

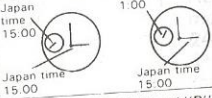
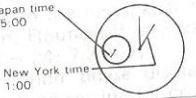
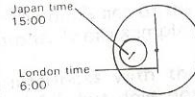
2. Turn crown "B" to set the additional hour hand to 1. The additional hour hand indicates 1 hour ahead of London time.

3. Turn crown "A" to set the main time to New York time. The additional hour hand continues to indicate 1 hour ahead of New York time.



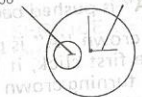
HOW TO USE THE DUAL TIME FUNCTION

The charts below illustrate the various uses of the dual time function, with a trip abroad as an example.

(1) To display the time of the place to visit on the main time display

Place of use	In Japan	In New York	In London
Main time	Japan time (home time)	New York time (home time)	Japan time (local time)
24-hour time	Ex.1 Japan time (home time) Ex.2 New York time (local time)	Japan time (local time)	Japan time (local time)
Dual time display	Ex. 1 Japan time 15.00 Ex. 2 New York time 1.00 	Japan time 15.00 New York time 1:00 	Japan time 15.00 London time 6.00 
Dual time setting Ex. 1	(1) Turn crowns "A" and "B" to set both the main time and 24-hour time to Japan time respectively.	(1) Turn crown "A" to set the main time to New York time. The additional hour hand continues to indicate Japan time.	(1) Turn crown "A" to set the main time to London time. The additional hour hand continues to indicate Japan time.
Dual time setting Ex. 2	(1) Turn crown "A" to set the main time to Japan time. (2) Turn crown "B" to set the 24-hour time to New York time (the time of the place to visit).	(1) Turn crown "B" to set the 24-hour time to Japan time. (2) Turn crown "A" to set the main time to New York time.	(1) Turn crown "A" to set the main time to London time. The additional hour hand continues to indicate Japan time.

(2) To display Japan time on the main time display

Place of use	In Japan	In New York	In London
Main time	Japan time (home time)	Japan time (local time)	Japan time (local time)
24-hour time	Japan time (home time)	New York time (home time)	London time (home time)
Dual time display	Japan time 15.00 	New York time 1:00 Japan time 15.00 	London time 6.00 Japan time 15.00 
Dual time setting	(1) Turn crowns "A" and "B" to set both the main time and 24-hour time to Japan time respectively.	(1) Turn crown "B" to set the 24-hour time to New York time. The main time display continues to indicate Japan time.	(1) Turn crown "B" to set the 24-hour time to London time. The main time display continues to indicate Japan time.

PRECAUTIONS ON CROWN AND BUTTON OPERATION

It is recommended that each crown and button should be operated separately. However, if they are operated at the same time, please observe the following:

1. If crown "B" is pulled out to the first click with crown "A" pulled out to the second click, crown "B" will not operate to set the 24-hour time. The 24-hour time setting by crown "B" is made possible only when crown "A" is pushed back to the normal position.
2. If crown "A" is pulled out to the second click with crown "B" pulled out to the first click, it is possible to set both the main time and the 24-hour time by turning crown "A" and "B" respectively.
3. While button "C" is pressed, do not turn crown "A" to set the main time.

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 movement. If the watch becomes wet, we suggest that you have it checked by an **AUTHORIZED SEIKO DEALER** or **SERVICE CENTER** to make sure that no water damage occurred.



● 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 crowns and button (for Cal. 7F38 and 7F39) in water.

NOTE:

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth.



■ **SHOCKS**

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



■ **TEMPERATURES**

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

● **High temperature**

Temperature over 60°C (140°F) may cause battery leakage or shorten the battery life.



● **Low temperature**

Do not leave your watch in very low temperature below -10°C (+14°F) for a long time, since the cold may cause a slight time loss or gain.

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

■ **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.

■ **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, crowns, button, gasket, and crystal seal remain intact.

■ **CARE OF CASE AND BRACELET**

To prevent possible rust on the case and bracelet caused by dust and moisture, wipe them with a soft dry cloth.



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 possible malfunction. For battery replacement, we recommend that you contact an **AUTHORIZED SEIKO DEALER** and request **SEIKO SR916SW** battery. However, if this battery is not available, then use **Maxell SR916SW** or **Matsushita SR916SW** battery.

Battery life indicator (Cal. 7F39)

If your watch has a second hand, the battery needs to be replaced when you see the second hand moving at two-second intervals instead of the normal one-second intervals. The watch will, however, remain accurate while the second hand is moving at two-second intervals.

SPECIFICATIONS

1. Frequency of crystal oscillator 32,768 Hz (Hz = Hertz . . . Cycles per second)
2. Loss/gain (monthly rate) Less than 15 seconds at normal temperature range (5°C ~ 35°C) (41°F ~ 95°F)
3. Operational temperature range -10°C ~ +60°C (14°F ~ 140°F)
4. Driving system Step motor
5. Time indication
Cal. 7F22, 7F24, 7F26 and 7F38 Two hands (Hour and minute hands)
Cal. 7F39 Three hands (Hour, minute and second hands)
6. Calendar display Indicated by additional sub-hands
Cal. 7F22 Date
Cal. 7F24, 7F26, 7F38 and 7F39 Date and day of the week
Date change 23:25 ~ 0:00
Day change 21:10 ~ 0:10
7. Moon phase display (Cal 7F38 and 7F39)

SPECIFICATIONS

- Moon phase change 3:40 ~ 4:30
- 8. 24-hour time display Indicated by additional hour hand in 24-hour indication
- 9. Battery life indicator (Cal. 7F39) Indicated by the second hand
- 10. Battery Miniature battery SEIKO SR916SW, 1 piece
- 11. IC (Integrated Circuit) C-MOS-IC, 1 piece
- 12. Jewels Three jewels

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

SEIKO

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