

**SEIKO**  
SINCE 1881







## BEFORE USE

It may be necessary to perform the initial settings such as hand position adjustment and time/calendar setting. Set the watch according to the procedure "TIME SETTING AND HAND POSITION ADJUSTMENT" on page 11 before use.

## FEATURES

### ■ TIME

- Hour, minute and small second hands

### ■ STOPWATCH

- 60-minute stopwatch in 1/5-second increments
- Split time measurement on demand
- When the measurement reaches 60 minutes, the stopwatch automatically stops and is reset.

### ■ POWERED BY LIGHT ENERGY

### ■ NO BATTERY CHANGE REQUIRED (Refer to NOTE ON POWER SUPPLY (P.27).)

### ■ LASTS FOR 6 MONTHS AFTER FULL CHARGE

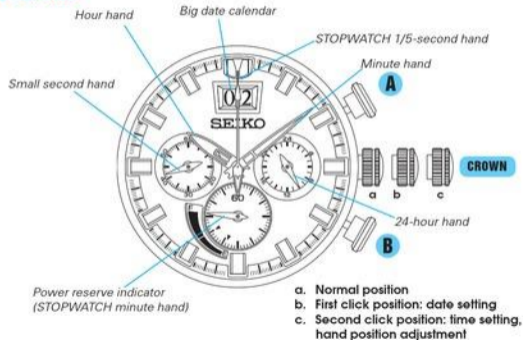
### ■ POWER RESERVE INDICATOR

### ■ ENERGY DEPLETION FOREWARNING FUNCTION

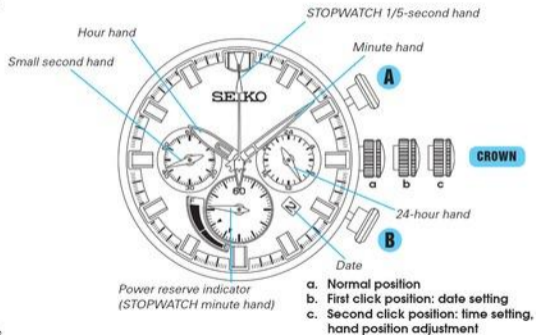
### ■ OVERCHARGING PREVENTION FUNCTION

## DISPLAY & BUTTONS

### ● Cal. V194



● Cal. V192



- ◆ The POWER RESERVE DISPLAY mode is used to display the power reserve status, main time, and date.
- ◆ The STOPWATCH mode is used for elapsed time measurement functions.

- Some models may have a screw lock type crown. If your watch has a screw lock type crown, refer to "SCREW LOCK TYPE CROWN." (P.8)
- Simplified illustrations may be used in the following sections of this manual.

## SCREW LOCK TYPE CROWN

- ◆ Some models may have a screw-lock mechanism that can securely lock the crown by screw when not in use.
- ◆ Locking the crown will help to prevent any operational errors and enhance the water resistant quality of the watch.
- ◆ It is necessary to unlock the screw lock type crown before using it. Once you have finished using the crown, make sure to relock it.

### ● How to use the screw lock type crown

Keep the crown securely locked unless you need to use it.

#### [How to unlock the screw lock type crown]

Turn the crown counterclockwise.

The crown is unlocked and can be used.

#### [How to lock the screw lock type crown]

Once you have finished using the crown, turn it clockwise while gently pressing it in toward the watch body until it stops.



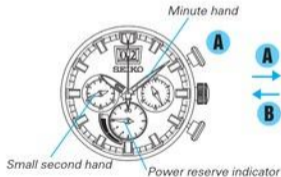
- When locking the crown, turn it slowly with care, ensuring that the screw is properly engaged.
- Be careful not to forcibly push it in, as doing so may damage the screw hole in the case.

## HOW TO CHANGE THE DISPLAY MODE

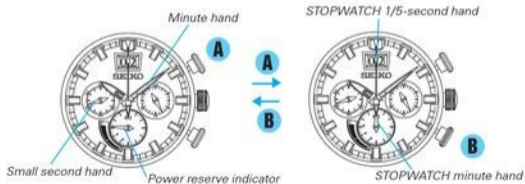
- ◆ The display mode alternates between the POWER RESERVE DISPLAY mode and the STOPWATCH mode by following the procedure below.

*If button A is pressed in the POWER RESERVE DISPLAY mode, the mode is switched to the STOPWATCH mode. The STOPWATCH minute hand is reset to the 0 position and stopwatch measurement starts simultaneously.*

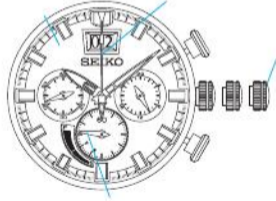
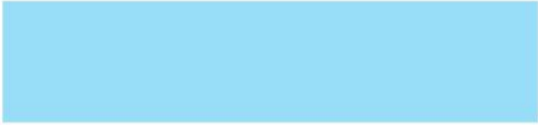
### POWER RESERVE DISPLAY MODE

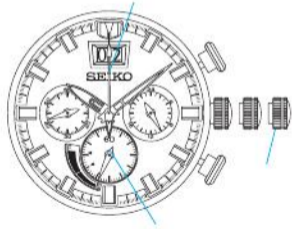


### STOPWATCH MODE



- ☆ After measurement function is complete and the stopwatch is reset, press button B to return to the POWER RESERVE DISPLAY mode.





## • How to adjust the position of the hands



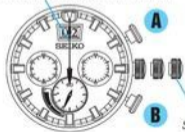
Second click

Power reserve indicator

- B** Press to set the power reserve indicator pointing at the low level. The hand moves quickly if button B is continuously pressed.



STOPWATCH 1/5-second hand



Second click

- A** Press once. The STOPWATCH 1/5-second hand turns a full circle.
- B** Press to set the STOPWATCH 1/5-second hand to the 0 position. The hand moves quickly if button B is continuously pressed.

The position of each hand can be readjusted in the following order by pressing button A.

Power reserve indicator



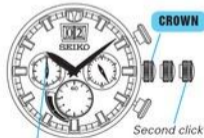
STOPWATCH 1/5-second hand

**CROWN** After all the adjustments are complete, push in to normal position.

### [ IMPORTANT ]

After the positions of the hands are adjusted, make sure to set the main dial time.

## • Time setting for main dial

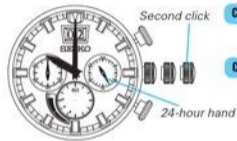


Small second hand

**CROWN**

Pull out to the second click when the small second hand is at the 12 o'clock position. The small second hand will stop immediately.

- If the crown is pulled out while the stopwatch is counting, the stopwatch will be automatically reset.



- This operation can be performed both in the *POWER RESERVE DISPLAY* mode and *STOPWATCH* mode.

**CROWN** Turn to set the main dial time.

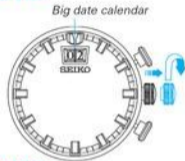
**CROWN** After time setting for the main dial is complete, push into the normal position.

- ◆ At the moment when the main dial time indicates 12 o'clock midnight, the date changes. When setting the time, make sure that AM/PM is set correctly.
- ◆ When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time, and then turn it back to the exact time.
- ◆ The 24-hour hand moves correspondingly with the hour hand.

## SETTING THE DATE

- Before setting the date, be sure to set the main time.

### ● Cal. V194

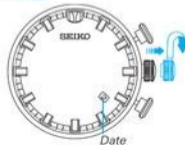


**CROWN** Pull out to the first click.

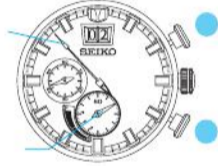
▼  
Turn clockwise until the desired date appears.

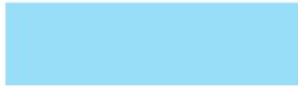
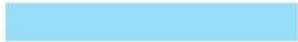
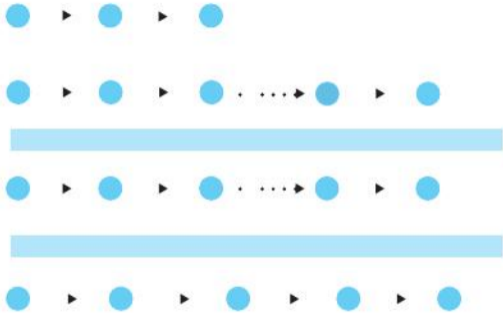
▼  
Push back into the normal position.

### ● Cal. V192






1. It is necessary to adjust the date at the end of February and 30-day months.
2. Turn the crown gently and slowly to set the date, especially when the tenth digit changes (only for Cal. V194).
3. Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly.





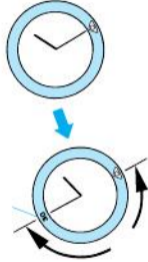


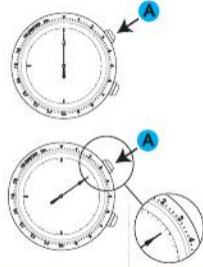


<b>Environment/Lightsource (Sun)</b>			











English



English

