

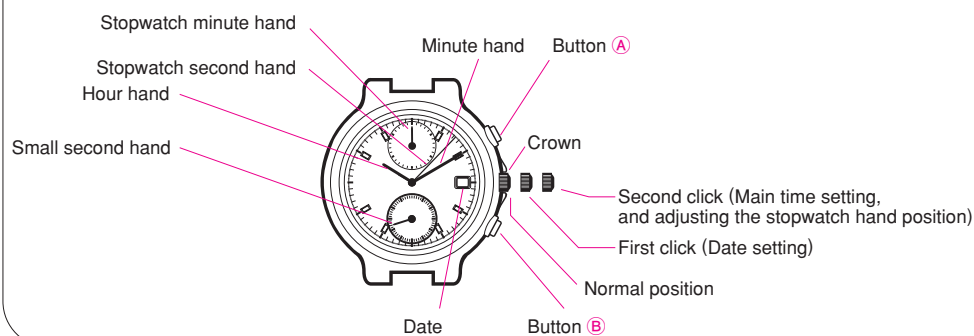
このたびはワイアードをお買いあげいただきありがとうございます。
ご使用前にこの取扱説明書をよくお読みの上正しくご愛用くださいますようお願い申し上げます。
なお、この取扱説明書はお手もとに保存し、必要に応じてご覧ください。

0503

FEATURES

- This is a multi-display analogue watch featuring a stopwatch function.
- The current time is indicated by the hour and minute hands and a small second hand.
- The stopwatch can measure up to 60 minutes in 1/5 second increments. After 12 hours, it will automatically be stopped.

DISPLAY AND CROWN/BUTTON OPERATION

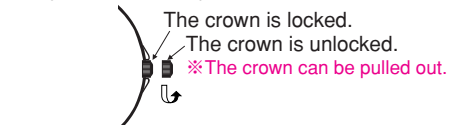


NOTES ON THE SCREW DOWN CROWN AND BUTTONS WITH PROTECTOR RINGS

- Some models have a screw down crown and buttons with protector rings that can be locked while it is not used.
- Locking the crown and buttons will prevent mistaken operation of the watch and enhance its water-resistant quality.
- Unlock the crown and buttons when operating them, and be sure to lock them after use.
- Models with screw down crown
- If your watch has a screw down crown, it is necessary to unlock the crown by unscrewing it before operating it.
- Except when you operate the crown, be sure that it is always locked by screwing it in completely.

[How to unlock the crown]

Unscrew the crown by turning it counterclockwise. The crown can be pulled out or turned for time/calendar setting or other watch operations.



[How to lock the crown]

After using the crown for watch operation, turn it clockwise while pressing it until it locks in place.

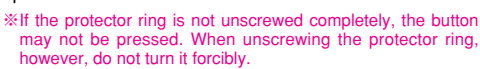


Models having buttons with protector rings

- If your watch has buttons with protector rings, it is necessary to unlock them by unscrewing the protector ring attached to the side face of the buttons before using them for watch operation.
- Except when you operate the buttons, be sure that they are always locked by screwing in the protector rings completely.

[How to unlock the button]

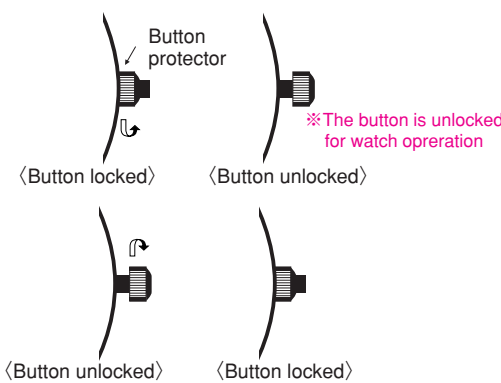
Unscrew each protector ring completely by turning it counterclockwise. The buttons are unlocked for watch operation.



[How to lock the button]

After using the buttons for watch operation, turn each protector ring clockwise until it locks in place.

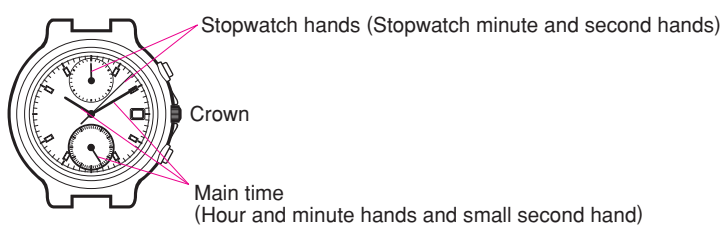
※Do not screw in the protector ring forcibly.



SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION

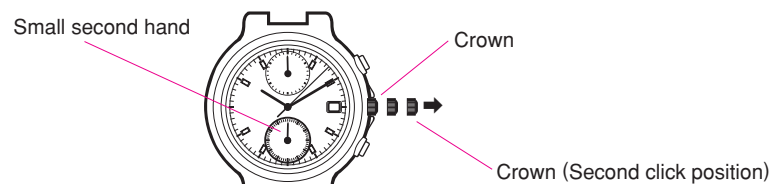
This watch is so designed that

- main time setting
 - adjustment of the alarm hands to the current time, and
 - stopwatch hand position adjustment
- are all made with the crown at the second click position. Once the crown is pulled out to the second click, be sure to make all the above adjustments at the same time.



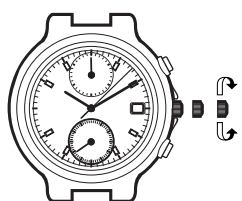
How to set the time

- Pull out the crown to the second click when the small second hand is at the 12 o'clock position. The small second hand stops on the spot.



※If the stopwatch is measuring, the stopwatch hands are automatically reset to "0" position.

- Turn the crown to set the main time hands to the desired time.

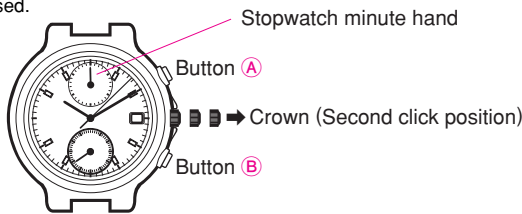


It is recommended that the hands be set to the time a few minutes ahead of the current time, taking into consideration the time required to adjust the stopwatch hand position if necessary.

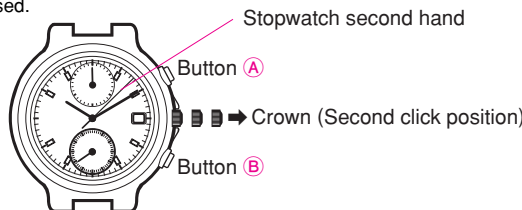
※When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the date changes once in 24 hours.

※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 minute.

- Press button A for 2 seconds. The stopwatch minute hand turns a full circle. Press button B repeatedly to reset the stopwatch minute hand to "0" position. It moves quickly if button B is kept pressed.



- Press button A for 2 seconds. The stopwatch second hand turns a full circle. Press button B repeatedly to reset the stopwatch second hand to "0" position. It moves quickly if button B is kept pressed.



※To adjust the stopwatch minute hand again, push the crown back in to the normal position and start from procedure ① again.

- After all the adjustments are completed, push the crown back in to the normal position in accordance with a time signal.

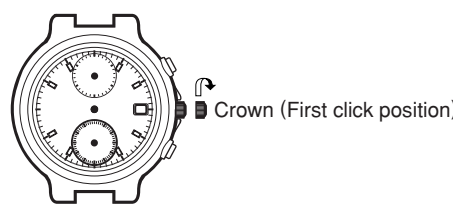
※Check that the main time hands and alarm hands indicate the identical time, and then, push the crown back in to the normal position.

※The telephone time signal service (TEL 117) is helpful in setting the hands accurately.

HOW TO SET THE DATE

- Be sure to set the main time before setting the date.
- It is necessary to adjust the date on the first day of March and months following 30-day months.

- Pull out the crown to the first click.



- Turn the crown clockwise to set the date.

※Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside it, set the date and then, reset the correct time.

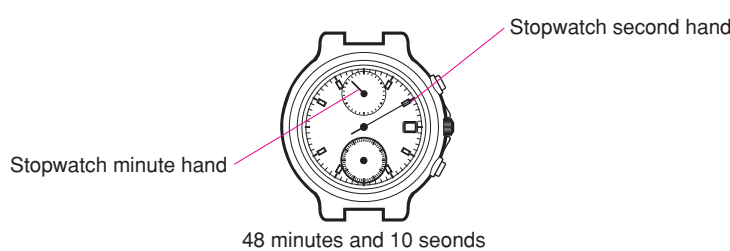
- After all the adjustments are completed, push the crown back in to the normal position.

HOW TO USE THE STOPWATCH

- The stopwatch can measure up to 60 minutes in 1/5 second increments. After 60 minutes, it will start counting again from "0" repeatedly up to 12 hours. After 12 hours, it will automatically stop.
- Time measured is indicated by the stopwatch second hand at the center and the stopwatch minute hand at the 12 o'clock side.
- Split time measurement is available.

How to read the stopwatch hands

Time measured is indicated by the two stopwatch hands (stopwatch second and minute hands).



Note on adjusting the stopwatch hand position

- If the stopwatch hands do not return to "0" position when the stopwatch is reset, follow the procedure in "TIME SETTING AND ADJUSTING THE STOPWATCH HAND POSITION" to reset them.
- In that case, be sure to adjust the main time hands to the current time.

How to reset the stopwatch

- When the stopwatch hands are counting:
 - Press button A to stop the stopwatch.
 - Press button B to reset the stopwatch.

- When the stopwatch hands are stopped:
 - One of the following three stopwatch operations has been made. Reset the stopwatch accordingly.

[The stopwatch was stopped in "Standard measurement" or "Accumulated elapsed time measurement."]

- Press button B to reset the stopwatch.

[Split time was measured and remains displayed in "Split time measurement".]

- Press button B. The split time is released and the stopwatch hands move quickly to indicate the measurement in progress.

- Press button A to stop the stopwatch.

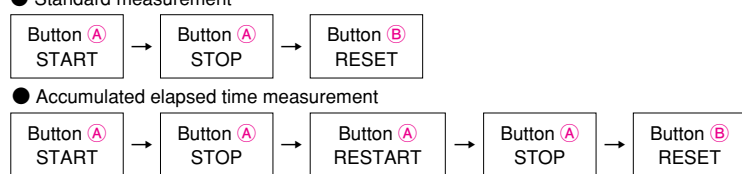
- Press button B to reset the stopwatch.

[The time of the 2nd competitor was measured in "Measurement of two competitors".]

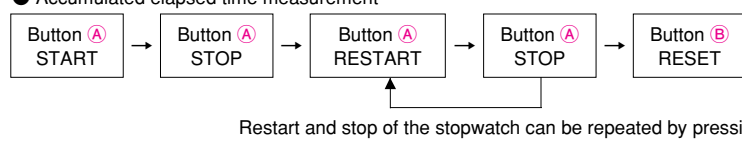
- Press button B. The stopwatch hands move quickly and stop.

- Press button B to reset the stopwatch.

Standard measurement

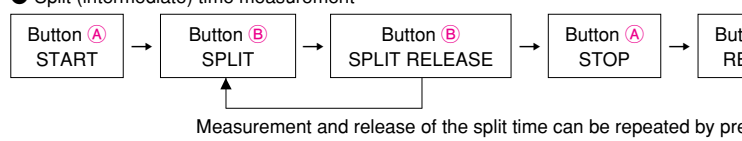


Accumulated elapsed time measurement



Restart and stop of the stopwatch can be repeated by pressing button A.

Split (intermediate) time measurement



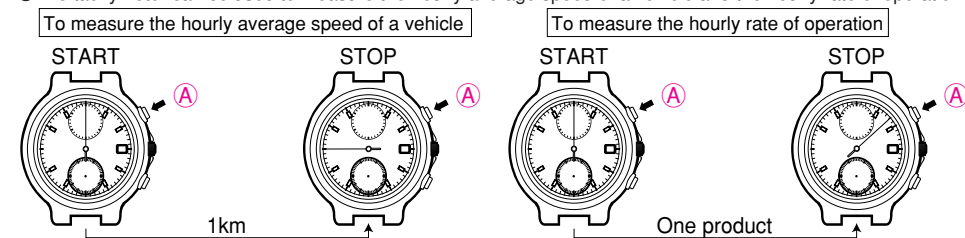
Measurement and release of the split time can be repeated by pressing button B.

Measurement of two competitors



HOW TO USE THE TACHYMETER (For the models with a tachymeter scale on the dial)=

- The tachymeter can be used to measure the hourly average speed of a vehicle and the hourly rate of operation.



- Use the stopwatch to determine how many seconds it takes to go one kilometer.
- Read the tachymeter scale where the second hand points. [80km/h]

- Use the stopwatch to measure the time required to complete one product.
- Read the tachymeter where the second hand points. [400 products/hour]

HOW TO USE THE TELEMETER (For the models with telemeter scale on the dial)=

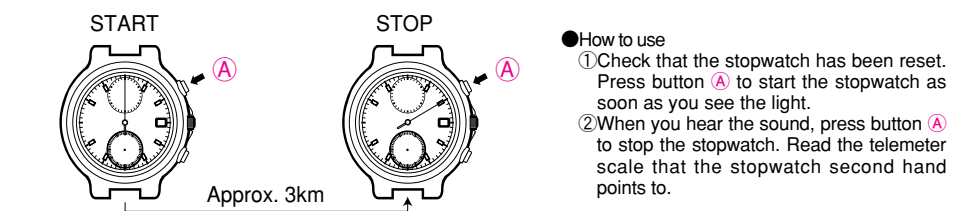
- The telemeter can provide a rough indication of the distance to the source of the sound.

Telemeter

- The telemeter shows the distance from your place to an object that emits both sound and light. For example, it can indicate the distance to the place where a lightning struck by measuring the time elapsed after you see a flash of the lightning until you hear the sound.
- A flash of lightning reaches you in a moment while the sound travels to you at a speed of 0.33km/second. The distance to the source of the light and sound can be calculated on the basis of this difference.
- The telemeter scale is so graduated that the sound travels at a speed of 1km in 3seconds.

CAUTION

The telemeter provides only a rough indication of the distance to the place where lightning struck, and therefore, the indication cannot be used as the guideline to avoid the danger of lightning. It should also be noted that the speed of the sound differs depending on the temperature of the atmosphere where it travels.



How to use

- Check that the stopwatch has been reset. Press button A to start the stopwatch as soon as you see the light.
- When you hear the sound, press button A to stop the stopwatch. Read the telemeter scale that the stopwatch second hand points to.

CAUTION

Please note that the stopwatch second hand moves in one-second increments and does not always point exactly to the graduation of the tachymeter or telemeter scale. Also note that those scale can be used only when the measured time is less than 60 seconds.

TROUBLESHOOTING

Problem	Possible cause	Solution
The watch stops operating.	The battery has run down.	Have the battery replaced with a new one immediately by the retailer from whom the watch was purchased.
The small second hand moves at two-second intervals.	The battery nears its end.	This condition will be corrected when the watch temperature returns to normal. Re-set the correct time. The watch is so adjusted that it works with stable accuracy when worn on your wrist at a temperature between 5°C and 35°C.
The watch gains/loses time temporarily.	The watch has been left in extremely high or low temperatures for a long time.	This condition will be corrected when the watch is kept away from close contact with the magnetic source. Re-set the correct time. If the problem persists, consult the retailer from whom the watch was purchased.
The date changes at 12 o'clock noon.	AM/PM is not properly set.	Advance the hands by 12 hours.
The stopwatch hands do not return to "0" position when the stopwatch is reset.	The watch was affected by magnetism or exposed to strong shocks or vibrations.	Follow the procedure in "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION" to reset the stopwatch hands to "0" position.
The glass is blurred and the blur persists for a long time.	Water got inside the watch due to the deterioration of the gasket, etc.	Re-set the correct time. If the problem persists, consult the retailer from whom the watch was purchased.

※For solution of troubles other than those above, contact the retailer from the watch was purchased.

REMARKS ON THE BATTERY

NOTES ON THE BATTERY

- Battery life
When a new normal battery is installed, this watch operates for approximately five years. However, if the stopwatch is used for more than 2 hours a day, the battery life may be less than three years.

Monitor battery

The battery in your watch may run down in less than five 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 function

When you see the small second hand moving at two-second intervals instead of the normal one-second intervals, the battery nears its end. In that case, have the battery replaced with a new one by the retailer from whom the watch was purchased.

While the small second hand is moving at two-second intervals, the alarm will not ring even if it is engaged. This is not a malfunction, and also the time accuracy is not affected.

Battery change

- 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 ALBA watches.
- If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. have it replaced with a new one as soon as possible.
- Battery replacement is charged even if it runs down within the guarantee period.
- Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced.
- Necessary procedure after battery change
After the battery is replaced with a new one, re-set the main time, adjust the stopwatch hand position. Refer to "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION".

WARNING

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children.
- If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

CAUTION

- Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intense heat or catch fire.
- The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- If the watch is left in a temperature below +5°C or above +35°C for a long time, the battery leakage may result, causing the battery life to be shortened.

TO PRESERVE THE QUALITY OF YOUR WATCH

CAUTION

WATER RESISTANCE

- Check the dial or case back of your watch for the water resistant quality, and then see the table below.

Indication for water resistance a: Indication on the case back	Condition of use Degree of water resistance	Degree of water resistance	Condition of use					
			Exposure to seawater or salt water for long periods and rain.	Subsiding for swimming, walking or other daily activities with water such as shower, washing and rinsing.	Subsiding for shallow diving without a heavy breathing apparatus and bathing.	Genuine diving using scuba.	Genuine diving using helium gas.	
a: No indication	No water resistance	○	○	○	○	○	○	
b: No indication	Water resistance 3 bar	○	○	○	○	○	○	
a: No indication	Water resistance 5 bar	○	○	○	○	○	○	
b: WATER RESIST or WATER RESIST 5 BAR	Water resistance (5 bar)	○	○	○	○	○	○	
a: No indication or WATER RESIST 10 BAR	Water resistance (10 bar)	○	○	○	○	○	○	
b: WATER RESIST 10 BAR or WATER RESIST 10 BAR	Water resistance (10 bar)	○	○	○	○	○	○	
a: No indication or WATER RESIST 20 BAR	Water resistance (20 bar)	○	○	○	○	○	○	
b: WATER RESIST 20 BAR	Water resistance (20 bar)	○	○	○	○	○	○	

- Do not turn or pull out the crown and press button when the watch is wet, as water may get inside the watch.
- Do not leave moisture, sweat and dirt on the watch for a long time. Be aware of the fact that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.
- Do not wear the watch while taking a bath or a sauna. Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.
- Do not pour running water directly from faucet. The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

WARNING

- If your watch is 3 bar water resistant, do not use it in 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.

PLACES TO KEEP YOUR WATCH

- If the watch is left in a temperature below -10°C or above +60°C for a long time it may function improperly or stop operating.
- The watch is so adjusted that it will maintain stable time accuracy in normal temperatures (5°C ~ +35°C). It will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.
- Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
- Do not leave the watch where there is strong vibration.
- Do not leave the watch in a dusty place.
- Do not expose the watch to gases or chemicals.
- Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
- Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

CAUTION

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 of those who have a delicate skin may have a rash.
- Please wipe away moisture, sweat or dirt with a soft cloth.
- To clean the clearances (around the metal bracelet, crown or case back), a soft toothbrush is convenient.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
- In order to prevent corrosion of the crown, turn the crown from time to time.
- The same practice should be applied to a screw lock type crown (No need to pull out the screw lock type crown.)

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

- The bracelet made of soft plastics does not require special care. If it gets dirty, however, it may cause trouble to the skin. Rinse it with soapy water from time to time. Since it is a chemical product, it may deteriorate by the use of solvents. The band will become hardened or discolored after several years of use. In that case, replace it with a new one.

CAUTION

RASH AND ALLERGY

- Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
- The possible causes of the rash are as follows:
 - Allergy to metals or leathers
 - Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

CAUTION

Antimagnetic quality of analogue quartz watches

Type of antimagnetic watches by JIS	Certified level of anti-magnetism	Indication of antimagnetism on the case back	Antimagnetic quality
—	1,600 A/m	No indication	Your watch will not be affected by the level of magnetism that ordinary watches can withstand.
Type 1	4,800 A/m	Ⓜ	Your watch will not be affected by the magnetism generated by household appliances at a distance of about 1 cm.
Type 2	16,000 A/m	Ⓜ	Your watch will not be affected by the magnetism generated by household appliances at a distance of about 1 cm.

※SEIKO Diver's Watches are antimagnetic without exception. Therefore, there is no such indication on the case back.

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 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 lobe 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.

NOTES ON OVERHAUL

- The watch is a precision device. If the parts run short of the oil or get worn out, the watch may stop its operation or lose time. In such a case, have the watch overhauled. Be sure to have the gasket and push-pin replaced with new ones when overhauling the watch.
- When replacing the parts or battery, please specify "GENUINE PARTS". If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.

AFTER-SALE SERVICE

- If the watch requires service, take it to the retailer from whom the watch was purchased. If the trouble occurs within the guarantee period, submit the certificate of guarantee together with the watch. Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep the certificate for ready.
- 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.
- The number of years that a watch is considered repairable may vary greatly depending on the condition under which 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 them repair your watch.
- The case, dial, hands, glass and bracelet, or parts thereof may be repaired with substitutes if the originals are not available. If necessary, movements will be replaced. Depending on the condition of the watch, the complete set of the watch body may be replaced with a new one or substitute product

