

BS9R65GD-0805

セイコーウォッチ株式会社

本 社 〒105-8467 東京都港区芝浦 1-2-1  
<http://www.seiko-watch.co.jp/>

GS  
Grand Seiko

SPRING DRIVE DIVER'S 200m

9R65  
取扱説明書  
INSTRUCTIONS

SEIKO

GS  
Grand Seiko

SPRING DRIVE DIVER'S 200m

9R65  
取扱説明書  
INSTRUCTIONS

## CONTENTS

■ CHARACTERISTICS .....	51	■ POWER RESERVE INDICATOR .....	68
■ PRECAUTIONS FOR USE.....	52	How to read the power reserve indicator .....	69
■ PRECAUTIONS FOR DIVING (PLEASE MAKE SURE TO OBSERVE THE FOLLOWING.) ...	56	■ TO SET THE DATE AND TIME .....	70
Before diving .....	56	How to set the date and time.....	70
While diving.....	58	Calendar adjustment .....	74
After diving .....	59	Tips for more accurate time setting.....	76
48 ■ NAMES OF THE PARTS AND THEIR FUNCTION .....	60	■ TO PRESERVE THE QUALITY OF YOUR WATCH .....	77
Basic mechanism .....	60	Performance and caliber of your watch .....	78
Screw lock type crown .....	61	LumiBrite.....	79
■ ROTATING BEZEL .....	62	Magnetic resistance (affect of magnetic field) .....	80
How to use the rotating bezel .....	63	Magnetized items that may affect watches .....	81
■ HOW TO USE THE DIVER ADJUSTER .....	64	Band .....	82
■ HOW TO WIND THE MAINSPRING .....	66	■ AFTER-SALE SERVICES .....	84
Guide for winding state of the mainspring .....	66	Replacement parts .....	85
How to manually wind the mainspring by turning the crown .....	67	Inspection and adjustment by disassembly and cleaning (overhaul) .....	86
		■ TROUBLESHOOTING .....	88
		■ SPECIFICATIONS .....	92

Thank you for purchasing our Grand Seiko product. For more than 100 years of timepiece making tradition and the advancement of world-class technology, SEIKO has devoted its efforts to watch manufacturing and inspections. In order to maintain superior performance and proper and safe use of the Grand Seiko, please read the instruction manual carefully before use. We thank you in advance for long-time regular use of our product.

Keep this manual handy for easy reference as necessary.

## ■ CHARACTERISTICS

### ● 200-meter water resistance

This watch is designed for diving using compressed air cylinder featuring a superior water resistance property to withstand depths down to 200 meters. (The watch cannot be worn during saturation diving which uses helium gas.)

### ● Spring Drive

Spring Drive, the unique mechanism made available only by SEIKO technology, ensures quartz accuracy while using the unwinding power of the mainspring as its sole power source.

In addition to the self-winding mechanism, which uses the natural motion of the wearer's arm as a power source to wind its mainspring, the watch is equipped with the manual winding mechanism, which is convenient to wind the mainspring when you start using the watch.

The watch keeps working for approximately 72 hours (three days) when the mainspring is fully wound.

The watch features the power reserve indicator to show the winding state of the mainspring (the amount of the remaining power).

The glide-motion second hand that moves around the dial in a perfectly smooth movement is one of the remarkable features of this watch.

※ For the details of the Spring Drive mechanism, refer to the separate volume "Spring Drive Handbook".

※ Spring Drive works by the power provided by the mainspring. Remember to check the power reserve indicator and keep the mainspring of the watch sufficiently wound while using the watch. ⇒ "POWER RESERVE INDICATOR" on page 68.

## ■ PRECAUTIONS FOR USE

### ⚠ WARNING

To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

- Immediately stop wearing the watch in following cases.
  - If the watch body or band becomes edged by corrosion etc.
  - If the pins protrude from the band
- Keep the watch and accessories out of the reach of babies and children. Care should be taken to prevent a baby or a child accidentally swallowing the accessories. If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.

※ Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

### ⚠ CAUTIONS

To indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.

- Avoid wearing or storing the watch in the following places.
  - Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing
  - Places where the temperature drops below 5°C or rises above 35°C for a long time
  - Places of high humidity
  - Places affected by strong magnetism or static electricity
  - Dusty places
  - Places affected by strong vibrations
- If you observe any allergic symptoms or skin irritation Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.
- Other cautions
  - Do not disassemble or tamper with the watch.
  - Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.

**⚠ WARNING**

Never use the watch in saturation diving using helium gas.

**⚠ WARNING**

While diving, never operate the watch in any other manner than set forth in the instruction manual.

**⚠ CAUTION**

Before using the diver's watch, you have to be properly trained in various types of diving and possess the requisite experience and skill to dive safely. When diving, strictly abide by the rules of diving.

**⚠ CAUTION**



Do not turn or pull out the crown when the watch is wet. Water may get inside of the watch.

※ Should blur or moisture occur inside the dial glass and persist for a long time, this indicates poor waterproof capability. Consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER as soon as possible.

**⚠ CAUTION**



Do not leave moisture, sweat and dirt on the watch for a long time. Be aware of a risk 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.

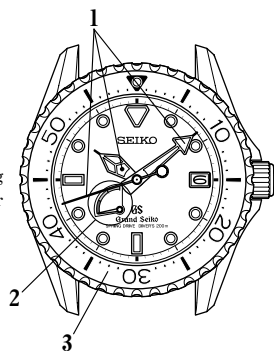
**■ PRECAUTIONS FOR DIVING (PLEASE MAKE SURE TO OBSERVE THE FOLLOWING.)**

**● Before diving**

Before diving, check the following:

⇒ ■ "NAMES OF THE PARTS AND THEIR FUNCTIONS" page 60.

1. The time is correctly set.
2. The power reserve indicator shows the level of remaining power not less than one-half. If the remaining power shows less than one-half, manually wind the mainspring.
  - ⇒ ● "How to read the power reserve indicator" page 69
  - ⇒ ■ "HOW TO WIND THE MAINSPRING" page 66
3. The rotating bezel turns smoothly. (The bezel rotation must not be too loose or too tight.)
  - ⇒ ■ "ROTATING BEZEL" page 62



4. The crown is completely screwed in.
  - ⇒ ● "Screw lock type crown" page 61
5. There are no visible cracks or scratches on the dial glass or band.
6. The band is firmly attached to the watch (with spring bars, clamp or other parts.)



**⚠ CAUTION**

If there are any malfunctions, contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

**● While diving**

Please observe the following cautions for use.



Wear the watch in air (scuba) diving within the water depth of 200 meters.



Do not operate the crown when the watch is in water.



Take care not to bump the watch against hard objects such as rocks.



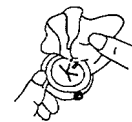
Bezel rotation may become slightly harder in the water but this is not a malfunction.

**● After diving**

Please follow the care instructions below after diving.



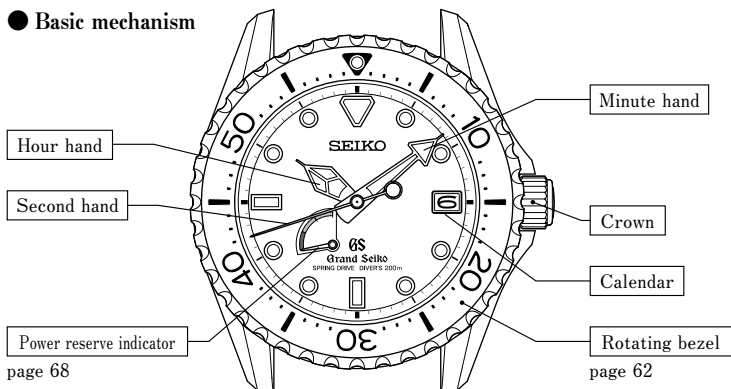
Rinse the watch in fresh water to wash out all seawater to prevent rust from forming.



After rinsing the watch, wipe it thoroughly dry.

**■ NAMES OF THE PARTS AND THEIR FUNCTION**

**● Basic mechanism**



※ The orientation and design of the display may vary depending on the model.

**● Screw lock type crown**

The watch features a screw-lock mechanism that can securely lock the crown when it is not being operated in order to prevent any operational errors and to improve the water resistant property.

※ It is necessary to unlock the screw lock type crown before operating it.  
 ※ In order to prevent any operational errors from occurring, once you have finished operating the crown, make sure to relock it.

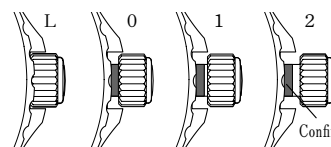
**To unlock the crown**

Turn the crown counterclockwise (downward) to unscrew it. When you see the red line, the crown can be operated.



**To lock the crown**

Turn the crown clockwise (upward) while gently pressing it in toward the watch body until it stops.



- L : Crown at the locked position
- 0 : Crown unlocked at the 0 position for manual winding of the mainspring
- 1 : First click position for date setting
- 2 : Second click position for time setting

**⚠ CAUTION**

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.

## ■ ROTATING BEZEL

By setting the rotating bezel beforehand, the elapsed time since the start of an event such as diving can be measured. This watch has an one-way rotating bezel. As the evaluation of the remaining air in your cylinder is based on the information of the elapsed time of the dive, the rotating bezels for a diver's watch is designed to rotate only counterclockwise, so that the watch is prevented from displaying the elapsed time shorter than it actually is.

62

### ⚠ CAUTION

The rotating bezel is designed to rotate only counterclockwise. Do not forcibly rotate it clockwise.

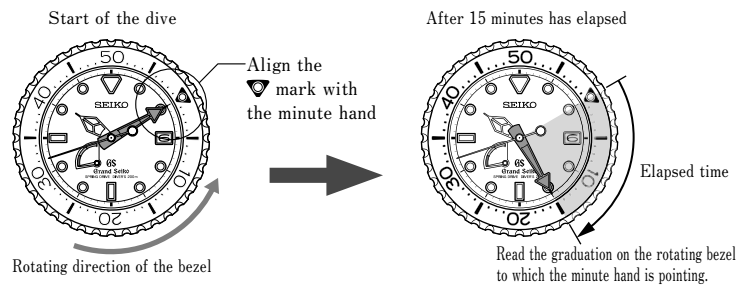
### ⚠ CAUTION

Make sure that you check the correct remaining amount of air in your cylinder before diving. Use the display of the elapsed time by the rotating bezel only as a guide during diving.

## ● How to use the rotating bezel

1. At the start of the event, for which you want to measure the elapsed time (for example, when you start diving), rotate the bezel so that the ▼ mark on the bezel is aligned with the minute hand.
2. Read the graduation on the rotating bezel to which the minute hand is pointing.

Example: When you start diving at 10:10.



63

## ■ HOW TO USE THE DIVER ADJUSTER

The metal bracelet of this watch is equipped with a diver adjuster mechanism. It is very useful when you wear the watch over a wet suit, as it allows you to easily adjust the bracelet length.

1. Lift up the flap approximately 90° until it stands upright.

2. Press the flap down further approximately 20°, and hold it there.

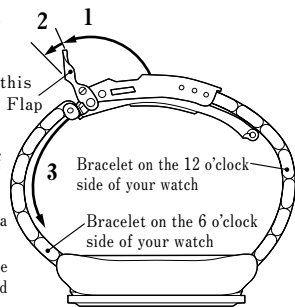
64

※ You may feel slight resistance, but doing this requires only a light force. Please do not push the flap down forcibly.

3. Lightly pull the bracelet on the 6 o'clock side of the watch along the curved line of the bracelet.

※ Again as the step 2 above, doing this requires only a light force. Please do not pull the bracelet forcibly.

※ The slider can be pulled out approximately 30 mm. Be careful not to pull it out beyond the limit mark inscribed on it. (Refer to the illustration on the next page.)

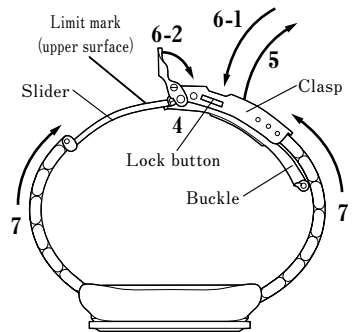


4. Press the lock button.

5. Lift up the clasp to release the buckle, and strap the watch on your wrist.

6. Close the clasp first (6-1 in the illustration) and then, the flap (6-2 in the illustration.)

7. With the hand which is not wearing the watch, adjust the length of the slider so that the watch fits well around your wrist.



65

## ■ HOW TO WIND THE MAINSPRING

This watch is a self-winding watch equipped with a manual winding mechanism. When the watch is worn on the wrist, the motion of your arm automatically winds the mainspring of the watch.

※ Observe the power reserve indicator to check the amount of the remaining power.  
⇒ ■ "POWER RESERVE INDICATOR" page 68

※ When first using the stopped watch, it is recommended that you manually wind the mainspring by turning the crown.

66

### ● Guide for winding state of the mainspring

Self-winding: The mainspring of the watch is designed to be fully wound when it is worn for twelve hours per day for three to five consecutive days.

Manual winding: Five full rotations of the crown will provide the power to run the watch for approximately ten hours.

### ⚠ CAUTION

※ The watch employs a device to prevent overwinding of the mainspring. Once the mainspring is fully wound, the mainspring slips inside, disengaging the winding mechanism. When this happens, you can still turn the crown without damaging the watch, however, please refrain from excessive operation of the mainspring.

## ● How to manually wind the mainspring by turning the crown

1. Unlock the crown.

⇒ ● "Screw lock type crown" page 61

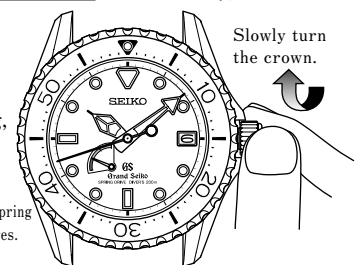
2. Slowly turn the crown clockwise (upward) to wind the mainspring with extra care not to press it in. Wind the mainspring until the power reserve indicator shows a full-wound state. Immediately, the second hand starts moving.

⇒ ● "How to read the power reserve indicator" page 69

3. Once you finish winding the mainspring, make sure you relock the crown.

In order to set the time and date after winding the mainspring manually, do not relock the crown but continue the procedures.

⇒ ● "How to set the date and time" page 70



67

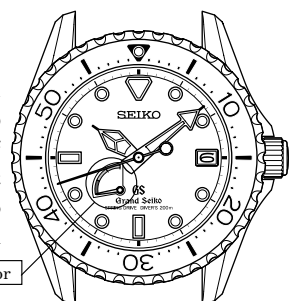
## ■ POWER RESERVE INDICATOR

The power reserve indicator lets you know the winding state of the mainspring (the amount of the remaining power).

Before removing the watch from your wrist, observe the power reserve indicator to check if the watch has stored enough power to keep running until the next time you wear it. If necessary, wind the mainspring. (To prevent the watch from stopping, wind the mainspring to store the excess power that will allow the watch to run for extra time.)

68

Power reserve indicator



※ The continuous operable time of the watch may vary depending on actual use conditions, such as the number of hours you wear the watch or the extent of your movement while wearing it.  
※ In a case where you wear the watch for a short period of time each day, observe the power reserve indicator to check the level of the remaining power. If necessary, manually wind the mainspring.

## ● How to read the power reserve indicator

Power Reserve Indicator			
Winding state of the mainspring	Fully wound	Half wound	Unwound
Number of hours the watch can run	Approximately 72 hours (3 days)	Approximately 36 hours (1.5 days)	The watch either stops or is running down.

69

※ Under a low-temperature condition (below 0°C), always keep at least one-sixth of the power reserve shown by the power reserve indicator.

## ■ TO SET THE DATE AND TIME

### ● How to set the date and time

1. Make sure that the mainspring is sufficiently wound and the watch is working.  
 ※ When setting the date and time, ensure that the watch is working.
2. Unlock the crown.  
 ⇒ ● “Screw lock type crown” page 61
3. While the watch hands show any time between 9:00 PM and 1:00 AM, pull out the crown to the second click, and turn it counterclockwise (downward) to temporarily advance the hands to show any time after 1:00 AM.  
 ※ This procedure is required to ensure the proper engagement of the calendar driving wheel.  
 ※ Each time the hour hand makes two full rotations, the date is adjusted for one day. While turning the crown, the moment the date changes is midnight. When setting the hour hand, be sure that AM/PM is set correctly.

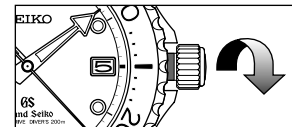
70

4. Pull out the crown to the first click. (The second hand continues moving.)



71

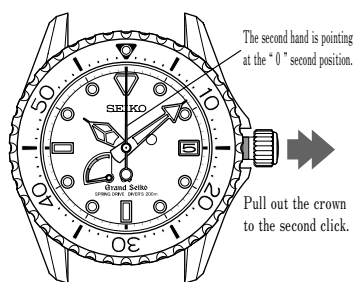
5. Turn the crown counterclockwise (downward) to set the date to the previous date.



- ※ Turning the crown clockwise (upward) will not move the date.

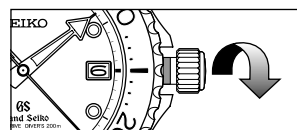
Example: When you wish to set the date to the sixth, set to the fifth at this point.

6. Pull out the crown to the second click when the second hand is pointing at the “0” second position. The second hand will stop on the spot.



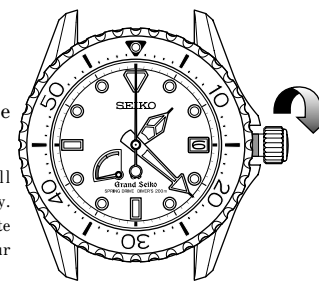
72

7. Advance the time until the watch shows the date you wish to set by turning the crown counterclockwise (downward) and rotating the watch hands clockwise.  
 ※ Turn the crown slowly, checking that the hour hand moves in one-hour increments.



8. Next, set the time. Slowly advance the minute hand to the time you wish to set.

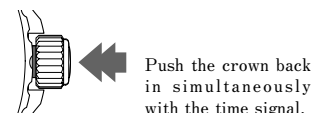
- ※ Each time the hour hand makes two full rotations, the date is adjusted for one day. While turning the crown, the moment the date changes is midnight. When setting the hour hand, be sure that AM/PM is set correctly.



73

9. Push the crown back in simultaneously with the time signal. The settings are now completed. Relock the crown.

- ⇒ ● “Screw lock type crown” page 61



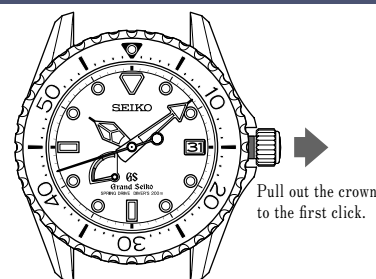
### ● Calendar adjustment

The watch is designed to display the date from the 1st to 31st every month, so that the manual calendar adjustment is required on the first day after a month that has less than 31 days: February, April, June, September and November.

1. Make sure that the mainspring is sufficiently wound and the watch is working.  
 ※ When setting the date and time, ensure that the watch is working.
2. Unlock the crown.  
 ⇒ ● “Screw lock type crown” page 61
3. While the watch hands show any time between 9:00 PM and 1:00 AM, pull out the crown to the second click, and turn it counterclockwise (downward) to temporarily advance the hands to show any time after 1:00 AM.  
 ※ This procedure is required to ensure the proper engagement of the calendar driving wheel.  
 ※ Each time the hour hand makes two full rotations, the date is adjusted for one day. While turning the crown, the moment the date changes is midnight. When setting the hour hand, be sure that AM/PM is set correctly.

74

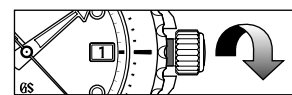
4. Pull out the crown to the first click. (The second hand continues moving.)



75

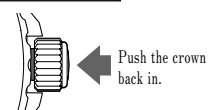
5. Turn the crown counterclockwise (downward) to set the date.

- ※ Turning the crown clockwise (upward) will not move the date.



6. Upon completion of the setting, push the crown back in. The calendar adjustment is now completed. Relock the crown.

- ⇒ ● “Screw lock type crown” page 61



### ● Tips for more accurate time setting

Keep in mind the following points in order to set the time more accurately.

- Before setting the time, wind the mainspring sufficiently. (Ensure that the power reserve indicator is showing a full-wound state.)
- When starting to use a stopped watch, wind the mainspring sufficiently. To set the time after that, wait for approximately 30 seconds after the second hand starts to move, then pull the crown out to the second click.
- The second hand will stop moving while the crown is at the second click position. Try not to stop the second hand movement for longer than 30 minutes. If it is necessary to remain holding the crown at the second click position for longer than 30 minutes, push the crown back in once, and wait for at least 30 seconds after the second hand restarts moving, and then pull out the crown to the second click again to resume time setting.

76

## ■ TO PRESERVE THE QUALITY OF YOUR WATCH

The watch needs frequent attention.

- Wipe away moisture, sweat or dirt frequently with a soft dry cloth. To clean the clearances (around the metallic band, crown, case back or rotating bezel), 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.

Turn the crown from time to time

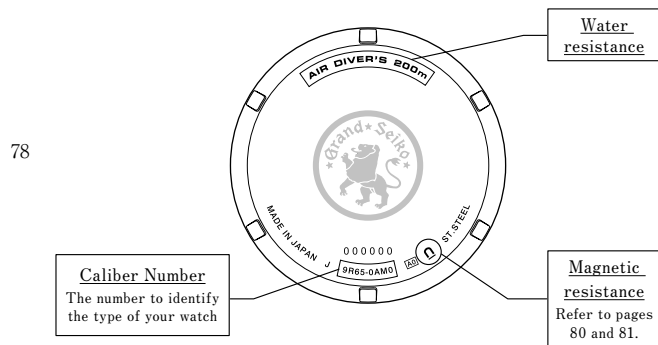
- In order to prevent corrosion of the crown, turn the crown from time to time.
- The same practice should be applied to a screw lock type crown.

- ⇒ ● “Screw lock type crown” page 61

77

## ● Performance and caliber of your watch

The case back shows the caliber and performance of your watch



78

※ The above figures are examples. Both of them may be different from the figure on the case back of your watch.

## ● LumiBrite

LumiBrite is a luminous paint that is completely harmless to human beings and natural environment, containing no noxious materials such as radioactive substance. LumiBrite is a newly-developed luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark. Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

<Reference data on the luminance>

Environment		Indication of brightness (luminance)
Sunlight	Fine weather	100,000 lux
	Cloudy weather	10,000 lux
Indoor (Window-side during daytime)	Fine weather	more than 3,000 lux
	Cloudy weather	1,000 to 3,000 lux
	Rainy weather	less than 1,000 lux
Lighting apparatus (40-watt daylight fluorescent light)	1m	1,000 lux
	3m	500 lux (average room luminance)
	4m	250 lux

79

## ● Magnetic resistance (affect of magnetic field)

Grand Seiko Diver's watches conform to the Magnetic Resistance Standard of JIS Class 1. The watch has magnetic resistance to maintain performance in most cases even where it is brought close to (at least 5cm spaced from) equipment generating a magnetic field in normal life. However, the movement parts are magnetized when they encounter a strong magnetic field, thereby accuracy may go out of order. Pay attention so as not to bring the watch close to equipments generating a strong magnetic field within 5cm.

80

Classification of JIS antimagnetic watches	Certified level of magnetic resistance	Indication of antimagnetism (on the case back)	Antimagnetic quality
Class 1	4800A/m		The watch has magnetic resistance to maintain performance in most cases where it is brought close to (at least 5cm spaced from) equipment generating a magnetic field in normal life.

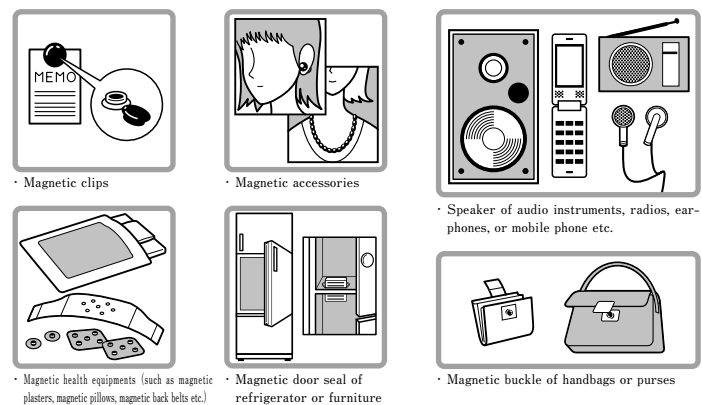
If the accuracy exceeds the accuracy target range ( ± 15 seconds/month) during normal usage due to magnetization, removal of magnetism and accuracy readjustment works are charged regardless of the guarantee period.

**Caution**

Keep the watch more than 5 cm away from magnetized products.

## ● Magnetized items that may affect watches

Examples of common items that generate a magnetic field



81

## ● Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for long usage.

### Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may cause a yellowish or gold stain on the lower sleeve edge of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible
- To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.
- Even if the band is a titanium band, stainless steel with a superior strength may be used for the pins and rust may occur on the stainless pins.
- If rust becomes severe, the pins may stick out or come out of the band, causing the watch to fall off. Or the clasp may become difficult to be unfastened.
- Should the pins stick out of the band, it may cause injury. Immediately stop using the watch and request repair.

82

### Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash out dirt in water and clean it off with a dry cloth.  
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)  
When the band becomes less flexible or cracked, replace the band with a new one.

Notes on skin irritation and allergy	Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.
Notes on the length of the band	Adjust the band with a little clearance with your wrist to ensure proper airflow. Make a room for one finger around your wrist when you wear the watch.

83

## ■ AFTER-SALE SERVICES

- Your Grand Seiko watch was strictly checked and completely adjusted at the factory to ensure its high accuracy. However, if your watch gets out of order with the correct way of use as described in this instruction booklet within the guarantee period, take your watch to the retailer from whom your watch was purchased together with the certificate of guarantee. Repair and adjustment will be made without charge.
- The guarantee period is one year from the date of purchase. For the movement only, this guarantee period is extended to two years from the date of purchase. More detailed guarantee coverage is provided in the certificate of guarantee.
- For repair services after the guarantee period has expired or for any other information regarding the Grand Seiko, please contact the retailer from whom your watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

84

## ● Replacement parts

- SEIKO makes it policy to usually keep a stock of spare parts for GRAND SEIKO watches for 10 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
- The number of years that a watch is considered repairable may vary greatly depending on the conditions under which it was 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 replaced with substitutes if the originals are not available.
- If you have any questions, please contact SEIKO CUSTOMER SERVICE CENTER.

85

● Inspection and adjustment by disassembly and cleaning (overhaul)

- Inspection and adjustment by disassembly and cleaning (overhaul) of this watch will be performed by SEIKO. When you take the watch to the retailer from whom it was purchased, request that the watch be inspected and overhauled by SEIKO.
- We recommend that you have your watch checked by SEIKO every 3 to 4 years for long-time use of your watch.
- The movement of this watch has a structure that consistent pressure is applied on its power-transmitting wheels. To ensure these parts work together properly, periodic inspection including cleaning of parts and movement, oiling, adjustment of accuracy, functional check and replacement of worn parts is needed.  
Inspection and adjustment by disassembly and cleaning (overhaul) within 3 to 4 years from the date of purchase is highly recommended for long-time use of your watch.  
Contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul) of your watch.  
Make sure that the gasket and push pin will be also replaced with new ones.

86

**CAUTION**

Depending on the environment where a diver's watch is used, its inner parts or movement as well as its case or band may be affected. We recommend that you have your watch inspected and adjusted by disassembly and cleaning (overhaul) regularly once every 3 to 4 years.

- For any questions or concerns, contact SEIKO CUSTOMER SERVICE CENTER.

87

■ TROUBLESHOOTING

Troubles		Possible causes	Solutions	Reference pages
Stoppage of the watch	The watch stops operating.	The mainspring has not been wound.	<u>Turn the crown to wind the mainspring and reset the time.</u> While you are wearing the watch or when you take it off, check the remaining power shown by the power reserve indicator and wind the mainspring if necessary.	Page 67 Page 70
	The watch stops even though the power reserve indicator is not showing "0."	The watch has been left at a low temperature (below 0°C).	<u>Turn the crown to wind the mainspring and reset the time.</u> If the watch is left at a temperature below 0°C, it may stop if the power reserve indicator is showing less than one-sixth of the power reserve.	Page 67
Wrong display of the time and/or date	The watch temporarily gains or loses time.	The watch has been left at an extremely high or low temperature.	<u>Return the watch to a normal temperature so that it works accurately as usual, and then reset the time.</u> The watch has been adjusted so that it works accurately when it is worn on your wrist under a normal temperature range between 5°C and 35°C.	Page 70
		The watch has been left close to an object generating a strong magnetic field.	<u>Correct this condition by moving and keeping the watch away from the magnetic source.</u> If this action does not correct the condition, contact the retailer from whom the watch was purchased.	Page 70 Page 80
		You dropped the watch, hit it against a hard surface or wore it while playing active sports. The watch was exposed to strong vibrations.	<u>Reset the time.</u> If the watch does not return to its normal accuracy after resetting the time, contact the retailer from whom the watch was purchased.	Page 70
	The date changes during daytime.	AM/PM is not correctly set.	While turning the crown to set the time, the moment the date changes is midnight. <u>Reset the time making sure that AM/PM is set correctly.</u>	Page 70

88

89

■ TROUBLESHOOTING

Troubles		Possible causes	Solutions	Reference pages
Power reserve	Even though you wear the watch every day, the power reserve indicator does not move up.	The watch is worn on your wrist only for a short period of time, or the amount of arm movement is small.	Wear the watch for an extended period of time. Or turn the crown to wind the mainspring.	Page 66
Others	Right after starting the watch, it seems that the second hand moves more quickly than usual when setting the time.	When starting the watch, it takes a little time before the adjustment function starts working. (This is not a malfunction.)	It takes several seconds before the adjustment function starts working. Set the time after the second hand moves for approximately 30 seconds to set the time correctly.	Page 76
	Blur on the dial glass persists.	Small amount of water has got inside the watch due to deterioration of the gasket, etc.	Contact the retailer from whom the watch was purchased.	—

90

91

\* In the event of any other problem, please contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

■ SPECIFICATIONS

- Features: 3 hands (hour, minute and second hands), Date display, Power reserve indicator
- Frequency of crystal oscillator: 32,768 Hz
- Loss/gain (monthly average): ± 15 seconds ( ± 1 second per day) (worn on your wrist at normal temperature range between 5°C and 35°C)
- Operational temperature range: between -10°C and +60°C  
Under a low-temperature condition (below 0°C), always keep at least one sixth of the watch power shown by the power reserve indicator.
- Driving System: ·· Mainspring (Self-winding type with manual winding function)
- Hand movement: ·· Glide-motion hands
- Continuous operable time: Approx. 72 hours (Approx. 3 days) (If the power reserve indicator shows the power supplied by the mainspring is full before starting the watch.)  
\* Depending on conditions of use, the continuous operable time may become shorter than the above.
- IC (Integrated Circuit): Oscillator, frequency divider, and spring drive control circuit (C-MOS-IC): 1 piece
- Number of jewels: 30 jewels

\* The specifications are subject to change without prior notice due to product improvements.

グランドセイコー専用フリーダイヤル  
0120-302-617

受付時間：月曜～金曜 9:30～21:00  
土曜・日曜・祝日 9:30～17:30

お客様相談室  
〒100-0005 東京都千代田区丸の内3-1-1 国際ビル  
〒550-0013 大阪市西区新町1-4-24 大阪四ツ橋新町ビルディング

セイコーウォッチ株式会社  
本社 〒105-8467 東京都港区芝浦1-2-1  
<http://www.seiko-watch.co.jp/>