
Cal. S034

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You are now the proud owner of a SEIKO Digital Stopwatch Cal. S034. Before using your SEIKO Digital Stopwatch Cal. S034, please read the instructions in this booklet carefully for its proper use and care. Please keep this manual handy for ready reference.

Toutes nos félicitations pour votre achat du chronomètre numérique SEIKO Cal. S034. Avant son utilisation et afin de l'entretenir convenablement, prière de lire attentivement le présent mode d'emploi que l'on conservera pour toute référence ultérieure.

Puede sentirse orgulloso de poseer un Cronómetro SEIKO Digital Cal. S034. Antes de usarlo, lea detenidamente las instrucciones de este folleto para su uso y cuidado apropiados. Conserve este manual como referencia.

Sie sind nun stolzer Besitzer einer SEIKO Digital-Stoppuhr vom Typ Kal. S034. Bevor Sie Ihre SEIKO Digital-Stoppuhr Kal. S034 in Gebrauch nehmen, sollten Sie die Anleitungen in diesem Heftchen sorgfältig durchlesen, um sich mit dem richtigen Gebrauch und der richtigen Pflege Ihrer Uhr vertraut zu machen. Verwahren Sie dieses Heftchen, um sich jederzeit wieder informieren zu können.

Siete ora in possesso di un orologio cronografo digitale SEIKO QUARTZ Cal. S034. Prima di utilizzare il Vostro nuovo cronografo SEIKO leggete attentamente le istruzioni contenute in questo libretto per un uso corretto ed una cura adeguata. Conservate questo manuale per ogni eventuale consultazione.

Você poderá sentir-se orgulhoso de possuir um Cronógrafo Digital SEIKO Cal. S034. Antes de usar o seu Cronógrafo Digital SEIKO Cal. S034, leia com atenção as instruções contidas neste opúsculo para o usar e cuidar corretamente. Guarde este manual junto de si para consultas posteriores.

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SEIKO DIGITAL STOPWATCH

Cal. S034

FEATURES

The SEIKO Quartz Stopwatch Cal. S034 is a digital stopwatch featuring a lap time/split time memory function that can store and recall up to 30 sets of lap times and split times. Time/calendar and alarm functions are also provided. In addition, it is equipped with an electroluminescent panel that evenly illuminates the display for easy viewing in the dark.

■ STOPWATCH

The stopwatch can measure up to 10 hours in 1/100 seconds.

Up to 99 sets of lap times and split times can be measured and displayed.

■ LAP TIME AND SPLIT TIME DISPLAYS

Two separate stopwatch displays are available for lap time and split time measurements.

■ MEMORY FUNCTION

Up to 30 measurements can be stored in memory, and they can be recalled either during or after the measurement.

■ TIME/CALENDAR

Year, month, day, date, hour, minutes and seconds are displayed.

The calendar automatically adjusts for odd and even months including February of leap years from the year 1995 up to the end of 2044.

■ **ALARM**

The alarm can be set to ring on a 24-hour basis. An hourly time signal is also provided.

■ **CHANGEOVER BETWEEN 12- AND 24-HOUR INDICATIONS**

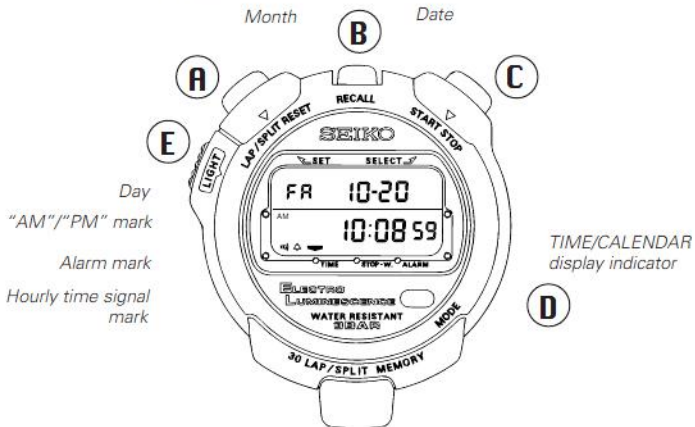
■ **BATTERY LIFE INDICATOR**

All the digits in the display start flashing when the battery needs to be replaced.

■ **ILLUMINATING LIGHT (ELECTROLUMINESCENT PANEL)**

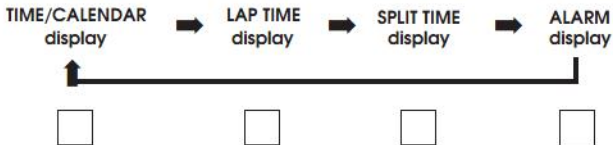
The light uses an illuminating system based on a phenomenon called "electroluminescence". The display is illuminated in all modes at the press of a button.

There are five buttons as indicated in the illustration below.
[TIME/CALENDAR display]



D

With each press, the display changes in the following order.

**NOTES**

- 1 Even if the STOPWATCH (LAP TIME or SPLIT TIME) display is changed over to another while a measurement is in progress, the stopwatch continues counting properly and the flashing STOPWATCH display indicator appears in the display. After the stopwatch is used, however, be sure to stop it by pressing **Button C** to preserve battery life.
- 2 **Never make a time/calendar adjustment while the stopwatch is counting.**
- 3 When the confirmation sound is switched on, a beep sounds with each press of **Button D**. As a reference aid, the pitch is different when the TIME/CALENDAR display appears.

TIME/CALENDAR SETTING



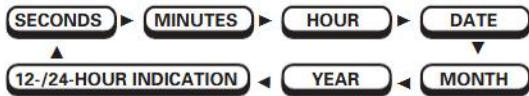
D Press to show the TIME/CALENDAR display.

B Press and hold for 2 seconds to show the TIME/CALENDAR SETTING display.

* The YEAR digits appear in place of the DAY and the SECOND digits start flashing.

C Press repeatedly to select the digits (flashing) to be adjusted.

* With each press, the digits to be adjusted change in the following order:



A Press to set the flashing digits or reset the SECONDS to "00".

* The digits move quickly if **Button A** is kept pressed.

Second setting:

When the SECONDS read any number from "30" to "59" and **Button A** is pressed, 1 minute is added.

12-/24-hour indication setting:

Changeover between 12- and 24-hour indications is made alternately with each press of **Button A**.

B After all the adjustments are completed, press to return to the TIME/CALENDAR display.

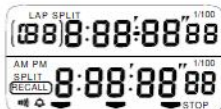
NOTES

- 1 If the watch is left untouched in the TIME/CALENDAR SETTING display with the digits flashing, it will automatically return to the TIME/CALENDAR display in 3 minutes.
- 2 The DAY is automatically set once the YEAR, MONTH and DATE are set.
- 3 The YEAR digits can be set from 1995 to 2044. Calendar adjusts automatically for odd and even months including February of leap years.
- 4 When setting the HOUR digits in the 12-hour indication, check that "AM"/"PM" mark is correctly set. In the 24-hour indication, no mark is displayed.
- 5 If the TIME/CALENDAR display is shown while the stopwatch is measuring, the flashing STOPWATCH display indicator appears in the display.

WHEN ALL THE SEGMENTS LIGHT UP

If **Buttons A and C** are pressed at the same time in the TIME/CALENDAR SETTING display, all the segments of the display will light up. This is not a malfunction.

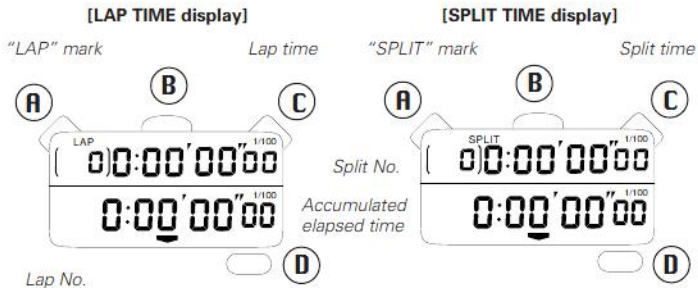
Press **Button A, B, C, D or E** to return to the TIME/CALENDAR display and then press and hold **Button B** for 2 seconds to show the TIME/CALENDAR SETTING display again.



STOPWATCH

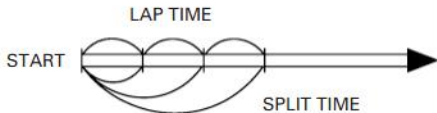
- Two stopwatch displays are available for lap time and split time measurement.

* If the measurement is started or stopped in one display, the other display also starts or stops accordingly. Therefore, you can switch between the LAP TIME and SPLIT TIME displays during the measurement to check the measured times.



STOPWATCH display indicator

- ☆ "Lap time" is the time that has elapsed from the start of one stage of an activity to that of the next stage.
- "Split time" is the time that has elapsed from the start of an activity to any given stage.

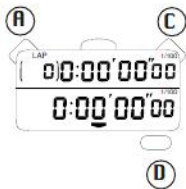


STOPWATCH OPERATION

- The stopwatch can measure up to 10 hours in 1/100 second increments.
- Before using the stopwatch, be sure to reset the digits to "00".

When the stopwatch is stopped, press **Button A**.

When it is counting, press **Button C** to stop the measurement and then press **Button A**.



1 Standard measurement

- D** Press to show the LAP TIME or SPLIT TIME display.



2 Accumulated elapsed time measurement

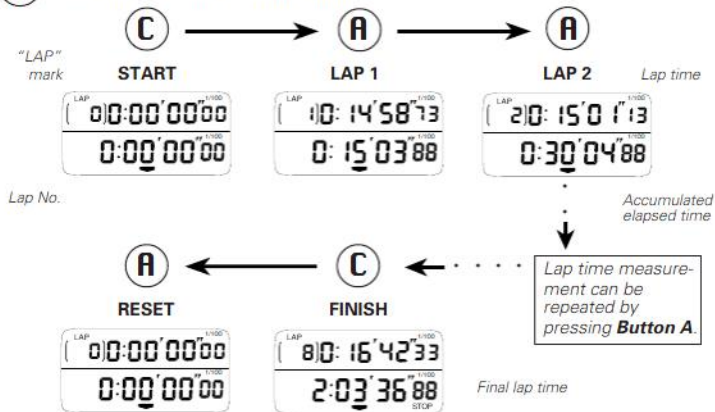
- D** Press to show the LAP TIME or SPLIT TIME display.



* Restart and stop of the stopwatch can be repeated by pressing **Button C**.

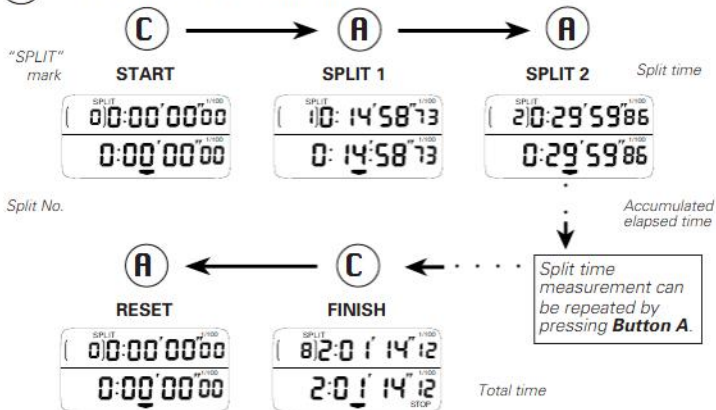
3 Lap time measurement

- D** Press to show the LAP TIME display.



4 Split time measurement

- D** Press to show the SPLIT TIME display.



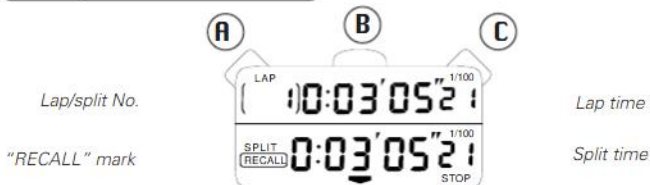
NOTE

Even while the stopwatch is counting, you can switch from the STOPWATCH display to another by pressing **Button D**. It continues counting properly up to 10 hours, and the STOPWATCH display indicator flashes to indicate that the stopwatch is counting.

HOW TO USE THE MEMORY FUNCTION

- Up to 30 sets of lap times and split times can be stored and recalled either during or after the measurement.

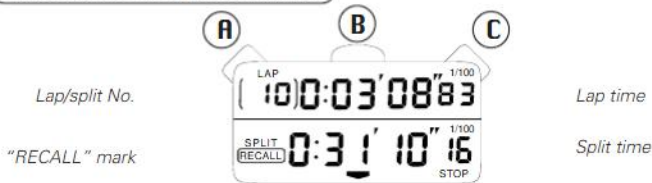
Memory recall after measurement



- B** Press in the LAP TIME or SPLIT TIME display to activate the memory recall function.
- C** With each press, the stored data are recalled successively from the oldest to the newest.
- OR
- A** With each press, the stored data are recalled successively from the newest to the oldest.
- B** After all the stored data have been recalled, press to return to the LAP TIME or SPLIT TIME display.

- * The oldest measurement stored in memory will be displayed first.
- * The stored data can be recalled quickly if the respective buttons are kept pressed.

Memory recall during measurement



B Press in the LAP TIME or SPLIT TIME display to activate the memory recall function.

C With each press, the stored data are recalled successively from the oldest to the newest.

OR

A With each press, the stored data are recalled successively from the newest to the oldest.

B After all the stored data have been recalled, press to return to the LAP TIME or SPLIT TIME display.

* The newest measurement stored in memory will be displayed first.

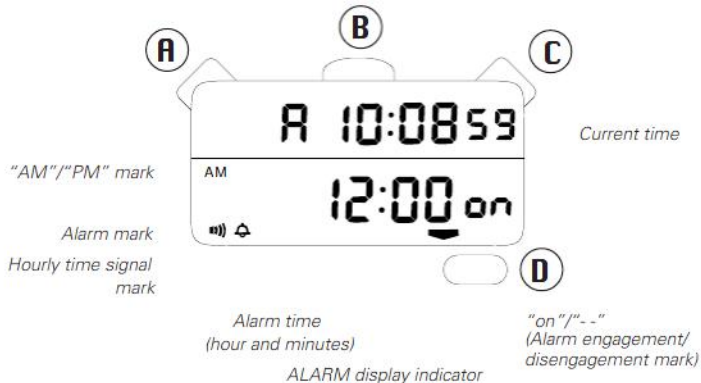
* The stored data can be recalled quickly if the respective buttons are kept pressed.

NOTES

- 1 If the stopwatch is left untouched in the MEMORY RECALL display with the STOPWATCH display indicator flashing, it will automatically return to the measurement in progress in 30 seconds.
- 2 Even if the stopwatch is reset to "00", stored data are not erased and can be recalled until a new measurement is started in the LAP TIME or SPLIT TIME display. The "STOP" mark is not shown during memory recall if the stopwatch has been reset to "00".
- 3 The display will return to the ALARM if **Button D** is pressed while using the memory recall function.

ALARM

- The alarm can be set to ring on a 24-hour basis.



ALARM TIME SETTING

D Press to show the ALARM display.

B Press and hold for 2 seconds to show the ALARM SETTING display.

C Press repeatedly to select the digits (flashing) to be adjusted.



A Press to set the flashing digits.

B After all the adjustments are completed, press to return to the ALARM display.

* The HOUR digits (and "AM"/"PM" mark if the time is set in the 12-hour indication) start flashing.

* The digits move quickly if **Button A** is kept pressed.

* "on" and the alarm mark are displayed and the alarm is automatically engaged.

NOTES

- 1 When the time is set in the 24-hour indication, the alarm time will also be displayed in the 24-hour indication.

- 2 When setting the hour digits in the 12-hour indication, check that "AM"/"PM" mark is correctly set.
- 3 If the watch is left untouched in the ALARM SETTING display with the digits flashing, it will automatically return to the ALARM display in 3 minutes.

ALARM ENGAGEMENT/DISENGAGEMENT

- C** With each press in the ALARM display, the alarm is engaged and disengaged alternately.

* The alarm rings at the designated time for 20 seconds and stops.

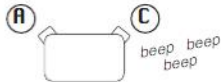


To stop the alarm:

- A**, **B**, **C**, **D** OR **E** Press to stop the alarm manually.

Alarm test

- Ⓐ AND Ⓒ Press and hold simultaneously in the TIME/CALENDAR display.

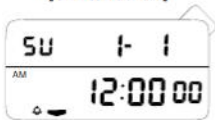


ENGAGEMENT/DISENGAGEMENT OF HOURLY TIME SIGNAL & TUNING ON/OFF OF SOUND FOR BUTTON OPERATION CONFIRMATION

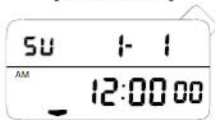
- Ⓒ With each press in the TIME/CALENDAR display, the hourly time signal and sound for button operation confirmation are switched on and off alternately.

* The hourly time signal will not ring while the alarm is ringing.

[Switched on]



[Switched off]

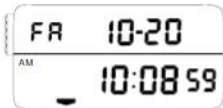


Hourly time
signal mark

ILLUMINATING LIGHT (ELECTROLUMINESCENT PANEL)

- Certain materials emit light when voltage passes through them. This phenomenon, known as “electroluminescence”, is used to illuminate the display.

- E** Press and release in any mode.



- * The display is illuminated for 3 seconds.
- * It remains illuminated if **Button E** is kept pressed.

NOTES

- 1 While the hourly time signal is engaged and the sound for button operation confirmation is turned on, pressing any button to operate the watch will turn off the illuminating light.
- 2 While **Button E** is kept pressed in any mode to illuminate the display, the other buttons will not work.

- ☆ *The electroluminescent display loses its luminance as the battery voltage decreases. In addition, the luminance level of the electroluminescent panel decreases gradually over time. After 500 hours of use, the level decreases by about half.*
 - * *500 hours of use corresponds to 7 years of use if the illuminating light is used 140 times a day.*
- ☆ *When the illuminating light becomes dim, have the battery replaced with a new one. If the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the stopwatch was purchased, or an AUTHORIZED SEIKO DEALER. It will be replaced at cost.*
- ☆ *While the illuminating light is used, the stopwatch may make a very small noise. However, this is not a malfunction.*

BATTERY LIFE INDICATOR

- **When all the digits start flashing, replace the battery with a new one as soon as possible. Otherwise, the display will become blank and the watch will stop operating in 2 to 3 days. We suggest that you have the battery replaced by a SEIKO DEALER.**
 - * *Even though the display is flashing, time accuracy is not affected.*

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 to check the function and performance of the watch, 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 malfunction. For battery replacement, we recommend that you contact an AUTHORIZED SEIKO DEALER and request **SEIKO CR2032** battery.

** If the alarm is used for more than 20 seconds a day, the confirmation sound more than 50 times a day and/or the illuminating light more than 3 times a day (for 3 seconds each time), the battery life may be less than the specified period.*



CAUTION

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 a child swallows it, consult a doctor immediately.

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 module. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER.



● 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 (5 bar)*

If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is

designed and manufactured to withstand up to 5 bar and is suitable for swimming, yachting and taking a shower.



● Water resistance (10 bar/15 bar/20 bar)*

If "WATER RESISTANT 10 BAR", "WATER RESISTANT

15 BAR" or "WATER RESISTANT 20 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar and is suitable for taking a bath and shallow diving, but not for scuba diving. We recommend that you wear a SEIKO Diver's watch for scuba diving.

■ TEMPERATURES



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

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

If the watch is left in direct sunlight for a long time, the display may become black, but this condition will be corrected when the watch returns to normal temperature.

Do not leave your watch in very low temperatures below -10°C (+14°F) for a long time since the cold may cause:

- a slight time loss or gain.
- the change of digits to become slow.
- the display light to dim.

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

- * Do not operate the buttons when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.
- * When taking a shower with a water resistance 5 bar watch, or taking a bath with a water resistance 10, 15 or 20 bar watch, be sure to observe the following:
 - Do not operate the buttons when the watch is wet with soapy water or shampoo.
 - If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

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. Care should also be taken on diving into water.

■ SHOCKS & VIBRATION



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



The watch will not be affected by magnetism.

■ CARE OF CASE AND BRACELET



To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

■ 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.

■ PRECAUTION REGARDING CASE BACK PROTECTIVE FILM



If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch. Otherwise, perspiration getting in under them may rust the case back.

■ 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, buttons, gasket and crystal seal remain intact.

■ STATIC ELECTRICITY



The IC (Integrated Circuit) used in your watch will be affected by static electricity which may disturb the display. Keep your watch away from close contact with objects such as TV screens which emit strong static electricity.

■ LIQUID CRYSTAL PANEL



The normal life expectancy for a liquid crystal panel is approximately 7 years. After that it may decrease in contrast, becoming difficult to read. Please contact your **AUTHORIZED SEIKO DEALER** or **SERVICE CENTER** if you wish to have a new panel fitted (guaranteed one year).

SPECIFICATIONS

- | | | |
|---|--|--|
| 1 | Frequency of crystal oscillator | 32,768 Hz (Hz = Hertz ... Cycles per second) |
| 2 | Accuracy, | ±0.0012% at normal temperature range (5°C ~ 35°C) (41°F ~ 95°F) |
| 3 | Operational temperature range | -10°C ~ 60°C (14°F ~ 140°F) |
| | Desirable temperature range of use | 0°C ~ 50°C (32°F ~ 122°F) |
| 4 | Display system | |
| | STOPWATCH display | Measures up to 10 hours.
Hours, minutes, seconds and 1/100 seconds |
| | | <ul style="list-style-type: none"> • LAP TIME display <ul style="list-style-type: none"> Lap number "LAP" and "STOP" marks and STOPWATCH display indicator Minute and second marks • SPLIT TIME display <ul style="list-style-type: none"> Split number "SPLIT" and "STOP" marks and STOPWATCH display indicator Minute and second marks |

- MEMORY RECALL mode
 - Lap/split number
 - "LAP", "SPLIT", "STOP" and "RECALL" marks and STOPWATCH display indicator
 - Minute and second marks
- TIME/CALENDAR display Hour, minutes, seconds, year, month, date and day of the week
TIME/CALENDAR display indicator
"AM"/"PM" mark in the 12-hour indication
- ALARM display Alarm time (hour and minutes; "AM"/"PM" mark in the 12-hour indication)
"on"/"_" mark
Alarm mark and hourly time signal mark
Current time (hour, minutes and seconds; "A"/"P" in the 12-hour indication)
Alarm display indicator
- 5 Display medium_ Nematic Liquid Crystal, FEM (Field Effect Mode)
- 6 Battery_ SEIKO CR2032, 1 piece
- 7 Battery life indicator_ All the digits in the display start flashing when the battery life nears its end.

8 IC (Integrated Circuit)_ C-MOS-LSI, 1 piece

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