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ANALOGUE QUARTZ

Cal. 7T32, 7T42

SPORTS 150 Cal. 7T32, 7T42

ALARM CHRONOGRAPH TIMER

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SEIKO QUARTZ

INSTRUCTIONS

You are now the proud owner of a SEIKO Analogue Watch Cal. 7T32, 7T42, SPORTS 150 Cal. 7T32, 7T42. Before using your SEIKO Analogue Watch, please read the instructions in this booklet carefully for its proper use and care. Please keep this manual handy for ready reference.

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Puede sentirse orgulloso de poseer un reloj analógico SEIKO, Cal. 7T32/7T42 o SPORTS 150 Cal. 7T32/42. Antes de usarlo, lea detenidamente las instrucciones de este folleto para su uso y cuidado apropiados. Conserve este manual como referencia.

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SEIKO ANALOGUE QUARTZ WATCH WITH ALARM CHRONOGRAPH AND TIMER (for Cal. 7T42)

Cal. 7T32, 7T42 and SPORTS 150 Cal. 7T32, 7T42

FEATURES

The SEIKO Quartz Watches Cal. 7T32, 7T42 and SPORTS 150 Cal. 7T32 and 7T42 are multi-display analogue watches with a timer (for Cal. 7T42) functions.

■ MAIN TIME DISPLAY

Hour and minute hands with a small second hand.

■ CALENDAR

Date is displayed in numerals.

■ ALARM

The alarm is set on a 12-hour basis with 2 small hands displaying the designated alarm time.

- 1) It can be engaged by pulling out a crown.
- 2) It can be set simply by pressing a button.

■ TIMER (for Cal. 7T42)

Up to 60 minutes can be set in minutes.

1) Timer "repeat" function

Once the timer is set, the set time is stored in memory, and can be reset repeatedly.

■ STOPWATCH

It can measure up to 30 minutes in 1/5 seconds. After 30 minutes, it will start counting again from "0" repeatedly up to 6 hours.

■ BATTERY LIFE INDICATOR

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

■ TACHYMETER

Some models are provided with a tachymeter with a graduated dial.

DISPLAY AND CROWN OPERATION

There are three buttons and two crowns as shown in the illustration below.

Stopwatch minute hand/
Timer second hand
(Cal. 7T42)

Stopwatch 1/5 second hand/
Timer minute hand (Cal. 7T42)

Hour hand

Small second hand

Alarm hour hand

Minute hand

a b c

Crown 1

Crown 2

Date

Alarm minute hand

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Crown 1

(a) Normal position : Free

(b) First click

Clockwise : Date setting

Counterclockwise : Free

(c) Second click : Main time setting

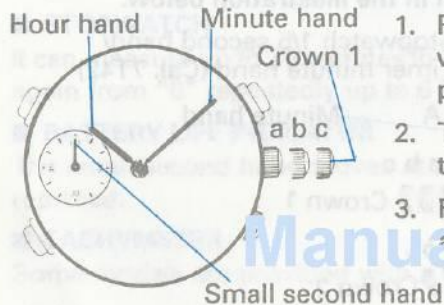
Crown 2

(a) Normal position : Free

(b) First click : Timer mode (Cal. 7T42)/Alarm engagement

(c) Second click : Alarm hour and minute hand setting

TIME SETTING



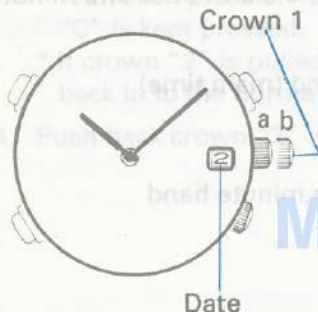
1. Pull out crown "1" all the way to the second click when the small second hand is at the 12 o'clock position.
2. Turn crown "1" to set the hour and minute hands to the desired time.
3. Push crown "1" back in to the normal position in accordance with the manual.

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

Notes:

1. 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. Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P.M. period. If the date changes, the time is set for the A.M. period. If the date does not change, the time is set for the P.M. period.
2. When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

DATE SETTING



1. Pull out crown "1" to the first click.
2. Turn crown "1" clockwise till the date for the previous day appears.
3. Pull out crown "1" to the second click, and advance the hour and minute hands till the desired date appears and reset the time according to time setting.
4. Push crown "1" back in to the normal position.

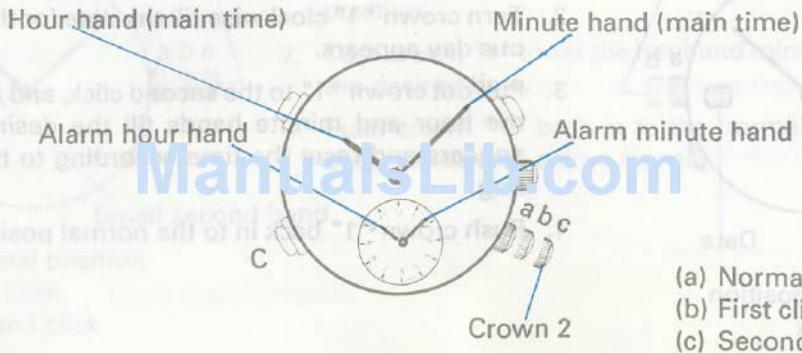
(a) Normal position

(b) First click

Note: Do not set the date between 9:00 p.m. and 3:00 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 this period, set the date and then reset the correct time.

ALARM

The alarm time is set on a 12-hour basis and indicated by the alarm hour and minute hands that move independently of the main time hands.



Alarm setting

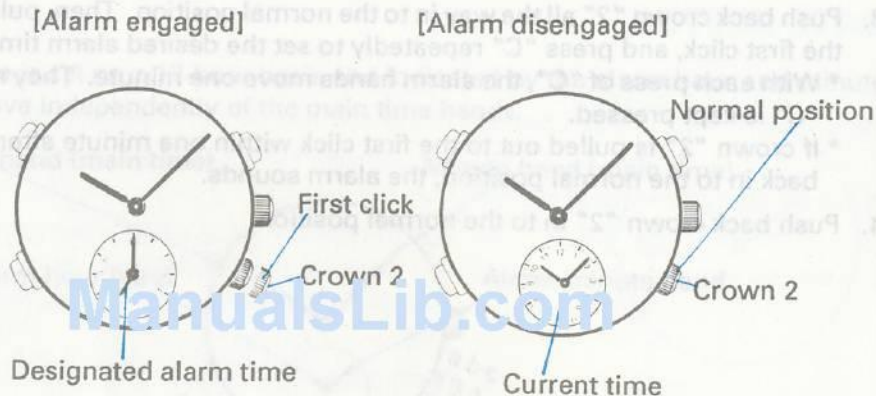
1. Pull out crown "2" all the way to the second click. There is a warning beep for one second.
2. Turn crown "2" clockwise and counterclockwise to set the alarm hands to the time that the main time hands indicate.
 - * When setting the alarm minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

3. Push back crown "2" all the way in to the normal position. Then, pull it out again to the first click, and press "C" repeatedly to set the desired alarm time.
 - * With each press of "C", the alarm hands move one minute. They move quickly if "C" is kept pressed.
 - * If crown "2" is pulled out to the first click within one minute after being pushed back in to the normal position, the alarm sounds.
4. Push back crown "2" in to the normal position.

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Alarm engagement/disengagement

- To engage the alarm, pull out crown "2" to the first click. The alarm hands indicate the designated alarm time.
 - * The alarm rings at the designated time for 20 seconds. To stop it manually, press "A", "B" or "C", or push back crown "2" in to the normal position.
- When crown "2" is at the normal position, the alarm is disengaged, and the alarm hands indicate the current time.

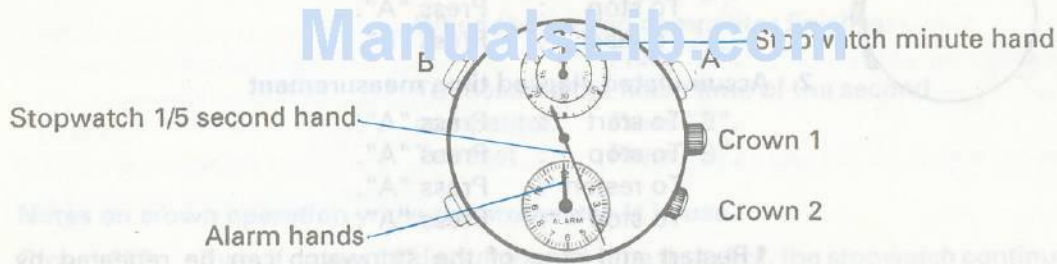


Note: Please note, if crown "2" is pulled out to the second click, the designated alarm time is canceled with a warning beep. In that case, set the alarm hour and minute hands to the main time again, push crown "2" back in to the normal position, and then, pull it out to the first click and set the desired alarm time again. However, if crown "2" is pushed back in to the normal position before the warning beep stops, the designated alarm time will not be canceled.

STOPWATCH

The stopwatch can measure up to 30 minutes in 1/5 seconds. After 30 minutes, it will start counting again from "0" repeatedly up to 6 hours.

- Before using the stopwatch, be sure to check that crowns "1" and "2" are set at the normal position, and press "B" to reset the stopwatch hands to "0" position. If the hands do not return to "0" position, follow the procedure in "ADJUSTING THE HAND POSITION" to reset the hands.



To record the elapsed time over 30 minutes (for standard measurement only)

1. Pull out crown "2" to the second click, turn the crown to set the alarm hands to the 12 o'clock position, and then push the crown back in to the normal position.
2. Press "A" immediately to start the measurement. The alarm hands will show the elapsed time.

- Notes:**
- The above operation will cancel the designated alarm time. If you require the alarm function, follow the procedure in "Alarm setting" to reset the alarm.
 - As the alarm hands move independently of the stopwatch hands, the alarm hands continue advancing even if the measurement is stopped.



1. Standard measurement

- To start : Press "A".
 To stop : Press "A".
 To reset : Press "B".

2. Accumulated elapsed time measurement

- To start : Press "A".
 To stop : Press "A".
 To restart : Press "A".
 To stop : Press "A".

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

- To reset : Press "B".

3. Split (intermediate) time measurement

- To start : Press "A".
 To measure split time: Press "B".
 To release split time : Press "B".

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

To stop : Press "A".

To reset : Press "B".

4. Measurement of two competitors

To start : Press "A".

To measure the finish time of the first competitor:

Press "B".

When the second competitor finishes:

Press "A".

To measure the finish time of the second competitor: Press "B".

To reset : Press "B".

Notes on crown operation while the stopwatch is in use.

Crown "1" : Even if crown "1" is pulled out to the first click, the stopwatch continues measuring. However, if it is pulled out to the second click, the stopwatch hands are reset to "0" position.

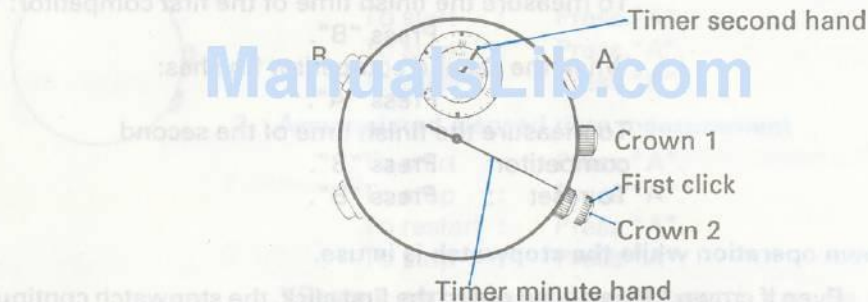
Crown "2" : If crown "2" is pulled out to the first or second click, the stopwatch hands are reset to "0" position.

* When the stopwatch has been reset and "A" is pressed before the hand reaches "0" position, the stopwatch still starts counting time when "A" is pressed.

TIMER (for Cal. 7T42)

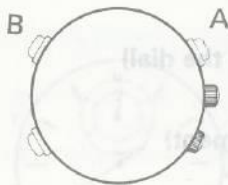
The timer can be set for a desired amount of time in minutes up to 60 minutes. Once the timer is set, the set time is stored in memory and can be reset repeatedly unless it is canceled.

- Pull out crown "2" to the first click.



Timer setting

- Press "B", and the timer minute hand indicates the time previously set.
To newly set the timer, press "B" repeatedly to move the timer minute hand to the desired minute. The hand moves quickly if "B" is kept pressed.



Timer operation

To start : Press "A".

To stop : Press "A".

To restart : Press "A".

To stop : Press "A".

* Restart and stop of the timer can be repeated by pressing "A".

To reset : Press "B".

- * While the timer is counting down, the timer hands move anticlockwise.
- * From one minute before the set time is up, or when one minute is set for the timer, the timer second hand stops and the timer minute hand moves at one-second intervals instead.
- * There is a warning beep once every second for 3 seconds before the set time is up, and a 2 second beep when the time is up.

Notes on crown operation while the timer is in use.

Crown "1": Even if crown "1" is pulled out to the first click, the timer continues counting down. However, if it is pulled out to the second click, the hands are reset to "0" position.

Crown "2": If crown "2" is pushed back in to the normal position or pulled out to the second click, the timer hands are reset to "0" position.

HOW TO USE THE TACHYMETER

(For the models with a tachymeter scale on the dial)



- Use the tachymeter with the stopwatch.
- A Stopwatch operation (Standard measurement)
 - To start : Press "A".
 - To stop : Press "A".
 - To reset : Press "B".

The tachymeter can be used for the following purposes.

(1) To measure the hourly average speed of a vehicle

- Use the stopwatch to determine how many seconds it takes to go one kilometer (or one mile). The tachymeter scale indicated by the stopwatch second hand gives the average speed per hour.
- * Please note that the tachymeter scale can be used only when the time required is less than 60 seconds. If it exceeds 60 seconds, shorten the measuring distance. (Refer to "Ex. 2" below)

Ex. 1)

If it takes 40 seconds to go one kilometer (or one mile), the stopwatch second hand indicates "90" on the tachymeter scale. This means that the average speed of the vehicle is 90 kilometers (or miles) per hour.



$$90 \left(\begin{array}{l} \text{Tachymeter scale figure} \\ \text{at 40 seconds position} \end{array} \right) \times 1 \text{ (Kilometer or mile)}$$

$$= 90 \text{ Km/h (mph)}$$

Ex. 2)

If the measuring distance is extended to 2 kilometers (or miles) or shortened to 0.5 kilometers (miles), multiply the figure on the tachymeter scale by 2 or 0.5, respectively. We recommend that you utilize the tachymeter in a rally, speedway or circuit race.

$$90 \left(\begin{array}{l} \text{Tachymeter scale figure} \\ \text{at 40 seconds position} \end{array} \right) \times 2 \text{ (Kilometers or miles)}$$

$$= 180 \text{ Km/h (mph)}$$

$$90 \left(\begin{array}{l} \text{Tachymeter scale figure} \\ \text{at 40 seconds position} \end{array} \right) \times 0.5 \text{ (Kilometers or miles)}$$

$$= 45 \text{ Km/h (mph)}$$

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(2) To measure the hourly rate of operation

The tachymeter is extremely useful in calculating factory operation efficiency or machine production amount.

Ex. 1)

Use the stopwatch to measure the time required to complete one job.

If it takes 20 seconds, the stopwatch second hand indicates "180" on the tachymeter scale. This means that 180 jobs will be accomplished in one hour.

$$180 \left(\begin{array}{l} \text{Tachymeter scale figure} \\ \text{at 20 seconds position} \end{array} \right) \times 1 \text{ job} = 180 \text{ jobs}$$

Ex. 2)

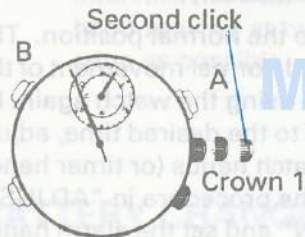
Use the stopwatch to determine how many jobs are accomplished in a specific period of time.

If 15 jobs are completed in 20 seconds, multiply "180", the figure on the tachymeter scale indicated by the stopwatch second hand, by 15. Thus, it is estimated that 2,700 jobs will be accomplished in one hour.

$$180 \left(\begin{array}{l} \text{Tachymeter scale figure} \\ \text{at 20 seconds position} \end{array} \right) \times 15 \text{ jobs} \\ = 2,700 \text{ jobs per hour}$$

ADJUSTING THE HAND POSITION

- If the stopwatch 1/5 second and minute hands (or timer minute and second hands for Cal. 7T42) will not return to the 12 o'clock position when the stopwatch (or timer for Cal. 7T42) is reset or when the battery is replaced with a new one, follow the procedure below to reset the hands to the 12 o'clock position.



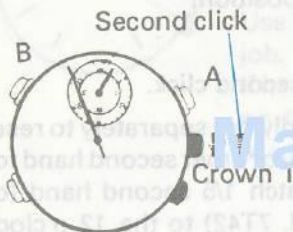
1. Pull out crown "1" to the second click.
2. Press "A" and "B" repeatedly but separately to reset the stopwatch minute and timer second hand for Cal. 7T42) and the stopwatch 1/5 second hand (or timer minute hand for Cal. 7T42) to the 12 o'clock position, respectively.

* The hands move quickly if the respective buttons are kept pressed.

3. Push crown "1" back in to the normal position.

RESETTING THE BUILT-IN IC

- In case any of the watch hands should move improperly, follow the procedure below to adjust the hand movement.



1. Pull out crown "1" to the second click.
2. Press "A" and "B" simultaneously.
3. Push back crown "1" in to the normal position. The built-in IC will be reset and normal movement of the hands will return. Before using the watch again, be sure to set the main time to the desired time, adjust the position of the stopwatch hands (or timer hands for Cal. 7T42) following the procedure in "ADJUSTING THE HAND POSITION" and set the alarm hands to the desired time.

BATTERY LIFE INDICATOR

When the battery nears to its end, the small second hand moves at two-second intervals instead of normal one-second intervals to indicate that the battery needs to be replaced with a new one.

Note: If the alarm is used while the small second hand is moving at two-second intervals, the watch may stop operating. Therefore, if you see the small second hand moving at two-second intervals, replace the battery with a new one as soon as possible.

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BATTERY CHANGE

**2
Years**

The miniature battery which powers your watch should last approximately 2 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 SR927W** battery.

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.



• 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)*

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 taking a bath and shallow diving, but not for scuba diving. We recommend that you wear a SEIKO Diver's watch for scuba diving.

- * Before using the water resistance 5, 10, or 15 bar watch in water, be sure the crowns are pushed in completely. Do not operate the crowns and 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 the water resistance 5 bar watch, or taking a bath with the water resistance 10 or 15 bar watch, be sure to observe the following:
 - Do not operate the crowns or push the buttons when the watch is wet.
 - 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.



■ 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.

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.

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



■ 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

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



■ 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.



■ 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.



■ 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, crowns, buttons, gasket and crystal seal remain intact.

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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, 4 pieces
5. Display system
 - Time Three hands (Hour, minute and small second hands)
 - Date Displayed in numerals.
 - Stopwatch Minute and 1/5 second hands.
The stopwatch can measure up to 30 minutes in 1/5 seconds.
 - Timer (for Cal. 7T42) Minute and second hands.
Up to 60 minutes can be set in minutes.
 - Alarm Small hour and minute hands.
The alarm is set on a 12-hour basis.
6. Battery SEIKO SR927W, 1 piece
7. IC (Integrated Circuit) C-MOS-LSI

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