

SEIKO
SINCE 1881



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ASTRON



GPS
SOLAR



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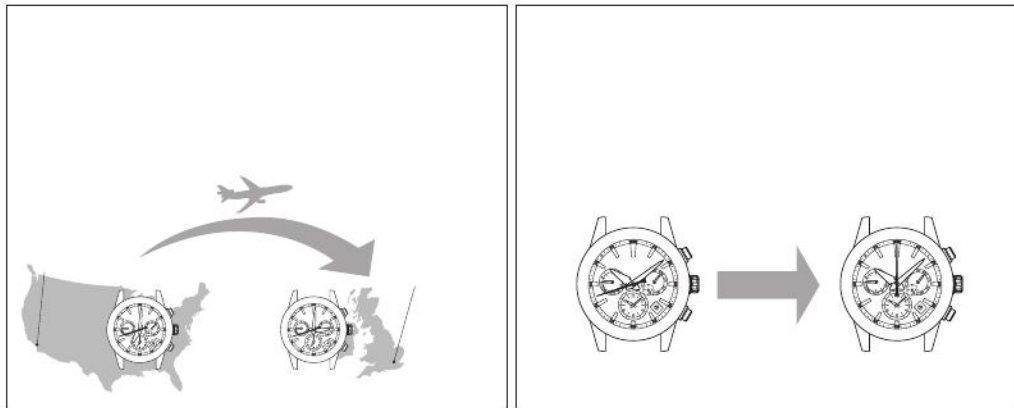


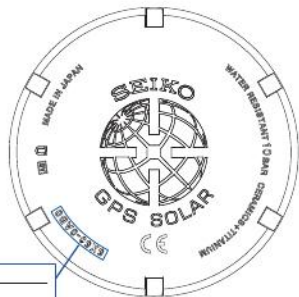


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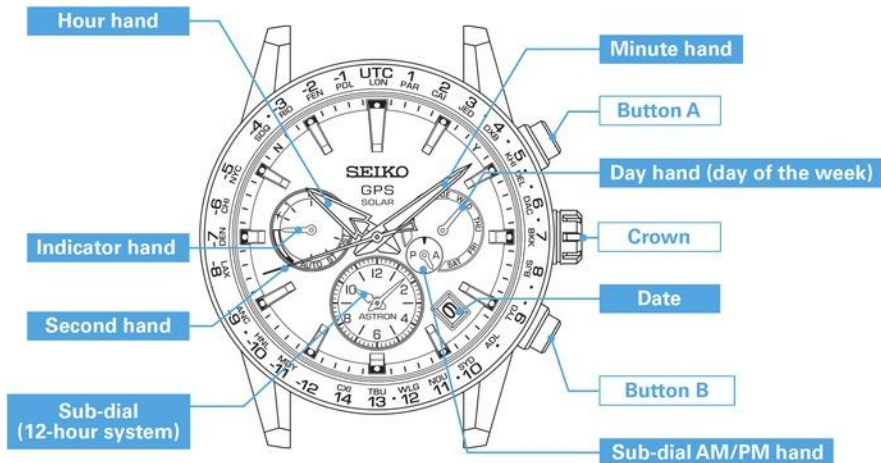




x

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Names of the parts



* Display of city name may vary depending on the model.

Continued on the
following page

Indicator hand display and reception result display

Display of receiving process

Receiving process	1 (time adjustment)	4+ (time zone adjustment)
Display		

Check the reception result
→ P. 18

Manual time adjustment → P. 21

Time zone adjustment → P. 19
Automatic time adjustment
→ P. 29

Receiving leap second data


Receive leap second data
→ P. 31


Display of reception result

Y ... Reception successful (8-second position)

N ... Reception failed (52-second position)

[Checking the reception result] → P. 18

Display of in-flight mode (✂) status

Hand position	In-flight mode (✂) status
Display	

In-flight mode (✂) → P. 30

Display of charging status

Hand position	full	middle	low
Display			

Check the charging status. → P. 13
How to charge the watch → P. 14



Display of DST (Daylight Saving Time)

Hand position	AUTO (automatic)	ST (OFF)	DST (ON)
Display			



Check DST (Daylight Saving Time) → P. 25
Set DST (Daylight Saving Time) → P. 24








*Position of each display may differ depending on the model (design).

Continued on the following page



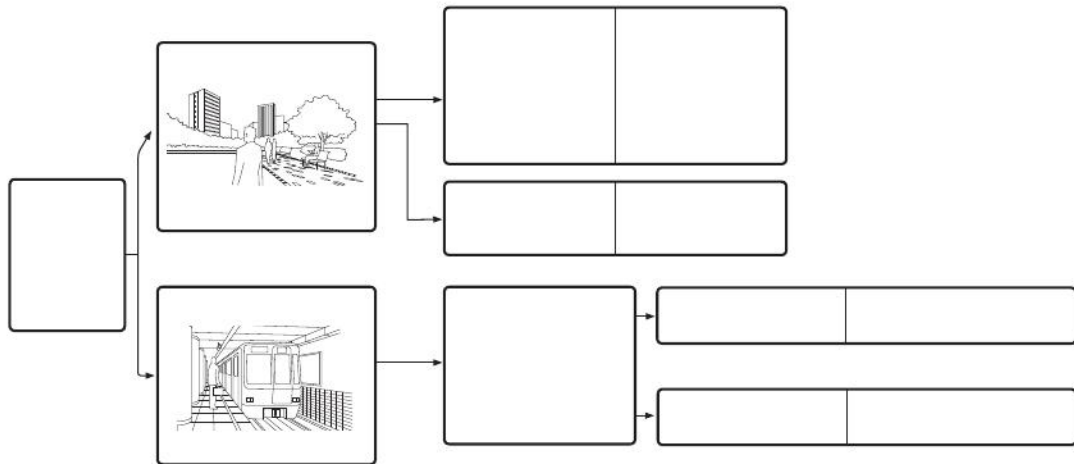
		
		



			
			
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GPS signal reception

Place where GPS signals can be easily received/Place where GPS signals cannot be received



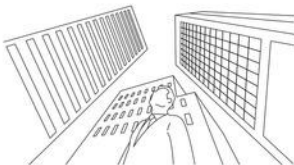
Easy to receive

- Outdoors under an open sky with good visibility



Difficult to receive

- The smaller the sky, the more difficult it is to receive GPS signals. In addition, it will also be difficult to receive GPS signals, if there is something that obstructs the GPS signals during reception (in particular, during time zone adjustment).

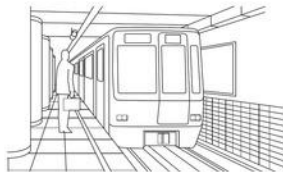


- Examples:
- Between tall buildings
 - Near wooded area
 - Station/Airport
 - Indoors with windows
 - *GPS signals cannot be received depending on window glass type. Refer to the "X Cannot receive."






Cannot receive

- The sky cannot be seen or only part of the sky can be seen.
- There is something hindering the reception.

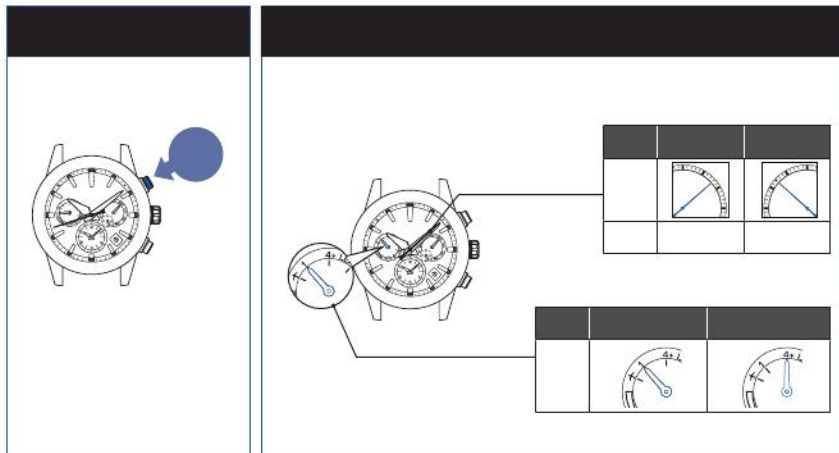


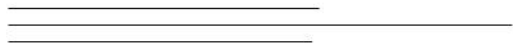
- Examples:
- Indoors without windows
 - Underground
 - During passage of a tunnel
 - Through special glass with thermal emission shield effect, etc.
 - Close to equipment generating noise or performing wireless communications



			
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			<hr/>







How to adjust the time zone

1 Go to a place where GPS signals can be easily received

Move to the outdoors under an open sky with good visibility.



→ Place where GPS signals can be easily received/Place where GPS signals cannot be received P. 16

2 Continue to press Button B (3 seconds), and then release it when the second hand moves to the 30-second position

When the second hand has reached the 30-second position, reception is started. The indicator hand points to "4+."



* While the indicator hand points to "low" or \times , reception is not started even with operation for reception.

When the hand points to "low," charge the watch by expose to light.

→ **How to charge the watch** P. 14

Check whether the watch is able/unable to receive GPS signals

→ **Check the charging status** P. 13

When the hand points to \times , reset the in-flight mode (\times).

→ **Reset the in-flight mode** (\times) P. 30

3 Direct the watch face upward and wait

* Please note that it may be difficult to receive GPS signals while you are in motion.



It takes a maximum of 2 minutes to complete reception.

* It depends on the receiving conditions.

< Display during reception (= satellites acquisition status) >

The second hand indicates ease of receiving (= number of GPS satellites from which GPS signals are received).

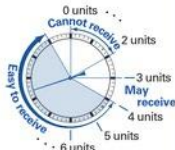
* The larger the number of acquired satellites there are, the easier it is to receive GPS signals.



Second hand position: 25-second
Number of satellites: 5 units

* Even when the hand points to 4 units or more, reception may not be allowed.

* To cancel the reception, press Button B.



4 When the second hand points to "Y" or "N," reception is completed

The reception result is displayed for 5 seconds.

If reception is successful, the time and date are adjusted.

The settings for the time zone and DST (Daylight Saving Time) are reflected in the time that appears.

Reception result display	Y: Successful (8-second position)	N: Failed (52-second position)
Display		
State	Use the watch as it is.	→ When the reception result is displayed as "N" P. 16

Check that the reception is successful after the watch returns to the time display mode.

→ **Check that reception was successful** (reception result display) P. 18

→ **Check the time zone and DST (Daylight Saving Time) settings** P. 25

* The buttons cannot be operated while the hour and minute hands, indicator hand, date, and day are moving.





How to manually adjust the time

1 Go to a place where GPS signals can be easily received

Move to the outdoors under an open sky with good visibility.



→ Place where GPS signals can be easily received/
Place where GPS signals cannot be received P. 16

2 Continue to press Button A (3 seconds), and then release it when the second hand moves to the 0-second position

When the second hand has reached the 0-second position, reception is started. The indicator hand points to "1."



* While the indicator hand points to "low" or χ , reception is not started even with operation for reception.

When the hand points to "low," charge the watch by exposing it to light.

→ How to charge the watch P. 14

→ Check the charging status. P. 13

When the hand points to χ , reset the in-flight mode (χ).

→ Reset the in-flight mode (χ). P. 30

3 Direct the watch face upward and wait





It takes up to one minute to complete reception.

* The reception time depends on the reception conditions.

<Display during reception (= satellites acquisition status) >

The second hand indicates ease of receiving (= number of GPS satellites from which GPS signals are received).

* To acquire only time information, the number of satellites necessary for reception is one.

Number of acquired satellites	1	0
Display		
State	Easy to receive	Cannot receive



* To cancel the reception, press Button B.



4 When the second hand points to "Y" or "N," reception is completed

The reception result is displayed for 5 seconds.

If reception is successful, the time, date, and day are adjusted.

Reception result display	Y: Successful (8-second position)	N: Failed (52-second position)
Display		
State	Use the watch as it is.	→ When the reception result is displayed as "N" P. 16

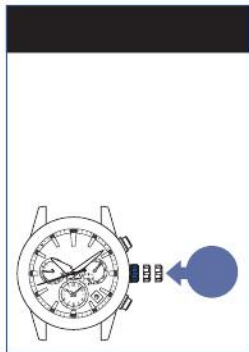
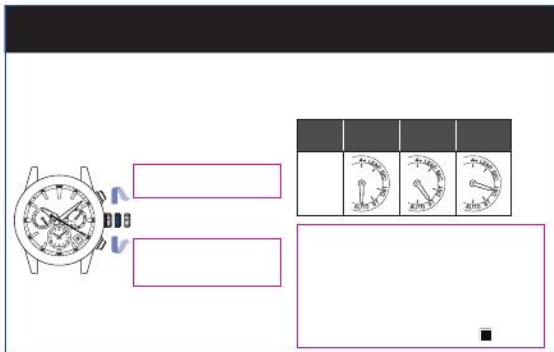
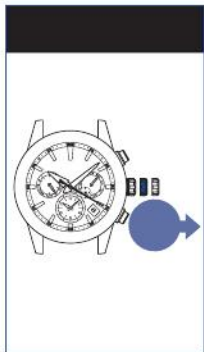
Check that the reception is successful after the watch returns to the time display mode.

→ Check that reception was successful (reception result display) P. 18

When the time is not correct even if "Y" is displayed, the time zone may not correspond to the region where you are. Check the time zone setting.

→ Check the time zone and DST (Daylight Saving Time) settings P. 25

* The buttons cannot be operated while the hour and minute hands, indicator hand, date, and day are moving.



Set DST (Daylight Saving Time)

■ Turn ON DST (Daylight Saving Time)

DST (Daylight Saving Time) can be manually set.

Be sure to do the settings in the following situations.

- When the main-dial is adjusted using the manual time zone setting and DST (Daylight Saving Time) is implemented.
- When the time zone is the same, but the settings for DST (Daylight Saving Time) differ according to the area to which you move.

→ Set the DST (Daylight Saving Time) of the sub-dial. P. 27

* The indicator's DST (Daylight Saving Time) is not changed to "AUTO (automatic)" if you have done the manual time zone setting. Turn DST (Daylight Saving Time) off or on manually, according to whether DST (Daylight Saving Time) is implemented or not.

1 Pull out the crown to the first click

The indicator hand moves to indicate the current DST (Daylight Saving Time) setting. The second hand displays the current time zone.
< When DST (Daylight Saving Time) setting is OFF >



2 Press Button A once and then release it

The indicator hand moves to point to "DST (ON)," and the hour and minute hands advance by one hour.



* In the Lord Howe Island time zone in Australia, the time is advanced by 30 minutes while DST (Daylight Saving Time) is in effect. This watch corresponds to DST in Lord Howe Island time zone.

3 Push the crown back in

The second hand returns to the time display mode. The indicator hand returns to display the charging status.



■ Turn OFF DST (Daylight Saving Time)

Carry out operation of 1 to 3 in the state where DST (Daylight Saving Time) setting is ON.

In operation of 2, adjust the indicator hand to the "ST (OFF)" position as shown in the figure at the right. The hour and minute hands return by one hour.



■ Check the time zone and DST (Daylight Saving Time) settings

1 Pull out the crown to the first click

The second hand moves to display the currently set time zone.
The indicator hand indicates DST (Daylight Saving Time) setting.



<Display of the indicator hand >
Displays the status for DST
(Daylight Saving Time).

Hand position	AUTO (automatic)	ST (OFF)	DST (ON)
Display			

* "AUTO (automatic)" is set when your watch successfully adjusts the time zone in a region that has adopted DST (Daylight Saving Time).
The basic time automatically changes due to your watch adapting to the implementation of DST (Daylight Saving Time) for the time zone (region) set for the main-dial.

- * To change the time zone setting
 - When you are in a place where GPS signals can be easily received
→ **How to adjust the time zone P.20**
 - When you are in a place where GPS signals cannot be received
→ **How to manually set the time zone P.23**
- * For the relationship between the second hand position and time zone, refer to the "Time zone display and list of time zones around the world P.12."

2 Pull out the crown to the second click

The second hand moves to display the currently set time zone of the sub-dial. The indicator hand displays the status of DST (Daylight Saving Time) for the sub-dial.



<Display of the indicator hand >
Displays ON/OFF setting of DST
(Daylight Saving Time).

Hand position	AUTO (automatic)	ST (OFF)	DST (ON)
Display			

* "AUTO (automatic)" is set when the main-dial and sub-dial are switched after your watch successfully adjusts the time zone in a region that has adopted DST (Daylight Saving Time).
The sub-dial automatically changes due to your watch adapting to the implementation of DST (Daylight Saving Time) for the time zone (region) set for the sub-dial.

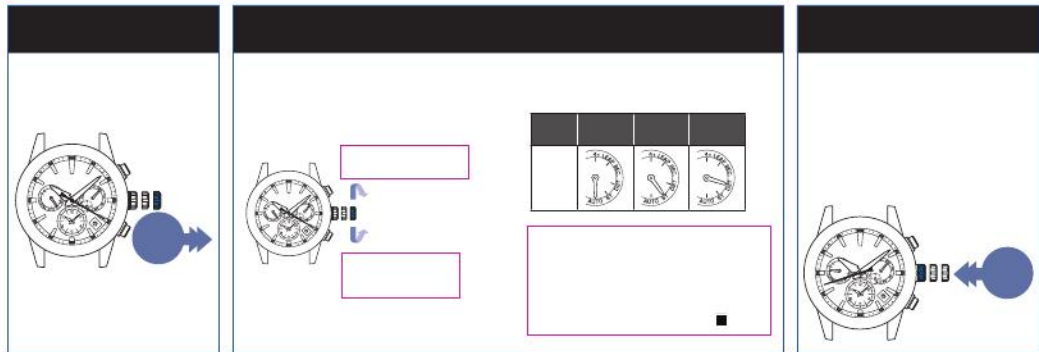
- * Changing the time zone settings for the sub-dial
→ **How to manually set the time zone of the sub-dial P.26**
- * For the relationship between the second hand position and time zone, refer to the "Time zone display and list of time zones around the world P.12."

3 Push the crown back in

The second hand returns to the time display mode.
The indicator hand returns to the display of charging status.



* Also the current time zone of the main-dial and the DST (Daylight Saving Time) can be checked by just pressing and releasing Button B.



■ Set the DST (Daylight Saving Time) of the sub-dial.

DST (Daylight Saving Time) can be manually set.

- * Normally, the indicator's DST (Daylight Saving Time) is not changed to "AUTO (automatic)" if the sub-dial is adjusted via manual time zone selection. Turn DST (Daylight Saving Time) manually on or off, according to whether DST (Daylight Saving Time) is implemented or not.
- * It is unnecessary to do settings for DST (Daylight Saving Time) if DST = "AUTO (automatic)" is set in the sub-dial when the time for the main-dial and the sub-dial has been changed.

1 Pull out the crown to the second click

The indicator hand displays the DST (Daylight Saving Time) settings for the sub-dial.

The second hand displays the current time zone for the sub-dial.

< When DST (Daylight Saving Time) setting is OFF >



2 Press Button A once and then release it

The indicator hand moves to point to "DST (ON)," and the hour and minute hands advance by one hour.



- * In the Lord Howe Island time zone in Australia, the time is advanced by 30 minutes while DST (Daylight Saving Time) is in effect.

3 Push the crown back in

The second hand returns to the time display mode.

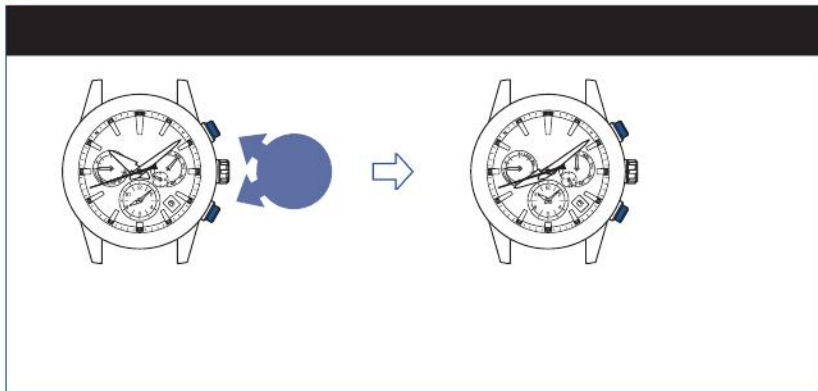
The indicator hand returns to the display of charging status.



■ Turn OFF DST (Daylight Saving Time)

Carry out steps 1 to 3 in the state where DST (Daylight Saving Time) setting is ON. In step 2, adjust the indicator hand to the "ST (OFF)" position as shown in the figure at the right. The hour and minute hands return by one hour.







✕

When boarding (in-flight mode (✕))

■ In-flight mode (✕)

Set to the in-flight mode (✕) where the reception may influence operation of other electronics devices in an airplane, etc.

In the in-flight mode (✕), the GPS signal reception (time zone adjustment, manual time adjustment, and automatic time adjustment) does not work.

< In-flight mode (✕) >

The indicator hand points to ✕.



* When the in-flight mode (✕) is reset, the indicator hand indicates the charging status.

■ Set to the in-flight mode (✕).

1 Pull out the crown to the first click

The second hand moves to display the currently set time zone.

The indicator hand indicates DST (Daylight Saving Time) setting.



2 Continue to press Button B (3 seconds)

The indicator hand displays the in-flight mode (✕) (5 seconds).

Afterward, it indicates the DST (Daylight Saving Time).



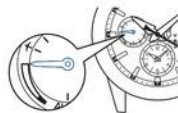
* Pressing Button A or turning the crown takes you back to the 1 operation.

■ Reset the in-flight mode (✕).

Turn off the in-flight mode when leaving an airplane, etc. If it is not turned off, the watch will not be able to receive GPS signals.

Carry out operation 1 to 3.

When the indicator hand points to "the charging status" in the figure at the right, the in-flight mode (✕) is reset.



* The display when the charging status is "full"

3 Push the crown back in

The indicator hand returns to display of charging status.



When the in-flight mode (✕) is set, the indicator hand does not indicate the charging status.

→ To set the watch to the local time of the destination in an airplane, etc. (Manual time zone setting) P. 23





Check the leap second data reception was successful

The reception result (success or failure) of the regular leap second data reception is displayed for 5 seconds.

1 Press Button A and then release it

The second hand and indicator hand display the reception result.



- * When Button A is kept pressed, the watch enters the Manual time adjustment operation.

2 The result of the reception is displayed

The second hand displays the result of the GPS signal reception (time adjustment or time zone adjustment).

The indicator hand points to "1" or "4+" which shows "time adjustment" or "time zone adjustment."



- * The indicator hand points to "4+" as a result of time zone adjustment.

Second hand: Reception result (successful / failed)

Result	Successful	Failed
Display		
Position	Y 8-second position	N 52-second position

- * After 5 seconds have elapsed or when Button B is pressed, the watch returns to the time display mode.

3 Press Button A and then release it while the result of the reception is displayed (for 5 seconds) in step 2

The second hand displays the result of the leap second data reception (successful / failed).

The indicator hand displays "LEAP SEC." of the leap second data reception.



- * When Button A is kept pressed, the watch enters the Manual time adjustment operation.
- * After 5 seconds have elapsed, or when Button B is pressed, the watch returns to the time display mode.

Second hand: Reception result (successful / failed)

Result	Successful	Failed
Display		
Position	Y 8-second position	N 52-second position

When the leap second data reception result is Y (successful)

- * The leap second data reception was successful. Use the watch as it is.



When the leap second data reception result is N (failed)

- * The leap second data reception, periodically performed, has not been successful. It will be performed automatically with the next GPS signal reception (automatic time adjustment, manual time adjustment or time zone adjustment). Use the watch as it is.

- * The leap second data is received on or after December 1st and June 1st.
- * Even when the leap second data reception has not been successful, the time is correct until the leap second data is added (deleted).

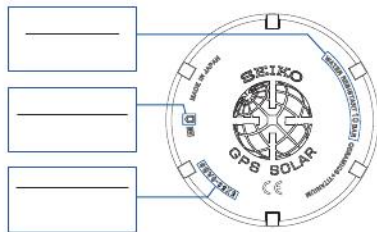
Move to the outdoors where GPS signals can be easily received as necessary to receive GPS signals.
 → Place where GPS signals can be easily received! Place where GPS signals cannot be received P. 16

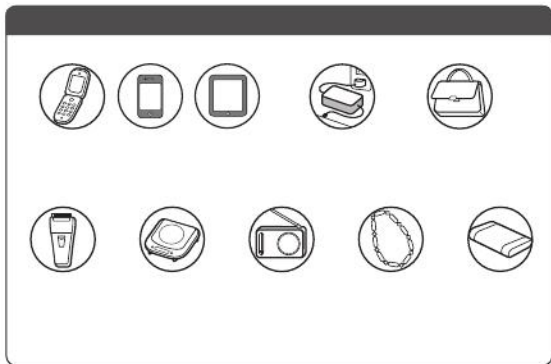



		









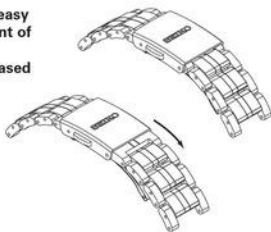
	

How to use an easy adjust type clasp

Some bands are provided with an easy adjust type clasp for fine adjustment of the band's length.

If the clasp of the watch you purchased is as follows, please refer to the following instructions.

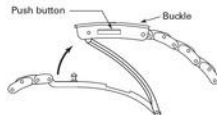
The band can be lengthened by up to about 5 mm.
This is useful if the band feels too tight or is uncomfortable for some reason.



● How to wear the band (opening and closing the clasp)

- 1 Lightly press the push buttons to open the clasp.

* Note that pressing the push buttons too firmly (deeply) actuates the adjuster, which lengthens the band.



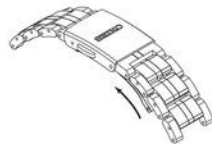
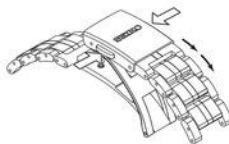
- 2 Fasten the clasp by pressing the frame of the buckle.



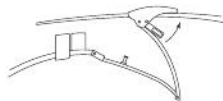
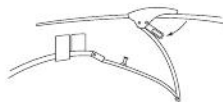
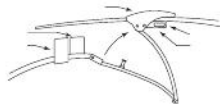
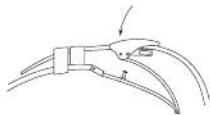
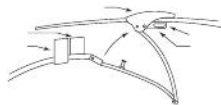
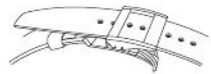
● How to adjust the length of the band

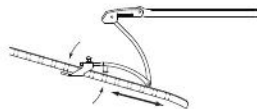
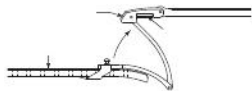
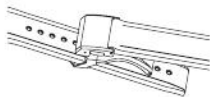
- 1 You can lengthen the band by up to about 5 mm (2 stages) by firmly pressing the push buttons from both sides to actuate the adjuster.

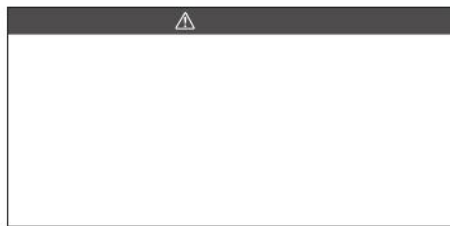
- 2 Fasten the clasp by pressing the frame of the buckle.
* Even while the clasp is closed, you can still retract the length of band extended by the adjuster.



* The above illustrations are provided as examples.
Some details may differ depending on the model.











How to manually set the time

- When using the watch again under a condition in which the watch is able to receive GPS signals, receive GPS signals to set the time.
- When adjusting the time, the date will also be adjusted.

1 Pull out the crown to the second click

The second hand moves to display the sub-dial of the currently set time zone.



2 Continue to press Button B (6 seconds) until the second hand moves to the 0 position, and then release it

- * Although the second hand moves to the 36 seconds position after pressing Button B for 3 seconds, continue to press it.

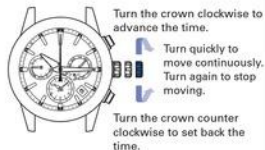
The second hand moves to stop at the 0-second position.

The watch enters the manual time setting mode.



- * When the watch enters the manual time setting mode, the reception result will be displayed as "N," since the reception results data will be lost.

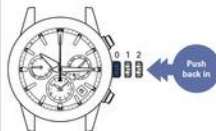
3 Turn the crown to set the time



- * When it has moved continuously for 12 hours, it will stop. Turn the crown to continue setting.
- * The point in which the date changes is at 0:00 AM (12:00 PM). Set the time taking into consideration AM or PM.

4 Push the crown back in (simultaneously with a time signal)

Operation has been completed. The watch resumes its normal movement.



- * Also the sub-dial is corrected in accordance with the corrected time at this time.

- * Even if GPS signals cannot be received, the watch can be used with the same accuracy as a normal quartz watch. (at loss/gain ± 15 seconds per month on average)
- * If the watch receives GPS signals after manual time setting, it displays the received time.



■ Preliminary position of this watch

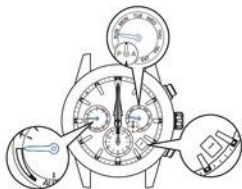
The preliminary position of the date is "1" (1st).

The preliminary position of the indicator hand is "full."

The preliminary position of the hour/minute hands is "12:00 AM."

The preliminary position for the sub-dial and the AM/PM hand is "12:00 AM."

The preliminary position of the day hand is "SUN (Sunday)."



■ Adjust the preliminary position of the sub-dial, day hand, date, indicator hand, and hour/minute hands

1 Pull out the crown to the second click

The second hand moves to display the sub-dial of the currently set time zone.



2 Continue to press Button B (3 seconds)

The watch enters the mode to adjust the preliminary position of the sub-dial.



The second hand stops at the 36-second position.

The sub-dial and the AM/PM hand turn and stop to indicate the preliminary position.

3 Turn the crown to adjust the sub-dial and AM/PM hand to "12:00 AM"

* When the sub-dial and AM/PM hand are "12:00 AM," go to operation 4



Turn the crown clockwise to advance 1 step.

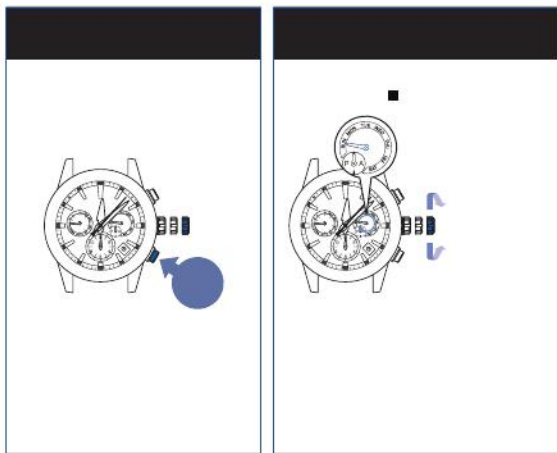
Turn the crown quickly to move it continuously. Turn the crown again to stop.

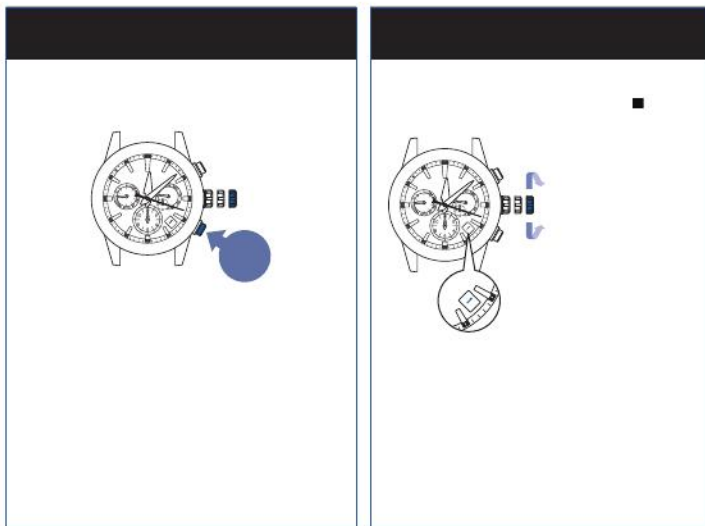
Turn the crown counterclockwise to set back 1 step.

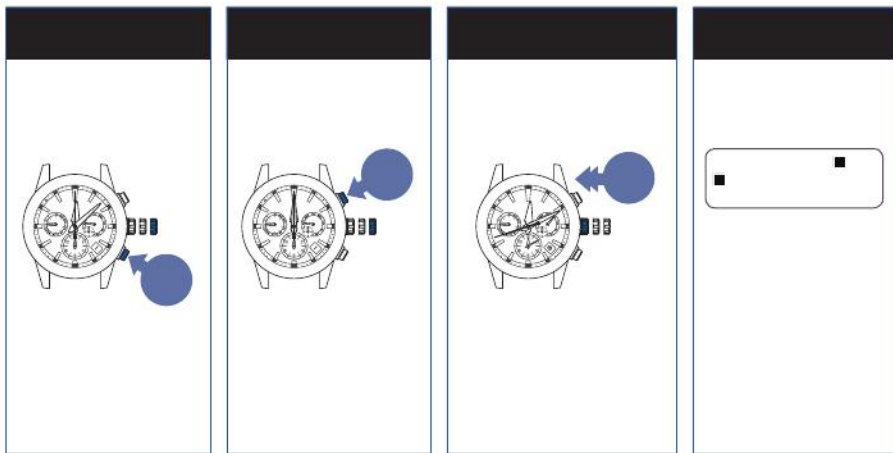
At this time, the sub-dial and AM/PM hand move along together.



Correctly adjust them to "12:00 AM."




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		x		x	

	x	