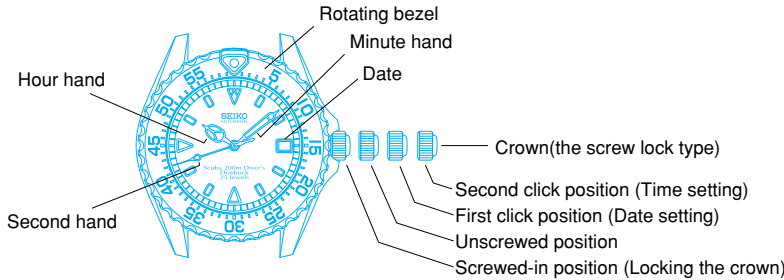


■ CAUTION (Be sure to observe the following.)

- This watch is intended for use in sports diving (no-decompression diving). Never use the watch in decompression diving, saturation diving using helium gas and diving at altitudes.
- Abide by the rules of sports diving for safety's sake.

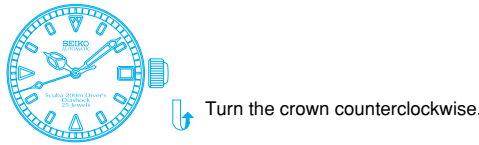
■ METHOD OF OPERATION

Display and crown operation



■ How to use the automatic mechanical watch

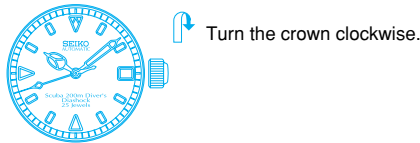
- (1) This is an automatic mechanical watch with manual winding mechanism.
- (2) If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement. It can also be wound up by turning the crown. To do so, unscrew the crown by turning it counterclockwise.



- (3) To start the watch after it stops completely, wind it up either by turning the crown or swing it from side to side until the second hand starts moving. Then, set the time and date before wearing the watch on the wrist.



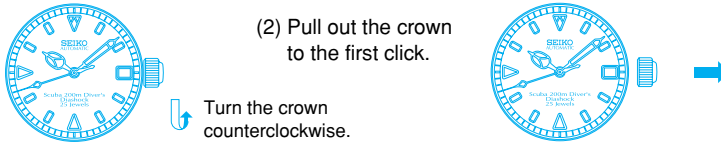
- (4) To wind up the watch, unscrew the crown by turning it counterclockwise, and then turn the crown clockwise slowly. The watch cannot be wound by turning the crown counterclockwise. About 35 turns of the crown winds up the watch fully. Please note that the crown can be turned even after the watch is wound up fully. While turning the crown, therefore, count the number of turns given to the crown.



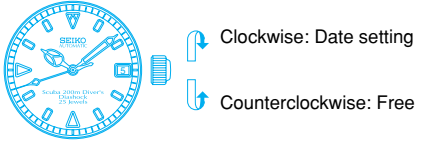
- (5) Once the watch is wound up fully, it operates for about 40 hours. (If the watch is used without being wound up fully, gain or loss of the watch may result. To avoid this, wear the watch for more than 8 hours a day.) If the watch is used without wearing on the wrist; if it is used on the desk, for example; be sure to wind it up fully every day at a fixed time.

■ Time/date setting

- The watch is provided with a date function and is so designed that the date changes once every 24 hours. The date changes around 12 o'clock midnight. If AM/PM is not properly set, the date will change at 12 o'clock noon.
- (1) Unscrew the crown by turning it counterclockwise.
 - (2) Pull out the crown to the first click.

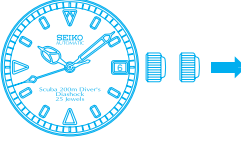


- (3) The date can be set by turning the crown clockwise. Turn it clockwise until the previous day's date appears. For example, if today is the 6th of the month, first set the date to "5".



Notes
Do not set the date between 9:00 p.m. and 3:00 a.m. Otherwise, the date may not change properly.

- (4) Pull out the crown to the second click when the second hand is at the 12 o'clock position. Turn the crown to advance the hands until the date changes to the next. The time is now set for the A.M. period. Keep advancing the hands until the correct time.



Notes
• To set the time, first set the hands to the time a few minutes behind the correct time, and then, advance the hands to the exact time.

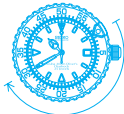
- (5) Push the crown back in to the normal position in accordance with a time signal.

- (6) While pressing the crown, turn it clockwise until it locks in place.
 - Date adjustment at the end of the month
It is necessary to adjust the date at the end of February and 30-day months.
<To adjust the date in the A.M. period on the first day of a month following a 30-day month>
(1) The watch displays "31" instead of "1". Unscrew the crown by turning it counterclockwise, and then, pull it out to the first click.
(2) Turn the crown to set the date to "1" and then push the crown back in to the normal position. While pressing the crown, turn it clockwise until it locks in place.

Notes
• Do not set the date between 8:00 p.m. and 3:00 a.m. as this will cause a malfunction.

■ How to use the rotating bezel

The illustration below indicates that 30 minutes have elapsed since the diving started at 10:10 ("10" mark indicated the time when you started diving.)



- How to measure the elapsed time
Turn the rotating bezel to set "10" mark to the minute hand. After certain amount of time elapsed, read the graduation on the rotating bezel which the minute hand points to. The elapsed time is indicated.
- For safety's sake, the rotating bezel rotates only counterclockwise with clicks at one-minute steps. Therefore, accidental rotation of the bezel is prevented, and also the bezel can be easily set to measure the elapsed time.

■ Note on luminous paint (LumiBrite)

[IF YOUR WATCH HAS LUMIBRITE]
[LumiBrite is a luminous paint that is completely harmless to human beings and the environment, containing no noxious materials such as radioactive substances.]

LumiBrite absorbs and stores in a short time the light energy of sunlight and electric lighting and releases it in the form of visible light for an extended period of time in the dark. For example, exposure to a fluorescent lamp of 500 lucas or higher for at least 10 minutes will enable LumiBrite to emit sufficient light for 5 to 8 hours. LumiBrite cannot generate light by itself but emits light utilizing the stored energy supplied by an external light source. Accordingly, the intensity 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 light to which it is exposed, the distance from the light source to the watch and the extent to which the light energy is absorbed and stored. When you make a dive in the dark water, LumiBrite may not emit light unless it absorbs and stores light sufficiently. Before diving, therefore, be sure to expose the watch to light under the condition specified above so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

<Reference data on the luminance>	
A. Sunlight	[Fine weather]: 100,000 lux [Cloudy weather]: 10,000 lux
B. 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
C. Lighting apparatus (40-watt daylight fluorescent light)	[Distance to the watch: 1m]: 1,000 lux [Distance to the watch: 3m]: 500 lux (average room luminance) [Distance to the watch: 4m]: 250 lux

■ PRECAUTIONS ON USING THE WATCH IN DIVING AND CARE OF THE WATCH AFTER DIVING

Precautions before diving Check the following:

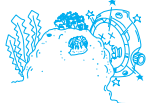


- (1) The crown is screwed in completely.
- (2) There are no visible cracks in the glass.
- (3) The band is securely fastened to the watch case.
- (4) The rotating bezel is smoothly turning counterclockwise.
- (5) The time and calendar are appropriately set.

Notes
1. Do not use the watch in saturation diving using helium gas.
2. If there are any malfunctions, contact the retailer from whom the watch was purchased or a SEIKO dealer.

Precautions while diving

- (1) Do not operate the crown when the watch is in water.
- (2) Take care not hit the watch against hard objects such as rocks.
- (3) Bezel rotation may become slightly harder in the water but this is not a malfunction.



Care of the watch after diving

- (1) After checking that the crown is screwed in completely, wrinse the watch in fresh water, and wash out all seawater, soil, sand, etc.
- (2) Wipe the watch thoroughly dry with a dry cloth, etc.



- (3) Do not expose the watch to chemicals.
- (4) For the care of the watch in general, refer to "5. PRECAUTIONS ON USING THE WATCH AND CARE OF THE WATCH".

■ TROUBLESHOOTING TIPS

Trouble	Cause	Solution
• The watch stops operating.	• The watch is not wound up.	• Turn the crown to wind up the watch or swing the watch. The watch will start. If the watch does not start, have the watch checked by the retailer from whom the watch was purchased or a SEIKO DEALER.
• The watch gains/loses time.	• The watch has been left in extremely high or low temperatures for a long time.	• This condition will be corrected when the watch temperature returns to normal.
	• The watch was brought into close contact with a magnetic object.	• This condition will be corrected when the watch is kept away from close contact with the magnetic source.
	• You dropped the watch, hit it against a hard surface or wore it while playing active sports. • The watch was exposed to strong vibrations.	• This condition will not be corrected. Have the watch checked by the retailer from whom the watch was purchased or a SEIKO DEALER.
• The glass is blurred and the blur persists for a long time.	• Water got inside the watch due to the deterioration of the gasket, etc.	• Have the watch checked by the retailer from whom the watch was purchased or a SEIKO DEALER.
• The date changes in the daytime	• The hands are not installed properly.	• Advance the hand 12 hours.

* For the solution of troubles other than above, contact the retailer from whom the watch was purchased or a SEIKO DEALER.

■ REMARKS ON AFTER-SALES SERVICING

- (1) If the watch requires service, take it to the retailer from whom the watch was purchased. If the trouble occurs within the guarantee period, submit the certificate of guarantee together with the watch.
- (2) For repair after the guarantee period or for any other information regarding the watch, contact the retailer from whom the watch was purchased or the "CUSTOMER SERVICE DEPARTMENT" of SEIKO CORPORATION.
- (3) Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep the certificate for ready reference.

■ REMARKS ON REPLACEMENT PARTS

- (1) SEIKO makes it policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
- (2) 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.
- (3) The case, dial, hands, glass and bracelet, or parts thereof may be replaced with substitutes if the originals are not available.

■ PRECAUTIONS ON USING THE WATCH AND CARE OF THE WATCH

WATER RESISTANCE

This is a diver's watch designed and manufactured to withstand water pressure to a depth of 200 m. The crown is of the screw lock type, and therefore, be sure to screw the crown in completely before using the watch.



CARE OF THE CASE AND BRACELET

- (1) Adjust the bracelet so that there is a little clearance between the bracelet and your wrist to avoid accumulation of perspiration.
- (2) If a crack or the like is found in the bracelet, take off the watch and have the bracelet replaced with a new one.
- (3) When replacing the bracelet, also have the push pins connecting the case and bracelet replaced with new ones.

RASH AND ALLERGY

- (1) Adjust the bracelet so that there is a little clearance between the bracelet and your wrist to avoid accumulation of perspiration.
- (2) Because the case and bracelet touch the skin directly, it is important to clean them regularly. If not, shirt sleeves may be stained, and those with delicate skin may develop a rash.

* If you develop any skin reactions, take off the watch and consult a doctor immediately.

TEMPERATURE

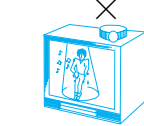
The watch is so designed that it works with stable accuracy at a normal temperature range



of between 5°C and 35°C

* If the watch is left in extremely high or low temperatures, a malfunction or a time loss/gain may result, or the watch may not operate properly.

MAGNETISM



SHOCKS

The watch will be adversely affected by strong shocks. Do not drop it or hit it against any hard

surfaces. Avoid wearing the watch when you play active sports.

VIBRATION

The watch will lose/gain time temporarily when it is subjected to strong vibrations.



CHEMICALS AND GASES

Do not expose the watch to chemicals or gases. If the watch is exposed to solvents such as thinner, benzine, gasoline, nail polish, detergent and adhesives, they may discolor, dissolve or crack the case or bracelet. Take utmost care not to expose the watch to such chemicals. Also, be careful not to expose the watch to mercury from a broken thermometer, etc., as this may discolor the case, dial or bracelet.

CARE OF THE WATCH



- (1) After using the watch in seawater, for example in diving, rinse it in fresh water and wipe it thoroughly dry. Do not use chemicals to wash the watch.
- (2) If the watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under the bezel, causing a malfunction.
- (3) If the watch has a metal bracelet, periodically clean the bracelet with a soft toothbrush or the like soaked in soapy water.

PERIODIC CHECK

It is recommended that the watch be checked once every 2 years. A periodic check will prevent any damage from insufficient lubrication, battery electrolyte leakage, entrance of moisture or perspiration, etc. and ensure longer use. To have it check, take your watch to the retailer from whom the watch was purchased or a SEIKO DEALER. Your watch will be sent to a SEIKO SERVICE CENTER to undergo a thorough checking work is done. Depending on the result of checking, adjustment or repair may be required. If the watch has a urethane band, it will lose its elasticity and become hardened gradually over time. In that case, have it replaced with a new one by the retailer from whom the watch was purchased or a SEIKO dealer.

STORAGE OF YOUR WATCH

If the watch is left unused for a long time, wipe off dust, moisture, etc., before putting it away. Do not keep the watch in a place where it is exposed to extremely high or low temperatures or to high humidity.

■ SPECIFICATIONS

1. Vibrations per hour..... 28,800
2. Loss/gain (daily rate)..... Within +25 and -15 seconds at normal temperature range (5°C~35°C)
3. Driving system..... Self-winding type with manual winding mechanism
4. Jewels..... 25 jewels
5. Magnetism-resistant capacity..... 4,800A/m (60 gauss, based on JIS-ISO standard)
6. Water resistance..... 200m water resistant suitable for scuba diving (JIS class 1 Diver's Watch)

7. Casing specifications

- (1) Water resistance
The watch is designed for use in scuba diving using heavy breathing apparatus. It can withstand water pressure to a depth of 200 m, enabling you to enjoy diving for a long time.
- (2) Safety design
The case, bracelet and buckle are rounded to prevent damage to the diving suit or user's skin.

* Due to the mechanism of mechanical watches, actual loss/gain may not fall within the range of time accuracy specified above, depending on the conditions of use, such as whether the watch is wound up fully or not.
* The specifications are subject to change without prior notice, for product improvement.