

- By pressing a button in the time/calendar, stopwatch, timer or alarm display, the display panel is illuminated for 3 seconds.
- Certain materials emit light when voltage passes through them.

This phenomenon, known as "electroluminescence", is used to illuminate the display.

\* The luminance level of the electroluminescent panel decreases gradually over time. (For details, refer to " Notes on the electroluminescent panel" .)

The diagram shows the front of a stopwatch/timer. The display is a rectangular screen with a black background and white text and numbers. At the top, it shows '12-5TH'. Below that, there are two rows of digits. The first row shows '00' and the second row shows '00'. To the right of the digits, there are labels: 'STOPWATCH' and 'TIMER'. Below the display, there are five buttons labeled A through E. Button A is at the top, followed by B, C, D, and E at the bottom. A sixth button, labeled F, is located below the display, to the left of the other buttons. The entire device is shown in a perspective view.

Button A

Button B

Button C

Button D

Button E

Button F

※If flashing "CHR" is shown in the displays other than the STOPWATCH, it indicates that the stopwatch measurement is in progress in the STOPWATCH mode.

※If flashing "TMR" is shown in the displays other than the TIMER, it indicates that the timer countdown is in progress in the TIMER mode.

- ※When the confirmation sound is turned on, a beep sounds with each press of button to change over the display. It sounds in a different tone when the time/calendar display appears, so that you can easily know the display sound. (For details of the confirmation sound, refer to "HOW TO USE THE ALARM".)

Diagram illustrating the digital display and control buttons:

- Date
- Month
- Hourly time signal mark
- Auto illumination mark
- Day
- Button A
- Button B
- Button C
- Button D
- Button E
- Hour
- Minutes
- Seconds
- "A"/"P" mark (Displayed in the 12-hour indication)

Legend for buttons:

- Button A: Changeover of the display
- Button B: Time/calendar setting
- Button C: Selection of the digits to be adjusted
- Button D: Setting the digits to be adjusted
- Button E: Turning on the illuminating light

- ④ Press button "C" to select the second digits, and then, press button "D" in accordance with a time signal. The seconds are reset to "00".
- \* When the seconds count any number from "30" to "59" and button "D" is pressed, one minute is added and the seconds are reset to "00".
  - \* The telephone time signal service (TEL. 117) is helpful in setting the seconds.

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- Stopwatch display mark
- Hourly time signal mark
- Auto illumination mark
- Current time
- Hour
- Minutes
- Seconds
- 1/100 seconds
- Button (A)
- Button (B)
- Button (C)
- Button (D)
- Button (A) : Changeover of the display  
 Button (B) : Changeover between the stopwatch and memory recall displays  
 Button (C) : Start/Stop of the stopwatch  
 Button (D) : Lap/Reset  
 Button (E) : Turning on the illuminating light
- "Lap time" is the time that elapsed from the start of one stage of an activity to that of the next stage.

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- Start                      Stop/Restart                      Stop                      Reset
- Stopwatch display mark
- Current time
- A: 10:08 59  
 B: 00  
 C: 00  
 D: 00
- Ex.: 5 minute  
 43 seconds 21
- Ex.: 20 minutes  
 00 seconds 00

- Start — Lap time — Lap time . . . Lap time — Stop — Reset
- Current time      Lap No.      Current time
- 
- LAP-1  
Ex.: 3 minutes  
8 seconds 12
- LAP-2  
Ex.: 3 minutes  
10 seconds 76
- LAP-9  
Ex.: 3 minutes  
10 seconds 12
- LAP-10  
Ex.: 3 minutes  
10 seconds 23      24 seconds 56
- Current time  
Ex.: 31 minutes  
10:40:35

- Up lap 8 lap times are automatically stored in memory and can be recalled following the procedure below.
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- The stopwatch display mark flashes during the measurement.
- Button A: Changeover of the display  
 Button B: Changeover between the stopwatch and memory recall displays  
 Button C: Will not function  
 Button D: Recall of the lap times stored in memory  
 Button E: Turning on the illuminating light

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- Set time (3 minutes)
- Hourly time signal mark
- Auto illumination mark
- Timer display mark
- Button A
- Button B
- Button C
- Button D
- Number of times the countdown is canceled
- Button E
- |            |                                                                                                                                                                        |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Button A : | Cangeover of the display                                                                                                                                               |
| Button B : | Activation/deactivation of the adjustable timer setting function                                                                                                       |
| Button C : | <ul style="list-style-type: none"> <li>Start/stop of the timer</li> <li>Selection of the digits to be adjusted in the adjustable timer setting</li> </ul>              |
| Button D : | <ul style="list-style-type: none"> <li>Reset of the timer</li> <li>Selection of the preset time</li> <li>Setting the digits in the adjustable timer setting</li> </ul> |
| Button E : | Turning on the illuminating light                                                                                                                                      |
- Preset timer: Four different lengths of time have been preset for the timer.

- Start → Reset/Restart ... Stop → Reset
-  (C)
- Ex: 5 minute  
40 seconds 1
- The number of times the  
countdown is repeated is shown  
in the lower row of the display.
- ( Number of times the  
countdown is repeated : 1 )
-  (C)
- Ex: 9 minute  
53 seconds 3
- ( Number of times the  
countdown is repeated : 3 )
-  (C)
-  (D)

- to select the desired digits.

- ④ Press button "  " to set the digits. One digit is advanced with each press of the button.
- \* The digits move quickly by keeping button "  " pressed.
- ⑤ After all the adjustments are completed, press button "  " to return to the timer display.
- If the watch is left untouched in the adjustable timer setting display with the digits flashing, it will automatically return to the timer display in 2 to 3 minutes.

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- The diagram shows the top view of a rectangular alarm clock face. The clock face has a white background with black markings. The brand name 'CORONA' is printed vertically on the left side. The time is displayed in a large digital format. There are several labels with arrows pointing to specific features:
- Alarm mark:** Points to the 'A' symbol at the top of the clock face.
  - Current time:** Points to the digital time display showing '12:00'.
  - "A"/"P" (Displayed in the 12-hour indication):** Points to the 'A' symbol at the top of the clock face.
  - "on" (alarm engagement mark):** Points to the 'ON' symbol at the bottom of the clock face.
  - Alarm display mark:** Points to the 'A' symbol at the top of the clock face.
  - Buttons:** Five buttons are labeled with colored circles and letters:
    - Button A:** Located at the top right.
    - Button B:** Located in the middle right.
    - Button C:** Located below Button B.
    - Button D:** Located below Button C.
    - Button E:** Located at the bottom center.
- Below the diagram, there is a table with two columns. The first column lists the buttons, and the second column describes their functions.
- |                                                                             |                                                       |
|-----------------------------------------------------------------------------|-------------------------------------------------------|
| Button <b>A</b> :                                                           | Changeover of the display                             |
| Button <b>B</b> :                                                           | Activation/deactivation of the alarm setting function |
| Button <b>C</b> :                                                           | Selection of the digits to be adjusted                |
|                                                                             | Engagement/disengagement of the alarm                 |
| Button <b>D</b> :                                                           | Setting the digits to be adjusted                     |
| Button <b>E</b> :                                                           | Turning on the illuminating light                     |
| Daily alarm: It can be set to ring at a designated time on a 24-hour basis. |                                                       |

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- alarm mark and "on" mark are automatically displayed.
- If the watch is left untouched in the alarm setting display with the digits flashing, it will automatically return to the alarm display in 2 to 3 minutes.
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- The diagram illustrates the automatic return from the alarm setting display to the alarm display. On the left, a watch face shows the time 'A 10:08 59', the alarm mark 'A', and the digits '30' which are flashing. A blue arrow points from this watch to the right. On the right, the watch face shows the same time 'A 10:08 59' and alarm mark 'A', but the digits are now '30' and are not flashing. A blue arrow points from the left watch to the right watch, indicating the transition.

- |                                                    |                                                                |
|----------------------------------------------------|----------------------------------------------------------------|
| (The alarm rings.)<br>The alarm mark is displayed. | (The alarm will not ring.)<br>The alarm mark is not displayed. |
|----------------------------------------------------|----------------------------------------------------------------|

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- Figure 10-10 shows two smartphone screens illustrating the alarm interface. The left screen, labeled 'Alarm on', displays the time 10:08:59 AM and the date 10/10/2014. A blue 'on' button is visible at the bottom. The right screen, labeled 'Alarm off', displays the same time and date, but the button is labeled 'off'. Both screens show a large '30' in the center, indicating the alarm duration.

- (4) To stop the alarm
- The alarm rings at the designated time for 20 seconds and stop. To stop it manually, press button "A", "B", "C", "D", "E".
- ※ The alarm can be stopped manually in any mode by pressing a button.

1. Frequency of crystal oscillator ... 32,768 Hz (Hz = Hertz ... Cycles per second)
2. Loss/gain ... Average monthly rate :  $\pm 20$  seconds (in temperatures of between 5°C and 35°C on your wrist)
3. Operational temperature range ... -10°C ~ +50°C  
Desirable temperature range of use ... 0°C ~ +50°C
4. Display medium ... Nematic Liquid Crystal, FEM (Field Effect Mode)
5. Battery ... Lithium battery SB-T14, 1 piece
6. Battery life ... Approx. 2 years
7. Battery life indicator
8. IC (Integrated Circuit) ... C-MOS-LSI, 1 piece

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

| Phenomenon                                                 | Possible cause                                                                                                                                                                                                                                                                             | Remedies                                                                                                                                                                                                                                                                                                       |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The watch has stopped operating.                           | All the electrical energy stored in the secondary battery has been used up.                                                                                                                                                                                                                | Take it to the retailer from whom it was purchased.                                                                                                                                                                                                                                                            |
| The watch gains/loses time.                                | <ul style="list-style-type: none"> <li>The watch has been left in extremely high or low temperature for a long time.</li> <li>You dropped the watch, hit it against a hard surface or wore it while playing active sports.</li> <li>The watch was exposed to strong vibrations.</li> </ul> | <ul style="list-style-type: none"> <li>This condition will be corrected when the watch temperature returns to normal.</li> <li>Set the time again, before using the watch.</li> <li>This condition will not be corrected. Have the watch checked by the retailer from whom the watch was purchased.</li> </ul> |
| The display continues to appear and disappear alternately. | The electrical energy stored in the secondary battery has been reduced to an extremely low level.                                                                                                                                                                                          | Take it to the retailer from whom it was purchased.                                                                                                                                                                                                                                                            |
| Blur in the display persists.                              | Small amount of water has got inside the watch due to deterioration of the gasket, etc.                                                                                                                                                                                                    | Consult the retailer from whom the watch was purchased.                                                                                                                                                                                                                                                        |

※For the troubles other than cited above, consult the retailer from whom your watch was purchased.

- 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.
- 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.
- Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep the certificate for ready reference.

**CAUTION**

## ● WATER RESISTANCE

Check the dial or case back of your watch for the water resistance quality, and then see the table below.

When the watch is wet, do not turn it on the crown, and do not operate the buttons. Otherwise, the water may get inside the watch.

| Indication for water resistance         | Condition of use           | Showering                                                                                       | Swimming                                                                                                                                    | Diving                                                           | Snorkeling                  |
|-----------------------------------------|----------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------|
| Indication on the dial                  | Degree of water resistance | Designed and manufactured to withstand accidental contact with water in a shallow pool (1.5 m). | Suitable for swimming, wading and other aquatic sports in shallow water. Not to be associated with water sports requiring swimming goggles. | Suitable for shallow diving without a heavy breathing apparatus. | Genuine diving using scuba. |
| a) No indication                        | No water resistance        | ×                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |
| b) No indication                        | Water resistance (3 bar)   | ○                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |
| a) No indication                        | Water resistance (5 bar)   | ×                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |
| b) WATER RESIST 5 BAR                   | Water resistance (10 bar)  | ×                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |
| a) No indication or WATER RESIST 10 BAR | Water resistance (20 bar)  | ×                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |
| b) WATER RESIST 20 BAR                  | Water resistance (30 bar)  | ×                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |
| a) No indication or WATER RESIST 30 BAR | Water resistance (50 bar)  | ×                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |
| b) WATER RESIST 50 BAR                  | Water resistance (100 bar) | ×                                                                                               | ×                                                                                                                                           | ×                                                                | ×                           |

- If your watch is 3 bar water resistant, do not use it in water.
- If your watch is 5 bar water resistant, do not use it in any type of diving including skin diving.
- If your watch is 10 or 20 bar water resistant, do not use it in saturation diving or scuba diving.

- **CARE OF YOUR WATCH**
  - The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with nits of those who have no delicate skin may have a rash.
  - After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.
- (LEATHER BAND)
  - When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
- (METAL BRACELET)
  - Clean the watch bracelet with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when brushing.
- (SOFT PLASTIC BRACELET)
  - If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use. If your watch is not waterproof, do not let it get wet with water or sweat. When it gets wet with water or sweat, wipe it thoroughly dry with a hygroscopic cloth.
  - If your watch is 5, 10 or 20 bar water resistant, rinse it in a bowl of fresh water after used in seawater. Do not use sea water to wash the watch.

### **RASH AND ALLERGY**

- Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
- The possible causes of the rash are as follows:
  1. Allergy to metals or leathers
  2. Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

- When clasp and unclasp the band, you may damage your nail, depending on the type of clasp used with the band.
- In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
- When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.

- If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

The watch is left at temperature below 0 °C or above +50 °C for a long time it may function improperly or stop operating.  
 • If the watch is exposed to high humidity, it may stop operating.  
 • If the watch is left for long periods of time without being worn, it may stop operating.  
 • If the watch loses or gains slightly, but it will remain high time accuracy when it returns to normal temperature.  
 • If the watch is exposed to strong magnetic fields where it is subjected to strong magnetic field, it may stop operating.  
 • Do not leave the watch where there are strong vibrations.  
 • Do not use the watch in a dusty place.  
 • Do not expose the watch to gases or chemicals.  
 • Do not use organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.  
 • Do not leave the watch in a hot spring, and do not keep it in a drawer having insecticides inside.

**CHRONIC CARE**

We suggest that you have your watch checked by the retailer from whom the watch was purchased every 2 or 3 years or more often if you really enjoy wearing it. Ask the retailer to check the watch movement, the battery, the case, the strap, the watch adjustment and repair may be required.

**REPLACING THE BATTERY**

When the battery is replaced, please use the replacement battery with the same model as the original battery. If you keep the watch for a long time, electrolyte leakage from the battery may damage the module.  
 Be sure to have the gasket and push-pin replaced with new ones by the retailer from whom the watch was purchased when the battery is replaced.

**“ SEIKO GENUINE PARTS ”**

If an old battery is kept in the watch, it may damage the module.

1. **Battery life indicator**  
This watch has a battery life indicator function that Once you know when the battery needs to be replaced with a new one.  
The watch is equipped with a battery life indicator that will let you know when it's time to replace the battery. When the battery nears its end, all the digits start flashing.  
When it immediately have it replaced with a new one by the retailer from whom the watch was purchased.
2. **Replace the battery**  
The battery replacement is charged even if it runs down within the guarantee period.  
Once the case is opened for battery replacement or other purposes, the original water-resistant quality designed for the watch may be affected. When it is opened to replace the battery with a new one, also request the water resistance test pertaining to the water-resistant quality of the watch.  
For watches with 10-bar or higher water-resistant quality, be sure to have such test performed on the watch every time the battery is replaced.

1. Do not remove the battery from the watch.
2. If it is necessary to take out the battery, keep it out of the reach of children.
3. If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

- ① Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intensify heat or catch fire.
- ② The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- ③ If the watch is left in the temperatures outside the normal temperature range ( $+5^{\circ}\text{C} \sim +35^{\circ}\text{C}$ ) for a long time, battery leakage and shorter battery life may result, the liquid crystal panel may become dim, and the duration for which the illuminating light is kept turned on may be shortened.

• After the battery is replaced with a new one, or abnormal display (broken digits, etc.) appears, follow the procedure below. The built-in IC will be reset and the watch will resume normal operation.

● **How to reset the IC**

After the battery is replaced with a new one, be sure to keep buttons "A", "B", "C", "D" and "E" pressed at the same time for 2 to 3 seconds. "A 12:0000 WE 1-1" will be displayed. Before using the watch, adjust the following display in the order below by referring to the corresponding sections of this instruction manual.

① Time/calendar  
② Alarm time

The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.

\*After 120 hours of use, the luminance level decreases by about half. When the illuminating light becomes dim, replace the battery 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 watch was purchased.

It will be replaced at cost.

- 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.)
- 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 a retail dealer for advice on the best time to have your watch repaired.
- The case, dial, hands/glass and bracelet, or parts thereof may be replaced with substitutes if the originals are no longer available.
- For more information, please contact "CUSTOMER SERVICE DEPARTMENT" of SEIKO CORPORATION.

