誠にありがとうございました。

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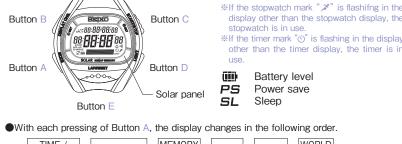
ヤイコーウオッチ株式会社

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http://www.seiko-watch.co.jp/

弊社製品についての修理その他のご相談は、「お買い上げ店」で うけたまわっております。なお、ご不明の点は下記へお問い合せ

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BUTTONS AND CHANGE OF DISPLAY

PS Power save Sleep With each pressing of Button A, the display changes in the following order MEMORY TIME / CALENDAR display display TIMER display WORLD TIMER display display

If the confirmation sound for button operations is set, the watch emits a brief sound when a button is pressed. When the display is changed to the Time/Calendar display from World time display, the watch emits a sound different from other button operations. (Refer to "HOW TO SET THE TIME" *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. *"If the city name is not displayed. *"If the city name is not displayed.

display other than the stopwatch display, the ※If the timer mark "♥" is flashing in the display. other than the timer display, the timer is in

(1) Buttons and operations

name currently set starts flashing.

Button A: Change to TIME/CALENDAR display Button B IZ IZ- 5 Button C **/[]:[]8** \$9 Button A \ m THU ✓ Button D Button E (2) How to set the time and calendar

■ HOW TO SET THE TIME AND CALENDAR

Press Button A to show the TIME/CALENDAR display.

Button A (long press): Change to TIME/ CALENDAR SETTING display Button B: Selection of city name, adjusting items or digits (moving back or decreasing) Button (: Engagement/disengagement of hourly time signal and confirmation sound or digits (advancing or increasing) ①Long press Button A to show the TIME/ Button D: Turning on the built-in illuminating CALENDAR SETTING display. The city

for button operations, adjusting items Button E: Selection of the item or digits to be adjusted

2) Press Button E to select the item to be *Once the year, month and date have been set, the day of the week is automatically se

decause the year, month, date, and day from 2012 to 2060 have been programmed in the automatic calence on this period, it is not necessary to manually adjust odd and even months including February of leap years. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

*If all indicators of the display light while in the TIME/CALENDAR SETTING display, it is not a malfunction. This happens

機能表示

if buttons C and D are pressed at the same time. In such a case, press any one of buttons A, B, C, D, or E to return to

With each pressing of Button E, the display changes in the following order.

second ├→ minute ├→ hour ├→ date ├→ month ├→ year ├→12H/24H

After selecting the item to be adjusted, press Button C or B to set the digits. With each pressing of Button

digit is decreased or the city name moves back one by one). (Except "second," "12H/24H," and "DST" After all adjustments are completed, press Button A to return to the TIME/CALENDAR display

If the watch is left untouched with the digits flashing, the display will automatically return to the

, one digit is increased or the city name advances one by one. (With each pressing of Button B, one

n B or Button C is pressed while the second digits count any number between "30" and "59," one

adjustment

(3) How to delete the stored data

1) Press Button A to show the MEMORY

②Press Button B or Button C to select

the channel you want to delete.

• How to delete a channel

3Press Button A for

approximately 2

seconds. "CLR?" will

4 Keep Button A pressed

for approximately 2

seconds. When "ALL

CLR?" is displayed.

5After the number of

remaining units is

automatically returns

displayed, the watch

• How to delete all channels

to the MEMORY RECALL display

RECALL display.

be displayed.

release Button A.

D.S.T (summer time) (City name) Power save setting

Button B or Button C in accordance with a time signal.

TIME/CALENDAR display in two to three minutes.

te is added and the second digits are immediately reset to "(

The contrast level of the display (variations of light and shade)

• Press Button A to show the TIME/CALENDAR display. can be adjusted. When the digital display is initialized or the built-in IC is reset, the contrast is reset to the default level "0." Press Button A to show the TIME/CALENDAR display.

(3) How to adjust the contrast level

Contrast →

1) Long press Button A to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing. ②Press Button E to select "contrast."

③Press Button B or Button C to adjust the contrast level. $-2 \leftrightarrow -1 \leftrightarrow 0 \leftrightarrow 1 \leftrightarrow 2$

(4) After the adjustment is completed, press Button A to return to

the TIME/CALENDAR display. If the watch is left untouched

the TIME/CALENDAR display in two to three minutes.

Contrast level : 0

■ CONT

CALENDAR display in two to three minutes.

disengaged.

same time.

operations can be engaged or

The alarm sound can be

The POWER SAVE function turns off the display to save consumption power while no button operation is performed for the predetermined time under the condition without the light. To recover the display, expose the solar panel to ④After the adjustment is completed, press Button A to return to the

Press Button E to show the POWER SAVE SETTING display.

③Press Button B or Button C to select the OFF or set time.

(4) How to adjust the POWER SAVE setting

TIME/CALENDAR display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIME/

∞P-SAVE

When POWER SAVE When POWER SAVE time is set to 1 hour

mP-SAVE

(5) How to test the alarm sound and how to engage/disengage the hourly time signal and confirmation sound for button operations · With each pressing of Button C in the TIME/CALENDAR display, the hourly time signal and confirmation sound for button Hourly time signal does not sound

OFF ↔ 30 minutes ↔ 1 hour ↔ 2 hours ↔ 4 hours

Hourly time signal sounds. with the digits flashing, the display will automatically return to heard by pressing and holding Hourly time signal

Hourly time signal

FEATURES

This runner's watch is driven by solar energy. This watch can store time data measured by the equipped stopwatch of up to 300 units of memory and can recall data on demand. Data within 300 units of memory can be sorted by channel when being stored. Results measured by the stopwatch can be recalled and displayed by using the memory recall function. The best lap time and average lap time can also be displayed. In addition, this multifunctional digital watch is equipped with a 3-channel alarm function, timer function, and world time function which

[About solar watch]

GMT) throughout the world.

After being fully charged, the watch will keep running for approximately 6 months when it is used under the following conditions, even if it is left uncharged (If function is activated for 6 hours per day.).

TIME/CALENDAR

second, and summer time mark can be displayed. Either of a 12-hour indication or 24-hour indication of time display can be selected. (Last 2 digits of year will be displayed.)

odd and even months including February of leap years from January 1, 2012 to December 31, 2060 (Automatic calendar).

STOPWATCH

1/100 second increments. Up to 300 units of memory can be used for storing measured lap time and splir

KSS680-1201

time data Measured time data within 300 units of 1/100 second increments. being stored. The positions of LAP time and SPLIT time in the display can be changed over.

お客様相談室

MEMORY RECALL The stored data (lap number, lap time, and split time) can be recalled on demand after measurement. · The recalled total time, best lap time

and average lap time can be displayed. Press Button A to show the STOPWATCH display. can display the time of 44 cities (including TIMER

seconds in one-second increments. the stopwatch is used for one hour, the built-in illuminating light is turned on once, the alarm sounds once, or the Power Save

at a designated time (hour and minute) every 24 hours. Fach alarm channel can be engaged ("on") or disengaged ("--") independently

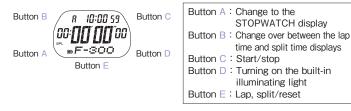
The stopwatch can measure up to 99 The built-in light illuminates any digital 5 Start \rightarrow Lap \rightarrow Lap \rightarrow Stop \rightarrow Reset hours 59 minutes 59 seconds 99 in display for approximately 2 seconds by pressing the button for turning on the light.

HOW TO USE THE STOPWATCH

memory can be sorted by channel when • The lap time and split time can be displayed at the same time. The best lap time and average lap time can be stored in memory. The measured and stored lan time, split time, best lan time, and average lan

· Up to 300 units of memory can be used for storing measured time data.

(1) Buttons and operations



"Lap time" is the time that has Lap time stage of an activity to that of the next stage. "Split time" is the time that has elapsed from Split time Year, month, date, day, hour, minute, The three-channel daily alarm sounds the start of an activity to any

811	ven stage.	
A	bout memory	
	How to measure time	Units of mem storing 1 t

time data Start → Stop → Reset 3 to 4 units of memory 2 Start → Stop/Restart → Stop → Reset 3 to 4 units of memory 3 Start → Lap → Stop → Reset 4 to 5 units of memory 4 Start → Stop/Restart → Lap → Stop → Reset 4 to 5 units of memory 5 to 6 units of memory

• The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in *Due to the function displaying the best lap time and average lap time, it takes at least three units of • Up to 300 units of memory can be used to store measured time data. nory to store 1 time data. If you store data only in one channel, you can use 300 units of memory r channel. If you use more than one channel, the units of memory you can use will be less than • The best lap time and average lap time can be displayed (if only 300 units of memory in total. For example, if the measured time data are stored in one channel, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory. • The date when the measurement is started is memorized in each channel. can be used in total.

adjusted (flashing).

**When the lap time/split time is measured, if the "FULL" and the lap number alternately flash, the lap/ split time cannot be stored because all units of memory have been used. *If "F-0" mark appears in the lower row when using the stopwatch, lap time/split time cannot be stored. In such a case, delete data stored in channels in the MEMORY RECALL mode.

(2) Standard measurement



"Restart" and "Stop" can be repeated as many times as necessary

Start	-	Lap/S	Split] →	Lap/	Split	→	Stop	-	Rese	,
R 10:08 59 00:00 00 00 mF-300		00: 03	10776		00: 05	9 7 108 12 9 7		00:032456 00: 3 40 95 mL - 10		00: 00: =F-28	
• If "F-300" is displayed, it means that 300 units of memory can be used.								"F-288" mear			

• After starting the stopwatch, "F-300" changes to "L-1." used.

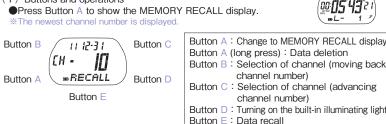
After a measurement, lap number flashes, and lap and split times are displayed for approximatel current lap number.

· The stored data can be recalled per channel.

one time data is stored, the best lap time is displayed.)

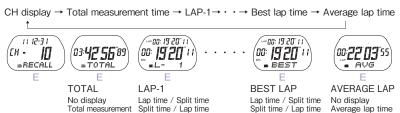
HOW TO USE THE MEMORY RECALL FUNCTION

(1) Buttons and operations Press Button A to show the MEMORY RECALL display.



If no measurement data is stored, "----" is displayed. -∞RECALL (2) How to use the memory recall function Example: If you want to see data in channel 5 (ch-5) 1) Press Button A to show the MEMORY RECALL display

•RECALL ②Press Button C (advancing) or B (moving back) to show the desired channel number (ch. 5) ③Press Button E to check the lap time. Each stored data can be checked in the following order.



(4)To check data in other channels, press Button B or Button C to select the desired channel number and check the data in the same way as procedure 3.

Lap number

Condition

[PS] indicator flashes.

Restricted operations or functions

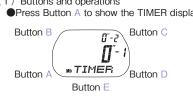
No restriction

Stopped.

HOW TO USE THE TIMER

Two timers are provided, and the timer 2 starts after the timer 1 counted up. The repeating • Each alarm channel can be engaged ("on") or disengaged ("--") independently. function is also included so that the timer 1 restarts after the timer 2 counted up. To use either Timer 1 or Timer 2 as a standard repeat timer, set the timer not in use to "0:00" 00."

(1) Buttons and operations



Button A: Change to TIMER display Button A (long press) : Change to TIMER SETTING display Button B: Timer time setting (decreasing digits) Button C: Timer time setting (increasing digits) Start/stop Button D: Turning on built-in illuminating light Button E: Selection of the item or digits to be adjusted Reset the timer

②Long press Button A to show the TIMER SETTING display. The hour digits for Timer 1 start

TIMER 1 → TIMER 2 Hour o Minute o Second Hour o Minute o Second

TO BE REPEATED: 5 time ⑤To start or stop the timer, press Button C. To reset the timer, press Button E. Restarting and stopping the timer can be repeated as many times as ne

is up, the time-up beep sounds for approximately 5 seconds. *To stop the time-up warning beep and time-up beep while sounding, press either Button A, B, C, D, or E. *While the timer is counting, the timer mark "O" flashes.

(TIMER 1:3 minutes) (TIMER 2:1 minute) (THE NUMBER OF TIMES (TIMER display)

(4) How to stop the alarm while sounding

(2) How to use the alarm

①Press Button E to show "ALARM 1."

The hour digits start flashing.

(1) Buttons and operations Press Button A to show the ALARM display.

> Button C 12:00 og ∍ ALARM Button [Button I

Button A: Change to ALARM display Button A (long press): Change to ALARM TIME SETTING display Button B: Alarm time setting (decreasing digits) Button C: Alarm time setting (increasing digits) Engagement/disengagement of the alarm

Ex.) Selecting alarm 1 and setting the alarm time to "6:30 a.m.

(Hour : 6 a.m.) If Button B or Button C is kept pressed, the digits move quickly

4) After all adjustments are completed, press Button A to Minute: 30 minutes)

> When Alarm is ON — (Alarm disengaged) Alarm mark disappears.

■HOW TO CHARGE HOW TO USE THE WORLD TIME

from the GMT and - indicates time lag from the GMT.)

Baghdad

Hong Kong

Los Angels

2. Loss/gain (monthly rate)...Less than 20 seconds (when the watch is worn on your wrist reset the Built-in IC. Then the watch will resume its normal operation.

different time zones throughout the world can be displayed. The summer time (DST) can also be set for each city (except GMT). (1) Buttons and operations

●Press Button A to show the WORLD TIME display 12 12 5 **5:[[[]** 59] ™ WORLD Button Button A: Change to WORLD TIME display

Button B: Selection of the city (moving Button C: Selection of the city (advancing) Button D: Turning on the built-in illuminating light Button E: Setting / canceling the DST

(2) How to use the world time ①Press Button A to show the WORLD TIME display. (2)To select the city, press Button B or Button (

(3) How to set the summer time With each pressing of the Button E in the WORLD TIME display, the summer time can be alternately set or cancelled. When the summer time is set, the

SPECIFICATIONS

DST appears. (The summer time is set.) If summer time is set to the city which has also been set as "HOME" in the TIME/ CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

1. Frequency of crystal oscillator...32.768 Hz

5. Battery···Secondary battery, 1 piece

7. Built-in illuminating light···Electroluminescent panel

■ Built-in illuminating light (EL:Electroluminescent Light)

The time of 44 cities (including GMT) in (4) Comparison table between city and time difference (GMT indicates the Greenwich mean time. + indicates advancement To charge the battery, expose the solar panel to light.

RESETTING THE IC

becomes blank.

②The built-in IC is reset.

from 12:00:00 AM, Sunday, January 1, 2012.

Before using the watch, set it to the correct time.

Solar panel

Remaining battery

level display o enjoy optimal performance of the watch, it is recommended that the watch be kept sufficiently charged at all times. Under the following conditions, it is very likely that the battery will run down due to insufficient battery charge.

· When the watch is concealed under long sleeve shirts If the watch is used or stored continually under conditions where it cannot receive sufficient light hen recharging the battery, ensure that the water temperature is kept under 50°C. (The operational temperature

range of the watch is between -5°C and +50°C.) efore using the watch for the first time or when the watch has completely stopped due to battery depletion, charge the watch sufficiently, referring to the table below as a guide.

After the built-in IC is reset, the display returns to the time display in the

HOME TIME mode. The time and calendar of the watch start moving

) Time required to charge the battery

arge the battery, referring to the table below as a guide.							
CD display		CHARGE	CHARGE	▣		To run the watch for one day	
utdoor on a Inny day 00000 LUX	Appro	ximately 1	hour	Approximately 7 hours	Approximately 4 hours	Approximately 3 minutes	
the window a a sunny day 0000 LUX	Approx	rimately 9	hours	Approximately 72 hours	Approximately 37 hours	Approximately 28 minutes	
the window a cloudy day 000 LUX	Approx	imately 18	hours	Approximately 144 hours	Approximately 74 hours	Approximately 56 minutes	
door under lorescent light	Approxi	mately 178	3 hours			Approximately 9.4 hours	

After being fully charged, the watch will keep running for approximately 6 months when it is 3) Power Save function (Power Save and Sleep)

Solutions

Use the watch as it is

··Once for 2 seconds per day Built-in illuminating light turned on ... For 20 seconds per day Power Save function activated. For 6 hours per day

requent use of the built-in illuminating light will quickly consume the ba Before using the watch for the first time or when the watch has completely stopped due to

Solar panel

··· For 1 hour per day Stopwatch

tion, charge the watch sufficiently, referring to the table on the left Display and remaining battery level

Keep the watch Medium sufficiently charged. restriction → How to charge the battery MON The built-in Sufficiently charge the watch until the 12 12- 6 illuminating light indicator ① appears on the display. III. III. S9 → low cannot be turned on. After charging the watch, use the watch as it is Alarm sound and time watch as it is. ~~ MON

Remaining

battery level

timer will be reset appears on the display. Sufficiently charge the watch until the indicator appears on the display.

When the watch is left without being exposed to light and its buttons are not operated for a certain length of time, the Power Save function is automatically activated to suppress its energy consumption.

Lap number

*When the best lap time is displayed, "BEST" and "L-xx" are alternately displayed

*Display and functions in the POWER SAVE mode

The watch has not been exposed to light and its buttons have not been operated for a certain length of time.

*Display and functions in the SLEEP mode [SL] indicator flashes. The watch has not Stopwatch been exposed to light on operation ··· Resett and its buttons have not been operated for Timer on operation ······· Reset 3 days or longer.

The Power Save time can be selected between 30 minutes, 1 hour, 2 hours, and 4 hours. Refer to the TIME/CALENDAR setting.

To use the stopwatch or timer in a dark place, it is recommended that you turn the Power Save function OFF or select Power Save time longer than the time you use the stopwatch or timer. For normal use, turn the Power Save function ON.

OPlaces where the temperature drops below 5°C or rises above 35°C for a long time

· If you observe any allergic symptoms or skin irritation Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.

performance of a water resistant watch for everyday life.

for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTMER SERVICE CENTER • Do not leave moisture, sweat and dirt on the watch for a long time.

· Do not wear the watch while taking a bath or a sauna. Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.

Water may get inside of the watch.

Other cautions

basis at other retailers, however, some retailers may not undertake the service. ODo not disassemble or tamper with the watch. OKeep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any

clothes, or injure the hand, neck, or other parts of your body.

of replacement parts for this watch for 7 years. The watch requires good daily care Wipe away moisture, sweat or dirt with a soft cloth.

Refer the table below for the description of each degree of water resistant performance of your watch before using

Avoid drops of water or sweat. Water resistance for The watch withstands accidental Water resistance for everyday life at 5 barometric pressures The watch is suitable for sports such as swimming.

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on

· Wipe off moisture, sweat or soil with a soft cloth as soon as possible

with a soft toothbrush. (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.) Because some titan bracelets use pins made of stainless steel, which has outstanding strength,

rust may form in the stainless steel parts.

· If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair

· A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct

swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant). Polyurethane band

Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration Wash out dirt in water and clean it off with a dry cloth.

(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.) When the band becomes less flexible or cracked, replace the band with a new one. Notes on the length of the band

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself. Notes on the length of the band

Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band

Notes on overhaul

Periodic inspection and adjustment by disassembly and cleaning (overhaul) is recommended

approximately once every 3 to 4 years in order to maintain optimal performance of the watch for a long time. According to use conditions, the digital display may go out due to liquid leakage. As the parts such as gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture. Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS." When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket and push pin are also replaced with new ones.

When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

replaced with a new one by the retailer from whom the watch was purchased. It will be replaced at your cost. The normal life expectancy for the liquid crystal panel of this watch is approximately 7 years. After that, it may decrease in contrast, becoming difficult to read. Please contact the retailer from whom the watch was purchased to have the liquid crystal panel replaced with a new one. It will be replaced at your cost. ** After recovery, the city code of the home time is set to TYO (Tokyo).

4. Display medium···Nematic Liquid Crystal, FEM (Field Effect Mode)

in the temperature range between 5°C and 35°C) 3. Operational temperature range...Between -5°C and +50°C (for the display function:

6. Duration of operation...Approximately six months (When the watch is not exposed to light after being fully

8. IC (Integrated Circuit) ··· Oscillator, frequency divider and driving circuits (C-MOS-LSI), 2 pieces

The electroluminescent panel used for the built-in illuminating light loses its luminance (brightness)

*After 120 hours of use, the luminance level decreases by about half. When the illuminating light becomes dim, sufficiently

charge the watch. If the illuminating light remains dim after sufficiently recharging the watch, have the electroluminescent

as the battery voltage gets lowered. Also, its luminance level decreases gradually with use

between 0°C and +50°C)

charged, and the stopwatch is used for one hour, the built-in illuminating light is

otice, for product improve

turned on once for 2 seconds, or the alarm sounds once for 20 seconds per day

· The watch is equipped with a double repeat timer function which allows you o set two different timer times. The timer can be set from 10 seconds up to 9 hours, 59 minutes and 59

The number of times that the timers repeat their cycles can be set from 1 to 100 times. The number of times the countdown has been completed is displayed.

The calendar automatically adjusts for WORLD TIME The time of 44 cities (including GMT) throughout the world can be displayed. · The summer time (DST) can be set for each city (except GMT).

time data can be recalled in the memory recall display

• The measured data can be sorted by channel when being stored in memory.

nory used for

Button (Button (Button (Stop Reset *⊶00:20* 00 00 \ R 10:08 59

(00.50.00.00) "F-297" means that 297 units of memory can be of memory can be used. After starting the stopwatch, "F-300" changes to

While the stopwatch is operating, the stopwatch mark "x" flashes (3) Lap time/split time measurement (if lap time measurement is repeated 10 times)

10 seconds. And then the display automatically returns to show the on-going measurement and the *Measurement of lap and split times can be repeated as many times as necessary. The lap number can be displayed until "999," and continues to 1,001("001" is displayed) 1002 ("002" is displayed)

used under the following conditions, even if it is left uncharged

Restricted operations

or functions

restriction

■How to check the remaining battery level The watch displays the approximate remaining battery level.

■POWER SOURCE

decreases, have the watch repaired.

• Do not remove the secondary battery yourself.

bursting or ignition.

CHARGE: Charging the

MON

The on-going measurement of the stopwatch or Sufficiently charge the watch until the indicator →How to reset the Built-in IC

*How to set the Power Save function The OFF or set time of the Power Save function can be set in the TIME/CALENDAR setting display

→ How to charge the battery

*When the watch is sufficiently charged (IIIII), neither the Power Save nor Sleep function is activated. When the stopwatch is operating, the Power Save function is not activated.

→ How to reset the Built-in IC In the displays 4 and 5, measured time stored in memory will be deleted, or will not be correctly displayed.

In a case that the watch moves abnormally, follow the instructions below to The battery used in this watch is a special secondary battery, which is totally different from ordinary silver oxide batteries. Unlike other disposable batteries such ①Keep buttons A, B, C and D pressed at the same time until the display as dry-cell batteries or button cells, this secondary battery can be used over and over again by repeating the cycles of discharging and recharging. However, for various reasons such as long-term use or usage conditions, the capacity or recharging efficiency of the secondary battery may gradually deteriorate and recharging cycles may be shortened. If the efficiency of the secondary battery

Replacement of the secondary battery requires professional knowledge and skill.

Installation of an ordinary silver oxide battery can generate heat that can cause

Please ask the retailer from whom the watch was purchased for repair.

■Notes on charging the watch

intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts. · When charging the watch by exposure to direct sunlight, avoid places that easily reach high temperatures, such as a car dashboard.

· Always keep the watch temperature under 50°C.

When charging the watch, do not place the watch in close proximity to an · Within the guarantee period, present the certificate of guarantee to receive repair services. Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.

REMARKS ON REPLACEMENT PARTS

■AFTER-SALE SERVICE

services upon request and payment

■Notes on guarantee and repair

Replacement parts are those which are essential to maintaining the functional integrity of the watch. Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

SEIKO makes it a policy to typically keep a stock Daily care

Contact the retailer from whom the watch was purchased or

SEIKO CUSTOMER SERVICE CENTER for repair or overhaul

repair services after the guarantee period

has expired if the functions of the watch can be

restored by repair work, we will undertake repair

①Press Button A to show the MEMORY RECALL display. ②Press Button A for approximately 2 ③With each pressing of Button C, one digit is increased. seconds to show "CLR?" 3Keep Button A pressed for

△ CLRS

for approximately another 2 seconds. (4) After the number of remaining units is displayed, the watch automatically returns to the MEMORY RECALL display. *Data cannot be deleted while the stopwate

is measuring, or when it is stopped.

Solutions

To cancel the

Power Save

expose the

watch to light

function.

CLR?" And then keep Button A pressed

Press Button A to show the TIMER display

• The number of times the timers repeat the countdown can be set from 1 to 100 times.

(2) How to set the timer Example: If the timer 1 is set to three minutes, the timer 2 is set to one minute, and the repeating number is set to 5. 1) Press Button A to show the TIMER display flashing. Press Button E to select the item or digits to be adjusted (flashing).

(With each pressing of Button B, one digit is decreased.) flashing, the display will automatically return to the TIMER display in two to three minutes.

*A time-up warning beep sounds 3 seconds before the set time is up. When the set time ... 1. 5°

* While the timer is counting or when it is stopped, it is not possible to enter the TIMER SETTING display

• Handling cautions · Immediately stop wearing the watch in following cases. Olf the watch body or band becomes edged by corrosion etc.

■TO PRESERVE THE QUALITY OF YOUR WATCH

Olf the pins protrude from the band. consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. Keep the watch and accessories out of the reach of babies and children. Care should be taken to prevent a baby or a child accidentally swallowing the battery or accessories

· Do not remove the battery from the watch. Replacement of the battery requires professional knowledge and skill. Please ask a watch retailer for replacement of the battery. Do not attempt to charge the battery, as this may cause battery explosion, heat generation, battery leakage, or

designed for scuba diving or saturation diving, have not been conducted on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

damage to the battery.

Avoid wearing or storing the watch in the following places. OPlaces where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing

OPlaces affected by strong magnetism or static electricity OPlaces affected by strong vibrations For watches with batteries, do not leave a dead battery compartment for a long time as it may cause battery leakage.

Do not use the watch in scuba diving or saturation diving.

· Do not pour running water directly from faucet. The water pressure of tap water from a faucet is high enough to degrade the water resistant Do not press buttons when the watch is wet.

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.

Replacement of the metal band requires professional knowledge and skill. Please ask a watch retailer for replacement of the metal band, as there is a risk of hand or finger injury and fear of losing parts Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable

*If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch

injury or allergic rash or itching that may be caused when they touch the watch. When disposing of used batteries, follow the instructions of your local authorities Olf your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your

f your watch is rated as "non-water resistant" or "water resistant for daily use," do not wash the watch

Button

■HOW TO USE THE ALARM • The timer can be set from 10 seconds up to 9 hours, 59 minutes and 59 seconds in one-second increments. • The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours.

∖ m THU

is OFF

R 10:08 59

The way of using the alarm is the same for every alarm

②With each press of Button E, hour digits and minute digits flash alternately. Select the digits to be adjusted (flashing). 3With each pressing of Button C, one digit is increased. (With each press of Button B, one digit is decreased.)

release the ALARM SETTING display and to return to "ALARM 1" display. If the watch is left untouched with the digits flashing, the display will automatically return to "ALARM 1" display in two to three minutes. (3) How to engage or disengage the alarm

· At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually

When Alarm is OFF while sounding, press any button

Water resistance

er resistance for everyday life The watch is suitable for diving not using an air cylinder. If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the Band

the sleeve edge. The watch requires a lot of attention for long usage. Metallic band The various tightened inspections under simulated harsh environment, which are usually required for watches · Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time. · Lack of care may cause skin irritation, or a yellowish or gold stain on the lower sleeve edge of shirts.

To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off

 \cdot If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or

Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth. Do not expose the watch to direct sunlight for a long time. Please take care when wearing a watch with light-colored band, as dirt is likely to show up. Refrain from wearing a leather band watch other than Aqua Free bands while bathing,

· A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity

Notes on skin irritation and allergy

· After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.

Button C and Button D at the 、∞ THU

mark appears.

①Long press Button A to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.

Button D: Turning on the built-in illuminating light Button E: Change between the alarm 1, 2, and 3

