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SEIKO WATCH CORPORATION

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SEIKO

8B92

Radio Sync Solar World Time Chronograph INSTRUCTIONS

日本語 **JA 1**

English **EN 1**

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Please refer to the Instruction Manuals of other languages by accessing "Customer Service"→ "Instruction" on our Website from PC or Smartphone.

简体中文 / 繁體中文



<https://www.seikowatches.com/>

**Thank you very much for choosing a SEIKO watch.
For proper and safe use of your SEIKO watch,
please read carefully the instructions in this
booklet before using it.**

Keep this manual handy for easy reference.

- * Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased. If you cannot have your watch repaired by the retailer from whom the watch was purchased because you received the watch as a gift, or you moved to a distant place, please contact SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.
- * If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.

EN 1

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CAUTION

Please note that there is a risk of minor injury or material damage if the following safety regulations are not strictly observed.

Avoid the following places for wearing or keeping the watch:

<input type="checkbox"/> Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing	<input type="checkbox"/> Places affected by strong vibrations
<input type="checkbox"/> Places where the temperature drops below 5°C or rises above 35°C for a long time	<input type="checkbox"/> Places of high humidity
<input type="checkbox"/> Places affected by strong magnetism or static electricity	<input type="checkbox"/> Dusty places

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.

Other cautions

- For adjusting the length of the metallic band, specialized knowledge and expertise are necessary. Therefore, in such a case, contact the retailer from whom the watch was purchased. If you attempt to adjust the metallic band, injury may occur to your hand or fingers, or parts of the band may be lost.
- Do not disassemble or tamper with the watch.
- Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when you touch the watch.
- When disposing of used batteries, follow the instructions of your local authorities.
- 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.

Handling cautions

WARNING

Please note that there is a risk of serious consequences such as severe injury if the following safety regulations are not strictly observed.

Immediately stop wearing the watch in following cases:


- If the watch body or band becomes edged by corrosion etc.
- If the pins protrude from the band.
- * Immediately 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 accessories. If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.

Do not remove the secondary battery from the watch.

* About the secondary battery → Power Source → P.52
Replacement of the secondary battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for replacement of the secondary battery.
Installation of an ordinary silver oxide battery can generate heat that can cause bursting and ignition.


WARNING



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

The various tightened inspections under simulated harsh environment, which are usually required for watches 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 watches specifically designed for diving.

CAUTION



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 performance of a water resistant watch for everyday life.

CAUTION



Do not turn or pull out the crown when the watch is wet.

Water may get inside of the watch.

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



Do not leave moisture, sweat and dirt on the watch for a long time.

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.



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.

Characteristics

This solar-drive and radio-controlled watch is equipped with a world time function.

- The time in each region of the world can be displayed by selecting the time zone.
- This watch displays the precise time by receiving radio signals conveying time information.
- It can receive official standard frequencies from Japan (from either of two transmitting stations), the People's Republic of China, the United States of America and Germany.

- **World Time Function**..... The time in each region of the world can be displayed by selecting the time zone.
→ P.30
- **Radio Signal Receiving Function**..... This watch adjusts the time and the date precisely by automatically receiving radio signals daily.
→ P.18
In addition, radio signals can be forcibly received with manual operation. This watch can receive official standard radio signals from Japan (from 2 transmitting stations), China, U.S.A. and Germany (the transmitting station for receiving radio signals can be selected using world time function).
- **Reception Level Indication Function**..... The movement of the small seconds hand indicates the radio signal reception level during radio signal reception attempts.
→ P.80
(Only manual reception)
- **Display Function of Radio Signal Reception Results**..... The movement of the small seconds hand indicates radio signal reception results (Yes/No).
→ P.28

Before use

■ Make sure to keep the watch sufficiently charged

The watch operates while charging electricity by converting light received on the dial to electrical energy. It cannot properly operate unless the remaining energy is sufficient.
Place or store in a location receiving light, etc., to sufficiently charge electricity.

● The amount of energy stored in the watch can be checked by the movement of the small seconds hand.

“Checking the Charging Status” → P.16

● Charging the solar battery

“How to charge the battery” → P.48

“Guide to charging times” → P.49

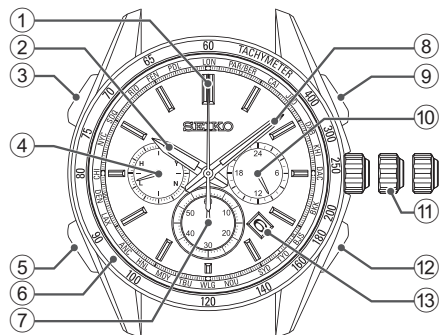
■ To receive radio signals

The watch automatically receives radio signals to adjust the time every day. Automatic radio signal reception is carried out before 2:00 AM, 3:00 AM and 4:00 AM. During this period of time, place the watch in a location that easily receives radio signals without wearing it and do not move it.

“To improve radio signal reception” → P.25

- **Stopwatch function**..... The stopwatch can carry out measurements up to 60 minutes in increments of 1/5 of a second.
→ P.38
When the measurement reaches 6 hours, the stopwatch automatically stops counting.
- **Solar Charging Function**..... A solar cell underneath the dial converts any form of light into “electrical energy” to charge it. Once fully charged, the watch continues to run for approximately six months.
→ P.48
- **Energy Depletion Forewarning Function**..... The movement of the small seconds hand indicates that the battery should be charged.
→ P.50
- **Power Save Function**..... This watch is equipped with a function which can suppress energy consumption when it is left without receiving an adequate light source for a certain length of time.
→ P.51
- **Automatic Hand Position Alignment Function**..... When the hand positions display an incorrect time as a result of external influences such as magnetism, the watch automatically corrects the hand misalignment.
→ P.86

Names of the parts and their functions



- ① **Stopwatch second hand**
- ② **Hour hand**
- ③ **Button B**
- ④ **Small seconds hand**
- ⑤ **Button A**
- ⑥ **Tachymeter**
- ⑦ **Stopwatch minute hand**
- ⑧ **Minute hand**
- ⑨ **Button C**
- ⑩ **24-hour hand**
- ⑪ **Crown**
- Normal position: How to select the time zone → P.32, Checking the reception result → P.28, Manual reception → P.78, Stopwatch function → P.28
 - First click position: Manual date setting → P.84
 - Second click position: Manual time setting → P.82, Reset the system → P.102
- ⑫ **Button D**
- ⑬ **Date**

* The operation method of the button varies with the functions being used. Follow the instructions of each section of this manual.

* The position and design of the display may vary depending on the model.

* Some models may not have a tachymeter.

● Reception level display

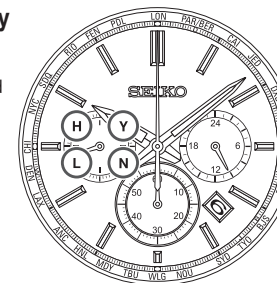
[Manual reception]

H : High reception level (50-second position)

L : Low reception level (40-second position)

N : Unable to receive radio signals (20-second position)

* Reception level display → P.80



● Reception result display

[Check of reception result]

Y : Reception successful (10-second position)

N : Reception failed (20-second position)

* How to display the reception results → P.28

● Standard radio signal display

Display (Country with radio signal transmitting station)	Display position
J / JJY (Japan)	23-second position
B / BPC (China)	21-second position
W / WWVB (U.S.A.)	43-second position
D / DCF77 (Germany)	3-second position

* World time function → P.30

● Time zone display

[Time zone selection]

City names: 25 regions around the world


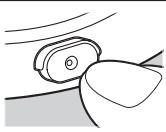
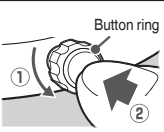
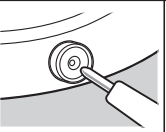
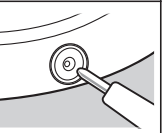
* How to select the time zone (How to display the local time around the world) → P.32

* Time zone display and time difference table → P.34

* Indication on the bezel or positions of each item on the dial may vary depending on the model (design).

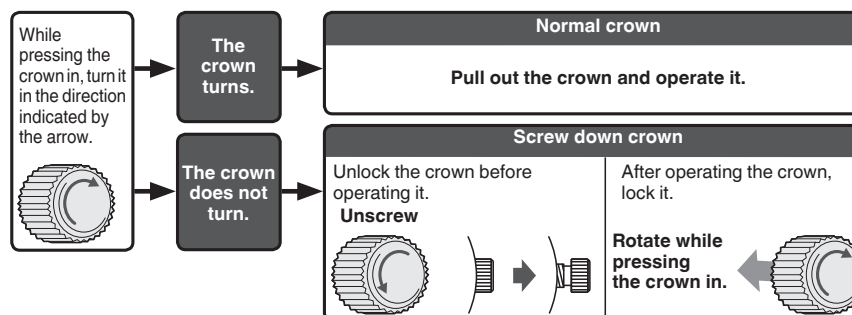
How to use the button

Some models may have a button which is recessed in the watch case to prevent accidental input. Shape of the button differs depending on the design of the watch.

Normal Button	Upper half of the Button B is covered.	Button B has an outer ring.	Button B is covered except the hollow in the middle of the button.	Button B is embedded in the watchcase.
				
Press the button with your finger	Use an object with a long tapered tip. * You can also press the lower half of the button with your finger.	1. Turn the outer ring counterclockwise (to a downward direction) to loosen it. 2. Press the button with your finger. * After finishing the operation, make sure to relock the outer ring by turning it clockwise.	Press the button using an object with a long tapered tip.	

Crown

There are two types of crowns, a normal crown and a screw down crown. Please check the type of the crown of your watch.



* By locking the crown by screw, a screw down crown can prevent malfunction and increase water resistance.
* Be careful not to screw the crown in by force as it may damage the slots of the crown.

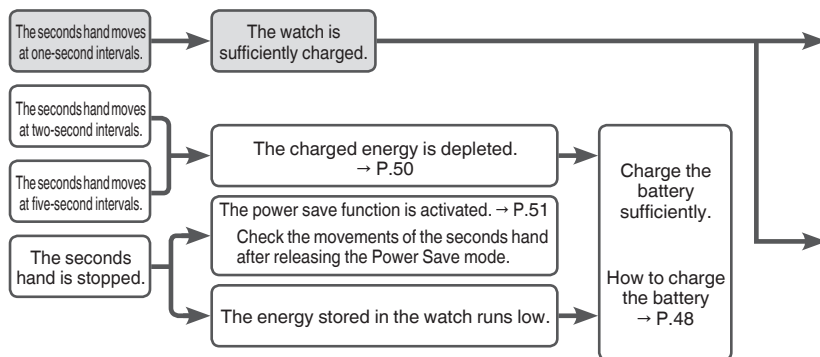
Before Use

2

BEFORE USE

1 Checking the Charging Status

When the movement of the seconds hand shows an energy depletion state, the battery requires charging.

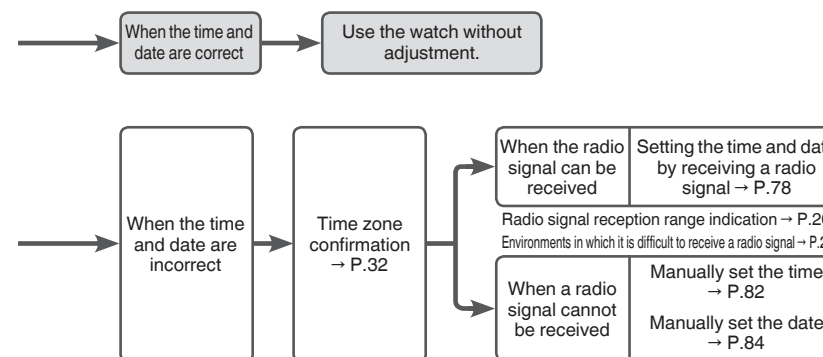


* If the seconds hand does not move at one-second intervals even after fully charging the battery, refer to "Charging the solar battery" in Troubleshooting on P.98

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2 Checking the time and date

- * The hands of this watch cannot be moved by turning the crown.
- * When adjusting the time or date, refer to the following regarding the procedures.



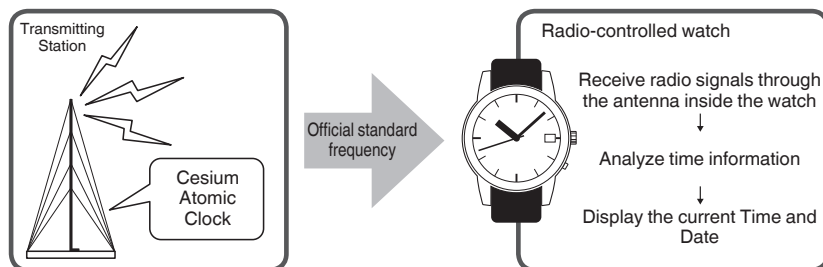
* When the watch does not display the correct time and date even after successfully receiving a radio signal, refer to Troubleshooting → "Misalignment of the time and hand positions" → P.98, and "Misalignment of the date" → P.100

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Setting the time and date by receiving a radio signal

■ Mechanism of radio signal reception

The radio-controlled watch displays the precise Time and Date by automatically receiving and synchronizing itself with the radio signal of an official standard frequency.



Time signal transmitted by a standard frequency is based on a super accurate "Cesium Atomic Clock" that may have a 1 second loss or gain per one hundred thousand years.

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■ Automatic reception and manual reception

● Automatic reception

This watch sets the time and date by automatically receiving a radio signal at a fixed time. It automatically receives a radio signal before 2:00 AM, 3:00 AM and 4:00 AM.

- * When the reception is successful, the watch finishes the automatic reception.
- * If the stopwatch hands are not reset to the 0-position, the watch will not receive a radio signal to set the time. Make sure that the stopwatch hands are reset to the 0-position. "How to Reset the Stopwatch" → P.40

- Place the watch in a place where it can easily receive a radio signal (by the window, etc.).
- Do not move the watch during the radio signal reception. "To improve radio signal reception" → P.25

● Manual reception

This watch can receive a radio signal arbitrarily at any time other than the automatic reception mode. "How to conduct manual reception" → P.78

- * Radio signal reception results depend on the receiving environment. "Environments in which it is difficult to receive a radio signal" → P.26
- * The watch cannot receive a radio signal outside the radio signal reception range. "Radio signal reception range indication" → P.20
- * When the time zone is set for a region other than the radio signal reception range, radio signals cannot be received. Check the selection of time zone. "Time zone display and time difference table" → P.34
- * When the watch does not display the correct time and date even after successfully receiving a radio signal, refer to Troubleshooting. "Misalignment of the time and hand positions" → P.98, "Misalignment of the date" → P.100

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3

HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

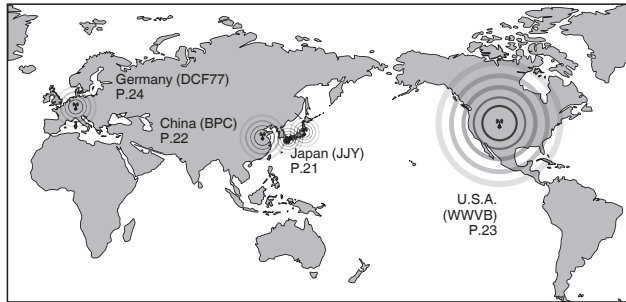
3

HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

Reception environment

Radio signal reception range indication

This watch receives standard radio signals from Japan (2 stations), China, U.S.A. and Germany. When you set the watch to a time zone in Japan, China, U.S.A. or Germany, the official standard frequencies the watch receives will be automatically changed accordingly to the selected time zone. "How to select the time zone (How to display the local time around the world)" → P.32

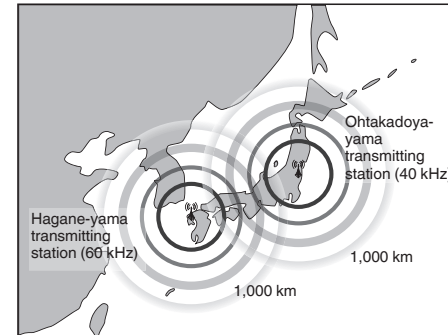


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3 HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

Radio signal reception range: Japan (JJY)

The reception range from the transmitting station is approximately 1,000 km (1,000 km radius of the transmitting station).



JJY is operated by the National Institute of Information and Communications Technology (NICT). JJY is transmitted from two stations in Japan. Each station transmits JJY in a different frequency.

Fukushima : Ohtakadoya-yama transmitting station
Frequency: 40 KHz
Kyushu : Hagane-yama transmitting station
Frequency: 60 KHz

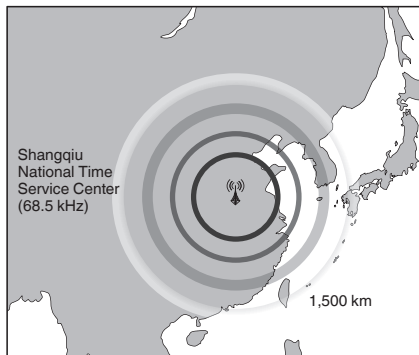
* NICT: National Institute of Information and Communications Technology
* Even within the reception range, weather conditions, terrain, buildings, and orientation may mean that reception is not possible.
"Environments in which it is difficult to receive a radio signal" → P.26

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3 HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

Radio signal reception range: China (BPC)

The reception range from the transmitting station is approximately 1,500 km (1,500 km radius of the transmitting station).



BPC is operated by NTSC.

Shangqiu National Time Service Center
Frequency: 68.5 kHz

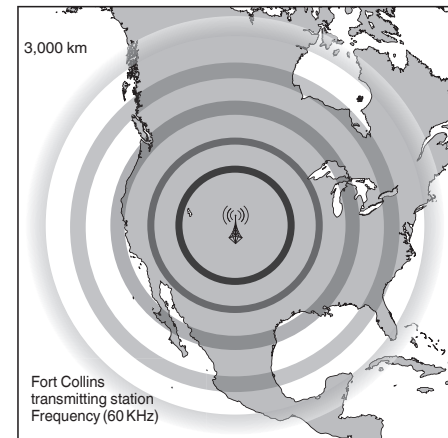
* NTSC: National Time Service Center
* The watch may be able to receive radio signals outside a reception range if the receiving conditions are favorable.
* Even within the reception range, weather conditions, terrain, buildings, and orientation may mean that reception is not possible.
"Environments in which it is difficult to receive a radio signal" → P.26

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3 HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

Radio signal reception range: U.S.A. (WWVB)

The reception range from the transmitting station is approximately 3,000 km (3,000 km radius of the transmitting station). There are four time zones within the reception range.



WWVB is operated by NIST.

Fort Collins transmitting station
Frequency: 60 kHz

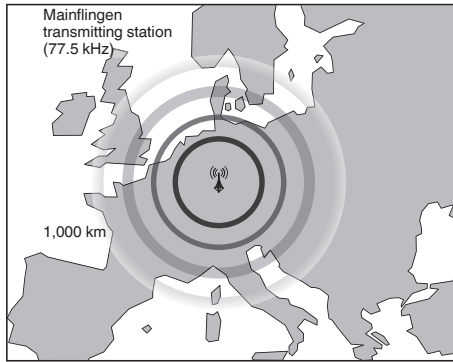
* NIST: National Institute of Standards and Technology
* The watch may be able to receive radio signals outside a reception range if the receiving conditions are favorable.
* Even within the reception range, weather conditions, terrain, buildings, and orientation may mean that reception is not possible.
"Environments in which it is difficult to receive a radio signal" → P.26
* Use of automatic reception is recommended, as this time frame is optimal for automatic reception.

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3 HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

Radio signal reception range: Germany (DCF77)

The reception range from the transmitting station is approximately 1,000km (1,000 km radius of the transmitting station).
There are three time zones within the reception range.



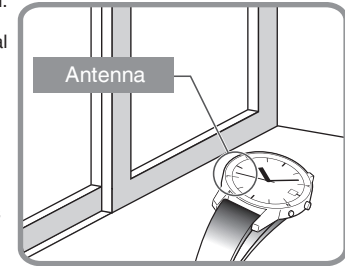
DCF77 is operated by PTB.
Southeastern Frankfurt
Mainflingen transmitting station (77.5 kHz)

- * PTB: Physikalisch-Technische Bundesanstalt
- * Even within the reception range, weather conditions, terrain, buildings, and orientation may mean that reception is not possible.
"Environments in which it is difficult to receive a radio signal" → P.26
- * Use of automatic reception is recommended, as this time frame is optimal for automatic reception.

To improve radio signal reception

Place the watch in a place where it can easily receive a radio signal such as near a window.

The antenna is embedded at the 9 o'clock position of the watch. Turning the antenna toward the outside of a window or the direction facing transmitting stations helps improve radio signal reception.



* Locations of transmitting stations
"Radio signal reception range indication" → P.20

Do not move the watch while it is receiving radio signals.

To enhance the reception of radio signals, do not move the watch or do not change the orientation of the watch while it is receiving radio signals.
* If the button or crown is operated while the watch is receiving a radio signal, the reception will be cancelled.

The place where the watch is put before going to bed

Place the watch next to a window facing in the direction of a transmitting station before bedtime because automatic reception is performed late at night.
The standard radio signal is influenced by the distance from the transmitting station, as well as by terrain (including buildings) and weather conditions.
Also, please search for a place to easily receive radio signals when attempting reception.

Environments in which it is difficult to receive a radio signal

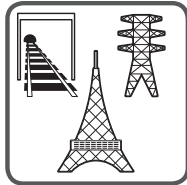
Avoid putting the watch in such places when it receives radio signals.



- Close to home electrical appliances such as TV's, refrigerators or air conditioners
- Close to OA equipment such as mobile phones, personal computers or fax machines
- Close to steel desks or other furniture made of metal



- In places generating radio interference, such as construction sites or places with heavy traffic



- Close to overhead power lines, TV stations, train cables



- Inside a building, between tall buildings, underground



- Inside a vehicle, train, or airplane

CAUTION

- The watch may display the wrong time if it fails to receive radio signals properly because of interference.
The watch may also fail to receive radio signals properly depending on the location or radio wave receiving conditions.
In this case, move the watch to another place where it can receive radio signals.
- When the watch is out of reception range, its accurate quartz movement (loss / gain: ±15 seconds per month on average) will continue to keep the time.
- The time signal transmission may be stopped during maintenance of the facilities of the (each) transmitting station or because of a lightning strike.
In such a case, see the (each) station's website for further information or contact SEIKO CUSTOMER SERVICE CENTER.

- Websites of transmission stations (As of August 2020)
- Japan : National Institute of Information and Communications Technology (Japan Standard Time Project) <http://jijy.nict.go.jp/>
China : NTSC <http://www.ntsc.cas.cn/>
U.S.A. : NIST <https://www.nist.gov/pml/time-and-frequency-division/radio-stations/wwwb>
Germany : PTB <https://www.ptb.de/cms/en.html>

How to check the reception status

3

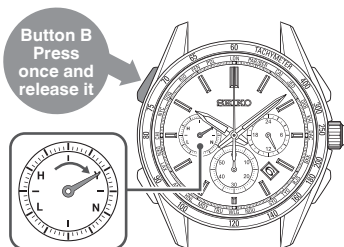
HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

How to display the reception results

The small seconds hand indicates the latest reception results (Yes/No) of a radio signal for five seconds.

1 Press Button B once and then release it.

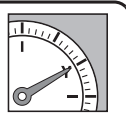
The small seconds hand indicates the reception results.



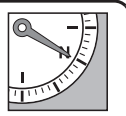
* When Button B is kept pressed, the watch starts manual reception.

2 Check if the reception was successful (within 5 seconds).

If a reception was successful: The seconds hand points to Y (Yes: the 10-second position)



If a reception has failed: The seconds hand points to N (No: the 20-second position)



* If Button B is pressed after five seconds or while the small seconds hand is moving to display the reception results, the reception results display function is cancelled and the small seconds hand resumes its normal movement.

EN 28

If a reception was successful: The seconds hand points to Y

- A radio signal has been received successfully. Use the watch without any adjustments.
- When the watch does not display the correct time and date even after successfully receiving a radio signal, refer to Troubleshooting → "Misalignment of the time and hand positions" → P.98, and "Misalignment of the date" → P.100

If reception has failed: The seconds hand points to N

- Place the watch in a place where it can easily receive a radio signal, or change its direction. Even within the radio signal reception range, this watch may fail to receive a radio signal depending on the condition (due to the influence of weather, terrain, buildings, or direction). "Environments in which it is difficult to receive a radio signal" → P.26
This watch is unable to receive radio signals outside the reception range. "Radio signal reception range indication" → P.20
- Make sure that the time zone is correctly selected before attempting radio signal reception. When the time zone is set to a region other than the radio signal reception range, radio signals cannot be received. Check the selection of time zone.
"How to select the time zone (How to display the local time around the world)" → P.32
"Time zone display and time difference table" → P.34
- Attempt to receive a radio signal in a different time period. (In the case of manual reception) Receiving environments differ according to time periods even at the same place. Due to radio signal characteristics, the watch is able to easily receive radio signals during nighttime hours.
- If you use the watch in a place or region outside the radio signal reception range or when the watch cannot successfully receive radio signals, manually set the time and date.
"How to manually set the time" → P.82
"How to manually set the date" → P.84

3

HOW TO SET THE TIME (RADIO SIGNAL RECEPTION)

EN 29

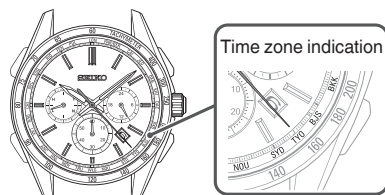
How to use the world time function

4

WORLD TIME FUNCTION

World time function

- The time in each region of the world can be displayed by selecting the time zone (25 regions around the world).
- In the Time Zone Setting mode, the stopwatch second hand indicates the selected time zone.



- When the time zone is set to a region within the radio signal reception range, radio signals can be received. When the watch is within the radio signal reception range, radio signals are received during automatic reception or manual reception and the exact time and date are displayed.

* The watch is unable to receive radio signals outside the reception range. "Radio signal reception range indication" → P.20

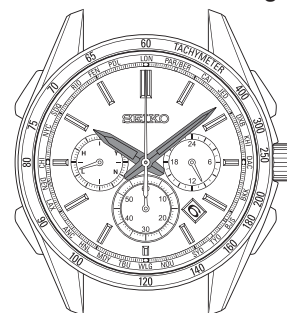
"How to select the time zone (How to display the local time around the world)" → P.32
"Time zone display and time difference table" → P.34

EN 30

Example: Display Honolulu time (Set time zone to HNL (Honolulu))

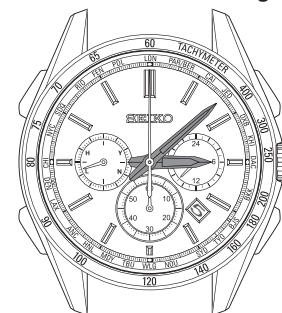
When the time zone is selected, the date is automatically adjusted in conjunction with the hour hand.

<Before time zone setting>



Local time in Japan:
6th., 10 o'clock 8 minutes and 42 seconds

<After time zone setting>



Local time in Honolulu:
5th., 15 o'clock 8 minutes and 42 seconds

4

WORLD TIME FUNCTION

EN 31

How to select the time zone (How to display the local time around the world)

1 Continue to press Button A (for 3 seconds), and when the stopwatch second hand starts to move counterclockwise, release it.

The watch switches to the time zone adjustment mode and stops by the time zone set currently.

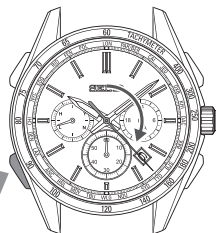
* Within 10 seconds after procedure 1. is completed, start the operation of procedure 2.

If the watch is left untouched for 10 seconds after the seconds hand stops, the watch automatically returns to the TIME display mode.

If this happens, restart the operation from procedure 1.

* If the stopwatch hands are not reset to the 0-position, it is not possible to set the time zone (the stopwatch second hand does not stop). Reset the stopwatch and re-attempt procedure 1. → P.40

Press Button A for 3 seconds and then release it.

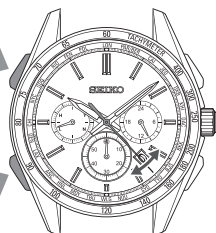


2 Within 10 seconds after carrying out procedure 1, press Button A or Button B to set the stopwatch second hand to the local time zone of a desired area.

With each pressing of the button, the stopwatch seconds hand moves to the adjacent time zone index.

The position of stopwatch second hand indicates the time zone. Please set it by referring to P.34.

Press Button B to advance 1 time zone

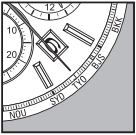
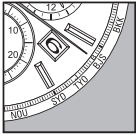


Press Button A to set back 1 time zone

EN 32

The radio signal transmitting station can be changed by selecting the time zone. When selecting a time zone for regions other than the radio signal reception ranges, the radio signal reception function will not work.

* When setting the daylight saving time (DST), add one hour to the time zone of the target area.

In Japan	In China	In the other countries
		
Set the seconds hand to the 23-second position.	Set the seconds hand to the 21-second position.	"Time zone display and time difference table" → P.34

3 Wait for ten seconds after the movement of the hour and minute hands stop. (The time zone adjustment mode is finished.)

After ten seconds, the stopwatch second hand automatically switches to the 0-position.

* In case the date changes, the watch adjusts automatically after the stopwatch second hand switches to the 0-position.

EN 33

Time zone display and time difference table

In the Time Zone Setting mode, set the stopwatch second hand to point at the target time zone index referring to the table below.

When setting daylight saving time (DST), add a time difference of +1 hour to the time zone of the target area.

Time zone display	Time difference display	Seconds hand positions	Names of representative cities (Time zone)	Time difference from UTC	Receivable radio signals
LON	UTC	0-second position	London	±0 hours	DCF77
PAR/BER	1	3-second position	Paris/Berlin	+1 hours	DCF77
CAI	2	6-second position	Cairo	+2 hours	DCF77 Δ
JED	3	8-second position	Jeddah	+3 hours	-
DXB	4	11-second position	Dubai	+4 hours	-
KHI	5	13-second position	Karachi	+5 hours	-
DAC	6	15-second position	Dhaka	+6 hours	-
BKK	7	18-second position	Bangkok	+7 hours	-
BJS/HKG	8	21-second position	Beijing/Hongkong	+8 hours	BPC
TYO	9	23-second position	Tokyo	+9 hours	JJY
SYD	10	25-second position	Sydney	+10 hours	JJY Δ
NOU	11	28-second position	Nouméa	+11 hours	-

EN 34

* Time zones marked with a Δ in "Receivable radio signals" are selected when the time zone one hour earlier is set to daylight saving time (DST).

* Each indication may differ depending on the model (design) of the watch.

(As of August 2020)

Time zone display	Time difference display	Seconds hand positions	Names of representative cities (Time zone)	Time difference from UTC	Receivable radio signals
WLG	12	30-second position	Wellington	+12 hours	-
TBU	13	32-second position	Nuku'alofa	+13 hours	-
MDY	-11	34-second position	Midway Islands	-11 hours	-
HNL	-10	36-second position	Honolulu	-10 hours	-
ANC	-9	38-second position	Anchorage	-9 hours	-
LAX	-8	41-second position	Los Angeles	-8 hours	WWVB
DEN	-7	43-second position	Denver	-7 hours	WWVB
CHI	-6	45-second position	Chicago	-6 hours	WWVB
NYC	-5	48-second position	New York	-5 hours	WWVB
SDQ	-4	50-second position	Santo Domingo	-4 hours	WWVB Δ
RIO	-3	53-second position	Rio de Janeiro	-3 hours	-
FEN	-2	55-second position	Fernando de Noronha	-2 hours	-
PDL	-1	57-second position	Azores	-1 hour	-

EN 35

■ What is a time zone?

Based on Coordinated Universal Time (UTC), the standard time commonly used is adopted by countries and regions around the world.

The standard time is determined by each country or region, and the region where the same standard time is adopted is referred to as the time zone.

Further, Daylight Saving Time (DST) is individually adopted in countries and regions.

[What is UTC (Coordinated Universal Time)?]

UTC is the universal standard time coordinated through international agreement. It is used as the official time around the world. UTC is a time coordinated by adding leap seconds to the "International Atomic Time (TAI)" determined from atomic clocks in the world, in order to correct the deviation from the astronomically defined universal time (UT).

[What is summer time (DST)?]

Summer time is Daylight Saving Time (DST).

Advance the watch one hour to prolong daytime during longer daylight hours in summer.

The adoption and duration of Daylight Saving Time (DST) vary depending on the country.

* Time differences between regions and daylight saving time may change due to circumstances of a country or region.

* In some regions, time zones that differ from UTC by half- or quarter-hour time differences are established. (For example, some parts of India)

Stopwatch Function

The stopwatch can carry out measurements for up to 60 minutes in increments of 1/5 of a second. When the measurement reaches 6 hours, the stopwatch hands are automatically reset to the 0-second position.

* When the measurement reaches 60 minutes, the stopwatch second hand automatically stops at the 0-second position.

When starting the stopwatch again and then the buttons are operated to stop the stopwatch or to measure a split time, the stopwatch second hand displays the measured time from the restart.

After the stopwatch is restarted or a split time measurement is released, the stopwatch second hand advances for 60 minutes at the longest.

■ Q&A for the world time function

Q : Will the watch be automatically set to the local time when it is moved to a place outside Japan in a different time zone?

A : The watch will not be automatically set to the local time if it is just moved to a place outside Japan in a different time zone.

When traveling abroad, select the time zone for that area.

The watch automatically displays the local time when the time zone is selected. (The time difference can be adjusted in one-hour increments.)

After selecting the time zone, radio signals within the radio signal reception range are received and a more accurate local time can be set. (The transmitting station from which to receive radio signals is changed by selecting the time zone.)

Q : When returning to Japan from overseas, is the time automatically set to Japan time?

A : Just moving does not adjust your watch to Japanese local time.

When wearing a watch in Japan, set to Japan time by use of the world time function.

Q : The hands stop during operation of time zone selection setting, therefore, does time lag occur?

A : The internal circuit stores the time, therefore, no time lag occurs.

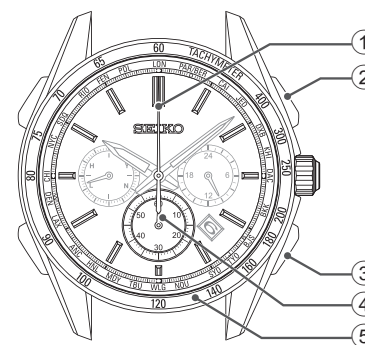
Q : When a time zone for a region other than the radio signal reception range is set, the watch will not receive a radio signal. How is the accuracy of the watch at that time?

A : The watch has an accuracy of a normal quartz watch in that case. (Monthly rate: ± 15 seconds)

Q : How is adjustment made to a local time with a time zone of 15 minutes or 30 minutes?

A : The time can be adjusted on a 1 hour basis by use of the time difference adjustment function. When adjusting to a local time with a time difference of 15 minutes or 30 minutes, refer to "How to manually set the time" → P.82

■ The names of the parts and functions of the stopwatch



① **Stopwatch second hand**
moves in 1/5-second increments

② **Button C**
Start/Stop

③ **Button D**
Split/Reset

④ **Stopwatch minute hand**
moves in one-minute increments

⑤ **Tachymeter**
→ P.46

* The position and design of the display may vary depending on the model.

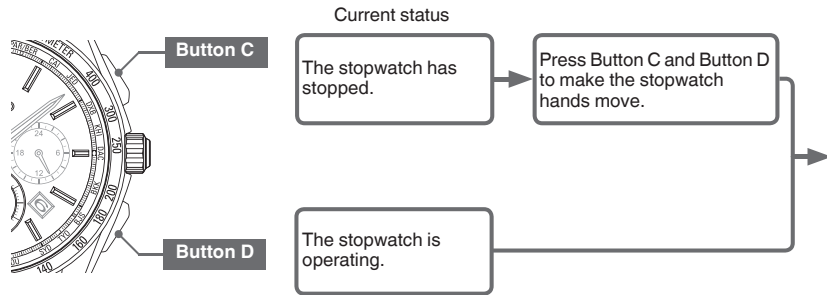
* Some models may not have a tachymeter.

Before using the stopwatch

Before using the stopwatch, reset it and check that the stopwatch hands (second hand, minute hand) are stopped at "0 seconds and 0 minutes". Refer to the following procedure for resetting the stopwatch.

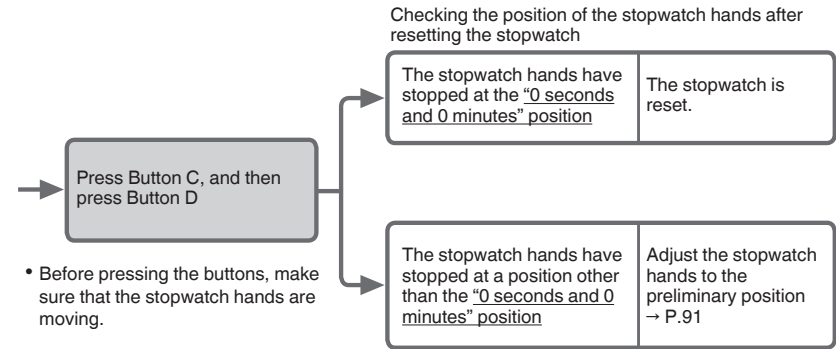
How to reset the stopwatch

* The stopwatch can be operated when the crown is at the normal position.



If any of the stopwatch hands do not return to 0 minute 0 second when the stopwatch is reset, set the stopwatch hands to the preliminary hand position.

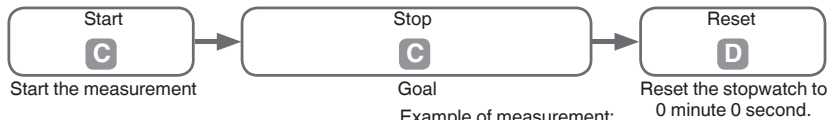
→ "Setting the Preliminary Position of the Stopwatch Second and Minute Hands" P. 91



• Before pressing the buttons, make sure that the stopwatch hands are moving.

How to use the stopwatch

Standard measurement Ex. 5,000 meters running

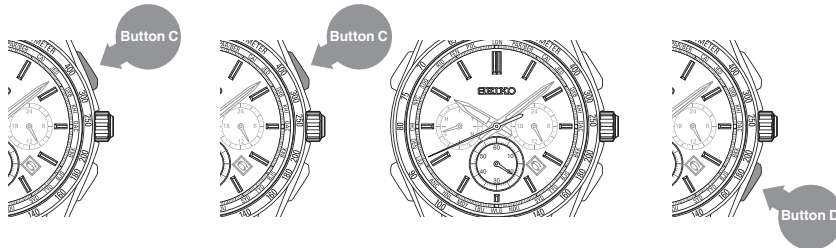


Start the measurement

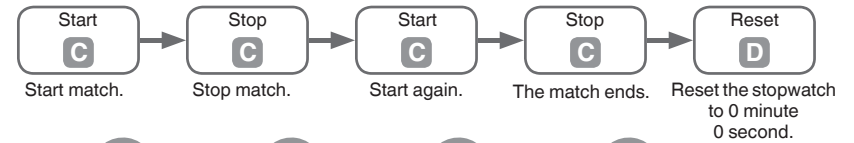
Goal

Example of measurement: 20 minutes 41 seconds

Reset the stopwatch to 0 minute 0 second.



Accumulated elapsed time measurement Ex. Measuring the time for a soccer match



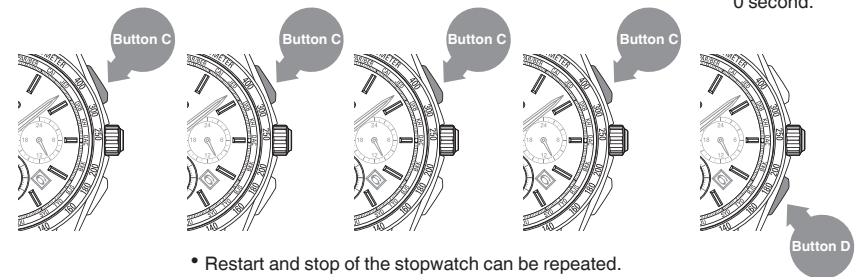
Start match.

Stop match.

Start again.

The match ends.

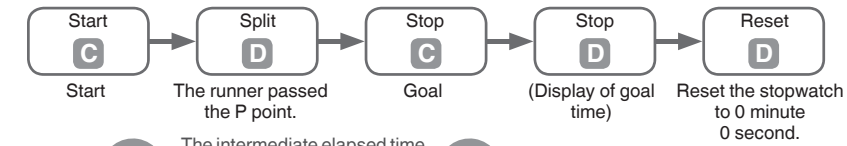
Reset the stopwatch to 0 minute 0 second.



• Restart and stop of the stopwatch can be repeated.

• **Split time (intermediate elapsed time) measurement Ex. 5,000 meters running**

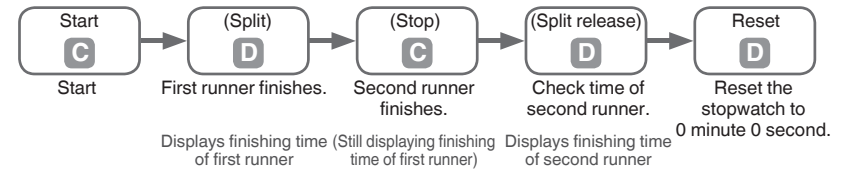
* "Split time" is the time that has elapsed from the start of an activity to any given stage.



The intermediate elapsed time is displayed.

Example of the intermediate elapsed time

• **Measurement of two competitors**



Ex. Measurement of two competitors

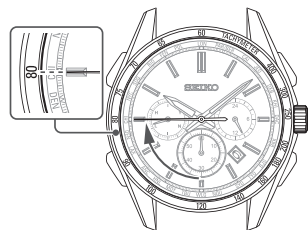
How to use the tachymeter

The numbers on the tachymeter scale can be read to determine how many seconds it takes to run 1 km or to measure the time required to complete 1 job.

- [How to measure kilometers / hour](#)

- 1 Measure the time (within 1 minute) it takes to run 1 km.
- 2 Check the numerals on the tachymeter scale to which the stopwatch second hand is pointing.

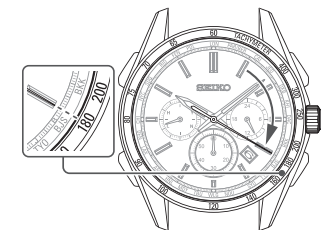
Ex. : If it takes 45 seconds to run 1 km...80 km/h



- [How to measure the hourly rate of operation](#)

- 1 Measure the time (within 1 minute) required to complete 1 job.
- 2 Check the numerals on the tachymeter scale to which the stopwatch second hand is pointing.

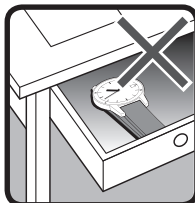
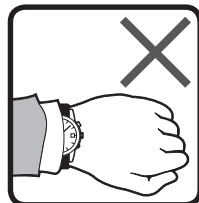
Ex. : If it takes 20 seconds to complete one product...180 products/hour



Charging the battery

How to charge the battery

Expose the dial to light to charge the watch.



To ensure optimal performance of the watch, make sure that the watch is kept sufficiently charged at all times.

Under the following situations, the energy of the watch is likely to be depleted, resulting in stoppage of the watch:

- The watch is concealed under a sleeve.
- The watch is used or stored under conditions where it cannot be exposed to light for a long time.

- * Be careful to make sure that the watch does not get hot when it is charging. (The operating temperature range is Between -10°C and $+60^{\circ}\text{C}$ (14°F and 140°F .)
- * When you first start using the watch or starting it after it stopped due to a lack of charge, charge the watch sufficiently using the table on P.49 as a guide.

EN 48

About energy

Energy depletion forewarning function (Two-second interval movement and Five-second interval movement)

The energy depletion forewarning function is activated when the energy stored in the watch runs low.

In such a case, the small seconds hand moves at two-second intervals.

If the watch continues to be in the state of two-second interval movement, the watch switches to five-second interval movement, followed by a completely stopped state.

If the energy depletion forewarning function is activated, charge the watch sufficiently.

"How to charge the battery" → P.48

"Guide to charging times" → P.49

- * Neither the button nor the crown can be operated while the seconds hand moves at two-second or five-second intervals. (This is not a malfunction.)
- * While the seconds hand moves at five-second intervals, the hour and minute hands, as well as the date, stop operating.
- * While the seconds hand moves at five-second intervals, the automatic reception function and manual reception function will not work. After the watch is charged sufficiently and the seconds hand returns to normal one-second interval movement, conduct the manual reception of radio signals to set the watch to the correct time. ("Automatic reception and manual reception" → P.19)

EN 50

Guide to charging times

Charge the watch using the times below as a guide.

Illuminance lx (LUX)	Light source	Condition (Example)	From the state where the watch is stopped (Not charged)		In the state where the hand moves (The watch is charged)
			Time required for fully charging the watch	Time required for charging the watch to start moving at one-second intervals	Time required for charging the watch to last for 1 day
700	Fluorescent light	General offices	-	-	4 hours
3,000	Fluorescent light	30 W 20 cm	230 hours	6 hours	1 hour
10,000	Fluorescent light	30 W 5 cm	60 hours	1.5 hours	15 minutes
	Sunlight	Cloudy day			
100,000	Sunlight	Sunny day (Under direct sunlight on a summer day)	30 hours	30 minutes	3 minutes

The figures of "Time required for charging the watch to start moving at one-second intervals" are estimations of time required to charge the stopped watch by exposing it to light until it moves at steady one-second intervals. Even if the watch is partially charged for a shorter period, the watch will resume one-second interval movement. However, it may shortly return to two-second interval movement. Use the charging time in this column as a rough guide for sufficient charging time.

* The seconds hand movement indicates the remaining amount of energy. "Checking the Charging Status" → P.16


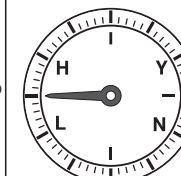
* The required charging time slightly varies depending on the model of the watch.

EN 49

Power save function

This watch is equipped with a power save function which can suppress energy consumption when it is left without receiving an adequate light source for a certain length of time.

* There are two types of power save mode.

	Power Save 1	Power Save 2
Condition	The watch is exposed to a state without receiving an adequate light source for 72 hours or longer.	The watch is in an insufficient charging state for a long time.
Situation	 <p>The small seconds hand stops pointing at the 15-second position, and the hour and minute hands also stop. The watch conducts automatic radio signal receiving.</p>	 <p>The small seconds hand stops pointing at the 45-second position, and the hour and minute hands also stop. The watch does not conduct automatic radio signal receiving.</p>
How to handle the situation	When the watch is exposed to an adequate light source for five seconds or longer, it displays the current time again after the seconds hand is rapidly advanced.	After sufficiently charging the battery, set the watch for the current time, if necessary.

Power Save 2

- * While the watch is being charged, the seconds hand moves at "Five-second Intervals". During the "Five-second Interval Movement", neither the button nor the crown can be operated.
- * If the "Power Save 2" mode is prolonged, the stored power amount drops and the internal current time information stored will be lost. When the watch returns to its normal movement of one-second interval after sufficiently charging the battery, set the current time by receiving a radio signal. ("Automatic reception and manual reception" → P.19)

EN 51

Power Source

The battery used in this watch is a special secondary battery, which is different from ordinary batteries.

Unlike an ordinary silver oxide battery, the secondary battery does not require periodic replacement.

The capacity or charging efficiency may gradually lower due to long-term use or operating environment.

In addition, long-term use may shorten the charge duration due to wear, contamination, lubricant deterioration of mechanical parts, etc. Request repair when the performance lowers.

⚠ WARNING

■ Notes on replacing the secondary battery

- Do not remove the secondary battery from the watch. Replacement of the secondary battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for replacement of the secondary battery.
- Installation of an ordinary silver oxide battery can generate heat that can cause bursting and ignition.

EN 52

Daily care

● The watch requires good daily care

- Do not wash the watch when its crown is in the extended position.
- Wipe away moisture, sweat or dirt with a soft cloth.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.

Do not pour running water directly from a faucet onto the watch. Put some water into a bowl first, and then soak the watch in the water to wash it.

* If your watch is rated as "Non-water resistant" or "water resistant for daily use", please do not wash the watch. "Performance and type" → P.55

"Water resistant performance" → P.57

● Turn the crown from time to time

- In order to prevent corrosion of the crown, turn the crown from time to time.
- The same practice should be applied to a screw down crown. "Crown" → P.15

● Press the button once in a while

- Press the button once in a while to prevent corrosion of the button. * If the display is changed by pressing any button, wait and leave it as is.

EN 54

* Overcharge prevention function

When the secondary battery is fully charged, the overcharge prevention function is automatically activated to avoid further charging.

There is no need to worry about damage caused by overcharging no matter how much the secondary battery is charged in excess of the "time required for fully charging the watch".

* For the required time to fully charge the battery, see "Guide to charging times" → P.49.

⚠ WARNING

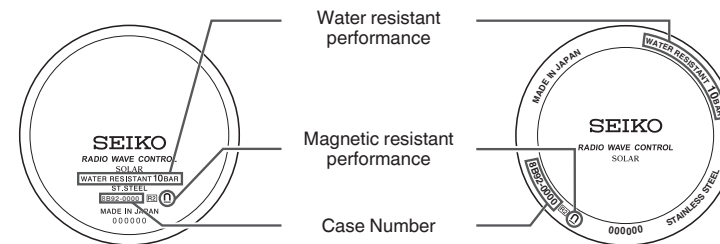
■ Notes on charging the watch

- When charging the watch, do not place the watch in close proximity to an 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 60°C.

EN 53

Performance and type

The case back shows the caliber and performance of your watch



• Water resistant performance

Please refer to P.57.

• Case Number

The number to identify the type of your watch.

• Magnetic resistant performance

Please refer to P.58 and P.59.

* The above illustration is provided as an example, therefore it may not be exactly the same as your watch.

EN 55

Lumibrite

If your watch has Lumibrite

Lumibrite is a luminous paint that absorbs the light energy of sunlight and lighting apparatuses in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, Lumibrite can emit light for 3 to 5 hours. Please note, however, that, as Lumibrite emits the light it stores, the luminance level 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 place where the watch is exposed to light and the distance from the light source to the watch.

* In general, when coming from a place that is bright to a place that is dark, it takes human eyes some time to adapt to the darkness making it difficult to see objects initially. (Dark adaptation)

* Lumibrite is luminous paint that stores and emits light, which is harmless to human beings and the environment, containing no toxic materials such as radioactive substances.

<Brightness levels>

Condition	Condition	Illumination
Sunlight	Fine weather	100,000 lux
	Cloudy weather	10,000 lux
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
Lighting apparatus (40-watt daylight fluorescent light)	Distance to the watch: 1 m	1,000 lux
	Distance to the watch: 3 m	500 lux (Average room luminance)
	Distance to the watch: 4 m	250 lux

EN 56

Water resistant performance

Refer the table below for the description of water resistant performance of your watch before using. (Please look at P.55.)



Indication on the case back	Water resistant performance	Conditions of Use	
No indication	Non-water resistance	Avoid drops of water or sweat	
WATER RESISTANT	Water resistance for everyday life	The watch withstands accidental contact with water in everyday life.	⚠ WARNING Please do not use it for swimming.
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5-BAR water resistant	The watch is suitable for sports such as swimming.	
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10 (20)-BAR water resistant	The watch is suitable for diving not using an air cylinder.	

EN 57

Magnetic resistant performance

**Affected by nearby magnetism,
a watch may temporarily gain or lose time or stop operating.**

* When the hand positions deviate to display incorrect time as a result of influence of magnetism, this watch automatically corrects the hand alignment itself. (P.86)

⚠ DANGER	
Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the specified rate under normal use, the watch needs to be demagnetized. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.

The reason why a watch is affected by magnetism

The built-in motor is provided with a magnet, which may be influenced by a strong external magnetic field.

EN 58

Examples of common magnetic products that may affect watches



Smartphone, cellular phone, tablet terminal
(Speaker, magnet of cover)



AC adapter



Bag
(With magnet buckle)



AC-powered shaver



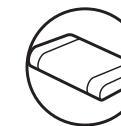
Magnetic cooking device



Portable radio
(Speaker)



Magnetic necklace



Magnetic health pillow

EN 59

Band


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 the sleeve edge. The watch requires a lot of attention for long usage.

● Metallic band

- 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 result in a rash or cause a yellowish or gold stain on the lower sleeve edge of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible.
- To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
Clean it off with a soft cloth.
- Because some titan bands use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the band, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

● Silicone band

- As for material characteristics, the band is easily dirtied, and may be stained and discolored. Wipe off dirt with a wet cloth or cleaning tissue.
- Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool.

Notes on skin irritation and allergy	Skin irritation caused by a band may result from various factors 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 and your wrist. 

● Leather band

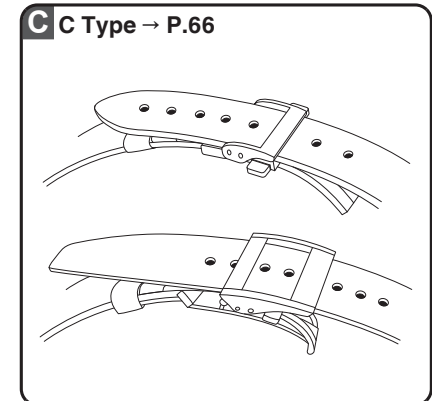
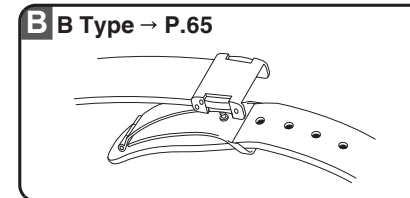
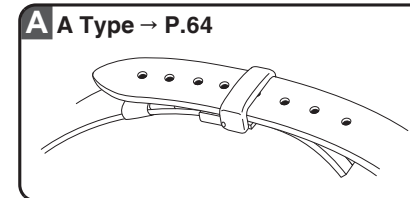
- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch 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, swimming, and when working with water even if the watch itself is water resistant enforced for daily use (10-BAR/20-BAR water resistant).

● Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- 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, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

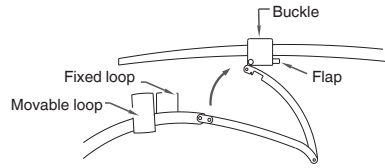
How to use tri-fold type clasp for leather band (Special clasps)

There are 3 types of special clasps as described below;
If the clasp of the watch you purchased is one of them, please refer to the indications.

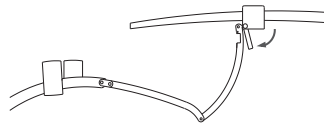


A A Type

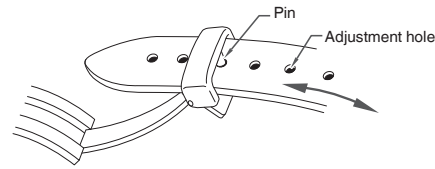
- 1 Lift up the clasp to release the buckle.



- 2 Open the flap.

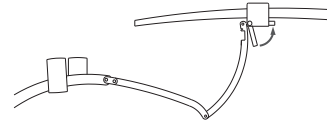


- 3 Remove the pin from the adjustment hole. Slide the band left and right, and reinsert the pin into the adjustment hole at an appropriate length.



- 4 Fasten the flap.

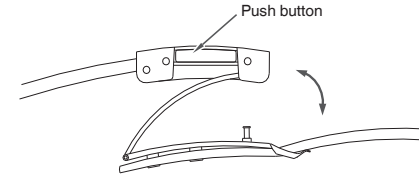
* Do not push the flap in too hard.



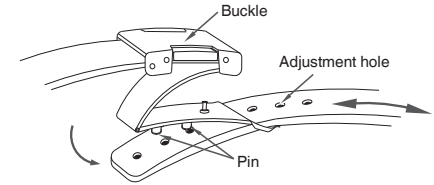
* When fastening the clasp, insert the tip of the band into the movable loop and fixed loop, and then, securely tighten the clasp.

B B Type

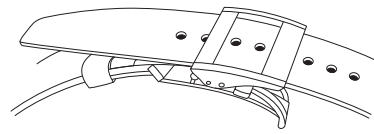
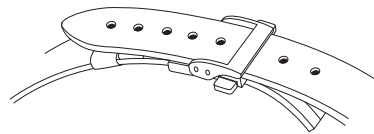
- 1 While pressing the push buttons on both sides of the flap, lift to open the clasp.



- 2 Remove the pin from the adjustment hole. Slide the band left and right, and insert the pin into the adjustment hole at an appropriate length. Push the buckle and fasten the clasp.

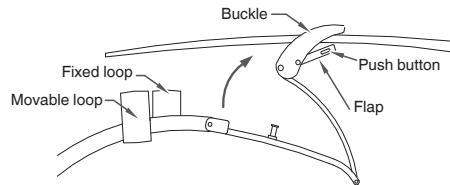


C C Type

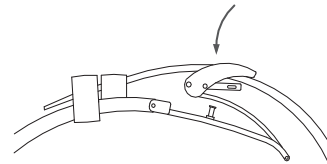


● How to wear or take off the watch

- 1 While pressing the push buttons on both sides of the flap, pull the band out of the movable loop and fixed loop. Then open the clasp.

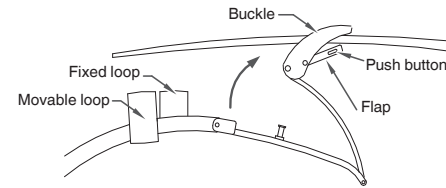


- 2 Place the tip of the band into the movable loop and fixed loop, and fasten the clasp by pressing the frame of the buckle.

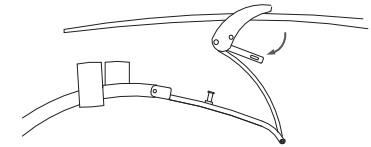


● How to adjust the length of the band

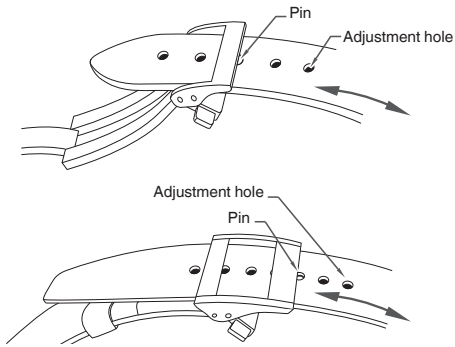
- 1 While pressing the push buttons on both sides of the flap, pull the band out of the movable loop and fixed loop. Then open the clasp.



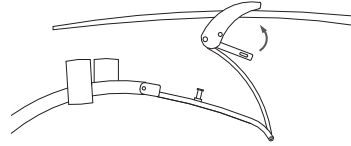
- 2 Press the push buttons again to unfasten the flap.



- ③ Pull the pin out of an adjustment hole of the band. Slide the band to adjust its length and find an appropriate hole. Place the pin into the hole.

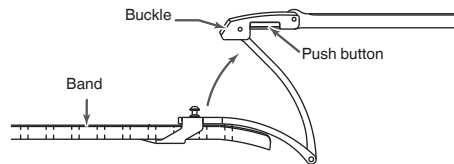


- ④ Fasten the flap.

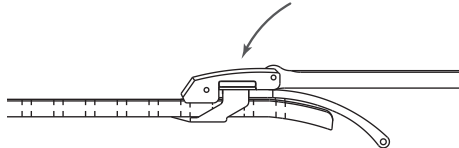


● **How to wear or take off the watch**

1. Open the clasp and pull upward by pressing the push buttons on both sides of the buckle.



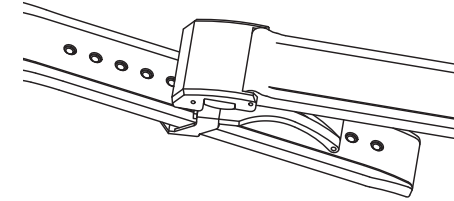
2. Fasten the clasp by pressing the frame of the buckle.



How to use an adjustable three-fold clasp (Pointed tip diving type)

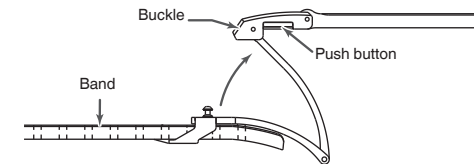
The rubber bands and some leather bands are provided with an adjustable three-fold clasp (Pointed tip diving type) of the type where the pointed tip of the band dives downward as shown in the figure.

If the clasp of the watch you purchased is of this type, please refer to the following instructions.

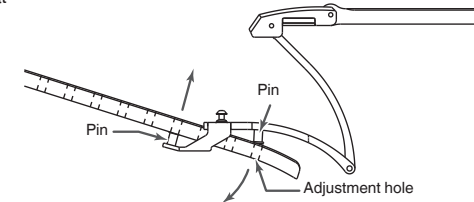


● **How to adjust the length of the band**

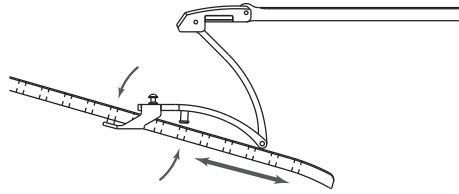
1. Open the band clasp by pushing the buttons on both sides of the clasp.



2. Pull the pins out of the adjustment holes at both locations.



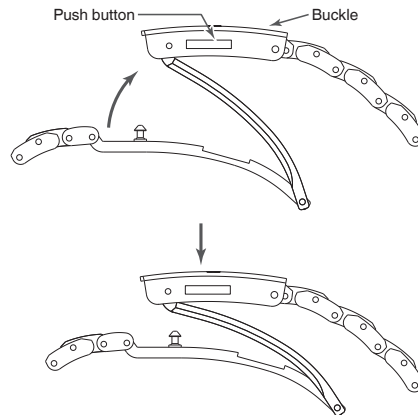
- Slide the band to the right and left and at an appropriate length, push the pins firmly into the adjustment holes again at those 2 locations.



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

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

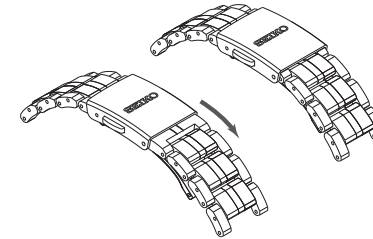
- Lightly press the push buttons to open the clasp.
* Note that pressing the push buttons too firmly (deeply) actuates the adjuster, which lengthens the band.
- Fasten the clasp by pressing the frame of the buckle.



How to use an easy adjust type clasp

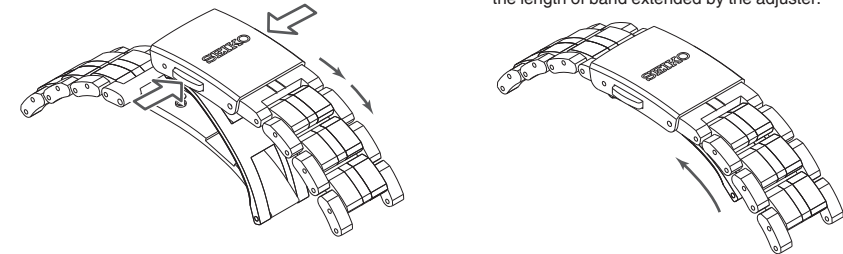
Some bands are provided with an easy adjust type clasp for fine adjustment of the band's length. If the clasp of the watch you purchased is of this type, please refer to the following instructions.

- * 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 adjust the length of the band

- 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.
- 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.

After sales service

● Notes on guarantee and repair

- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- 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.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

● Replacement with functional parts

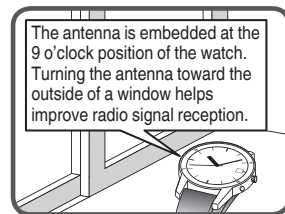
- Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

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How to conduct manual reception (Receive a radio signal manually)

1 Place the watch.

Place the watch where it can easily receive a radio signal.
"To improve radio signal reception" → P.25
"Environments in which it is difficult to receive a radio signal" → P.26
* The watch cannot receive a radio signal outside the radio signal reception range. "Radio signal reception range indication" → P.20



2 Reset the stopwatch and check the selected time zone.

* If the stopwatch hands are not reset to the 0-position, it is not possible to set the time zone (the small seconds hand does not stop).
"How to Reset the Stopwatch" → P.40
"How to select the time zone (How to display the local time around the world)" → P.32

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● Inspection and adjustment by disassembly and cleaning (Overhaul)

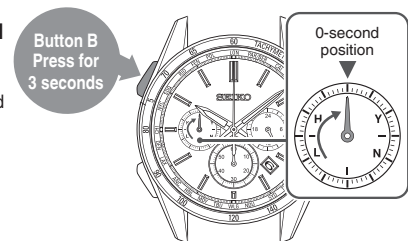
- Periodic inspection and adjustment by disassembly and cleaning (overhaul) is recommended approximately once every 3 to 4 years in order to maintain optimal performance of the watch for a long time. According to use conditions, the oil retaining condition of your watch mechanical parts may deteriorate, abrasion of the parts may occur due to contamination of oil, which may ultimately lead the watch itself to stop.
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.

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3 Continue to press and hold Button B for 3 seconds, and then release it when the small seconds hand moves to the 0-second position.

Reception starts after the small seconds hand moves and stops at the 0-second position.

* If the small seconds hand does not stop at the 0-second position, manual reception cannot be conducted. Re-attempt the operation from procedure 2.



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4 Place the watch and wait for a few minutes (max. 12 minutes).

When the seconds hand moves at the one-second interval, the reception is finished.

It takes time to receive a radio signal (max. 12 minutes).
* The required time varies depending on the receiving state of a radio signal.

<Display until the reception is finished>

The small seconds hand indicates the reception level. (Updated every minute)

Reception level	High : H	Low : L
Display		
Receiving state of a radio signal	Easy to receive	Difficult to receive

* In conjunction with the small seconds hand movement, the minute hand advances by one minute.

<If the reception has failed>

The small seconds hand points to "N" for the reception result.

Reception result : N



After 5 seconds, the watch switches to the time display mode.

"If reception has failed: The seconds hand points to "N" → P.29

5 When the small seconds hand moves at one-second intervals, check that reception is successful.

When the reception is finished, check that the reception is successful.

"How to display the reception results" → P.28

* During movement of the date, neither the button nor the crown can be operated.

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How to manually set the time

If the watch is continually used in an environment in which a radio signal cannot be received (a region other than the radio signal reception ranges, etc.), set the time manually.

"Radio signal reception range indication" → P.20

- When the watch is used in an environment in which a radio signal can be received again, receive a radio signal to set the time. "Automatic reception and manual reception" → P.19
- When adjusting the time, the 24-hour hand and date will be accordingly adjusted.

* Even if a radio signal cannot be received, the watch can be used with the same accuracy as that of a normal quartz watch. (Average gain/loss ±15 seconds per month)

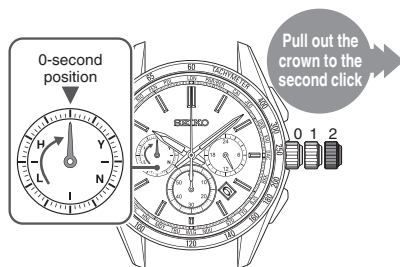
* When the watch receives radio signals after the time is manually adjusted, it displays the time received from radio signals.

1 Pull out the crown to the second click.

The small seconds hand moves to the 0-second position and stops.

The watch switches to the manual time setting mode. (If the stopwatch is moving, the stopwatch hands also stop at the 0-second position.)

* When the crown is a screw lock type, unlock it. → P.15



When a radio signal cannot be received

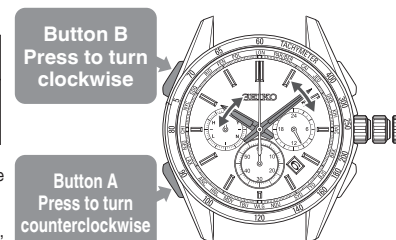
When a radio signal cannot be received, refer to the following.

- Not receivable within the radio signal reception range**
Check that the time zone of the area where the watch is used is set.
When the time and date are misaligned even after the time zone is correctly selected, refer to Troubleshooting. "Reception of a radio signal" → P.97
Since a radio signal cannot be received, the time and date became misaligned. In this case, set the time and date manually.
"How to manually set the time" → P.82
"How to manually set the date" → P.84
* For the radio signal reception ranges, refer to "Radio signal reception range indication" → P.20.
- When the watch is used outside the radio signal reception range**
Select the time zone of the area where the watch is used.
"How to select the time zone (How to display the local time around the world)" → P.32
When the watch does not display the correct time and date even after selecting the time zone, manually set the time and date.

2 Press Button A or B to set the time.

One minute Advance	Press button once and then release it.
Continuous Advance	Keep pressing down the button for longer than 2 seconds. Press the button once again to stop.

- The hands do not move by turning the crown.
- The moment the date changes is midnight (12 AM). Please be sure to set the time after ensuring that AM/PM is set correctly.
- When the watch switches to the manual time setting mode, the reception result data is lost. Therefore, the reception result is indicated as "N".

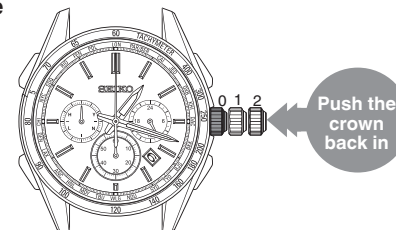


3 Push the crown back in according to the time signal, etc.

The operation is completed.

The watch starts to work.

* When the crown is a screw lock type, lock it. → P.15



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■ How to manually set the date

When the date is not changed automatically due to an environment in which a radio signal cannot be received outside the radio signal reception range, etc. (when changing from a month with 30 days or less to a month with 31 days), set the date manually.

- The date can be set independently regardless of the time.
- When the watch is used in an environment in which a radio signal can be received again, receive a radio signal to set the time. "Automatic reception and manual reception" → P.19

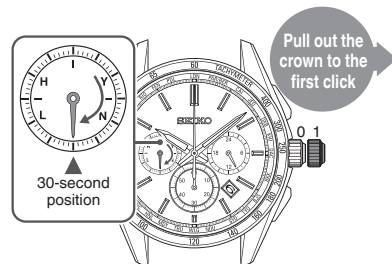
* When the watch receives radio signals after the date is manually adjusted, it displays the date received from radio signals.
 * If the date remains incorrect even after a successful radio signal reception, the preliminary position of the date may be misaligned. "Set the preliminary position for the date, and the hour and minute hands." → P.87

1 Pull out the crown to the first click.

The small seconds hand rotates until it points to the 30-second position and stops.

The watch enters the manual date setting mode. (If the stopwatch is moving, the stopwatch hands also stop at the 0-second position.)

- * The watch operates while it enters the mode. (The small seconds hand remains stopped.)
- * When the crown is a screw lock type, unlock it. → P.15



Preliminary position

When the watch is unable to display the precise time or date even if it successfully receives a radio signal, or when the stopwatch hands do not stop at the 0-position even after resetting the stopwatch, the preliminary position may be misaligned. The possible causes of misalignment of preliminary position are as follows:

- In the case of having a strong impact : the misalignment may occur when dropping or hitting the watch.
- In the case of a magnetic influence : the misalignment may occur when bringing the watch close to an object which generates magnetism.

"Examples of common magnetic products that may affect watches" → P.59

* The condition "the preliminary position of hand is misaligned" means that compared to a health meter, "the zero position of a meter is misaligned, causing a correct weight not to be displayed."

■ Automatic hand position adjustment function (Adjustment of preliminary positions of hour, minute and seconds hands)

The hour, minute, and seconds hands have an "automatic hand position adjustment function", which automatically corrects an incorrect preliminary position. Automatic Hand Position Adjustment Function activates once a minute for the small seconds hand and at 12:00 both for the AM and PM for the hour and minute hands.

- * This function works when the preliminary hand position is misaligned due to external factors such as strong impact or magnetic influence. It does not work to adjust accuracy of the watch or slight deviations which may occur during the manufacturing process.
- * The preliminary position of the hour and minute hands can also be manually adjusted.
- * "Set the preliminary position for the date, and the hour and minute hands." → P.87

■ Setting the Preliminary Position of the Date/Stopwatch Hands

Since the preliminary position of the date and stopwatch hands is not automatically adjusted, it must be adjusted manually.

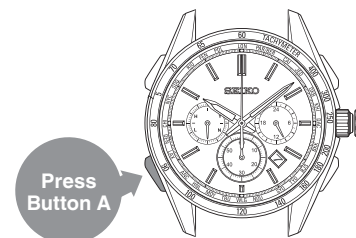
"Set the preliminary position for the date, and the hour and minute hands." → P.87

"Setting the Preliminary Position of the Stopwatch Second and Minute Hands" → P.91

2 Press Button A to set the date.

To advance a date	Press button once and then release it.
Continuous Advance	Keep pressing down the button for longer than 2 seconds. Press the button once again to stop.

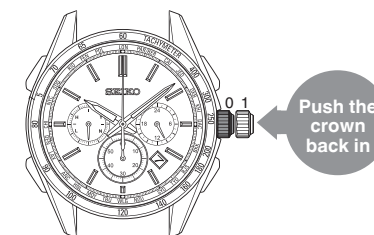
- * The hands do not move by turning the crown.
- * While the date is moving, the button cannot be operated.
- * Set the date by advancing the date. The date cannot be reversely moved.



3 Push the crown back in.

The operation is completed.

- * When the crown is a screw lock type, lock it. → P.15

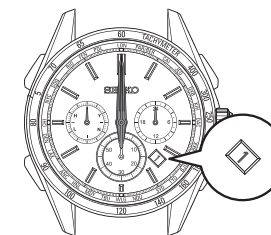


How to set the preliminary position

■ Set the preliminary position for the date, and the hour and minute hands.

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

The preliminary positions of the hour and minute hands are "0:00 AM".



When the preliminary positions are incorrect, the correct time and date cannot be displayed even if the watch receives radio signals.

In such a case, by correcting the preliminary positions, the loss or gain of the time or date can be corrected. When the numerical number of the date is not located at the center of the window, it can be corrected by the same procedures as mentioned above.

To correct the preliminary positions, perform the following operation.

* In procedures 1 to 5, when no operation is conducted after the date numeral and small seconds hand stop, and the watch has no movement of the date or the seconds hand for 20 seconds or longer, it automatically displays the time again. When it is in the middle of operation, re-attempt the operation from procedure 1.

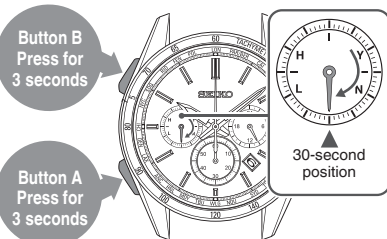
1 Press and hold Button A and Button B simultaneously until the small seconds hand stops at the 30-second position (for 3 seconds).

The watch switches to the preliminary position alignment mode for the date.

The date moves, and stops at the preliminary position.

* While the date is moving, the button cannot be operated.

* Do not pull the crown out.



2 Press Button A to set the date to "1".

Make sure that the numerical number "1" is located at the center of the date window.

* If "1" is shown, go to step 3.

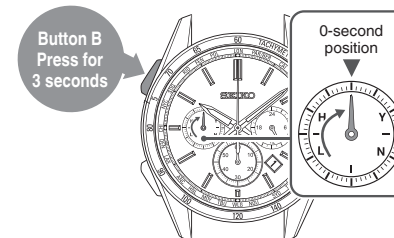
Continuous adjustment	Keep pressing down the button for longer than 2 seconds. Press the button once again to stop.
Fine adjustment	When the button is pressed intermittently, the hand will slightly advance.



3 Press and hold Button B until the small seconds hand stops at the 0-second position (for 3 seconds)

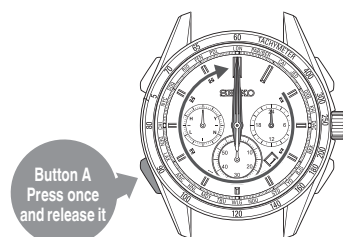
The watch switches to the preliminary position alignment mode for the hour and minute hands.

* If the correct time is shown, go to step 5.



4 Press Button A once and release it

The hour and minute hands move, and stop at the 12 o'clock position.



5 After completing the operation, leave the watch untouched for 20 seconds.

The preliminary position adjustment mode is automatically terminated and the small seconds hand starts moving.

When the watch returns to the time display mode, check if the time and date are correct.

If the time and date are not correct, manually set them.

Adjusting the time and date by receiving a radio signal

"How to conduct manual reception (Receive a radio signal manually)" → P.78

When the watch is unable to receive a radio signal, refer to

"How to manually set the time" → P.82

"How to manually set the date" → P.84

Setting the Preliminary Position of the Stopwatch Second and Minute Hands

If any of the stopwatch hands do not return to the 0 minute 0 second position when the stopwatch is reset, the preliminary hand position may be misaligned.

The preliminary position of the stopwatch second hand is the 0-second position, and that of the minute hand is the 0-minute position.

Adjusting the hands to the preliminary position will ensure that stopwatch measurements are correct.

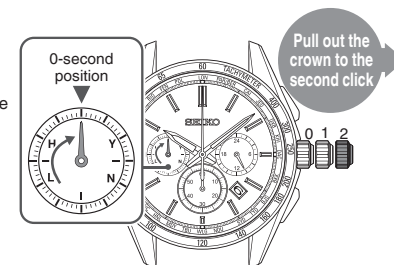
* If the preliminary position adjustment is carried out, the watch gains or loses time. After adjusting the preliminary hand position, make sure to reset the main time.

1 Pull out the crown to the second click.

The small seconds hand moves to the 0-second position and stops.

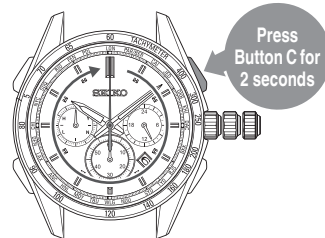
* The date and stopwatch hands also stop.

* For models with screw down crown, please unlock the crown before operating it.



2 Press Button C until the stopwatch second hand starts moving (for 2 seconds).

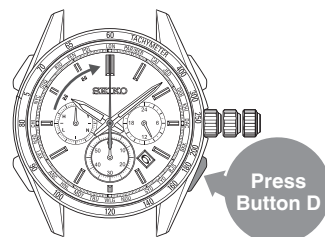
The stopwatch seconds hand will move and the watch will switch to "stopwatch seconds hand" preliminary position alignment mode.



3 Press Button D to set the stopwatch second hand to the 0-second position.

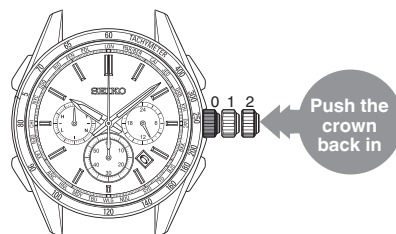
Continuous adjustment	When Button D is kept pressed for two seconds or longer, the hand will start to move. Press Button D again to stop.
Fine adjustment	When the button is pressed intermittently, the hand will slightly advance.

* When the stopwatch second hand is set to the 0-second position, go to procedure 4.



6 When this operation is complete, press the crown to return.

This ends the preliminary position alignment mode, and the small seconds hand, and hours and minute hands start to move.



If the crown is pulled out to the second click, the time setting will no longer be in sync. Please set the time if this occurs.

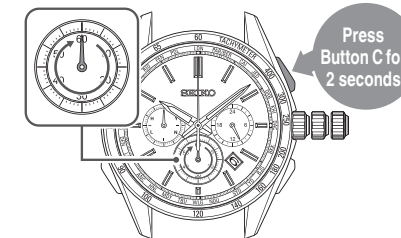
Adjusting the time and date by receiving a radio signal
"How to conduct manual reception (Receive a radio signal manually)" → P.78

When the watch is unable to receive a radio signal, refer to
"How to manually set the time" → P.82
"How to manually set the date" → P.84

* When the crown is a screw lock type, lock it. → P.15

4 Press Button C until the stopwatch minute hand starts moving (for 2 seconds).

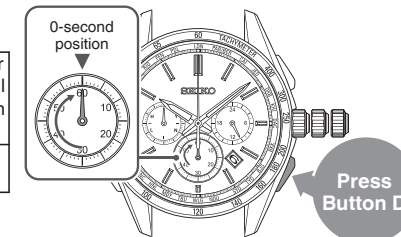
The stopwatch minute hand will move and the watch will enter "stopwatch minute hand" preliminary position alignment mode.



5 Press Button D to set the stopwatch minute hand to the 0-minute position.

Continuous adjustment	When Button D is kept pressed for two seconds or longer, the hand will start to move. Press Button D again to stop.
One minute Advance	Each pressing Button D slightly advances the hand.

* When the stopwatch minute hand is set to the 0-minute position, go to procedure 6.



Troubleshooting

	At trouble	Possible causes	Solutions	Reference
Hand Movement	The small seconds hand is moving every 2 seconds.	The energy depletion forewarning function is activated. (P.50)	Keep charging until the small seconds hand is moving every second. Be careful not to conceal the watch under a sleeve, etc., while wearing it. When taking off the watch, place it in as bright a location as possible.	P.48
	The small seconds hand is moving every 5 seconds.	If the seconds hand moves at two- or five-second intervals while you wear the watch everyday, the watch is in a condition where it cannot acquire sufficient light, for instance, the watch is concealed under a long sleeve shirt.		
	The stopped small seconds hand pointing to the 15-second position started operating.	The power save function has been activated. (P.51) When the watch is not exposed to adequate light for a certain period of time, the power save function to limit energy consumption is automatically activated.	Wait until the current time is displayed. No operation is needed. (This is not a malfunction.)	-

At trouble		Possible causes	Solutions	Reference
Hand Movement	The stopped small seconds hand pointing to the 45-second position started operating.	The power save function has been activated. (P.51) When the watch is not exposed to adequate light for a certain period of time, the power save function to limit energy consumption is automatically activated.	1. Keep charging until the small seconds hand is moving every second. 2. After that, if the watch displays the incorrect time, receive a radio wave as needed.	P.19, P.48
	The watch hands advance rapidly unless a button is pressed. After the rapid advancement is completed, the watch resumes its normal movement.	The power save function has been activated. (P.51) The automatic hand position alignment function was activated. (P.86) When the hand positions deviate to display incorrect time as a result of external influences, etc., the watch automatically corrects the hand misalignment by the automatic hand position alignment function.	No operation is needed. (This is not a malfunction.)	-

At trouble		Possible causes	Solutions	Reference
Charging the solar battery	The stopped watch was exposed to an adequate light for longer than "the time required to fully charge the watch", however, it does not resume its normal one-second interval movements.	The amount of exposed light is too weak. The time for charging the watch is not sufficient.	The time required for charging the watch depends entirely on the amount of exposed light the watch receives. Refer to "Guide to charging times" to charge the watch.	P.49
		The built-in IC of the watch has fallen into an unstable condition.	Refer to "In case of an abnormal movement" to reset the system.	P.102
Misalignment of the time and hand positions	The watch temporarily gains or loses time.		1. When the watch returns to a normal temperature, it will display the precise time as before. 2. If the watch still gains or loses the time, conduct manual reception if necessary. 3. If the watch cannot resume normal movement even after conducting the above mentioned procedures, consult the retailer from whom the watch was purchased.	P.78

At trouble		Possible causes	Solutions	Reference
Reception of a radio signal	The watch is unable to receive a radio signal. The reception results have failed and the seconds hand points to N (the watch does not receive a radio signal).	The watch was moved while it was receiving a radio signal. (It takes 12 minutes at the longest to receive a radio signal successfully.)	Do not move the watch while it is receiving a radio signal. Because it takes time to receive a radio signal successfully, leave the watch untouched for 12 minutes at the longest.	P.25, P.80
		The watch was left where the radio signal was weak or where it was unable to receive a radio signal. (P.26)	Place the watch where it is able to easily receive a radio signal.	P.25
		Transmitting stations may have stopped transmitting radio signals for some reason. (Transmission stop)	Check the website of each transmitting station for further information concerning a transmission stop. Attempt to receive a radio signal again after a while.	P.27
		The stopwatch second and minute hands are not reset.	Reset the stopwatch second and minute hands.	P.40
		The time zone is set to a region other than the radio signal reception range.	1. Check the selected time zone and select the correct time zone. 2. When the watch is not displaying the precise time, receive a radio signal again if necessary.	P.19, P.32

At trouble		Possible causes	Solutions	Reference
Misalignment of the time and hand positions	The reception results are successful, but the precise time is not displayed.	The watch fails to receive a radio signal correctly as a result of external influence. (Incorrect reception)	1. Place the watch where it is able to receive a radio signal more easily. 2. Conduct manual reception if necessary.	P.25, P.78
		The hand positions were misaligned as a result of external influence. The hands are out of the preliminary position as a result of external influence. "Preliminary position" → P.86	1. The automatic hand position alignment function will operate, and these will be corrected. Continue to use the watch normally. Automatic hand position alignment function activates once a minute for the small seconds hand and at 12:00 both for the AM and PM for the minute and hour hands. If urgent, perform manual time adjustment.	P.86, P.102
The small seconds hand position is not correctly aligned in "the reception results display" or "the reception level display".	The small seconds hand is out of the preliminary position as a result of external influence. "Preliminary position" → P.86	2. If the watch still gains or loses time, refer to "In case of an abnormal movement" to perform procedures. 3. If the watch cannot resume normal movement even after conducting the above mentioned procedures, consult the retailer from whom the watch was purchased.		

	At trouble	Possible causes	Solutions	Reference
Misalignment of the time and hand positions	The watch displays an incorrect time hour unit, even though it displays the precise time of minutes and seconds.	The time zone selection is incorrect.	Check the selected time zone and set it to the area where the watch is used.	P.32
Misalignment of the date	The reception results are successful and the precise time is displayed, but the date is not correctly displayed.	The date is out of the preliminary position. This happens when the date is out of the preliminary position as a result of influence of various external sources or after the built-in IC is reset.	Set the date to the preliminary position "1" (the 1st).	P.87
Misalignment of the stopwatch hands	After resetting the stopwatch, the stopwatch hands do not stop at the 0-second position.	The stopwatch hands are out of the preliminary position. This happens when the stopwatch hands are out of the preliminary position as a result of external influence or system reset.	Adjust the preliminary position of the stopwatch hands to "0".	P.91
Time zone	Time zone cannot be set.	The stopwatch hands are moving.	Reset the stopwatch before setting the time zone.	P.40

EN 100

In case of an abnormal movement

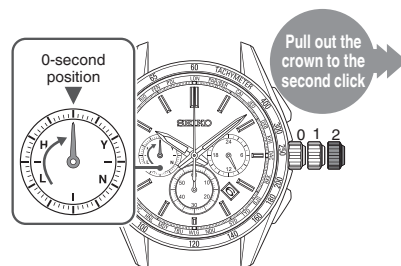
In the case that the watch moves abnormally or that the watch does not move at one-second intervals even after fully charging the battery, then it can be returned to normal operation using the following operation.

Reset the system

1 Pull out the crown to the second click.

The small seconds hand moves to the 0-second position and stops.

- * The date and stopwatch hands also stop.
- * When the crown is a screw lock type, unlock it. → P.15



EN 102

	At trouble	Possible causes	Solutions	Reference
Operation	The crown or button cannot be operated.	The stored electric power is running short.	Keep charging until the small seconds hand is moving every second.	P.48
		Hands and date are moving right after a setting is carried out by the crown or button operation.	Wait without doing anything. After the date stops, the crown and button can be operated.	-
Operation	You get lost in the middle of the operation.	-----	Return to the status before the start of the operation, and try the operation again. If the crown is pulled out, push it in. If the crown is not pulled out, then pull it out and push it in again. This will return to one-second interval movement for a maximum of 9 minutes. After this, try the operation again.	-
Others	Blur on the dial glass persists.	A small amount of water has got inside the watch due to deterioration of the gasket, etc.	Contact the retailer from whom the watch was purchased.	-

* For the solution of troubles other than the above, consult the retailer from whom the watch was purchased.

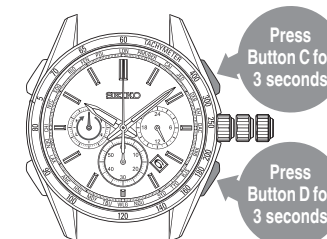
EN 101

2 Press and hold Button C and Button D simultaneously for three seconds, and then release them.

In five seconds after releasing the buttons, the small seconds hand makes a full rotation and stops at the 0-second position.

Then the hour and minute hands will start to move and stop pointing to 12 o'clock 0 minutes.

- * The 24-hour hand moves accordingly with the hour and minute hands, and stops at the 0-hour position.
- * The stopwatch second hand moves, and then stops at an arbitrary position.
- * The button cannot be operated until all the hands stop.

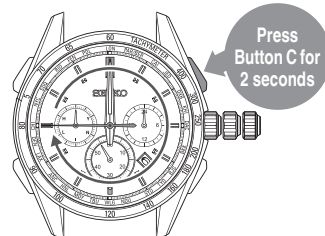


EN 103

■ Set the stopwatch hands to “0”

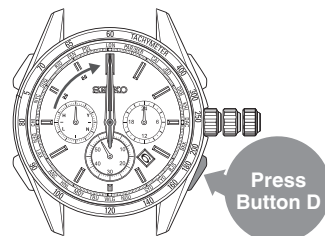
3 Press Button C until the stopwatch second hand starts moving (for 2 seconds).

The stopwatch seconds hand will move and the watch will switch to “stopwatch seconds hand” preliminary position alignment mode.



4 Press Button D to set the stopwatch second hand to the 0-second position.

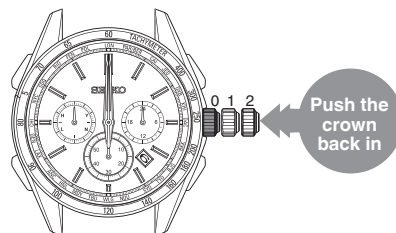
Continuous adjustment	When Button D is kept pressed for two seconds or longer, the hand will start to move. Press Button D again to stop.
Fine adjustment	When the button is pressed intermittently, the hand will slightly advance.



EN 104

7 When all the hands return to the 0-second position, push the crown back in.

When the crown is pushed back in, the watch starts to work from 00:00:00.



After the built-in IC is reset, the time zone is automatically set to LON (London).

* If the watch does not start to move from “0:0:0 AM”, the resetting of the built-in IC may not activate.

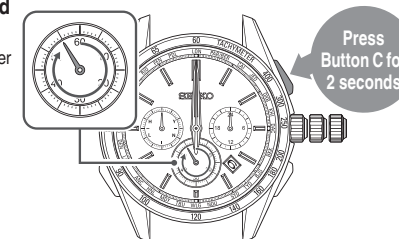
In such a case, re-attempt the operation from the procedure “1”.

* When the crown is a screw lock type, lock it. → P.15

EN 106

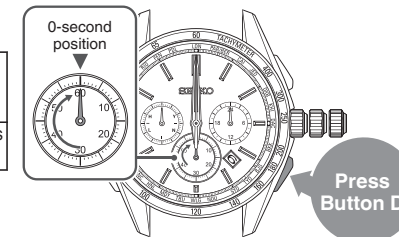
5 Press Button C until the stopwatch minute hand starts moving (for 2 seconds).

The stopwatch minute hand will move and the watch will enter “stopwatch minute hand” preliminary position alignment mode.



6 Press Button D to set the stopwatch minute hand to the 0-minute position.

Continuous adjustment	When Button D is kept pressed for two seconds or longer, the hand will start to move. Press Button D again to stop.
One minute Advance	Each pressing Button D slightly advances the hand.



EN 105

■ Set the date to “1” (1st)

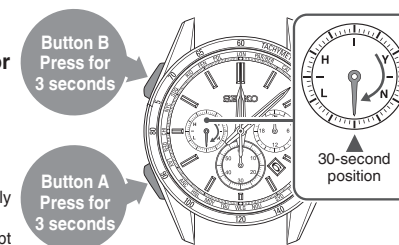
8 Press and hold Button A and Button B simultaneously until the small seconds hand stops at the 30-second position (for 3 seconds).

The watch switches to the preliminary position alignment mode for the date.

* When no operation is conducted for 20 seconds or longer after the watch enters the mode to adjust the preliminary position of the date, the watch automatically displays the time again.

If this happens in the middle of the operation, re-attempt the operation from procedure 8.

* Do not pull the crown out.



EN 107

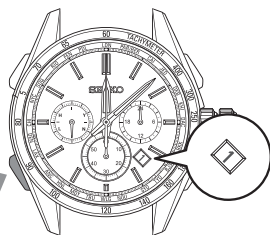
9 Press Button A to set the date to "1".

Make sure that the numerical number "1" is located at the center of the date window.

* If "1" is shown, go to step 10.

Continuous adjustment	Keep pressing down the button for longer than 2 seconds. Press the button once again to stop.
Fine adjustment	When the button is pressed intermittently, the hand will slightly advance.

Press Button A



10 After completing the operation, leave the watch untouched for 20 seconds.

The watch automatically exits the preliminary position setting mode, and the small seconds, hour and minute hands start moving.

EN 108

12 Press Button A or Button B to set the stopwatch second hand to the local time zone of a desired area.

With each pressing of the button, the stopwatch seconds hand moves to the adjacent time zone index.

The position of stopwatch second hand indicates the time zone. Please set it by referring to P.34.

Press Button B to advance 1 time zone

Press Button A to set back 1 time zone



EN 110

How to set the time zone

After the built-in IC is reset, the time zone is automatically set to LON (London).

* If necessary, set the time zone.

11 Continue to press Button A (for 3 seconds), and when the stopwatch second hand starts to move counterclockwise, release it.

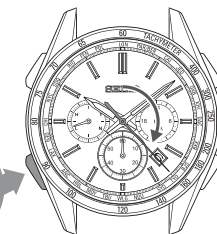
The watch switches to the time zone adjustment mode and stops by the time zone set currently.

* When no operation is conducted for 10 seconds or longer after the watch enters the mode to adjust the preliminary position of the date, the watch automatically displays the time again.

If this happens in the middle of the operation, re-attempt the operation from procedure 11.

* If the stopwatch hands are not reset to the 0-position, it is not possible to set the time zone (the stopwatch second hand does not stop). Reset the stopwatch and re-attempt procedure 1. → P.40

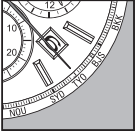
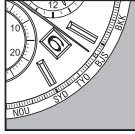
Press Button A for 3 seconds and then release it.



EN 109

The radio signal transmitting station can be changed by selecting the time zone. When selecting a time zone for regions other than the radio signal reception ranges, the radio signal reception function will not work.

* When setting the daylight saving time (DST), add one hour to the time zone of the target area.

In Japan	In China	In the other countries
		"Time zone display and time difference table" → P.34
Set the seconds hand to the 23-second position.	Set the seconds hand to the 21-second position.	

13 Wait for ten seconds after the movement of the hour and minute hands stop. (The time zone adjustment mode is finished.)

After ten seconds, the stopwatch second hand automatically switches to the 0-position.

EN 111

■ Set the time and date

14 Receive a radio signal to set the time and date

“How to conduct manual reception” → P.78

Set the time and date manually in an environment in which a radio signal cannot be received.

“How to manually set the time” → P.82

“How to manually set the date” → P.84

When the time and date are set, the operations are finished.

Specifications

Cal.	8B92
1. Features	Main time with three hands (hour, minute, and seconds hands), 24-hour hand, date display, stopwatch hands (1/5-second and minute)
2. Frequency of crystal oscillator	32,768 Hz (Hz= Hertz, cycles per second)
3. Loss/gain (Monthly rate)	Loss/gain ±15 seconds in a monthly rate (Except the cases when the watch is used without time adjustment by receiving a radio signal and when it is worn on the wrist within a normal temperature range between 5 °C and 35 °C)
4. Operational temperature range	Between -10 °C and +60 °C
5. Driving system	Step motor (Hour and minute hands/24-hour hand, small seconds hand, date, stopwatch second hand, stopwatch minute hand)
6. Power source	Secondary battery, 1 piece
7. Duration	Approximately 6 months (when the battery is fully charged and the power save is not activated) * If Power Save is activated after it is fully charged, the watch continues to run for approximately 2 years at maximum.
8. Radio signal reception function / radio signal transmitting station	Automatic reception (Before 2:00 AM, 3:00 AM and 4:00 AM) * It varies depending on the radio signal receiving condition. * After radio signal reception, the watch will start to work depending on the quartz movement until the next reception. * Manual reception is available.
9. Integrated circuit	Oscillator, frequency divider and driving circuit C-MOS-IC, 3 pieces

* The specifications are subject to change without prior notice due to product improvements.