



セイコー株式会社
本社 東京都中央区京橋2丁目15番1号 〒104-8331

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〒104-0031 東京都中央区京橋2-7-16 (03) 5533-2211
〒550-0013 大阪府西区南町1-24 (大阪) フォン第一生命ビル (06) 6538-6541

“株式会社 セイコーサービスセンター お客様相談係”

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■FEATURES

This is a duo-display watch having both analogue and digital display. Besides having hands for easy checking of the time, it provides various convenient functions on the digital display.

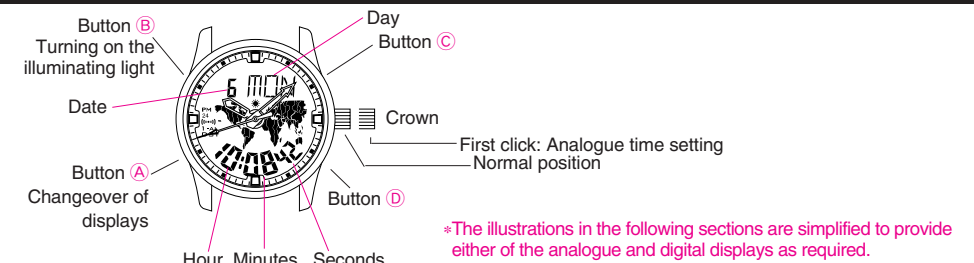
[Analogue display]
●Hour, minute and second hands are provided to indicate the time.
[Digital display]
●Time/calendar display:
●Time/calendar display:
●Time display:- The hour, minutes and seconds are displayed. (Changeover between 12- and 24-hour indications can be made.)
The hourly time signal can be set to ring every hour on the hour.
●Calendar display:- The date and day of the week are displayed.
●Desired display can be selected from the time/calendar, calendar and blank displays.
●Full auto calendar function: The calendar adjusts automatically for odd and even months including February of leap years up to the end of the year 2050.

●World time function:
●The time and time difference from your area of 27 cities in different time zones throughout the world can be displayed. The daylight saving time (summer time) can be set for each city.
●For some cities among the 27 cities, the time difference is indicated in 30-minute increments.
●Stopwatch function
The stopwatch can measure up to 23 hours, 59 minutes and 59 seconds in 1/100 second increments for the first hour, and in second increments thereafter.
●Alarm function
Two types of alarms are provided. The regular alarm can be set to ring every day at a designated time, while the single-time alarm can be set to ring only once at a designated time.
●Illuminating light (Electroluminescent panel) function
By pressing button **B**, the light illuminates the display for 3 seconds for easy viewing in the dark.
●Demonstration function
Each display (time/calendar, world time, stopwatch and alarm displays) can be shown for approximately 2 seconds in order for demonstration.

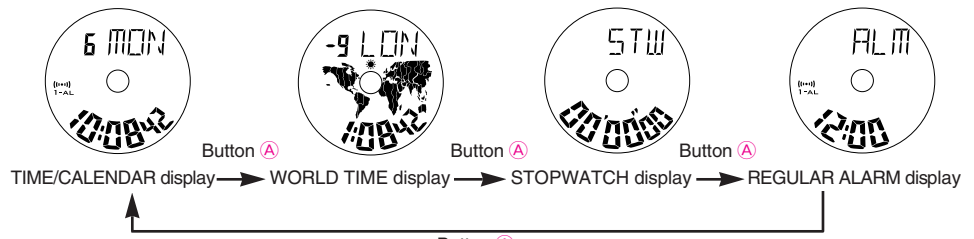
■SPECIFICATIONS

1. Frequency of crystal oscillator32,768 Hz
 2. Loss/gain (monthly rate)Less than 30 seconds when the watch is worn on the wrist at a temperature between 5°C and 35°C
- The time accuracy of the analogue and digital displays may differ as they operate independently of each other.
3. Operational temperature range5°C→+50°C (0°C→+50°C for the digital display).
 4. Analogue display driving systemStep motor, 1 piece
 5. Digital display mediumNematic Liquid Crystal, FEM (Field Effect Mode)
 6. BatteryFor analogue display: Miniature silver oxide battery SB-AW, 1 piece
For digital display: Miniature silver oxide battery SB-B1, 1 piece
 7. Battery lifeApprox. 2 years
 8. Illuminating lightElectroluminescent panel
 9. IC (Integrated Circuit)Oscillator, frequency divider and driving circuit (C-MOS-LSI), 2 pieces
- The above specifications are subject to change without prior notice, for product improvement.

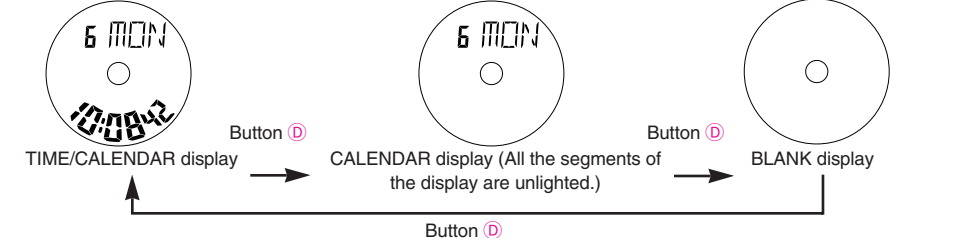
■DISPLAY AND BUTTON OPERATION



[Analogue display]
Crown at the normal position: Free
Crown at the first click: Time setting
[Digital display]
●Certain button operation in each function will be followed by a beeping sound for confirmation.
●With each press of button **A**, the display changes over in the following order.

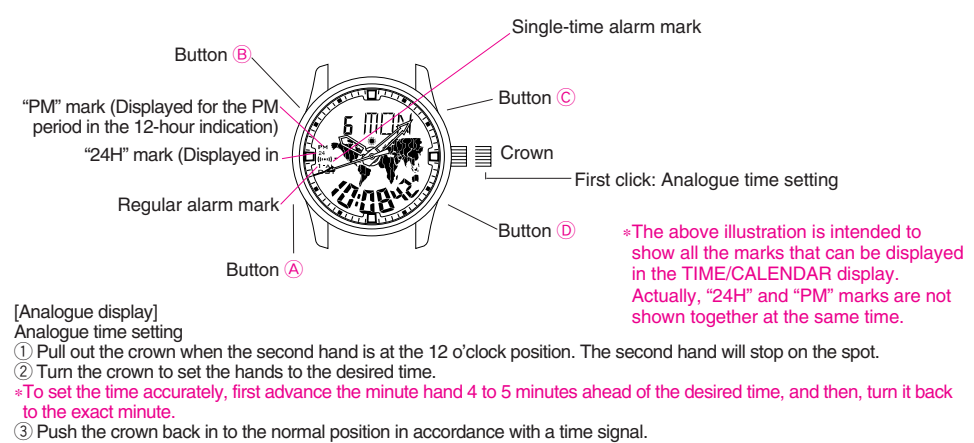


●If the watch is left untouched for 1-2 minutes in the WORLD TIME display, it will automatically return to the TIME/CALENDAR display.
●By pressing button **B** in any display, the light illuminates the display for approximately 3 seconds.
●By pressing button **C** in the TIME/CALENDAR display, the single-time alarm is shown. For its use, refer to “<How to use the single-time alarm>” in “HOW TO USE THE ALARM (REGULAR AND SINGLE-TIME ALARMS)”.
●With each press of button **D** in the TIME/CALENDAR display, the digital display changes over in the following order.



●Demonstration function
By pressing button **D** for more than 2 seconds in the TIME/CALENDAR display, the demonstration function is activated, and each display is shown for approximately 2 seconds in order.
Pressing any of the buttons will deactivate the demonstration function and return the display to TIME/CALENDAR.

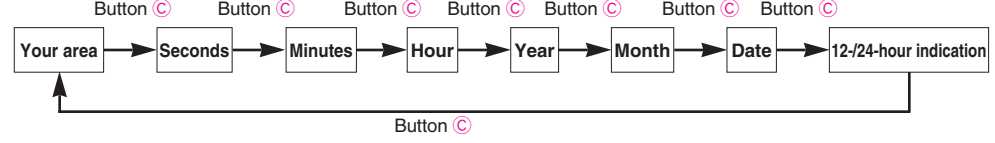
■HOW TO SET THE TIME/CALENDAR



[Digital display]
Digital time/calendar setting

The watch is provided with a world time function. By setting the time in the TIME/CALENDAR display, the time of the cities covered in the WORLD TIME display will be adjusted accordingly. When setting the TIME/CALENDAR, therefore, be sure to select the city representing the area for which you wish to set the time/calendar. Otherwise, the world time function will not work properly.

- ① Press button **A** to show the TIME/CALENDAR display.
 - ② Press button **A** for 2 to 3 seconds to show the TIME/CALENDAR SETTING display. The time zone digits start flashing on the map.
- If the watch is left untouched with the digits flashing, it will automatically return to the TIME/CALENDAR display in 1 to 2 minutes.
- ③ Press button **C** repeatedly to select the digits to be adjusted (flashing). With each press of button **C**, selection of the digits to be adjusted (flashing) is made in the following order.



- ④ With each press of button **D**, one digit is advanced. The digits move quickly if button **D** is kept pressed.
When setting the city, select the city representing your area. If you use the watch in a city in Japan, for example, select “TYO (Tokyo)”, and set the time/calendar of Japan.
●For the city names and time differences, refer to “TIME DIFFERENCES”.
When the time is set in the 12-hour indication, only “PM” mark is displayed for the PM setting, and there is no indication for the AM setting. In the 24-hour indication, “24” is displayed.
⑤ After all the adjustments are completed, press button **A** to return to the TIME/CALENDAR display.
- Seconds setting
While the second digits are flashing, press button **D** in accordance with a time signal. The seconds are reset to “00”. When the seconds count any number from “30” to “59” and button **D** is pressed, one minute is added, and the seconds immediately start counting from “00”.

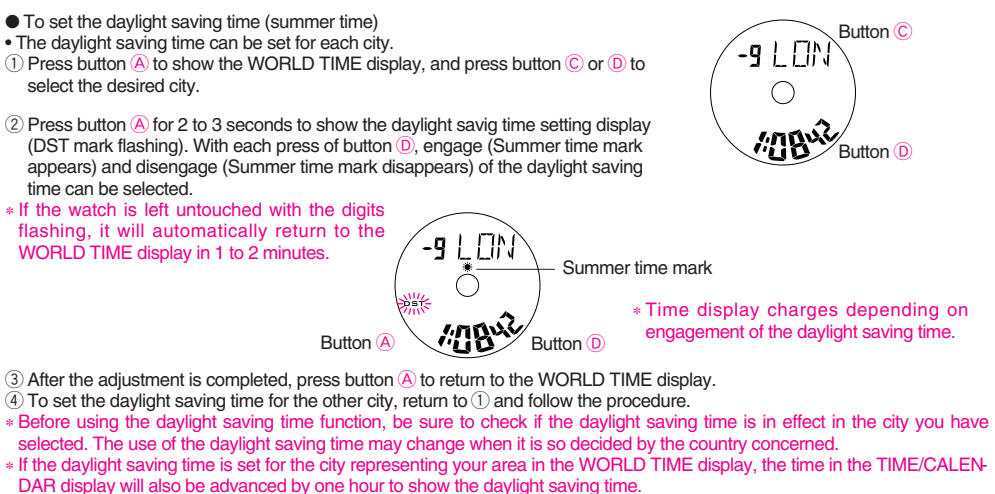
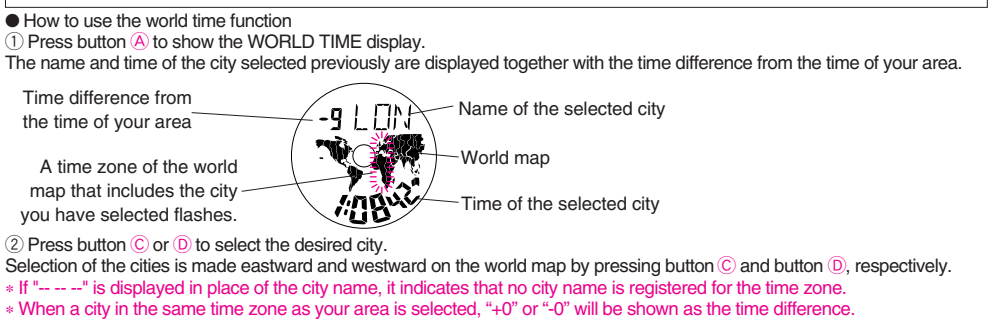
<All the segments lighting up>
●While in the TIME/CALENDAR SETTING display, the display as shown below will appear if both buttons **C** and **D** are pressed at the same time. This is not a malfunction. Press button **A**, **C** or **D** to return the display to the TIME/CALENDAR, and then, set the time/calendar again following the steps above starting from “1”.
●When you are traveling around different time zones, the time/calendar of the place you are visiting can easily be set only by re-setting the city.
●When you move to a city in a different time zone, select the city representing the place of your visit in the TIME/CALENDAR SETTING display. The watch displays the time/calendar of the place.
●When the time/calendar of the place you are visiting is shown in the TIME/CALENDAR display, “+0” or “-0” is shown at the left of the city name.



■HOW TO USE THE WORLD TIME FUNCTION

- The time of 27 cities in different time zones throughout the world can be displayed together with the time difference from the time of your area you have set in the TIME/CALENDAR display.
- For some cities among the 27 cities, the time difference is indicated in 30-minute increments.
- The daylight saving time (summer time) can be set for each city.

For the world time function to work properly, it is necessary to select the city representing your area and set its time/calendar accurately in the TIME/CALENDAR display. Refer to “HOW TO SET THE TIME/CALENDAR”.



■TIME DIFFERENCES

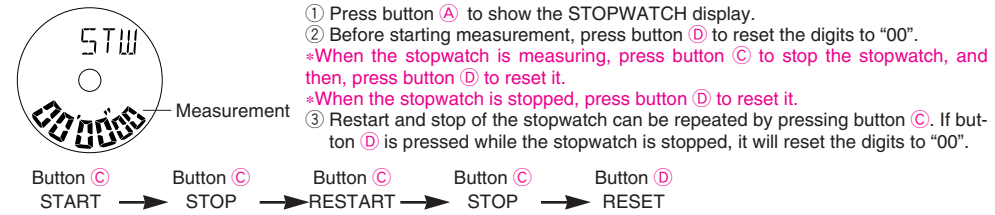
The abbreviated names of the 27 cities and their time differences from the Greenwich Mean Time are listed in the table below.

Abbreviated city name	Name of city area (Universal Time Coordinated)	Time difference from GMT	Use of daylight saving time
UTC	London	0	○
LON	Paris	+1	○
PAR	Cairo	+2	○
CAI	Jerusalem	+2	○
JRS	Jedda	+3	○
JED	Tehran	+3.5	○
THR	Dubai	+4	○
DXB	Kabul	+4.5	○
KBL	Karachi	+5	○
KHI	Delhi	+5.5	○
DEL	Dacca	+6	○
DAC	Yangon	+6.5	○
RGN	Bangkok	+7	○
BKK	Hong Kong	+8	○
HKG	Tokyo	+9	○
TYO	Adelaide	+9.5	○
ADL	Sydney	+10	○
SYD	Noumea	+11	○
NOU	Wellington	+12	○
WLG	---	-11	○
---	Honolulu	-10	○
HNL	Anchorage	-9	○
ANC	Los Angeles	-8	○
LAX	Denver	-7	○
DEN	Chicago	-6	○
CHI	New York	-5	○
NYC	Caracas	-4	○
CCS	Rio de Janeiro	-3	○
RIO	---	-2	○
---	---	-1	○
---	---	---	○

●If “-” or “+” in the above table is selected in the WORLD TIME display, “-” or “+” will be displayed in place of the city name, and no portion of the world map will flash.
●UTC (Universal Time Coordinated) is another term for the Greenwich Mean Time.
●The time differences and use of daylight saving time may change in some areas or countries when they are so decided by the countries concerned.

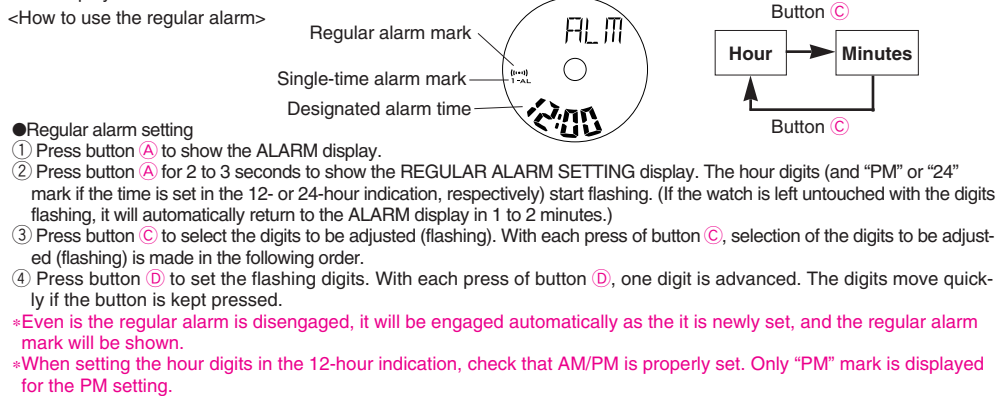
■HOW TO USE THE STOPWATCH

The stopwatch can measure up to 23 hours, 59 minutes and 59 seconds in 1/100 second increments for the first hour, and in second increments thereafter. When the measurement reaches 24 hours, the stopwatch automatically stops counting.



■HOW TO USE THE ALARM (REGULAR AND SINGLE-TIME ALARMS)

Two types of alarms are available. The regular alarm can be set to ring once every day at a designated time. The single-time alarm can be set to ring only once at a designated time, and, it is automatically disengaged as it rings. Please note that the regular alarm is set in the ALARM display while the single-time alarm is set in the TIME/CALENDAR display.

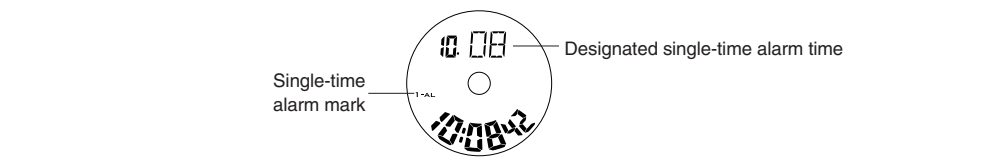


- ⑤ After all the adjustments are completed, press button **A** to return to the ALARM display.
- Engagement/disengagement of the regular alarm.
With each press of button **C** in the ALARM display, the engagement and disengagement of the regular alarm is made as follows. The regular alarm mark appears and disappears accordingly.



- Regular alarm test
The regular alarm can be tested by keeping button **C** pressed for 2 to 3 seconds in the ALARM display. The alarm sounds while the button is kept pressed.
●The above procedure will engage or disengage the regular alarm, as the respective mark appear or disappear accordingly. Refer to “Engagement/disengagement of the regular alarm” to engage/disengage it as you desire.

<How to use the single-time alarm>
The single-time alarm can be set to ring at a coming time in minute increments starting from the current time. It is, therefore, convenient for reminding you of an approaching event. The single-time alarm rings only once at the designated time. As it rings, it is automatically disengaged. To ring the alarm every day at a fixed time, use the regular alarm.



- If the watch is left untouched with this display shown, it will automatically return to the TIME/CALENDAR display in 20 to 30 seconds.
- ① Press button **A** to show the TIME/CALENDAR display.
 - ② Press button **C** to show the SINGLE-TIME ALARM display. The set alarm time is shown in the upper row of the display while the current time is shown in the lower row. If the alarm time has not been set, the current time is shown in both rows.
 - ③ Press button **C** or **D** to set the desired alarm time. With each press of button **C** or **D**, one minute is advanced or moved back, respectively.
 - ④ When the alarm time has been set, the single-time alarm mark “1-AL” appears on the display, indicating that the single-time alarm is engaged.
●If the alarm time is set to the current time, the single-time alarm mark disappears, and the single-time alarm will be disengaged. In that case, the single-time alarm will not ring.
 - ⑤ Press button **A** to return to the TIME/CALENDAR display. (It is recommended that you follow this step to prevent the alarm time you have set from being changed by pressing button **C** or **D** by mistake in the SINGLE-TIME ALARM display. If the watch is left untouched in the SINGLE-TIME ALARM display, it will automatically return to the TIME/CALENDAR display in 20 to 30 seconds.)

- To stop the single-time alarm
At the designated time, the single-time alarm rings for 20 seconds and stops. To stop it manually, press button **A**, **B**, **C** or **D**.
●The single-time alarm can be stopped manually in any display by pressing a button.
●The single-time alarm rings only once at the designated time. As it rings, it is automatically disengaged.

- How to check, correct or cancel the alarm time already set for the single-time alarm;
●If you wish to check the alarm time you have set for the single-time alarm; or
●If you wish to correct or cancel the set alarm time;
Follow the procedure below.
① Press button **C** in the TIME/CALENDAR display to show the SINGLE-TIME ALARM display. The alarm time you have set for the single-time alarm will be shown.
② Press button **C** or **D** to correct the alarm time.
To cancel the alarm time, press both buttons **C** and **D** at the same time, or press button **C** or **D** to adjust the alarm time so that it corresponds with the current time.
As the set alarm time is canceled, “1-AL” disappears from the display, indicating that the alarm is disengaged and will not ring.

■NECESSARY PROCEDURE AFTER THE BATTERY CHANGE (RESETTING THE IC)

After batteries are replaced, or when an abnormal digital display (broken digits, etc.) appears, follow the procedure below. The built-in IC will be reset and the watch will resume normal operation.

- How to reset the IC
After batteries are replaced, be sure to press buttons **A**, **B**, **C** and **D** at the same time for 2 to 3 seconds. The display will become black, and then, “12:00” on SAT 1 JAN Your area: UTC” will be displayed.
- After setting the IC
Before using the watch, adjust the following display in the order below by referring to the corresponding sections of this instruction manual.
1. Time/calendar (including your area)
2. Alarm time

■NOTES ON THE BATTERY

- (1) Battery life
When new normal batteries are installed, this watch operates for approximately 2 years. (If the alarm is used for more than 10 second a day and/or the illuminating light for more than 3 seconds a day, the battery life may be less than the specified period.)
●If you find either of the analogue and digital displays runs down, replace two batteries for both displays with new ones at a time.
- (2) Monitor battery
The battery in your watch may run down in less than 2 years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.
- (3) Battery change
① When replacing the battery, please specify the “ALBA BATTERY” at the retailer from whom your watch was purchased or at an ALBA DEALER.
② If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
③ Battery replacement is charged even if it runs down within the guarantee period.
④ Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced.

- ① Do not remove the battery from the watch.
② If it is necessary to take out the battery, keep it out of the reach of children.
③ If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.
- ① Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intensify heat or catch fire.
② The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
③ If the watch is left in a temperature below 5°C or above 35°C for a long time, it may cause the battery life to be shortened.

■NOTE ON THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)

The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.
●After 120 hours of use, the luminance level decreases by about half. When the illuminating light becomes dim, replace the battery with a new one. If the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be made at cost.

■TO PRESERVE THE QUALITY OF YOUR WATCH

⚠ CAUTION

- CARE OF YOUR WATCH
The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust or those who have a delicate skin may have a rash.
●After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.
●Clean the watch bracelet with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.
- METAL BRACELET
●When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
- LEATHER BAND

SOFT PLASTIC BRACELET

- If your watch has a soft plastic band such as urethane band, do not leave the band under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the watch may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water. Otherwise, the band may be discolored in a very short time. When the band is soiled, rinse it in soapy water. Do not use solvents for cleaning as some solvents may deteriorate the band.
- If your watch has a semitransparent urethane band which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use.
- If your watch is not water-resistant, be careful not to get wet with water or sweat. When it gets wet with water or sweat, wipe it thoroughly dry with a hygroscopic cloth.
- If your watch is 5, 10 or 20 bar water resistant, rinse it in a bowl of fresh water after used in seawater. Do not use chemicals to wash it.
- If your watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.

⚠ CAUTION

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

●PLACES TO KEEP YOUR WATCH

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- If the watch is left in a temperature below -5°C or above +50°C for a long time, it may function improperly or stop operating.
●The watch is so adjusted that it will maintain stable time accuracy in normal temperatures. (5°C-35°C)
It will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.
 - Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
 - Do not leave the watch where there is strong vibration.
 - Do not leave the watch in a dusty place.
 - Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
●Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

⚠ CAUTION

●WATER RESISTANCE
●Check the dial or case back of your watch for the water resistant quality, and then see the table below.
●Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

	Designed and manufactured to withstand the water usually experienced in daily living such as splashing and rain.	Designed and manufactured for swimming and kitchen work.	Skindiving with out scuba and bathing	Genuine diving using scuba or helmets.	Button operation when the watch is wet.
“WATER RESISTANT” is not inscribed on the back of your watch case.	×	×	×	×	×
“WATER RESISTANT” is inscribed on the back of your watch case.	○	×	×	×	×
“WATER RESISTANT 5-10-15-20 BAR”, “WATER RESISTANT” and marks inscribed on the back of your watch case.	○	○	×	×	○
	○	○	○	×	○

●ABOUT BATHING

Your watch can be worn while bathing if it is equipped with water resistance over 10 bar. In that case, please note the following carefully.
●Please do not operate your watch (Crown operation, Button operation etc.) when it is wet with soap or shampoo. It sometimes causes a reduction in the water proofing.
●When the watch gets warm due to warm water, the watch could gain or lose time to some degree. However, the watch will return to its usual accuracy at normal temperatures.

⚠ WARNING

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

●PRECAUTIONS ON WEARING YOUR WATCH

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

●PERIODIC CHECK

- We suggest that you have your watch checked by ALBA DEALER every 2 or 3 years or when the battery is replaced for oil condition, battery electrolyte leakage or damage due to water or sweat. After checking the watch, adjustment and repair may be required.
- When the replacing the parts or battery, please specify “ALBA GENUINE PARTS”. If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.
- Be sure to have the gasket and push-pin replaced with new ones by the ALBA DEALER when checking the watch or the battery is replaced.

■NOTES ON THE REPLACEMENT PARTS

- ① ALBA makes it a policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
- ② The number of years that a watch is considered repairable may vary greatly depending on the condition under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased, when having them repair your watch.
- ③ The case, dial, hands, glass, bracelet, or parts thereof may be replaced with substitutes if the originals are not available.

