

セイコーウォッチ株式会社



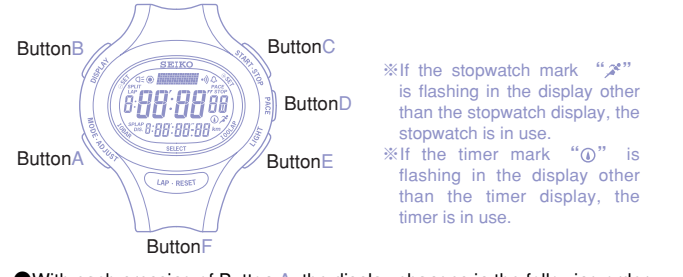
取扱説明書

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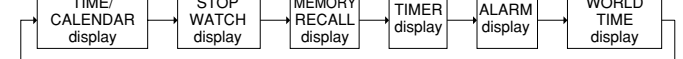
全国共通フリーダイヤル 0120-612-911

お客様相談室 100-0005 東京都千代田区丸の内 3-1-1 国際ビル 1F 550-0013 大阪府西成区南1-4-24 大阪府機械専門学校ビルディング

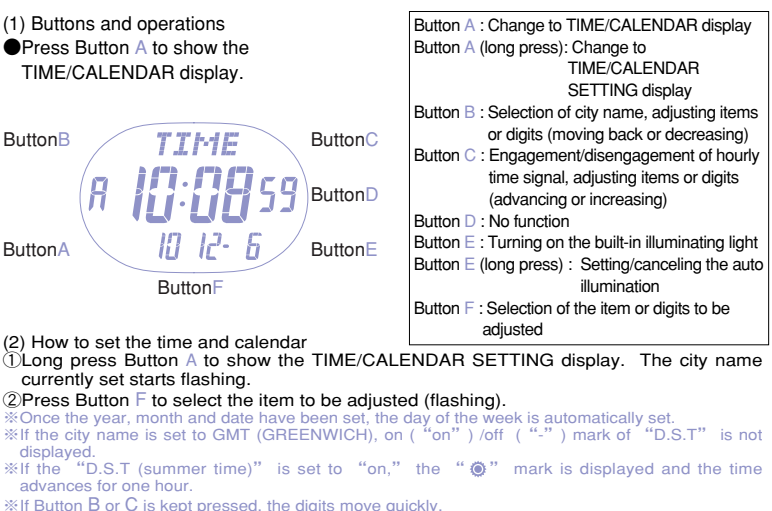
セイコーウォッチ株式会社 本社 〒105-8467 東京都港区新橋1-10-10 http://www.seiko-watch.co.jp/



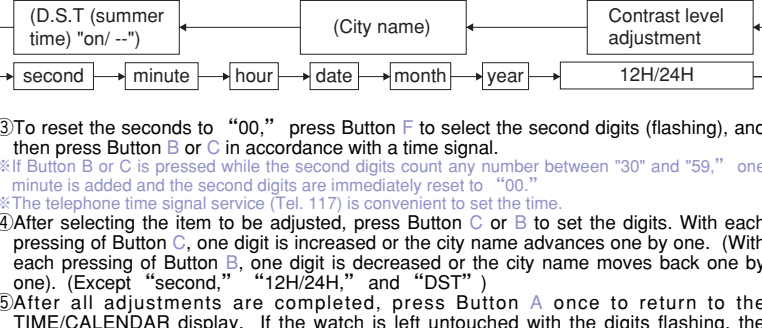
●With each pressing of Button A, the display changes in the following order.



※If the confirmation sound for button operations is set, the watch emits a brief sound when a button is pressed. When the display is changed to the Time/Calendar display from World time display, the watch emits a sound different from other button operations.



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



※Because the year, month, date, and day from 2009 to 2058 have been programmed in the automatic calendar, in this period, it is not necessary to manually adjust odd and even months including February of leap years.

FEATURES

This watch can store time data measured by the equipped stopwatch of up to 100 units of memory and can recall data on demand.

TIME/CALENDAR Year, month, date, hour, minute, second, and summer time mark can be displayed.

STOPWATCH The stopwatch can measure up to 9 hours 59 minutes 59 seconds 99 in 1/100 second increments.

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

TIMER The timer can be set from 1 minute to 60 minutes in one-minute increments.

ALARM The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours.

WORLD TIME The time of 33 cities (including GMT) throughout the world can be displayed.

PACE SOUND FUNCTION The pace sound can be set to ring at a set pace in advance (the pace can be set from 60 steps/minute to 240 steps/minute).

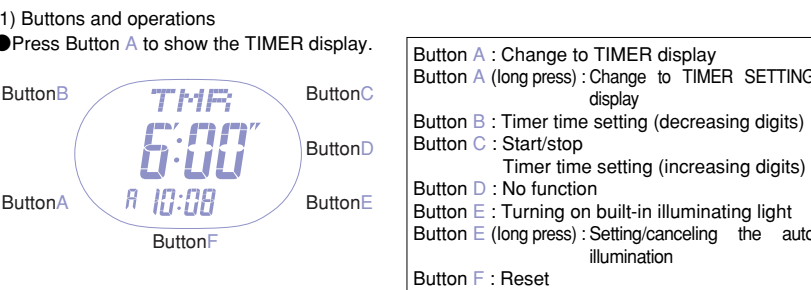
RUNNING DISTANCE DISPLAY FUNCTION The running distance, which is calculated based on a stride length and pace (number of steps per minute) set in advance, and measurement time (distance) (288 km) can be calculated and displayed at a maximum.

AUTO ILLUMINATION FUNCTION If set in advance, the display is illuminated for approximately 2 seconds with each press of any of the buttons (except pressing buttons for adjusting items or digits).

ILLUMINATING LIGHT The built-in light illuminates any digital display for approximately 2 seconds by pressing the button for turning on the light.

HOW TO USE THE TIMER

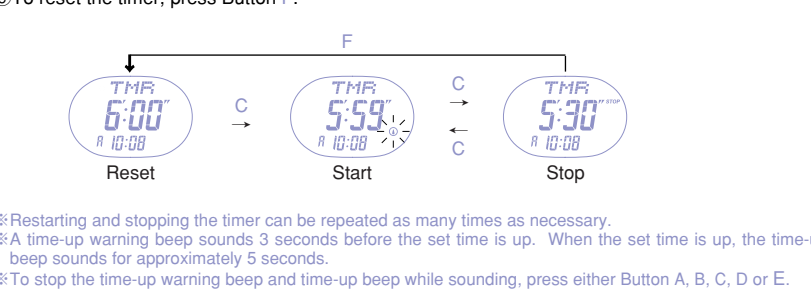
The timer can be set from 1 minute to 60 minutes in one minute increments.



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

2) How to set the timer Press Button A to show the TIMER SETTING display. The timer time currently set starts flashing.

3) How to use the timer Press Button A to show the TIMER display. Press Button C to return to the TIMER display. Press Button F to stop the timer.



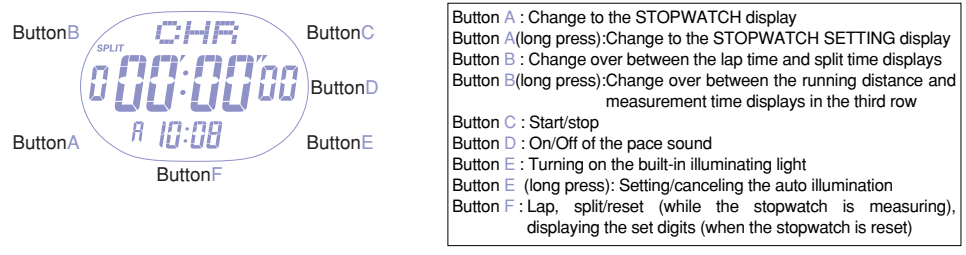
REMARKS ON THE BATTERY

1. Battery life indicator The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.

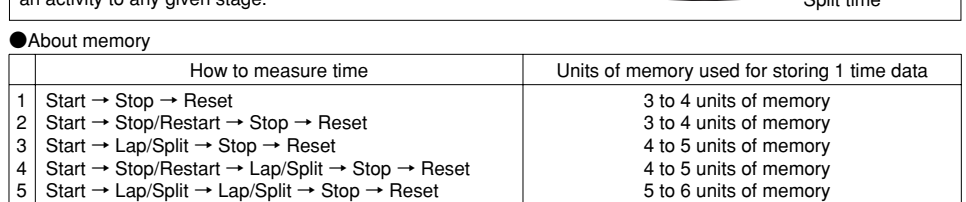
HOW TO USE THE STOPWATCH

The stopwatch can measure up to 9 hours 59 minutes 59 seconds 99 in 1/100 second increments. The lap time and split time can be displayed at the same time.

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



※ "Lap time" is the time that has elapsed from the start of one unit of an activity to that of the next stage. "Split time" is the time that has elapsed from the start of an activity to any given stage.



●About memory How to measure time Units of memory used for storing 1 time data

HOW TO USE THE ALARM

The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours.



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

2) How to use the alarm The way of using the alarm is the same for every alarm channel.

3) How to engage or disengage the alarm With each pressing of Button C in the ALARM display, "on" (the alarm is engaged) or "-" (the alarm is disengaged) mark is displayed alternately.

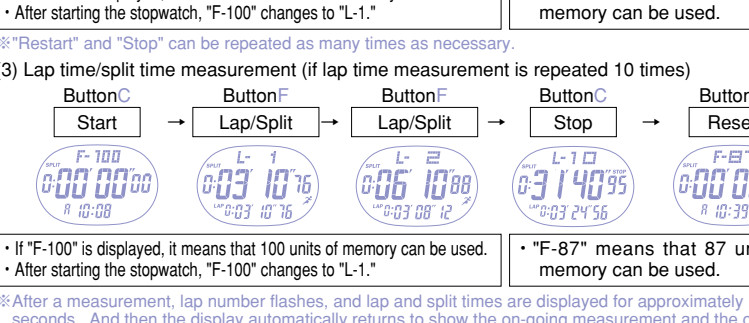
4) How to stop the alarm while sounding At a designated time the alarm sounds for approximately 20 seconds and automatically stops.

NECESSARY PROCEDURE AFTER THE BATTERY CHANGE (RESETTING THE IC)

After the battery is replaced with a new one, or when an abnormal display such as broken digits appears, follow the procedure below. The built-in IC which is incorporated at the factory to check the function and performance of the watch.

HOW TO SET THE TIME AND CALENDAR

1) Buttons and operations Press Button A to show the TIME/CALENDAR display.



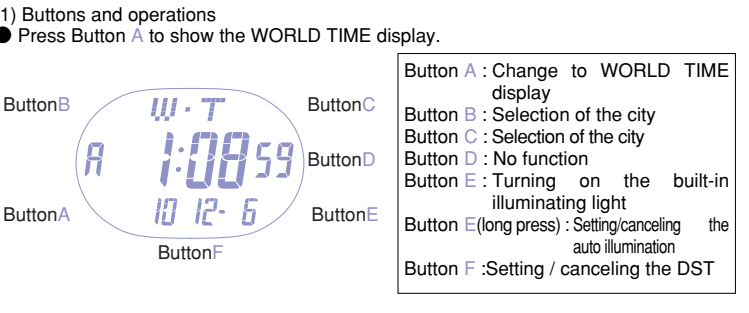
2) How to set the time and calendar Long press Button A to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.

3) Lap time/split time measurement (If lap time measurement is repeated 10 times)

4) How to use the pace sound and running distance display functions

HOW TO USE THE WORLD TIME

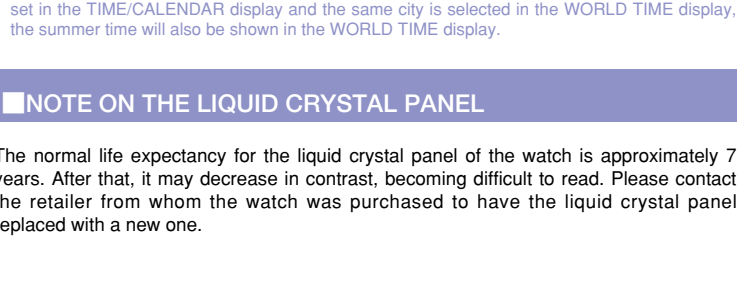
The time of 33 cities in different time zones throughout the world can be displayed.



1) Buttons and operations Press Button A to show the WORLD TIME display.

2) How to use the world time Press Button A to show the WORLD TIME display.

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



NOTE ON THE LIQUID CRYSTAL PANEL

The normal life expectancy for the liquid crystal panel of the watch is approximately 7 years. After that, it may decrease in contrast, becoming difficult to read.

TROUBLESHOOTING

The watch stops operating. - The battery has run down.

The watch temporarily gains/loses time. - The watch has been left in extremely high or low temperatures for a long time.

All the segments of the display are flashing. - The battery was exposed to strong vibrations.

The blur in the glass persists for a long time. - Water got inside the watch due to the deterioration of the gasket, etc.

SPECIFICATIONS

Table with columns: Item, Specification. Includes Frequency of crystal oscillator, Loss/gain (monthly rate), Operational temperature range, Display medium, Battery, Battery life, Battery life indicator, IC (Integrated Circuit).

REPLACEMENT OF THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)

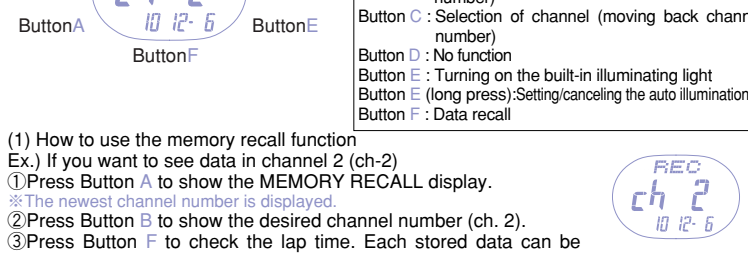
The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered.

REPLACEMENT OF THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)

HOW TO USE THE MEMORY RECALL FUNCTION

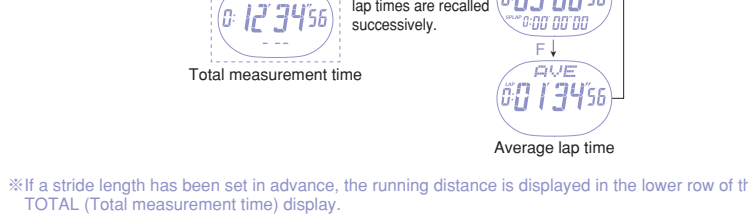
Up to 100 units of memory can be used to store measured time data. The stored data can be recalled per channel.

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



1) How to use the memory recall function (Ex.) If you want to see data in channel 2 (ch-2)

2) How to delete all channels Press Button A to show the MEMORY RECALL display.



TO PRESERVE THE QUALITY OF YOUR WATCH

WARNING Immediately stop wearing the watch in following cases. Do not use the watch in scuba diving and saturation diving.

CAUTION Avoid wearing or storing the watch in the following places. Do not use the watch in scuba diving and saturation diving.

●Summer time (DST: Daylight Saving Time) Summer time is daylight saving time, advancing the watch one hour to prolong daytime during longer daylight hours in summer.

●Replacement of the battery requires professional knowledge and skill. Please ask a watch retailer for replacement of the battery.

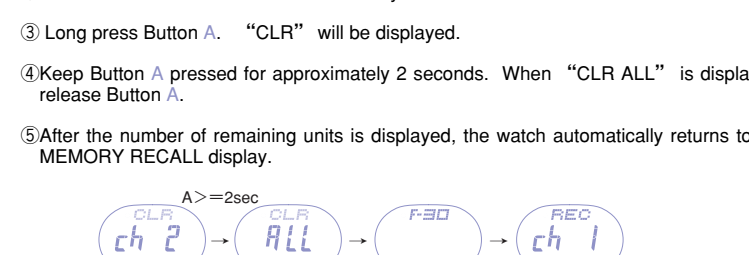
●Water resistant performance Refer the table below for the description of each degree of water resistant performance of your watch below using.

AFTER-SALE SERVICE

●Contact the retailer the watch was purchased from or SEIKO CUSTOMER SERVICE CENTER for repair or replacement parts. Within the guarantee period, present the certificate of guarantee to receive repair services.

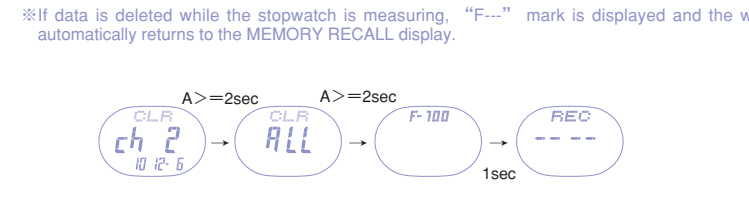
When the best lap time is displayed, "BEST" and "L-xx" are alternately displayed. Check the data in other channels, press Button E to select the desired channel number.

How to delete the stored data Measure the time with the stopwatch to reset before deleting the data. If data is deleted when the stopwatch is not reset, the number of remaining units of memory is not increased.



How to delete all channels Press Button A to show the MEMORY RECALL display.

How to delete when the stopwatch is measuring "F-100" mark is displayed and the watch automatically returns to the MEMORY RECALL display.



REMARKS ON THE BATTERY

any injury or allergic rash or itching that may be caused when they touch the watch. When disposing of used batteries, follow the instructions of your local authorities.

●Daily care The watch requires good daily care. Wipe away moisture, sweat or dirt immediately with a soft cloth.

●Water resistance Refer the table below for the description of each degree of water resistant performance of your watch below using.

●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.

●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.

TROUBLESHOOTING

The watch stops operating. - The battery has run down. The watch temporarily gains/loses time. - The watch has been left in extremely high or low temperatures for a long time.

