

セイコーウォッチ株式会社

SEIKO

取扱説明書 INSTRUCTIONS

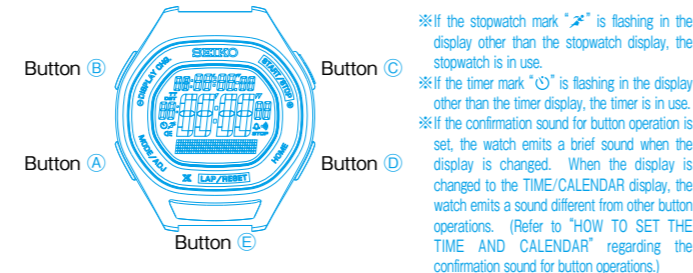
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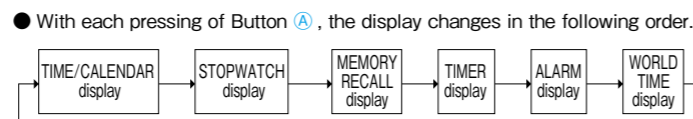
全国共通フリーダイヤル 0120-612-911

お客様相談室 〒100-0005 東京都千代田区外 3-1-1 国際ビル 1F 〒550-0013 大阪府大阪市南 1-4-24 大阪府庁南ビルディング

セイコーウォッチ株式会社 本社 〒105-8467 東京都港区浜松町 2-12-10 http://www.seiko-watch.co.jp/



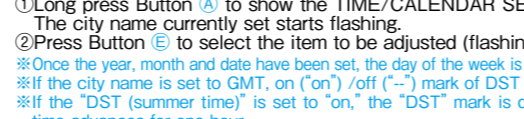
The built-in illuminating light function can be operated by tapping the watch face. Tapping x one time: Turning on the built-in light. Tapping x two times: Setting/canceling the auto illumination.



● BUTTONS AND CHANGE OF DISPLAY

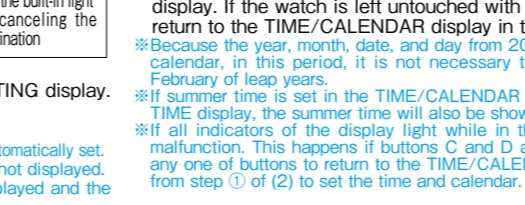
(1) Buttons and operations ● Press Button (A) to show the TIME/CALENDAR display. Button (A): Change to TIME/CALENDAR display. Button (A) (long press): Change to TIME/CALENDAR SETTING display.

(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.



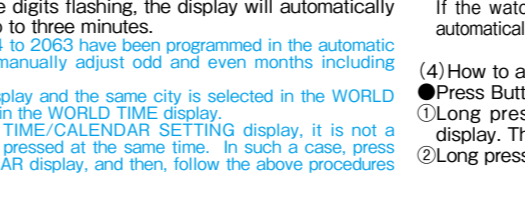
● HOW TO SET THE TIME AND CALENDAR

With each pressing of Button (E), the display changes in the following order. (3) How to adjust the contrast level ● The contrast level of the display (variations of shading) can be adjusted.



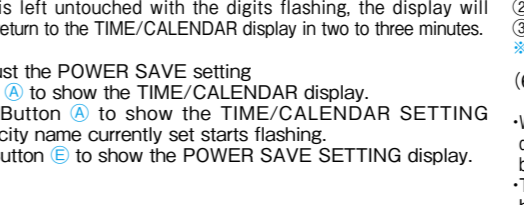
● HOW TO USE THE STOPWATCH

The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments. ● Each time Button (B) is pressed, the display positions are changed over between "LP" time and "SP" time.



● HOW TO USE THE MEMORY RECALL FUNCTION

Up to 300 units of memory can be used to store measured time data. ● Press Button (A) to show the MEMORY RECALL display.



■ FEATURES

This is a runner's watch that can store up to 300 units of measured memory and can recall data on demand. Data within 300 units of memory can be sorted by channel when being stored.

TIME/CALENDAR

Month, date, day, hour, minute, second, and summer time mark can be displayed. Either of a 12-hour indication or a 24-hour indication of time display can be selected.

STOPWATCH

The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments. Up to 300 units of lap time and split time memory can be stored.

MEMORY RECALL

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

TIMER

The watch is equipped with a double repeat timer function which allows you to set two different timer times.

ALARM

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

WORLD TIME

The time of 44 cities (including GMT) in different time zones throughout the world can be displayed.

THE BUILT-IN ILLUMINATING LIGHT (LED) FUNCTION/TAP INPUT FUNCTION

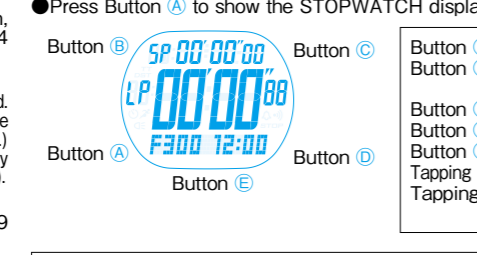
Tapping the watch face once illuminates the display for approximately 4 seconds. Tapping the watch face two times sets/cancels the auto illumination function.

FUNCTION TO CHANGE THE DISPLAY TO THE TIME/CALENDAR DISPLAY

A special button is provided to change any display to the TIME/CALENDAR display.

■ HOW TO USE THE STOPWATCH

The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments. ● Lap time "LP" and split time "SP" can be displayed simultaneously.



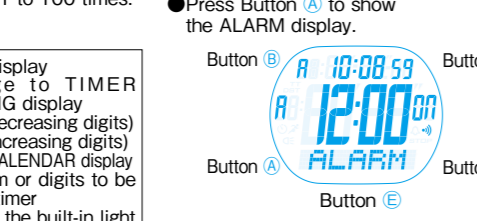
"Lap time" is the time that has elapsed from the start of one stage of an activity to that of the next stage. "Split time" is the time that has elapsed from the start of an activity to any given stage.

Table with 3 columns: How to measure time, Units of memory used for storing 1 time data. Rows 1-5 describe different measurement sequences and their corresponding memory usage.

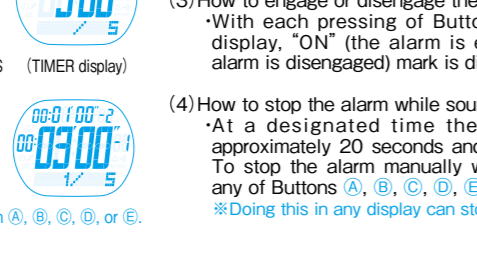
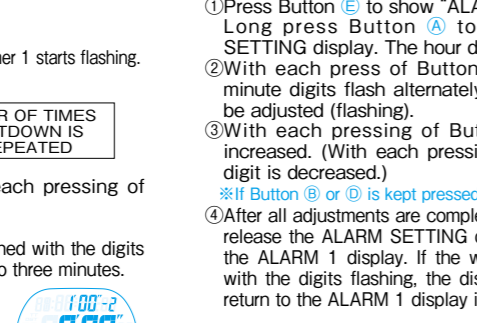
● Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store time data. If you store data only in one channel, you can use 300 units of memory per channel.

■ HOW TO USE THE ALARM

The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours. ● Each alarm channel can be engaged ("on") or disengaged ("off") independently.

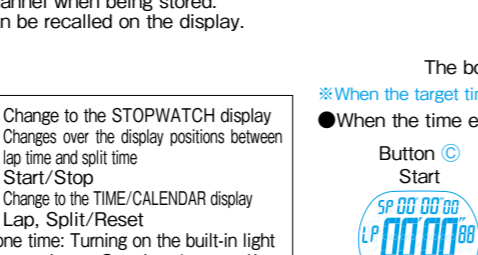


(2) How to use the alarm ● The way of using the alarm is the same for every alarm channel. Example: Selecting alarm 1, and setting the alarm time to 6:30 a.m.

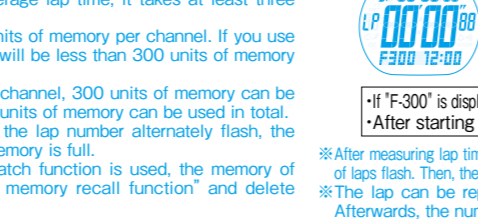
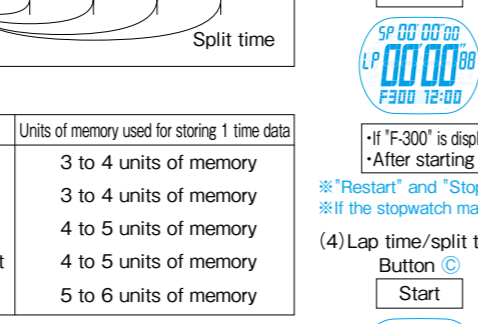


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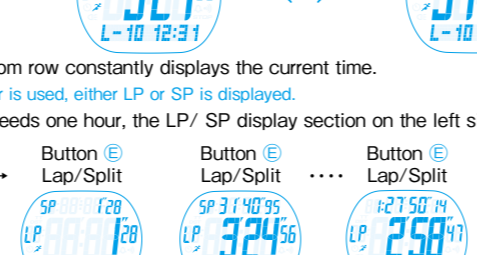


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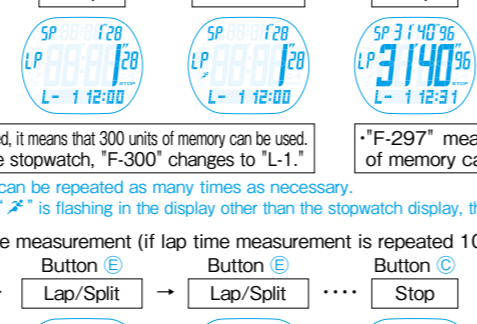


■ HOW TO USE THE WORLD TIME

The time of 44 cities (including GMT) in different time zones throughout the world can be displayed. ● The summer time (DST) can also be set for each city (except GMT).

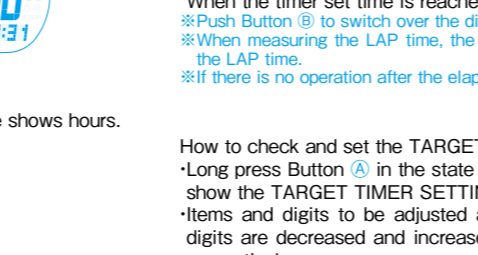


(2) How to use the world time ● Press Button (A) to show the WORLD TIME display. The city name currently set starts flashing.



■ TO PRESERVE THE QUALITY OF YOUR WATCH

Immediately stop wearing the watch in the following cases. ● If the watch body or band becomes edged by corrosion etc.



● Avoid wearing or storing the watch in the following places. ● Places where the temperature drops below 5°C or rises above 35°C for a long time.

Table with 3 columns: NO., 都市名 (City Name), GMTとの時差 (GMT Time Difference). Lists 44 cities and their time differences from GMT.

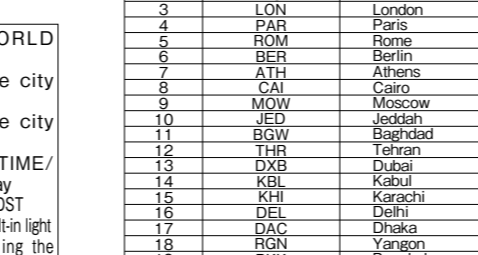
■ BUILT-IN ILLUMINATING LIGHT (LED)

The watch employs a method to uniformly diffuse light from a light-emitting diode (LED) by light guiding panel.

● When the voltage gets lowered with the battery life running out, the luminance level decreases.

■ 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.



■ REMARKS ON THE BATTERY

1. Notes on the battery (1) Battery life This watch operates for two years after assembling a new normal battery.

■ 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 will be reset and the watch will resume normal operation.

■ TROUBLESHOOTING

Table with 3 columns: Problem, Possible cause, Solution. Lists common issues like watch stopping, temporary gains/losses, and display blurring.

■ SPECIFICATIONS

Table with 2 columns: Item, Specification. Lists technical details like frequency of crystal oscillator, loss/gain, and battery type.

■ AFTER-SALE SERVICE

Notes on guarantee and repair ● Contact the retailer the watch was purchased from or SEIKO CUSTOMER SERVICE CENTER for repair.

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