

SEIKO プロスペックス スーパーランナーズ 取扱説明書 INSTRUCTIONS S650 このたびはセイコーデジタルS650をお買い上げいただきありがとうございます。ご使用前の取扱説明書をよくお読みください。

FEATURES

This is a multi-function digital sports watch specially designed for enthusiastic runners. It features a stopwatch function that can store up to 120 sets of measurement data in separate memory channels, and a memory recall function that can recall the stored data including the fastest lap time and average lap time and attach a desired memo to each memory channel.

ALARM function
The 2-channel alarm can be set to ring at a designated time (hour and minutes) on a 24-hour basis.
The two alarms can be engaged and disengaged independently of each other.

HOW TO USE THE ALARM

- The 2-channel alarm can be set to ring at a designated time (hour and minutes) on a 24-hour basis.
The two alarms can be engaged and disengaged independently of one another.

(1) Button operations
Press button A to show the ALARM display.
Button A: Changeover of displays
Button B: Activation/deactivation of the ALARM SETTING function

(2) Alarm time setting
The alarm setting procedure is the same for both the alarms.
Ex.) To set ALARM-1 to 6:30 AM:
Press button F to show "ALARM 1".
Press button B to show the ALARM SETTING display.
The hour digits start flashing.

REMARKS ON THE BATTERY

WARNING
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 a child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

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.

セイコーウォッチ株式会社
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
〒550-0013 大阪府西区南船場 1-4-24 大阪府橋南町ビルディング

DISPLAYS AND BUTTON OPERATION

When the flashing STOPWATCH display mark "ST" is shown in the displays other than the STOPWATCH, it indicates that the stopwatch measurement is in progress in the STOPWATCH display.
When the flashing TIMER display mark "T" is shown in the displays other than the TIMER, it indicates that the timer countdown is in progress in the TIMER display.

HOW TO USE THE STOPWATCH

The stopwatch can measure up to 99 hours, 59 minutes, and 59 seconds and 99/100 seconds in 1/100 second increments.
Lap time and split time are displayed as they are measured, and the fastest lap time and average lap time are stored in memory together with them.

Notes on the memory capacity
Stopwatch operation Number of data in memory
1 Start -> Stop -> Reset 3
2 Start -> Stop/Restart -> Stop -> Reset 4
3 Start -> Lap -> Stop -> Reset 4
4 Start -> Stop/Restart -> Lap -> Stop -> Reset 4
5 Start -> Lap -> Lap -> Stop -> Reset 5

HOW TO USE THE ALARM

(1) Button operations
Press button A to show the ALARM display.
Button A: Changeover of displays
Button B: Activation/deactivation of the ALARM SETTING function
Button C: Setting the digits to be adjusted (Decreasing the digits)
Button D: Setting the digits to be adjusted (Increasing the digits)
Button E: Turning on the illuminating light
Button F: Selection of the digits to be adjusted/Selection of the alarm channel

HOW TO USE THE WORLD TIME FUNCTION

(1) Button operations
Press button A to show the WORLD TIME display.
Button A: Changeover of displays
Button B: Will not work
Button C: Selection of the city
Button D: Selection of the city
Button E: Turning on the illuminating light
Button F: Activation/deactivation of the daylight saving time function

REMARKS ON THE BATTERY

WARNING
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3. If a child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

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.

(1) Button operations
Press button A to show the TIME/CALENDAR display.
Button A: Changeover of displays
Button B: Activation/deactivation of the TIME/CALENDAR SETTING function
Button C: Showing the city
Button D: Setting the digits to be adjusted (Decreasing the digits)
Button E: Setting the digits to be adjusted (Increasing the digits)
Button F: Turning on the illuminating light
Button G: Activation/deactivation of the button operation confirmation light function
Button H: Selection of the digits to be adjusted

HOW TO USE THE MEMORY RECALL FUNCTION

(1) Button operations
Press button B to show the MEMORY RECALL display.
Button B: Will not work
Button C: Selection of the channel
Button D: Selection of the channel
Button E: Input of characters (in reverse order)
Button F: Input of characters (in order)
Button G: Turning on the illuminating light
Button H: Activation/deactivation of the button operation confirmation light function
Button I: Recall of the stored data
Button J: Activation of memo input function and registration of the input character

HOW TO USE 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. Please contact the retailer from whom the watch was purchased to have the liquid crystal panel replaced with a new one.

NECESSARY PROCEDURE AFTER THE BATTERY CHANGE (RESETTING THE IC)

Table with 4 columns: NO., Name of city or area, Time difference from GMT, Daylight saving time. Includes cities like GREENWICH, LISBON, LONDON, BERLIN, etc.

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. 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.

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.
How to reset the IC
Keep buttons A, B, C, D, and E pressed at the same time for 2 to 3 seconds. The display will become blank, and "1:1 AM 12:00:00 MONDAY" will be displayed as the buttons are released. Before using the watch, set the time/calendar, and then the alarm time.

Problem: The watch stops operating. Possible cause: The battery has run down. Solution: Have the battery replaced with a new one immediately by the retailer from whom the watch was purchased.

With each press of button F, selection of the digits to be adjusted is made in the following order.
"on"/"-" of the day-light saving time
Selection of the city name "HOME"
Brightness control of the display

HOW TO USE THE DUAL TIMER

(1) Button operations
Press button B to show the DUAL TIMER DISPLAY.
Button B: Activation/deactivation of the DUAL TIMER SETTING function
Button C: Setting the digits to be adjusted (Decreasing the digits)
Button D: Setting the digits to be adjusted (Increasing the digits)
Button E: Start/stop of the timers
Button F: Turning on the illuminating light
Button G: Activation/deactivation of the button operation confirmation light function
Button H: Resetting the timers

HOW TO USE THE DUAL TIMER

Both TIMER 1 and TIMER 2 can be set for any desired amount of times from 10 seconds up to 99 hours, 59 minutes and 59 seconds.
The two countdown timers can be used either separately or in combination. When used together, TIMER 2 starts counting down as TIMER 1 has finished counting down the set time. They count down their respective set times alternately in this way as many times as necessary unless stopped.

TO PRESERVE THE QUALITY OF YOUR WATCH

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 case, bracelet and gasket.

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.

REMARKS ON AFTER-SALES SERVICING

If the watch requires service, take it to the retailer from whom the watch was purchased. If the trouble occurs within the guarantee period, submit the certificate of guarantee together with the watch.
For repair after the guarantee period or for any other information regarding the watch, contact the retailer from whom the watch was purchased or the "CUSTOMER SERVICE DEPARTMENT" of SEIKO WATCH CORPORATION.

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(1) Button operations
Press button B to show the TIME/CALENDAR SETTING display. The city name is displayed.
Press button C or D to set the flashing digits.
One digit is decreased or increased with each press of button C or D, respectively (except when the seconds, 12-24-hour indication or daylight saving time is selected).

HOW TO USE THE DUAL TIMER

(1) Button operations
Press button B to show the DUAL TIMER DISPLAY.
Button B: Activation/deactivation of the DUAL TIMER SETTING function
Button C: Setting the digits to be adjusted (Decreasing the digits)
Button D: Setting the digits to be adjusted (Increasing the digits)
Button E: Start/stop of the timers
Button F: Turning on the illuminating light
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Button H: Resetting the timers

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