



Instruction Manual

AR10 : WJ19

[JC022]

Thank you very much for purchasing an ASICS watch. The Certificate of Guarantee is included in this Instruction Manual. Please ensure that it is filled in properly with all the necessary information including date of purchase and name of retail store. For proper use and care of your ASICS watch, please read the instructions in this manual carefully before use. Keep this manual handy for ready 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.

* The battery in your watch at the time of purchase is a monitor battery inserted at the factory to check the function and performance of the watch. Battery replacement is at cost even within the guarantee period.

* 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.

SPECIFICATIONS

Chronograph function	Measures up to 99 hours, 59 minutes and 59 seconds 99
Lap/split time measurement function	Up to 150 laps of data can be stored. (Up to 50 laps for each of 3 runs)
Tap switch	Mode change and turning on of backlight
Battery saving function	Power Save and Sleep functions
Water-proof feature	Water resistant 5 bar
Operational temperature range	-5°C ~ +50°C
Loss/gain (monthly rate)	Less than 30 seconds at normal temperature range (5°C ~ 35°C) (when the watch is worn on the wrist)

Materials

Case	Plastic
Strap	Polyurethane
Glass	Acrylic glass

Battery

Series	Model	Battery Code	
AR10	WJ19	CR1620	SB-T17

Battery Life

Approximately 2 years (Battery life may vary depending on the frequency of use of any given function.)



Never operate any of the buttons in water. The watch may be damaged due to water immersion.

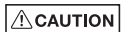
* The specifications are subject to change without prior notice, for product improvement.

TO PRESERVE THE QUALITY OF YOUR WATCH

Handling Cautions



- 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.
- Do not remove the battery from the watch.
 - Replacement of the battery requires professional knowledge and skill. Please ask a watch retailer for replacement of the battery. Do not attempt to charge the battery, as this may cause battery explosion, heat generation, battery leakage, or damage to the battery.
 - 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 special watches for diving.



- Avoid wearing or storing the watch in the following places.
 - Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing
 - Places where the temperature drops below 5°C or rises above 35°C for a long time
 - Places of high humidity
 - Places affected by strong magnetism or static electricity
 - Dusty places
 - Places affected by strong vibrations
- 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.
- 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.
- Do not press buttons 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.
- Other cautions
 - 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 they 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.

Daily Care

- The watch requires good daily care.
 - Wipe away moisture, sweat and 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.
 - If your watch is rated as "non-water resistant" or "water resistant for daily use," do not wash the watch.
- Water Resistance
 - Refer the table below for the description of each degree of water resistant performance of your watch before using.

Indication on Case Back	Water Resistant Performance	Condition 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. Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressures	The watch is suitable for sports such as swimming.
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10 (20) barometric pressures	The watch is suitable for diving not using an air cylinder.

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 cause skin irritation, or 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.)
- Because some titan bracelets 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 bracelet, 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.

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 water resistant)).
- 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 or cracked, replace the band with a new one.

Notes on skin irritation and allergy

Skin irritation caused by a band has various reasons 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.

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.

Remarks on Replacement Parts

- SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch.
- 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.

Notes on 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 digital display may go out due to liquid leakage. 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 (overhaul), the movement of your watch may be replaced.

NECESSARY PROCEDURE AFTER 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 built-in IC]

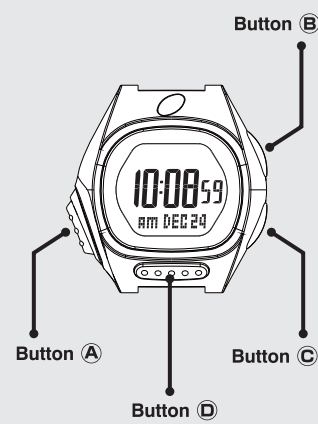
Keep buttons A, B, C and D pressed at the same time for approximately 4 seconds. The display will become blank, and then, the time/calendar display of TIME mode will appear.

Before using the watch, set the time/calendar.



For best results, please read the instructions in this manual carefully before using your Digital Quartz Watch. Please keep this manual handy for ready reference.

NAMES OF BUTTONS



* For the models with an inverted LCD display, the digits and marks on the display are shown in white against a black background.

MODE CHANGE

[TIME]

- Time/calendar and other functions can be set.
- Button operation confirmation sound can be turned on and off as desired.

[CHRONOGRAPH]

- Both lap and split times are measured.
- Up to 3 runs of data can be measured, and up to 50 lap data can be recorded for each run.
- Measurement display can be selected from 3 types during measurement.

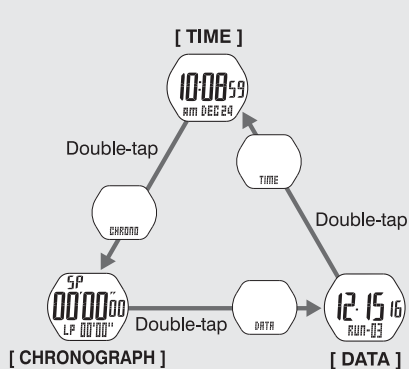
[DATA]

- lap times, split times, best lap time, and average lap time measured in CHRONOGRAPH mode can be recalled.

Mode Change with Tap Switch

By lightly tapping the watch face twice (double-tap), the mode changes in the following order:

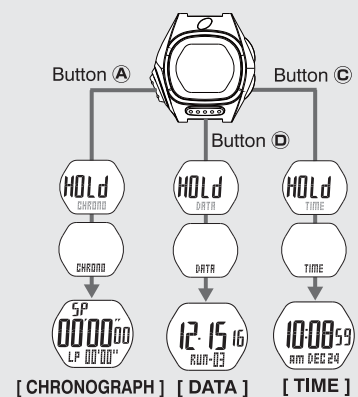
* Be sure to use Tap Switch with the watch on your wrist.



* Mode change cannot be made while the setting procedure is underway in TIME mode or measurement is in progress in CHRONOGRAPH mode.

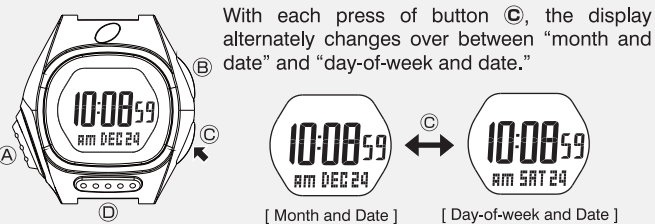
Mode Change with Button Operation

By keeping each of the buttons below pressed for 2 seconds, the mode directly changes over from any mode currently on display to the mode paired with the button.

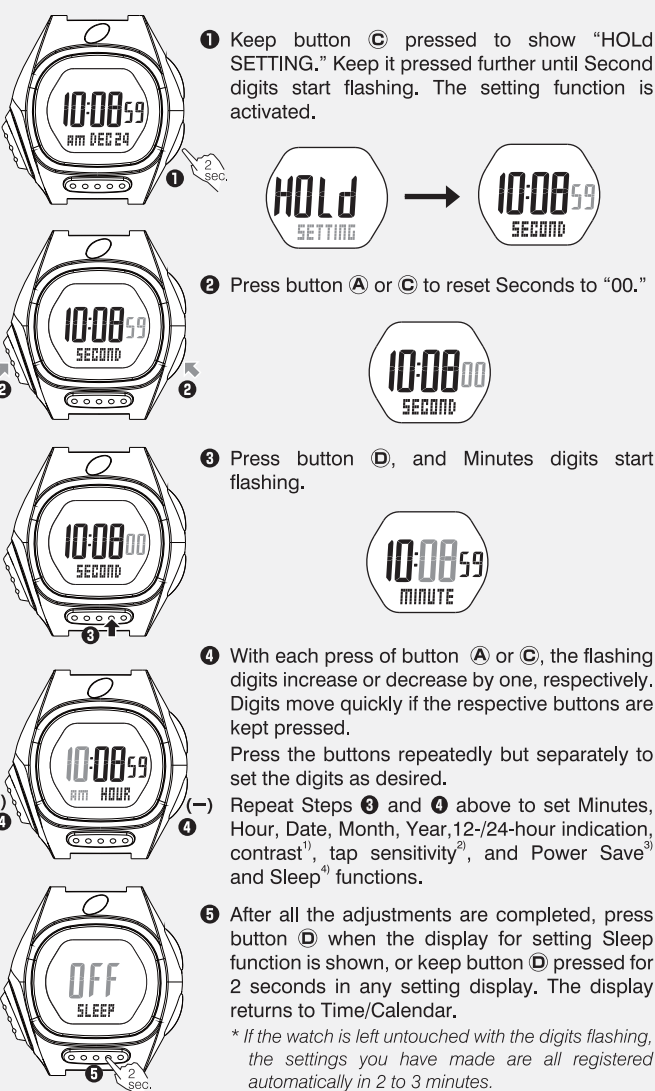


TIME

Changeover of Displays



Setting of Time/Calendar and Other Functions



1) Contrast adjustment

Contrast of display can be adjusted in 5 levels. Setting range: -2 (lowest) \rightleftharpoons 0 \rightleftharpoons 2 (highest)



2) Tap sensitivity adjustment

Tap sensitivity of Tap Switch can be adjusted in 3 levels. Setting range: -1 (lowest) \rightleftharpoons 0 \rightleftharpoons 1 (highest) Higher sensitivity requires less force to turn on Tap Switch.



3) Power Save function

If Power Save function is turned on and the watch is left untouched for 10 minutes without any button operation, the time display indicating only Hour and Minutes digits is shown to save battery power.



* To terminate Power Save function while it is activated, press any of the buttons or double-tap the watch face. The display returns to the normal Time/Calendar in TIME mode.

* Please note that Power Save and Sleep functions will not be activated unless Chronograph has been stopped and reset. * Be sure to use Tap Switch with the watch on your wrist.

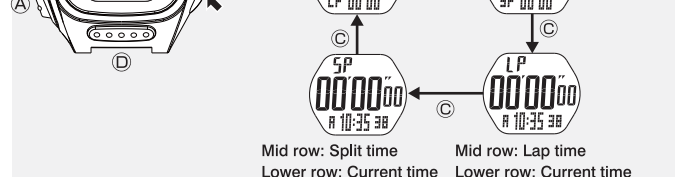
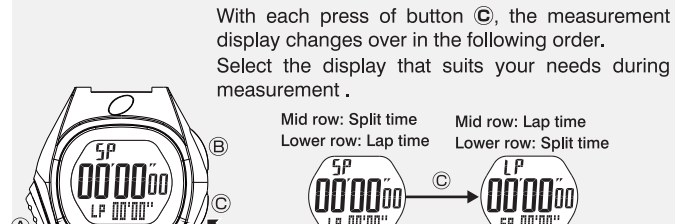
* To disable Sleep function, select "OFF."

* To terminate Sleep function while it is activated, press any of the buttons or double-tap the watch face. The display returns to the Time/Calendar in TIME mode.

* Please note that Power Save and Sleep functions will not be activated unless Chronograph has been stopped and reset. * Be sure to use Tap Switch with the watch on your wrist.

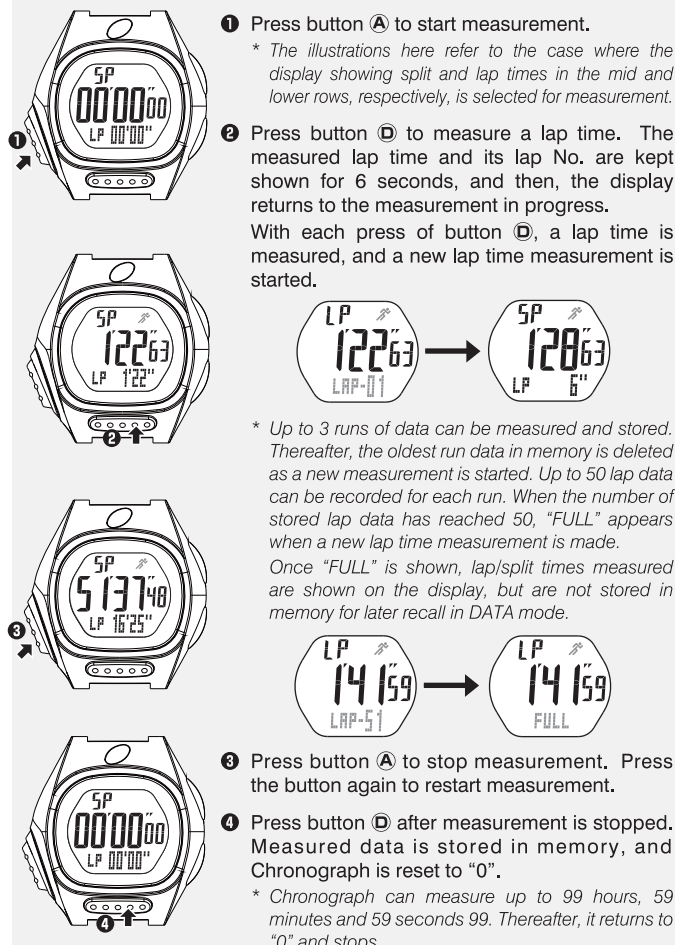
CHRONOGRAPH

Changeover of Displays



* Changeover of displays can be made not only when Chronograph is reset to "0" but also during measurement and when it is stopped.

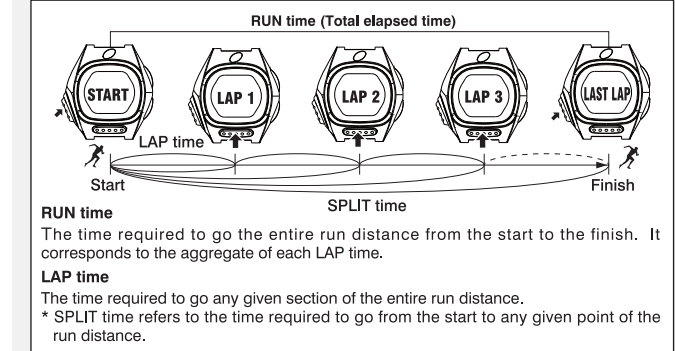
Start, Stop and Reset of Measurement/ Storage of Measured Data



* Up to 3 runs of data can be measured and stored. Thereafter, the oldest run data in memory is deleted as a new measurement is started. Up to 50 lap data can be recorded for each run. When the number of stored lap data has reached 50, "FULL" appears when a new lap time measurement is made.

Once "FULL" is shown, lap/split times measured are shown on the display, but are not stored in memory for later recall in DATA mode.

Ex.) Split time measured: 1 hour 32 minutes and 15 seconds 39



RUN time
The time required to go the entire run distance from the start to the finish. It corresponds to the aggregate of each LAP time.

LAP time
The time required to go any given section of the entire run distance. * SPLIT time refers to the time required to go from the start to any given point of the run distance.

Turning On/Off of Button Operation Confirmation Sound (TIME mode)

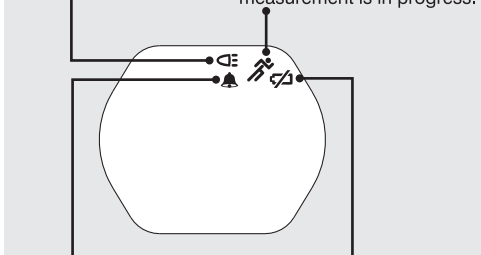


With each press of button B, "▲" mark appears and disappears alternately. When the mark is shown, Button Operation Confirmation Sound rings each time any button is pressed.

MARK DESCRIPTIONS

AUTO-BACKLIGHT mark

Displayed when Auto-Backlight is turned on.



▲ mark
Displayed when button operation confirmation sound is turned on.

CHRONOGRAPH mark
Displayed while chronograph measurement is in progress.

BATTERY mark
Displayed when the battery nears its end to indicate that it needs to be replaced.

DATA

How to Recall Data

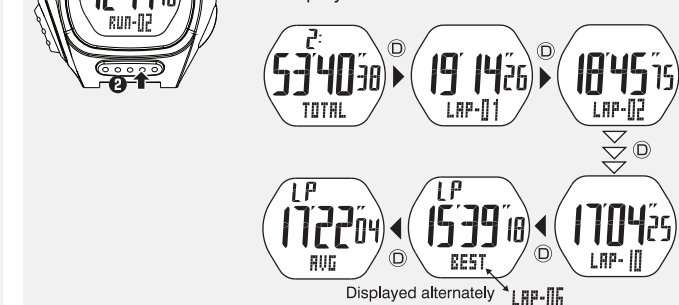
Lap data of up to 3 runs (RUN-01, RUN-02 and RUN-03) can be recorded. When the mode is changed to DATA, RUN No. and the date of measurement (month, date and year) of the latest data are shown on the display.

* When no data is stored in memory, the display below will appear.



1 With each press of button A, RUN No. moves back by one. Press the button repeatedly to select RUN No. whose data you wish to check.

2 With each press of button D, data of selected RUN No. (total elapsed time, lap and split times of each lap, best lap time, and average lap time) is displayed.



* By keeping button D pressed while lap/split time is shown, Lap/Split No. advances quickly.

* By pressing button D while average lap time is shown, the display returns to the initial one showing RUN No. and date of measurement.

* With each press of button C while lap or split time is shown, the display alternately changes over between lap and split times.



Update and Deletion of Data

Update of data

When data of 3 runs (RUN-01, RUN-02 and RUN-03) is retained in memory, starting a new measurement erases all the data of the oldest run (RUN-01). The previous RUN-02 and RUN-03 data is retained as RUN-01 and RUN-02, respectively, and the data measured newly will be stored as RUN-03.

Deletion of data

Keep both buttons A and C pressed at the same time while in any display of DATA mode. Flashing "ALL CLEAR?" is displayed. By keeping them pressed further, "---- no DATA" appears, and all the data in memory is deleted.



* If the buttons are released while "ALL CLEAR?" is shown, the display returns to the one previously shown, and the data will not be deleted.

BACKLIGHT

Turning On of Backlight/Auto-Backlight

Lightly tap the watch face once (single-tap). Backlight illuminates the display for 4 seconds.

* Be sure to use Tap Switch with the watch on your wrist.

Auto-Backlight

With each continuous press of button B for 2 seconds in any mode, Auto-Backlight function is turned on and off alternately. When it is turned on, Auto-Backlight mark (▲) appears on the display, and Backlight illuminates the display for 4 seconds each time any button is pressed.



* Please note that, while the setting procedure is underway in TIME mode with digits flashing, turning on/off of Auto-Backlight cannot be made.