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SEIKO
PROSPEX
マリンマスター
プロフェッショナル 600

5R66

取扱説明書
INSTRUCTION

- この度はセイコープロスペックスをお買い上げいただき、ありがとうございました。
 - この時計は極めて高い防水品質を持つ本格的プロフェッショナルダイバーズウオッチです。
 - ダイバーズウオッチとして、その機能を十分に発揮できるように設計・製作上配慮してありますので、安心してご使用いただけます。
 - 本永くご愛用いただくために、この説明書をよくお読み頂き、正しくお取扱ください。
- ※お買い求めの際の金属バンドの調整はお買い上げ店・弊社お客様相談窓口（裏表紙に記載）にて承っておりますが、その他のお店では有料もしくはお取扱いただけない場合があります。

警告

取扱いを誤った場合に、重傷を負うなどの重大な結果になる危険性が想定されることを示します。

注意

取扱いを誤った場合に、軽傷を負う危険性や物質的損害をこうむることが想定されることを示します。

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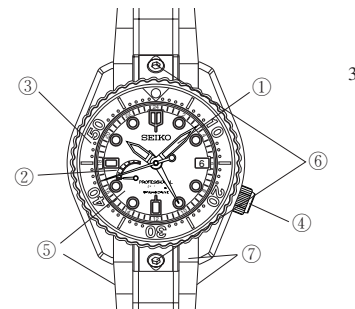
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■潜水に際しての注意事項 (※必ずお読みください)

◇潜水前

次の項目を点検してください。

- ①時刻が正確にセットされているか。
- ②パワーリザーブ表示が1/2以上あるか。少なかった場合、リュウズ回してゼンマイを巻き上げてください。→「●リュウズでのゼンマイの巻きかた」をご参照ください。
- ③回転ベゼルの回り具合は良好か。(所定の時間にセットされているか。ゆるすぎたり、きつすぎたりしないか。)
- ④りゅうずのねじをしっかり締めてあるか。
- ⑤バンドとガラスにひび、カケ等の異常がないか。
- ⑥ケースのねじにゆるみがないか。
- ⑦バンドの固定は確実か。(バネ棒、止め金、その他。)



注意

万一、異常が認められた場合は、お買い上げ店にご相談ください。

◇潜水中



- 4 飽和潜水において、水中でのリュウズ操作はしないでください。岩などにぶつけないように注意してください。回転ベゼルは水の中ではやや回転がきつくなることがありますが、異常ではありません。

◇潜水後



海水を真水でよく洗い落とし、サビなどが出ないようにしてください。また時計を洗った後よく拭いてください。

■製品の特長

●防水性能について

この時計は、ヘリウムガスを使用する飽和潜水向け仕様として、水深600メートルに充分耐える高度な防水性と、長期間の水中使用に耐える優れた耐水性をあわせ備えています。

●スプリングドライブについて

スプリングドライブとはセイコー独自の機構で、ゼンマイが巻き解ける力を唯一の動力源としながらも、クォーツ時計と同等の高精度を実現した機構です。(機構の詳細は別冊の「スプリングドライブ・ハンドブック」をお読みください。)

ゼンマイを十分に巻き上げた状態から、約72時間(約3日間)動き続けます。ゼンマイの巻き上げ状態がわかるパワーリザーブ表示付きです。秒針は完全に滑らかなスイープ運針で動きます。

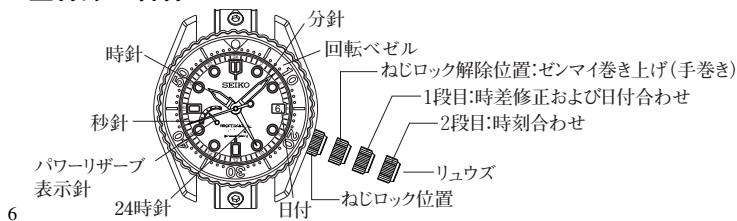
巻き上げ方式は自動巻きですが、手巻き機構も併せて備えていますので、始動時の巻き上げに便利です。

さらに、日付連動式の時差修正機能付きで、24時針が付いています。

注意

スプリングドライブはゼンマイの力で動きます。パワーリザーブ表示の残量が無くなる前に十分に巻き上げてご使用ください。特に低温下(0℃以下)では、パワーリザーブ表示が「1/6」以下になると止まる可能性がありますのでご注意ください。

■各部の名称



※リュウズはねじロック方式を採用しています。リュウズ操作をする場合は、ロックを解除してご使用ください。リュウズ操作をしない場合は必ずロック状態にしておいてください。また、ねじ込む際は、ねじのかみあい具合に注意しゆっくりとねじ込んでください。回しにくい場合は元に戻してからやり直してください。無理にねじ込むとねじ部(ケース)を壊す恐れがあります。

警告

※回転ベゼルのメンテナンスを考慮して、ケース上面の2箇所のねじを外すことで、回転ベゼルを着脱できる構造となっていますが、絶対に緩めたりしないでください。メンテナンスはセイコーが責任を持って行います。

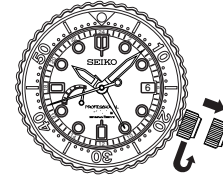
■ご使用方法 (ゼンマイの巻きかた)

この時計は自動巻き式(手巻き付き)です。

- ・ゼンマイは、腕につけてご使用いただく際には、通常の腕の動きで自然に巻き上がります。
- ・止まっている時計をお使いになる場合には、リュウズを回してゼンマイを巻き上げることをお勧めします。

●リュウズでのゼンマイの巻きかた

- ①リュウズは、ねじロック仕様になっております。リュウズを左(6時方向)7に回してねじロックを解除してください。(ねじロックが完全に解除されると、リュウズは締めこんだときの位置よりも少し外側に出ます。)



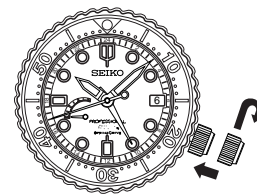
- ②ねじロックが解除されましたら、リュウズを押し付けないように注意しながら右(12時方向)にゆっくり回して、ゼンマイを巻いてください。
- ③パワーリザーブ表示針がフル巻き上げ表示になるまで、ゼンマイを巻いてください。秒針が動きはじめます。

※リュウズを5回転させると約10時間分のパワーリザーブが得られます。巻き上げ操作時の目安にしてください。

※なお、リュウズを左(6時方向)に回してもゼンマイは巻き上がりません。空回りする構造になっています。

※ゼンマイの巻き上がり量については27ページ「■パワーリザーブ表示の見かた」をご参照ください。

※フル巻き上げの状態からさらにリュウズを回しても、リュウズは止まらずに回転させることができます。リュウズを回し続けても時計が壊れることはありませんが、ゼンマイはそれ以上巻き上がりませんので過剰な操作はお控えください。



- ④リュウズを押し付けながら右(12時方向)に回し、止まるところまでねじ込んでください。

※リュウズをねじ込んでいる時に若干のクリック感がありますが、これはゼンマイが巻き上げられる感触が伝わっているもので問題はありません。

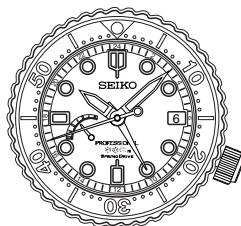
■時刻・日付合わせ、時差修正使用方法

●時刻の合わせかた

- ・必ず時計が動いている状態(ゼンマイが巻き上げられた状態)で、日付・時刻の合わせをしてください。
- ・この時計の24時針の使いかたには、2つのタイプがあります。そのタイプによって時刻の合わせかたが異なりますので、どんな使いかたにするのか選択してから時刻合わせをしてください。

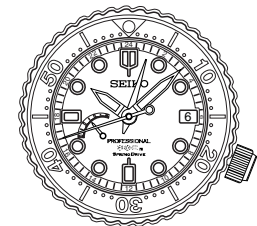
- 10 <タイプ1> 通常の24時針として使用する場合(午前・午後が読める)

- ・普通の使い方がこのタイプになります。
- ・たとえば、時、分、24時針とも日本時間に合わせた時計を、海外旅行中に旅先の時刻に時差修正で合わせた際、24時針で日本時間を知ることができ便利です。



<タイプ2> 24時針に他の地域の時刻を表示させて使用する場合

- ・住む場所とは、異なる時刻(時差のある時刻)に合わせておき、24時針と時分針とでデュアルタイム表示として使用する場合にこのタイプを選びます。
- ・たとえば、24時針を世界標準時(GMT)に合わせ、時分針を日本時間に合わせると、いつでも24時針でGMTを確認できるようになります。

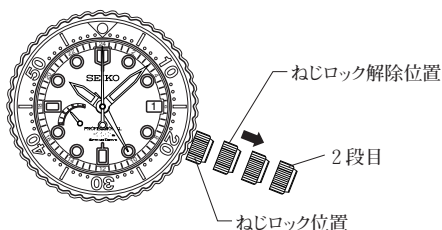


24時針を普通の24時針として合わせる方法<タイプ1>を選択した場合>

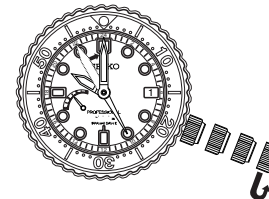
- ①リュウズを左(6時方向)に回してねじロックを解除してから、2段階まで引き出してください。

※秒針が止まりますので、秒針が0秒に来た時に引き出してください。

※必ず時計が動いている状態(ゼンマイが巻き上げられた状態)で時刻合わせをしてください。



- ②リュウズを左に回し、24時針と分針に注目し現在時刻に合わせてます。



- <例> 午前10時0分に合わせる場合は・・・
24時針を24時の10時(=5時位置)、分針を0分に合わせます。
午後6時0分に合わせる場合は・・・
24時針を24時の18時(=9時位置)、分針を0分に合わせます。

※時針が合わせる時刻と異なる時刻を示している場合がありますが、24時針と分針のみを見て合わせてください。(時針は後から合わせます。)

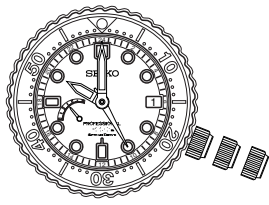
※この時、時針の位置によって日付修正される場合がありますが、これも後で合わせられますのでご安心ください。

※合わせたい時刻の手前から分針をゆっくり進めて合わせてください。

③時報と同時にリュウズを押し込んでください。
 ※24時針、分針、秒針のみ現在時刻に合った状態になっています。
 ※時刻合わせは、電話の時報サービスTEL.117が便利です。

④リュウズを1段目まで引き出してください。

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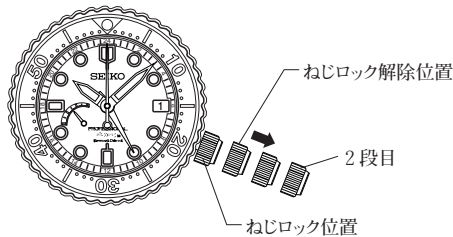
⑤リュウズを回転させ、時針を現在時刻に合わせてください。
 ※日付を合わせる場合は、ここで一緒に合わせてください。
 (詳しくは→21ページ「●日付の合わせかた」を参照)
 ※日付が変わるところが午前0時ですので、午前・午後を間違いなく合わせてください。
 ※リュウズの回転の際、時針の1時間単位の動きを確認しながら静かに回してください。
 ※時針を修正している時、その他の針が少し動きますが故障ではありません。

⑥合わせ終わったらリュウズを押し込んでください。さらに押し付けながら15右(12時方向)に回して止まるところまでねじ込んでください。
 ※リュウズをねじこんでいる時に若干のクリック感がありますが、これはゼンマイが巻き上げられる感触が伝わっているものですので問題はありません。

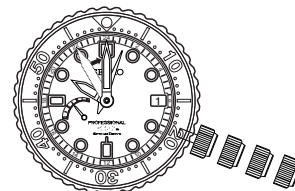
24時針を他の地域の時刻として合わせる方法<タイプ2を選択した場合>

①リュウズを左(6時方向)に回してねじロックを解除してから、2段目まで引き出してください。
 ※秒針が止まりますので、秒針が0秒に来た時に引き出してください。
 ※必ず時計が動いている状態(ゼンマイが巻き上げられた状態)で時刻合わせをしてください。

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②リュウズを左に回し、24時針と分針に注目し合わせたい「他の地域」の時刻に合わせます。



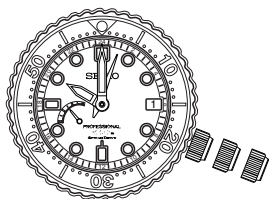
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<例> 24時針で、ロンドンの時刻を表示し、時分針で日本時間を表示させる場合…日本時間午前10時0分の場合、ロンドン、午前1時0分になります。
 24時針を24時針の1時(12時と1時の間)、分針を0分に合わせます。
 ※他の地域として選択できるのは、日本時間からの時差が1時間単位で地域に限られます。
 ※時針が合わせる時刻と異なる時刻を示している場合がありますが、24時針と分針のみを見て合わせてください。(時針は後から合わせます)
 ※この時、時針の位置によって日付修正される場合がありますが、これも後で合わせられますのでご安心ください。
 ※合わせたい時刻の手前から分針をゆっくり進めて合わせてください。

③時報と同時にリュウズを押し込んでください。
 ※24時針、分針、秒針のみ「他の地域」の時刻に合った状態になっています。
 ※時刻合わせは、電話の時報サービスTEL.117が便利です。

④リュウズを1段目まで引き出してください。

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⑤リュウズを回転させ、時針を現在時刻(日本時間)に合わせてください。
 ※日付を合わせる場合は、ここで一緒に合わせてください。
 (詳しくは→21ページ「●日付の合わせかた」を参照)
 ※日付が変わるところが午前0時ですので、午前・午後を間違いなく合わせてください。
 ※リュウズの回転の際、時針の1時間単位の動きを確認しながら静かに回してください。
 ※時針を修正している時、その他の針が少し動きますが故障ではありません。

⑥合わせ終わったらリュウズを押し込んでください。さらに押し付けながら19右(12時方向)に回して止まるところまでねじ込んでください。
 ※リュウズをねじこんでいる時に若干のクリック感がありますが、これはゼンマイが巻き上げられる感触が伝わっているものですので問題はありません。

より正確に時刻合わせをするために!
 ・スプリングドライブ機構の構造上、より正確な時刻合わせをしていただくには、下記の点にご注意ください。
 1. 時刻合わせをする場合は、ゼンマイを充分(パワーリザーブ表示がフル巻き上げ)巻き上げてください。
 2. 止まっている時計を動かした場合は、ゼンマイを充分巻いて30秒程度秒針が動いてから、リュウズを2段目に引き出してください。
 3. リュウズを2段目まで引き出して秒針を止めている時間は、「30分以内」にしてください。これ以上の時間引き出していた場合は一旦リュウズを押し込み、30秒程度は秒針が動いてから、時刻合わせをし直してください。

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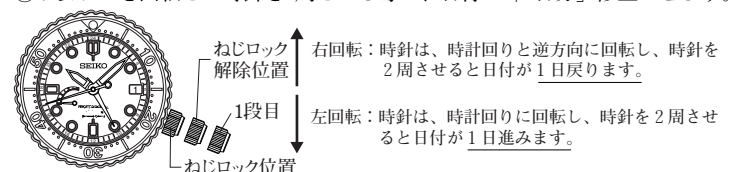
●日付の合わせかた

・この時計の日付修正は、時差修正の方法で時針を2周させて1日分の日付修正を行います。(23ページ「●時差修正の使いかた」を参照ください)
 ・時針を時計回りに2周させると「日を送る」こととなり、逆回転させると「日戻す」ことができます。
 ・時刻合わせの後の日付合わせや、前月が小の月(2,4,6,9,11月)の場合、修正を行ってください。

①リュウズを左(6時方向)に回してねじロックを解除してから、リュウズを1段目まで引き出してください。

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②リュウズを回転させ時針を2周させる毎に、日付が「1日分」修正できます。



※日付はどちらの方法で修正してもかまいません。日付修正が少ない方向を選択してください。

※リュウズの回転は、静かに行ってください。

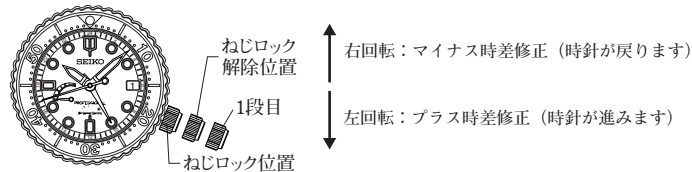
※2周単位で時針を回転させると、時刻を変えることなく日付の修正ができます。

※時針を修正している時、その他の針が少し動きますが故障ではありません。

③日付合わせが終わったら、時針の位置を再度確認してリュウズを押し込んでください。

さらに押し付けながら右（12時方向）に回して止まるところまでねじ込んでください。

※リュウズをねじこんでいる時に若干のクリック感がありますが、これはゼンマイが巻き上げられる感が伝わっているものですので問題はありません。



※「●都市と時差の比較表」の日本時間との時差を参照してください。

24 ※時差修正をするときは、午前・午後および日付等にご注意ください。
※時針を修正している時、その他の針が少し動きますが、故障ではありません。
※リュウズ右回転で時差修正をしてAM0:00を通過してPM9:00～AM0:00付近に合わせる場合は一旦、PM8:00まで戻し合わせてください。

③時差修正が終わったら、時針の位置を再度確認してリュウズを押し込んでください。さらに押し付けながら右（12時方向）に回して止まるところまでねじ込んでください。

※リュウズをねじこんでいる時に若干のクリック感がありますが、これはゼンマイが巻き上げられる感が伝わっているものですので問題はありません。

●時差修正の使いかた

- ・海外旅行等で時差のある地域へ移動した場合、時計を止めることなく現地の時刻に合わせられます。
- ・この修正は、日付に連動していますので、正しい時差修正が行なわれると現地の日付を表示させることができます。

時差修正のしかた

①リュウズを左（6時方向）に回してねじロックを解除してから、リュウズを1段目まで引き出してください。

②リュウズを回転して時差修正を行ってください。
時針だけが修正されます。

※1時間単位で時針の動きを確認しながらリュウズを回してください。

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●都市と時差の比較表

※都市名・日本時間との時差は以下のとおりです。

| 都市名 | 日本時間との時差 | その他の都市 |
|---------|----------|----------------|
| ウエリントン★ | +3時間 | フィジー諸島 オークランド★ |
| ヌメア | +2時間 | ソロモン諸島 |
| シドニー★ | +1時間 | グアム島 ハバロフスク★ |
| 東京 | ±0時間 | ソウル 平壤 |
| 香港 | -1時間 | マニラ 北京 シンガポール |
| バンコク | -2時間 | ジャカルタ |
| ダッカ | -3時間 | |
| カラチ | -4時間 | タシケント★ |
| ドバイ | -5時間 | |
| モスクワ★ | -6時間 | メッカ ナイロビ |
| カイロ★ | -7時間 | アテネ★ イスタンブール★ |

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| | | |
|-----------|-------|-----------------|
| パリ★ | -8時間 | ローマ★ アムステルダム★ |
| ロンドン★ | -9時間 | カサブランカ |
| アゾレス諸島★ | -10時間 | |
| リオデジャネイロ★ | -12時間 | |
| カラカス | -13時間 | サンティアゴ★ |
| ニューヨーク★ | -14時間 | ワシントン★ モントリオール★ |
| シカゴ★ | -15時間 | メキシコシティ★ |
| デンバー★ | -16時間 | エドモントン★ |
| ロサンゼルス★ | -17時間 | サンフランシスコ★ |
| アンカレッジ★ | -18時間 | |
| ホノルル | -19時間 | |
| ミッドウエイ島 | -20時間 | |

★…サマータイム有り

※各都市の時差、およびサマータイムは国または地域の都合により変更する場合があります。

26

■パワーリザーブ表示の見かた

- ・パワーリザーブ表示で、ゼンマイの巻き上げ具合が確認できます。
- ・時計を腕から外して置いておく際には、次にご使用（携帯）されるまで動き続けるかどうかをパワーリザーブ表示でご確認の上、必要に応じてゼンマイを巻き上げてください。（時計を止めないためには、必ず余裕を持った時間分を巻き上げるようにしてください。）

| パワーリザーブの指示 | フル巻き上げの状態 | 半分程度巻き上がった状態 | 巻き上げ無しの状態 |
|------------|------------------|------------------|------------------------|
| ゼンマイの状態 | フル巻き上げの状態 | 半分程度巻き上がった状態 | 巻き上げ無しの状態 |
| 持続時間 | 約72時間（約3日間）動きます。 | 約36時間（約1日半）動きます。 | 時計は止まっているか、止まる直前の状態です。 |

※フル巻き上げ状態でリュウズをそれ以上回しても、あるいは自動巻き機構による巻き上げが行なわれても、ゼンマイが損傷を受けることはありませんので安心してお使いください。この時計のゼンマイは自動巻き機構特有の構造（スリッピングアタッチメント）の働きで、ゼンマイが巻き止まらないようになっております。

※モデルによって、「パワーリザーブの指示」位置が若干異なる場合があります。

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●自動巻き機構によるゼンマイ巻き上げの目安について

- ・ご使用時間と巻き上げ具合の目安は下記の通りです。実際にはお客様のご使用状況（時計を携帯使用される時間や運動量等）によって異なりますので、パワーリザーブ表示でご確認ください。

1日当たり12時間の携帯で連続して3～5日間ご使用されると、フル巻き上げになると考えられます。

※1日のご使用時間が短い場合などは、パワーリザーブ表示をご確認の上、必要に応じてゼンマイを巻き上げてください。

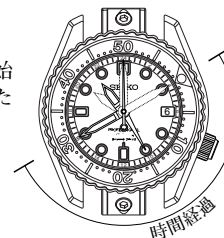
28

■回転ベゼルの使いかた

●経過時間の測定

- ・回転ベゼルを動かし▼マークを分針に合わせてください。ある時間が経過した後に、分針の指す回転ベゼル上の目盛を読めば、その時までの経過時間がわかります。
- ・※回転ベゼルには0.5分単位のクリック装置がついていますので、目盛のセットがしやすいと同時に、ショックなどで不用意に回転することを防ぎます。

右図は10時10分潜水開始（▼位置）後、30分経過したことを示しています。



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■アフターサービスについて

- ・お買い求めいただきましたセイコープロスペックスは厳重な検査、調整を行った後、お手元にお届けしております。しかし、取扱説明書にそった正常なご使用状態で保証期間内に万一、不具合が生じた場合には保証書をそえて、お買い上げ店へお持ちください。メーカーにて無料で修理、調整させていただきます。保証内容は、保証書に記載してあります。
- ・保証期間経過後の修理及びセイコープロスペックスについてのご相談は、お買い上げ店でうけたまわっております。なお、ご不明な点は「セイコーウオッチ株式会社お客様相談窓口」(裏表紙に記載)へお問い合わせください。

38 ■補修用性能部品について

- ・この時計における補修用性能部品の保有期間は、通常7年を基準としています。正常なご使用であれば、この期間中は原則として修理可能です。(補修用性能部品とは、時計の機能を維持するのに不可欠な修理用部品です。)
- ・修理可能な期間のご使用条件によりちぎるしく異なり、精度が元通りにならない場合もありますので、修理ご依頼の際にお買い上げ店とよくご相談ください。
- ・修理のとき、ケース・文字板・針・ガラス・バンドなどは一部代替品を使用させていただきます。
- ・その他、わからない点がありましたら、「セイコーウオッチ株式会社お客様相談窓口」へお問い合わせください。

■製品仕様

1. 基本機能・・・3針(時・分・秒)、24時針、日付表示、パワーリザーブ表示
2. 水晶振動数・・・32,768Hz
3. 精度・・・平均月差±15秒以内(ただし、気温5℃～35℃において腕につけた場合)(日差±1秒相当)
4. 作動温度範囲・・・-10℃～+60℃
ただし、低温下(0℃以下)ではパワーリザーブ表示が1/6以上で使用のこと
5. 駆動方式・・・ゼンマイ巻く自動巻き(手巻き付き)
6. 運針方式・・・スイープ運針
7. 付加機能・・・時差修正機能(日付連動)
8. 持続時間・・・約72時間(約3日間)
※パワーリザーブ表示がフル巻き上げの状態から
9. 電子回路・・・発振・分周・スプリングドライブ制御回路(C-MOS-IC) : 1個
10. 使用石数・・・30石
11. 耐磁性能・・・4,800A/m(60ガウス、JIS・ISO両規格に準ずる)
12. 外装防水性能・・・600m飽和潜水用防水(JIS2種潜水時計600m)

※仕様は改良のため予告なく変更することがあります。

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- Thank you very much for choosing a SEIKO PROSPEX watch.
 - This is a professional diver's watch featuring an extremely high water resistant quality.
 - The watch is designed and manufactured to conform to requirements of a standard diver's watch, so that you can use it for diving with confidence.
 - Please read the instructions in this booklet carefully for its proper use. We hope you enjoy wearing this watch for many years to come.
- ※A length adjustment service of the metal band which is attached to the watch upon purchase is available from the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. Some other retailers may charge you for the length adjustment or may not undertake such treatments.

⚠ WARNING

WARNING indicates the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

⚠ CAUTION

CAUTIONS indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.

CONTENTS

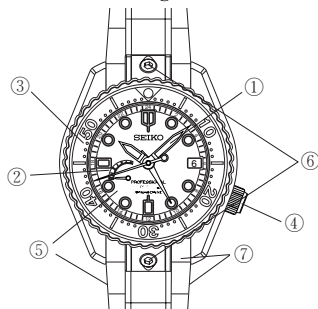
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■ PRECAUTIONS FOR DIVING (PLEASE MAKE SURE TO OBSERVE THE FOLLOWING.)

◇ Before diving

Check the following :

1. The time is correctly set.
2. The power reserve indicator shows the level of remaining power not less than one-half. If the remaining power shows less than one-half, manually wind the mainspring. Refer to "REMARKS ON THE SELF-WINDING MECHANISM OF THE MAINSPRING."
3. The rotating bezel turns smoothly. (The "▼" mark should be aligned with the minute hand and the bezel rotation must not be too loose or too tight.)
4. The crown is completely screwed in.
5. There are no visible cracks or scratches on the crystal or watch band.
6. The case screws are tightly fastened.
7. The band is firmly attached to the watch (with spring bars, clamp or other parts.)



⚠ CAUTION

If there are any malfunctions, contact the retailer from whom the watch was purchased.

◇ While diving



This watch can withstand water resistant to 60 ATMOSPHERES (water pressure to a depth of 600 meters).



Do not operate the crown in the water

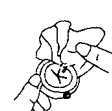


Take care not to bump the watch against hard objects such as rocks.



Bezel rotation may become slightly harder in the water but this is not a malfunction.

◇ After diving



Rinse the watch in fresh water to wash out all seawater and wipe it thoroughly dry to prevent rust.

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■ CHARACTERISTICS

● Water resistance

This watch is designed for saturation diving by using helium gas featuring a superior waterproof property to withstand depths down to 600 meters as well as excellent water resistance which enables the watch to be safely worn underwater for an extended period of time.

● Spring Drive

Spring Drive, the unique mechanism made available only by SEIKO technology, ensures quartz accuracy while using the mainspring as its sole power source. (For details of the Spring Drive mechanism, refer to the separate manual "Spring Drive Handbook.")

The watch will work continuously for approximately 72 hours (three days) when the mainspring is fully wound. The watch features a power reserve indicator to show the winding state of the mainspring. The sweep second hand works in a perfectly smooth movement.

This is a self-winding watch equipped with a manual winding mechanism. When first using the watch, manual winding is convenient.

The watch also has a 24-hour hand with the added feature of a time difference adjustment interrelated with the date display.

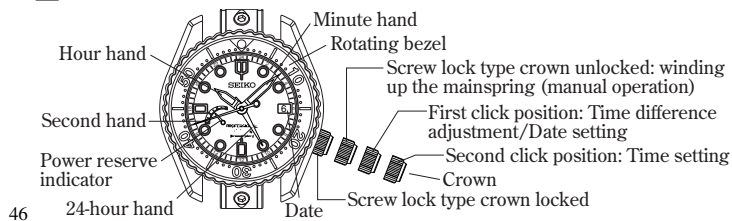
⚠ CAUTION

This watch is powered by the mainspring. To ensure constant operation of the watch, be sure to wind up the mainspring sufficiently before the power reserve indicator points to "0". The watch may stop if the power reserve indicator is showing less than one-sixth, especially it is left under a temperature below 0°C.

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■ NAMES OF THE PARTS



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※The crown is a screw lock type crown. To operate the crown, unlock the crown by unscrewing it. Keep the crown locked unless it is necessary to operate the crown. When screwing the crown in, turn it slowly with care, ensuring that the screw is properly engaged. If it is stiff and difficult to work, unscrew it and redo it. Be careful not to forcibly tighten the screw, as doing so may damage the screw.

⚠ WARNING

※Although the rotating bezel is removable by design for easy maintenance, do not attempt to unscrew the two upper screws. SEIKO assumes responsibility for maintenance.

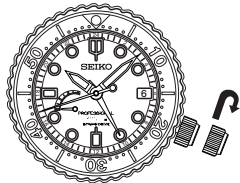
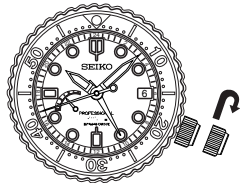
■ HOW TO USE (HOW TO WIND THE MAINSPRING)

This watch is a self-winding watch equipped with a manual winding mechanism.

- When the watch is worn on the wrist, the motion of the wearer's arm winds the mainspring of the watch.
- When first using a stopped watch, it is recommended that you manually wind the mainspring by turning the crown.

● How to manually wind the mainspring by turning the crown

1. The crown is a screw-lock type crown. Turn the crown counterclockwise (the 6 o'clock direction) to unlock the screw. (When the screw is completely unlocked, the crown is projected outward from its original position.)



2. After unlocking the screw, slowly turn the crown clockwise (the 12 o'clock direction) to wind the mainspring. Take care not to press down the crown.

3. Wind the mainspring until the power reserve indicator shows a full-wound state. Immediately, the second hand starts moving.

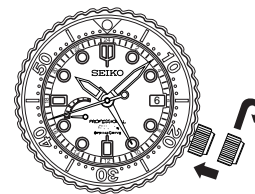
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※As for manual winding, if you give the crown five full rotations, it provides the power to run the watch for approximately ten hours.

※If the crown is turned counterclockwise (the 6 o'clock direction), the mainspring of the watch will not be wound.

※To check the winding state of the mainspring, refer to "■ HOW TO READ THE POWER RESERVE INDICATOR" on page 67.

※There is no need to turn the crown further when the mainspring is fully wound. The crown can be turned without damaging the watch mechanism; it only winds the mainspring free.



4. Gently turn the crown clockwise (the 12 o'clock direction) while pressing it, until it is screwed all the way in and locked.

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※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.

■ HOW TO SET THE TIME AND DATE, HOW TO USE THE TIME DIFFERENCE ADJUSTMENT FUNCTION

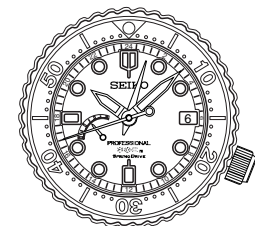
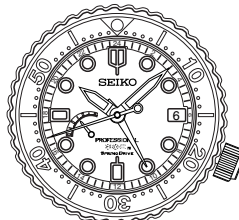
● HOW TO SET THE TIME

- When setting the date and time, ensure that the watch is working: the main spring is sufficiently wound.
- If your watch has a 24-hour hand, it has two different types of 24-hour hand usage. Since the time setting method differs according to the type of usage, please choose the type before setting the time.

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<Type 1> Simply using the 24-hour hand to show the 24-hour time as an AM/PM indicator.

- This is the standard usage type for the 24-hour hand.
- For instance, by setting the hour, minute and 24-hour hands to Japan time, even if you set the hour and minute hands to display the time of the place you are staying while traveling abroad by using the time difference adjustment function, you can easily check the time in Japan with the 24-hour hand which is quite convenient.



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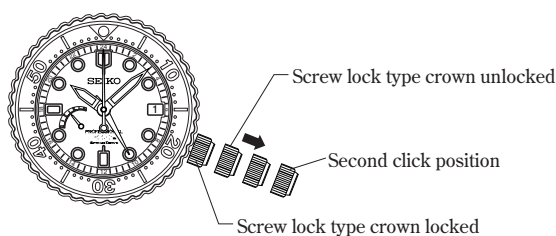
How to set the 24-hour hand as a regular 24-hour indicator <When the type 1 usage is selected>

1. Unscrew the crown by turning it counterclockwise (the 6 o'clock direction), and then pull it out to the second click.

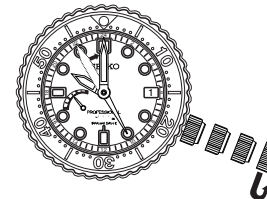
※Pull the crown out when the second hand is at the 12 o'clock position since the second hand will be stopping on the spot.

※When setting the time, ensure that the watch is working: the mainspring is sufficiently wound.

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2. Turn the crown counterclockwise to set the 24-hour and minute hands to the current time.



<Example>

To set to 10 : 00 A.M., adjust the 24-hour hand to indicate "10" on the 24-hour scale (5 o'clock position), and the minute hand to the "0" minute position.

To set to 6 : 00 P.M., adjust the 24-hour hand to indicate "18" on the 24-hour scale (9 o'clock position), and the minute hand to the "0" minute position.

※Only the 24-hour and minute hands are to be set at this stage. The hour hand is to be set later so it is not necessary to adjust the hour hand yet, even if it is indicating the wrong time.

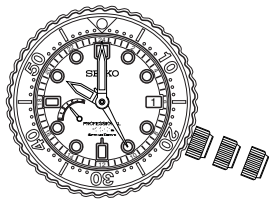
※The date may be altered depending on the position of the hour hand, however it should not cause any concern since it can also be adjusted later.

※Set the minute hand behind the time and then slowly advance it to the desired time.

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3. Push the crown back in simultaneously with the time signal.
 - ※The setting of the 24-hour, minute and second hands to the current time is now completed.
 - ※The telephone time signal service (117) is helpful in setting the exact time.
4. Pull the crown out to the first click.

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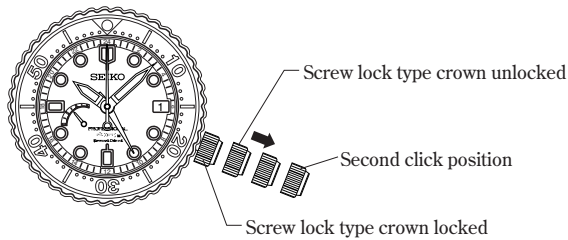
5. Turn the crown to set the hour hand to the current time.
 - ※Adjust the date also at this point if necessary. (Refer to "●HOW TO SET THE DATE" on page 61.)
 - ※The moment the date changes it is midnight. When setting the time, be sure that AM/PM is set correctly.
 - ※Turn the crown slowly, checking that the hour hand moves in one-hour increments.
 - ※When adjusting the hour hand, the other hands may move slightly. However, this is not a malfunction.

6. Push the crown back in upon completion of time setting. Screw the crown in 55 completely by turning it clockwise (12 o'clock direction) while pressing it.
 - ※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.

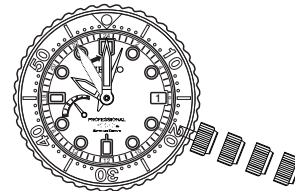
How to set the 24-hour hand as a dual time indicator for a "different time zone area" (When the type 2 usage is selected)

1. Unscrew the crown by turning it counterclockwise (the 6 o'clock direction), and then pull it out to the second click.
 - ※Pull the crown out when the second hand is at the 12 o'clock position since the second hand will be stopping on the spot.
 - ※When setting the time, ensure that the watch is working : the mainspring is sufficiently wound.

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2. Turn the crown counterclockwise to set the 24-hour and minute hands to the current time of your desired time zone area.



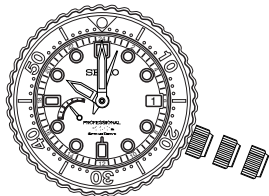
<Example>

- To set the 24-hour hand to the time in London while setting the hour/minute hands to indicate Japan time
 When the time in Japan is 10:00 A.M., it is 1:00 A.M. in London.
 Set the 24-hour hand to indicate "1" on the 24-hour scale (between the 12 o'clock and 1 o'clock position), while the minute hand is at the "0" minute position.
- ※The time difference adjustment function serves only for a time in a different time zone area where the time difference from Japan time is represented in one-hour increments.
 - ※Only the 24-hour and minute hands are to be set at this stage. The hour hand is to be set later so it is not necessary to adjust the hour hand yet, even if it is indicating the wrong time.
 - ※The date may be altered depending on the position of the hour hand, however it should not cause any concern since it can also be adjusted later.
 - ※Set the minute hand behind the time and then slowly advance it to the desired time.

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3. Push the crown back in simultaneously with the time signal.
 - ※The setting of the 24-hour, minute and second hands to the time in a different time area is now completed.
 - ※The telephone time signal service (117) is helpful in setting the exact time.
4. Pull out the crown to the first click.

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5. Turn the crown to set the hour hand to the current time (Japan time).
 - ※Adjust the date also at this point if necessary. (Refer to "●HOW TO SET THE DATE" on page 61.)
 - ※The moment the date changes it is midnight. When setting the time, be sure that AM/PM is set correctly.
 - ※Turn the crown slowly, checking that the hour hand moves in one-hour increments.
 - ※When adjusting the hour hand, the other hands may move slightly. However, this is not a malfunction.

6. Push the crown back in upon completion of time setting. Screw the crown in 59 completely until it stops by turning it clockwise (12 o'clock direction) while pressing it.
 - ※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.

Tips for more accurate time setting

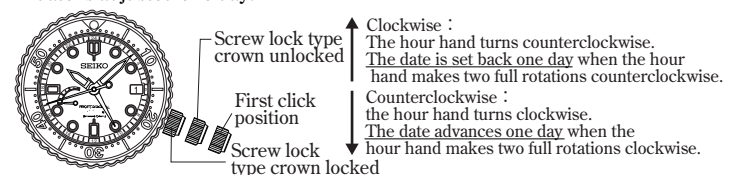
- Take notice of the following points in order to set the time more accurately.
1. Before setting the time, wind the mainspring until the power reserve indicator shows a full-wound state.
 2. When using a watch after it has stopped, wait approximately 30 seconds after the second hand starts moving, and then pull the crown out to the second click.
 3. Do not stop the second hand with the crown being at the second click position for thirty minutes or longer. If the time the crown has been at the second click position and the second hand has been stopped exceeds 30 minutes, push the crown back in to its original position, and let the second hand move for 30 seconds or longer, then restart the time setting.

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●HOW TO SET THE DATE

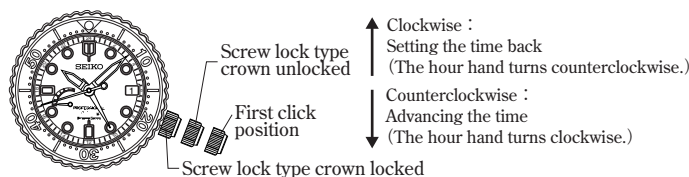
- This watch is designed so that the date changes one day by turning the hour hand two full rotations in the same way as "the time difference adjustment function". (Refer to "● HOW TO USE THE TIME DIFFERENCE ADJUSTMENT FUNCTION" on page 63.)
 - The date advances one day by turning the hour hand two full rotations clockwise, while the date is set back one day by turning the hour hand two full rotations counterclockwise.
 - Set the date after setting the time. Manual date adjustment is required at the end of a month that has less than 31 days : February, April, June, September and November.
1. Unlock the screw lock type crown by turning it counterclockwise (the 6 o'clock direction), and then pull it out to the first click.
 2. Each time the hour hand makes two full rotations by turning the crown, the date is adjusted one day.

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- ※The date can be adjusted either by advancing it or by setting it back. Turn the hour hand clockwise or counterclockwise by whichever is convenient.
- ※Turn the crown gently.
- ※To adjust the date without changing the time, turn the hour hand in two-full-rotation increments.
- ※When adjusting the hour hand, the other hands may move slightly. However, this is not a malfunction.

3. After completing the date setting, check the position of the hour hand once again and push the crown back in. Then, screw the crown in completely until it stops by turning it clockwise (12 o'clock direction) while pressing it.
- ※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.



3. After completing the time difference adjustment, check the position of the hour hand once again and push the crown back in. Then, screw the crown in completely until it stops by turning it clockwise (12 o'clock direction) while pressing it.
- ※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.

●HOW TO USE THE TIME DIFFERENCE ADJUSTMENT FUNCTION

- For example, while traveling abroad and staying in a place with a different time from where you live, you can conveniently set the watch to indicate the local time in the different time zone area without stopping the watch.
- The time difference adjustment is interrelated with the date display. If the time difference is correctly adjusted, the watch displays the correct date of the place where you are staying.

How to adjust the time difference

1. Unlock the screw lock type crown by turning it counterclockwise (the 6 o'clock direction), and then pull it out to the first click. 63
 2. Turn the crown to set the hour hand to indicate the time of the place where you are staying. The hour hand is independently set to the time in a different time zone.
- ※Turn the crown slowly, checking that the hour hand moves in one-hour increments.

●MAJOR CITIES IN THE WORLD AND TIME DIFFERENCE TABLE

※Refer to the table below for time differences from Japan time in major cities in the world.

| Names of the cities | Time difference with Japan Time | Other cities |
|---------------------|---------------------------------|----------------------------|
| Wellington★ | + 3 hours | Fiji islands, Auckland★ |
| Nouméa | + 2 hours | Solomon Islands |
| Sydney★ | + 1 hours | Guam, Khabarovsk★ |
| Tokyo | ± 0 | Seoul, Pyongyang |
| Hong Kong | - 1 hours | Manila, Beijing, Singapore |
| Bangkok | - 2 hours | Jakarta |
| Dacca | - 3 hours | |
| Karachi | - 4 hours | Tashkend★ |
| Dubai | - 5 hours | |
| Moscow★ | - 6 hours | Mecca, Nairobi |
| Cairo★ | - 7 hours | Athens★, Istanbul★ |

3. After completing the time difference adjustment, check the position of the hour hand once again and push the crown back in. Then, screw the crown in completely until it stops by turning it clockwise (12 o'clock direction) while pressing it.
- ※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.

3. After completing the time difference adjustment, check the position of the hour hand once again and push the crown back in. Then, screw the crown in completely until it stops by turning it clockwise (12 o'clock direction) while pressing it.

- ※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.

| | | |
|-----------------|------------|------------------------|
| Paris★ | - 8 hours | Rome★, Amsterdam★ |
| London★ | - 9 hours | Casablanca |
| Azores★ | - 10 hours | |
| Rio de Janeiro★ | - 12 hours | |
| Caracas | - 13 hours | Santiago★ |
| New York★ | - 14 hours | Washington★, Montreal★ |
| Chicago★ | - 15 hours | Mexico City★ |
| Denver★ | - 16 hours | Edmonton★ |
| Los Angeles★ | - 17 hours | San Francisco★ |
| Anchorage★ | - 18 hours | |
| Honolulu | - 19 hours | |
| Midway Islands | - 20 hours | |

- ★...Cities marked with "★" use daylight saving time.
- ※The time differences and use of daylight saving time in each city are subject to change according to the governments of the respective countries or regions.

■HOW TO READ THE POWER RESERVE INDICATOR

- The power reserve indicator lets you know the winding state of the mainspring.
- Before removing the watch from your wrist, observe the power reserve indicator to check if the watch has stored enough power to keep running until the next time you wear it. If necessary, wind the mainspring. (To prevent the watch from stopping, wind the mainspring to store the excess power that will allow the watch to run for extra time.)

| The Power Reserve Indicator | | | |
|---------------------------------------|---------------------------------|---|--|
| The winding state of the mainspring | Fully wound | Half wound | Unwound |
| The number of hours the watch can run | Approximately 72 hours (3 days) | Approximately 36 hours (1 day and a half) | The watch either stops or is running down. |

- ※When the mainspring is fully wound, the crown can be turned further, or the mainspring may wind without damaging the mainspring itself. The mainspring of the watch employs a slipping attachment structure, a self-winding watch specific mechanism, to prevent the mainspring from over winding.
- ※The orientation of "the power reserve indicator" may slightly vary depending on the model.

●REMARKS ON THE SELF-WINDING MECHANISM OF THE MAINSPRING

- The correlation between the number of hours the watch is worn and the winding state of the mainspring is provided below for your reference. However, the winding state of the mainspring may vary depending on actual use conditions, such as the number of hours you wear the watch or the extent of your movement while wearing it. It is recommended that you observe the power reserve indicator to check the level of remaining power of your watch.

The mainspring of the watch becomes fully wound when it is worn for twelve hours for three to five days.

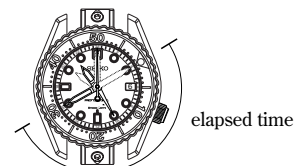
3. After completing the time difference adjustment, check the position of the hour hand once again and push the crown back in. Then, screw the crown in completely until it stops by turning it clockwise (12 o'clock direction) while pressing it.
- ※While screwing the crown in, the watch clicks as the mainspring is wound. This should not cause any concern since this is caused by movement of the mainspring.

■HOW TO USE THE ROTATING BEZEL

The illustration below indicates that 30 minutes have elapsed since the diving started at 10:10

("▼" mark indicated the time when you started diving.)

- How to measure the elapsed time
Turn the rotating bezel to set ▼mark to the minute hand. After certain amount of time



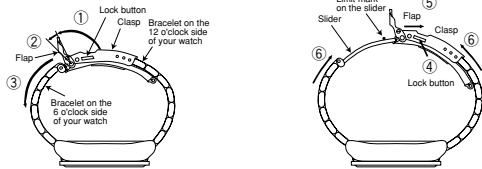
elapsed, read the graduation on the rotating bezel which the minute hand points to. The elapsed time is indicated.

- ※For safety's sake, the rotating bezel rotates only counterclockwise with clicks. Therefore, accidental rotation of the bezel is prevented, and also the bezel can be easily set to measure the elapsed time.

HOW TO USE THE DIVER ADJUSTER

The Diver Adjuster is a bracelet mechanism to adjust the bracelet length of your Diver's Watch. It is very useful when you wear the watch over a wet suit.

1. Lift up the flap approximately 90° until it stands upright. Do not extend the slider at this step.
2. Lightly push back the flap further approximately 20°.
- When doing so, take care not to push the flap forcibly as more force is required to do so than to lift up the flap.
3. Lightly pull the bracelet on the 6 o'clock side of the watch along the curved line of the bracelet to pull out the slider. When doing so, take care not to pull the bracelet forcibly. The slider can be pulled out approximately 30 mm. Be careful not to pull it out beyond the limit mark inscribed on it.
4. While pressing the lock button indicated by the arrow (4), lift up the clasp to release the buckle, and put on the watch on your wrist.
5. Close the clasp first and then, the flap.
6. Hold the bracelet on both the 6 and 12 o'clock sides of the watch with fingers to reduce the length of the slider until it fits well around your wrist.



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LUMIBRITE (IF YOUR WATCH HAS LUMIBRITE)

LumiBrite is a luminous paint is completely harmless to that human beings and natural environment, containing no noxious materials such as radioactive substance.

LumiBrite is a newly-developed luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 5 to 8 hours.

Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source the watch.

When you make a dive in the dark water, LumiBrite may not emit light unless it absorbs and stores light sufficiently.

Before diving, therefore, be sure to expose the watch to light under the condition specified above so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

< Reference data on the luminance >

- (A) Sunlight
 [Fine weather] : 100,000 lux [Cloudy weather] : 10,000 lux
 (B) Indoor (Window side during daytime)
 [Fine weather] : more than 3,000 lux [Cloudy weather] : 1,000 to 3,000 lux
 [Rainy weather] : less than 1,000 lux
 (C) Lighting apparatus (40-watt daylight fluorescent light)
 [Distance to the watch : 1m] : 1,000 lux
 [Distance to the watch : 3m] : 500 lux (average room luminance)
 [Distance to the watch : 4m] : 250 lux

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TO PRESERVE THE QUALITY OF YOUR WATCH

CAUTION

Daily care

- After using the watch in seawater, for instance, after diving, rinse it in fresh water and wipe thoroughly dry. Do not use chemicals to wash the watch.
- Clean the rotating bezel regularly. If dust gathers under the bezel, the rotation of the bezel will become difficult.
- Clean the soiled part of the metal band using a soft toothbrush dipped in soapy water.

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CAUTION

RASH AND ALLERGY

- Adjust the bracelet and 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 cause 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.

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PRECAUTIONS ON WEARING YOUR WATCH

- 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.
- Do not drop the watch or hit it against a hard surface and not wear the watch while playing active sports. The watch may gain/lose time.

PLACES TO KEEP YOUR WATCH

- If the watch is left in a temperature below -10°C or above +60°C for a long time it may function improperly or stop operating.
- 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.

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PERIODIC CHECK

- Checking and overhaul of the watch (cal. 5R66) will be performed by SEIKO. When you take the watch to the retailer from whom it was purchased, request that the watch will be checked and overhauled by SEIKO.
- We suggest that you have your watch checked by SEIKO every 3 or 4 years for oil condition or damage due to water or sweat. After checking the watch, adjustment and repair may be required.
- When replacing the parts, please specify "SEIKO GENUINE PARTS."
- Be sure to have the gasket and push-pin replaced with new ones when checking the watch.

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※ Depending on the environment where a diver's watch is used, its inner parts or movement as well as its case or band may be affected. We recommend that you have your watch overhauled regularly at every period indicated above.

TROUBLE SHOOTING

| Trouble | Possible cause | Solution |
|---|---|--|
| The watch stops operating. | The power supplied by the mainspring has been consumed. | Refer to "HOW TO USE (HOW TO WIND THE MAINSPRING)" to wind the mainspring and reset the time. While you are wearing the watch or when you take it off, check the remaining power shown by the power reserve indicator and wind the mainspring if necessary. |
| Even though you wear the watch every day, the power reserve indicator does not move up. | The watch is worn on your wrist only for a short period of time, or the amount of arm movement is small. | Wear the watch for an extended period of time, or when taking off the watch, turn the crown to wind the mainspring if the remaining power shown by the power reserve indicator is not sufficient for the next use. |
| The watch temporarily gains or loses time | The watch has been left or worn in extremely high or low temperatures. | Return the watch to a normal temperature so that it works accurately as usual, and then reset the time. The watch has been adjusted so that it works accurately when it is worn on your wrist under a normal temperature range between 5°C and 35°C. |
| | The watch is left close to an object with a strong magnetic field. | Prevent the watch from making close contact with magnetic objects so that the watch works accurately as usual, and then reset the time. If the watch does not work accurately again after the above procedure, contact the retailer from whom the watch was purchased. |
| | You drop the watch, hit it against a hard surface, or wear it while playing active sports. The watch is exposed to strong vibrations. | Reset the time. If the watch does not work accurately as usual after resetting the time, contact the retailer from whom the watch was purchased. |
| The inner surface of the glass is clouded. | Moisture has entered the watch because the gasket has deteriorated. | Contact the retailer from whom the watch was purchased. |
| The watch stops even though the power reserve indicator is not showing "0". | The watch has been left under a temperature below 0°C. | If the watch is left under a temperature below 0°C, it may stop if the power reserve indicator is showing less than one-sixth. In such a case, turn the crown to wind the mainspring. |
| Right after starting the watch, it seems that the second hand moves quicker than usual when setting the time. | When starting the watch, it takes a little time before the adjustment function starts working (this is not a malfunction). | It takes several seconds before the adjustment function starts working. Set the time after the second hand moves for approximately 30 seconds to set the time correctly. |
| The date changes at 12 o'clock noon. | AM/PM is not properly set. | Advance the hands for 12 hours to reset the time and date. |

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※ Contact the retailer from whom the watch was purchased for any other troubles.

■ AFTER-SALE SERVICE

- Your SEIKO PROSPEX watch has been strictly inspected and precisely regulated prior to your purchase. However, if your watch becomes defective during the course of normal use while your watch is still under guarantee, we will regulate, adjust, or repair the watch at no cost to you. Please present your watch to the retailer from whom the watch was purchased with the certificate of guarantee within the guarantee period. Guarantee coverage is provided in the certificate of guarantee.
- For repair after the guarantee period or any other information regarding SEIKO PROSPEX watches, consult the retailer from whom the watch was purchased. Should you have any questions, please contact SEIKO CUSTOMER SERVICE CENTER (listed on the back cover of this booklet).

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■ NOTES ON THE REPLACEMENT PARTS

- A stock of spare parts for SEIKO PROSPEX watches will be kept for 7 years. In principle, your watch can be reconditioned within this period. (Replacement parts are those that are essential to maintain the functional integrity of the watch.)
- Please note that, according to the conditions of use, your watch may not be able to be reconditioned or its accuracy may not be restored. Consult the retailer from whom the watch was purchased before having your watch repair.
- Please note that, if watch parts such as the case, dial, hands, glass, band, or other accessories are damaged, some alternative parts may be used for repairs.
- Should you have any questions, please contact SEIKO CUSTOMER SERVICE CENTER.

■ SPECIFICATIONS

1. Features : 3 hands (Hour, Minute and Second hands), 24-hour hand, Date display, Power Reserve Indicator
 2. Frequency of crystal oscillator : 32,768 Hz
 3. Loss/gain (monthly average) : ± 15 seconds (± 1 second per day) (worn on your wrist at a normal temperature range between 5°C and 35°C)
 4. Operational temperature range : -10°C to +60°C
Under a low-temperature condition (below 0°C), always keep at least one-sixth of the watch power shown by the power reserve indicator.
 5. Driving System : Spring Drive (Self-winding type with manual winding function)
 6. Hand movement : Sweep second hand
 7. Additional functions : Time difference adjustment function (interrelated with the date display) ⁷⁹
 8. Continuous operating times : Approx. 72 hours (Approx. 3 days) *If the power reserve indicator shows the power supplied by the mainspring is full before starting the watch.
 9. IC (Integrated Circuit) : Oscillator, frequency divider, and spring drive control circuit (C-MOS-IC) : 1 piece
 10. Jewels : 30 jewels
 11. Magnetic resistance : 4,800 A/m (60 gauss, conforming to JIS/ISO specifications)
 12. Water resistance : 600-meter water resistance, suitable for saturation diving (JIS Class 2 diver's watch)
- ※The specifications are subject to change without prior notice due to product improvements.

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