

SEIKO

取扱説明書
INSTRUCTIONS

7T12

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セイコーウォッチ株式会社

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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
〒550-0013大阪府西区新町 1-4-24 大阪西橋新ビルディング

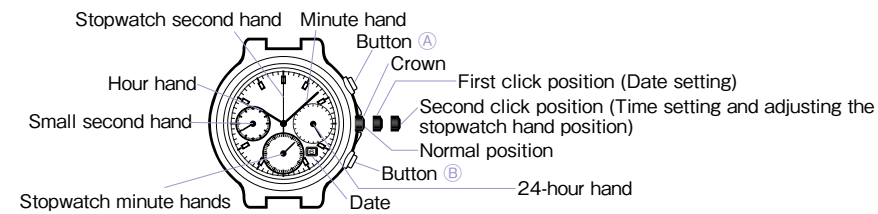
セイコーウォッチ株式会社

本社 〒105-8467 東京都港区虎ノ門2-8-10
http://www.seiko-watch.co.jp/

FEATURES

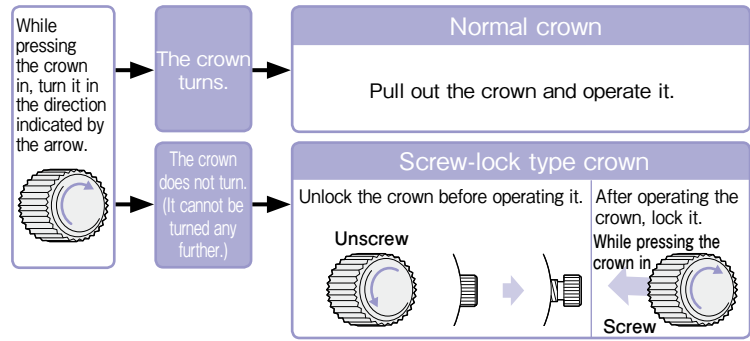
- This is a multi-display analogue watch featuring a stopwatch function.
- The time is indicated by the 24-hour, hour and minute hands, and a small second hand.
- The time measured is indicated by the two stopwatch hands(second and minute hands). The stopwatch can measure up to 60 minutes in 1/5 second increments. Split time measurement on demand. After 12 hours, it will stop automatically.

DISPLAY AND CROWN/BUTTON OPERATION



CROWN

There are two types of crown, a normal crown and a screw-lock type crown. Please check the type of the crown of your watch.



* If your watch has a screw-lock type crown, the crown screws into the watch to prevent malfunction and increase water resistance.
* Be careful not to screw the crown in by force as it may damage the slots of the crown.

SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION



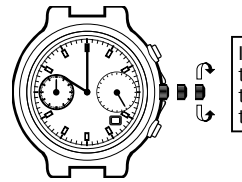
How to set the time

- Pull out the crown to the second click position when the small second hand is at the 60 seconds position. The small second hand stops on the spot.



* If the stopwatch is measuring, the stopwatch hands are automatically reset to "0" position.

- Turn the crown to set the main time hands to the desired time.

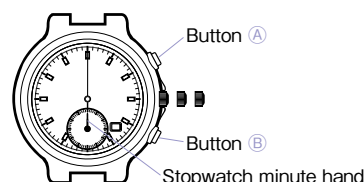


It is recommended that the hands be set to the time a few minutes ahead of the current time, taking into consideration the time required to adjust the stopwatch hand position if necessary.

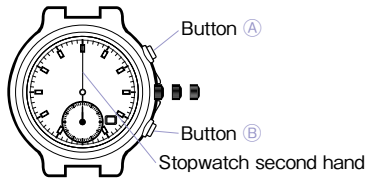
* When setting the hour hand, check that AM/PM of 24-hour hand is correctly set.
* When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time, then turn it back to the exact minute.

- Press button A for 2 seconds. The stopwatch minute hand turns a full circle.

Press button B repeatedly to reset the stopwatch minute hand to "0" position. It moves quickly if button B is kept pressed.



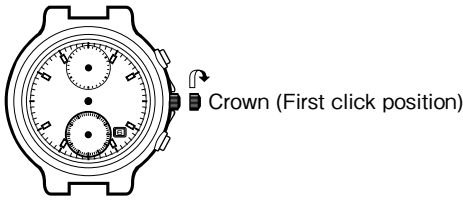
- Press button A for 2 seconds. The stopwatch second hand turns a full circle. Press button B repeatedly to reset the stopwatch second hand to "0" position. It moves quickly if button B is kept pressed.



- After all the adjustments are completed, push the crown back in to the accordance with a time signal. *The telephone time signal service (TEL. 117) is helpful in setting the hands.

HOW TO SET THE DATE

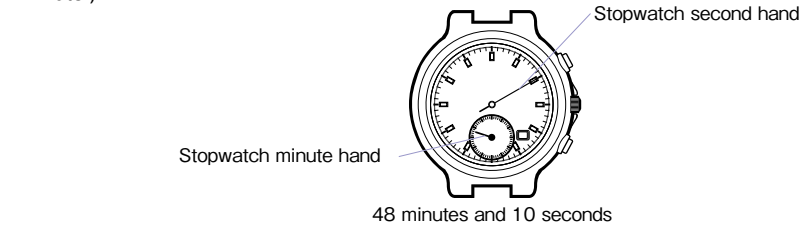
- Be sure to set the main time before setting the date.
 - It is necessary to adjust the date on the first day of March and months following 30-day months.
- Pull out the crown to the first click position.



- Turn the crown clockwise to set the date. *Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside it, set the date and then, reset the correct time.
- After all the adjustments are completed, push the crown back in to the normal position.

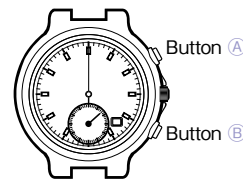
HOW TO USE THE STOPWATCH

- The stopwatch can measure up to 60 minutes in 1/5 second increments. After 12 hours, it will automatically stop.
 - Time measured is indicated by the stopwatch second hand at the center and the stopwatch minute hand at the 6 o'clock side.
 - Split time measurement is available.
- <How to read the stopwatch hands>
Time measured is indicated by the two stopwatch hands (stopwatch second hand and stopwatch minute).



<Note on adjusting the stopwatch hand position>
If the stopwatch hands do not return to "0" position when the stopwatch is reset, follow the procedure in "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION" to reset them. In that case, be sure to adjust the hands for time display to the current time.

- How to reset the stopwatch
 - When the stopwatch hands are counting:
- Press button A to stop the stopwatch.
 - Press button B to reset the stopwatch.
- When the stopwatch hands are stopped: One of the following three stopwatch operations has been made. Reset the stopwatch accordingly.
- [The stopwatch stopped in "Standard measurement" or "Accumulated elapsed time measurement."]
① Press button B to reset the stopwatch.
[Split time was measured and remains displayed "Split time measurement."]
① Press button B. The split time is released and the stopwatch hands move quickly to indicate the measurement in progress.



- [The time of the 2nd competitor measured in "Measurement of two competitors."]
① Press button B. The stopwatch hands move quickly and stop.
② Press button B to reset the stopwatch.

Standard measurement



Accumulated elapsed time measurement



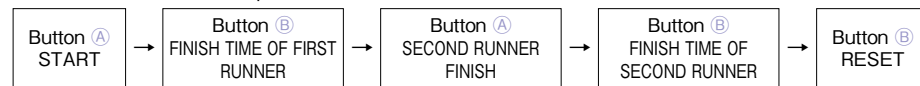
Restart and stop of the stopwatch can be repeated by pressing button A.

Split (intermediate) time measurement



Measurement and release of the split time can be repeated by pressing button B.

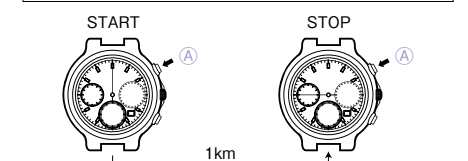
Measurement of two competitors



HOW TO USE THE TACHYMETER (For the models with a tachymeter scale on the dial)=

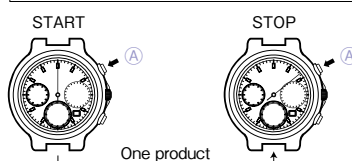
- The tachymeter can be used to measure the hourly average speed of a vehicle and the hourly rate of operation.

To measure the hourly average speed of a vehicle



- Use the stopwatch to determine how many seconds it takes to go one kilometer.
- Read the tachymeter scale where the second hand points. [80km/h]

To measure the hourly rate of operation



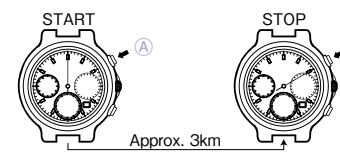
- Use the stopwatch to measure the time required to complete one product.
- Read the tachymeter where the second hand points. [400 products/hour]

HOW TO USE THE TELEMETER (For the models with telemeter scale on the dial)=

- The telemeter can provide a rough indication of the distance to the source of the sound.
 - Telemeter:
 - The telemeter shows the distance from your place to an object that emits both sound and light. For example, it can indicate the distance to the place where a lightning struck by measuring the time elapsed after you see a flash of the lightning until you hear the sound.
 - A flash of lightning reaches you in a moment while the sound travels to you at a speed of 0.33km/second. The distance to the source of the light and sound can be calculated on the basis of this difference.
 - The telemeter scale is so graduated that the sound travels at a speed of 1km in 3seconds.

CAUTION

The telemeter provides only a rough indication of the distance to the place where lightning struck, and therefore, the indication cannot be used as the guideline to avoid the danger of lightning. It should also be noted that the speed of the sound differs depending on the temperature of the atmosphere where it travels.



How to use

- Check that the stopwatch has been reset. Press button A to start the stopwatch as soon as you see the light.
- When you hear the sound, press button A to stop the stopwatch. Read the telemeter scale that the stopwatch second hand points to.

CAUTION

Please note that the stopwatch second hand moves in one-second increments and does not always point exactly to the graduation of the tachymeter or telemeter scale. Also note that those scale can be used only when the measured time is less than 60 seconds.

TROUBLESHOOTING

Problem	Possible cause	Solution
The watch stops operating. The small second hand moves at two-second intervals.	The battery has run down. The battery nears its end.	Have the battery replaced with a new one immediately by the retailer from whom the watch was purchased.
The watch gains/loses time temporarily.	The watch has been left in extremely high or low temperatures for a long time. The watch was brought into close contact with a magnetic object.	This condition will be corrected when the watch temperature returns to normal. Re-set the correct time. The watch is so adjusted that it works with stable accuracy when worn on your wrist at a temperature between 5°C and 35°C. This condition will be corrected when the watch is kept away from close contact with the magnetic source. Re-set the correct time. If the problem persists, consult the retailer from whom the watch was purchased.
The stopwatch hands do not return to "0" position when the stopwatch is reset.	You dropped the watch, hit it against a hard surface or wore it while playing active sports. The watch was exposed to strong vibrations. The watch was affected by magnetism or exposed to strong shocks or vibrations.	Re-set the correct time. If the problem persists, consult the retailer from whom the watch was purchased. Follow the procedure in "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION" to reset the stopwatch hands to "0" position.
The glass is blurred and the blur persists for a long time. The date changes at 12 o'clock noon.	Water got inside the watch due to the deterioration of the gasket, etc. AM/PM is not properly set.	Consult the retailer from whom the watch was purchased. Advance the hands by 12 hours.

*For solution of troubles other than those above, contact the retailer from whom the watch was purchased.

REMARKS ON THE BATTERY

- Battery Life
When a new normal battery is installed, this watch operates for approximately 5 years. However, if the stopwatch is used for more than 2 hours a day, the battery life may be less than 5 years.
- Monitor battery
The battery in your watch may run down in less than five years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.
- Battery life indicator function
When you see the second hand moving at two-second intervals instead of the normal one-second intervals, the battery is nearing its end. In that case, have the battery replaced with a new one by the retailer from whom the watch was purchased. While the small second hand is moving at two-second intervals, the time accuracy is not affected.
- Battery change
For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or the WATCH DEALER.
If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. have it replaced with a new one as soon as possible.
Battery replacement is charged even if it runs down within the guarantee period.
Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced.
- Necessary procedure after battery change
After the battery is replaced with a new one, re-set the time, and adjust the stopwatch hand position. Refer to "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION."

WARNING

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of babies and children.
- If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

CAUTION

- Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intense heat or catch fire.
- The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- If the watch is left in a temperature below +5°C or above +35°C for a long time, the battery leakage may result, causing the battery life to be shortened.

LUMIBRITE

If your watch has Lumibrite

Lumibrite is a 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 3 to 5 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 to the watch.
*In general, when coming from a place that is bright to a place that is dark, it takes human eyes some time to adapt to the darkness making it difficult to see objects initially. (Dark adaptation)
*LumiBrite is luminous paint that stores and emits light, which is harmless to human beings and the environment, containing no toxic materials such as radioactive substances.

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

SPECIFICATIONS

- Frequency of crystal oscillator: 32,768 Hz (Hz = Hertz ... Cycles per second)
 - Loss/gain (monthly rate): Less than 15 seconds when the watch is worn on your wrist (5°C~35°C)
 - Operational temperature range: -10°C ~ +60°C (14° F~140° F)
 - Driving system: Step motor, 3 pieces
 - Display system: Time display: 24-hour, hour, minute, and small second hands
Time display: Stopwatch minute hand (60minutes) and second hand (60 seconds)
 - Battery: Silver oxide battery SB-AP, 1 piece
 - Battery life: Approx. 5 years (if the stopwatch is used for less than 2 hours a day)
 - IC (Integrated Circuit): C-MOS-IC, 1 piece.
- *The specifications are subject to change without prior notice, for product improvement.

TO PRESERVE THE QUALITY OF YOUR WATCH

WARNING

- 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.
- Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.
- Keep the watch and accessories out of the reach of babies and children. Care should be taken to prevent a baby or a child accidentally swallowing the accessories. If a baby or a child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.
- 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. Installation of an ordinary silver oxide battery can generate heat that can cause burning and ignition.
- 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.

CAUTION

- 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
 - Dusty places
- For watches with batteries, do not leave a dead battery compartment for a long time as it may cause battery leakage.
- 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 turn or pull out the crown 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
 - Replacement of the metal band requires professional knowledge and skill. Please ask a watch retailer for replacement of the metal band, as there is a risk of hand or finger injury and fear of losing parts.
 - Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased or 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.
 - 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 or 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 the 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.
- 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 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).
- Polyurethane band
 - A 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, resulting in color smears or discoloration.
 - 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, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.
- 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.
- Inspection and adjustment by disassembly and cleaning (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 oil retaining condition of your watch mechanical parts may deteriorate, abrasion of the parts due to contamination of oil may advance or delay the time significantly, or the watch itself may stop. 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 (overhauled), the movement of your watch may be replaced.

AFTER-SALE 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.

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.