

SEIKO

取扱説明書
INSTRUCTIONS

S601

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なお、この説明書はお手元へ保管し、必要に応じてご覧ください。

●お問い合わせ窓口

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https://www.seikowatches.com/jp-ja/customer-service/contact/servicecenter



■FEATURES

This watch can store time data measured by the equipped stopwatch of up to 100 units of memory and can recall data on demand. Data within 100 units of memory can be sorted by channel when being stored. The stopwatch has a pace sound and running distance calculator as its sub functions. This watch is a sports watch for runners, which can recall the best lap time and average lap time from the measured time data by using memory recall function. In addition, this watch's precision digital watch is equipped with a 3-channel alarm function, timer function, and world time function which can display the time of 33 cities throughout the world.

TIME/CALENDAR
• Year, month, date, day, hour, minute, second, and summer time mark can be displayed. Either of a 12-hour indication or 24-hour indication of time display can be selected.
• The calendar automatically adjusts for odd and even months including February of leap years from January 1, 2009 to December 31, 2058 (Automatic calendar).

STOPWATCH
• The stopwatch can measure up to 9 hours 59 minutes 59 seconds 99 in 1/100 second increments.
• Up to 100 units of memory can be used for storing measured lap time and split time data.
• Measured time data within 100 units of memory can be sorted by channel when being stored.
• The pace sound can be set to ring as a guide for running.
• The running distance, which is calculated based on the pace (number of steps per one minute) and stride length set in advance, and measurement time, can be displayed.

MEMORY RECALL
• The stored data (lap number, lap time, and split time) can be recalled on demand after measurement.
• The best lap time and average lap time can be displayed.
• The running distance, which is calculated based on the pace, etc., set in advance and total measurement time, can be displayed.

TIMER
• The timer can be set from 1 minute to 60 minutes in one-minute increments.

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

WORLD TIME
• The time of 33 cities (including GMT) throughout the world can be displayed.
• The summer time (DST) can be set for each city (except GMT).

AUTO ILLUMINATION FUNCTION
If set in advance, the display is automatically illuminated for approximately 2 seconds with each press of any of the buttons (except pressing buttons for adjusting items or digits).

ILLUMINATING LIGHT
The built-in light illuminates any digital display for approximately 2 seconds by pressing the button for turning on the light.

■HOW TO USE THE TIMER

- The timer can be set from 1 minute to 60 minutes in one minute increments

(1) Buttons and operations

- Press Button **B** to show the TIMER display.

Button **C** Button **D**
Button **B** Button **E**
Button **A** Button **F**

Button **A**: Reset
Button **B**: Change to TIMER display
Button **B** (long press): Change to TIMER SETTING display
Button **C**: Start/stop
Button **D**: Timer time setting (increasing digits)
Button **E**: Timer time setting (decreasing digits)
Button **F**: No function
Button **F** (long press): Turning on built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

(2) How to set the timer

- ① Press Button **B** to show the TIMER display.
- The timer is initially set for 1 minute.

② Long press Button **B** to show the TIMER SETTING display. The timer time currently set starts flashing.

- ③ Press Button **C** (increasing digits) or **D** (decreasing digits) to set the timer time.
- If Button **C** or **D** is kept pressed, the digits move quickly.

④ Press Button **B** to return to the TIMER display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIMER display in two to three minutes.

(3) How to use the timer

- ① Press Button **B** to show the TIMER display.
- To start or stop the timer, press Button **C**.
- ② To reset the timer, press Button **A**.

Reset Button **A** Start Button **B** Stop Button **B**

Button **A**: Reset
Button **B**: Start/stop
Button **B** (long press): Change to TIMER SETTING display
Button **C**: Start/stop
Button **D**: Timer time setting (increasing digits)
Button **E**: Timer time setting (decreasing digits)
Button **F**: No function
Button **F** (long press): Turning on built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

- Restarting and stopping the timer can be repeated as many times as necessary.
- A time-up warning beep sounds 3 seconds before the set time is up. When the set time is up, the time-up beep sounds for approximately 5 seconds.
- To stop the time-up warning beep and time-up beep while sounding, press either Button **A**, **B**, **C**, **D** or **E**.

■REMARKS ON THE BATTERY

1. Battery life indicator

The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.

When the battery nears its end, all the digits start flashing. In that case, immediately have it replaced with a new one by the retailer from whom the watch was purchased.

2. Notes on the battery

- (1) Battery life
When a new normal battery is installed, this watch operates for approximately three years. However, if the alarm is used more than once a day, if the timer is used more than 2 times a day and/or the confirmation sound more than 50 times a day, the battery life may be less than the specified period.
• The battery life should be approximately 3 years. If the alarm sounds more than 20 seconds a day, if the built-in illuminating light is turned on more than once a day, if the timer is used more than once a day, and/or if the pace is set within 150 steps/minute three times a day, the battery life may be shorter than the specified period.
- (2) Monitor battery
The battery in your watch may run down in less than two 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.

(3) Battery change

- ① For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, and specify a genuine battery.
- ② 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.
- ③ Battery replacement is charged even if it runs down within the guarantee period.
- ④ 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 the water resistance test performed on the watch every time the battery is replaced. Please note that it takes several days to check the water resistant quality of your watch. When requesting the checking, therefore, please check the period required for it.

■BUTTONS AND CHANGE OF DISPLAY

Button **C** Button **D** Button **E** Button **F**

Button **A**: Selection of the item or digits to be adjusted
Button **B**: Change to TIME/CALENDAR display
Button **B** (long press): Change to TIME/CALENDAR SETTING display
Button **C**: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)
Button **D**: Selection of city name, adjusting items or digits (moving back or decreasing)
Button **E**: No function
Button **F**: Turning on the built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

• If the stopwatch mark "Z" is flashing in the display other than the stopwatch display, the stopwatch is in use.
• If the timer mark "O" is flashing in the display other than the timer display, the timer is in use.

• With each press of Button **B**, the display changes in the following order.

TIME/CALENDAR display → STOPWATCH display → MEMORY RECALL display → TIMER display → ALARM display → WORLD TIME display

• If the confirmation sound for button operations is set, the watch emits a brief sound when a button is pressed. When the display is changed to the Time/Calendar display from World time display, the watch emits a sound different from other button operations. (Refer to "HOW TO SET THE TIME AND CALENDAR" regarding the confirmation sound for button operations.)
• The display changes within 2 seconds after the button is pressed.

■HOW TO USE THE STOPWATCH

- The stopwatch can measure up to 9 hours 59 minutes 59 seconds 99 in 1/100 second increments.
- The lap time and split time can be displayed at the same time. The best lap time and average lap time can be stored in memory.
- The measured and stored lap time, split time, best lap time, and average lap time data can be recalled in the memory recall display.
- Refer to "HOW TO USE THE MEMORY RECALL FUNCTION" for further details.
- Up to 100 units of memory can be used for storing measured time data.
- The measured data can be sorted by channel when being stored in memory.

(1) Buttons and operations

- Press button **B** to show the STOPWATCH display.

Button **A** Button **D** Button **E** Button **F**

Button **A**: Lap, split/reset (while the stopwatch is measuring), displaying the split digits (when the stopwatch is reset)
Button **B**: Change to the STOPWATCH display
Button **B** (long press): Change to the STOPWATCH SETTING display
Button **C**: Start/stop
Button **D**: Change over between the lap time and split time displays
Button **D** (long press): Change over between the running distance and measurement time displays in the third row
Button **E**: Start/stop of the pace sound
Button **F**: Turning on the built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

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

• About memory
How to measure time Units of memory used for storing 1 time data

1 Start → Stop → Reset 3 to 4 units of memory
2 Start → Stop/Restart → Stop → Reset 3 to 4 units of memory
3 Start → Lap/Split → Stop → Reset 4 to 5 units of memory
4 Start → Stop/Restart → Lap/Split → Stop → Reset 4 to 5 units of memory
5 Start → Lap/Split → Lap/Split → Stop → Reset 5 to 6 units of memory

Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store 1 time data. If you store data only in one channel, you can use 100 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 100 units of memory in total. For example, if the measured time data are stored in one channel, 100 units of memory can be used, but if data is divided and stored in 2 channels, 97 units of memory can be used in total.
• When lap time/split time is being measured, if lap number and "Full" mark flash alternately in the upper row of the display, lap time/split time cannot be stored any further because all units of memory have been used. In such a case, lap time/split time cannot be recalled.
• If "Full" mark appears in the upper row when using the stopwatch, lap time/split time cannot be stored. Refer to "HOW TO USE THE MEMORY RECALL FUNCTION".

■HOW TO USE THE ALARM

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

(1) Buttons and operations

- Press Button **B** to show the ALARM display.

Button **C** Button **D** Button **E** Button **F**

Button **A**: Change between the alarm 1, 2, and 3
Selecting the digits to be adjusted
Button **B**: Change to ALARM display
Button **B** (long press): Change to ALARM TIME SETTING display
Button **C**: Engagement/disengagement of the alarm
Alarm time setting (increasing the digits)
Button **D**: Alarm time setting (decreasing the digits)
Button **E**: No function
Button **F**: Turning on the built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

(2) How to use the alarm

- The way of using the alarm is the same for every alarm channel.
- Ex.) Selecting alarm 1 and setting the alarm time to "6:30 a.m."
① Press Button **B** to show the ALARM display.
② Press Button **A** to show "AL-1."
③ Long press Button **B** to show the ALARM SETTING display. The hour/digit starts flashing.
④ With each press of Button **A**, hour digits and minute digits flash alternately. Select the digits to be adjusted (flashing).
⑤ With each press of Button **C**, one digit is increased. (With each press of Button **D**, one digit is decreased.)
• If Button **C** or **D** is kept pressed, the digits move quickly.
⑥ After all adjustments are completed, press Button **B** to release the ALARM SETTING display and to return to the ALARM 1 display. If the watch is left untouched with the digits flashing, the display will automatically return to the ALARM 1 display in two to three minutes.
⑦ How to engage or disengage the alarm
With each press of Button **A** in the AL-1 display, "on" (the alarm is engaged) or "–" (the alarm is disengaged) mark is displayed alternately.
⑧ How to stop the alarm while sounding
At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually while sounding, press any of Buttons **A**, **B**, **C**, **D**, **E**, or **F**.
• Doing this in any display can stop the alarm.

■NECESSARY PROCEDURE AFTER THE BATTERY CHANGE (RESETTING THE IC)

■TROUBLESHOOTING

After the battery is replaced with a new one, or when an abnormal display such as broken digits appears, follow the procedure below. The built-in IC will be reset and the watch will resume normal operation.

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

Button **C** Button **D** Button **E** Button **F**

Button **A**: Selection of the item or digits to be adjusted
Button **B**: Change to TIME/CALENDAR display
Button **B** (long press): Change to TIME/CALENDAR SETTING display
Button **C**: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)
Button **D**: Selection of city name, adjusting items or digits (moving back or decreasing)
Button **E**: No function
Button **F**: Turning on the built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

■HOW TO SET THE TIME AND CALENDAR

(1) Buttons and operations

- Press Button **B** to show the TIME/CALENDAR display.

Button **C** Button **D** Button **E** Button **F**

Button **A**: Selection of the item or digits to be adjusted
Button **B**: Change to TIME/CALENDAR display
Button **B** (long press): Change to TIME/CALENDAR SETTING display
Button **C**: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)
Button **D**: Selection of city name, adjusting items or digits (moving back or decreasing)
Button **E**: No function
Button **F**: Turning on the built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

(2) How to set the time and calendar

- ① Long press Button **B** to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.
- ② Press Button **A** to select the item to be adjusted (flashing).
• Once the year, month, date, and day from 2009 to 2058 have been programmed in the automatic calendar, in this period, it is not necessary to manually adjust odd and even months including February of leap years.
• If the city name is set to GMT (GREENWICH), on "on" (off) ("–") mark of D. S. T. is not displayed.
• If the "D.S.T (summer time)" is set to "on," the "Z" mark is displayed and the time advances for one hour.
• If Button **C** or **D** is kept pressed, the digits move quickly.

Button **C** Button **D** Button **E** Button **F**

Button **A**: Selection of the item or digits to be adjusted
Button **B**: Change to TIME/CALENDAR display
Button **B** (long press): Change to TIME/CALENDAR SETTING display
Button **C**: Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing)
Button **D**: Selection of city name, adjusting items or digits (moving back or decreasing)
Button **E**: No function
Button **F**: Turning on the built-in illuminating light
Button **F** (long press): Setting/canceling the auto illumination

• If "F-100" is displayed, it means that 100 units of memory can be used.
• After starting the stopwatch, "F-100" changes to "L-1."
• "Restart" and "Stop" can be repeated as many times as necessary.
• Lap time/split time measurement (if lap time measurement is repeated 10 times)
• If "F-100" is displayed, it means that 100 units of memory can be used.
• After starting the stopwatch, "F-100" changes to "L-1."
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• "Restart" and "Stop" can be repeated as many times as necessary.
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