

SEIKO

取扱説明書
INSTRUCTIONS

S680

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なお、この説明書をお元に保管し、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.seiko-watches.com/jp-a/customer-service/contact/servicecenter

QRコード

FEATURES

This runner's watch is driven by solar energy. This watch can store time data measured by the equipped stopwatch of up to 300 units of memory and can recall data on demand. Data within 300 units of memory can be sorted by channel when being stored. Results measured by the stopwatch can be recalled and displayed by using the memory recall function. The best lap time and average lap time can also be displayed. In addition, this multifunctional digital watch is equipped with a 3-channel alarm function, timer function, and world time function which can display the time of 44 cities (including GMT) throughout the world.

[About solar watch]
After being fully charged, the watch will keep running for approximately 6 months when it is used under the following conditions, even if it is left unchanged (If the stopwatch is used for one hour, the built-in illuminating light is turned on once, the alarm sounds once, or the Power Save function is activated for 6 hours per day.).

TIME/CALENDAR

- Year, month, date, day, hour, minute, second, and summer time mark can be displayed. Either of a 12-hour or 24-hour indication of time display can be selected. (Last 2 digits of year will be displayed.)
- The calendar automatically adjusts for odd and even months including February of leap years from January 1, 2012 to December 31, 2060 (Automatic calendar).

STOPWATCH

- The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments.
- Up to 300 units of memory can be used for storing measured lap time and split

HOW TO USE THE WORLD TIME

- The time of 44 cities (including GMT) in different time zones throughout the world can be displayed.
- The summer time (DST) can also be set for each city (except GMT).

(1) Buttons and operations

●Press Button A to show the WORLD TIME display.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on the built-in illuminating light
Button E : Selection of the item or digits to be adjusted

Button A : Change to WORLD TIME display
Button B : Selection of the city (moving back)
Button C : Selection of the city (advancing)
Button D : Turning on the built-in illuminating light
Button E : Setting / canceling the DST

(2) How to use the world time

①Press Button A to show the WORLD TIME display.
②After setting the month, date, day, hour, minute, second, and summer time is displayed, press Button B or Button C to select the city.

(3) How to set the summer time

With each pressing of the Button C in the WORLD TIME display, the summer time can be alternately set or cancelled. When the summer time is set, the DST appears.

※If summer time is set to the city which has also been set as "HOME" in the TIME/CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

※The time difference and use of Daylight Saving Time in each area are subject to change according to the respective countries or regions.

※In some regions, time zones that differ from UTC by half- or quarter-hour time differences are established.

SPECIFICATIONS

- Frequency of crystal oscillator: ~32,768 Hz
- Loss/gain (monthly rate): Less than 20 seconds (when the watch is worn on your wrist in the temperature range between 5°C and 35°C)
- Operational temperature range: Between -5°C and +50°C (for the display function: between 0°C and +50°C)
- Display medium: Nematic Liquid Crystal, FEM (Field Effect Mode)
- Power Source: Secondary battery, 1 piece
- Duration of operation: Approximately 6 months (When the watch is not exposed to light after being fully charged, and the stopwatch is used for one hour, the built-in illuminating light is turned on once for 2 seconds, or the alarm sounds once for 20 seconds per day.)
- Built-in illuminating light: Electroluminescent panel
- IC (Integrator, Circuit): oscillator, frequency divider and driving circuits (C-MOS/LSI), 2 pieces

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

■Built-in illuminating light (EL:Electroluminescent Light)
The electroluminescent panel used for the built-in illuminating light loses its luminance (brightness) as the battery voltage gets lower. Also, its luminance level decreases gradually with use.

※After 120 hours of use, the luminance level drops by about half. When the illuminating light becomes dim, sufficiently charge the watch. If the illuminating light remains dim after sufficiently recharging the watch, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be replaced at your cost.

■Liquid crystal panel
The normal life expectancy for the liquid crystal panel of this watch is approximately 7 years. After that, it may decrease in contrast, becoming difficult to read. Please contact the retailer from whom the watch was purchased to have the liquid crystal panel replaced with a new one. It will be replaced at your cost.

HOW TO USE THE STOPWATCH

●With each pressing of Button A, 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.)

HOW TO USE THE STOPWATCH

The stopwatch can measure up to 99 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 positions of LAP time and SPLIT time in the display can be changed over.

MEMORY RECALL

- The stored data (lap number, lap time, and split time) can be recalled on demand after measurement.
- The recalled total time, best lap time and average lap time can be displayed.

(1) Buttons and operations

●Press Button A to show the STOPWATCH display.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on the built-in illuminating light
Button E : Selection of the item or digits to be adjusted

Button A : Change to the STOPWATCH display
Button B : Change over between the lap time and split time displays
Button C : Start/stop
Button D : Turning on the built-in illuminating light
Button E : Lap, split/reset

"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.

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 ("off") independently.

WORLD TIME

- The time of 44 cities (including GMT) throughout the world can be displayed.
- The summer time (DST) can be set for each city (except GMT).

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 CHARGE

How to charge the battery
To charge the battery, expose the solar panel to light.

Remainder battery level display

To enjoy optimal performance of the watch, it is recommended that the watch be kept sufficiently charged at all times.

Under the following conditions, it is very likely that the battery will run down due to insufficient battery charge.

- When the watch is concealed under long sleeve shirts
- If the watch is used or stored continually under conditions where it cannot receive sufficient light

※When recharging the battery, ensure that the watch temperature is kept under 50°C. (The operational temperature range of the watch is between -5°C and +50°C.)

※Before using the watch for the first time or when the watch has completely stopped due to battery depletion, charge the watch sufficiently, referring to the table below as a guide.

1) Time required to charge the battery
Charge the battery, referring to the table below as a guide.

LCD display	CHARGE	CHARGE	To run the watch for one day
Outdoor on a sunny day 100000 LUX	Approximately 1 hour	Approximately 7 hours	Approximately 4 hours
By the window on a sunny day 10000 LUX	Approximately 9 hours	Approximately 72 hours	Approximately 37 hours
By the window on a cloudy day 5000 LUX	Approximately 18 hours	Approximately 144 hours	Approximately 74 hours
Indoor under fluorescent light	Approximately 178 hours		Approximately 56 minutes

RESETTING THE IC

In a case that the watch moves abnormally, follow the instructions below to reset the Built-in IC. Then the watch will resume its normal operation.

①Keep Buttons A, B, C and D pressed at the same time until the display becomes blank.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on the built-in illuminating light
Button E : Selection of the item or digits to be adjusted

Button A : Change to the STOPWATCH display
Button B : Change over between the lap time and split time displays
Button C : Start/stop
Button D : Turning on the built-in illuminating light
Button E : Lap, split/reset

②The built-in IC is reset.
After the built-in IC is reset, the display returns to the time display in the HOME TIME mode. The time and calendar of the watch start moving from 12:00:00 AM, Sunday, January 1, 2012.

Before using the watch, set it to the correct time.

※After recovery, the city code of the home time is set to TYO (Tokyo).

HOW TO SET THE TIME AND CALENDAR

(1) Buttons and operations

●Press Button A to show the TIME/CALENDAR display.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on the built-in illuminating light
Button E : Selection of the item or digits to be adjusted

(2) How to set the time and calendar

①Long press Button A to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.

②Press Button E to select the item to be adjusted (flashing).

※Once the year, month and date have been set, the day of the week is automatically set.

※If the city name is set to GMT (GREENWICH), on "1" / off "1" / off "1" mark of DST is not displayed.

※The "DST (summer time)" is set to "on" the "DST" mark is displayed and the time advances for one hour.

HOW TO USE THE MEMORY RECALL FUNCTION

Up to 300 units of memory can be used to store measured time data.

The stored data can be recalled per channel.

The best lap time and average lap time can be displayed (if only one unit of time data is stored, the best lap time is displayed).

The date when the measurement is started is memorized in each channel.

(1) Buttons and operations

●Press Button A to show the MEMORY RECALL display.

①The newest channel number is displayed.

②Press Button B or Button C to select the channel you want to delete.

③Press Button A for approximately 2 seconds. "CLR?" will be displayed.

④Keep Button A pressed for approximately 2 seconds. When "ALL CLR?" is displayed, released Button A.

⑤After the number of remaining units is displayed, the watch A automatically returns to the MEMORY RECALL display.

⑥How to delete all channels

①Press Button A to show the MEMORY RECALL display.

②Press Button C (advancing) or B (moving back) to show the desired channel number (ch. 5).

③Press Button E to check the lap time. Each stored data can be checked in the following order.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on the built-in illuminating light
Button E : Selection of the item or digits to be adjusted

Button A : Change to the STOPWATCH display
Button B : Change over between the lap time and split time displays
Button C : Start/stop
Button D : Turning on the built-in illuminating light
Button E : Lap, split/reset

"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.

(2) Standard measurement

Button C : Start
Button B : Stop
Button C : Restart
Button B : Stop
Button E : Reset

①If "F-300" is displayed, it means that 300 units of memory can be used.

②After starting the stopwatch, "F-300" changes to "L-1."

③"Restart" and "Stop" can be repeated as many times as necessary.

④While the stopwatch is operating, the stopwatch mark "F" flashes.

(3) Lap time/split time measurement (if lap time measurement is repeated 10 times)

Button C : Start
Button B : Lap/Split
Button C : Lap/Split
Button B : Stop
Button E : Reset

①If "F-300" is displayed, it means that 300 units of memory can be used.

②After starting the stopwatch, "F-300" changes to "L-1."

③After a measurement, lap number flashes, and lap and split times are displayed for approximately 10 seconds. And then the display automatically returns to show the on-going measurement and the current lap number.

④Measurement of lap and split times can be repeated as many times as necessary. The lap number can be displayed until "999," and continues to 1,001/001 is displayed 1002/002 is displayed and so on.

After being fully charged, the watch will keep running for approximately 6 months when it is used under the following conditions, even if it is left unchanged.

- Built-in illuminating light turned on: Once for 2 seconds per day
- Alarm sounds: For 20 seconds per day
- Power Save function activated: For 6 hours per day
- Stopwatch: For 1 hour per day

※Frequent use of the built-in illuminating light will quickly consume the battery.

※Before using the watch for the first time or when the watch has completely stopped due to battery depletion, charge the watch sufficiently, referring to the table on the left.

2) Display and remaining battery level

How to check the remaining battery level

The watch displays the approximate remaining battery level.

Remainder battery level display

Restricted operations or functions

Solutions

① Sufficient: No restriction. Use the watch as it is.

② Medium: No restriction. Keep the watch sufficiently charged. → How to charge the battery

③ Extremely low: The built-in illuminating light cannot be turned on. Alarm sound and time signal are stopped. Sufficiently charge the watch until the indicator ① appears on the display. → How to reset the Built-in IC

CHARGE : Charging the battery is required

The on-going measurement of the stopwatch or timer will be reset.

Sufficiently charge the watch until the indicator ① appears on the display.

※If the watch operates abnormally, reset the built-in IC. → How to reset the Built-in IC

Sufficiently charge the watch until the indicator ① appears on the display.

※If the watch operates abnormally, reset the built-in IC. → How to reset the Built-in IC

※In the displays 4 and 5, measured time stored in memory will be deleted, or will not be correctly displayed.

POWER SOURCE

The battery used in this watch is a special secondary battery, which is totally different from ordinary silver oxide batteries. Unlike other disposable batteries such as dry-cell batteries or button cells, this secondary battery can be used over and over again by repeating the cycles of discharging and recharging.

However, for various reasons such as long-term use or usage conditions, the capacity or recharging efficiency of the secondary battery may gradually deteriorate and recharging cycles may be shortened. If the efficiency of the secondary battery decreases, have the watch repaired.

Do not remove the secondary battery yourself.

Replacement of the secondary battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for repair.

Installation of an ordinary silver oxide battery can generate heat that can cause bursting or ignition.

Do not remove the secondary battery yourself.

Replacement of the secondary battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for repair.

Installation of an ordinary silver oxide battery can generate heat that can cause bursting or ignition.

With each pressing of Button E, the display changes in the following order.

D.S.T (summer time) "on"/"off" → (City name) → Power save setting → Contrast level adjustment

①To reset the seconds to "00," press Button B to select the second digits (flashing), and then press Button B or Button C in accordance with a time signal.

※If Button B or Button C is pressed while the second digits count any number between "30" and "59," one minute is added and the second digits are immediately reset to "00."

※The telephone time signal service (Tel. 177) is convenient to set the time.

②After selecting the item to be adjusted, press Button C or B to set the digits. With each pressing of Button C, one digit is increased or the city name advances one by one. (With each pressing of Button B, one digit is decreased or the city name moves back one by one.) (Except "second," "12H/24H," and "DST")

③After all adjustments are completed, press Button A to return to the TIME/CALENDAR display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIME/CALENDAR display in two to three minutes.

④Because the year, month, date, and day from 2012 to 2060 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 summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

※If all indicators of the display light while in the TIME/CALENDAR SETTING display, it is not a malfunction. This happens if Buttons C and D are pressed at the same time. In such a case, press any one of buttons A, B, C, D, or E to return to the TIME/CALENDAR display, and then, follow the above procedures from step 1 of (2) to set the time and calendar.

HOW TO USE THE MEMORY RECALL FUNCTION

Up to 300 units of memory can be used to store measured time data.

The stored data can be recalled per channel.

The best lap time and average lap time can be displayed (if only one unit of time data is stored, the best lap time is displayed).

The date when the measurement is started is memorized in each channel.

(1) Buttons and operations

●Press Button A to show the MEMORY RECALL display.

①The newest channel number is displayed.

②Press Button B or Button C to select the channel you want to delete.

③Press Button A for approximately 2 seconds. "CLR?" will be displayed.

④Keep Button A pressed for approximately 2 seconds. When "ALL CLR?" is displayed, released Button A.

⑤After the number of remaining units is displayed, the watch A automatically returns to the MEMORY RECALL display.

⑥How to delete all channels

①Press Button A to show the MEMORY RECALL display.

②Press Button C (advancing) or B (moving back) to show the desired channel number (ch. 5).

③Press Button E to check the lap time. Each stored data can be checked in the following order.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on the built-in illuminating light
Button E : Selection of the item or digits to be adjusted

Button A : Change to the STOPWATCH display
Button B : Change over between the lap time and split time displays
Button C : Start/stop
Button D : Turning on the built-in illuminating light
Button E : Lap, split/reset

"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.

(2) How to use the memory recall function

Example: If you want to see data in channel 5 (ch-5)

①Press Button A to show the MEMORY RECALL display.

②Press Button C (advancing) or B (moving back) to show the desired channel number (ch. 5).

③Press Button E to check the lap time. Each stored data can be checked in the following order.

CH display → Total measurement time → LAP-1 → Best lap time → Average lap time

①If "F-300" is displayed, it means that 300 units of memory can be used.

②After starting the stopwatch, "F-300" changes to "L-1."

③After a measurement, lap number flashes, and lap and split times are displayed for approximately 10 seconds. And then the display automatically returns to show the on-going measurement and the current lap number.

④Measurement of lap and split times can be repeated as many times as necessary. The lap number can be displayed until "999," and continues to 1,001/001 is displayed 1002/002 is displayed and so on.

Power Save function (Power Save and Sleep)

When the watch is left without being exposed to light and its buttons are not operated for a certain length of time, the Power Save function is automatically activated to suppress its energy consumption.

HOW TO USE THE MEMORY RECALL FUNCTION

Display and functions in the POWER SAVE mode

Condition

Restricted operations or functions

Solutions

① [PS] indicator flashes. The watch has not been exposed to light and its buttons have not been operated for a certain length of time. No restriction. To cancel the Power Save function, expose the watch to light or press any button.

Display and functions in the SLEEP mode

Condition

Restricted operations or functions

Solutions

② [SL] indicator flashes. The watch has not been exposed to light and its buttons have not been operated for 3 days or longer. Alarm: Stopped. Stopwatch on operation: Reset. Timer on operation: Reset.

How to set the Power Save function

The OFF or set time of the Power Save function can be set in the TIME/CALENDAR setting display. The Power Save time can be selected between 30 minutes, 1 hour, 2 hours, and 4 hours. Refer to the TIME/CALENDAR setting.

To use the stopwatch or timer in a dark place, it is recommended that you turn the Power Save function OFF or select Power save time longer than the time you use the stopwatch or timer.

For normal use, turn the Power Save function ON.

※When the watch is sufficiently charged (), neither the Power Save nor Sleep function is activated.

When the stopwatch is operating, the Power Save function is not activated.

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.

REMARKS ON REPLACEMENT PARTS

SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch. Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

(3) How to adjust the contrast level

- The contrast level of the display (variations of light and shade) can be adjusted. When the digital display is initialized or the built-in IC is reset, the contrast is reset to the default level "0."
- Press Button E to show the TIME/CALENDAR SETTING display.
- Long press Button A to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.
- Press Button E to select "contrast."
- Press Button B or Button C to adjust the contrast level.

Contrast level: 0

④After the adjustment is completed, press Button A to return to the TIME/CALENDAR display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIME/CALENDAR display in two to three minutes.

HOW TO USE THE TIMER

The timer can be set from 10 seconds up to 9 hours, 59 minutes and 59 seconds in one-second increments.

Two timers are provided, and the timer 2 starts after the timer 1 counted up. The repeating function is also included so that the timer 1 restarts after the timer 2 counted up.

To use either Timer 1 or Timer 2 as a standard repeat timer, set the timer not in use to "0:00" 00."

The number of times the timers repeat the countdown can be set from 1 to 100 times.

(1) Buttons and operations

●Press Button A to show the TIMER display.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on the built-in illuminating light
Button E : Selection of the item or digits to be adjusted

Button A : Change to the STOPWATCH display
Button B : Change over between the lap time and split time displays
Button C : Start/stop
Button D : Turning on the built-in illuminating light
Button E : Lap, split/reset

"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.

(2) How to set the timer

Example: If the timer 1 is set to three minutes, the timer 2 is set to one minute, and the repeating number is set to 5.

①Press Button A to show the TIMER display.

②Long press Button A to show the TIMER SETTING display. The hour digits for Timer 1 start flashing. Press Button E to select the item or digits to be adjusted (flashing).

③With each pressing of Button C, one digit is increased. (With each pressing of Button B, one digit is decreased.)

④Press Button A 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.

⑤To start or stop the timer, press Button C. To reset the timer, press Button E.

⑥Restarting and stopping the timer can be repeated as many times as necessary.

⑦A 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.

⑧To stop the time-up warning beep and time-up beep while sounding, press either Button A, B, C, D, or E.

⑨While the timer is counting, the timer mark "Q" flashes.

⑩While the timer is counting or when it is stopped, it is not possible to enter the TIMER SETTING display.

HOW TO PRESERVE THE QUALITY OF YOUR WATCH

Handling cautions

WARNING

Immediately stop wearing the watch in the following cases.

- Off the watch body or band becomes edged by corrosion etc.
- Off 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.

WARRANTY

Care should be taken to prevent a baby or a child accidentally swallowing the battery or accessories. If a baby or 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.

Do not attempt to charge the battery, as this may cause battery explosion, heat generation, battery leakage, or damage to the battery.

Do not use the watch in scuba diving or saturation diving.

The various lighted indicators 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
- Places affected by strong magnetism or static electricity
- Dusty places
- Places affected by strong vibrations

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 signs or skin irritation.

Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.

Do not pour running water directly from faucet.

The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

Do not press buttons when the watch is wet.

Water may get inside of the watch.

If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

Do not leave moisture, sweat and dirt on the watch for a long time.

Be aware of a risk that a water-resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.

Do not wear the watch while taking a bath or a sauna.

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.

Other cautions

- 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 risk 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.
- Protect 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.
- Off the watch is of the fib 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.

How to set the Power Save function

The OFF or set time of the Power Save function can be set in the TIME/CALENDAR setting display. The Power Save time can be selected between 30 minutes, 1 hour, 2 hours, and 4 hours. Refer to the TIME/CALENDAR setting.

To use the stopwatch or timer in a dark place, it is recommended that you turn the Power Save function OFF or select Power save time longer than the time you use the stopwatch or timer.

For normal use, turn the Power Save function ON.

※When the watch is sufficiently charged (), neither the Power Save nor Sleep function is activated.

When the stopwatch is operating, the Power Save function is not activated.

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.

REMARKS ON REPLACEMENT PARTS

SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch. Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

(3) How to adjust the contrast level

- The contrast level of the display (variations of light and shade) can be adjusted. When the digital display is initialized or the built-in IC is reset, the contrast is reset to the default level "0."
- Press Button E to show the TIME/CALENDAR SETTING display.
- Long press Button A to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.
- Press Button E to select "contrast."
- Press Button B or Button C to adjust the contrast level.

Contrast level: 0

④After the adjustment is completed, press Button A to return to the TIME/CALENDAR display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIME/CALENDAR display in two to three minutes.

HOW TO USE THE TIMER

The timer can be set from 10 seconds up to 9 hours, 59 minutes and 59 seconds in one-second increments.

Two timers are provided, and the timer 2 starts after the timer 1 counted up. The repeating function is also included so that the timer 1 restarts after the timer 2 counted up.

To use either Timer 1 or Timer 2 as a standard repeat timer, set the timer not in use to "0:00" 00."

The number of times the timers repeat the countdown can be set from 1 to 100 times.

(1) Buttons and operations

●Press Button A to show the TIMER display.

Button B : Change to TIME/CALENDAR display
Button A (long press) : Change to TIME/CALENDAR SETTING display
Button B : Selection of city name, adjusting items or digits (moving back or decreasing)
Button C : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing)
Button D : Turning on