

SEIKO WATCH CORPORATION
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SEIKO

8T61 / 8T63 / 8T67

INSTRUCTIONS

**Thank you very much for choosing a SEIKO watch.
For proper and safe use of your SEIKO watch,
please carefully read the instructions in this
manual before use.**

- * Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased. If you cannot have your watch repaired by the retailer from whom the watch was purchased because you received the watch as a gift, or you moved to a distant place, please contact SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.
- * The preinstalled battery is used to check the function and performance of the watch. You will be charged for battery replacement even if the battery runs down within the guarantee period.
- * If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.

CONTENTS

1 ABOUT THIS PRODUCT

Handling Cautions	4
Product Features	9
Names of the parts and their functions	10
Crown	13

2 HOW TO SET THE TIME AND DATE

How to set the time and date	14
Date adjustment at the end of the month	18

3 HOW TO USE THE STOPWATCH

Stopwatch Function	19
The names of the parts and functions of the stopwatch (8T61)	20
The names of the parts and functions of the stopwatch (8T63)	21
The names of the parts and functions of the stopwatch (8T67)	22
How to use the stopwatch	23
How to use the tachymeter	25

4 TO PRESERVE THE QUALITY OF YOUR WATCH

Daily care	27
Performance and type	28
Remarks on Battery	29
Water resistant performance	31
Magnetic resistant performance	32
Band	34
After sales service	37
Troubleshooting	39
Specifications	40

EN 3

1

ABOUT THIS PRODUCT

WARNING

Please note that there is a risk of serious consequences such as severe injury if the following safety regulations are not strictly observed.

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.

Do not remove the battery from the watch.

* Replacement of the battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for replacement of the battery.
Do not recharge the battery. Doing so can cause heat generation, bursting or ignition.

EN 5

Handling Cautions

1

ABOUT THIS PRODUCT

DANGER

To indicate the imminent risks of serious consequences such as death or severe injuries unless the following safety regulations are strictly observed.

Keep the watch and battery and/or accessories out of the reach of babies and children.

Care should be taken to prevent babies or children from accidentally swallowing the battery or accessories.

If a baby or child swallows the battery or accessories, or you believe they may have swallowed them, immediately consult a doctor as it may harm the health of the baby or child. Ingesting the battery and/or accessories may cause chemical burns or penetration of the mucous membrane, which may lead to serious injuries or even death.

EN 4

CAUTION

Please note that there is a risk of minor injury or material damage if the following safety regulations are not strictly observed.

Avoid the following places for wearing or keeping the watch:

- 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 affected by strong magnetism or static electricity
- Places affected by strong vibrations
- Places of high humidity
- Dusty places

* For watches with batteries, do not leave a dead battery in the 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.

Other cautions

- For adjusting the length of the metallic band, specialized knowledge and expertise are necessary. Therefore, in such a case, contact the retailer from whom the watch was purchased. If you attempt to adjust the metallic band, injury may occur to your hand or fingers, or parts of the band may be lost.
- Do not disassemble or tamper with the watch.
- Please follow local government directions when disposing of the watch body and used battery.
- 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 you touch the watch.
- 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.

1

ABOUT THIS PRODUCT

EN 6

⚠ WARNING



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 watches specifically designed for diving.

⚠ CAUTION



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.

EN 7

Product Features

This analog watch is equipped with a main-dial and stopwatch function.

8T61

- Main dial with hour hand, minute hand and small seconds hand.
- The stopwatch uses a special hand (minute, seconds hand), and can carry out measurements in increments of 1/5 of a second.
Measurements can be carried out for 60 minutes. Measurement will terminate automatically after 60 minutes.

8T63

- Main dial with hour hand, minute hand, small seconds hand, and 24-hour hand.
- The stopwatch uses a special hand (minute, seconds hand) and can carry out measurements in increments of 1/5 of a second.
Measurements can be carried out for 60 minutes. Measurement will terminate automatically after 60 minutes.

8T67

- Main dial with hour hand, minute hand and small seconds hand.
- The stopwatch uses a special hand (hour, minute, seconds hand), and can carry out measurements in increments of 1/5 of a second.
Measurements can be carried out for 12 hours. Measurement will terminate automatically after 12 hours.

* Some models do not have 1/5-second increments marked on their scales.

EN 9

⚠ CAUTION



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.



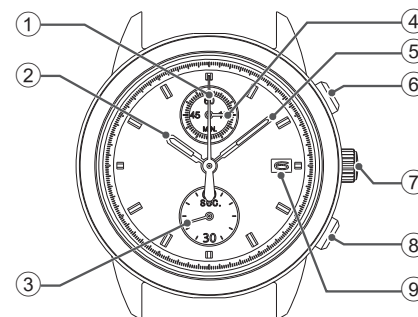
Do not wear the watch while taking a bath or a sauna.

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

EN 8

Names of the parts and their functions

■ 8T61



① Stopwatch seconds hand

② Hour hand

③ Small seconds hand

④ Stopwatch minute hand

⑤ Minute hand

⑥ Button A Start/stop of the stopwatch

⑦ Crown

- Normal position: Stopwatch
- First click position: Date setting
- Second click position: Time setting

⑧ Button B

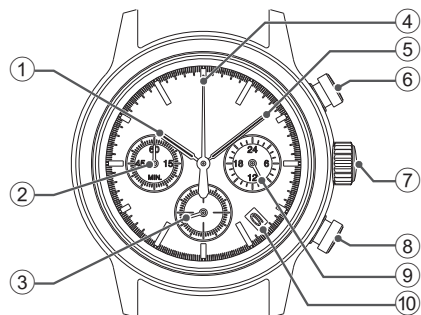
Reset of the stopwatch

⑨ Date

* The display, orientation and design may vary depending on the model.

EN 10

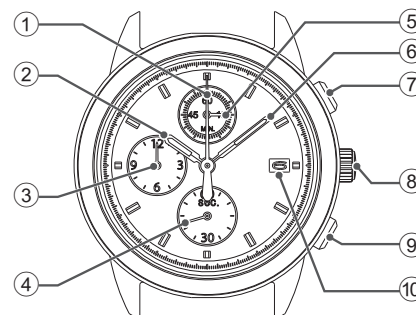
■ 8T63



- ① Hour hand
- ② Stopwatch minute hand
- ③ Small seconds hand
- ④ Stopwatch seconds hand
- ⑤ Minute hand
- ⑥ Button A
Start/stop of the stopwatch
- ⑦ Crown
 - Normal position: Stopwatch
 - First click position: Date setting
 - Second click position: Time setting
- ⑧ Button B
Reset of the stopwatch
- ⑨ 24-hour hand
- ⑩ Date

* The display, orientation and design may vary depending on the model.

■ 8T67

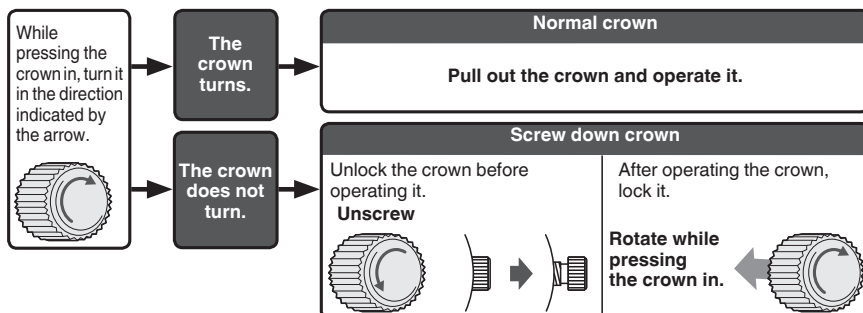


- ① Stopwatch seconds hand
- ② Hour hand
- ③ Stopwatch hour hand
- ④ Small seconds hand
- ⑤ Stopwatch minute hand
- ⑥ Minute hand
- ⑦ Button A
Start/stop of the stopwatch
- ⑧ Crown
 - Normal position: Stopwatch
 - First click position: Date setting
 - Second click position: Time setting
- ⑨ Button B
Reset of the stopwatch
- ⑩ Date

* The display, orientation and design may vary depending on the model.

Crown

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



- * By locking the crown by screw, a screw down crown can 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.

How to set the time and date

● Time setting

Model 8T63 is provided with a 24-hour hand.

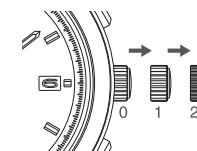
The 24-hour hand moves in conjunction with the hour hand, and it can be used to check whether the displayed time is AM or PM.

* 8T61, and 8T67 do not have a 24-hour hand.

1 Pull out the crown to the second click.

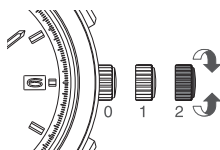
Pull out the crown to the second click when the small seconds hand is at the 12 o'clock position; the small seconds hand stops on the spot.

* For models with screw down crown, please unlock the crown before operating it.



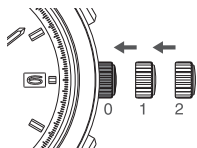
2 Turn the crown to set the time.

- * When setting the time, make sure that AM/PM is set correctly.
The date changes once every 24 hours.
8T63 can use the 24-hour hand to check whether the displayed time is a.m./p.m.
“How to set the date” → P.16
- * In order to set the time accurately, turn the minute hand 4 to 5 minutes ahead and then return it to the correct time.
- * When the stopwatch is measuring, the stopwatch hand will work continuously.

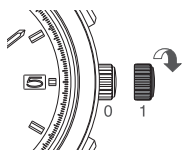


3 Push the crown back in to the normal position in accordance with a time signal.

- The small seconds hand will start moving.
- * The telephone time signal service is helpful for setting the small seconds hand exactly.
 - * For models with screw down crown, please be sure to lock the crown after operating it.

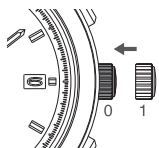


2 Turn the crown clockwise to set the date



3 Push the crown back in to the normal position.

- * For models with screw down crown, please be sure to lock the crown after operating it.



- * Performing the above operation on models without a date function will not change the display.
This is due to product specifications, not a malfunction or defect.

● How to set the date

The watch is provided with a date function. It is designed so that the date changes once every 24 hours.

The date changes around 12 o'clock midnight. If AM/PM is not properly set, the date will change at “12 o'clock noon.”

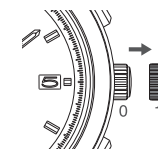
- * Some model designs may not have the date function.

⚠ CAUTION

Do not set the date between 9:00 p.m. and 3:00 a.m.
Amending the date during this time period may cause problems such as the date failing to change the next day.

1 Pull out the crown to the first click.

- * For models with screw down crown, please unlock the crown before operating it.



■ Date adjustment at the end of the month

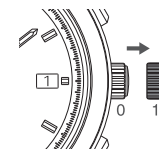
It is necessary to adjust the date at the end of February and 30-day months.

Ex.) To adjust the date in the A.M. period on the first day of a month following a 30-day month

The watch displays “31” instead of “1”. Pull out the crown to the first click.

Turn the crown to set the date to “1” and then push the crown back in to the normal position.

- * For models with screw down crown, please be sure to lock the crown after operating it.



⚠ CAUTION

- Avoid amending the date when the watch is displaying between 9 PM and 3 AM. Doing so may cause damage.

Stopwatch Function

- Stopwatch measurement operates independently of the time display.
- Split time measurement cannot be performed.
- Before using the stopwatch, reset it and check that the stopwatch hands (seconds hand, minute hand) are stopped at "0 seconds and 0 minutes".

* How to reset the stopwatch

Press button A (start), $\Rightarrow$ button A (stop) and $\Rightarrow$ button B in this order.

8T61/8T63

The stopwatch can count in 1/5-second increments. Measurement can be carried out for 60 minutes. Measurement will terminate automatically after 60 minutes of counting.

8T67

The stopwatch can count in 1/5-second increments. Measurements can be carried out for 12 hours. Measurement will terminate automatically after 12 hours of counting.

3

HOW TO USE THE STOPWATCH

EN 19

■ The names of the parts and functions of the stopwatch (8T61)



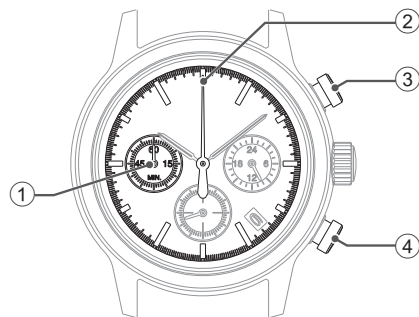
- ① **Stopwatch seconds hand**
moves in 1/5-second increments
* Some models do not have 1/5-second increments marked on their scales.
- ② **Stopwatch minute hand**
moves in one-minute increments
- ③ **Button A**
Start/Stop
- ④ **Button B**
Reset of the stopwatch

3

HOW TO USE THE STOPWATCH

EN 20

■ The names of the parts and functions of the stopwatch (8T63)



- ① **Stopwatch minute hand**
moves in one-minute increments
- ② **Stopwatch seconds hand**
moves in 1/5-second increments
* Some models do not have 1/5-second increments marked on their scales.
- ③ **Button A**
Start/Stop
- ④ **Button B**
Reset of the stopwatch

3

HOW TO USE THE STOPWATCH

EN 21

■ The names of the parts and functions of the stopwatch (8T67)



- ① **Stopwatch seconds hand**
moves in 1/5-second increments
* Some models do not have 1/5-second increments marked on their scales.
- ② **Stopwatch hour hand**
moves in one hour increments
- ③ **Stopwatch minute hand**
moves in one-minute increments
- ④ **Button A**
Start/Stop
- ⑤ **Button B**
Reset of the stopwatch

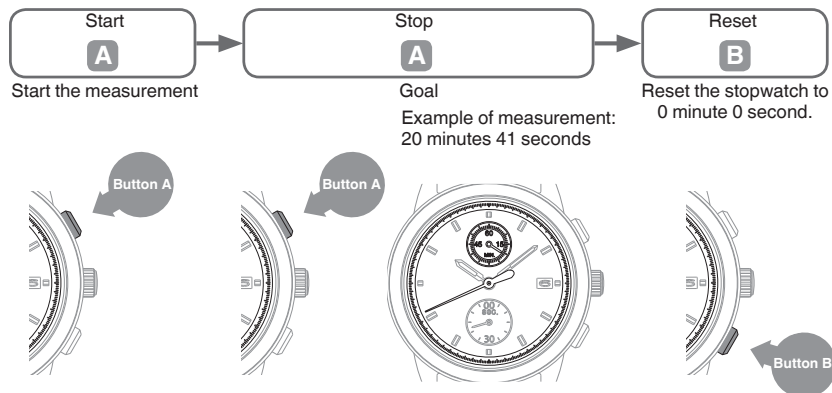
3

HOW TO USE THE STOPWATCH

EN 22

How to use the stopwatch

- **Standard measurement** Ex. 5,000 meters running

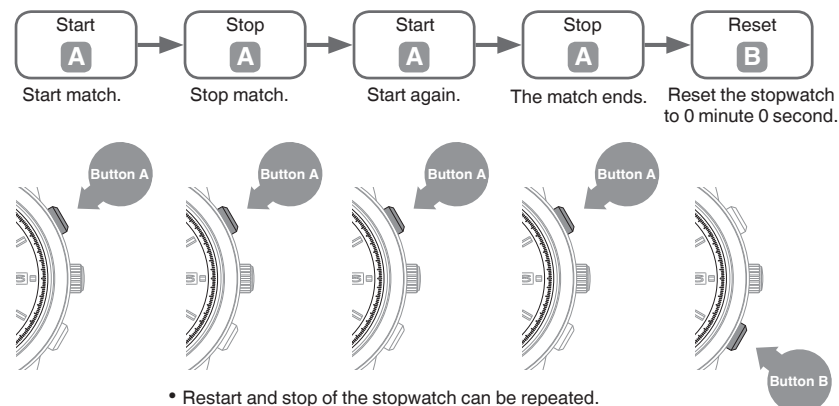


3

HOW TO USE THE STOPWATCH

EN 23

- **Accumulated elapsed time measurement** Ex. Measuring the time for a soccer match



3

HOW TO USE THE STOPWATCH

EN 24

How to use the tachymeter

If your watch has a tachymeter, you can easily determine speed and output per unit of time by reading the tachymeter numbers.

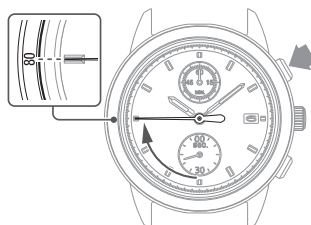
* Some models have a scale notation intended to measure more than 1 minute.

- How to measure kilometers / hour

1 Measure the time (within 1 minute) it takes to run 1 km.

2 Check the numerals on the tachymeter scale to which the stopwatch seconds hand is pointing.

Ex. : If it takes 45 seconds to run 1 km...80 km/h



3

HOW TO USE THE STOPWATCH

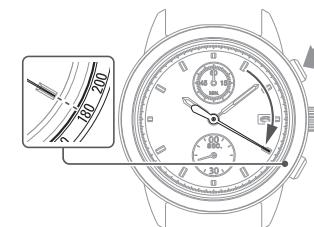
EN 25

- How to measure the hourly rate of operation

1 Measure the time (within 1 minute) required to complete 1 job.

2 Check the numerals on the tachymeter scale to which the stopwatch seconds hand is pointing.

Ex. : If it takes 20 seconds to complete one product...180 products/hour



3

HOW TO USE THE STOPWATCH

EN 26

Daily care

● The watch requires good daily care

- Do not wash the watch when its crown is in the extended position.
- 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.
Do not pour running water directly from a faucet onto the watch. Put some water into a bowl first, and then soak the watch in the water to wash it.
* If your watch is rated as "Non-water resistant" or "water resistant for daily use", please do not wash the watch.
"Performance and type" → P.28
"Water resistant performance" → P.31

● Turn the crown from time to time

- In order to prevent corrosion of the crown, turn the crown from time to time.
- The same practice should be applied to a screw down crown.
"Crown" → P.13

Remarks on Battery

■ Notes on the battery

● Battery life

This watch keeps operating for approximately 3 years if a new normal battery is inserted in it.

* However, since the battery life is based on the following condition: stopwatch measurement for an hour a day, the battery capacity may run out before the above period if the watch function is used more than this.

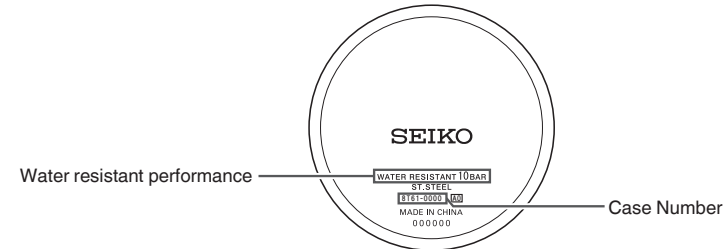
● Monitor battery

The battery in your watch is a monitor battery which is inserted at the factory to check the function and performance of the watch.

Its actual life once in your possession may be less than the specified period.

Performance and type

The case back shows the caliber and performance of your watch



● Water resistant performance

Please refer to P.31.

● Case Number

The number to identify the type of your watch.

● Magnetic resistant performance

Please refer to P.32 and P.33.

* The above illustration is provided as an example, therefore it may not be exactly the same as your watch.

● Battery replacement

- For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, specifying a genuine SEIKO battery.
- 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 made at cost 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.

Please note that it takes several days to check the water resistant quality of your watch. When requesting that this is checked, please confirm the period required for it.

■ Battery life indicator

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

* If the small seconds hand is moving every 2 seconds, it means the battery is about to die. Please ask the retailer from whom the watch was purchased to replace the battery as soon as possible.

Water resistant performance

Refer the table below for the description of water resistant performance of your watch before using.
(Please look at P.28.)

Indication on the case back	Water resistant performance	Conditions 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. ⚠ WARNING Please do not use it for swimming.
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5-BAR water resistant	The watch is suitable for sports such as swimming.
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10 (20)-BAR water resistant	The watch is suitable for diving not using an air cylinder.

EN 31

Magnetic resistant performance

**Affected by nearby magnetism,
a watch may temporarily gain or lose time or stop operating.**

⚠ DANGER	
Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the specified rate under normal use, the watch needs to be demagnetized. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.

The reason why a watch is affected by magnetism

The built-in motor is provided with a magnet, which may be influenced by a strong external magnetic field.

EN 32

Examples of common magnetic products that may affect watches



Smartphone, cellular phone, tablet terminal
(Speaker, magnet of cover)



AC adapter



Bag
(With magnet buckle)



AC-powered shaver



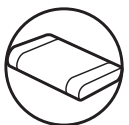
Magnetic cooking device



Portable radio
(Speaker)



Magnetic necklace



Magnetic health pillow

EN 33

Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for long usage.

● Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may result in a rash or 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.)
Clean it off with a soft cloth.
- Because some titan bands 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 band, 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.

EN 34

● **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/20-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.

After sales service

● **Notes on guarantee and repair**

- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee.
Read carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

● **Replacement with functional parts**

- 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.

● **Silicone band**

- As for material characteristics, the band is easily dirtied, and may be stained and discolored.
Wipe off dirt with a wet cloth or cleaning tissue.
- Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool.

Notes on skin irritation and allergy	Skin irritation caused by a band may result from various factors 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 may occur due to contamination of oil, which may ultimately lead the watch itself to 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.

Troubleshooting

Troubles	Possible causes	Solutions
The watch stops operating.	The battery has run down.	Immediately request the retailer from whom the watch was purchased to replace the battery with a new one.
The watch temporarily gains/loses time.	The watch has been left in extremely high or low temperatures for a long time.	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 has been left close to an object with a strong magnetic field.	Correct this condition by moving and keeping the watch away from the magnetic source, and reset the time. If this action does not correct the condition, 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.	If accuracy does not return after setting the time, consult the retailer from whom the watch was purchased.
The date changes at 12 o'clock noon.	AM/PM is not properly set.	Advance the hands by 12 hours.
Blur in the display persists.	A small amount of water has got inside the watch due to deterioration of the gasket, etc.	Consult the retailer from whom the watch was purchased.

* For a solution to a problem other than listed above, contact the retailer from whom the watch was purchased.

Specifications

Cal.	8T61	8T63	8T67
1. Features	Basic watch with three hands (Hour hand, minute hand and small seconds hand)	Basic watch with three hands (Hour hand, minute hand and small seconds hand), 24-hour hand	Basic watch with three hands (Hour hand, minute hand and small seconds hand)
	Date display		
	Stopwatch hand (1/5-second and minute hands)		Stopwatch hand (1/5-second, minute and hour hands)
2. Frequency of crystal oscillator	32,768 Hz (Hz= Hertz, cycles per second)		
3. Loss/gain (Monthly rate)	Monthly average loss/gain ± 15 seconds (If worn on the wrist in a temperature range of 5°C to 35°C)		
4. Operational temperature range	-5°C ~ +50°C		
5. Driving system	Step Motor, 2 pieces		
6. Battery	SB-A4 (SR936SW)		
7. Battery life	Approximately 3 years (when stopwatch is used for hour a day)		
8. IC (Integrated Circuit)	Oscillation, division, drive: C-MOS IC (1)		

* The specifications above are subject to change without prior notice for product improvements.