

SEIKO



GPS
SOLAR

5X63

HANDY MANUAL

SEIKO WATCH CORPORATION

<English>

CONTENTS

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

For details, please read the
“5X63 (GPS Solar) Complete User Guide”
([https://www.seikowatches.com/global-en/customerservice/
instruction/](https://www.seikowatches.com/global-en/customerservice/instruction/)).

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* 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.

* 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.

1 Features

■ This is a GPS solar watch.

This watch has the following features.

GPS signal reception

This watch can be set to the precise local time by just one button operation anywhere in the world. DST (Daylight Saving Time) is reflected in the time that appears.

This watch quickly adjusts the time by receiving GPS signals from GPS satellites. This watch responds to all the time zones around the world.

When the region or time zone where the watch is used is changed, please carry out operation of "time zone adjustment."



Solar charging Function

This watch operates by solar charging.

Expose the dial to light to charge the watch. The watch will operate for about 6 months on a full charge.

When the energy stored in the watch runs out completely, it takes time to fully charge the watch, so please keep in mind to charge the watch regularly.



Automatic time adjustment function

This watch automatically adjusts the time in accordance with action patterns during use.

When the watch has sensed sufficient brightness under an open sky, it automatically receives GPS signals from GPS satellites. This function enables the watch to automatically adjust the time precisely even while you are using the watch.

* This watch is unable to receive GPS signals when the energy stored in the watch is low.



* Unlike navigation equipment, this GPS solar watch is not designed to constantly receive GPS signals from GPS satellites without any operation. This watch receives GPS signals only in the time zone adjustment mode, automatic or manual time adjustment mode.

■ Standard Charging Time

Charge the watch using the times below as a guide.

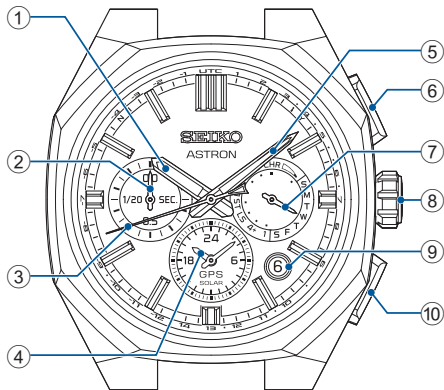
GPS signal reception consumes considerable energy. It is necessary to charge the watch by exposing it to light so that the multi-function indicator hand can continuously display the day of the week (the energy level will be "middle" or "full"). (If the charging status is displayed as "low," the reception will not start even with manual GPS signal reception.)

Illumination lx (LUX)	Light source	Condition (Example)	From the state where the watch is stopped (not charged)		In the state where the hand moves (the watch is charged)
			To fully charged	To one-second interval movement is secured	To move for one day
700	Fluorescent light	General offices	-	-	3.5 hours
3,000	Fluorescent light	30 W 20 cm	250 hours	9.5 hours	1 hour
10,000	Sunlight Fluorescent light	Cloudy day 30 W 5 cm	75 hours	3 hours	15 minutes
100,000	Sunlight	Sunny day (Under the direct sunlight on a summer day)	30 hours	1.5 hours	10 minutes

The figures of "Time required for charging the watch to start moving at one-second intervals" are estimations of time required to charge the stopped watch by exposing it to light until it moves at steady one-second intervals. Even if the watch is partially charged for a shorter period, the watch will resume one-second-interval movement. However, it may shortly return to two-second-interval movement. Use the charging time in this column as a rough guide for sufficient charging time.

* The required charging time slightly varies depending on the model.

2 Names of the parts



- ① Hour hand
- ② Stopwatch 1/20-second hand
- ③ Seconds hand
(Stopwatch seconds hand)
- ④ Sub dial (24-hour system)
(Stopwatch hour and minute hands)
- ⑤ Minute hand
- ⑥ Button A
- ⑦ Multi-function indicator hand
(Usually displays the day of the week)
- ⑧ Crown
- ⑨ Date
- ⑩ Button B

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

3 Check the charging status

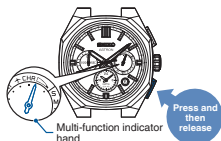
The multi-function indicator hand position shows whether this watch is able or unable to receive GPS signals. In addition, for the low charging state, the movement of the seconds hand shows the energy depletion state in further detail.

○ Reception is allowed

When the multi-function indicator hand continues to display the day of the week, the watch can receive signals. The following operation allows you to check the energy level.

1 Press Button B and then release it

The display switches from the day of the week display to the energy level display. (5 seconds)



* When the watch is changed to stopwatch mode, the multi-function indicator hand will display "CHR".

To check the energy level, turn off stopwatch mode.

→ Turning off stopwatch mode [P. 19](#)

2 Check the charging status





* The energy level is displayed in four stages.

Multi-function indicator display	Charging status	Solution
	full	Reception is allowed. Use the watch as it is.
	middle	Reception is allowed, but keep in mind to charge the watch.

* After 5 seconds have elapsed or when Button B is pressed, the watch returns to the time display mode.


✗ Reception is not allowed

When the energy level is low, the day of the week is not displayed, and the charging status display continuously recommends charging the watch.

Multi-function indicator display	Movement of seconds hand	Charging status		Solution
	1-second interval movement 	low	The watch is unable to receive GPS signals, but has energy to operate.	Charge the watch until the multi-function indicator hand returns to the day of the week display so that the watch is able to receive GPS signals. When the hand returns to the day of the week display, the energy level will be "middle" or "full."
	2-second interval movement 	-	The watch is unable to receive GPS signals, and does not have energy to operate. (The energy depletion forewarning function is activated.)	Continue to charge the watch until the multi-function indicator hand returns to the day of the week display so that the watch is able to continuously operate and receive GPS signals.
	5-second interval movement 			

* Press Button B during the charging status display to check the day of the week display. (5 seconds)

If the device is in in-flight mode (✗), reception is not possible regardless of the energy level.

Multi-function indicator display	Movement of seconds hand	Charging status		Solution
	-	The charging status is not displayed for the in-flight mode (✗).		Reset the in-flight mode (✗). When the multi-function indicator hand points to "low," charge the watch.

4 Time zone

■ Time zone

Based on Coordinated Universal Time (UTC), the standard time commonly used is adopted by countries and regions around the world.

Standard time is determined by nations and regions, with "time zone" used to refer to the whole of a region that uses the same standard time. At present, the globe is divided into 38 time zones (as of October, 2025).

■ DST (Daylight Saving Time)

Depending on the area, DST (Daylight Saving Time) is individually set.

Daylight Saving Time means summer time, which is a system to lengthen daylight time by advancing 1 hour when daylight time is long in summer.

The adoption and duration of daylight saving time vary depending on the country.

If the time zone adjustment is successful, data regarding the adoption of DST (Daylight Saving Time) for the country in which the GPS signals were received is reflected in the time that appears.

* DST (daylight saving time or "summer time") in each region may be changed by countries and regions.

■ Coordinated Universal Time (UTC)

UTC is the universal standard time coordinated through an international agreement. This is used as the official time for recording time around the world. The time obtained by adding a leap second to the "International Atomic Time (TAI)" determined based on the atomic clock around the world and coordinated in order to compensate for deviations from universal time (UT) which is astronomically determined is the UTC.

5 Time zone display and list of time zones around the world

The following list shows the relationship between displays of the bezel and dial ring and time difference from the UTC.

Please refer to the seconds hand positions below to set the time zone or to check the time zone setting.

DST (Daylight Saving Time) has been adopted in countries marked with a ★.

In the Lord Howe Island time zone in Australia with a ☆ mark, the time is advanced by 30 minutes while DST (Daylight Saving Time) is in effect. This watch corresponds to DST in the Lord Howe Island time zone.

Display of time zone or time difference

Representative city names...

28 cities among the total of 38 time zones around the world

Time difference...

+14 hours ~ -12 hours



* The displays of city code and the time difference from UTC are Subject to change depending on model.

* "☆" in the display shows that there is a time zone in that place.

* The time zone and adoption of DST (Daylight Saving Time) for each region are current as of October, 2025.

City code	Display of time difference	City name	UTC ± hours
LON	UTC	★London	0
PAR	1	★Paris/ ★Berlin	+1
CAI	2	★Cairo	+2
JED	3	Jeddah	+3
•	•	Tehran	+3.5
DXB	4	Dubai	+4
•	•	Kabul	+4.5
KHI	5	Karachi	+5
DEL	•	Delhi	+5.5
•	•	Kathmandu	+5.75
DAC	6	Dhaka	+6
•	•	Yangon	+6.5
BKK	7	Bangkok	+7

City code	Display of time difference	City name	UTC ± hours
BJS	8	Beijing	+8
•	•	Eucla	+8.75
TYO	9	Tokyo	+9
ADL	•	★Adelaide	+9.5
SYD	10	★Sydney	+10
•	•	☆Lord Howe Island	+10.5
NOU	11	Nouméa	+11
WLG	12	★Wellington	+12
•	•	★Chatham Islands	+12.75
TBU	13	Nuku'alofa	+13
CXI	14	Kiritimati	+14
•	•	Baker Island	-12

City code	Display of time difference	City name	UTC ± hours
MDY	-11	Midway islands	-11
HNL	-10	Honolulu	-10
•	•	Marquesas Islands	-9.5
ANC	-9	★Anchorage	-9
LAX	-8	★Los Angeles	-8
DEN	-7	★Denver	-7
CHI	-6	★Chicago	-6
NYC	-5	★New York	-5
SDQ	-4	Santo Domingo	-4
•	•	★St. John's	-3.5
RIO	-3	Rio de Janeiro	-3
FEN	-2	Fernando de Noronha	-2
PDL	-1	★Azores	-1

6 To adjust the time zone and time by GPS signal reception (time zone adjustment)

■ Time zone adjustment



The time zone where you are is localized to adjust the watch to the precise current time by just one button operation anywhere in the world.

This reflects the data regarding the adoption of DST (Daylight Saving Time) in the country that received the GPS signals. The time automatically switches to adjust for the adoption and duration of DST (Daylight Saving Time) for countries that follow DST (Daylight Saving Time).

"Normal time" always appears for countries that do not adopt DST (Daylight Saving Time).

■ How to adjust the time zone

1 Go to a place where GPS signals can be easily received

Move to the outdoors under an open sky with good visibility.



2 Continue to press Button B (3 seconds), and then release it when the seconds hand moves to the 30-second position

When the seconds hand has reached the 30-second position, reception is started. The multi-function indicator hand points to "4+".



- * While the multi-function indicator hand points to "low," ✕ or "CHR", reception is not started even with operation for reception.
- * When the hand points to "low," charge the watch by exposing it to light.
- * When the hand points to ✕, turn off the in-flight mode (✕),
- * When the hand points to "CHR", turn off stopwatch mode.

3 Direct the watch face upward and wait

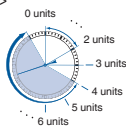
* Please note that it may be difficult to receive GPS signals while you are in motion.



It takes a maximum of 2 minutes to complete reception.
* It depends on the receiving conditions.

< Display during reception (= satellites acquisition status) >

The seconds hand indicates ease of receiving (= number of GPS satellites from which GPS signals are received).



* The larger the number of acquired satellites there are, the easier it is to receive GPS signals.

Number of satellites	Ease of reception
4 units or more	Easy to receive
3 units	May receive
0-2 units	Cannot receive

* Even when the hand points to 4 units or more, reception may not be allowed.

* To cancel the reception, press Button B.



4 When the seconds hand points to "Y" or "N", reception is completed

The reception result is displayed for 5 seconds.

If reception is successful, the time and date are adjusted.

The settings for the time zone and DST (Daylight Saving Time) are reflected in the time that appears.

Reception result display	Y: Successful (8-second position)	N: Failed (52-second position)
Display		
State	Use the watch as it is.	

* The buttons cannot be operated while the hour and minute hands, multi-function indicator hand, or subdial is moving.

Precautions on time zone adjustment

If the time zone is adjusted near a time zone boundary, the time of the adjacent time zone may be displayed. In some areas the boundaries observed by the watch may not exactly correlate to the actual time zone markers on the land. This does not indicate a malfunction. In this case, set the time zone in the manual time zone setting mode.

When the time zone is adjusted while traveling on land, avoid time zone boundaries to carry out time zone adjustment in the representative cities in the time zone whenever possible. In addition, when the watch is used near time zone boundaries, make sure to check the time zone setting, and manually set the time zone as necessary.

7 To adjust only the time by GPS signal reception (manual time adjustment)

Manual time adjustment



The watch can be set to the precise current time of the currently set time zone.
(The time zone is not changed.)

How to manually adjust the time

1 Go to a place where GPS signals can be easily received

Move to the outdoors under an open sky with good visibility.



2 Continue to press Button A (3 seconds), and then release it when the seconds hand moves to the 0-second position

When the seconds hand has reached the 0-second position, reception is started.
The multi-function indicator hand points to "1".



- * While the multi-function indicator hand points to "low," "✂" or "CHR", reception is not started even with operation for reception.
- * When the hand points to "low," charge the watch by exposing it to light.
- * When the hand points to "✂", turn off the in-flight mode (✂).
- * When the hand points to "CHR", turn off stopwatch mode.

3 Direct the watch face upward and wait



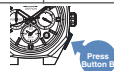
It takes up to one minute to complete reception.
* The reception time depends on the reception conditions.

< Display during reception (= satellites acquisition status) >
The seconds hand indicates ease of receiving (= number of GPS satellites from which GPS signals are received).

* To acquire only time information, the number of satellites necessary for reception is one.

Number of acquired satellites	1	0
Display		
State	Easy to receive	Cannot receive

* To cancel the reception, press Button B.



4 When the seconds hand points to "Y" or "N", reception is completed

The reception result is displayed for 5 seconds.
If reception is successful, the time, date, and day are adjusted.

Reception result display	Y: Successful (8-second position)	N: Failed (52-second position)
Display		
State	Use the watch as it is.	

Check that the reception is successful after the watch returns to the time display mode.

When the time is not correct even if "Y" is displayed, the time zone may not correspond to the region where you are. Check the time zone setting.

* The buttons cannot be operated while the hour and minute hands, multi-function indicator hand, or sub-dial is moving.

8

To set the watch to the local time of the destination in an airplane, etc. (Manual time zone setting)

Manual time zone setting

In places where the time zone cannot be adjusted, the time zone can be set manually.

How to manually set the time zone

1 Pull out the crown to the first click

The seconds hand moves to display the currently set time zone.



2 Turn the crown and set the seconds hand to the time zone of the destination

When the crown is turned, the seconds hand moves to the next zone.



<Multi-function indicator hand display>
Displays ON/OFF setting of DST (Daylight Saving Time).

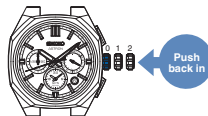
Hand position	AT (automatic)	ST (OFF)	DST (ON)
Display			

* When you have selected a new time zone, even if it was "AT (automatic)" before the time zone selection, it switches to "DST (ON)" or "ST (OFF)."

3 Push the crown back in

The seconds hand returns to the time display mode.
The multi-function indicator hand returns to display the day of the week.

- * If the energy level is low, the day of the week is not displayed, and the watch returns to a charging status display of "low."
- * The buttons cannot be operated while the hour and minute hands, multi-function indicator hand, or sub-dial is moving.



9 DST setting of the main-dial

Turn ON DST (Daylight Saving Time)

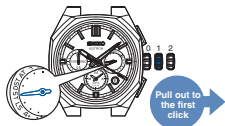
DST (Daylight Saving Time) can be manually set.

Be sure to do the settings in the following situations.

- When the main-dial is adjusted using the manual time zone setting and DST (Daylight Saving Time) is implemented.
- When the time zone is the same, but the settings for DST (Daylight Saving Time) differ according to the area to which you move.

1 Pull out the crown to the first click

The multi-function indicator hand moves to indicate the current DST (Daylight Saving Time) setting. The seconds hand displays the current time zone.
< When DST (Daylight Saving Time) setting is OFF >



2 Continue to press Button A (3 seconds)

The multi-function indicator hand moves to point to "DST", and the hour and minute hands advance by one hour.

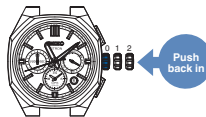


* In the Lord Howe Island time zone in Australia, the time is advanced by 30 minutes while DST (Daylight Saving Time) is in effect. This watch corresponds to DST in Lord Howe Island time zone.

3 Push the crown back in

The seconds hand returns to the time display mode. The multi-function indicator hand returns to display the day of the week.

* If the energy level is low, the day of the week is not displayed, and the watch returns to a charging status display of "low."



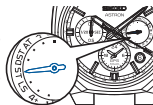
* The indicator's DST (Daylight Saving Time) is not changed to "AT (automatic)" if you have done the manual time zone setting. Turn DST (Daylight Saving Time) manually on or off, according to whether DST (Daylight Saving Time) is implemented or not.

Turn OFF DST (Daylight Saving Time)

Carry out operation of **1** to **3** in the state where DST (Daylight Saving Time) setting is ON.

In operation of **2**, adjust the multi-function indicator hand to the "ST (OFF)" position as shown in the figure.

The hour and minute hands return by one hour.



10 Manual time zone selection of the sub-dial

Manual time zone setting of the sub-dial

The sub-dial can be set to a time zone of your choice.

Adjust the sub-dial by selecting the time of the time zone.

* The sub-dial cannot be adjusted to a time outside the time zone.

How to manually set the time zone of the sub-dial

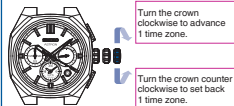
1 Pull out the crown to the second click

The seconds hand moves to display the sub-dial of the currently set time zone.



2 Turn the crown and set the seconds hand to the time zone of the destination

When the crown is turned, the seconds hand moves to the next zone.



<Multi-function indicator hand display>
Displays ON/OFF setting of DST (Daylight Saving Time).

Hand position	AT (automatic)	ST (OFF)	DST (ON)
Display			

* When you have selected a new time zone, even if it was "AT (automatic)" before the time zone selection, it switches to "DST (ON)" or "ST (OFF)."

3 Push the crown back in

The seconds hand returns to the time display mode.

The multi-function indicator hand returns to display the day of the week.

- * If the energy level is low, the day of the week is not displayed, and the watch returns to a charging status display of "low."
- * The buttons cannot be operated while the hour and minute hands, multi-function indicator hand, or sub-dial is moving.



11 DST setting of the sub-dial

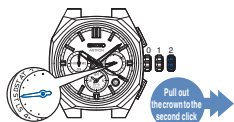
■ Set the DST (Daylight Saving Time) of the sub-dial.

DST (Daylight Saving Time) can be manually set.

- * Normally, the multi-function indicator's DST (Daylight Saving Time) is not changed to "AT (automatic)" if the sub-dial is adjusted via manual time zone selection. Turn DST (Daylight Saving Time) manually on or off, according to whether DST (Daylight Saving Time) is implemented or not.
- * It is unnecessary to do settings for DST (Daylight Saving Time) if DST = "AT (automatic)" is set in the sub-dial when the time for the main-dial and the sub-dial has been changed.

1 Pull out the crown to the second click

The multi-function indicator hand moves to indicate the DST (Daylight Saving Time) setting of the sub-dial.
The seconds hand displays the current time zone for the sub-dial.
< When DST (Daylight Saving Time) setting is OFF >



2 Continue to press Button A (3 seconds)

The multi-function indicator hand moves to point to "DST", and the sub-dial hour and minute hands advance by one hour.



* In the Lord Howe Island time zone in Australia, the time is advanced by 30 minutes while DST (Daylight Saving Time) is in effect. This watch corresponds to DST in Lord Howe Island time zone.

3 Push the crown back in

The seconds hand returns to the time display mode.
The multi-function indicator hand returns to display the day of the week.

- * If the energy level is low, the day of the week is not displayed, and the watch returns to a charging status display of "low."

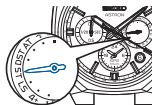


■ Turn OFF DST (Daylight Saving Time)

Carry out operation of **1** to **3** in the state where DST (Daylight Saving Time) setting is ON.

In operation of **2**, adjust the multi-function indicator hand to the "ST (OFF)" position as shown in the figure.

The hour and minute hands return by one hour.



12 Switching between the main-dial and sub-dial

Your watch can switch between its main-dial and sub-dial.

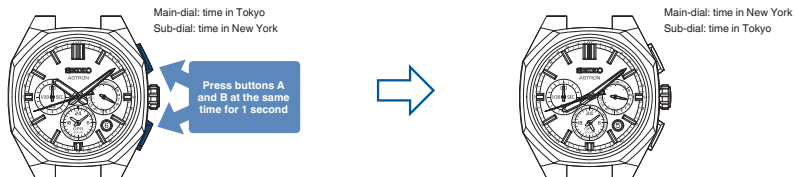
Both the conditions for DST (Daylight Saving Time) set in the main-dial and the conditions for DST (Daylight Saving Time) set in the sub-dial switch.

This comes in handy in the following situations.

- Matching the main-dial to the time for the time zone set in the sub-dial
- To use your watch, adjust the main-dial to the local time, and then, after returning home, restore the main-dial to the sub-dial's Japan Standard Time

How to switch the main-dial and sub-dial

1 Press and hold buttons A and B at the same time (1 second)



The seconds hand indicates the time zone for the main-dial that was switched. The multi-function indicator hand indicates the setting status for DST (Daylight Saving Time) of the main-dial that was switched.

Afterward, the main-dial's hour and minute hands, sub-dial, and date switch.

Finally, the seconds hand returns to the time display, and the multi-function indicator hand returns to the day of the week display (or the charging status display).

* The buttons cannot be operated while the hour and minute hands, multi-function indicator hand, or sub-dial is moving.

13 When boarding (in-flight mode (✈))

■ In-flight mode (✈)

Set to the in-flight mode (✈) where the reception may influence operation of other electronics devices in an airplane, etc.

In the in-flight mode (✈), the GPS signal reception (time zone adjustment, manual time adjustment, and automatic time adjustment) does not work.

< In-flight mode (✈) >

The multi-function indicator hand points to ✈.



* When the in-flight mode (✈) is reset, the multi-function indicator hand indicates the day of the week (or the energy level).

■ Set to the in-flight mode (✈).

1 Pull out the crown to the first click

The seconds hand moves to display the currently set time zone.

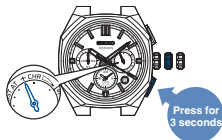
The multi-function indicator hand indicates DST (Daylight Saving Time) setting.



2 Continue to press Button B (3 seconds)

The multi-function indicator hand displays the in-flight mode (✈). (5 seconds)

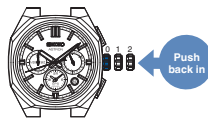
Afterward, it indicates the DST (Daylight Saving Time).



* Note that turning the crown after 1 and 2 will change the time zone.

3 Push the crown back in

The multi-function indicator hand returns to display the in-flight mode (✈).



When the in-flight mode (✈) is set, the multi-function indicator hand does not indicate the day of the week.

■ Reset the in-flight mode (✈).

Turn off the in-flight mode when leaving an airplane, etc.

If it is not turned off, the watch will not be able to receive GPS signals.

Carry out operation 1 to 3.

2 will make the multi-function indicator hand point to "4+", indicating that in-flight mode has been turned off. (5 seconds)

Afterward, it indicates the DST (Daylight Saving Time).

3 will make the multi-function indicator hand display the day of the week, and the in-flight mode (✈) will be turned off.

* If the energy level is low, the day of the week is not displayed, and the watch returns to a charging status display of "low."

14 Leap second (Automatic leap second reception function)

▣ Leap second

The leap second is to compensate for deviations from the universal time (UT) which is astronomically determined and the "International Atomic Time (TAI). "1 second" may be added (deleted) once a year or every few years.

▣ Automatic leap second reception function

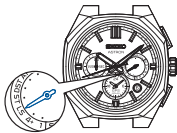
A leap second is automatically added by receiving "leap second data" from GPS signals at the time of leap second addition (deletion).

* "Leap second data" includes information about future leap second addition and current leap second data.

▣ Receiving leap second data

Receiving the leap second data

When the GPS signal reception (automatic time adjustment, manual time adjustment, or time zone adjustment) is performed on or after December 1st and June 1st, the multi-function indicator hand may display as show in the figure.



When the leap second data reception is completed, the multi-function indicator hand returns to display the day of the week (or the charging status). Use the watch as it is.

* The leap second data reception is performed every half a year regardless of leap second addition.

After the completion of time adjustment (automatic time adjustment or manual time adjustment), up to 18 minutes may be required until receipt of leap second data is complete.

When GPS signals are received under the following conditions, the leap second data reception is also started.

- GPS signals have not been received for a long time
 - Leap second data reception has failed
- With GPS signal reception, leap second data reception will be performed again. This will continue until leap second data reception is successful. Confirm the result (success or failure) of the leap second data reception.

15 Reception result display

Check whether the leap second data reception was successful

The results of GPS reception (time adjustment or time zone adjustment) and leap second data reception (successful / failed) are displayed for 5 seconds.

1 Press Button A once and then release it

The seconds hand and multi-function indicator hand display the reception result.

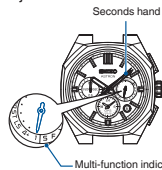


* When Button A is kept pressed, the watch enters the Manual time adjustment operation.

2 The result of the reception is displayed

The seconds hand displays the result of the GPS signal reception (time adjustment or time zone adjustment).

The multi-function indicator hand points to "1" or "4+" which shows "time adjustment" or "time zone adjustment."



* The indicator hand points to "4+" as a result of time zone adjustment.

Seconds hand: Reception result (success/failure)

Result	Successful	Failed
Display		
Position	Y: 8-second position	N: 52-second position

* After 5 seconds have elapsed or when Button B is pressed, the watch returns to the time display mode.

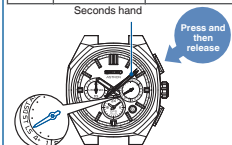
3 Press Button A and then release it while the result of the reception is displayed (for 5 seconds) in step 2

The seconds hand displays the result of the leap second data reception (successful / failed).

The multi-function indicator hand displays "LEAP SEC." of the leap second data reception.

Seconds hand: Reception result (success/failure)

Result	Successful	Failed
Display		
Position	Y: 8-second position	N: 52-second position



* After 5 seconds have elapsed or when Button B is pressed, the watch returns to the time display mode.

When the leap second data reception result is Y (successful)

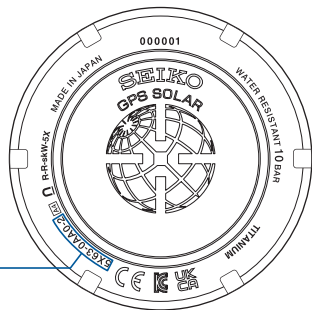
- The leap second data reception was successful. Use the watch as it is.

When the leap second data reception result is N (failed)

- The leap second data reception, periodically performed, has not been successful. It will be performed automatically with the next GPS signal reception (automatic time adjustment, manual time adjustment or time zone adjustment). Use the watch as it is.
 - * The leap second data is received on or after December 1st and June 1st.
 - * Even when the leap second data reception has not been successful, the time is correct until the leap second data is added (deleted).

16 How to check when the time zone information was configured for your watch

The case back shows the caliber-case number of your watch.



Caliber/case number

The number to identify the watch type

* Display may vary depending on the model.

By referring to caliber-case number shown on the case back, you will be able to determine when the time zone data was configured.

For more details, refer to the URL below.

<https://www.seikowatches.com/global-en/customerservice/knowledge/gpstimezonedatainfo>

If the official time zone, etc., has changed in a region after the watch's time zone data or DST (Daylight Saving Time) data was configured, the correct time will not be displayed even after receiving GPS signals. Please perform the following operations to display the correct time:

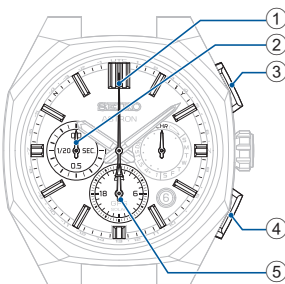
<To set the time of this watch in a region where the official time zone or DST (Daylight Saving Time) has changed>

1. Select the time zone appropriate for the current time in the target region by manual time zone setting and do settings for DST (Daylight Saving Time), as necessary.
For details, please refer to "8 To set the watch to the local time of the destination in an airplane, etc. (Manual time zone setting)" P. 10 and "9 DST setting of the main-dial" P. 11.
2. Next, adjust the time by manual time adjustment.
→ Please see "7 To adjust only the time by GPS signal reception (manual time adjustment)" P. 9 for details.
3. When using the watch within the same time zone, the correct time will be displayed after automatic (GPS) or manual time adjustments.
4. When moving from a region where the official time zone has changed to a different time zone, then back to the region where the official time zone has changed, carry out the same operations from 1. - 3. as indicated above to display the correct time in the region where the official time zone has changed.

17 How to use the stopwatch

Basic stopwatch functions

- The stopwatch can measure and read up to 23 hours, 59 minutes, and 59.95 seconds in 1/20-second increments.
- The display consists of four hands. After 24 hours have passed, the stopwatch will stop and reset.
- The stopwatch 1/20-second hand stops at the 0-second position after operating for up to one minute. When a split or stop operation is performed, the seconds are displayed.

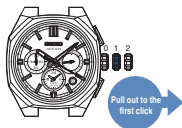


- ① Stopwatch seconds hand
- ② Stopwatch 1/20-second hand
- ③ Button A
- ④ Button B
- ⑤ Stopwatch hour and minute hands

Switching to stopwatch mode

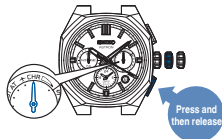
1 Pull out the crown to the first click

The seconds hand moves to display the currently set time zone. The multi-function indicator hand indicates DST (Daylight Saving Time) setting.



2 Press Button B and then release it

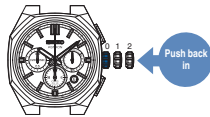
The multi-function indicator hand displays "CHR".



3 Push the crown back in

The watch will enter stopwatch mode. The stopwatch hands (1/20-second, seconds, hour, and minute hands) return to the 0-second position.

* The 1/20-second hand goes around once. The multi-function indicator hand continues to display "CHR".



* Start measurement after the 1/20-second hand and the seconds hand return to the 0-second position. The measurement will start even if the stopwatch hour and minute hands are being advanced rapidly.

Turning off stopwatch mode

Pulling out the crown and pushing it back in turns off stopwatch mode.

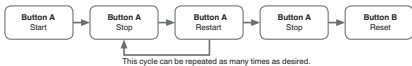
The multi-function indicator hand returns to display the day of the week.

* If the energy level is low, the day of the week is not displayed, and the watch returns to a charging status display of "low."

Normal use



When time is measured in cumulative total

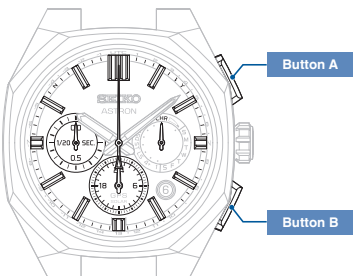
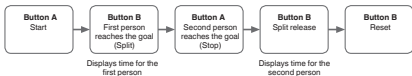


To measure the split time



* When the stopwatch is in the "split" state, when the measured time reaches 24 hours, measurement will automatically terminate. The split is reset and the stopwatch returns to 0 hours, 0 minutes, and 0 seconds.

When time is measured for two people



Resetting the stopwatch

● If the stopwatch hands are moving

1. Press Button A to stop
2. Press Button B to reset

● If the stopwatch hands are stopped, the following three situations are possible.

[Stopped in a stop state]

1. Press Button B to reset

[Stopwatch measurement is in progress and the split display is active]

1. Rapidly advance the stopwatch hands with Button B, then the stopwatch will enter a state of measurement.
2. Press Button A to stop
3. Press Button B to reset

[Stop state with split display]

1. Rapidly advance the stopwatch hands with Button B, then the stopwatch will stop.
2. Press Button B to reset

SPECIFICATIONS

1. Basic function	Main watch functions: hour, minute, and second hands; date display; day display; indicator function; dual-time display; world-time function (38 time zones); stopwatch (hours, minutes, and 1/20 seconds).
2. Frequency of crystal oscillator	32,768 Hz (Hz = Hertz ... Cycles per second)
3. Loss/gain (monthly rate)	Loss / gain ± 15 seconds on a monthly rate (When the watch is used without an automatic time setting by receiving GPS signal and when it is worn on the wrist within a normal temperature range between 5°C and 35°C (41°F and 95°F)).
4. Operational temperature range	Between -10°C and +60°C (14°F and 140°F)
5. Driving system	Step-motor type: main watch (hour, minute, and second hands), multi-indicator hand, date display, sub-dial (hour and minute hands), and 1/20-second stopwatch hand.
6. Power source	Secondary battery, 1 piece
7. Duration of operation	About 6 months (on a full charge, without power save function) * If the Power Save is activated after it is fully charged, the watch continues to run for approximately 2 years at maximum.
8. GPS signal reception function	Time zone adjustment, manual time adjustment, automatic time adjustment * Between reception and the next reception, the watch operates with the above quartz precision
9. IC (Integrated Circuit)	Oscillator, frequency divider and driving circuit C-MOSIC, 4 pieces

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

SEIKO

Product : GPS solar watch

Model : 5X63

TRC/SS/2018/370



This product is in compliance with the essential requirements and other relevant provisions of the RE Directive (2014/53/EU)& RoHS Directive(2011/65/EU).

<https://www.seikowatches.com/global-en/products/declaration-conformity>



This product is in compliance with the essential requirements and other relevant provisions of Radio Equipment Regulations 2017 & The Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2012.

<https://www.seikowatches.com/global-en/products/declaration-conformity>

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