

取扱説明書
INSTRUCTION

JCC03・A01・A・B・
C・D・J315・J320・
J515・J420・J420A・
FAC・FACA

該当機種 アナログ 2針・3針 (日付・曜日つき)

1E20,1F20,1N00,1N01,2E20,6G28,7N00,7N01,7N21,7N32
7N33,7N35,7N42,7N43,7N82,7N83,7N89,V220,V501,V701
V721,V732,V733,V742,V743,V782,V811,VD78,VJ12,VJ20
VJ21,VJ22,VJ23,VJ32,VJ33,VJ42,VJ43,VJ46,VJ47,VJ48
VJ52,VJ53,VJ76,VB20,VC00,VC01,VC10,VC11,VH31,VX00
VX01,VX32,VX33,VX3K,VX42,VX43,VX50,VX51,VX82,VX83
VX89,Y121,Y136,Y150,Y151,Y520,YL50

セイコーウォッチ株式会社 2206

弊社製品についての修理その他のご相談は、「お買い上げ店」で承っております。なお、ご不明の点は下記へお問い合わせください。

通話料無料 0120-612-911

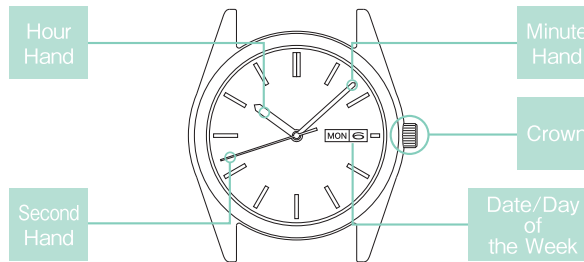
お客様相談室

〒100-0005 東京都千代田区丸の内 3-1-1 国際ビル
〒550-0013 大阪市西区新町 1-4-24 大阪四ツ橋新町ビルディング

セイコーウォッチ株式会社

<https://www.seikowatches.com/>

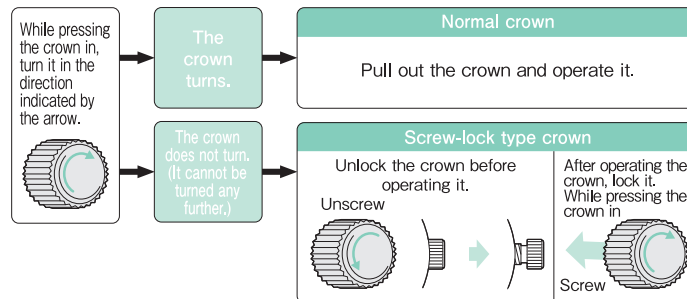
Names of the parts



※Some models may not have the Date/Day of the week and the second hand.
※Calendar window and crown position may vary by models.

CROWN

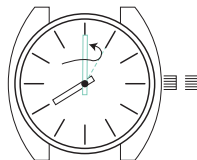
There are two types of crown, a normal crown and a screw-lock type crown. Please check the type of the crown of your watch.



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

Two hands watch

To set the time



Pull out the crown, and set the time.

※For those models using screw-lock type crown, after finished all the operation, please kindly refer to the "CROWN" to lock the crown.
※The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.
※Telephone time casting service (tel.117) might be helpful when you set the time.

■ Three hands watch or watch with small second hand

To set the time



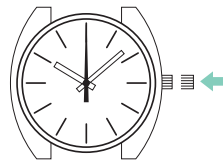
- 1 Pull out the crown, when the second hand is the 12 o'clock position, and the second hand stops.



- 2 Turn the crown to set the time.



- 3 Push in the crown in accordance with a time signal.



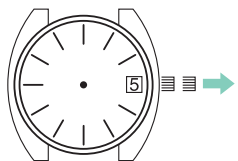
※For those models using screw-lock type crown, after finished all the operation, please kindly refer to the "CROWN" to lock the crown.

※The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to properly advanced time, then return the minute hand to the correct time.

※Telephone time casting service (tel.117) might be helpful when you set the time.

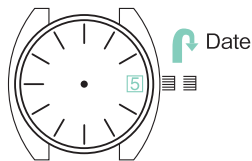
■ Watch with date function

To set the date



- 1 Pull out the crown to the first click position.

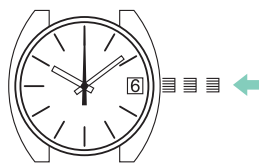
※The crown can be pulled out all the way to the second click.



- 2 Turn the crown to set the date before the designated date.



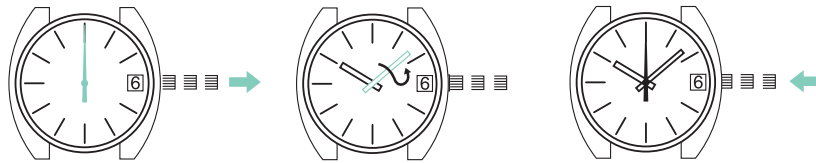
- 3 Pull the crown out to the second click, and turn the hands to set the correct date.



- 4 After adjusting the time and calendar, push in the crown.

※Do not set the date when the hands are pointing to the time between 9 P.M. and 1 A.M. If the setting of the date is made when the hands are pointing to the time between 9 P.M. and 4 A.M., the date will not change to the next date. Please set the date after turning the hands except during the above period.

To set the time



- 1] Pull the crown out all the way to the second click and the second hand stops moving. Stop the second hand at the 12 o'clock position.
- 2] Turn the crown to set the time.
- 3] Push the crown back to the normal position in accordance with a time signal.

※For those models using screw-lock type crown, after finished all the operation, please kindly refer to the "CROWN" to lock the crown.

※Date adjustment at the end of the month:

It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the date.

※While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date will change automatically once every 24 hours.)

※The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.

※Telephone time casting service (tel.117) might be helpful when you set the time.

■ Watch with date or day-date function

To set the calendar



- 1] Pull out the crown to the first click position.
- 2] Turn the crown to set the day before designated day, and turn the crown to set the designated date.

※The crown can be pulled out all the way to the second click.

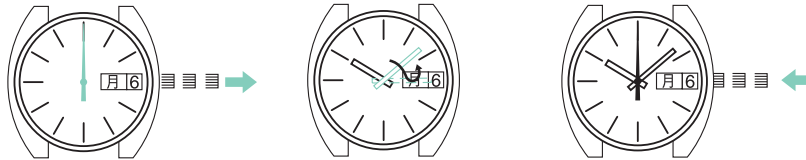
※Day of the week can be displayed either in Japanese or English; some models display only one language.



- 3] Pull the crown out to the second click, and turn the hands to set the correct date and day of the week.
- 4] After adjusting the time and calendar, push in the crown.

※Do not set the calendar when the hands are pointing to the time between 9 P.M. and 4 A.M. If the setting of the calendar is made when the hands are pointing to the time between 9 P.M. and 4 A.M., the date or day will not change to the next date or day. Please set the calendar after turning the hands except during the above period.

To set the time



- 1 Pull the crown out all the way to the second click and the second hand stops moving. Stop the second hand at the 12 o'clock position.
- 2 Turn the crown to set the time.
- 3 Push the crown back to the normal position in accordance with a time signal.

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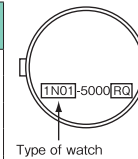
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■ Battery/Battery life/Accuracy

- Battery life and its accuracy vary depending on the type of your watch.
- Check the case back of your watch to identify the type of watch.

Type of watch	Battery SB-	Battery life	Loss/Gain (per month)		
1E20	AB	Approx. 2 years	± 15seconds		
1F20	A5	Approx. 3 years			
2E20	AC				
7N01※、7N82※、7N89	AG	Approx. 5 years			
7N00	AF				
7N21※、7N32※、7N33※、7N35※、7N42※、7N43※	AN	Approx. 2 years	± 20seconds		
VH31	AN	Approx. 3 years			
1N01、VX01、VC00、VC01、VC10、VC11	AC				
Y151	A6			Approx. 2 years	
Y520	AR			Approx. 3 years	
YL50	AB				
Y150	A5				
1N00、VX00	AR				
6G28、VD78	AW				
V220、VB20	AC				
VX32、VX33、VX3K、VX42、VX43	AN				
7N83、V701、V782、VX51、VX82、VX83、VX89、VJ12、VJ20、VJ21、VJ22、VJ23、VJ32、VJ33、VJ42、VJ43、VJ46、VJ47、VJ48、VJ52、VJ53、VJ76	AG				
V501、Y121、Y136	AW				Approx. 4 years
VX50	AF				Approx. 5 years
V721、V732、V733、V742、V743	AN				
V811	AE		Approx. 2 years		± 30seconds



- ※The accuracy is under the condition that the watch is worn on the wrist in a normal temperature range between 5°C and 35°C.
- ※ type of watch : When the battery is exhausted, the second hand moves at two-second intervals.

■ TO PRESERVE THE QUALITY OF YOUR WATCH

⚠ WARNING

- Immediately stop wearing the watch in the following cases :
 - if corrosion appears on the watch body or band, etc.
 - if the pins protrude from the band
- ※ Immediately consult the retailer from whom the watch was purchased or a SEIKO CUSTOMER SERVICE CENTER.
- Keep the watch and accessories out of the reach of babies and children.
Care should be taken to prevent a baby or a child accidentally swallowing any accessories.
- Do not use the watch for scuba diving or saturation diving.
The various inspections under simulated harsh environments, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on a water-resistant watch with a BAR (barometric pressure) display. For diving, use special watches.

⚠ CAUTION



- Avoid wearing or storing the watch in the following places :
 - Places where volatile agents (cosmetics such as polish remover, insect 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 in the compartment for a long time as it may cause battery leakage.
- If you observe any allergic symptoms or skin irritation, stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.
- Do not let running water from a faucet hit the watch.
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 use.
- 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 a SEIKO CUSTOMER SERVICE CENTER.
- Do not leave moisture, sweat and dirt on the watch for a long time.
Be aware of the risk that a water resistant watch may have its water resistant performance lessened 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 the water resistant performance of the watch.
- Other cautions
 - Do not disassemble or tamper with the watch.
 - Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risk of injury or allergic rash or itching that may be caused when they touch the watch.
 - When disposing of used batteries, follow the instructions of your local authorities.
 - If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

● Magnetic resistance

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

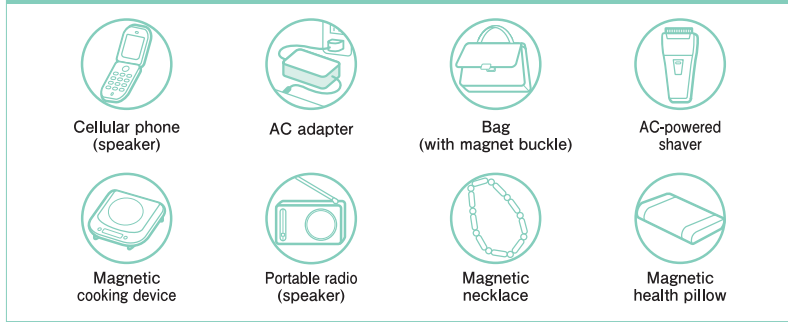
Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

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 watch is affected by magnetism

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

Examples of common magnetic products that may affect watches



●Daily care

The watch requires good daily care.

- Do not wash the watch when the crown is pull out.
- Wipe away moisture, sweat or dirt with a soft cloth.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.

※If your watch is rated as “non-water resistant” or “water resistant for daily use,” do not wash the watch.

●Turn the crown

- To prevent rusting of the crown, please sometimes turning the crown.
- Please do the same for screw-lock type crown.

●Water resistance

Refer the table below for the description of each degree of water resistant performance of your watch before using.

Indication on the case back	Water resistant performance	Condition of use	
No indication	Non-water resistance	Avoid drops of water or sweat	
WATER RESISTANT	Water resistance for everyday use	The watch can withstand accidental contact with water in everyday life.	WARNING Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday use at 5 barometric pressures.	The watch is suitable for sports such as swimming.	
WATER RESISTANT 10 (20) BAR	Water resistance for everyday use at 10(20) barometric pressures.	The watch is suitable for diving not using an air cylinder.	

●Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on a sleeve cuff. 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 cause a yellowish or gold stain on a sleeve cuff 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 and then brush it off with a soft toothbrush.
(Protect the watch body from water splashes by wrapping it in plastic wrap, etc.)
- Because some titanium bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with a light-colored band, as dirt or stains are likely to show.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and it 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 off dirt in water and clean the band with a dry cloth.
(Protect the watch body from water splashes by wrapping it 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.

Note on skin irritation and allergy:

Skin irritation caused by a band has various reasons such as an allergy to metals or leather, or skin reactions against friction or 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.

■ LUMIBRITE

If your watch has Lumibrite

Lumibrite is a luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark.

For example, if exposed to a light of more than 500 lux for approximately 10 minutes, Lumibrite can emit light for 3 to 5 hours.

Please note, however, that, as Lumibrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

※ In general, when coming from a place that is bright to a place that is dark, it takes human eyes some time to adapt to the darkness making it difficult to see objects initially. (Dark adaptation)

※ Lumibrite is luminous paint that stores and emits light, which is harmless to human beings and the environment, containing no toxic materials such as radioactive substances.

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

■ AFTER-SALES SERVICE

● Notes on guarantee and repair

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

● Replacement parts

- SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential for maintaining the functional integrity of the watch.
- When repairing your watch, please keep in mind that if original parts are not available, parts may be replaced with substitutes whose outward appearance may differ from the originals. Also note that the complete set of parts with the case or band may be replaced, or if repair is difficult, the watch may be replaced with one of equal quality.