

取扱説明書
INSTRUCTION

JCC04・7T11・7T12・
7T62・7T82・7T92・
F27・F27A・F29・F35・
J7T04・J7T12・VK63C・
VK63CA・VKCC

該当機種

7T04/YM04・7T11・7T12/YM12・7T62/
YM62・7T82/YM82・7T92/YM92・7T94・
VK61・VK63・VK64・VK67・VK68・VK73・
VK83

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

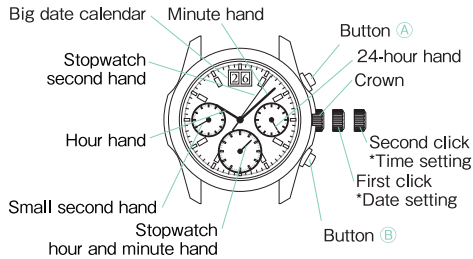
〒100-0005 東京都千代田区丸の内 3-1-1 国際ビル
〒550-0013 大阪府西区新町 1-4-24 大阪四ツ橋新町ビルディング

セイコーウオッチ株式会社

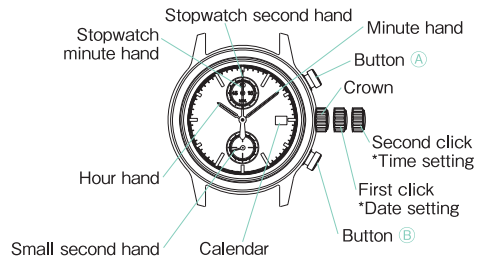
<https://www.seikowatches.com/>

■ DISPLAY AND CROWN/BUTTON OPERATION

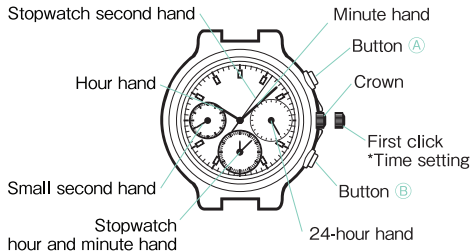
●7T04/YM04
(60-minutes meter with 1/5 seconds increments)



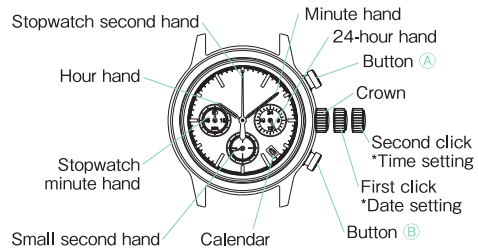
●VK61
(60-minutes meter with 1/5 seconds increments)



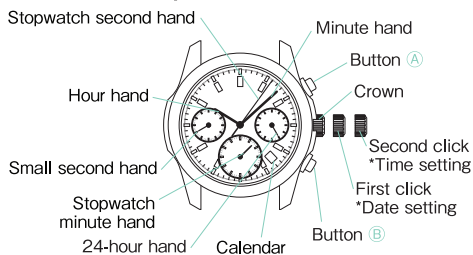
●7T11
(12-hours meter with one-second increments)



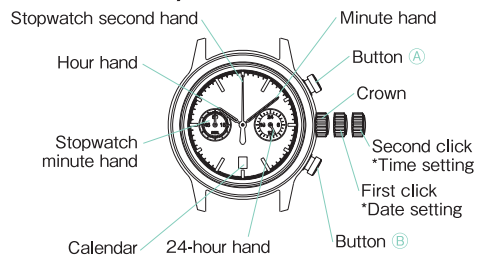
●VK63
(60-minutes meter with 1/5 seconds increments)



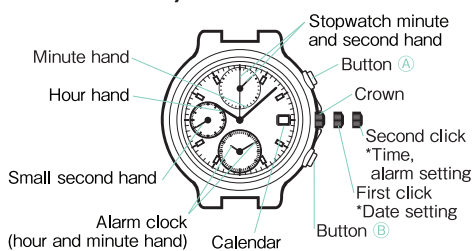
●7T12/YM12
(60-minutes meter with 1/5 seconds increments)



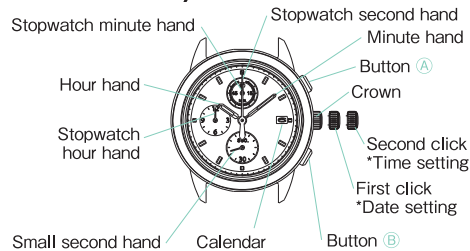
●VK64
(60-minutes meter with 1/5 seconds increments)



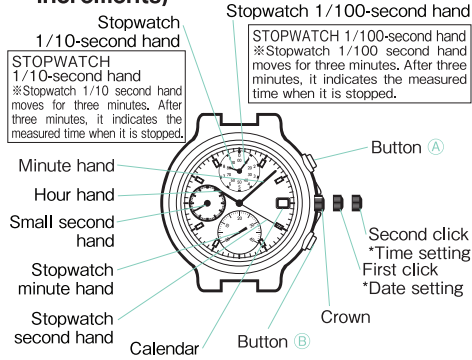
●7T62/YM62
(60-minutes meter with 1/5 seconds increments)



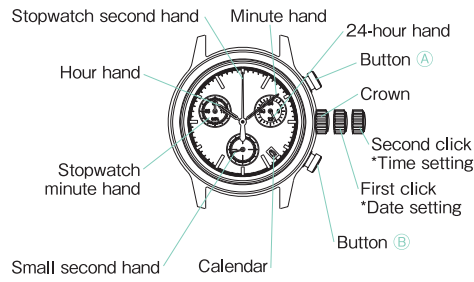
●VK67
(12-hours meter with 1/5 seconds increments)



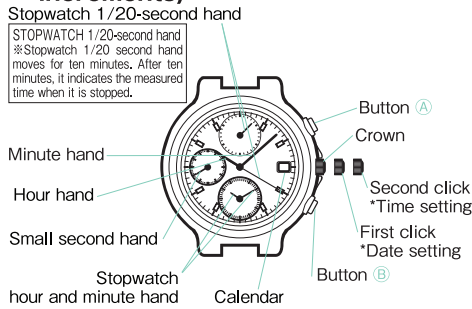
●7T82/YM82
(40-minutes meter with 1/100-seconds increments)



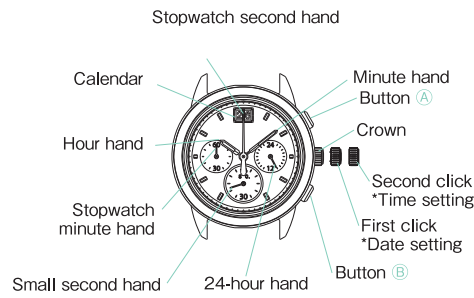
●VK68
(60-minutes meter with 1/5 seconds increments)



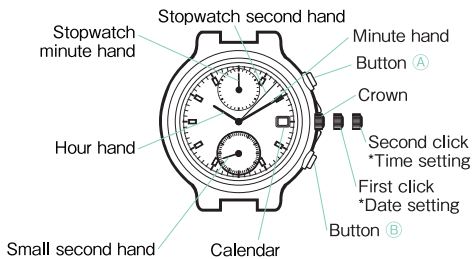
●7T92/YM92
(12-hours meter with 1/20 seconds increments)



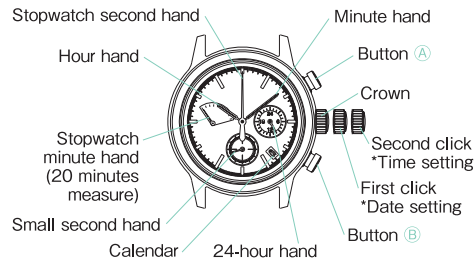
●VK73
(60-minutes meter with 1/5 seconds increments)



●7T94
(60-minutes meter with 1/5 seconds increments)



●VK83
(20-minutes meter with 1/5 seconds increments)



■ SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION

●How to set the time

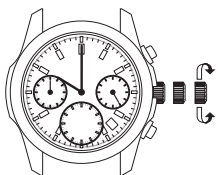
- ① Pull out the crown when the small second hand is at the 12 o'clock position.
The small second hand stops on the spot.

- ※ VK64 do not have second hand and kindly adjust time anytime.
- ※ For 7T/YM calibers, if the stopwatch is measuring, the stopwatch hands are automatically reset to "0" position.
- ※ For VK calibers, if the stopwatch is measuring, the stopwatch will continue the current measurement.



- ※ The crown and calendar position varies by models.
- ※ The small second hand position varies by models.

- ② Turn the crown to set the main time hands to the desired time.



It is recommended that the hands be set to the time a few minutes ahead of the current time, taking into consideration the time required to adjust the stopwatch hand position if necessary.

- ※ When setting the hour hand, check that AM/PM of 24-hour hand is correctly set.
- ※ When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time, then turn it back to the exact minute.
- ※ For 7T11/7T12/VK63/VK68/VK73/YM12, the 24-hour hand moves accordingly to the hour hand.

③ Press button **B** to set the alarm clock. (For 7T62 · YM62 only)

Set the alarm clock time the same as the desire time set in ②.

It moves quickly if button **B** is kept pressed.

※ Alarm clock do not dene AM/PM.

④ Reset the stopwatch hands to "0" position. (For 7T/YM calibers only)

Press button **A** for 2 seconds to select the stopwatch hand to be adjusted.

It moves quickly if button **B** is kept pressed.

※ The hand turns a full circle to show it is in the adjusting mode. Press button **B** for adjustment.

7T04/YM04	7T11	7T12/TM12	7T62/YM62	7T82/YM82	7T92/YM92	7T94
Press button A for 2 seconds.						
minute hand	second hand	minute hand	minute hand	1/100 & 1/10 second hand	1/20 second hand	minute hand
Press button B for adjustment.						
Press button A for 2 seconds.						
second hand	Hour & minute hand	second hand	second hand	second hand	second hand	second hand
Press button B for adjustment.						
Press button A for 2 seconds.						
-	-	-	-	minute hand	Hour & minute hand	-
Press button B for adjustment.						

⑤ After all the adjustments are completed, push the crown back in to the accordance with a time signal.

※ The telephone time signal service (TEL. 117) is helpful in setting the hands. (in Japan)

SETTING THE DATE

● Before setting the date, be sure to set the time.

CROWN

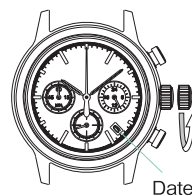
Pull out to first click.



Turn clockwise until the desired date appears.



Push back in to normal position.



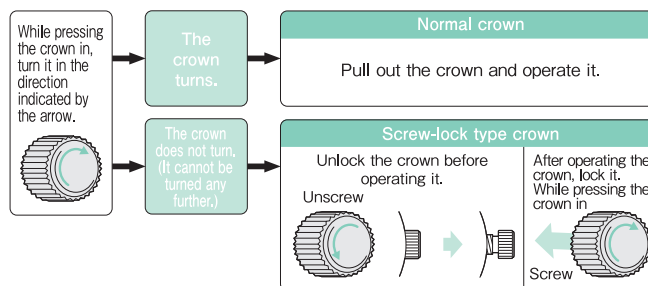
1. Date setting should always be carried out after the time is correctly set.

2. Manual date adjustment is required on the first day after a month that has less than 31 days: February, April, June, September and November.

3. Do not set the date during any time between 9:00 P.M. and 3:00 A.M. Date setting during this time period may cause failure of date change on the following day.

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.

■ SPECIFICATION

		7T04	7T11	7T12	7T62	7T92	7T94	Vk61	Vk63	Vk64	Vk67	Vk68	Vk73	Vk83	YM04	YM12	YM62	YM82	YM92			
1. Frequency of crystal oscillator		32,768 Hz (Hz = Hertz ... Cycles per second)																				
2. Loss/gain (monthly rate)		Less than 15 seconds																				
3. Operational temperature range		-10°C ~ +50°C																				
4. Driving system (Step motor)		3 pieces			4 pieces			3 pieces			2 pieces			3 pieces			4 pieces					
5. Display system	[Time function]	24-hour, hour, minute, and small second hand (move at one-second intervals)	YES	YES	YES	-	-	-	-	-	-	YES	YES	YES	YES	YES	-	-	-			
		Hour, minute, and small second hand (move at one-second intervals)	-	-	-	YES	YES	YES	YES	YES	YES	-	-	-	-	-	YES	YES	YES			
		24-hour, hour, minute hand	-	-	-	-	-	-	-	-	YES	-	-	-	-	-	-	-	-			
		Stopwatch 1/10-second hand turns a full circle in a second.	-	-	-	-	YES	-	-	-	-	-	-	-	-	-	-	-	YES			
		Stopwatch 1/20 second hand turns a full circle in a second.	-	-	-	-	-	YES	-	-	-	-	-	-	-	-	-	-	-	YES		
		Stopwatch 1/100-second hand turns a full circle in 0.1 second.	-	-	-	-	YES	-	-	-	-	-	-	-	-	-	-	-	-	-		
		Stopwatch second hand turns a full circle in 60 seconds.	YES	-	YES	YES	-	-	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	-		
		Stopwatch second hand turns a full circle in 60 minutes.	-	YES	-	-	YES	YES	-	-	-	-	-	-	-	-	-	-	-	YES	YES	
		Stopwatch minute hand turn a full circle in 60 minutes.	YES	YES	YES	YES	-	YES	YES	YES	YES	YES	YES	YES	YES	-	YES	YES	YES	-	YES	
		Stopwatch minute hand turn 2/3 circle in 40 minutes.	-	-	-	-	YES	-	-	-	-	-	-	-	-	-	-	-	-	YES	-	
	Stopwatch minute hand turn a whole fan shape in 20 minutes.	-	-	-	-	-	-	-	-	-	-	-	-	-	YES	-	-	-	-	-		
	Stopwatch hour hand turns a full circle in 12 hours.	-	-	-	-	-	-	-	-	-	YES	-	-	-	-	-	-	-	-	-		
	Stopwatch hour hand turns a full circle in 12 hours.	-	YES	-	-	-	YES	-	-	-	-	-	-	-	-	-	-	-	-	YES		
	[Alarm function]	-	-	-	YES	-	-	-	-	-	-	-	-	-	-	-	-	-	YES	-		
6. Battery (Silver oxide battery)		SB-AP, 1 piece			SB-BP, 1 piece			SB-AP, 1 piece			SB-A4, 1 piece			SB-AP, 1 piece			SB-BP, 1 piece			SB-AP, 1 piece		
7. Battery life		Approx. 5 years (if the stopwatch is used for less than 2 hours/day)			Approx. 3 years (if the stopwatch is used for less than 2 hours/day) 7T62:the alarm is used for less than 20 seconds/day			Approx. 5 years (if the stopwatch is used for less than 2 hours/day)			Approx. 3 years (if the stopwatch is used for less than 60 minutes/day)			Approx. 5 years (if the stopwatch is used for less than 2 hours/day)			Approx. 3 years (if the stopwatch is used for less than 2 hours/day) 7T62:the alarm is used for less than 20 seconds/day					
8. IC (Integrated Circuit)		Oscillator, frequency divider and driving circuits (C-MOS-IC), 1 piece																				

*Specifications are subject to change without prior notice due to project improvements.

■ HOW TO USE THE STOPWATCH (For models using 7T/YM caliber)

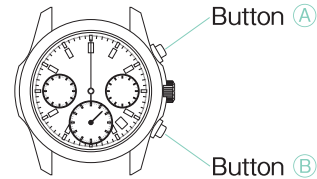
<Note on adjusting the stopwatch hand position>

- If the stopwatch hands do not return to "0" position when the stopwatch is reset, follow the procedure in " ■ SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION" to reset them.
- In that case, be sure to adjust the hands for time display to the current time.

● How to reset the stopwatch

- When the stopwatch hands are counting:
 - ① Press button (A) to stop the stopwatch.
 - ② Press button (B) to reset the stopwatch.
- When the stopwatch hands are stopped: One of the following three stopwatch operations has been made. Reset the stopwatch accordingly. [The stopwatch stopped in "Standard measurement" or "Accumulate elapsed time measurement."]

※ The crown and calendar position varies by models.
 ※ The stopwatch hand(s) position varies by models.



- ① Press button (B) to reset the stopwatch.

[Split time was measured and remains displayed "Split time measurement."]

- ① Press button (B). The split time is released and the stopwatch hands move quickly to indicate the measurement in progress.
- ② Press button (A) to stop the stopwatch.
- ③ Press button (B) to reset the stopwatch.

[The time of the 2nd competitor measured in "Measurement of two competitors."]

- (1) Press button (B). The stopwatch hands move quickly and stop.
- (2) Press button (B) to reset the stopwatch.

● Standard measurement



● Accumulated elapsed time measurement



Restart and stop of the stopwatch can be repeated by pressing button (A).

● Split (intermediate) time measurement ※ This function is not available for some kind of caliber.



Measurement and release of the split time can be repeated by pressing button (B).

● Measurement of two competitors ※ This function is not available for some kind of caliber.



■ HOW TO USE THE STOPWATCH (For models using VK calibers)

- The stopwatch function is controlled by individual mechanism.
- VK calibers do not have the split time function.
- Before using the stopwatch, be sure to check that the STOPWATCH hands are reset to the "0" position.

〈How to reset the stopwatch〉

While the STOPWATCH hands are moving

1. Press Button (A) to stop the stopwatch.
2. Press Button (B) to reset the stopwatch.

While the STOPWATCH hands are stopped

1. Press Button (B) to reset the stopwatch.

Standard measurement

START (A) → STOP (A) → RESET (B)

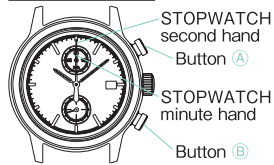
Accumulated elapsed time measurement

START (A) → STOP / RESTART (A / A) →
→ STOP (A) → RESET (B)

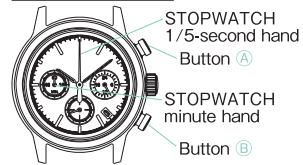
※ Restart and stop of the stopwatch can be repeated by pressing button (A).

1. You may feel that the buttons of the watch are harder to press compared with those of conventional watches. This is due to the special construction needed for the stopwatch function; therefore, is not a malfunction.
2. While the stopwatch is measuring, pressing button (B) will reset the stopwatch. Be careful not to press button (B) by mistake.

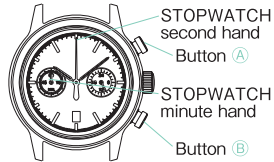
Cal. VK61



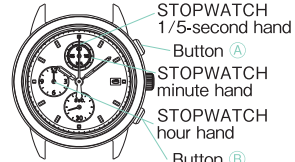
Cal. VK63/VK68/VK73



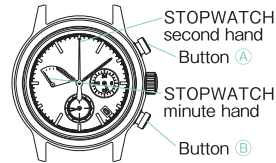
Cal. VK64



Cal. VK67



Cal. VK83



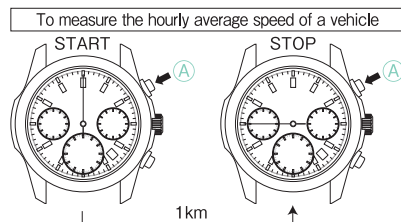
■ MODELS WITH TACHYMETER

= HOW TO USE THE TACHYMETER (For the models with a tachymeter scale on the dial or bezel) =

- The tachymeter can be used to measure the hourly average speed of a vehicle and the hourly rate of operation.

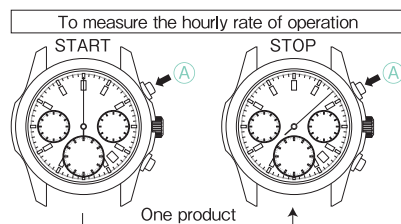
- ① Use the stopwatch to determine how many seconds it takes to go one kilometer.
- ② Read the tachymeter scale where the second hand points.

80km/h



- ① Use the stopwatch to measure the time required to complete one product.
- ② Read the tachymeter where the second hand points.

400 products/hour



■ HOW TO USE THE SINGLE-TIME ALARM (For 7T62 · YM62 only)

- The single-time alarm rings only once at the designated time. As it rings, it is automatically disengaged.
- The alarm can be set within the coming 12 hours from the current time in one-minute increments.



When the alarm is disengaged, the alarm hands indicate the current time. When the alarm is engaged, the hands indicate the designated alarm time.

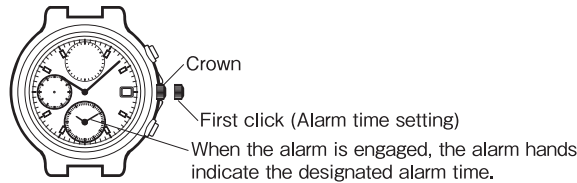
<Note on adjusting the alarm hands to the current time>

- Set the alarm hands to the current time at the same time as you set the main time.
(Refer to "■ SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION".)

● How to set the alarm time

- ① Pull out the crown to the first click.

※Please note that, when the crown is pulled out to the first click, the stopwatch operation cannot be made.



- ② Press button (B) to set the alarm hands to the desired alarm time.
The alarm hands move quickly if the button is kept pressed.



※If the alarm hands are advanced past the time for which you wish to set the alarm, keep button (B) pressed to advance the hands further. They stop when they indicate the current time. Release the button, and then, press it again to re-set the desired alarm time.

※The alarm can be set within the coming 12 hours. If the current time is 10:08 a.m., it can be set for a time up to 10:07 p.m.

- ③ After all the adjustments are completed, push the crown back in to the normal position.

※If the crown is left at the first click, the alarm will not ring. Be sure to push in the crown after setting the alarm time.

● To stop the alarm

At the designated alarm time, the alarm rings for 20 seconds and stops. To stop it manually, press button (A) or (B).

※While the stopwatch is counting, the alarm sounds differently. This is not a malfunction. While the alarm is ringing, pressing button (A) or (B) will not make any stopwatch operation but only stops the alarm. After the alarm stops ringing, the normal stopwatch button operation will be return. Once the alarm rings and is stopped, it is automatically disengaged.

● To reset or cancel the set alarm time

- To reset the alarm time you have set
- To cancel the alarm time you have set

- ① Pull out the crown to the first click.

- ② Press button (B) to set the alarm hands to the desired alarm time. The hands move quickly if the button is kept pressed.

• To cancel the alarm time you have set, press button (B) repeatedly to set the alarm hands to the current time. More conveniently, keep button (B) pressed to advance the alarm hands quickly. They stop when they indicate the current time. Then, release the button.

- ③ After resetting or canceling the set alarm time, push the crown back in to the normal position.

■ 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



Cellular phone (speaker)



AC adapter



Bag (with magnet buckle)



AC-powered shaver



Magnetic cooking device



Portable radio (speaker)



Magnetic necklace



Magnetic health pillow

●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.