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.

Keep this manual handy for easy reference.
CAUTIONS

To indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.

- Avoid wearing or storing the watch in the following places.
  - Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing
  - Places where the temperature drops below 5 °C or rises above 35 °C for a long time
  - Places of high humidity
  - Places affected by strong magnetism or static electricity
  - Dusty places
  - Places affected by strong vibrations

- 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
  - 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 risks of any injury or allergic rash or itching that may be caused when they touch the watch.
  - When disposing of used batteries, follow the instructions of your local authorities.
  - The strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

Handling cautions

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WARNING

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

- 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 the accessories.
  - If a baby or a child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.

- Do not remove the secondary battery from the watch.
  - About the secondary battery – Power source page 76
  - Replacement of the secondary battery requires professional knowledge and skill.
  - Please ask the retailer from whom the watch was purchased for replacement of the secondary battery.
  - Installation of an ordinary silver oxide battery can generate heat that can cause bursting and ignition.
Features

The Seiko Quartz Stopwatch Cal. S064 is a stopwatch with a solar charging function, featuring the NFC data communications function. This watch can store up to 300 lap records. If the number of records is 300 or less, they can be divided and stored.

The NFC data communications function enables lap records in the watch to be transferred to a PC as data via the NFC reader (dedicated application is required).

- Stopwatch function: The stopwatch can measure up to 100 hours in 1/100-second increments.
- The stopwatch function has selectable display modes: split time, lap time and running lap time.
- Memory recall function: If the number of records is 200 or less, they can be divided and stored. Also each group of records stores channel (REC) number and start date/time of measurement.

When the number of records exceeds 300, the data in the oldest channel is automatically deleted.

If only one channel is used, 300 lap records can be stored. However, if multiple channels are used, the total number of stored lap records will not reach 300.

For example, when only one channel is used, 300 lap records can be stored, when 2 channels are used, 296 lap records can be stored.

- In the time/calendar display, current time, year, month, date and day of the week are displayed.
- Power save function: When the watch is not operated for longer than a pre-set time, the display is automatically turned off to save energy consumption.

[Duration of operation by solar energy]
Once fully charged, the watch can operate for approximately 6 months without being exposed to light.

(Operating life is estimated under the conditions that the stopwatch is used for less than 3 hours, the power save function is activated for 20 hours and the data communication is carried out 3 times or less per day.)

Names of the buttons and mode change

Names of the buttons

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 this watch. For diving, use special watches for diving.

Do not pour running water directly from faucet onto 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 life.

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.

Do not pour running water directly from faucet onto 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 life.

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.

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.

Do not pour running water directly from faucet onto 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 life.

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.
② Mode change

Press ButtonⒸ to change the display mode.

ButtonⒶ to stopwatch display
ButtonⒷ to stopwatch lap time display
ButtonⒸ to stopwatch split time display
ButtonⒹ to stopwatch memory recall display

How to use the stopwatch

① Names of the buttons and their functions

・To measure lap time, running lap time and split time, select the corresponding display mode in the stopwatch display.
・Press ButtonⒸ to enter and exit the memory recall display.

ButtonⒶ - Stopwatch display
Lap time
Running lap
Split time
Memory recall display
Selection of data (Data number in descending order)

Example)
Lap time measurement display

※When ButtonⒶ, Ⓗ, Ⓐ and Ⓑ are pressed simultaneously, the built-in IC is reset. For details, refer to "System reset" on page 64.

② Accumulated elapsed time measurement

Standard measurement
To measure an accumulated elapsed time
Example) To measure the time in the lap time measurement display

Press ButtonⒶ to start.
Press ButtonⒷ to stop.
Press ButtonⒸ to reset.

③ Lap time measurement

Lap time measurement
To measure the time that has elapsed from the start of one stage of an activity to that of the next stage.

Press ButtonⒶ to start.
Press ButtonⒷ to measure a lap time.
Press ButtonⒸ to reset.

※Pressing ButtonⒸ to stop measurement is counted as taking the last lap time data.
4 Running lap time measurement

Running lap time measurement—To measure a lap time while displaying the current lap time.

- Press Button A to start.
- Press Button A to stop.
- Press Button A to reset.

The mark flashes during measurement:
- The first lap time in current measurement.
- The second lap time in current measurement.
- The last eighth lap time.

Pressing Button C to stop measurement is counted as taking the last lap time data.

5 Split time measurement

Split time measurement—To measure the time that has elapsed from the start of an activity to any given stage.

- Press Button A to start.
- Press Button A to measure a split time.
- Press Button A to stop.

The previous data is displayed.
- The latest data remains displayed.
- Accumulated elapsed time.

Pressing Button C to stop measurement is counted as taking the last lap time data.

6 300-Lap/Split memory recall function

The most recently measured record or record being taken in current measurement can be recalled. Memory recall after measurement.<The STOP mark is displayed.>

Press Button A to enter the memory recall display.

- Lap time
- Split time

When no measurement is made in the stopwatch display, no data is stored in memory. The display will appear if the display is charged on the memory recall display.

Even if the stopwatch is reset, data is not stored unless a new measurement is started. The stopwatch can measure more than 300 records, but only the first 300 records are stored in memory.

Memory recall during measurement.<The mark flashes.>

Press Button A to enter the memory recall display.

- Lap time
- Split time

Even if the reset button is pressed and the STOP mark light goes out, only the last data can still be recalled (the procedure is the same). The last measured record except for the last one are stored by channel (up to 300). They can be checked by data display.
How to use data display ① Names of the buttons and their functions

Up to 300 lap records measured in the stopwatch display are divided and stored in the watch when the stopwatch function is reset.

① Names of the buttons and their functions

- **Button A**: Selection of data (Data number in descending order)
- **Button B**: Selection of data (Data number in ascending order)
- **Button C**: To adjust the time and calendar setting display
- **Button D**: To change the display modes

0. When the button operation confirmation sound is turned on, the △ mark is displayed.

② Switch the channel

Press Button A to enter the data display.

- **Button A**: Selection of data
- **Button B**: Selection of channel number

③ Check the lap data in the channel

Press Button A to select each channel and then press Button B to select the lap data.

- **Button A**: Selection of data
- **Button B**: Selection of channel number

① Names of the buttons and their functions

- **Button A**: Selection of data
- **Button B**: Selection of channel number

② Switch the channel

- **Button A**: Selection of data
- **Button B**: Selection of channel number

③ Check the lap data in the channel

- **Button A**: Selection of data
- **Button B**: Selection of channel number

How to set the time and calendar

① Names of the buttons and their functions

- **Button A**: Selection of channel number
- **Button B**: Selection of data
- **Button C**: Selection of data
- **Button D**: To change the display modes

② How to set the time and calendar

Keep Button A pressed to quickly increase the value for the minute, hour, date, month, and year. The value increases quickly as long as Button A is kept pressed.

- **Button A**: Press to adjust the time and date. To change the display modes. Press to exit the time/calendar setting display.
- **Button B**: To set the time/calendar setting display. Even if Button B is not pressed, the display automatically exits the time/calendar setting display within 2 to 3 minutes.
- **Button C**: When the year, month, and date are set, the day of the week is automatically set.
- **Button D**: If Button A is simultaneously pressed, all the digital segments are turned on. This is not a malfunction. Press any of Button A, B, C, or D to return to the time/calendar display.

③ Switch the channel

- **Button A**: Selection of channel number
- **Button B**: Selection of data

④ Check the lap data in the channel

- **Button A**: Selection of data
- **Button B**: Selection of channel number

※When the button operation confirmation sound is turned on, the △ mark is displayed.
**Data communication**

The NFC data communications function of this watch enables the lap records in the watch to be transferred to a PC as data via the NFC reader.

The dedicated NFC reader manufactured by Seiko Watch Corporation (SVAZ015) (optional) is required for data communication. Perform data communication after installing the dedicated application on a PC. The application can be downloaded from the Seiko Watch Corporation website. (For Windows® 7 / Windows® 8 / Windows® 10)

In addition, an environment connected to the Internet is required for use of the application.

1. How to communicate data
   - Prepare the stopwatch (SVAJ701), NFC reader (SVAZ015) and PC with the dedicated application installed.
   - Correctly connect the NFC reader to the USB port of a PC to start the dedicated application.
   - Put the stopwatch of which data will be transferred on the reader. The data in the watch is automatically transferred.

2. Precautions for data communication
   - If the stopwatch is not sufficiently charged, no data will be transferred.
   - No data during measurement and no undefined data (before reset) are transferred.

3. Precaution for data handling
   - Make sure to backup important data.

For details, please read the operation manuals of the "NFC reader" and "application."

---

**System reset**

- When an abnormal display (broken digits, etc.) appears, follow the procedure below. The built-in IC is reset and the watch resumes normal operation.
- How to reset the IC
  - Press ButtonⒶ, Ⓑ, Ⓒ, Ⓓ at the same time for 2 to 3 seconds. The display content disappears, and then "WED’ 14 1-1 A 12:00 00" is displayed.

※After the IC is reset, all the stored data are deleted. Settings of the time and date etc. are also required.

---

**Power save function, sleep function**

In the time/calendar setting mode, the transition time until the power save mode is activated can be set. The following energy saving functions are provided to extend the battery life.

- The transition time until the power save mode is activated can be selected from among 1 hour (1H), 3 hours (3H), 6 hours (6H) and 12 hours (12H). For instructions on this setting, refer to “how to set the time/calendar.” The default setting is 1 hour (1H).
- In any display mode, if no operation is performed for a pre-set time, the power save function is automatically activated and the display is turned off.
- When the stopwatch is operating, the display is not turned off.
- When the watch is in the NFC communications mode for 3 minutes, it enters the power save mode.
- To turn the display on, press any of ButtonⒶ, Ⓑ, Ⓒ, Ⓓ. The display returns to the display right before the power save function is activated.
- When the watch is in the power save mode for longer than 72 hours, it automatically enters the sleep mode, in which more efficient energy saving is achieved. When the watch enters the sleep mode, the stopwatch is reset.

---

**③ How to adjust the contrast**

- The contrast of the display can be adjusted. After initialization or when all the settings are cleared, the contrast is returned to its default setting of “0.”
- Press ButtonⒶ to enter the time/calendar display.
- Keep pressing ButtonⒷ to enter the time/calendar setting display. The current time is displayed.
- Press ButtonⒸ to enter the contrast setting display.
- Press ButtonⒹ to adjust the contrast.

[0 → 1 → 2 → −2 → −1] ※The highest contrast is “2,” and the lowest contrast is “−2.”

④ When contrast adjustment is finished, press ButtonⓇ to return to the time/calendar display. Even if Button B is not pressed, the display automatically returns to the time/calendar display within 2 to 3 minutes.
About charging ① How to charge

Expose the solar panel to light.

Remaining battery level

Solar panel is embedded in the display.

② Charging time

Charge the battery, referring to the table below as a guide.

<table>
<thead>
<tr>
<th>LCD display</th>
<th>Blank</th>
<th>Flashing</th>
<th>Flashing</th>
<th>To run the watch for one day</th>
</tr>
</thead>
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<td>Environment 1</td>
<td>Indoor on a sunny day 10,000 lux</td>
<td>Approximately 1.4 hours</td>
<td>Approximately 11 hours</td>
<td>Approximately 6 hours</td>
</tr>
<tr>
<td>Environment 2</td>
<td>By the window on a sunny day 10,000 lux</td>
<td>Approximately 13.5 hours</td>
<td>Approximately 108 hours</td>
<td>Approximately 57 hours</td>
</tr>
<tr>
<td>Environment 3</td>
<td>By the window on a cloudy day 500 lux</td>
<td>Approximately 26.5 hours</td>
<td>Approximately 220 hours</td>
<td>Approximately 108 hours</td>
</tr>
<tr>
<td>Environment 4</td>
<td>Indoor under fluorescent light 500 lux</td>
<td>Approximately 12 days</td>
<td>Approximately 15 hours</td>
<td></td>
</tr>
</tbody>
</table>

Once fully charged, the watch keeps operating for approximately 6 months without being recharged when it is used under the following conditions.
- The stopwatch function is used for less than 3 hours per day.
- Power save function is activated for 20 hours per day.
- The data communication is carried out 3 times or less per day

※ When charging the watch, make sure that the watch temperature does not rise too high. The operational temperature range is between -10°C and +60°C.

※ When you start using the watch for the first time, or when the watch is completely stopped due to energy depletion, charge the watch for a sufficient time, referring to the table on the next page.

③ Battery icon and remaining battery level

The battery icon on the display lets you know the remaining battery level.

- When charging the watch, make sure that the watch temperature does not rise too high. The operational temperature range is between -10°C and +60°C.
- When you start using the watch for the first time, or when the watch is completely stopped due to energy depletion, charge the watch for a sufficient time, referring to the table on the next page.

- When the watch is kept in a place like locker or drawer where light is insufficient
- When the watch is left with its display facing down

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

Under the following conditions, the watch may stop because of the energy depletion caused by insufficient battery charge.

- When the watch is kept in a place like locker or drawer where light is insufficient
- When the watch is left with its display facing down

※ When you start using the watch for the first time, or when the watch is completely stopped due to energy depletion, charge the watch for a sufficient time, referring to the table on the next page.
Water resistance

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

<table>
<thead>
<tr>
<th>Indication on the case back</th>
<th>Water resistant performance</th>
<th>Condition of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>No indication</td>
<td>Non-water resistance</td>
<td>Avoid drops of water or sweat</td>
</tr>
<tr>
<td>WATER RESISTANT</td>
<td>Water resistance for everyday life</td>
<td>The watch withstands accidental contact with water in everyday life.</td>
</tr>
<tr>
<td>WATER RESISTANT 5 BAR</td>
<td>Water resistance for everyday life at 5 barometric pressures</td>
<td>The watch is resistant to splashes when worn during sports that may expose the watch to water.</td>
</tr>
<tr>
<td>WATER RESISTANT 10 (20) BAR</td>
<td>Water resistance for everyday life at 10(20) barometric pressures</td>
<td>The watch is resistant to raindrops and splashes when worn during sports that may expose the watch to water.</td>
</tr>
</tbody>
</table>

※ Do not operate the buttons underwater.
Daily care

● The watch requires good daily care
  • 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 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 everyday life," do not wash the watch.
  ※ Water resistance page 72

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

Power source

The battery used in this watch is a special secondary battery, which is totally different from ordinary silver oxide batteries.
Unlike other disposable batteries such as dry-cell batteries or button cells, this secondary battery can be used over and over again by repeating the cycles of discharging and recharging.
However, for various reasons such as long-term use or usage conditions, the capacity or recharging efficiency of the secondary battery may gradually deteriorate. If the efficiency of the secondary battery decreases, have the watch repaired.

NOTICE

■ Remarks on replacing the secondary battery
  • Do not remove the secondary battery yourself. Replacement of the secondary battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for repair.
  • Installation of an ordinary silver oxide battery can generate heat that can cause bursting or ignition.

NOTICE

■ Notes on charging the watch
  • When charging the watch, do not place the watch in close proximity to an intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts.
  • When charging the watch by exposure to direct sunlight, avoid places that easily reach high temperatures, such as a car dashboard.
  • Always keep the watch temperature under 50 °C.

※ Overcharge prevention function
When the secondary battery is fully charged, the overcharge prevention function is automatically activated to avoid further charging. There is no need to worry about damage caused by overcharging no matter how much the secondary battery is charged in excess of the "time required for fully charging the watch".
※ Refer to "Charging time" on page 28 to check the time required for fully charging the watch.

NOTICE

■ Notes on charging the watch
  • When charging the watch, do not place the watch in close proximity to an intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts.
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  • Always keep the watch temperature under 50 °C.

※ Overcharge prevention function
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※ Refer to "Charging time" on page 28 to check the time required for fully charging the watch.
Specifications

1. Frequency of crystal oscillator: 32,768Hz (Hz = Hertz Cycles per second)
2. Loss/gain (monthly rate): Less than 0.0012% or 30 seconds at normal temperature range between 5 ºC and 35 ºC
3. Operational temperature range: between −10 ºC and +60ºC
4. Temperature range for display function: between 0 ºC and +50 ºC
5. Display:
   - Watch display: Day of the week, Year, Month, Date, Hour, Minute, Second
     (Fully automatic calendar from January 1, 2014 to December 31, 2063)
   - Stopwatch display: 2-row indication + dot indication (5X35), Hour, Minute, Second, 1/100-second (100-hour stopwatch), Selectable display of lap/split/running lap modes, Up to 300 lap/split time records
6. Display medium: F-STN
7. Battery: Secondary battery, 1 piece
8. Duration of operation: Approximately 6 months without being recharged after fully charged, under the conditions that the stopwatch is used less than 3 hours and the power save mode is activated for 20 hours and the data communication is carried out 3 times or less per day.
9. IC (Integrated Circuit): C-MOS-IC, 1 piece
10. Communication function: NFC communication

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

Inspection and adjustment by disassembly and cleaning (overhaul)

- Periodic inspection and adjustment by disassembly and cleaning (overhaul) are 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 digital display may go out due to liquid leakage. As the parts such as the gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture. Whenever the watch is purchased for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket are also replaced with new ones.
- Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

Liquid crystal panel

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

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〒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

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