DISPLAY AND CROWN/BUTTON OPERATION

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

- Big date calendar
- Minute hand
- 24-hour hand
- Crown

**7T11** (12-hours meter with one seconds increments)

- Stopwatch second hand
- Hour hand
- Small second hand
- Stopwatch hour and minute hand

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

- Stopwatch second hand
- Hour hand
- Small second hand
- Stopwatch minute hand
- 24-hour hand
- Calendar

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

- Minute hand
- Hour hand
- Small second hand
- Alarm clock (hour and minute hand)
- Calendar

**6K61** (60-minutes meter with 1/5 seconds increments)

- Stopwatch second hand
- Stopwatch minute hand
- Hour hand
- Small second hand
- Calendar

**6K63** (60-minutes meter with 1/5 seconds increments)

- Stopwatch second hand
- Hour hand
- Small second hand
- Stopwatch minute hand
- 24-hour hand
- Calendar

**6K64** (60-minutes meter with 1/5 seconds increments)

- Stopwatch second hand
- Hour hand
- Small second hand
- Stopwatch minute hand
- 24-hour hand
- Calendar

**6K67** (12-hours meter with 1/5 seconds increments)

- Stopwatch second hand
- Stopwatch minute hand
- Hour hand
- Small second hand
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 7T7/7YM calibers, if the stopwatch is measuring, the stopwatch hands are automatically reset to 0 o'clock position.
   - For VK calibers, if the stopwatch is measuring, the stopwatch will continue the current measurement.

2. Turn the crown to set the main time hands to the desire time.
   - The crown and calendar position varies by models.
   - The small second hand position varies by models.

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, rst 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 button ③ 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 ③ 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 ④ for 2 seconds to select the stopwatch hand to be adjusted.
   It moves quickly if button ④ is kept pressed.
   ※ The hand turns a full circle to show it is in the adjusting mode. Press button ⑤ for adjustment.

<table>
<thead>
<tr>
<th>7T04/YM04</th>
<th>7T11</th>
<th>7T12/TM12</th>
<th>7T62/YM62</th>
<th>7T82/YM82</th>
<th>7T92/YM92</th>
<th>7T94</th>
</tr>
</thead>
<tbody>
<tr>
<td>minute hand</td>
<td>second hand</td>
<td>minute hand</td>
<td>minute hand</td>
<td>1/100 second hand</td>
<td>1/10 second hand</td>
<td>minute hand</td>
</tr>
<tr>
<td>Press button ④ for 2 seconds.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Press button ⑤ for adjustment.</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>second hand</td>
<td>second hand</td>
<td>hour &amp; minute hand</td>
<td>second hand</td>
<td>second hand</td>
<td>second hand</td>
<td>second hand</td>
</tr>
<tr>
<td>Press button ④ for 2 seconds.</td>
<td></td>
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<tr>
<td>Press button ⑤ for adjustment.</td>
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<tr>
<td>-</td>
<td>-</td>
<td>-</td>
<td>minute hand</td>
<td>hour &amp; minute hand</td>
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<tr>
<td>Press button ⑤ for adjustment.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

- **Normal crown**
  - Pull out the crown and operate it.

- **Screw-lock type crown**
  - Unlock the crown before operating it.
  - After operating the crown, lock it while pressing the crown.

※ 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.
How to Use the Stopwatch (For models using 7T/YM caliber)

- 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 ① to stop the stopwatch.
  2. Press button ② 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 "Accumulated elapsed time measurement."]
  1. Press button ③ to reset the stopwatch.

Split time measurement:

- The split time is measured and remains displayed "Split time measurement."
  1. Press button ④. The stopwatch hands move quickly to indicate the measurement in progress.
  2. Press button ⑤ to stop the stopwatch.
  3. Press button ⑥ to reset the stopwatch.

Standard measurement:

- The standard measurement.
  1. Press button ⑦. The stopwatch hands move quickly and stop.

Accumulated elapsed time measurement:

- The accumulated elapsed time measurement.
  1. Press button ⑧. The stopwatch hands move quickly and stop.

Measurement and release of the split time can be repeated by pressing button ③.

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 A to reset the stopwatch.
While the STOPWATCH hands are stopped:
1. Press Button A to reset the stopwatch.

Standard measurement
START A → STOP A → RESET A
Accumulated elapsed time measurement
START A → STOP / RESTART A / A → STOP A → RESET A
※ 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 A will reset the stopwatch. Be careful not to press button A by mistake.

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.

![Image of alarm hands indicating current time]

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 stowatch 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 stop watch operation cannot be made.

   ![Image of crown and first click setting]

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

   ![Image of button ②]

   ※ If the alarm hands are advanced past the time for which you wish to set the alarm, keep button ② 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 ③ or ④.
   ※ While the stop watch is counting, the alarm sounds differently. This is not a malfunction. While the alarm is ringing, pressing button ③ or ④ will not make any stop watch operation but only stops the alarm. After the alarm stops ringing, the normal stop watch button operation will be returned. 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 ② 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 ③ repeatedly to set the alarm hands to the current time. More conveniently, keep button ② 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.
**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.
  - The probability 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 job 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.

<table>
<thead>
<tr>
<th>Indication on the case back</th>
<th>Cancellation of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>No indication</td>
<td>Keep the watch more than 10 cm away from magnetic products.</td>
</tr>
<tr>
<td></td>
<td>Keep the watch more than 5 cm away from magnetic products, (US level-1 standard)</td>
</tr>
<tr>
<td></td>
<td>Keep the watch more than 1 cm away from magnetic products, (US level-2 standard)</td>
</tr>
</tbody>
</table>

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**

- Cell phone (speaker)
- AC adapter
- Bag (with magnet buckles)
- AC-powered drawer
- Magnetic clock 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 to the table below for the description of each degree of water resistant performance of your watch before using.

<table>
<thead>
<tr>
<th>Water resistant performance</th>
<th>Condition of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-water resistance</td>
<td>Avoid drops of water or sweat</td>
</tr>
<tr>
<td>Water resistance</td>
<td>The watch can withstand accidental contact with water in everyday life.</td>
</tr>
<tr>
<td>Water resistance for everyday use at 5 barometric pressures.</td>
<td>The watch is suitable for sports such as swimming.</td>
</tr>
<tr>
<td>Water resistant 5 BAR</td>
<td>Not suitable for swimming</td>
</tr>
<tr>
<td>Water resistant at 10/20 BAR</td>
<td>The watch is suitable for diving not using an air cylinder.</td>
</tr>
</tbody>
</table>

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 off 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 absorbs other colors, resulting in color smear 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.
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.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Illumination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunlight</td>
<td></td>
</tr>
<tr>
<td>Fine weather</td>
<td>100,000 lux</td>
</tr>
<tr>
<td>Cloudy weather</td>
<td>10,000 lux</td>
</tr>
<tr>
<td>Indoor (Window-side during daytime)</td>
<td></td>
</tr>
<tr>
<td>Fine weather</td>
<td>more than 3,000 lux</td>
</tr>
<tr>
<td>Cloudy weather</td>
<td>1,000 to 3,000 lux</td>
</tr>
<tr>
<td>Rainy weather</td>
<td>less than 1,000 lux</td>
</tr>
<tr>
<td>Lighting apparatus (40-watt daylight fluorescent light)</td>
<td></td>
</tr>
<tr>
<td>Distance to the watch: 1m</td>
<td>1,000 lux</td>
</tr>
<tr>
<td>Distance to the watch: 3m</td>
<td>500 lux (average room luminance)</td>
</tr>
<tr>
<td>Distance to the watch: 4m</td>
<td>250 lux</td>
</tr>
</tbody>
</table>

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## 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.