**Features**

- This solar watch is equipped with a stopwatch function.
- A solar cell under the dial converts any form of light into "electrical energy" to operate the watch.

**Stopwatch function**

The stopwatch can measure up to 60 minutes in 1/5-second increments. After measuring 60 minutes, the stopwatch will automatically stop.

**Alarm function**

The single-time alarm can be set to sound only once at the set time. The alarm time can be set in one-minute increments to the time until 11 hours 59 minutes is reached. (Only available for V172, V174, and V572)

**Solar Charging Function**

A solar cell underneath the dial converts any form of light into "electrical energy" to operate the watch. Once fully charged, for V172, V174, V176, V572, V575, and V576, the watch continues to run for approximately six months. For V42 and V43, the watch continues to run for approximately four months.

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**Names of the parts and functions**

- **V172 / V572:** Equipped with a stopwatch and alarm
- **V174:** Equipped with a stopwatch and 24-hour hand
- **V176 / V576:** Equipped with a stopwatch
- **V42:** Equipped with a stopwatch and 24-hour hand
- **V43:** Equipped with a stopwatch and 24-hour hand

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**Crown**

There are two types of crowns: 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 the alarm.
  - After setting the time, set the date and time and reinsert the crown.

- **Screw-lock type crown**
  - Pull out the crown and operate the alarm.
  - After setting the time, turn the crown counterclockwise to lock it.
  - Pull out the crown and operate the alarm again.

If your watch has a screw-lock type crown, the crown screws into the watch to prevent malfunction and increase water resistance. It is recommended to screw the crown in by force as it may damage the seals of the crown.
How to set the time and date

1. How to set the time and date
2. How to set the time and date
3. How to set the time and date
4. How to set the time and date
5. How to set the time and date
6. How to set the time and date
7. How to set the time and date
8. How to set the time and date
9. How to set the time and date
10. How to set the time and date

Stopwatch function

1. The stopwatch can measure up to 60 minutes in 1/5-second increments.
2. The stopwatch can measure up to 60 minutes in 1/20-second increments.
3. The stopwatch can measure up to 60 minutes in 1/20-second increments.
4. The stopwatch can measure up to 60 minutes in 1/20-second increments.
5. The stopwatch can measure up to 60 minutes in 1/20-second increments.
6. The stopwatch can measure up to 60 minutes in 1/20-second increments.
7. The stopwatch can measure up to 60 minutes in 1/20-second increments.
8. The stopwatch can measure up to 60 minutes in 1/20-second increments.
9. The stopwatch can measure up to 60 minutes in 1/20-second increments.
10. The stopwatch can measure up to 60 minutes in 1/20-second increments.

Notes on the movement of the stopwatch

- When the stopwatch is stopped and the measurement is restarted repeatedly or split time is measured and released repeatedly, it will keep moving for approximately 2 minutes after the last operation.
How to use the stopwatch

VR42, VR43 can measure up to 29 minutes 59 seconds in one-second increments. After measuring, the stopwatch will automatically stop.

- **Standard measurement**
  - Ex. 500 meters running
  - Measurement: Start the stopwatch at the start of the 10-meter mark, and stop it when the 90-meter mark is reached.

- **Accumulated elapsed time measurement**
  - Ex. Measuring the time for a soccer match
  - Measurement: Start the stopwatch at the start of the first minute mark, and stop it when the 10th minute mark is reached.

- **Split time (intermediate elapsed time) measurement**
  - Ex. 5000 meter run
  - Measurement: The stopwatch is reset from the start of the activity to any given stage.

Adjusting the preliminary position of the stopwatch hands

If any of the stopwatch hands do not return to the 0 minute 0 second position when the stopwatch is reset, the preliminary position of the stopwatch second and minute hands is 0 minute 0 second. The preliminary position may be misaligned due to the following reasons:

- In the case of a strong impact: Misalignment may occur when dropping or hitting the watch.
- In the case of a magnetic influence: Misalignment may occur when the watch is close to an object which generates magnetism.

1. Press button B to reset the stopwatch second hand to 0 minute, 0 second.
2. Press button B once and then release it.
3. Press and hold button A (for 3 seconds) until the stopwatch minute hand starts moving.
4. The stopwatch minute hand moves one full rotation, and the watch enters the preliminary position adjustment mode of the stopwatch minute hand.
5. Press and hold button A (for 3 seconds) until the stopwatch 1/5 second hand starts moving.
6. The stopwatch 1/5 second hand moves one full rotation, and the watch enters the preliminary position adjustment mode of the stopwatch 1/5 second hand.
7. Press and hold button A (for 3 seconds) until the stopwatch 1/20 second hand starts moving.
8. The stopwatch 1/20 second hand moves one full rotation, and the watch enters the preliminary position adjustment mode of the stopwatch 1/20 second hand.
**How to use the tachymeter**

The numbers on the tachymeter scale can be read to determine how many seconds it takes to run 1 km or to measure the time required to complete 1 lap.

1. **How to measure kilometers/hour**
   - Measure the time (within 1 minute) it takes to run 1 km.

2. **Read the number on the tachymeter scale that the stopwatch second hand is pointing to.**
   - If it takes 45 seconds to run 1 km, read the number from the scale.

3. **Pull the crown back to the normal position.**
   - If watch has a crown, hold crown.

**How to set the alarm**

1. **Pull out the crown to the first click.**
   - The watch functions are not in effect.

2. **Press button B to set the alarm.**
   - If button B is kept pressed, the alarm hands are fast-forward.

3. **How to stop the alarm**
   - The alarm sounds for 30 seconds at the set alarm time.
   - To stop the sounding alarm press button A or B.
   - While the crown hand is moving, the alarm sounds differently from the normal alarm sound. This is not a malfunction.
   - When the alarm is sounding, press button A or B to stop the alarm.
   - The alarm sound can be adjusted by pressing the crown hand, and then pressing button A (about 4 seconds) for 1 second.

4. **How to dispense the set alarm time**
   - If you want to dispense the alarm time, reset the alarm hands to the same time as the main time.

5. **Alarm sound test**
   - To test the alarm sound, pull out the crown to the first click, and then press button A (about 4 seconds) for 1 second.

**How to check the power reserve amount (VR42, VR43)**

1. **Make sure to check that the stopwatch measurement is stopped and reset.**

2. **Press and hold button B for 2 seconds.**
   - Stopwatch second hand will stop at the 30second position.

**VR42, VR43**

1. **Make sure that the watch is operating.**
   - Make sure that the second hand is moving at one-minute intervals. If the second hand is moving at two-second intervals, or it has stopped, charge the watch by exposing the dial to the light.

2. **Pull out to the crown to the second click.**
   - If your watch has a crown type, turn crown, unlock the crown.

3. **Set the main time.**
   - If the preliminary position adjustment is carried out, the main time may end at 6:00.
   - When the main time is set, the operation is completed.

**About charging**

1. How to charge the watch
   - Expose the dial to light to light charge the watch.
   - To ensure optimal performance of the watch, make sure that the watch is kept sufficiently charged.

   **Under the following situations, the energy of the watch is likely to be depleted, resulting in stoppage of the watch.**
   - The watch is exposed to a strong static.
   - The watch is used or stored in conditions where it cannot be exposed to light for a long time.

   **When charging the watch, turn on the watch to the power switch.**
   - At the moment conditions, charge the watch under conditions appropriate for charging.

**Standard charging time**

For an approximate time required to charge the watch, refer to the table below.

<table>
<thead>
<tr>
<th>Standard charging time</th>
<th>V172, V174, VS72</th>
<th>VR42, VR43</th>
<th>VS72, VS73, VS75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power source</td>
<td>A (POWER)</td>
<td>B (POWER)</td>
<td>C (POWER)</td>
</tr>
<tr>
<td>Bright sunlight</td>
<td>150 60</td>
<td>108 24</td>
<td>90 35</td>
</tr>
<tr>
<td>Cloudy weather/ Sunlight (1000lux)</td>
<td>33 13 110</td>
<td>27 6 83</td>
<td>20 8 65</td>
</tr>
<tr>
<td>Water proof/ Sunlight (1000 lux)</td>
<td>9 3.5 30</td>
<td>8 2 25</td>
<td>6 2.5 18</td>
</tr>
</tbody>
</table>

A: Time to charge 1 day of power  
B: Time required for steady operation  
C: Time required for full charge
### Abnormal display or improper function (Excluding VR42 • VR43)

When the watch shows an abnormal display or does not properly function, or does not move at all or at one-second intervals even after being fully charged, follow the instructions below to reset the built-in IC. Then the watch will resume its normal operation.

#### Resetting the built-in IC

1. **Pull out the crown to the second click.**
   - The second hand stops.
   - If your watch has a screw-back type crown, unscrew the crown.

2. **Press and hold buttons A and B simultaneously for three seconds, and release.**

3. **Push the crown back in to the normal position.**
   - The second hand starts moving.
   - If the second hand is moving at one-second intervals, fully charge the watch until it starts moving at one-second intervals.

4. **Adjust the preliminary position of the stopwatch (1/5-second and minute) hands, and then set the time and date.**
   - Refer to "Adjusting the preliminary position of the stopwatch 1/5-second and minute hands".
   - Refer to "How to set the time and date".

When the preliminary position of the stopwatch hands (1/5-second and minute) are reset, and time and date are correctly set, the operation of resetting the built-in IC is completed.

### Remarks on the battery

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. Worn or contaminated mechanical parts or degraded oils may also shorten recharging cycles. If the efficiency of the secondary battery decreases, have the watch repaired.

#### WARNING

- Do not remove the secondary battery yourself.
- Replacement of the secondary battery requires professional knowledge and skill. Please ask a watch retailer for repair.
- Installation of an ordinary silver oxide battery can generate heat that can cause burning or ignition.

#### CAUTION

- Avoid wearing or storing the watch in the following places:
  - Places where volatile agents (cosmetics such as polish remover, insect repellent, thinner etc.) are used.
  - 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 magnetic 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. 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 covered 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 sealant on the glass or gasket of the development of rust on stainless steel.

- Do not wash the watch while taking a bath or a sauna. Steam or some components of a hot spring may accelerate the deterioration of the water resistant performance of the watch.

- Do not dispose of 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 flip 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.

### To preserve the quality of your watch

- 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.
  - If you smell a foul odor.

- 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 remove the secondary battery from the watch.

- About the secondary battery — Please refer to "Remarks on the battery".

- Replacement of the secondary battery requires professional knowledge and skill. Please ask a watch retailer for replacement of the secondary battery.

- Installation of an ordinary silver oxide battery can generate heat that can cause burning or ignition.

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

<table>
<thead>
<tr>
<th>Indication of the watch</th>
<th>Condition 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 6 cm away from magnetic products, (46 levels standard)</td>
</tr>
<tr>
<td></td>
<td>Keep the watch more than 1 cm away from magnetic products, (46 levels 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 adjustment even if it happens within the guarantee period. The reason why a watch is affected by magnetism is due to the influence of a magnet which may be influenced by a strong external magnetic field.

### Daily care
- The watch requires good daily care.
- Do not wash the watch when the crown is pulled 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 “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 resistance performance of your watch before using.

<table>
<thead>
<tr>
<th>Indication of the water resistance</th>
<th>Water resistance performance</th>
<th>Condition of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>No indication</td>
<td>Non-water resistant</td>
<td>Avoid drops of water or sweat.</td>
</tr>
<tr>
<td>WATER RESISTANT</td>
<td>Water resistant</td>
<td>No suitable for swimming.</td>
</tr>
<tr>
<td>WATER RESISTANT FOR EVERYDAY USE</td>
<td>Water resistant</td>
<td>For everyday use at sea or in swimming.</td>
</tr>
<tr>
<td>WATER RESISTANT FOR DIVER USE</td>
<td>Water resistant</td>
<td>For everyday use at sea or in swimming.</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                      | Very thin, sweat or salt will cause rust even on a stainless steel band. |
| Regular band                       | Can be left for a long time, although it may cause a yellowish stain on a sleeve cuff of shirt. |
| Gold chain                          | Will not cause a yellowish stain even on a sleeve cuff of shirt. |
| Leather band                       | Non-water resistant         |
| Polyurethane band                  | Water-resistant             |
| Stainless steel band               | Suitable for sports such as swimming. |
| - Stainless steel band             | Suitable for diving not using an air cylinder. |

### Specifications

<table>
<thead>
<tr>
<th>Caliber number</th>
<th>V172</th>
<th>V174</th>
<th>V175</th>
<th>V176</th>
<th>V146 - V143</th>
<th>V572</th>
<th>V575</th>
<th>V576</th>
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<tbody>
<tr>
<td><strong>Basic function</strong></td>
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<td>Main time with 3 hands (hour, minute, second)</td>
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<td>Date display</td>
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<tr>
<td>Stepwatch (15-second, and minute hands)</td>
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<td>Small alarm display (hour and minute hands)</td>
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<td>Main time with 3 hands (hour, minute, second)</td>
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<td>24-hour hand</td>
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<td>Stepwatch (15-second, and minute hands)</td>
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<td>Step Motor, 4 pieces</td>
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<tr>
<td>Step Motor, 3 pieces</td>
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<tr>
<td>Step Motor, 2 pieces</td>
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<td>Step Motor, 1 piece</td>
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<td><strong>Duration of operation</strong></td>
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<tr>
<td>Approx. 6 months (if the stopwatch is used for 1 hour per day, and the alarm is used once a week, 1 day per week)</td>
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<td><strong>Water resistance</strong></td>
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*The specifications are subject to change without prior notice for product improvement.*
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.