に応じてご覧ください。

memory and can recall data on demand.

slight tap on the watch face turns on the light.

cities (including GMT) throughout the world.

FEATURES

TIME/CALENDAR

STOPWATCH

# 取扱説明書

お客様相談室 〒100-0005東京都千代田区丸の内 3-1-1 国際ビル 〒550-0013大阪市西区新町 1-4-24 大阪四ツ橋新町ビルディング セイコーウオッチ株式会社 本 社 〒105-8467 東京都港区虎ノ門2-8-10 なお、この説明書はお手元に保管し、必要 http://www.seiko-watch.co.jp/

countdown timer that works in conjunction with the stopwatch operation, ·Lap/split time, best lap time, and average lap time can be recalled on the display

In addition, this watch is equipped with a 3-channel alarm function, timer function, and world time function which can display the time of 44

セイコーウオッチ株式会社

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 うけたまわっております。なお、ご不明の点は下記へお問い合せ

全国共通フリーダイヤル 0120-612-911

<del>despertación de la constantia della con</del>

Button B Sp 00 00 Button © Button ( Button ( The calendar automatically adjusts for odd and even months including February of leap years from January 1, 2014 to December 31, 2063 (Automatic calendar).

The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 "Lap time" is the time that has elapsed from Up to 300 units of memory can be sorted by channel when being stored. The display positions can be changed over between lap time and split time. Equipped with a target timer function that works in conjunction with the stopwatch operation

MEMORY RECALL The stored data (lap number, lap time, and split time) can be recalled on demand after the measurement The total time, best lap, and average lap can be displayed.

in 1/100 second increments.
Up to 300 units of lap time and split time memory can be stored

The watch is equipped with a double repeat timer function which allows you to set two different timer times.

The timer can be set from 10 seconds up to 99 hours, 59 minutes in one-second increments The number of times that the timers repeat their cycles can be set from 1 to 100 times. The number of times the countdown has been completed is displayed. •The three-channel daily alarm sounds at a designated time (hour and

Month, date, day, hour, minute, second, and summer time mark can be displayed

Either of a 12-hour indication or a 24-hour indication of time display can be selected. (The western calendar year is displayed only when adjustments are made.)

The current time is constantly displayed even when the stopwatch is working

minute) every 24 hours. •Each alarm channel can be engaged ("on") or disengaged ("--") independently. WORLD TIME The time of 44 cities (including GMT) in different time zones

throughout the world can be displayed. The summer time (DST) can also be set for each city (except GMT). THE BUILT-IN ILLUMINATING LIGHT (LED) FUNCTION/TAP INPUT FUNCTION Tapping the watch face once illuminates the display for approximately 4 seconds. Tapping the watch face two times sets/cancels the auto illumination function.

[Function to change the display to the TIME/CALENDAR display] A special button is provided to change any display to the TIME/CALENDAR display.

best lap time and average lap time can be stored. Up to 300 units of memory can be sorted.

Button

Press Button (A) to show the STOPWATCH display.

Button (A): Change to the STOPWATCH display Button B: Changes over the display positions betwee lan time and split time Button ©: Start/Stop Button E: Lap. Split/Reset Button (E the auto illumination

the start of one stage of an activity to that of the next stage. "Split time" is the time that has elapsed from the start of an Split time activity to any given stage.

4 to 5 units of memory Start → Stop/Restart → Lap/Split → Stop → Reset 4 to 5 units of memory Start → Lap/Split → Lap/Split → Stop → Reset 5 to 6 units of memory

ap/split time cannot be stored. (See "How to use the memory recall function" and delete

Button L-10 12:31

HOW TO SET THE TIME AND CALENDAR

Button (

Long press Button (A) to show the TIME/CALENDAR SETTING display.

"F-297" means that 297 units

②Press Button E to select the item to be adjusted (flashing).

Button (A): Change to TIME/CALENDAR display

Button (Iong press): Change to TIME/ CALENDAR SETTING

Button B: Selection of city name, adjusting

Button ©: Engagement/disengagement of

Button ©: WORLD TIME display/selection of

Tapping × two times: Setting/canceling the

the item or digit to be adjusted

decreasing)

display

items or digits (moving back or

hourly time signal, adjusting items or

auto illumination

digits (advancing or increasing)

Press Button (A) to show the TIME/CALENDAR display.

SAT Button (

The city name currently set starts flashing.

Button (E

(2) How to set the time and calendar

Buttons and operations

splay other than the stopwatch display,

If the timer mark "O" is flashing in the disp

other than the timer display, the timer is in us

set, the watch emits a brief sound when the

anged to the TIME/CALENDAR display, th

ations (Refer to "HOW TO SET THE

The bottom row constantly displays the current time.

If "F-300" is displayed, it means that 300 units of memory can be used.

When the time exceeds one hour, the LP/ SP display section on the left side shows hours. Button ( Start Lap/Split Lap/Split Lap/Split

(3) How to use the stopwatch (Standard measurement) Button ( Button ( Button ( Button Button Start Stop Stop Reset Restart L- 1 12:00

·After starting the stopwatch, "F-300" changes to "L-1."

(4) Lap time/split time measurement (if lap time measurement is repeated 10 times) Button ( Button ( Button ( Button Button Start Lap/Split Lap/Split Stop Reset

"F-288" means that 288 units ·After starting the stopwatch, "F-300" changes to "L-1." of memory can be used. uring lap time/split time, the STOPWATCH display is stopped for approximately 10 seconds, during which the numb

•The summer time (DST) can also be set for each city (except GMT).

Button (

Button (

\ Button (

Button (

Press Button (A) to show the WORLD TIME display

②To select the city, press Button © or D.

can be alternately set or cancelled.

HOW TO USE THE WORLD TIME

throughout the world can be displayed.

WORLD ,

Button (

(2) How to use the world time

(3) How to set the summer time

(1) Buttons and operations

Button (B)

Button (A

ated as many times as necessary. The number of laps up to 999 can be disp

set time is displayed on the top row, and the timer operates in conjunction with the stopwatch. When the timer set time is reached, the timer sounds (with a 3-second countdown function). uring the LAP time, the display on the top row shows the difference between the set time and

With each pressing of Button ©, the display changes in the following order.

City DST(summer time) Second minute hour date month year 12/24H Contrast level Power save Tap sensitivit

③To reset the seconds to "00," press Button € to select the second digits (flashing), and

4) After selecting the item to be adjusted, press Button © or 0 to set the digits. With each

pressing of Button ©, one digit is increased or the city name advances one by one. (With each pressing of Button ®, one digit is decreased or the city name moves back one by

⑤After all adjustments are completed, press Button A to return to the TIME/CALENDAR

display. If the watch is left untouched with the digits flashing, the display will automatically

e year, month, date, and day from 2014 to 2063 have been programmed in the automatic n this period, it is not necessary to manually adjust odd and even months including

then press Button B or C in accordance with a time signal.

return to the TIME/CALENDAR display in two to three minutes.

one). (Except "second," "12H/24H," and "DST")

\*If there is no operation after the elapse of the TARGET TIMER set time, the bar display "----" flashes.

How to check and set the TARGET TIMER time ·Long press Button (A) in the state where the stopwatch is reset to show the TARGET TIMER SETTING display.

·Items and digits to be adjusted are selected by Button E, and digits are decreased and increased by Button (B) and Button (C), respectively ·The time can be set between one to fifty-nine minutes fifty-nine seconds in one-second increments.

When the setting is finished, press Button  $ilde{\mathbb{A}}$  to return to the STOPWATCH RESET display.

Timer restart Set time elapsed Button Button ( (Displayed after 10 seconds) Button ( Alarm sound "beep, beep" Lap/Split L-2 Measurement Stop Reset **239**55 L- 2 12:06

※The difference between

mathematical stress of the difference between the d the top row shows has elapsed, " the set time and LAP time is displayed in conjunction with the lap

Timer restart Button ( Button ( Start Lap/Split

(Displayed after 10 seconds) L-2 Measurement

Stop Reset

Button (

Button (

ON/OFF set Second set | → | Minute set

# ↓ ↑ Button

(3) How to adjust the contrast level

reset, the contrast is reset to the default level "0."

The city name currently set starts flashing.

3Press Button B or C to adjust the contrast

 $(Low)-2 \longleftrightarrow -1 \longleftrightarrow 0 \longleftrightarrow 1 \longleftrightarrow 2 (High)$ 

Button (A) to return to the TIME/CALENDAR display.

● Press Button (A) to show the TIME/CALENDAR display.

display. The city name currently set starts flashing.

(4) After the adjustment is completed, press

(4) How to adjust the POWER SAVE setting

②Press Button to select "contrast."

Press Button (A) to show the TIME/CALENDAR displa

The contrast level of the display (variations of shading) can be

adjusted. When the digital display is initialized or the built-in IC is

①Long press Button A to show the TIME/CALENDAR SETTING display

If the watch is left untouched with the digits flashing, the display will

automatically return to the TIME/CALENDAR display in two to three minutes.

①Long press Button (A) to show the TIME/CALENDAR SETTING

(1) Buttons and operations Press Button (A) to show the MEMORY RECALL display.

Button (A): Change to MEMORY RECALL display

Button (B) / 13 12-31 Button (A) (long press): Data deletion \ Button ( Selection of channe [H = -Button ( Selection of channe : Change to the TIME/CALENDAR display Button Button (A) RECALL Button (D) Button (E): Data recall

Contrast level: 0

Tapping × one time: Turning on the built-in light Button ( Tapping × two times: Setting/canceling the auto illumination

If no data is stored in memory. "---" mark is displayed (2) How to use the memory recall function

Example: If you want to see data in channel 5 (CH-5) 1)Press Button (B) and (C) to show the desired channel number (CH-5).

②Press Button ⑤ to check the lap time. With

each pressing of Button E, the display RECALL changes in the following order.

Button CH display Total measurement time Best lap time Lap time Average lap time • CH • | |

The date when the (No Indication) Split time Split time (No Indication) measurement is Total measurement Lap time Lap time Average started Channel No \*When the best lap is displayed, the "BEST" and "LAP-\*\*" are alternately displayed \*The LAP time and SPLIT time positions are displayed in accordance with the stopwatch displayed

(Hourly time signal does not sound.

When POWER SAVE is OFF

(3) How to delete the stored data

If the watch is left untouched with the digits flashing, the display will automatically return to

Long press Button (A) to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.

2) Press Button (E) to show the TAP SENSITIVITY SETTING display. Sensitivity Low Sensitivity High

(6) How to test the alarm sound and how to engage/disengage the hourly time signal and

③Press Button ® or Button © to select the OFF or set

OFF  $\longleftrightarrow$  1H  $\longleftrightarrow$  3H  $\longleftrightarrow$  6H  $\longleftrightarrow$  12h

(4) After the adjustment is completed, press Button (A) to

the TIME/CALENDAR display in two to three minutes.

● Press Button (A) to show the TIME/CALENDAR display

③Press Button B or Button C to adjust the tap sensitivity.

display, the hourly time signal and confirmation sound for

confirmation sound for button operations
-With each pressing of Button © in the TIME/CALENDAR

time. The factory default setting is OFF.

return to the TIME/CALENDAR display.

(5) How to adjust the tap sensitivity

Adjust the tap sensitivity.

2 seconds. When "ALL CLR?" is displayed, release Button (A)

(5) After the number of remaining units is displayed, the watch automatically returns to the MEMORY RECALL display.

How to delete all channels

Press Button A to show the MEMORY RECALL display.

②Press Button A for approximately 2

③Keep Button (A) pressed for approximately 2 seconds to show "ALL CLR?" And then keep Button (A) pressed for

approximately another 2 seconds. After the number of remaining units is displayed, the watch

automatically returns to the MEMORY RECALL display.

### HOW TO USE THE TIMER

The timer can be set from 10 seconds up to 99 hours, 59 minutes in one-second increments. function is also included so that the timer 1 restarts after the timer 2 counted up. To use either Timer 1 or Timer 2 as a standard repeat timer, set the timer not in use to "00:00'00." The number of times the timers repeat the countdown can be set from 1 to 100 times. (1) Buttons and operations

display.

●Press Button (A) to show the TIMER

Button (B Nutton ( : Timer time setting (decreasing digits Button ( : Timer time setting (increasing digits) : Change to the TIME/CALENDAR display Button ( : Selection of the item or digits to be adjusted Reset the timer TIMER Button 🗓 Tapping × one time: Turning on the built-in light Button (A Fapping  $\times$  two times: Se Button

Example: If the timer 1 is set to three minutes, the timer 2 is set to one minute, and the repeating number is set to 5.

①Press Button (A) to show the TIMER display ②Long press Button (A) to show the TIMER SETTING display. The hour digits for Timer 1 starts flashing. Press Button E to select the item or digits to be adjusted (flashing).

Button (A): Change to TIMER display Button (A) (long press): Change to TIMER

SETTING display

auto illumination

tting/canceling the

TO BE REPEATED ③With each pressing of Button O, one digit is increased. (With each pressing of

Press Button A to return to the TIMER display. If the watch is left untouched with the digits

flashing, the display will automatically return to the TIMER display in two to three minutes.

TO BE REPEATED: 5 times)

(TIMER 2:1 minute) (TIMER 1:3 minutes (THE NUMBER OF TIMES THE COUNTDOWN IS (TIMER display) ⑤Press Button ⑥ to start/stop the timer. After stopping the timer, press Button (E) to reset the timer

REMARKS ON THE BATTERY

1. Notes on the battery

normal battery.

(2) Monitor battery

(3) Battery replacement

the guarantee period.

(1)Battery life

arting and stopping the timer can be repeated as many times as ne \*\*A time-up warning beep sounds 3 seconds before the set time is up. When the set time is up, the time-up beep sounds for approximately 5 seconds.

\*\*To stop the time-up warning beep and time-up beep while sounding, press either Button (A), (B), (C), (D), or (E). \*While the timer is counting, the timer mark "O" flashes.

This watch operates for two years after assembling a new

The battery in your watch may run down in less than two years after

the date of purchase, as it is a monitor battery which is inserted at

①For battery replacement, be sure to have the battery replaced

2If the old battery is left in the watch for a long time, a

malfunction may be caused due to battery leakage, etc. Have

3 Battery replacement is charged even if it runs down within

with a new one at the retailer from whom the watch was 2.Battery life indicator

the factory to check the function and performance of the watch.

time/day, lighting one time/day, and timer one time/day,

purchased, and specify a genuine SEIKO battery.

it replaced with a new one as soon as possible.

The battery life (three years) is based on the operation of alarm one

•Two timers are provided, and the timer 2 starts after the timer 1 counted up. The repeating •Each alarm channel can be engaged ("on") or disengaged ("--") independently. (1) Buttons and operations Press Button (A) to show

the ALARM display. Button (A Button Button (E

Button 匡 Tapping × one time: Turning on the built-in light Tapping × two times: Setting/canceling the auto illumination

Example: Selecting alarm 1 and setting the alarm time to "6:30 a.m."

SETTING display. The hour digits start flashing. be adjusted (flashing).

③With each pressing of Button ©, one digit is

digit is decreased.) 4) After all adjustments are completed, press Button (A) to release the ALARM SETTING display and to return to the ALARM 1 display. If the watch is left untouched

with the digits flashing, the display will automatically return to the ALARM 1 display in two to three minutes. (3) How to engage or disengage the alarm ·With each pressing of Button © in the ALARM

display, "ON" (the alarm is engaged) or "--" (the alarm is disengaged) mark is displayed alternately.

approximately 20 seconds and automatically stops.

To stop the alarm manually while sounding, press

any of Buttons (A), (B), (C), (D), (E), (F) or (G).

have the battery replaced with a new one, also request the

water resistance test pertaining to the water resistant quality

Please note that it takes several days to check the water

checking, therefore, please check the period required for it.

The watch is equipped with a battery life indicator that enables

In such a case, immediately have the battery replaced with a new

you to know when the battery needs to be replaced.

one by the retailer from whom the watch was purchased

ing this in any display can stop the alar

↓ (A) (Alarm engaged) (4) How to stop the alarm while sounding ·At a designated time the alarm sounds for

# (Hour: 6 a.m.) ↓ € (Minute: 30 minutes)

Alarm mark disappears.

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.

## TO PRESERVE THE QUALITY OF YOUR WATCH

Immediately stop wearing the watch in following cases. Olf the watch body or band becomes edged by corrosion etc.

Olf the pins protrude from the band

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 battery from the watch.

Please ask a watch retailer for replacement of the battery. Do not recharge the battery, as doing so can generate heat which may cause bursting, leakage or ignition. 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 the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

·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 ODusty places Places affected by strong magnetismor static electricity 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 nour running water directly from faucet 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 co of the watch for a long time, the water resistant per

•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. Replacement of the metal band requires professional knowledge and skill. Please ask a watch retailer

for replacement of the metal band, as there is a risk of hand or finger injury and fear of losing parts. 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 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. vatch is rated as "non-water resistant" or "water resistant for daily use," do not wash the watch

Water resistance

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

Avoid drops of water or sweat No indication The watch withstands accidental contact veryday lite Water resistance for everyday The watch is suitable for sports such as swimming. Vater resistance for everyday life The watch is suitable for diving not using an air cylinder 10(20) barometric pressures

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 the sleeve edge. 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 ·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 in water and then brush it off with a soft toothbrush. (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.) \*Because some titan bracelets use pins made of stainless steel, which has outstanding strength, rust may

·If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair. 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 them up with a dry cloth •Do not expose the watch to direct sunlight for a long time. Please take care when wearing a watch with light-colored band, as dirt is likely to show up.

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 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 out dirt in water and clean it off with a dry cloth.

(Protect the watch body from water splashes by wrapping it up 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.

Silicone band ·As for material characteristics, the band is easily dirtied, and may be stained and discolored. Wipe off dirt

Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool. Notes on skin irritation and allergy Contact the retailer the watch was purchased from or SEIKO CUSTOMER

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself Notes on the length of the band

When wearing the watch, leave enough room to insert a finger between the band and your wrist.

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.

that the gasket and push pin are also replaced with new ones. ·When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

■ BUILT-IN ILLUMINATING LIGHT (LED)

Solution

# diode (LED) by light guiding panel.

(As of November 2014

one immediately by the eailer from whom the watch was purchased. This condition will be corrected when temperature returns to normal. Set the correct time before use.

(2) Loss/gain (monthly rate) ..... Less than 20 seconds (when the watchis worn on your wrist in the temperature range between 5°C and 35°C)

(3) Operational temperature range ······ Between −10°C and +60°C For the display function: ·· Nematic Liquid Crystal, FEM (Field Effect Mode) 1 piece Approx. 3 years

 Miniature lithium battery SB-T1. and payment. ··· Oscillator, frequency divider and driving circuits (C-MOS-

Read carefully and retain it.

**■ AFTER-SALE SERVICE** 

Notes on guarantee and repair

SERVICE CENTER for repair.

services.

For repair services after the guarantee watch can be restored by repair work, we will undertake repair services upon request

certificate of guarantee.

·Within the guarantee period, present the

Guarantee coverage is provided in the

certificate of guarantee to receive repair

intrusion of perspiration and moisture.

Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS." When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure

February of leap years. 
If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display. 
If all indicators of the display light while in the TIME/CALENDAR SETTING display, it is not a malfunction. This happens if buttons C and D are pressed at the same time. In such a case, press any one of buttons to return to the TIME/CALENDAR display, and then, follow the above procedures the process of the contributions and establishments. STOPWATCH e the year, month and date have been set, the day of the week is automatical the city name is set to GMT, on ("on") /off ("--") mark of DST is not disp TIMER ②Long press Button © to show the POWER SAVE SETTING display. TIME/CALENDAR ALARM → RFCALL button operations can be engaged or disengaged. \*If the "DST (summer time)" is set to "on," the "DST" mark is displayed and the display The alarm sound can be heard by pressing and holding Button © and D at the same time. ■ HOW TO USE THE STOPWATCH ■ HOW TO USE THE MEMORY RECALL FUNCTION (5) How to use the TARGET TIMER •The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 (2)How to display the measured time ·Up to 300 units of memory can be used to store measured time data. 4)To check data in other channels, press Button (B) or (C) to This is a runner's watch that can store up to 300 units of measured Each time Button (B) is pressed, the display positions are changed over between "LP" time and "SP" time. •The target timer starts, stops, resets, and restarts counting in conjunction with operation of the START, STOP, and LAP/SPLIT buttons of the stopwatch. The stored data can be recalled per channel. select the desired channel number and check the data in the second increments. Data within 300 units of memory can be sorted by channel when being stored. ·Lap time "LP" and split time "SP" can be displayed simultaneously. The memory of The best lap time and average lap time can be displayed same way as procedure (3) The results measured by the stopwatch function can be recalled, and when results When the TARGET TIMER is ON, the "TT" mark lights up on the left side of the display. The timer •The date when the measurement is started is memorized in each channe are recalled, the best lap time and average lap time can be also displayed. This watch is equipped with a target timer function. The target timer is a

Button

Start

Data within 300 units of memory can be sorted by channel when being stored. and is displayed together with the stopwatch.

Also, the watch employs a tapping method for switching the light; a

(1) Buttons and operations

Button ①: Change to the TIME/CALENDAR display Tapping × one time: Turning on the built-in light Tapping  $\times$  two times: Setting/canceling

BUTTONS AND CHANGE OF DISPLAY

Tapping × one time: Turning on the built-in light

• The built-in illuminating light function can be operated by tapping the watch face:

■ With each pressing of Button A, the display changes in the following order.

Tapping  $\times$  two times: Setting/canceling the auto illumination

How to measure time Units of memory used for storing 1 time data Start → Stop → Reset 3 to 4 units of memory Start → Stop/Restart → Stop → Reset 3 to 4 units of memory Start → Lap/Split → Stop → Reset

flyou store data only in one channel, you can use 300 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 300 units of memory

sed, but if data is divided and stored in 2 channels, 297 units of memory can be used in total. When the lap/split time is measured, if the "FULL" and the lap number alternately flash, the ap/split time cannot be stored. This indicates that the memory is full.

"F---" is displayed on the bottom row when the stopwatch function is used, the memory of

# •The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours. •The time of 44 cities (including GMT) in different time zones (4) Comparison table between city and time difference (GMT indicates the Greenwich mean

(2) How to use the alarm The way of using the alarm is the same for every alarm

①Press Button © to show "ALARM 1." Long press Button (A) to show the ALARM (2) With each press of Button (E), hour digits and

increased. (With each pressing of Button ®, one

other purposes, the original water resistant quality designed display such as broken digits appears, follow the procedure below.

for the watch may deteriorate when it is closed. When you The built-in IC will be reset and the watch will resume normal

How to reset the built-in IC

1)Time/calendar setting

\*If summer time is set to the city which has also been set as "HOME" in the TIMI

mark appears.

### mmer time will also be shown in the TIME/CALENDAR di RLD TIME display, the summer time will also be shown in the WORLD TIME displa nces in each city in the table on the right are subject to ch

### ■ NOTE ON THE LIQUID CRYSTAL PANEL The normal life expectancy for the liquid crystal panel of the watch is

Possible cause The watch stops operating. ·The battery has run down

All the segments of the display are flashing. The blur in the glass persists for a long time.

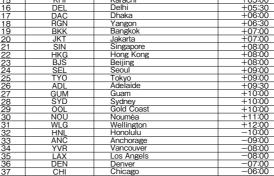
You dropped the watch, hit it against a hard Set the correct time before use. If the surface or wore it while playing active sports. abnormal condition persists, consult the •The watch was exposed to strong vibrations. | retailer from whom the watch was purchased. ·Have the battery replaced with a new one as soon as possible by the retailer from whom the watch was purchased. The battery nears its end. ·Water got inside the watch due to the | ·Consult the retailer from whom the deterioration of the gasket, etc. watch was purchased

high or low temperatures for a long time | the watch

\*For the solution for troubles other than above, contact the retailer from whom the watch was purchased

·Have the battery replaced with a new

Replacement of the battery requires professional knowledge and skill



time. + indicates advancement from the GMT and - indicates time lag from the GMT.



hen the voltage gets lowered with the battery life running out, the luminance

■ SPECIFICATIONS

(4) Display medium

LSI), 1 piece

1) Press Button (A) to show the MEMORY RECALL display. 2)Press Button (B) or (C) to select the channel you want to delete. Press Button A for approximately 2 seconds. "CLR?" will be displayed.

EH •

seconds. "CLR?" will be displayed.

# HOW TO USE THE ALARM

Button (A): Change to ALARM display Button (A) (long press): Change to ALARM TIME SETTING display : Alarm time setting (decreasing digits) Button ©: Alarm time setting (increasing digits) Engagement/disengagement of the alarm Change to the TIME/CALENDAR display Change between the alarm 1 2 and 3

minute digits flash alternately. Select the digits to

Button (B

Button (

Button (E

# (Alarm disengaged)

## NECESSARY PROCEDURE AFTER THE BATTERY CHANGE (RESETTING THE IC) TROUBLESHOOTING ①Once the case back is opened for battery replacement or ·After the battery is replaced with a new one, or when an abnormal

The watch temporarily If your watch has 10-bar or higher water resistant quality, be Keep buttons (A), (B), (C) and (D) pressed at the same time for 2 to 3 gains/loses time. sure to have such test performed on the watch every time the seconds. The display will become blank, and "1-1 WED AM 12:0000" will be displayed as the buttons are released. resistant quality of your watch. When requesting the Before using the watch, set the watch in the following order.

Button ©

Button (

TIME display Button B: Selection of the city (moving back) Selection of the city (advancing) : Change to the TIME/ CALENDAR display Button (E): Setting/canceling the DST Tapping × one time: Turning on the built-in light Tapping × two times: Setting/canceling the

The city name, month, date, and time are displayed. •With each pressing of the Button (E) in the WORLD TIME display, the summer time ·When the summer time is set, the DST

(When the summer

Button (A): Change to WORLD

time is set)

The watch employs a method to uniformly diffuse light from a light-emitting

# (1) Frequency of crystal oscillator ..... 32,768Hz

\*The specifications are subject to change without prior notice, for product

(7) Battery life indicator (8) IC (Integrated Circuit) ····

(6) Battery life ·

If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the class may not open. Leather band

with a wet cloth or cleaning tissue.

Adjust the band to allow a little clearance with your wrist to ensure proper airflow Inspection and adjustment by disassembly and cleaning (overhaul)

period has expired, if the functions of the As the parts such as the gasket may deteriorate, water-resistant performance may be impaired due to

