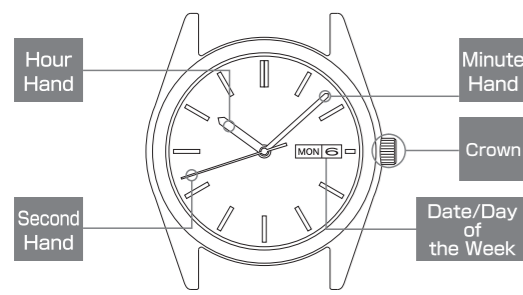
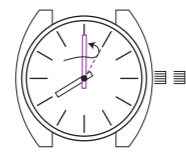


Names of the parts



Two hands watch

To set the time

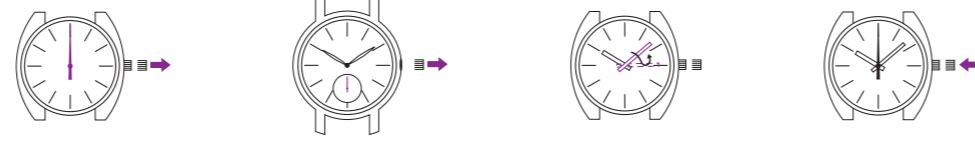


Pull out the crown, and set the time. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw and then pull out the crown and set the time.

\* The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.  
\* Telephone time casting service (tel.117) might be helpful when you set the time.

Three hands watch or watch with small second hand

To set the time



1 Pull out the crown, when the second hand is at the 12 o'clock position, and the second hand stops. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw. Then, pull out the crown, and the second hand stops.

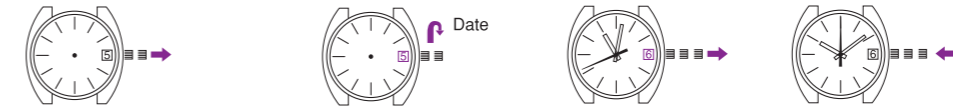
2 Turn the crown to set the time.

3 Push in the crown in accordance with a time signal. With a screw-lock type crown model, adjust the time first, and then turn the crown clockwise while depressing it until it locks in place.

\* The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to properly advanced time, then return the minute hand to the correct time.  
\* Telephone time casting service (tel.117) might be helpful when you set the time.

Watch with date function

To set the date



1 Pull out the crown to the first click position. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw, and then pull out the crown to the first click position.

\* The crown can be pulled out all the way to the second click.

2 Turn the crown to set the date before the designated date.

3 Pull the crown out to the second click, and turn the hands to set the correct date.

4 After adjusting the time and calendar, push in the crown. With a screw-lock type crown model, turn the crown clockwise while depressing it until it locks in place.

\* Do not set the date when the hands are pointing to the time between 9 P.M. and 4 A.M. If the setting of the date is made when the hands are pointing to the time between 9 P.M. and 4 A.M., the date will not change to the next date. Please set the date after turning the hands except during the above period.

Watch with date or day-date function

To set the time



1 Pull the crown out all the way to the second click and the second hand stops moving. Stop the second hand at the 12 o'clock position.

\* Date adjustment at the end of the month: It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the date.

\* While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date will change automatically once every 24 hours.)  
\* The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.  
\* Telephone time casting service (tel.117) might be helpful when you set the time.

To set the calendar



1 Pull out the crown to the first click position. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw, and then pull out the crown to the first click position.

\* Do not set the calendar when the hands are pointing to the time between 9 P.M. and 4 A.M. If the setting of the calendar is made when the hands are pointing to the time between 9 P.M. and 4 A.M., the date or day will not change to the next date or day. Please set the calendar after turning the hands except during the above period.

The day of the week can be shown bilingually in English or Japanese, choose whichever you like.



2 Turn the crown to set the day before designated day, and turn the crown to set the designated date.

\* Day of the week can be displayed either in Japanese or English; some models display only in one language.

\* The crown can be pulled out all the way to the second click.

To set the time



3 Pull the crown out to the second click, and turn the hands to set the correct date and day of the week.

\* While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date and day of the week will change automatically once every 24 hours.)

\* The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.  
\* Telephone time casting service (tel.117) might be helpful when you set the time.

4 After adjusting the time and calendar, push in the crown. With a screw-lock type crown model, turn the crown clockwise while depressing it until it locks in place.

\* Date adjustment at the end of the month: It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the date.

To set the time



1 Pull the crown out all the way to the second click and the second hand stops moving. Stop the second hand at the 12 o'clock position.

\* While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date and day of the week will change automatically once every 24 hours.)

\* The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.  
\* Telephone time casting service (tel.117) might be helpful when you set the time.

2 Turn the crown to set the time.

\* Date adjustment at the end of the month: It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the date.

3 Push the crown back to the normal position in accordance with a time signal.

\* While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date and day of the week will change automatically once every 24 hours.)

\* The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.  
\* Telephone time casting service (tel.117) might be helpful when you set the time.

To preserve the quality of your watch

CAUTION

Care of your watch

- The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust of those who have a delicate skin may have a rash.
- Please wipe away moisture, sweat or dirt with a soft cloth.
- To clean the clearances (around the metal bracelet, crown or case back), a soft toothbrush is convenient.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
- In order to prevent corrosion of the crown, turn the crown from time to time.
- The same practice should be applied to a screw lock type crown. (No need to pull out the screw lock type crown.)

(Metal bracelet)

- Clean the watch bracelet with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.
- (Leather band)
  - When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
- (Soft plastic bracelet)
  - If your watch has a soft plastic band such as urethane band, do not leave the watch under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the band may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water. Otherwise, the band may be discolored in a very short time. When the band is soiled, rinse it in soapy water. Do not use solvents for cleaning as some solvents may deteriorate the band.
  - If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use.

CAUTION

Rash and allergy

- Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
- The possible causes of the rash are as follows:
  - Allergy to metals or leathers
  - Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

Places to keep your watch

- If the watch is left in a temperature below -5°C or above +50°C for a long time it may function improperly or stop operating.
- This watch is so adjusted that it will maintain stable time accuracy in normal temperatures. (5°C~35°C) It will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.
- Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
- Do not leave the watch where there is strong vibration.
- Do not leave the watch in a dusty place.
- Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
- Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

CAUTION

Water resistance

- Check the dial or case back of your watch for the water resistant quality, and then see the table below.

"WATER RESISTANT" is not inscribed on the back of your watch case.	×	×	×	×
"WATER RESISTANT" is inscribed on the back of your watch case.	○	×	×	×
"WATER RESISTANT 5-10-15-20 BAR.", "WATER RESISTANT" and  marks inscribed on the back of your watch case.	5 BAR	○	×	×
	10-15-20 BAR	○	○	×

- Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.
- 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. 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.

WARNING

- If your watch is 3 bar water resistant, do not use it in water.
- If your watch is 5 bar water resistant, do not use it in any type of diving including skin diving.
- If your watch is 10 or 20 bar water resistant, do not use it in saturation diving or scuba diving.

Magnetic resistance (affect of magnetic field)

Affected by nearby magnetism, a quartz watch may temporarily gain or lose time or stop operating.

Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

- Examples of common magnetic products that may affect watches
  - Cellular phone (speaker)
  - Magnetic health belt
  - Bag (with magnet buckle)
  - Magnetic necklace
  - AC-power shaver
  - Magnetic health mat
  - Portable radio (speaker)
  - Magnetic health pillow
  - Magnetic cooking device etc.

2) The reason why analogue quartz watch is affected by magnetism. It is because the built-in motor of the watch, which harnesses magnetic power and external strong magnetism, affect each other to stop the motor or suppresses the turn of the motor.

Precautions on wearing your watch

- When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.
- In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
- When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.

CAUTION

- If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

Notes on overhaul

- The watch is a precision device. If the parts run short of the oil or get worn out, the watch may stop its operation or lose time. In such a case, have the watch overhauled. Be sure to have the gasket and push-pin replaced with new ones when overhauling the watch.
- When replacing parts or battery, please specify "GENUINE PARTS." If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.

\*Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased. If you cannot have your watch repaired by the retailer from whom the watch was purchased because you received the watch as a gift, or you moved to a distant place, please contact SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.

Remarks on the battery

Notes on battery

- Monitor battery
  - 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 the factory to check the function and performance of the watch.
- Battery change
  - For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or a DEALER, and request the genuine battery.
  - If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
  - Battery replacement is charged even if it runs down within the guarantee period.
  - Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced.

WARNING

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children.
- If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

CAUTION

- Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intense heat or catch fire.
- The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- If the watch is left in a temperature below 5°C or above 35°C for a long time, it may cause the battery life to be shortened.

Battery/Battery life/Accuracy

- Battery life and its accuracy vary depending on the type of your watch.
- Check the case back of your watch to identify the type of watch.

Type of watch	Battery SB	Battery life	Loss/Gain (per month)
1E20	AB	Approx. 2 years	±15 seconds
1F20	A5		
2E20	AC	Approx. 3 years	
7N01*, 7N82*, 7N89	AG		
7N00	AF	Approx. 5 years	
7N21*, 7N32*, 7N33*, 7N42*, 7N43*	AN		
1N01, VX01, VC00, VC01, VC10, VC11	AC	Approx. 2 years	
Y151	A6		
Y520	AR	Approx. 3 years	
Y150	A5		
1N00, VX00	AR	Approx. 4 years	
6G28, VD78	AW		
V220, VB20	AC	Approx. 5 years	
VX32, VX33, VX3K, VX42, VX43	AN		
V701, V782, VX51, VX82, VX83, VX89, VJ21, VJ22, VJ32, VJ33, VJ46, VJ47, VJ48	AG	Approx. 2 years	
V501, Y121, Y136	AW		
VX50	AF	Approx. 5 years	
V721, V732, V733, V742, V743	AN		
V811	AE	Approx. 2 years	±30 seconds

\*The accuracy is under the condition that the watch is worn on the wrist in a normal temperature range between 5°C and 35°C.  
\* \* type of watch : When the battery is exhausted, the second hand moves at two-second intervals.

LumiBrite

[If your watch has LumiBrite]

- LumiBrite uses externally-energized luminous material which doesn't contain any radioactive substance.
- LumiBrite is a newly-developed 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.

Notes on guarantee and repair

- Contact the retailer the watch was purchased from 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.
- 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.
- 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 may be replaced, or if repair is difficult, the watch may be replaced with one of equal quality.

WIRED

取扱説明書 INSTRUCTION

A01 A B C D  
J315 J320 J515  
J420 J420A

WIRED 説明書 A01, A, B, C, D, J315, J320, J420, J420A, J515  
該当機種：アナログ2針・3針(日付・曜日つき)

1E20, 1F20, 1N00, 1N01, 2E20, 6G28, 7N00, 7N01, 7N21, 7N32, 7N33, 7N42, 7N43, 7N82, 7N89, V220, V501, V701, V721, V732, V733, V742, V743, V782, V811, VB20, VC00, VC01, VC10, VC11, VD78, VJ21, VJ22, VJ32, VJ33, VJ46, VJ47, VJ48, VX00, VX01, VX32, VX33, VX3K, VX42, VX43, VX50, VX51, VX82, VX83, VX89, Y121, Y136, Y150, Y151, Y520

1206D

このたびは弊社ウォッチをお買いあげいただきありがとうございます。ご使用の前にこの取扱説明書をよくお読みのうえ正しくご愛用くださいますようお願い申し上げます。なお、この取扱説明書はお手元に保存し必要に応じてご覧ください。

弊社製品について、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わせください。

全国共通フリーダイヤル 0120-612-911

お客様相談室

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

セイコーウォッチ株式会社

本社 〒105-8467 東京都港区虎ノ門2-8-10  
http://www.seiko-watch.co.jp/