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0120-612-911 (下記の最寄りに着信いたします)

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〒530-0012 大阪府西区南町 1-4-241 (大阪西區橋南ビルディング 8階)

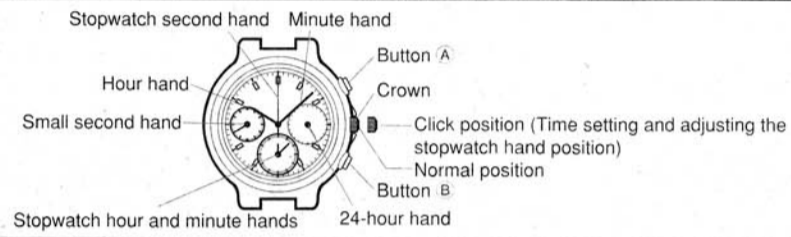
お客様相談係  
〒660-0061 札幌市中央区南一条西7-20-1  
(札幌スカイビル 4階 セイコーサービスセンター内)  
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(松江スカイビル 6階 セイコーサービスセンター内)

## FEATURES

This is a multi-display analogue watch featuring a stopwatch function.

- The time is indicated by the 24-hour, hour and minute hands, and a small second hand.
  - The stopwatch can measure up to 12 hours.
- After 12 hours, it will stop automatically.

## DISPLAY AND CROWN/BUTTON OPERATION



## NOTES ON THE SCREW DOWN CROWN WITH PROTECTOR RINGS

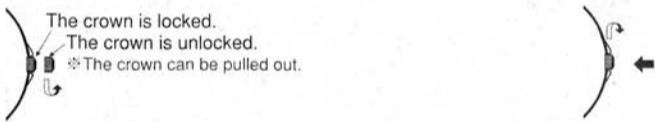
- Some models have a screw down crown with protector rings that can be locked while they are not used.
- Locking the crown will prevent mistaken operation of the watch and enhance its water-resistant quality.
- Unlock the crown and buttons when operating them, and be sure to lock them after use.
- Models with screw down crown
- If your watch has a screw down crown, it is necessary to unlock the crown by unscrewing it before operating it.
- Except when you operate the crown, be sure that it is always locked by screwing it in completely.

[How to unlock the crown]

Unscrew the crown by turning it counterclockwise. The crown can be pulled out or turned for time/calendar setting or other watch operations.

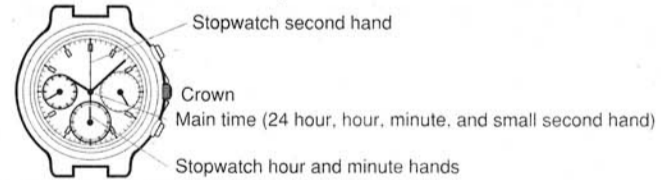
[How to lock the crown]

After using the crown for watch operation, turn it clockwise while pressing it until it locks in place. setting or other watch operations.



## SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION

This watch is so designed that  
• main time setting  
• stopwatch hand position adjustment  
are all made with the crown at the click position. Once the crown is pulled out to the click position, be sure to make all the above adjustments at the same time.



### How to set the time

- 1 Pull out the crown when the small second hand is at the 60 seconds position. The small second hand stops on the spot.



- 2 If the stopwatch is measuring, the stopwatch hands are automatically reset to "0" position.
- 2 Turn the crown to set the main time hands to the desired time.

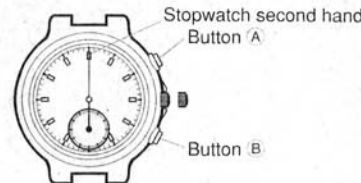


It is recommended that the hands be set to the time a few minutes ahead of the current time, taking into consideration the time required to adjust the stopwatch hand position if necessary.

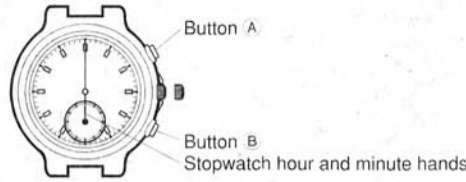
※When setting the hour hand, check that AM/PM of 24-hour hand is correctly set.

※When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time, then turn it back to the exact minute.

- 3 Press button A for 2 seconds. The stopwatch second hand turns a full circle.
- 4 Press button A for 2 seconds. The stopwatch second hand turns a full circle. Press button B repeatedly to reset the stopwatch second hand to "0" position. It moves quickly if button B is kept pressed.



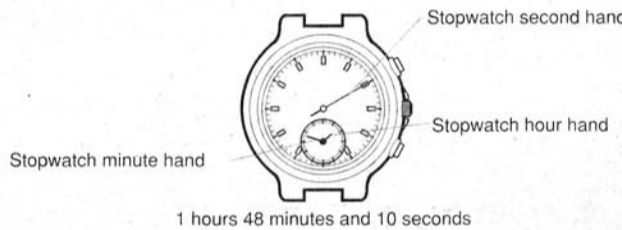
- 5 Press button A for 2 seconds. The stopwatch hour and minute hands turns a full circle. Press button B repeatedly to reset the stopwatch second hand to "0" position. (12:00) It moves quickly if button B is kept pressed.



- ※ Stopwatch hour hand moves together with stopwatch minute hand.
- ※ After the adjustment of the stopwatch hour, minute and second hands, do not press button A for 2 seconds. In case button A was pressed, push the crown back in to the normal position, procedure 1).
- 6 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.

## HOW TO USE THE STOPWATCH

- The stopwatch can measure up to 12 hours in one second increments. After 12 hours, it will automatically stop.
  - Time measured is indicated by the stopwatch second hand at the center and the stopwatch hour and minute hands at the 6 o'clock side.
  - Split time measurement is available.
- <How to read the stopwatch hands>  
Time measured is indicated by the three stopwatch hands (stopwatch second hand and stopwatch minute and hour hands.).



<Note on adjusting the stopwatch hand position>  
• 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 A to stop the stopwatch.
  - 2 Press button B 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."]

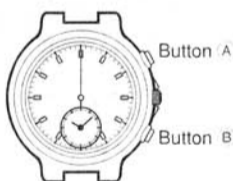
- 1 Press button B to reset the stopwatch.

[Split time was measured and remains displayed "Split time measurement."]

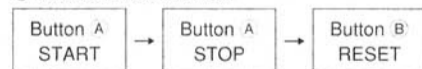
- 1 Press button B. The split time is released and the stopwatch hands move quickly to indicate the measurement in progress.
- 2 Press button A to stop the stopwatch.
- 3 Press button B to reset the stopwatch.

[The time of the 2nd competitor measured in "Measurement of two competitors."]

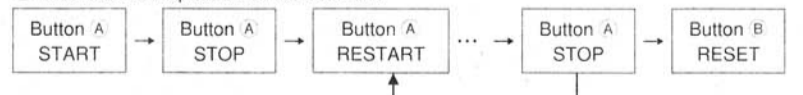
- (1) Press button B. The stopwatch hands move quickly and stop.
- (2) Press button B to reset the stopwatch.



### Standard measurement



### Accumulated elapsed time measurement



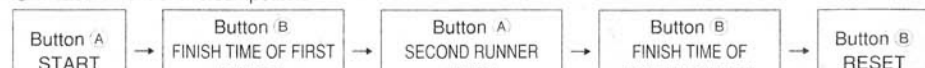
Restart and stop of the stopwatch can be repeated by pressing button A.

### Split (intermediate) time measurement



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

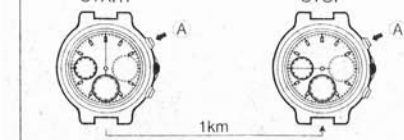
### Measurement of two competitors



## HOW TO USE THE TACHYMETER (For the models with tachymeter scale on the dial)=

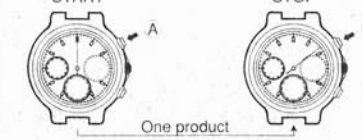
- The tachymeter can be used to measure the hourly average speed of a vehicle and the hourly rate of operation.

To measure the hourly average speed of a vehicle



- 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)

To measure the hourly rate of operation



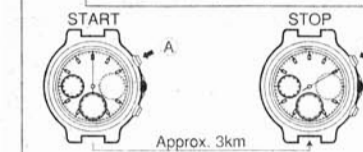
- 1 Use the stopwatch to measure the time required to complete one product.
- 2 Read the tachymeter where the second hand points. (400 products/hour)

## HOW TO USE THE TELEMETER (For the models with telemeter scale on the dial)=

- The telemeter can provide a rough indication of the distance to the source of the sound.
- Telemeter>
- The telemeter shows the distance from your place to an object that emits both sound and light. For example, it can indicate the distance to the place where a lightning struck by measuring the time elapsed after you see a flash of the lightning until you hear the sound.
- A flash of lightning reaches you in a moment while the sound travels to you at a speed of 0.33km/second. The distance to the source of the light and sound can be calculated on the basis of this difference.
- The telemeter scale is so graduated that the sound travels at a speed of 1km in 3seconds.

### CAUTION

The telemeter provides only a rough indication of the distance to the place where lightning struck, and therefore, the indication cannot be used as the guideline to avoid the danger of lightning. It should also be noted that the speed of the sound differs depending on the temperature of the atmosphere where it travels.



### CAUTION

Please note that the stopwatch second hand moves in one-second increments and does not always point exactly to the graduation of the tachymeter or telemeter scale. Also note that those scale can be used only when the measured time is less than 60 seconds.

## TROUBLESHOOTING

Problem	Possible cause	Solution
The watch stops operating.	The battery has run down.	Have the battery replaced with a new one immediately by the retailer from whom the watch was purchased.
The small second hand moves at two-second intervals.	The battery nears its end.	
The watch gains/loses time temporarily.	The watch has been left in extremely high or low temperatures for a long time.	This condition will be corrected when the watch temperature returns to normal. Re-set the correct time. The watch is so adjusted that it works with stable accuracy when worn on your wrist at a temperature between 5C and 35C.
	The watch was brought into close contact with a magnetic object.	This condition will be corrected when the watch is kept away from close contact with the magnetic source. Re-set the correct time. If the problem persists, consult the retailer from whom the watch was purchased.
	You dropped the watch, hit it against a hard surface or wore it while playing active sports. The watch was exposed to strong vibrations.	Re-set the correct time. If the problem persists, consult the retailer from whom the watch was purchased.
The stopwatch hands do not return to "0" position when the stopwatch is reset.	The watch was affected by magnetism or exposed to strong shocks or vibrations.	Follow the procedure in "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION" to reset the stopwatch hands to "0" position.
The glass is blurred and the blur persists for a long time.	Water got inside the watch due to the deterioration of the gasket, etc.	Consult the retailer from whom the watch was purchased.
The date changes at 12 o'clock noon.	AM/PM is not properly set.	Advance the hands by 12 hours.

※For solution of troubles other than those above, contact the retailer from whom the watch was purchased.

## REMARKS ON THE BATTERY

### NOTES ON THE BATTERY

- 1 Battery Life  
When a new normal battery is installed, this watch operates for approximately five years. However, if the stopwatch is used for more than 2 hours a day, the battery life may be less than three years.
- 2 Monitor battery  
The battery in your watch may run down in less than five 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.
- 3 Battery life indicator function  
When you see the small second hand moving at two-second intervals instead of the normal one-second intervals, the battery is nearing its end. In that case, have the battery replaced with a new one by the retailer from whom the watch was purchased. While the small second hand is moving at two-second intervals, the time accuracy is not affected.
- 4 Battery change  
1 For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or an ALBA DEALER, and request the battery for exclusive use with the ALBA watches.  
2 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.  
3 Battery replacement is charged even if it runs down within the guarantee period.  
4 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.  
5 Necessary procedure after battery change  
After the battery is replaced with a new one, re-set the time, and adjust the stopwatch hand position. Refer to "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION."

### WARNING

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

### CAUTION

- 1 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.
- 2 The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- 3 If the watch is left in a temperature below +5C or above +35C for a long time, the battery leakage may result, causing the battery life to be shortened.

## LUMIBRITE

### (IF YOUR WATCH HAS LUMIBRITE)

LumiBrite is a newly-developed 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.

## SPECIFICATIONS

1. Frequency of crystal oscillator ..... 32,768 Hz (Hz = Hertz ... Cycles per second)
  2. Loss/gain (monthly rate) ..... Less than 15 seconds when the watch is worn on your wrist (5 C ~ 35 C)
  3. Operational temperature range ..... -10 C ~ +60 C (14° F ~ 140° F)
  4. Driving system ..... Step motor, 3 pieces
  5. Display system ..... Time display: 24-hour, hour, minute, and small second hands  
Time display/Stopwatch hour hand (12hours), Stopwatch minute hand (60minutes) and second hand (60 seconds)
  6. Battery ..... Silver oxide battery SB-AP, 1 piece
  7. Battery life ..... Approx. 5 years (if the stopwatch is used for less than 2 hours a day)
  8. IC (Integrated Circuit) ..... Oscillator, frequency divider, driving and charge control circuit (C-MOS-IC).
- ※The specifications are subject to change without prior notice, for product improvement.

## TO PRESERVE THE QUALITY OF YOUR WATCH

### CAUTION

- WATER RESISTANCE  
• Check the dial or case back of your watch for the water resistant quality, and then see the table below.  
• Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

	Designed and produced in Japan	Designed and produced in other countries	Designed and produced in other countries and subjected to water resistance test	Designed and produced in other countries and subjected to water resistance test	Designed and produced in other countries and subjected to water resistance test	Designed and produced in other countries and subjected to water resistance test
"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	○	○	×	○	○	×

### ABOUT BATHING

- Your watch can be worn while bathing if it is equipped with water resistance over 10 bar.
- In that case, please note the following carefully.  
• Please do not operate your watch (Crown operation, Button operation etc.) When it is wet with soap or shampoo, it sometimes causes a reduction in the water proofing.
- When the watch gets warm due to warm water, the watch could gain or lose time to some degree. However, the watch will return to its usual accuracy at normal temperatures.

### 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.

### PLACES TO KEEP YOUR WATCH



- If the watch is left in a temperature below -10 C or above +60 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

### 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.
  - After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.
- 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

- If your watch is not water-resistant, be careful not to get wet with water or sweat. When it gets wet with water or sweat, wipe it thoroughly dry with a hygroscopic cloth.
- If your watch is 5, 10 or 20 bar water resistant, rinse it in a bowl of fresh water after used in seawater. Do not use chemicals to wash it.
- If your watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.

### 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:  
1. Allergy to metals or leathers  
2. Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

### PRECAUTIONS ON WEARING YOUR WATCH

- Take utmost care in the following cases:  
• 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.

### PERIODIC CHECK

- We suggest that you have your watch checked by ALBA DEALER every 2 or 3 years or when the battery is replaced for oil condition, battery electrolyte leakage or damage due to water or sweat. After checking the watch, adjustment and repair may be required.
- When the replacing the parts or battery, please specify "ALBA GENUINE PARTS". If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.
- Be sure to have the gasket and push-pin replaced with new ones by the ALBA DEALER when checking the watch or the battery is replaced.

## NOTES ON THE REPLACEMENT PARTS

- (1) If the watch requires service, take it to the retailer from whom the watch was purchased. If the trouble occurs within the guarantee period, submit the certificate of guarantee together with the watch.  
Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep the certificate for ready.
- (2) ALBA makes it a policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
- (3) The number of years that a watch is considered repairable may vary greatly depending on the condition under which used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased, when was purchased, when having them repair your watch.
- (4) The case, dial, hands, glass, bracelet, or parts thereof may be replaced with substitutes if the originals are not available.