

セイコーウオッチ株式会社

取扱説明書 INSTRUCTION 説明書 7T82

WIRED 説明書 7T82

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FEATURES

TIME/CALENDER

Hour, minute and small second hands

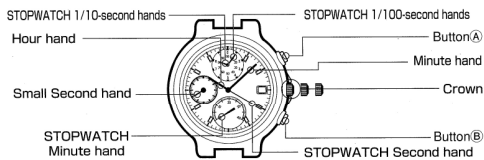
STOPWATCH

- 40-minute measurement in 1/100-second increments
- 4 STOPWATCH hands
- 1-100-second, 1/10-second, second and minute hands
- Split time measurement on demand
- 1/100-second high-speed movement

The STOPWATCH 1/100-second hand makes 10 full circles in one second.  
40-minute dial with a retrograde minute hand  
When the minute counting reaches 40 minutes, the STOPWATCH minute hand immediately returns and continues counting from 41 minutes onward. The minute counting is repeated in the same manner for another rotation, up to 120 minutes, at that time the stopwatch automatically stops counting.

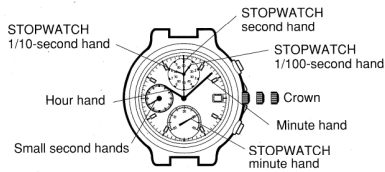
DISPLAY AND CROWN/BUTTON OPERATION

Simplified illustrations are used in the following sections of this manual.



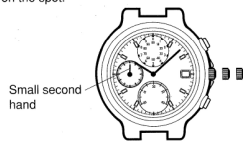
SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION (Hands for time display and stopwatch hands)

This watch is designed so that the following adjustments are made with the crown at the second click position:  
• time setting  
• STOPWATCH hand position adjustment  
Once the crown is pulled out to the second click, be sure to make both the above adjustments at the same time.



How to set the time

- Pull out the crown to the second click when the small second hand is at the 12 o'clock position. The small second hand stops on the spot.



If the stopwatch is measuring, the stopwatch hands are automatically reset to "0" position.

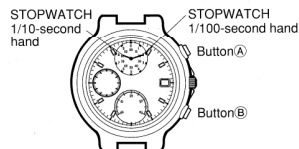
- Turn the crown to set the hour and minute hands to the desired time.



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 set the alarm hands and to adjust the STOPWATCH hand position if necessary.

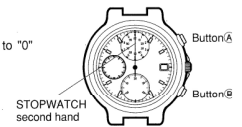
When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the date changes once in 24 hours.  
When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time, and then, turn it back to the exact minute.

- Reset the two STOPWATCH hands to "0" position. Press Button A for 2 seconds. The STOPWATCH 1/10-second and 1/100-second hands turns a full circle. Press Button B repeatedly to reset the STOPWATCH 1/10-second and 1/100-second hands to "0" position. It moves quickly if Button B is kept pressed.



- 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.



- Press button A for 2 seconds.

The STOPWATCH minute hand turns a full circle. Press Button B repeatedly to reset the STOPWATCH minute hand to "0" position. It moves quickly if Button B is kept pressed.  
STOPWATCH minute hand turns a full circle passing the 40-minute marker only during the STOPWATCH hand position adjustment.  
If Button A is pressed again for 2 seconds, you can go back to the adjustment of 1/10- and 1/100-second hands and so on in the following order.



- After all the adjustments are completed, push the crown back in to the normal position in accordance with a time signal.

Check that the main time hands and alarm hands indicate the identical time, and then, push the crown back in to the normal position.  
The telephone time signal service (TEL. 117) is helpful in setting the hands accurately.

HOW TO SET THE DATE

- Be sure to set the time before setting the date.
- It is necessary to adjust the date on the first day of March and months following 30-day months.

- Pull out the crown to the first click.



- Turn the crown clockwise to set the date.

Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly. If it is necessary to set it during that time period, first change the time to any time outside it, set the date and then, reset the correct time.

- After all the adjustments are completed, push the crown back in to the normal position.

HOW TO USE THE STOPWATCH

- The stopwatch features a 40-minute dial with a retrograde minute hand.
- The stopwatch can consecutively measure up to 120 minutes in 1/100-second increments. When the measurement reaches 120 minutes, the stopwatch automatically stops counting.
- Split time measurement is possible.

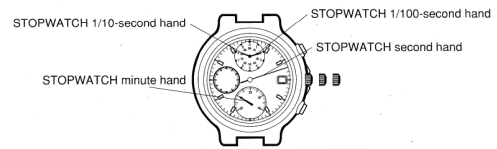
After 3 minutes of timing from a start, the STOPWATCH 1/100-second and 1/10-second hands remain pointing to the position until the watch is stopped or split time measurement is made, at such a time, they move to display the measured time. They start to move for a maximum of three minutes after the watch is restarted or the split time display is released.

How to adjust the STOPWATCH hand position

- If the STOPWATCH hands do not return to "0" position when the stopwatch is reset, follow the procedure in "Time setting and adjusting the stopwatch hand position" to reset them.
- In that case, be sure to adjust the main time hands to the current time.

How to read the STOPWATCH hands

The time measured is indicated by the four STOPWATCH hands below.



Reading the 1/100-second and 1/10-second hands requires extra attention.



10 minutes 12 seconds 02 (10'12"02)

The display illustrated at the left should be read as "19" not "29". When the 1/100-second hand is moving toward larger numbers, the 1/10 second hand comes close to the next marker, which may cause you to wrongly read the hands as "29".

Remarks on the STOPWATCH minute hand movement

- When the minute counting reaches 40 minutes, the STOPWATCH minute hand immediately returns and continues counting from 41 minutes onward. The minute counting is repeated in the same manner for another rotation, up to 120 minutes, at that time the stopwatch automatically stops.
- The final position of the STOPWATCH minute hand, after completing 120 minutes of counting, is illustrated below.



Before starting to use the stopwatch again, make sure to reset the stopwatch by pressing Button B.

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 split time can be repeated by pressing Button B. If the time measured reaches 120 minutes while the split time is being displayed, the stopwatch automatically stops counting and releases the split time display, showing "40'00"00". Before starting the next measurement make sure to reset the stopwatch by pressing Button B.

Measurement of two competitors



### <How to reset the STOPWATCH>

While the STOPWATCH hands are moving

1. Press Button (A) to stop the stopwatch.

2. Press Button (B) to reset the stopwatch.

While the STOPWATCH hands are stopped (When the stopwatch is stopped)

1. Press Button (B) to reset the stopwatch.

(When the split time measurement is displayed while the stopwatch is measuring.)

1. Press Button (B) to release the split time display and return to the normal display

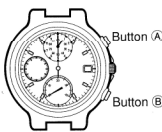
2. Press Button (A) to stop the stopwatch

3. Press Button (B) to reset the stopwatch

(When the split time measurement is displayed and the stopwatch is stopped.)

1. Press Button (B) to release the split time display.

2. Press Button (B) to reset the stopwatch.



### ● How to use the tachymeter (For the models with a tachymeter scale on the dial)

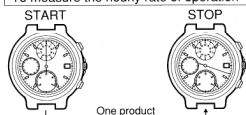
○ The tachymeter can be used to measure the hourly average speed of a vehicle and the hourly rate of operation.

To measure the hourly average speed of a vehicle



- Use the stopwatch to determine how many seconds it takes to go one kilometer.
- Read the tachymeter scale where the second hand points.  
80km/h

To measure the hourly rate of operation



- Use the stopwatch to measure the time required to complete one product.
- Read the tachymeter where the second hand points.  
200 products/hour

### ■ DEMONSTRATION FUNCTION OF THE STOPWATCH HAND MOVEMENT

The demonstration function allows you to view the movement of the four STOPWATCH hands. Each of the four STOPWATCH hands demonstrates high-speed movements and when the demonstration is finished, they return to the original position.

#### ● How to view the demonstration

- Reset the stopwatch.  
Refer to "How to use the stopwatch" section of this manual.
- Press Button (B) for 2 seconds or longer.



After approximately 3 seconds, the demonstration finishes, and the stopwatch is reset for the next use.  
If either Button (A) or (B) is pressed during a demonstration, the demonstration will be stopped and the stopwatch will be reset.

### ■ REMARKS ON THE BATTERY

#### ● NOTES ON THE BATTERY

(1) Battery Life  
When a new normal battery is installed, this watch operates for approximately three 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 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.

(3) Battery life indicator  
When you see the second hand moving at two-second intervals instead of the normal one-second intervals, the battery nears 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 alarm will not ring even if it is engaged. This is not a malfunction, and also the time accuracy is not affected.

(4) 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 and request the battery for exclusive use with the SEIKO watches.  
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.

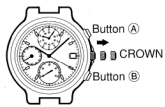
Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of 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.

(5) Necessary procedure after battery change  
After the battery is replaced with a new one, or when an abnormal display appears, follow the procedures below to reset the built-in IC. The watch will resume its normal operation.

#### <HOW TO RESET THE IC>

- Pull out the crown to the second click.
- Press Button (A) and (B) at the same time for 3 seconds or longer.
- Push the crown back in to the normal position and check if the hands move as normal.

Resetting the IC will initialize the watch. Before starting to use the watch, it will be necessary to set the time and adjust the STOPWATCH hands to the "10" position. Refer to "Setting the time and adjusting the stopwatch hand position" section of this manual.



#### ⚠ 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.

#### ⚠ WARNING

- 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, 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

- Frequency of crystal oscillator ..... 32,768 Hz (Hz = Hertz ... Cycles per second)
  - Loss/gain (monthly rate) ..... Less than 15 seconds when the watch is worn on your wrist (5°C ~ 35°C)
  - Operational temperature range ..... -10°C ~ +60°C
  - Driving system ..... Step motor, 4 pieces
  - Display system ..... [Time function]  
Hour and minute hands with a small second hand that moves at one-second intervals  
[Stopwatch function]  
STOPWATCH 1/100-second hand (0.1 second/360 degree)  
STOPWATCH 1/10-second hand (1 second/360 degrees)  
STOPWATCH second hand (60 seconds/360 degrees)  
STOPWATCH minute hand (40 minutes/240 degrees)
  - Battery ..... Miniature silver oxide battery SB-BP, 1 piece
  - Battery life ..... Approx. 3 years if the stopwatch is used for less than 2 hours a day
  - IC (Integrated Circuit) ..... Oscillator, frequency divider and driving circuit (C-MOS-IC), 1 piece
- \* The above 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.

Indication for water resistance	Degree of water resistance	Condition of use				Genuine diving using scuba	Genuine diving using helium gas
		Designed and manufactured to withstand accidental contact with water such as splashes	Suitable for swimming, walking, etc. (water splash associated with water sports and water work)	Suitable for shallow diverging at a heavy breathing apparatus and diving	Suitable for deep diving		
a. No indication on the dial b. Indication on the case back	No water resistance	×	×	×	×	×	
a. No indication b. WATER RESIST (3 bar)	Water resistance (3 bar)	○	×	×	×	×	
a. No indication b. WATER RESIST (5 bar)	Water resistance (5 bar)	○	○	×	×	×	
a. No indication, or WATER RESIST (10 bar) b. WATER RESIST (10 bar)	Water resistance (10 bar)	○	○	○	×	×	
a. No indication, or WATER RESIST (15 bar) b. WATER RESIST (15 bar)	Water resistance (15 bar)	○	○	○	×	×	
a. No indication, or WATER RESIST (20 bar) b. WATER RESIST (20 bar)	Water resistance (20 bar)	○	○	○	×	×	

- Do not turn or pull out the crown and press button 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 the 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.

#### ● PLACES TO KEEP YOUR WATCH

- If the watch is left in an operational temperature range 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.
- 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-

The bracelet made of soft plastics does not require special care. If it gets dirty, however, it may cause trouble to the skin. Rinse it with soapy water from time to time. Since it is a chemical product, it may deteriorate by the use of solvents. The band will become hardened or discolored after several years of use. In that case, replace it with a new one.

#### ⚠ 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.

#### ⚠ CAUTION

#### ● Antimagnetic quality of analogue quartz watches

Type of antimagnetic watches by JIS	Certified level of anti-magnetism	Indication of antimagnetism on the case back	Antimagnetic quality
—	1,600 A/m	No indication	Your watch will not be affected by the level of magnetism that ordinary watches can withstand.
Type 1	4,800 A/m	Ⓜ	Your watch will not be affected by the magnetism generated by household appliances at a distance of down to 10 cm.
Type 2	16,000 A/m	Ⓜ	Your watch will not be affected by the magnetism generated by household appliances at a distance of down to 1 m.

\* SEIKO Diver's Watches are antimagnetic without exception. Therefore, there is no such indication on the case back.

#### ● 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 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 the replacing the 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.

### ■ AFTER-SALE SERVICE

- 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.
- SEIKO 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.
- 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 having them repair your watch.
- The case, dial, hands, glass and bracelet, or parts thereof may be repaired with substitutes if the originals are not available. If necessary, movements will be replaced. Depending on the condition of the watch, the complete set of the watch body may be replaced with a new one or substitute product.
- For repair after the guarantee period or for any other information regarding the watch, contact the retailer from whom the watch was purchased or the "CUSTOMER SERVICE DEPARTMENT" of SEIKO WATCH CORPORATION.



販売店 代理店 取扱店 修理店 時計店 時計屋  
平尾 福澤 小串