

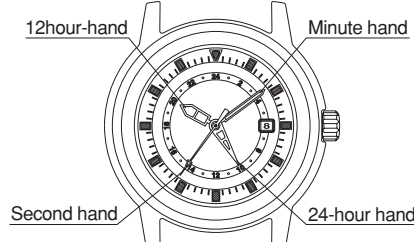
FEATURES

That is an analogue type watch featuring a dual time display with a 24-hour hand.

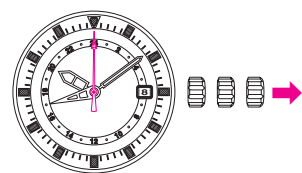
■ **TIME INDICATION:** 12-hour, minute, second and 24-hour hands.

■ **CALENDAR:** Date is displayed in numerals at the 3 o'clock position.

■ **DUAL TIME DISPLAY:** With a 12-hour hands, the times of areas in different time zones can be displayed.

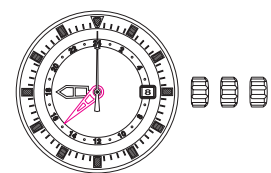


HOW TO USE TO SET THE TIME AND DATE

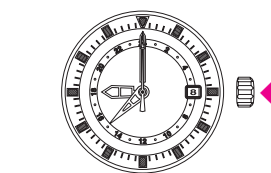


① Pull out the crown all the way to the second click when the second hand is at the 12-o'clock position. The second hand will stop on the spot.

※If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise and then pull it out to the second click.



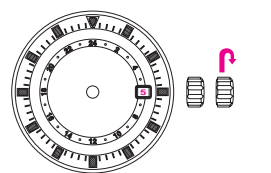
② Turn the crown to set the 24-hour and minute hands to the desired time.



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

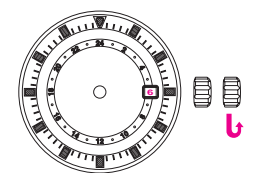
※If the crown is of the screw lock type, screw it in completely by turning it clockwise while pressing it.

※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.
※Telephone time casting service (tel.117) might be helpful when you set the time.



④ Pull out the crown to the first click. Turn the crown clockwise until the previous date appears.

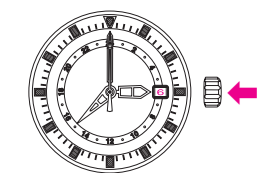
※If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise, and then pull it out to the first click.



⑤ Turn the crown counterclockwise, and turn the 12-hour hand until the present date appears.

※The 12-hour hand moves at one-hour intervals independently of the 24-hour and minute hands.

Set the 12-hour hand to the time that the 24-hour hand indicates.



⑥ Push the crown back into the normal position.

※If the crown is of the screw lock type, screw it in completely by turning it clockwise while pressing it.

NOTES ON THE USAGE

● When setting the 12-hour hand, check that AM/PM is correctly set. The date changes once as the 12-hour hand gives two full turns.

● Do not set the date when the 12-hour hand indicates the time between 9:00 P.M. and 1:00 A.M. Otherwise the date may not change properly. If it is necessary to set the date during that time period, first move the 12-hour hand to any time outside it, set the date, and then reset the correct time.

● When the crown is turned clockwise to set the date, the 12-hour hand may not move back. However, this is not a malfunction.

HOW TO USE THE DUAL TIME

The 12-hour and the 24-hour hands can be set independently of each other to indicate different time zones.

※Thus, if you are traveling abroad, your watch can display the time of your local area with the 12-hour hand and the time of the place to visit with the 24-hour hand, or vice-versa.

EXAMPLE OF THE DUAL TIME

To display the time of the place to visit with the 12-hour hand:

Place of use	In Japan	In New York	In London
12-hour hand	Japan time	New York time	London time
24-hour hand	Japan time	Japan time	Japan time
Dual time display	Japan time 15:00 Japan time 3:00	Japan time 15:00 New York time 1:00	Japan time 15:00 London time 6:00
Dual time setting	Set both the 12-hour and 24-hour hands to Japan time, following the procedures in "HOW TO SET THE TIME" and "HOW TO SET THE DATE".	Pull out the crown to the first click, and turn it counterclockwise to set the 12-hour hand to New York time. The 24-hour hand continues to indicate Japan time.	Pull out the crown to the first click, and turn it counterclockwise to set the 12-hour hand to London time. The 24-hour hand continues to indicate Japan time.

Notes:
1. When setting the 12-hour hand, check that AM/PM is correctly set.
2. If the date has changed while the 12-hour hand is set to the time of the place to visit, turn the crown clockwise at the first click to reset the date.

WORLD TIME DISPLAY (For those models with a rotating world time bezel)

• If your watch has a rotating bezel with city markers printed on it as shown in the illustration below, it can display the time of cities in different time zones throughout the world.

• By setting the city marker on the rotating bezel to the 24-hour hand, the watch displays the time of cities in different time zones throughout the world.

• How to use the world time display (The explanation below assumes that the 24-hour hand is set to the time of Japan.)

① Check that the 24-hour hand indicates the current time of Japan accurately. When doing so, make sure that AM/PM is set properly. If the current time of Japan is 2:00 p.m., the 24-hour hand indicates "14" on the 24-hour scale on the dial.

※If the 24-hour hand is not set to the current time of Japan, adjust it referring to "HOW TO SET THE TIME". If the 24-hour hand is used to show the time of a time zone other than Japan, refer to "If the 24-hour hand is set to show the dual time".

② Turn the rotating bezel to set "TYO" on the bezel to the 24-hour hand. The current hour of each city or area is indicated by the 24-hour scale on the dial which the corresponding city marker on the rotating bezel aligns with, while the current minutes are indicated by the minute hand.

"NYC" (New York) aligns with "20", meaning the current time of New York is 8:08 p.m.



Set "TYO" to the 24-hour hand.

The above illustration shows the world time display when the current time of Japan is 10:08 a.m.

※The rotating bezel may turn only in one direction depending on the model. In that case, do not attempt to turn the bezel forcefully in the opposite direction as this will cause a malfunction.

※For the time differences of the cities and areas that are not covered by the city markers on the rotating bezel, refer to "TIME DIFFERENCES".

"GMT" (Greenwich Mean Time) is 1:08 a.m.

● If the 24-hour hand is set to show the dual time:
• Check the city whose time the 24-hour hand indicates, and set the city marker on the bezel corresponding to the city to the 24-hour hand. The watch also displays the world time.

Ex.) If the 24-hour hand is set to show the time of New York, set "NYC" on the rotating bezel to the 24-hour hand.

※For time differences among cities, refer to "TIME DIFFERENCES".



TIME DIFFERENCES

The table below shows the city markers and names of the 22 cities covered by the watch and their time differences from the Greenwich Mean Time (GMT), together with other cities and areas included in the respective time zones. "+" and "-" mean that the time of a city is certain hours fast and slow on GMT, respectively. The cities marked with "●" use daylight saving time (summer time).

City marker	Name of city	Other cities and areas	Time difference from GMT
G M T	(Greenwich Mean Time)	●London, Casablanca, Dakar	±0
R O M	●Rome	●Paris, ●Milan, ●Amsterdam, ●Frankfurt, ●Berlin	+1
I S T	●Istanbul	●Cairo, ●Athens, ●Kiev, Cape Town, Tripoli	+2
M O W	●Moscow	Mecca, Nairobi	+3
D X B	Dubai	Dubai	+4
K H I	Karachi	●Tashkent	+5
D A C	Dhaka		+6
B K K	Bangkok	Pnom-Penh, Djakarta	+7
H K G	Hong Kong	Manila, Beijing, Singapore, Taipei (Taiwan)	+8
T Y O	Tokyo	Seoul, Pyongyang	+9
S Y D	Sydney	Guam, ●Khabarovsk	+10
N O U	Noumea (New Caledonia)	Solomon Islands	+11
W L G	●Wellington	Fiji Islands ●Auckland	+12
H N L	Honolulu		-10
A N C	Anchorage		-9
L A X	●Los Angeles	●San Francisco, ●Vancouver, ●Dawson (Canada)	-8
D E N	●Denver	●Edmonton, ●Portland	-7
C H I	●Chicago	●Mexico City	-6
N Y C	●New York	●Washington D.C., ●Montreal	-5
C C S	Caracas	●Santiago (Chile)	-4
B U E	●Buenos Aires	●Rio de Janeiro	-3
P D L	Azores Islands		-1

※The time differences and use of daylight saving time may change in some areas or countries when they are so decided by the countries concerned.
The above table is compiled on the basis of the data collected as of August 1998.

Compass function using the 24-hour hand

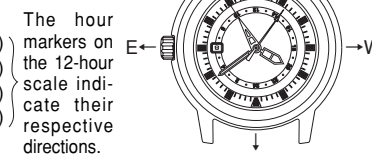
Precautions

• The compass function can be used in the Northern Hemisphere only. In areas at the latitude lower than the tropic of Cancer, it may not indicate the directions properly depending on the season.
• Use the compass function in places where the direction of the sun can be checked.
• Before using the compass function, check that the 24-hour hand is set to the current time of your area.
• The compass function provides only the rough indications of the directions, and not the accurate directions.

● How to use the compass function

• While keeping the dial level, point the 24-hour hand to the direction of the sun.

12 o'clock marker: North (N)
3 o'clock marker: East (E)
6 o'clock marker: South (S)
9 o'clock marker: West (W)



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 manufactured to withstand the water usually experienced in a daily living such as splashes and rain.	Designed and manufactured for swimming and kitchen work.	Shallow diving with out a heavy breathing apparatus and Bathing.	Genuine diving using scuba or helioxgas.	Crown operation when the watch is wet.
"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 "O" 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.

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.

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.

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.

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.
• 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.

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)

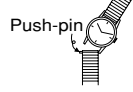
It will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.

• 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 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.

PERIODIC CHECK



• We suggest that you have your watch checked by watch 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.
• 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 watch dealer when checking the watch or the battery is replaced.

REMARKS ON THE BATTERY

NOTES ON THE BATTERY

(1) Battery life

If a new normal battery is installed, this watch operates for approximately 3 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 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 a watch dealer.
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.

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 5°C or above 35°C for a long time, it may cause 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.

SPECIFICATION

1. Frequency of crystal oscillator 32,768Hz (Hz=Herz—Cycles per second)
2. Loss/gain Loss/gain in normal temperatures of between 5°C and 35°C. Monthly rate less than ±20 seconds.
3. Operational temperature range -5°C ~ +50°C (14°F ~ 140°F)
4. Driving system Stop motor
5. Second setting device
6. Battery Silver oxide battery
..... 1 battery
7. IC C-MOS-IC unit
※The above specifications are subject to change without notice.

セイコー株式会社

本 社 東京都中央区京橋2丁目15番1号 〒104-8331

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なお、ご不明の点は下記へお問い合わせください。

セイコー株式会社 お客様相談室

〒104-0031 東京都中央区京橋 2-7-16 (03)3535-2211
〒550-0013 大阪府西区新町 1-4-22 (大阪西7橋第一生命ビル) (06)6538-6541

お客様相談係

〒060-0061 札幌市中央区南一条西7-20-1 (札幌スカイビル) (011)231-0615
〒810-0801 福岡市博多区中洲 5-1-22 (松月堂ビル) (092)271-2538

全国共通フリーダイヤル 0120-612911 (上記の最寄りに着信いたします)