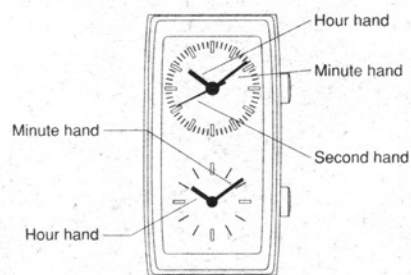


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FEATURES

This watch has two time displays. They can be set separately to show the times of two different time zones. This dual time function is very convenient when you travel abroad.



TIME SETTING

The hands on each display can be set separately. Use the crowns for respective displays to set them separately.

<Time setting for three hands watch>

- 1 Pull out crown "1" When the second hand is at the 12 o'clock position.
- 2 Turn crown "1" to set the hands to the desired time.
- 3 Push in crown "1" in accordance with a time signal.
 - * The mechanism of quartz watches is different from that of mechanical watches. When setting the time, be sure to advance the minute hand 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.
 - * The telephone time signal service (TEL.117) is helpful in setting the time.

<Time setting for two hands watch>

- 1 Pull out crown "2".
- 2 Turn crown "2" to set the hands to the desired time.
- 3 Push in crown "2" in accordance with a time signal.
 - * The mechanism of quartz watches is different from that of mechanical watches. When setting the time, be sure to advance the minute hand 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.
 - * The telephone time signal service (TEL.117) is helpful in setting the time.

DUAL TIME FUNCTION

By using the dual time function, the times of two areas in different time zones can be checked at a time. For example, you can set the time of the city you are visiting on one display while the time of Japan is displayed on another display.



Upper display : Current time of JAPAN (Tokyo) (10:08)
Lower display : Current time of New York (8:08)

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.
- 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.
- 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.

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

アルパ製品について、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。

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 大阪市西区新町 1-4-24 (大阪西橋第 生命ビル) (06)6538-6541

株式会社 セイコーサービスセンター 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
〒980-0021 仙台市青葉区中央2-7-28 (セイコー仙台ビル) (022)227-4171
〒460-0002 名古屋市中区丸の内1-8-24 (権堂第5ビル) (052)223-4476
〒730-0037 広島市中区中野7-16 (ボレスター広島) (082)248-1020
〒810-0801 福岡市博多区中洲5-1-22 (松月堂ビル) (092)271-2538

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.
- 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.	Skindiving without scuba.	Genuine diving using scuba or heliumpgas.	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 "C" marks inscribed on the back of your watch case.	5 BAR.	○	○	×	×	×
	10 - 15 - 20 BAR.	○	○	○	×	×

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.

PRECAUTIONS ON WEARING YOUR WATCH

Take utmost care in the following cases:

- When clasp and unclasp 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.

REMARKS ON THE BATTERY

REMARKS ON THE BATTERY

BATTERY LIFE INDICATOR

The battery needs to be replaced within two or three days when you see the second hand moving in two second intervals instead of the normal one second interval. The watch will, however, remain accurate while the second hand is moving in two second intervals. In that case, immediately have it replaced with a new one by the retailer from whom the watch was purchased or an ALBA DEALER.

NOTES ON THE BATTERY

- 1) Battery life
 - If new normal batteries are installed, this watch operates for approximately 2 years.
 - Two batteries are installed in your watch. When the second hand on the display stops moving, replace both the batteries with new ones immediately. In that case, it is recommended that they be replaced with new ones at a time even if the hands on the other display are still moving.
- 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) When replacing the battery, please specify the "ALBA BATTERY" at retailer from whom your watch was purchased or at an ALBA 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.

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 uses externally-energized luminous material which doesn't contain any radioactive substance. 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 32,768Hz
2. Loss/gain Average monthly rate : less than ±20 seconds (in temperatures of between 5°C and 35°C on your wrist)
3. Operational temperature range -5°C~+50°C
4. Driving system Step motor, 2 pcs.
5. Battery Miniature silver oxide battery, 2 pcs. (SB-A5 and SB-A6)
6. Battery life Approx. 2 years (for the display of 3 hands; representing the life of the two batteries)
7. IC (Integrated Circuit) Oscillator, frequency dividing and driving circuits (C-MOS-IC), 2 pcs.

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

PERIODIC CHECK



- We suggest that you have your watch checked by an 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 an ALBA DEALER when checking the watch or the battery is replaced.