Thank you for your

purchase of our product.

To ensure prolonged use

and optimum performance.

please read this instruction

familiarize yourself with the

Instruction Manual in your

hand and refer in time of

manual carefully and

Please keep this

need.

terms of the guarantee.

2 This watch move to charge the

electric energy. **This watch use the recharge battery instead of the silver oxide battery cell in the common quart

ur hand, the minute nano, and is mall second hand addition to displaying the time, s watch also has a calendar date function), the stopwatch notion(measures in 1/5 second crements with 60 minutes watch the alarm function(12 Hours in 160).

system). The stopwatch also can measur split times (elapsed time from a starting point to a certain point selected by the user). When the battery runs low, the

battery runs low, and will advance : per tick to alert yc

4. Functions

*Product specifications may be changed without prior notice.

for 1 hour a day and the alarm use less than

Small second hand Alarm Hour & Minute hands Dial The solar cell and battery are located under the dial.

> ★Depend on the model, the position of the crown and the date indicator may be different.

(#a-}*§*() (1,6,1-=

Stopwatch Minute hand

Crown 2nd step: Time adjustment

The stopwatch hand set 0 position

Crown 0 step :Normal position

♦ How to use the watch

[Name and function of each part]

Stopwatch 1/5 second

Hour hand

This watch will start running whenever light strikes its face.
 This watch will continue to run for approximately 6 months once it is fully charged.
 If it is not exposed to a light it may stop running in about 6

Please exposes it to light when to restart the watch or the

Please exposes it to light when to restart the watch or the watch's power is low. Even if the watch is at a stop, the instant-startup function instantly restores operation at 2-second steps when it is exposed to sunlight or strong light.

However, in the state where the operation turned to 2-second steps, further expose the light until to the watch become normal 1-second step operation.

Continue charging until the second hand begins to move at 1-second steps. (refer to the standard required charging time)

It does not need to be fully charged. However we recommend fully charging it when you start to use the

watch.

*The 2-second steps operation means the second hand move at 2-second steps.

⚠ CAUTION

3e careful the watch internal parts may becomes overnieal or darinage, our put on bright light (such as the lighting of taking photographs, the spot light, the incandescent lamp similar) too close when you charge the battery. Please note when the watch charges the sunlight put on the dashboard of note. It may become swarten.

Keep the watch internal temperature below 60°C.

[When the second hand begins to move at 2-second steps during use] When the power-low alert is activated, the second hand begins to move at 2-second steps. When this occurs, there is a possibility that the watch will stop running within a day, so charging is necessary. Charge the watch sufficiently, refer to the Guideline day, so charging is necessary. Charge the watch sufficiently, refer to the Guideli or echarge times. It doesn't failure which the second hand moves at 2-second steps Although the stowartch function doesn't working.

stopwatch function doesn't working. The stopwatch hand reset to 0 minute 0 second when the second hand moves at

function cannot set when the second hand moves at 2-second steps. It

doesn't fallure.

The alarm time setup is cancel, and the sound stops sounding when the second hand moves at 2-second steps.

The recharge time to become definitely 1-second steps to rone day Recharge place The time of need (Standard) to fully recharge need to run the watch for one day to fully recharge Fluorescent lamp n ordinary office Approx, 60 hours Approx. 3 hours 30 W 20 cm Annrox 15 hours Annrox 35 minute Sunlight Approx. 30 hou Sunlight Fine weather Approx, 5 hours Approx. 40 minutes Approx. 5 minutes

◆ Guideline to recharge times

*Please understand that the values above are given for reference only.

design. This watch has the overcharge prevention mechanism. This watch doesn't broke that charge over the time of need to fully recharge. And it works the over-charge prevention mechanism automatically when this watch will be fully charge.

◆ Zero position adjustment /Time adjustment of the stopwatch hands

[Screw-lock type crown model]
Depending on the model, it will be lock the crown screw into the case, the screw-lock type crown model.
This type of watch can be operated as describe below;
① When adjusting the date and time, at first turn the crown counterclockwise and loosen the screw.
② After adjusting the date and time, turn the crown clockwise while pushing it, and tighten the screw firmly until stops.

[Screw-lock type button model]
Depend on the model, it will be lock the button ring (the ring around the button) into the case, the screw-lock type button model.
This type of model, please carry out the following operation

- Before operating the button, first turn the button ring to the counterclockwise to loosen it until stop the
- screw.

 If it is not loosened completely, the button may not operate. Also do not force it to turn.

 After operating the button, turn the button ring to the clockwise until stop the screw.

 Do not tighten it excessively.

In this watch, the time and the zero position of the stopwatch hand can be adjusted when the crown is pulled out to the 2nd step.

Please push the crown in to the normal position after make sure to check the following and

In order to prevent injury to you and others, as well as damage to property, make sure to read and follow the instructions marked with

A demarcation with this symbol represents the contents assuming immiment danger for death or serious injury when the product is used in any

the symbols below

⚠ DANGER

⚠ WARNING

⚠ CAUTION

Failure to follow the ins

Failure to follow the instruction



o'clock position. (The small second hand will stop moving.)

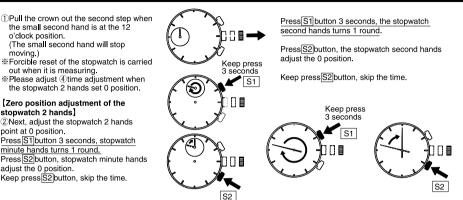
#Forcible reset of the stopwatch is carried out when it is measuring.

Please adjust (1) time adjustment when the stopwatch 2 hands set 0 position.

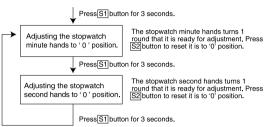
[Zero position adjustment of the stopwatch 2 hands]
②Next, adjust the stopwatch 2 hands point at 0 position.

Press S1 button 3 seconds, stopwatch minute hands turns 1 round.

Press S2 button, stopwatch minute hands adjust the 0 position. Keep pressS2 button, skip the time.



③ It can adjust the stopwatch again. Please reunite in this turn.



※ You can readjust these items any number of times.

Time adjustment

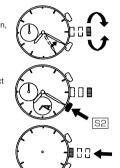
4 Turn the crown, adjust the time. *Since this watch has the calendar function, please do not confuse AM and PM setting when adjust the time. The date will change the time is '0:00 AM'. When setting the time, first advance the hand a few minutes past the current time and then back the hand slowly to the correct

time.

SPressS2button, alarm hands sets current

time.
Keep press[S2]button, skip the time.

(6) All adjusting finished, push the crown into the normal position (0 step), when setting it to the time signal.



[How to adjust the date]

⚠ CAUTION

**Do not adjust the time at following time zone, since the watch is changing the date during that period.

9:00 PM -1:00 AM

If you adjust the date during this interval, the date shown may not change on the next day or it may cause a malfunction.

hour hand outside of this period. Then you can adjust the date.



◆ How to use the stopwatch

- 2 Turn the crown clockwise, adjust the
- 3 Push the crown into the normal
- Depend on the model, the position of the date indicator and the crown may
- Adjust the date at the end of month

2 Press the S2 button to set the alarm time

advance them further to set the alarm time. When the alarm time setting is the same as the current time, the alarm time will be cancelled. If you keep pressing the SZ button, when the alarm time equals the current time the hands will stop. To set the alarm time, release the SZ button and press it again.

When current time is 10:08 AM, the alarm

3 After you have completed setting the alarm, push in the crown.
 *The alarm will not sound while the crown is

can be set for as late as 10:07 PM

*If the hands go past the desired time,

sing the button to advance the

Keep pressing hands rapidly.

· **D**

The stopwatch can measure up to 60 minutes in 1/5 second

- After 60 minutes it will automatically stop.

- After 60 minutes it will automatically stop.
 Time read by the stopwatch second hands (center) and the stopwatch minute hands (12H position).
 Split time measurement is available.
 How to read the stopwatch hands
 The time measured are indicate by the two stopwatch hands (stopwatch second hands, stopwatch hour minute hands).

(The stopwatch hands 0 position)

You need to adjust 'Zero position adjustment of the stopwatch hands', if the stopwatch hands do not return to '0' position whethe stopwatch reset.

OHow to stop alarm sound while sounding,

○How to modify or cancel the alarm setting

When the alarm time is reached, the watch will sound an alarm for 20

seconds. To stop the sound, press either the Silbutton or Silbutton.

*The alarm sound will be different from the normal alarm sound while the stopwatch hand is rotating. This is not failure.

② Press the S2 button and you can modify alarm setting. Keep pressing

The button to advance the alarm time rapidly.

To cancel the alarm setting, press the S2 button and make the alarm time equal the current time.

3 After correcting or cancelling an alarm, press in the crown.

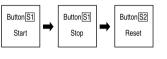
- The 0 position adjustment of stopwatch hands are adjust
- simultaneously that to adjust the desire time. →Please refer to ◆Zero position adjustment /Time adjustment of

How to reset the stopwatchWhen the stopwatch hand is r

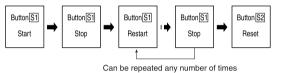
- When the stopwatch hand is moving
 Press the S1 button to stop the stopwatch.
 Press the S2 button to reset the stopwatch.
- The stopwatch will stop counting in the three owing cases
- Fully stopped

 Reset it with the S2 button.
- Stopped showing the split time(stopwatch keeps counting time)
 Press the S2|button and the stopwatch hands will advance rapidly.
- Then the stopwatch will start counting.
- Stop the stopwatch with the S1 button
- 3 Reset it with the S2 button.
- Stop while showing the split time (the stopwatch stops counting) 1) Press the S2 button and the stopwatch hands will advance rapidly and
- 2 Reset it with the S2 button.

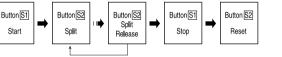
OStandard measeurement



OAccumulated elapsed time measurement

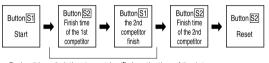


O Split time measurement



Can be repeated any number of times

Measurement of two competitors



During this period, the stopwatch will show the time of the 1st runne

This is alarm will only sound once, at the specified time. After the alarm

In is a larm will only sound once, at the specified time. After the alarm has sounded, the alarm setting will be cancelled.

The alarm time can be set up to 11 hours and 59 minutes ahead of the current time, in one minute steps.

The alarm hands display the current time when the alarm time is not set. They show the alarm time setting when the alarm is set.

 $\langle \text{How to adjust the alarm time setting} \rangle$ Adjust the alarm time setting using the time adjustment instructions for

the basic watch. (→ See ♦ 'Zero position adjustment/Time adjustment of the stopwatch

◆ Handling precautions

Magnetic field strength (unit: A/m)

(1) Water-proof performance

♠ WARNING

Water resistant

Water resistant
for daily use
Enhanced 0 0 × × | × 0 0 0 0 ×

⚠ CAUTION

Make sure the crown is pushed in (0 step) when wearing the watch. If your watch is the screw-lock type crown and the button, make sure these are securely

is the screw-lock type crown and the button, make sure these are securely tightened.

Do not turn or pull out the crown and the button under the water in the wet condition. Water may enter inside the watch and degrade water-proof capability.
For a non-water resistant for daily use watch, pay attention to temporary splashed waterdrops (water splash at facewashing, rain etc.) and sweat. If the watch becomes wet from water or sweat, wipe it off with dry soft cloth.
The venif you are wearing a watch that is a water resistant for daily use, do not expose it directly to the powerful flow of water running from a water tap. The water pressure exceeding waterproofing performance can be encountered and may deteriorate water-proofness.
If your watch is water resistant for daily use, rinse the case with fresh water thoroughly when it is dipped in seawater. Then wipe the watch dry to prevent rust.

rust.

If the leather band is dipped in the water, it may lose its durability and be discolored or unqued. When using the watch in the water, replace the band with other material (netal or rubber) in advance.

There are slightly humidity inside the watch. If outer temperature is lower that inside the watch, the glass surface may become cloudy. If the cloudy of moisture is only temporary, the internal mechanism will not be damaged. However, if it remains cloudy for a long time, or if there is moisture inside the watch, consult your purchase shop or the Customer Service.

(2) Power supply (Recharge battery)

Pull the crown to 1st step

(2) Power supply (Recharge battery)

This watch uses a special recharge battery that is different from the normal batteries. The recharge battery can return to charge, it different from the normal batteries. It may fall the battery capacity and the charge efficiency depends on usable years and the environment. Please contact to your purchase shop or the Repair Service Center if you feel the fall of performance.

2Please note that this watch doesn't keep the amount of charge, even if you pull the crown out and stop the watch.

①Do not pull out the recharge battery.
②Please contact your purchase shop or the Repair Service Center when replace recharge battery, because the replacing needs the technical knowledge, the special tool and the technology.
③Note carefully that if installed in the ordinary silver oxide battery were

even cause to explodes, overheats or ignites. The watch is designed, if the ordinary silver oxide battery installed, it will not provide power to the

nulled out

(4) Shock This watch is not influenced by light sports such as golf. When you are engaged in more vigorous sports, you should take the watch off

vigorous sports, you watch off. ② Do not drop the watch on the floor or hit it against the hard surfaces.



(5) Magnetic field

① The watch is not influenced by the electromagnetic fields produced by home electric appliances.

⚠ CAUTION

2 Keep the watch away from the magnets, magnetic health aids (gadgets for relieving stiff shoulders, bracelets, etc.), electric mah

- magnetism. Refer to the following for the strength of the display and the magnetic field which can be borne.

 ANTIMAG. I. "I can withstand a magnetic field up to 4,800 A/m (60 gauss)

 ANTIMAG. II "I can withstand a magnetic field up to 16,000 A/m (200 gauss)

 If the watch is left in a strong magnetic field for along time, its part will become magnetized and result in a malfunction.

 The watch that is damaged by strong magnetic fields may gain or lose time for a while. However if it is moved away from the magnetic field it will regain its original accuracy. In this case, correct the time.
- Magnetic fields of various magnetic products and electrical products.

 | Magnetic field strength (unit: A/m) | Judgment |
- jong tables, etc, which produce the strong magnetism.

 If "ANTIMAG. I" or "ANTIMAG. I" is inscribed on the watch, it neans that your watch has been made further resis nagnetism. Refer to the following for the strength of the display and

(6) Refer to the table below for strength of the magnetic field about the electric or magnetic products produced.

| realine or product | Proximity | ANTIMAG I | ANTIMAG II | Separated by at least 5 cm | ANTIMAG I | ANTIMAG II |
|-------------------------------------|---|-----------|------------|---------------------------------|-----------|------------|
| Magnet for holding papers (DC) | 23,900 - 71,600 (300 - 900 gauss) | × | × | 200 - 1,200 (2.5 - 15 gauss) | 0 | 0 |
| TV set (AC, DC) | 500 - 1,200 (6 - 15 gauss) | 0 | 0 | 0 - 400 (0 - 5 gauss) | 0 | 0 |
| Refrigerator magnet (DC) | 31,800 - 63,700 (400 - 800 gauss) | × | × | 400 - 3,200 (5 - 40 gauss) | 0 | 0 |
| Magnet of telephone set speaker(DC) | 2,400 - 3,600 (30 - 45 gauss) | 0 | 0 | 300 - 400 (4 - 5 gauss) | 0 | 0 |
| Electric shaver (AC) | 6,400 - 11,900 (80 - 150 gauss) | × | 0 | 400 - 800 (4 - 10 gauss) | 0 | 0 |
| Stereo speaker (DC) | 600 - 20,000 (8 - 250 gauss) | Δ | Δ | 0 - 3,200 (0 - 40 gauss) | 0 | 0 |
| Furniture magnet (DC) | 47,800 - 63,700 (600 - 800 gauss) | × | × | 800 - 1,200 (10 - 15 gauss) | 0 | 0 |
| Magnetic pad (DC) | 47,800 - 119,400 (600 - 1,500 gauss) | × | × | 0 (0 gauss) | 0 | 0 |
| Magnet for necklace (DC) | 63,700 - 95,500 (800 - 1,200 gauss) | × | × | 40 - 80 (0.5 - 1 gauss) | 0 | 0 |
| Magnet stone of handbag (DC) | 28,700 - 63,700 | × | × | 0 - 240 | 0 | 0 |

SONo influence, X:Influenced A:Varies with part or model

The figures above are for reference only. The intensit of magnetic field may vary with each magnetic product or electrical appliance.

The figures above are for reference only. The intensit of magnetic field may vary with each magnetic product or electrical appliance.

Therefore, the intensity may significantly differ from moving object

a short distance apair.

Therefore, the intensity may significantly differ from moving object

Therefore, the intensity may significantly differ from moving object

Therefore, the intensity may significantly differ from moving object

Therefore, the intensity may significantly differ from moving object

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Therefore, the intensity may significantly differ from moving object

Therefore, the intensity may significantly differ from moving object

Therefore, the intensity may significantly differ from moving object

Therefor

(6) Vibration

If the watch is subjected to

(7) Temperature Do not leave the watch in a place, subject to direct sunlight or high temperature for a long time. Do not leave the watch in an extremely cold place for a long time.

outside the normal temperature range of the product for a long time, that the watch becomes to stop, the battery may leak, or the battery life may be shortaged. This watch is adjusted to





(8) Chemicals, gasses, etc. In the case, please note it may be discolored, transformed or damage the case, band, dial and the resin parts which if the watch comes into contact with gases, mercury, or

osmetics containing any of those

▲ CAUTION Please carry out neither decom reconstruction of our products. **⚠**WARNING

Store the band, the pin and other small parts out of the reach of infants. If any small parts are swallowed, immediately contact a doctor

(9) About products and accessory parts

A CAUTION

If you have a skin rash or abnormally irritated skin due to exposure to leather, metal or soft/hard plastics and urethane stor wearing the watch immediately and consult a medical specialist.

paint on the hands and dials.
The Luminous light paint is safe paint which stores light without using any radioactive material. It stores light from radioactive material it stores ignit from sunlight and artificial light and emits that light in a dark setting. As the paint discolor the stored light, its will become dimmer over time. The amount of light emitted and over ume. I he amount of light emitted and the time that light will be emitted depend on various factors when the light is stored, such as the shape of the glass, the thickness of the paint, surrounding watch to the light source, and the light absorption level. Please note when is not store enough light energy, the watch may emit weak light or emit light on for only a

Some watch uses the nylon band or the leather band, carried out special processin which is hard to absorb even if it touches sweat and water. Since an effect deteriorates according to usable years and operating condition,

◆ How to use the rotating bezel ◆ Water-proof processing band ◆ System reset

Check your watch and please use correctly. Turn the rotating bezel and point the triangle mark (abla) points at the minute hand. After some time has elapsed, you can read the amount of elapsed time by looking at the number (point) on the rotating bezel where the minute hand is currently pointing. By pointing the triangle mark(abla) at a target time in the future, you can read the remaining time. The rotating bezel has the Latchet-device with the reverse-rotation prevention system.

rotation prevention system.

Therefore it prevents an unprepa turn by the shock, and it can easy set the scale, too.

- e second hand will stop.)

 In the crown to loosen the screw and the after pull out [Screw-lock type crown model]). the S1 and S2 buttons three seconds
- ∄CI∎→ SI Push three simultaneou

⚠ CAUTION

◆ For extended use

- intenance of the case and the band and moisture on the case and band may interfere with the watch functions, cause rashes to person with susceptible skin, or soil the cuffs of clothing, a soft cloth to wipe off dirt and moisture and keep the watch clean. Especially the makes direct contact with the skin, remove dirt periodically.



(10) Use at high temperature

Warranty and service

Repair Service Center, along with its warranty card. We will repair of the Please read the warranty card well, the terms of the warranty eriods of parts for repair epair epair parts for this watch will be available for seven years after production of the watch is

< Inquiry by Telephone > Customer Service

Tel: +81-50-3155-8290 < Selling Agency

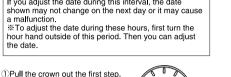
Watch repair center

29th Floor,JR Shinjuku Miraina Tower,4-1-6 Shinjuku, Shinjuku-ku,Tokyo 160-8801 Japan Tel: +81-3-5919-5211

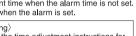
Shi, Nagano 392-8502 Japan Telephone: +81 266-52-3131





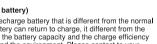






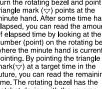






(3) Replace of recharge battery





Rotating bezel

Some watch uses the nylon band or the leather band, carried out special processing which is hard to absorb even if it touches sweat and water. Since an effect deteriorates according to usable years and operating condition

ease carry out the following operation and then it will be normal oving when you find the malfunction or the hands moves the 1-cond interval moving at full charge.

- Place (Second Panel Position)

 3 Push the button the normal position.

 The second hand will start moving.

 The second hand move 2 second interval, it is not
- charge fully.

 Please charge the battery to 1-second interval moving.

 (See ♦ Guideline to recharge times)

 8 Set the stopwatch hands at 0 position, time and date when the second hand is moving the 1-second interval moving.

 (See ♦ Zero position adjustment of the stopwatch 2 hands and ◆Time adjustment) (See ◆How to adjust the date)

These are finish to set the Zero position adjustment the stopwatch 2 hands, time and date.

-**1**∎ n n **4**--

- Use a survey.

 band makes direct contacts and classes corrode or rust. It was a proof too.

 When off dirt, using a soft cloth, etc. Do not use any chemical because it may discolor in the case.

 [Metal bandsture and dirt, then it case corrode or rust. And the bands will be lower the durability, the strength. It soft the cufts of clothing too.

 Wipe off dirt, using a soft toolthorush with soap water. Be note do not enter the water to the non-water resistant watch. Leather band]
 Keep the moisture and dirt, then it case discolor. And the bands will be lower the durability, the strength. It soil the cuffs of clothing too. Remove moisture and dirt using a soft dry cloth. Do not rub the leather because this may cause the color to face. It cause to discolor when lights the strong light and ultraviolet rays.

 Soft plastic band.
- Depending on usable years, the material may harden, crack or break. In this case, replace it with a new band, ing the case and the band into contact with the mercury (found inside a thermometry) or other chemicals, cosmetics, because they may discolor.

 3 Tighten the band so that you can just slip one finger between the band and your wrist, in order to allow air to circulate. Do not store the leather band in high temperature or high humidity Be careful the case and the band may comes off, drops when the pin used for the joint part of the case, the band and the joint parts pieces of the metallic band rusts. In rare case, you
 - might also be injured.

 § Please stop wearing, in case the case and the band corrodes become sharp or the band pin jump up. And please consult your purchase shop or the Customer Service.

 § Treatment of the rotating bezel Your watch has the rotation bezel, that become damaged the watch function in the case, when stock dirt etc, under the rotation bezel, Brush off dirt using a soft toothbrush and keep it clean.
 - When do your watch overhaul, contact to your purchase shop or the Repair Service Center.

 Please specify "genuine parts" and we also recommend replace the packing and spring bar

▲ CAUTION Do not use the watch at high temperatures, such as in a sauna. You may be burned when the watch heats up.

⚠ WARNING

◆ Allergic reactions ◆ Luminous light ◆ Water-proof processing band

Some of our products uses Luminous light

♦ Contact Information

Telephone: +81-42-847-3380 < Reception of Items for Repair>

Seiko Epson Corporation 390 Shiojiri-machi, Shiojiri-shi, Nagano-ken.399-0796 Japan

EPSON SALES JAPAN CORPORATION

SEIKO EPSON CORPORATION

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