SEIKO

INSTRUCTIONS

A825　デジタルウオッチ

T-5

Thank you very much for choosing a SEIKO watch. For proper and safe use of your SEIKO watch, please read carefully the instructions in this booklet before using it.

Keep this manual handy for easy reference.

※ Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased. If you cannot have your watch repaired by the retailer from whom the watch was purchased because you received the watch as a gift or you moved to a distant place, please contact SEIKO CUSTOMER SERVICE CENTER.
The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.

※ If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.

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Handling Precautions

⚠WARNING

To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

· Immediately stop wearing the watch in the following cases.
○ If the watch body or band becomes edged by corrosion, etc.
○ If the pins protrude from the band
※ Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

· Keep the watch and accessories out of the reach of babies and children.
Care should be taken to prevent a baby or a child from accidentally swallowing accessories. If a baby or a child swallows the battery or accessories, immediately consult a doctor as it will be harmful to the health of the baby or child.

· Do not remove the battery from the watch.
Replacement of the battery requires professional knowledge and skill. For battery replacement, please ask the retailer from whom the watch was purchased . Do not charge the battery. It may explode, generate heat or catch fire.

⚠CAUTION

To indicate the risks of light injuries or material damage unless the following safety regulations are strictly observed.

· Avoid wearing or storing the watch in the following places.
○ Places where volatile agents (such as polish remover, bug repellent, thinners, etc.) are vaporizing
○ Places where the temperature drops below 5 ℃ or rises above 35 ℃ for a long time
○ Places of high humidity ○ Places affected by strong magnetism or static electricity
○ Dusty places ○ Places affected by strong vibrations
※ Do not leave the old battery inside the watch for a long time. Battery leakage may occur.

· If you observe any allergic symptoms or skin irritation,
stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.

· Other cautions
○ Replacement of the metal band requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for replacement of the metal band, as there is a risk of hand or finger injury and a fear of lost parts.
○ Do not disassemble or tamper with the watch.
○ Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.
○ When disposing of used batteries, follow the instructions of your local authorities.
○ 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.

⚠WARNING

Do not use the watch in scuba diving or saturation diving.

The various tightened inspections under a simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on this watch. For diving, use special watches for diving.

⚠CAUTION

Do not pour running water directly from a faucet onto the watch.

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.

⚠CAUTION

Do not push the buttons when the watch is wet.

Water may get inside of the watch.

※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTMER SERVICE CENTER .

Do not leave moisture, sweat and dirt on the watch for a long time.

Be aware of a 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.

Features

■**MODE CHANGE WITH ROTARY SWITCH**
Mode change can be made easily by turning the rotating bezel.

■**TIME/CALENDAR FUNCTION**
The calendar adjusts automatically for odd and even months including February of leap years from 2018 to 2067. Changeover between 12- and 24-hour formats is possible.

■**TACHYMETER FUNCTION**
The average hourly speed of an automobile can be calculated and displayed from the time required to travel a given distance. For a circuit race, lap time measurement is possible, and the average hourly speed of each lap and the lap number are displayed. The distance to travel can be either selected from the seven preset distances or set as desired.

■**STOPWATCH FUNCTION**
The stopwatch can measure up to 99 hours, 59 minutes and 59 seconds in 1/100-second increments (in 1-second increments after 60 minutes). Split time measurement is possible.

■**TIMER FUNCTION**
Up to 99 hours and 59 minutes can be set in 1-minute increments for the timer. The timer repeats counting down the set time unless it is stopped manually.

■**ALARM FUNCTION**
The alarm rings daily at a designated time.

■**PANELIGHT (ILLUMINATING LIGHT)**
By pressing the dedicated light button, the light illuminates the display for three seconds.

Mode Change with Rotary Switch

· To change the mode, hold the two bezel knobs with the thumb and another finger, and turn the rotating bezel to align the desired mode name on the rotating bezel with the mode indicator (▲) on the fixed bezel.
· The rotating bezel can be turned either clockwise or counterclockwise.

Mode indicator
Rotating bezel
Bezel knob
Bezel knob
Fixed bezel
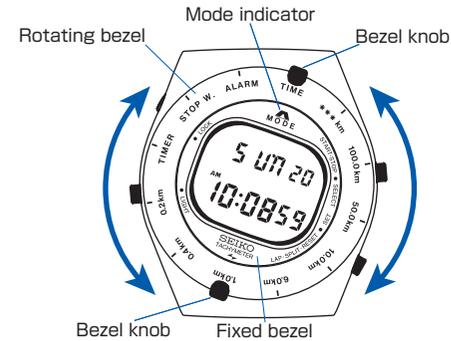
【CAUTION】
If sand or dirt enters the clearance between the rotating bezel and the watch case, the rotating bezel may not turn smoothly. If the watch is soiled with such foreign matter, rinse it off completely in a container of tap water.

Names of Buttons

· The buttons are named Ⓐ to Ⓓ in clockwise order from the one in the bottom left.
· Markings inscribed on the fixed bezel near each button indicate its main functions.

Button Ⓑ
Button Ⓒ
Button Ⓐ
Button Ⓓ
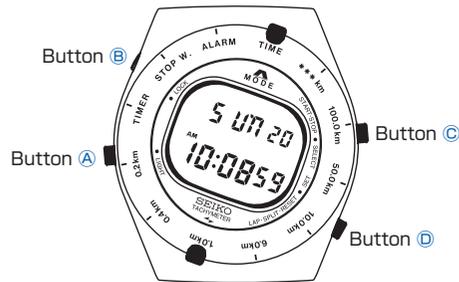
※ The markings on the bezels and the design of the watch may differ from model to model.

Mode Change and Functions of Each Mode

· To change the mode, turn the rotating bezel to align the desired mode name on the rotating bezel with the mode indicator (▲) on the fixed bezel. The rotating bezel can be turned either clockwise or counterclockwise.

〈Alarm mode〉　〈Time/Calendar mode〉　　　　　　〈Tachymeter mode〉

[To set a desired distance]　[100.0 km]　[50.0 km]　[10.0 km]

[0.2 km]　[0.4 km]　[1.0 km]　[6.0 km]

〈Stopwatch mode〉　〈Timer mode〉
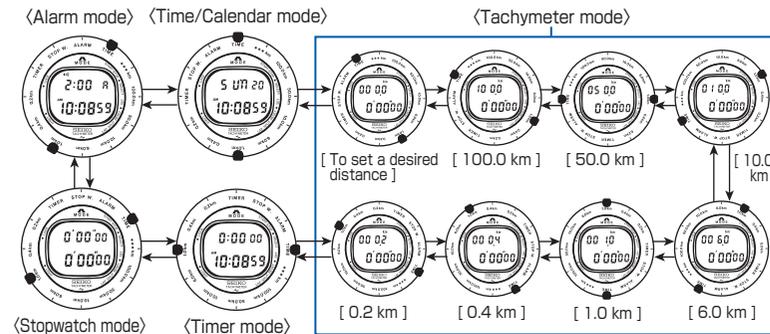
· Pressing Button Ⓐ turns on the Panelight (illuminating light) for three seconds in any mode.

|	Indication on rotating bezel	Functions	Refer to:
Time/Calendar mode	TIME	·Setting and display of time, date and day of week ·Fully automatic calendar from 2018 to 2067 ·Turning on/off of hourly time signal/button operation confirmation sound; and alarm test	P. 66
Alarm mode	ALARM	·Rings daily at a designated time. ·Can be engaged/disengaged as desired.	P. 70
Stopwatch mode	STOP W.	·Measures up to 99 hours, 59 minutes and 59 seconds in 1/100-second increments (1-second increments after 60 minutes). ·Split time measurement is possible.	P. 73
Timer mode	TIMER	·Can be set to count down up to 99 hours and 59 minutes in 1-minute increments. ·Repeats counting down the set time unless stopped manually.	P. 78
Tachymeter mode	Seven preset distances and "∗∗∗ km" (to set a desired distance)	·Calculates average speed from the time required to travel a given distance. ·The distance to travel can be either selected from preset distances or set as desired. ·Lap time, lap speed and lap number can be displayed up to 99 laps. ·Average speed over all laps is displayed.	P. 81

Marking Descriptions

AM PM [AM/PM mark] : Shown when the current time is shown in a 12-hour format.

km [Distance mark] : Indicates distance to travel in Tachymeter mode.

km/h [Speed mark] : Indicates average hourly speed in Tachymeter mode.

COUNT [Lap number mark] : Indicates lap number when the lap time measurement function is used in Tachymeter mode.

LAP [Lap mark] : Flashes after a lap time has been measured, indicating that the next lap time is being measured. Remains lighted while the measurement is stopped.

◀))) [Alarm mark] : Shown when the alarm is engaged.

🔔 [Hourly time signal mark] : Shown when the hourly time singal/button operation confirmation sound is turned on. When it is turned on, the hourly time signal rings every hour on the hour.

How to Use Time/Calendar Mode

(1) Buttons and functions

·Turn the rotating bezel to align "TIME" with the mode indicator (▲). The Time/Calendar mode will be shown. The day of the week and date, and the current time are shown in the upper and lower rows, respectively.

Mode indicator "TIME"

Button Ⓑ   Button Ⓒ

Button Ⓐ   Button Ⓓ

Rotating bezel
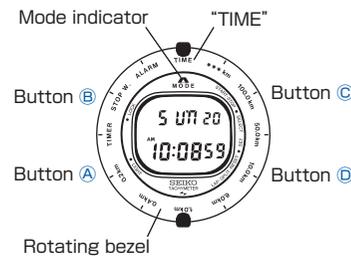
Button Ⓐ : To turn on Panelight (illuminating light)
Button Ⓑ : To activate/deactivate Time/Calendar Setting function
Button Ⓒ : To select digits to be adjusted
Button Ⓓ : ·To set digits to be adjusted
             ·To turn on/off hourly time signal/button operation confirmation sound
Button ⒸⒹ (Press and hold simultaneously) : To perform alarm test

(2) How to set the time and calendar

①Press Button Ⓑ to activate the Time/Calendar Setting function. The seconds digits start flashing.
②With each press of Button Ⓒ, the digits to be adjusted (flashing) can be selected in the following order:

[Seconds]   [Minutes]   [hour]   [Date]

[12/24-hour format]   [Year]   [Month]
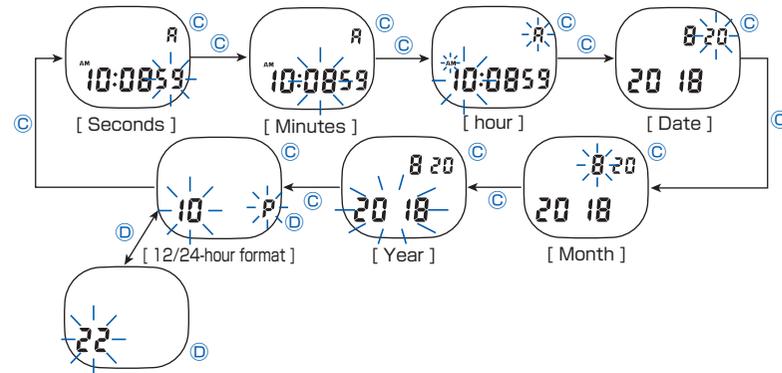
※Once the year, month and date are set, the day of the week is set automatically.

③Press Button Ⓒ to select the flashing seconds digits, and then, press Button Ⓓ in accordance with a time signal. The seconds are reset to "00."

　※If Button Ⓓ is pressed while the seconds digits count any number between 30 and 59, one minute is added and the seconds digits are reset to "00."
　※The telephone time signal service (TEL 117) is useful for setting the seconds accurately.

④Press Button Ⓒ to select the digits to be adjusted (flashing), and then, press Button Ⓓ to set them. With each press of Button Ⓓ, the digits other than seconds increase by one.

　※The digits move quickly by pressing and holding Button Ⓓ.
　※To set a 12/24-hour format, the format changes over with each press of Button Ⓓ.

⑤ After the time/calendar setting procedure is completed, press Button Ⓑ to return to the Time/Calendar display. If the watch is left untouched with the digits flashing, the display automatically returns to the Time/Calendar in 3 to 4 minutes.

※The watch is equipped with a fully automatic calendar. The year, month, date and day of the week are pre-programmed from 2018 to 2067. During those years, the calendar adjusts automatically for odd and even months including February of leap years.
※While the time/calendar setting is being made, all the digits of the display may light up. This is not a malfunction. In that case, press any of the buttons to return to the Time/Calendar display, and then, resume the setting procedure from Step ① of (2) above.

(3) Alarm test and turning on/off of hourly time signal/button operation confirmation sound

●The alarm sound can be tested by pressing and holding both Buttons Ⓒ and Ⓓ at the same time in the Time/Calendar mode. The alarm mark (◀))) flashes while the buttons are kept pressed.

●With each press of Button Ⓓ in the Time/Calendar mode, the hourly time signal/button operation confirmation sound is turned on and off alternately. When it is turned on, the hourly time signal mark(♧) lights up.

　※While the hourly time signal/button operation confirmation sound is turned on, the hourly time signal mark (♧) is displayed in any mode.

Hourly time signal mark

[Hourly time signal/button operation confirmation sound is turned OFF]　　　[Hourly time signal/button operation confirmation sound is turned ON]
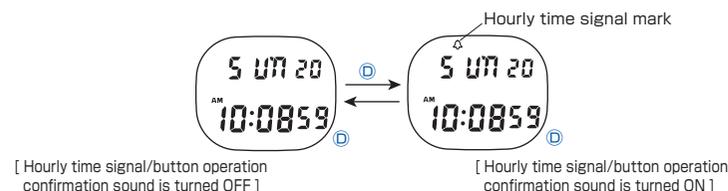
How to Use Alarm Mode

・The alarm rings daily at a designated time.
・Engagement/disengagement of the alarm can be made.

(1) Buttons and functions

・Turn the rotating bezel to align "ALARM" with the mode indicator (▲). The Alarm mode will be shown. The designated alarm time and the current time are shown in the upper and lower rows, respectively.
　※When the alarm is engaged, the alarm mark (◀))) is displayed.

Mode indicator　　"ALARM"

Alarm mark

Button Ⓑ　　　　　　　Button Ⓒ

Button Ⓐ　　　　　　　Button Ⓓ

Rotating bezel

Button Ⓐ : To turn on Panelight (illuminating light)
Button Ⓑ : To activate/deactivate Alarm Setting function
Button Ⓒ : To select digits to be adjusted
Button Ⓓ : ・To set digits to be adjusted ・To engage/disengage alarm
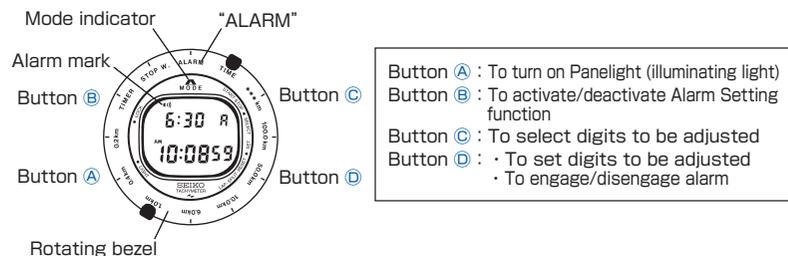
(2) How to set the alarm

Ex.) To set the alarm time to "6:30 AM":
①Press Button Ⓑ to activate the Alarm Setting function. The hour digits start flashing.
　※ If the Time/Calendar display is set in a 12-hour format, flashing "A" (AM) or "P" (PM) is also displayed together with the hour digits.
②With each press of Button Ⓒ, the hour and minute digits flash alternately. Press Button Ⓒ to select the digits to be adjusted (flashing).
③With each press of Button Ⓓ, the flashing digits increase by one.
　※The digits move quickly by pressing and holding Button Ⓓ.
④After all the adjustments are completed, press Button Ⓑ to deactivate the Alarm Setting function. If the watch is left untouched with the digits flashing, the display automatically returns to the Alarm in 3 to 4 minutes.
　※By deactivating the Alarm Setting function, the alarm is engaged automatically, and the alarm mark (◀))) is displayed.

(Hour : 6:00 AM)　　　(Minutes : 30 minutes)
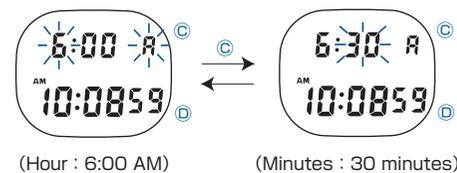
(3) Engagement/disengagement of the alarm

・With each press of Button Ⓓ in the Alarm display, the alarm is engaged and disengaged alternately.

※When the alarm is engaged, the alarm mark (◀)))) is shown .
※The alarm mark (◀))) is shown in any mode if the alarm is engaged.

Alarm mark (◀))) is shown   Alarm mark (◀)) is not shown

(Alarm will ring.)   (Alarm will not ring)
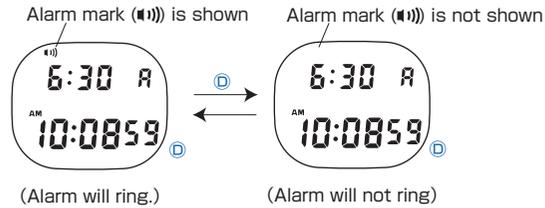
(4) How to stop the alarm sound

・The alarm rings at the designated time for 20 seconds.
To stop it manually, press any of the buttons, or turn the rotating bezel to change the mode to another.

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・The stopwatch measures up to 99 hours, 59 minutes and 59 seconds in 1/100-second increments for the first 60 minutes, and in 1-second increments thereafter.
・Split time measurement is possible.

(1) Buttons and functions

・Turn the rotating bezel to align "STOP W." with the mode indicator (▲). The Stopwatch mode will be shown. The split time and accumulated elapsed time are shown in the upper and lower rows, respectively.

Mode indicator   "STOP W."

Button Ⓑ   Button Ⓒ

Button Ⓐ   Button Ⓓ

Rotating bezel

|	
Button Ⓐ : To turn on Panelight (illuminating light)	
Button Ⓑ : Disabled	
Button Ⓒ : Start/stop	
Button Ⓓ : Split/reset	
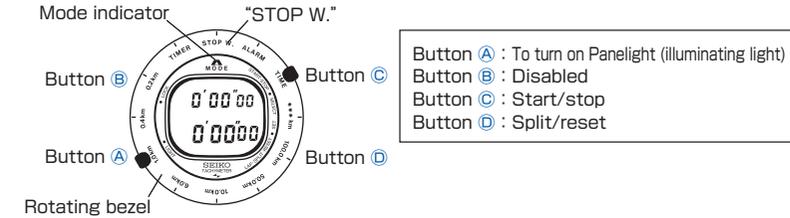
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[CAUTION]
If the rotating bezel is turned while the stopwatch measurement is in progress to change the mode to any other mode than the Time/Calendar or Alarm, the split time and the accumulated elapsed time you have measured are reset. When the mode is returned to the Stopwatch, [0' 00" 00] will be displayed in both the upper and lower rows. If the mode is changed to the Time/Calendar or Alarm, the split time and the accumulated elapsed time measured are retained, and the measurement is resumed when the mode is returned to the Stopwatch.

(2) Remarks on measurement increments

The split time and the accumulated elapsed time shown in the upper and lower rows, respectively, are measured in 1/100-second increments for the first 60 minutes, and in 1-second increments thereafter. Please note that the time is displayed in the format of [0' 00" 00] during the 1/100-second increment measurement and [0 : 00 00] during the 1-second increment measurement.

[Lower row : Accumulated elapsed time]   [Upper row : Split time]

In 1/100-second increments (59 minutes, 59 seconds 99)   60 minutes after start of measurement   In 1-second increments (1 hour)   In 1/100-second increments (20 minutes, 38 seconds 75)   60 minutes or more after start of measurement   In 1-second increments (1 hour, 8 minutes and 43 seconds)
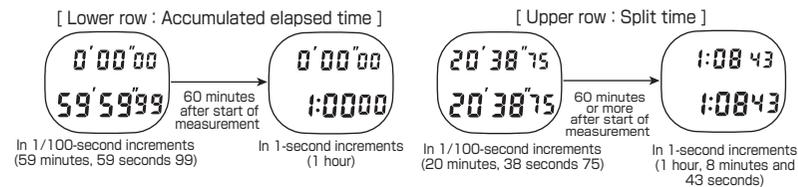
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(3) How to use the stopwatch

1) Accumulated elapsed time measurement

①Checking that the stopwatch has been reset, press Button Ⓒ to start measurement.
②Press Button Ⓒ to stop measurement.
③Press Button Ⓓ to reset the stopwatch.
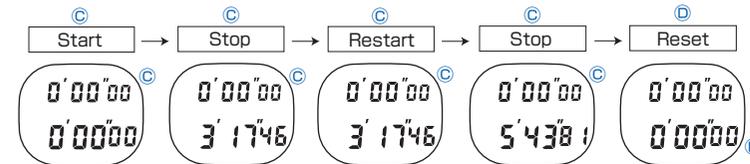
Ⓒ	Ⓒ	Ⓒ	Ⓒ	Ⓓ
Start	Stop	Restart	Stop	Reset

※The measurement can be stopped and restarted as many times as necessary by pressing Button Ⓒ.
※When the measured time reaches 99 hours, 59 minutes and 59 seconds, the stopwatch stops measurement automatically ("auto-stop"). In that case, press Button Ⓓ to reset the stopwatch.

["Auto-stop" has worked]

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2) Measurement of times of the first and second runners

①Checking that the stopwatch has been reset, press Button Ⓒ to start measurement.
②Press Button Ⓓ when the first runner reaches the goal to measure his/her time.
③Press Button Ⓒ when the second runner reaches the goal to stop the stopwatch.
④Press Button Ⓓ to reset the stopwatch.

Ⓒ		Ⓓ		Ⓒ		Ⓓ
Start	→	Finish of 1st runner	→	Finish of 2nd runner	→	Reset

Time of the first runner

| 0'00"00 Ⓒ	0'30"21 Ⓒ	0'30"21 Ⓒ	0'00"00
0'00"00	0'30"21 Ⓓ	0'33"68 Ⓓ	0'00"00 Ⓓ

Time of the second runner
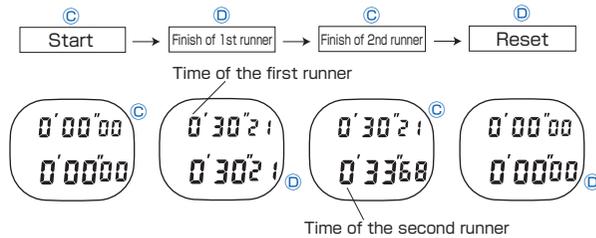
## 3) Split time measurement

①Checking that the stopwatch has been reset, press Button Ⓒ to start measurement.
②Each time the runner passes a measurement point, press Button Ⓓ to measure a split time.
　※The split time can be measured as many times as necessary by pressing Button Ⓓ.
③When the runner reaches the goal, press Button Ⓒ to stop measurement.
　※The total elapsed time is displayed in the lower row.
④Press Button Ⓓ to reset the stopwatch.

Ⓒ		Ⓓ		Ⓓ		Ⓒ		Ⓓ
Start	→	Split	┈┈>	Split	→	Stop	→	Reset

Split time

| 0'00"00 Ⓒ	20'38"75	3:09 35	3:09 35 Ⓒ	0'00"00
0'00"00	20'38"75 Ⓓ	3:09 35 Ⓓ	3:34 16	0'00"00 Ⓓ

Total elapsed time
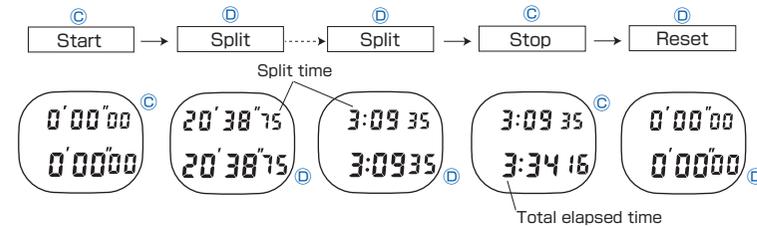
How to Use Timer Mode

· The timer counts down the set time in 1-second increments.
· Up to 99 hours and 59 minutes can be set for countdown in 1-minute increments.
· At the same time as the timer finishes counting down the set time, it starts counting again. It repeats counting down the set time unless it is stopped manually.

(1) Buttons and functions

· Turn the rotating bezel to align "TIMER" with the mode indicator (▲). The Timer mode will be shown. The countdown time and the current time are shown in the upper and lower rows, respectively.

Mode indicator　　　"TIMER"

Button Ⓑ

Button Ⓐ

Button Ⓒ

Button Ⓓ

Rotating bezel

| Button Ⓐ : To turn on Panelight (illuminating light) |
| Button Ⓑ : Disabled |
| Button Ⓒ : Start/stop |
| Button Ⓓ : · To set countdown time |
| 　　· Reset |
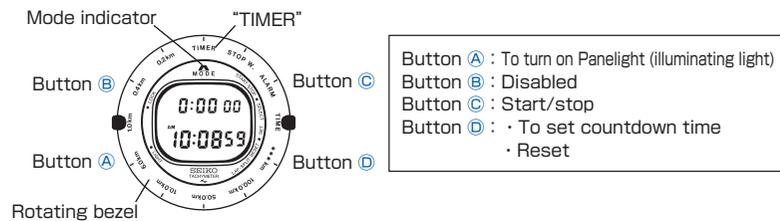
【CAUTION】
If the rotating bezel is turned to change the mode to another, the timer is reset, and the timer countdown time you have set is reset to "0: 00 00."

(2) How to set the timer

Ex.) To set countdown time to "20 minutes":
①Press Button Ⓓ to set the countdown time. With each press of Button Ⓓ, the digits increase by one minute.
　※The digits move quickly by pressing and holding Button Ⓓ. The countdown time increases in 10-minute increments.
②To correct the countdown time you have set, turn the rotating bezel to change the mode to another, and then turn it again to return the mode to the Timer. The countdown time is reset to "0: 00 00." Press Button Ⓓ to set the desired countdown time again.
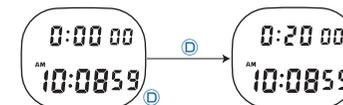
| 0:00 00	Ⓓ	0:20 00
AM 10:08 59 Ⓓ	→	AM 10:08 59

(3) How to start/stop/reset the timer

①Checking that the timer has been reset, press Button Ⓒ to start timer countdown.
②Press Button Ⓒ to stop timer countdown.
　※The countdown can be stopped and restarted as many times as necessary by pressing Button Ⓒ.
③Press Button Ⓓ to reset the timer. The countdown time you have set will be shown.

Ⓒ	Ⓒ	Ⓒ	Ⓒ	Ⓓ
Start	Stop	Restart	Stop	Reset
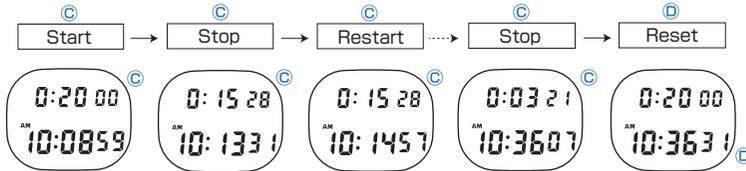
(4) End of countdown/repeat function

At the same time as the timer has finished counting down the set time, it starts another countdown. It repeats counting down the set time unless it is stopped manually.

[Countdown finished]　[Another countdown started]
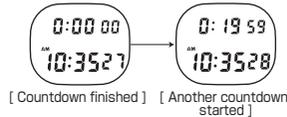
※When the set time is up, the time-up beep rings for five seconds and stops.
※To stop it manually, press any of the buttons.

How to Use Tachymeter Mode

· The average hourly speed of an automobile can be calculated and displayed from the time required to travel a given distance.
· The distance to travel can be either selected from the seven preset distances or set as desired.
· For a circuit race, the average hourly speed of each lap and the lap number are displayed.

(1) Buttons and functions

·Turn the rotating bezel to align a desired preset distance or "*** km" with the mode indicator (▲). The Tachymeter mode will be shown. The distance and the stopwatch are shown in the upper and lower rows, respectively.

Mode indicator　"*** km"
Button Ⓑ
Button Ⓒ
Button Ⓐ
Button Ⓓ
Rotating bezel

Button Ⓐ : To turn on Panelight (illuminating light)
Button Ⓑ : To display average hourly speed/ total time
Button Ⓒ : Start/stop
Button Ⓓ : · To set distance to travel
　　　　　　· Lap/reset
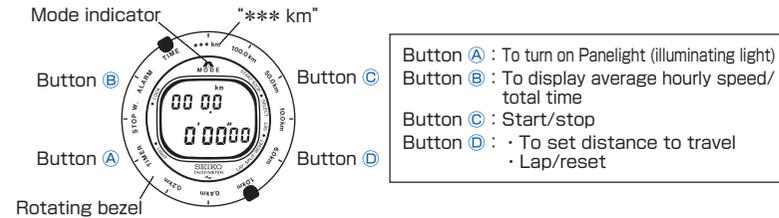
[CAUTION]

If the rotating bezel is turned while the tachymeter measurement is in progress to change the mode or tachymeter distance to another, the measurement is reset. When the preset distance set previously is selected again, the distance to travel and [0' 00" 00] will be displayed in the upper and lower rows, respectively. If "*** km" has been used before turning the rotating bezel, the distance you have set will be reset to "000.0 km."

(2) How to set distance to travel

1) To select from among 7 preset distances
Turn the rotating bezel to align a desired preset distance with the mode indicator (▲).

Mode indicator　"100.0 km"
Rotating bezel

2) To set a desired distance

①Turn the rotating bezel to align "*** km" with the mode indicator (▲).
②Press Button Ⓓ to set a desired distnace. With each press of the button, the distance increases by 0.1 km.
　※ The digits move quickly by pressing and holding Button Ⓓ . The distance increases in 1-km increments.
③ To correct the distance you have set, turn the rotating bezel to change "*** km" to another mode or distance, and then, return it to "*** km" again. The distance you have set will be reset to "000.0." Press Button Ⓓ to set it again.

Mode indicator　"*** km"
Rotating bezel

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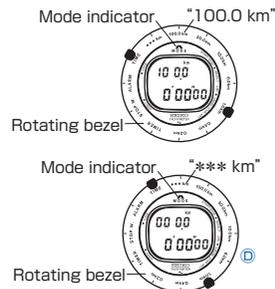
(3) How to use the tachymeter

※The blue digits in the illustrations below indicate that a measurent is in progress.

1) To measure time traveled and average hourly speed of an automobile

Ex.) When the distance to the destination is "100 km":
①Refer to "How to set distance to travel" on P. 82, and set the distance to travel to "100 km."
②Press Button Ⓒ to start measurement.
③When the travel is interrupted for rest or any other reason, press Button Ⓒ to stop measurement.
　※The measurement can be stopped and restarted as many times as necessary by pressing Button Ⓒ.
④When you reach the destination, press Button Ⓒ to stop measurment.
　※The average hourly speed and the total time are displayed in the upper and lower rows, respectively.
⑤Press Button Ⓓ to reset the tachymeter.

Ⓒ	Ⓒ	Ⓒ	Ⓒ	Ⓓ
Start	Measurement in progress	Stop (for rest)/ restart	Stop (arrival at destination)	Reset
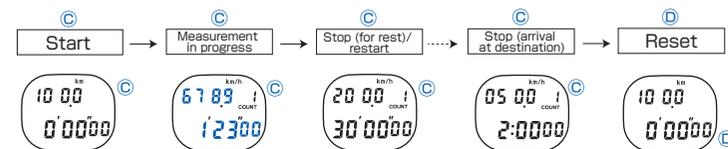
2) To measure time traveled and average hourly speed in round trip; those to and from destination, respectively, and in the whole trip

Ex.) When the distance to the destination is "100 km":

①Before reaching the destination during the forward trip, use the tachymeter in the same manner as in "To measure time traveled and average hourly speed of an automobile" on P. 83.

②When you reach the destination, press Button Ⓓ. The average hourly speed and the time traveled in the forward trip are displayed.

③Press Button Ⓒ to stop measurement.

④When starting the backward trip, press Button Ⓒ and Ⓓ once separately, regardless of the order.

⑤When the travel is interrupted for rest or any other reason, press Button Ⓒ to stop measurement.

　※The measurement can be stopped and restarted as many times as necessary by pressing Button Ⓒ.

⑥When you reach back the starting place, press Button Ⓒ. The average hourly speed and the time traveled in the backward trip are displayed.

⑦Press Button Ⓑ. The average hourly speed and the time traveled in the whole trip are displayed.

⑧Press Button Ⓓ to reset the tachymeter.
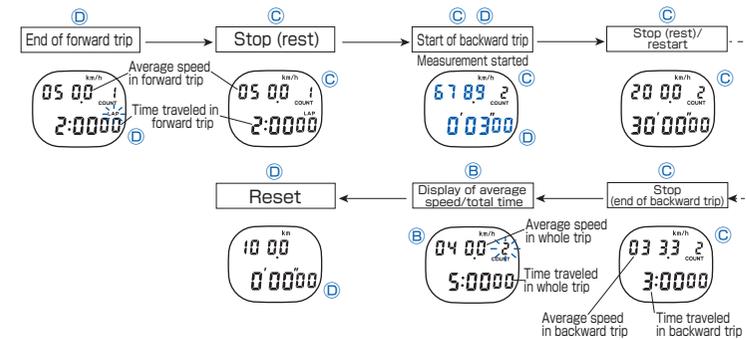
3) To measure, in circuit race, time required and average hourly speed of each lap and entire race

Ex.) When the race consists of 20 laps arouond a 4.8 km circuit course:

①Refer to "How to set distance to travel" on P. 82, and set the distance to travel to "4.8 km."

②Press Button Ⓒ to start measurement.

③When LAP 1 is completed, press Button Ⓓ. The average hourly speed and the time required in LAP 1 are displayed.

④Press Button Ⓓ to release the lap display for LAP 1 and show the measurement in progress for LAP 2. Repeat the steps ③ and ④ until LAP 19.

⑤When LAP 20 is completed, press Button Ⓒ to stop measurement. The average hourly speed and the time required in LAP 20 are displalyed.

⑥By pressing Button Ⓑ, the total number of laps starts flashing, and the average hourly speed and the time required in the entire race are displalyed.

⑦Press Button Ⓓ to reset the tachymeter.

(4) Remarks on error indication

The error indication appears in the following cases:

· When the average speed exceeds 1000.0 km/h, the average speed display ("-- --") in the upper row starts flashing.
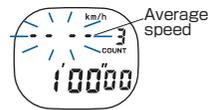
[Upper limit of speed is exceeded]

· When the total time of the entire laps exceeds 99 hours, 59 minutes and 59 seconds, the average speed display ("-- --") and the lap number ("2" in the example at right) in the upper row start flashing.
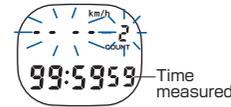
[Maximum measurable time is reached]

· If Button Ⓑ is pressed when the total number of laps has exceeded 99, the average speed display ("-- --") and the number of laps ("99") in the upper row start flashing.
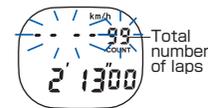
[Upper limit of number of laps is exceeded]

Average speed

Time measured

Total number of laps

Daily Care

● The watch requires good daily care

· Wipe away moisture, sweat or dirt with a soft cloth
· After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
※ If your watch is rated as "Non-water resistant" or "water resistant for everyday life," do not wash the watch. Do not pour running water directly from the faucet onto the watch. Put some water into a bowl first, and them soak the watch in the water to wash it.

Performance and Type → P. 92.
Water Resistance → P. 90.

Water Resistance

Refer to the table below for the description of each degree of water resistant performance of your watch before using.

(Refer to P. 92.)

Indication on the case back	Water resistant performance	Condition of use		
No indication	Non-water resistance	Avoid drops of water or sweat		
WATER RESISTANT	Water resistance for everyday life	The watch withstands accidental contact with water in everyday life.	⚠ WARNING	Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressures	The watch is suitable for sports such as swimming.		
WATER RESISTANT 10(20) BAR	Water resistance for everyday life at 10 (20) barometric pressures.	The watch is suitable for diving not using an air cylinder.		

Performance and Type

The case back shows the caliber and performance of your watch.

SEIKO

WATER RESISTANT 10 BAR
ST.STEEL
A825-00A0 A0
MADE IN CHINA
000000

Water resistant performance
Refer to P. 90.

Caliber number
The number to identify the type of your watch
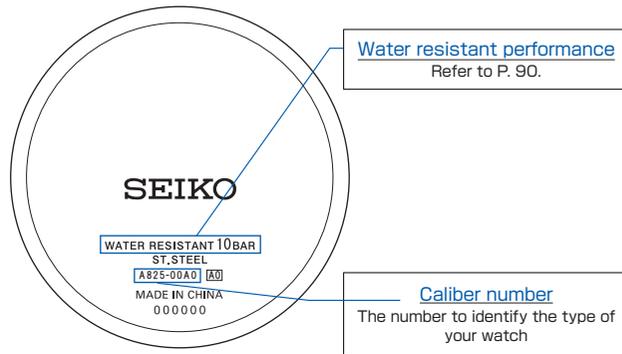
※The figure above is one example. Performance of your watch may differ from that of the above.

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Band

The band touches the skin directly and becomes dirty with sweat or dust.
Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for long usage.

● Metallic band
- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may cause a yellowish or gold stain on the lower sleeve edge of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible
- To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush. (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- Because some titan bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

● Leather band
- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.

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- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10- or 20-BAR water resistant).

● Polyurethane band
- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash out dirt in water and clean it off with a dry cloth. (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- When the band becomes less flexible, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

● Silicone band
- As for material characteristics, the band is easily dirtied, and may be stained and discolored. Wipe off dirt with a wet cloth or cleaning tissue.
- Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool.

Notes on skin irritation and allergy	Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.
Notes on the length of the band	Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.

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Remarks on Battery

1. Notes on the battery

(1) Battery life
    This watch keeps opereating for approximately 3 years if a new normal battery is inserted in it.
    ※If the alarm is used more than 20 seconds a day, the Panelight (illuminating light) more than 3 seconds a day and/or the stopwatch more than 1 hour a day, however, the watch may run down in less than 3 years.

(2) Monitor battery
    The battery in your watch is a monitor battery which is inserted at the factory to check the function and performance of the watch. Its actual life once in your possession may be less than the specified period.

(3) Battery replacement
    - For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, specifying a genuine SEIKO battery.
    - 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 made at cost even if it runs down within the guarantee period.

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· 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. Please note that it takes several days to check the water resistant quality of your watch. When requesting the checking, therefore, please confirm the period required for it.

2. Battery life indicator

The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.

※When all the segments of the display start flashing in the TIME/CALENDAR display, the watch may stop operating in 2 to 3 days. In that case, immediately have the battery replaced with a new one by the retailer from whom the watch was purchased.

After-Sale Service

● Notes on guarantee and repair

· Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
· Within the guarantee period, present the certificate of guarantee to receive repair services.
· Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
· For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

● Replacement parts

· SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch. Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

● Inspection and adjustment by disassembly and cleaning (overhaul)

· Periodic inspection and adjustment by disassembly and cleaning (overhaul) is recommended approximately once every 3 to 4 years in order to maintain optimal performance of the watch for a long time.
According to use conditions, the oil retaining condition of your watch mechanical parts may deteriorate; abrasion of the parts due to contamination of oil may advance or delay the time significantly; or the watch itself may stop.
As the parts such as the gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture.
Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS." When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket and push pin are also replaced with new ones.
· When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

● Panelight (EL: electroluminescence)

The brightness of the electroluminescence (EL) panel used for the Panelight (illuminating light) will decrease when the battery voltage becomes low. It will also decrease gradually with use.

※The brightness of the EL panel will decrease by half after a total of approximately 120 hours of lighting. If the Panelight (illuminating light) becomes too dark while in use, first replace the battery with a new one. If it is still too dark after battery replacement, replace the EL panel with a new one. Consult the retailer from whom the watch was purchased for panel replacement. A fee will be charged for replacement.

● Liquid crystal panel

The normal life expectancy for the liquid panel of the watch is approximately 7 years. After that, it may decrease in contrast, becoming difficult to read. Consult the retailer from whom the watch was purchased for replacement of the liquid crystal panel. A fee will be charged for replacement.

Troubleshooting

Problem	Possible cause	Solution
The watch has stopped operation. The display remains blank.	The battery has run down.	Immediately request the retailer from whom the watch was purchased to replace the battery with a new one.
The watch gains or loses occasionally.	The watch was left in high or low temperatures.	Normal accuracy will resume when the watch returns to normal temperatures. If the problem persists, consult the retailer from whom the watch was purchased.
While using a watch mode, the data set or obtained in it is reset by turning the rotating bezel to change the mode to another.	In the following cases, turning the rotating bezel to change the mode will reset the data set or obtained in respective modes: · During stopwatch measurement, the mode is changed to other than Time/Calendar or Alarm. · During tachymeter measurement, the mode is changed to another. · During timer operation, the mode is changed to another.	Change the mode after the measurement or operation in respective modes is completed.

Problem	Possible cause	Solution
The distance to travel set in the Tachymeter mode is reset.	The rotating bezel is turned to change the mode.	Once the Tachymeter mode is changed to another, set the distance to travel again.
The average speed is not displayed properly.	The average speed is out of the measurable range.	The tachymeter can measure the average speed from 0 to 999.9 km/h. If the measurement is out of that range, "-- -- km/h" is displayed.
	"0" is set for the distance to travel.	When "*** km" on the rotating bezel is selected, "000.0 km" is shown on the display as the initial distance value. Set the desired distance (refer to P. 82).
The countdown time set in the Timer mode is reset.	The rotating bezel is turned to change the mode to another.	Once the Timer mode is changed to another, set the countdown time again.

| Problem	Possible cause	Solution
The timer continues counting down the set time endlessly.	The timer has a repeat function that repeats counting down the set time unless it is stopped manually.	Stop the timer manually, or turn the rotating bezel to change the mode to another. The timer measurement is reset automatically.
All the segments of the display start flashing.	It indicates that the battery is nearing its end.	Immediately request the retailer from whom the watch was purchased to replace the battery with a new one.
Blur on the watch glass persists.	Water has entered inside the watch due to a deteriorated gasket or for any other reason.	Consult the retailer from whom the watch was purchased.

How to Reset Built-In IC

In case the watch shows an abnormal display, follow the procedure below to reset the built-in IC. The normal display will resume.

① Press and hold Buttons Ⓐ, Ⓑ, Ⓒ and Ⓓ simultaneously for more than 2 seconds. When the display becomes blank, release all the buttons.

Button Ⓑ

Button Ⓐ

Button Ⓒ

Button Ⓓ
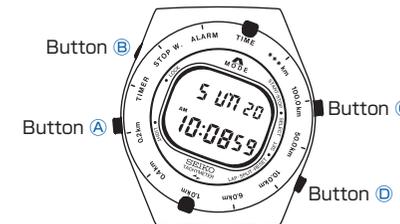
② The built-in IC is reset.
When the normal display appears instead of the blank display, the Time/Calendar display of the Time/Calendar mode is shown. It starts counting from 12:00 am on January 1, 2018. To use the watch with an accurate time indication, be sure to set the time/calendar after resetting the built-in IC.

Specifications

1. Frequency of crystal oscillator ···· 32,768 Hz (Hz = Hertz ... Cycles per second)
2. Loss/gain (monthly rate) ·············· Less than 20 seconds at normal temperature range (between 5℃ and 35℃)
3. Operational temperature range ··· Between −10℃ and +60℃ (Temperature range for display function between 0℃ and +50℃)
4. Display system

    Time/calendar mode ················· Date, day of the week, AM/PM mark (in 12-hour format), hour, minutes and seconds
    (Alarm mark and hourly time signal mark)

    Alarm mode ························· Designated alarm time (hour and minutes), A/P (in 12-hour format), current time, and AM/PM mark (in 12-hour format) (Alarm mark and hourly time signal mark)

    Stopwatch mode ···················· Measures up to 99 hours, 59 minutes and 59 seconds in 1/100-second increments (in 1-second increments after 60 minutes).
    Split time and accumulated elapsed time (Alarm mark and hourly time signal mark)

    Timer mode ························· Counts down in 1-second increments. Up to 99 hours and 59 minutes can be set in 1-minute increments.
    Current time and AM/PM mark (in 12-hour format)
    (Alarm mark and hourly time signal mark)

    Tachymeter mode ···················· Distance to travel: can be either selected from 7 preset distances (0.2, 0.4, 1.0, 6.0, 10.0, 50.0, and 100.0 km) or set as desired up to 999.9 km in 0.1-km increments (in "∗∗∗ km" mode). Measured time (up to 99 hours, 59 minutes and 59 seconds), average speed (from 0 to 999.9 km/h), lap time, lap number, distance and speed marks, lap mark, lap number mark, and error indications
    (Alarm mark and hourly time signal mark),

5. Display medium ····························· Nematic Liquid Crystal, FEM (Field Effect Mode)
6. Battery ···································· SB-T11, 1 piece
7. Battery life ······························· Approximately 3 years (under the conditions below: alarm ... 20 seconds/day; Panelight ... 3 seconds/day; and stopwatch ...1 hour/day)
8. Illuminating light ························· EL (Electroluminescent light)
9. IC (Integrated Circuit) ·················· Oscillator, frequency divider, driving and EL circuit, C-MOS-IC, 1 piece

※The specifications above are subject to change without prior notice for product improvements.