該当機種

V172·V174·V175·V176·VR42·VR43 • VS72 · VS75 · VS76

セイコーウオッチ株式会社

kaladadadadadadadadadadadada

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セイコーウオッチ株式会社

https://www.seikowatches.com/

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整社製品についての修理をの他のご相談は、「お買い上げ店」 承っております。なお、ご不明の点は下記へお問い合せください

This solar watch is equipped with a stopwatch function · A solar cell under the dial converts any form of light into "electrical energy" to operate the watch.

Features

* "Chronograph" means a watch with a stopwatch function Stopwatch function -···· The stopwatch can measure up to 60 minutes in 1/5-second increments. After measuring 60 minutes, the stopwatch will automatically stop. Alarm function he single-time alarm can be set to

alarm time can be set in one-minute increments to the time until 11 hours able for V172, V174 and VS72) ■ Solar Charging Function A solar cell underneath the dial con-

verts any form of light into "electrical energy" to operate the watch. Once fully charged, for V172, V174, V175, V176, VS72, VS75 and VS76, the watch continues to run for approxi mately six months, for VR42 and VR43, the watch continues to run for approximately four months.

sound only once at the set time. The

Names of the parts and functions

First click: Date setting

Second click: Time setting Preliminary position setting of the stopwatch hand: Resetting the built-in **I**(If your watch has a screw lock type crow wear the watch with the crown locked.

the desired day's 👺

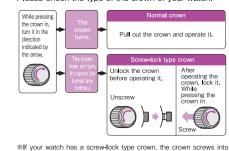
Crown First click: Date setting Alarm time setting First click: Date setting Alarm time setting Second click: Time setting
Preliminary position setting
of the stopwatch hands
Resetting the built-in IC Second click: Time setting

Button A Crown Crown Date First click: Date setting

Second click: Time setting Preliminary position setting of the stopwatch hands Resetting the built-in IC

Second click: Time setting Preliminary position se of the stopwatch hands * If your watch has a screw lock type crown wear the watch with the crown locked. If your watch has a screw lock type crown, wear the watch with the crown locked.

■V172 · VS72: Equipped with a stopwatch and alarm ■V174: Equipped with a stopwatch and 24-hour hand ■V175·VS75: Equipped with a stopwatch and 24-hour hand ■V176 · VS76: Equipped with a stopwatch and 24-hour hand ■V176 · V



slots of the crown.

How to set the time and date

通話料無料 0120-612-911

1 Check that the watch is operating. Check that the second hand is moving at one-second intervals. If the second hand is moving at two

2 Check that the watch hands

If the watch hands are displaying a time between 9 p.m. and 1 a.m., pull out the crown hands to set the time later than 1 a.m.

dnight. When setting the hour hand, b ture that AM/PM is set correctly (For the mode 1/174, V175, VR42, VR43 and VS75, the 24-ho

How to set the time and date | Pull out the crown to the first click.

second intervals or the second hand has stopped, charge the watch by exposing the dial of the watch to light.

are not displaying any time between 9 p.m. and 1 a.m.

This procedure is required to ensure the proper engagement of the date driving wheel.

Each time the hour hand makes two full rotations by turning the crown, the date is adjusted one day. While turning the crown, the date changes at

6-1

Turn the crown to set the date to the

previous day's date. VR42, VR43: counter-clockwise Ex. If you would like to

to the second click and turn it to advance the applies to set he time leter than 1 and 1 a the second hand is at the O second position. The second hand will stop at the 0 second position

6 For advancing the hands clockwise, turn the crown 8 Press button B to set the alarm time to Manual date adjustment 9 Pull out the crown to the first click. n the direction of the arrow mark to

For advancing the hands clockwise, turn the crown in the direction of the arrow mark to set the main time.

When setting the time, be sure that AM/PM is set correctly * For models V174, V175, VR42, VR43 and VS75, the 24-hour hand can be used as an AM/PM indicato * Set the minute hand a few minutes ahead of the correct time and then advance it to the exact minute(s)

● If you own model V172, V174 or VS72: It is recommended to set the minute hand two minutes ahead of the correct time (proceed to operation of the procedure 8 ■ If you own model V175, V176, VR42 VR43

VS75 and VS76 : Continue to procedure

the same time as the main time (only for models V172, V174 and VS72). If button B is

of the stopwatch hands Resetting the built-in IC

If your watch has a screw lock type crow wear the watch with the crown locked.

kept pressed, the alarm hands advance quickly.

Push the crown back in to the normal position in accordance with a time signal The alarm time setting is completed.

* If your watch has a screw lock type crown, lock the crow

at the end of the month he watch automatically displays the date from "1" to "31." Adjust the date on the first day after a month that has less than 31 days: February April June, September and November.

If your watch has a screw lock type crown wear the watch with the crown locked.

carry out this procedure. Make sure that the watch is operating. Turn the crown to set the date. Make sure that the second hand vals. If the second hand is moving at two-second intervals, or it

minute.

* When adjusting the date only,

by exposing the dial to light. are not displaying any time between 9:00 a.m. and 1:00 a.m. Make sure that the watch hands # If the watch hands are displaying a

One minute | Press button B once and | Advance | then release it.

Stopwatch function

The stopwatch can measure up to 60 In the names of the parts and The stopwatch can measure up to 60 <Notes on the move- VR42,VR43 can measure up minutes in 1/5-second increments. After measuring 60 minutes, the stopwatch hands will automatically stop at

the O minute O second position. The names of the parts and functions of the stopwatch (V172, V174, VS72)



minutes in 1/20-second increments.

After measuring 60 minutes, the stop
After measuring 60 minutes, the stop
1/20 second hand>

29minutes 59second in 1second increments. After measuring, the functions of the stopwatch (V175, VS75) watch hands will automatically stop at

the O minute O second position. ■ The names of the parts and functions of the stopwatch(V176, VS76)

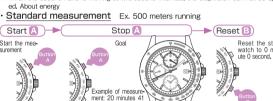
When split time is measured or the measurement is stopped, it moves to indicate the elapsed 1/20 seconds. After split time is released

or the measurement is restarted, it moves for about 1 minute and stops automatically. In the same manner, if the stopwatch is stopped and restarted repeatedly or split time is measured and released epeatedly, it will keep moving for maximum 2 minutes after

stops at "0" position.

· After the stopwatch is start- stopwatch will automatically ed, the stopwatch 1/20 sec- stop. ond hand moves for about 1 minute and automatically Stopwatch minute hand

How to use the stopwatch



Accumulated elapsed time measurement

Split time (intermediate elapsed time) measurement

Ex. 5000 meter run "Split time" is the time that has elapsed from the start of an activity to any given stage Start A → Split B → Split release B → Stop A → Reset B Measurement of two competitors

Start A (Split) B (Stop) A (Split release) B Reset B

If any of the stopwatch hands $\lceil v_{172}.v_{174}.v_{175}.v_{872}.v_{875} \rceil$

do not return to the O minute stonwatch is reset, the preliminary hand position may be misaligned. The preliminary position of the stopwatch second and minute 2 Pull out the crown to the second click.

The preliminary position may be misaligned due to the following reasons.

ates magnetism.

* If the preliminary position adjustment is carried out, the watch gains or loses time. After adjusting the preliminary hand posi-tion, make sure to reset the main time and alarm time.

Adjusting the preliminary position of the stopwatch hands

nands is 0 minute 0 second.

Misalignment may occur when dropping or hitting the watch. In the case of a magnetic influence Misalignment may occur when bringing the watch close to an object which gener

O second position when the

Make sure that the watch is operating. Make sure that the second hand is moving at one-minute intervals. If the second hand is moving at two-second intervals, or it has stopped, charge the watch by exposing the dial to the light.

The second hand will stop.
second hand
If your watch has a screw lock
type crown, unlock the crown.

In the case of a strong impact:

Press and hold button A (for 3 seconds) until the stopwatch minute hand starts moving. The stopwatch minute hand

moves one full rotation, and the watch enters the preliminary position adjustment mode of the stopwatch minute hand. * If you do not know which hand is the stopwatch minute hand, refer to



rous | Nut rivo seconds or longer, the hand will start moving. | When button B is released, the hand will stop. reset to 0 * If the stopwatch minute hand is

4 Press button B to reset the stopwatch minute hand to 0 6 Press button B to reset the stop-

V172, V174, V175, V176, VS72,

VR42, VR43: counter-clockwise

Press and hold button A (for 3 seconds) until the stopwatch 1/5 second hand starts moving. The stopwatch 1/5-second hand

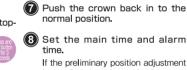
How to use the alarm (V172 · V174 · VS72)

moves one full rotation, and the watch enters the preliminary position adjustment mode of the stopwatch 1/5-second hand.

When the time of the main time reaches the

designated alarm time, the alarm sounds. The

alarm time can be set in one-minute increments



If the preliminary position adjustment s carried out, the main time and alarm time may gain or lose time. When the main time and alarm time

are set, the operation is completed.

watch 1/5-second hand to 0 minute

One minute Press button B once and then

* If the stopwatch 1/5-second hand is re

When button B is kept pressed for two seconds or longer, the hand will start moving. When button B is released, the

to 0 minute, continue to the procedure 🕡

vals. If the second hand is moving at two-second intervals, or it has stopped, charge the watch by exposing the dial to the light. Pull out the crown to the second click.

The second hand will stop.

1 Make sure that the watch is operating.

If your watch has a screw lock type crown, unlock the crown.

If your watch has a screw lock.

If your watch has a screw lock. 3 Press and hold button A (for 3 seconds) until the stopwatch 1/20-second hand starts moving.

The stopwatch 1/20-second hand moves one full rotation, and the watch enters the preliminary position adjustment mode of the stopwatch 1/20-second hand. ※ If you do not know which hand is the

to Names of the parts and functions.

V176 · VS76

Press button B to reset the stopwatch 1/20-second hand

to 00. Make sure that the second hand is moving at one-minute inter-

the last operation.

| /20 second | Press button B once and then release it. When button B is kep When button B is released, the hand will stop.

If the stopwatch 1/20-se to 00, continue to procedure 6 6 Press and hold button A (for 3 seconds) until the stopwatch second hand starts moving.

The stopwatch second hand moves one full rotation, and the watch enters the preliminary position adjustment mode of the stopwatch second hand.

About charging

How to charge the watch

Expose the dial to light to

To ensure optimal performance of the

Press button B to reset the stop Push button B to reset the stopwatch second hand to 0 second.

When button B is ken pressed for two seconds or longer, the hand will start moving.
When button B is released,
the hand will stop.

second, continue to the procedure Press and hold button A (for 3 seconds) until Set the main time. the stoowatch minute hand stars moving.

The stopwatch minute hand moves one full rotation, and

of the stopwatch minute hand.

the watch enters the preliminary position adjustment mod Push the crown back in to the normal position.

watch minute hand to 0 minute.

minute Press button B once and

When button B is ker

pressed for two seconds or longer, the hand will

start moving. When button B is released, the hand will stop.

minute, continue to the procedure 9

If the preliminary position adjustment is car

ried out, the main time may gain or lose time.

When the main time is set, the operation is

Environment/ lightsource(lux)	V172.V174.V175.V176			V	R42.VR4	3	VS72.VS73.VS75		
	A (min- utes)	B (hours)	C (hours)	A (min- utes)	B (hours)	C (hours)	A (min- utes)	B (hours)	C (hours)
General offices/ Flourescent light (700)	150	60	_	108	24	-	90	35	_
30w20cm / Flourescent light (3000)	33	13	110	27	6	83	20	8	65
Cloudy weather/ Sunlight (10000)	9	3.5	30	8	2	25	6	2.5	18
Fair weather/ Sunlight (100000)	2	0.6	5	1	0.2	3	2	0.6	5

A: Time to charge 1 day of power B: Time required for steady operation C: Time required for full charge *The time required charging time slightly varies depending on the model of the watch

VR42 · VR43 Make sure that the watch is operating.

Make sure that the second hand is moving at one-minute intervals. If the second hand is moving at two-second intervals, or it has stopped, charge the watch by exposing the dial to the light.

The second hand will stop. 3 Press Button "A" or "B" to set the stopwatch hands to the "0" position

Pull out the crown to the second click.

Press A : to move the stopwatch hands clockwise. Press B : to move the stopwatch hands counterclockwise A Set the main time

simultaneously for

three seconds.



How to use the tachymeter

The numbers on the tachymeter scale can be read to determine how many seconds it takes to run 1 km or to measure the time required to complete 1 job. · How to measure kilometers / hour How to measure the hourly rate of operation

Measure the time (within 1 minute) it takes to run 1 km. Read the number on the

tachymeter scale that the stopwatch second hand is pointing to. Ex. If it takes 45 seconds to run 1 km...80 km/h

ute) required to complete 1 job. Read the number on the 2 tachymeter scale that the stopwatch second hand is pointing to. Ex. If it takes 20 seconds to complete one product...180 products/hour

Measure the time (within 1 min-

within the coming 11 hours 59 minutes.

once at a designated time

When the alarm time is set: the designated alarm time

38: When the second hand is moving

The single-time alarm can be set to sound only How to set the alarm time

is displayed. When the alarm time is not set: current time (same as the main time) is displayed.

3 Push the crown back in to the normal position. * If your watch has a screw lock

Pull out the crown to the first click. I

Press button B to set the alarm time f button B is kept pressed, the alar hands are fast forwarded. ※ If the alarm hands advance more than the desired alarm time, conti

nand to set the desired alarm tim

back in to the 0 click position. If your water

While the stopwatch hands are moving, the alarm sounds dif-ferently than the normal alarm sound. This is not a malfuno hen the alarm is sounding, if button A or B is pressed, the alarm stops sounding, but the stopwatch carrior be operated. After the alarm sound stops, the stopwatch can be operated

The alarm sounds for 20 seconds at the set

For stopping the sounding alarm, press button A or B.

How to disengage the set alarm time If you want to disengage the set alarm time, rese the alarm time to the same time as the main time Alarm sound test

How to stop the alarm

To test the alarm sound, pull out the crow to the first click, and then long press button A (for about 4 seconds). The alarm sounds while the button A is kept pressed.

about 3seconds)

Press and hold Button B for 2seconds and release.

watch, make sure that the watch is kept sufficiently charged at all time. Under the following situations, the energ of the watch is likely to be depleted resulting in stoppage of the watch.

charge the watch.

The watch is concealed under a sleeve The watch is used or stored under conditions where it cannot be exposed to

light for a long time. When charging the watch, make sure that the watch is n

Standard charging time For an approximate time required to charge the watch, refer to the table

elow.									
Environment/ lightsource(lux)	V172.V174.V175.V176			V	R42.VR4	3	VS72.VS73.VS75		
	A (min- utes)	B (hours)	C (hours)	A (min- utes)	B (hours)	C (hours)	A (min- utes)	B (hours)	C (hours
General offices/ Flourescent light (700)	150	60	_	108	24	-	90	35	_
30w20cm / Flourescent light (3000)	33	13	110	27	6	83	20	8	6
Cloudy weather/ Sunlight (10000)	9	3.5	30	8	2	25	6	2.5	18
Fair weather/ Sunlight (100000)	2	0.6	5	1	0.2	3	2	0.6	

Abnormal display or improper function (Excluding VR42 · VR43)

When the watch shows an abnormal display or does not properly function, or does not move at all or at onesecond intervals even after being fully charged, follow the instructions below to reset the built-in IC. Then the watch will resume its normal operation.

Resetting the built-in IC Pull out the crown to the second click. The second hand stops. ※ If your watch has a

2 Press and hold buttons A and B

3 Push the crown back in to the normal position. The second hand starts moving.

If the second hand is moving at two-second intervals, fully charge the watch until it starts moving at one-second intervals.

4 Adjust the preliminary position of the stopwatch (1/5-second and minute) hands, and then set the time and date. *Refer to "Adjusting the preliminary position of the stopwatch 1/5-second and Refer to "How to set the time and date"

When the preliminary position of the stopwatch hands (1/5-sec

ond and minute) are reset, and time and date are correctly set,

he operation of resetting the built-in IC is completed

. WARNING Remarks on replacing the secondary battery Do not remove the secondary battery yourself. Replacement of the secondary battery requires profession knowledge and skill. Please ask a watch retailer for repair.

«Overcharge prevention function. When the secondary battery is fully charged, the overcharge prevention function is automatically activated to avoid further charging. There is no need to worn about damage caused by overcharging no matter how much the secondary battery is charged in excess of the "time required for fully charging the watch".

Refer to "Guideline of charging time" on page 54 to check the time required for fully charging the watch.

1.Basic function

⚠ WARNING

age to the parts inside the watch

Always keep the watch temperature

- 10°C~+ 60°C

Notes on charging the watch When recharging the watch, do not place it too close to incandescent light or other th sources as the watch temperature

watch temperature becomes extremely

To preserve the quality of your watch

Immediately stop wearing the watch in the following cases if corrosion appears on the watch body or band, etc. if the pins protrude from the band purchased or a SEIKO CUSTOMER SERVICE CENTER.

Keep the watch and accessories out of the reach of babies and Care should be taken to prevent a baby or a child accidentally swallowing any accessories.

Do not remove the secondary battery from the watch.

※ About the secondary battery → Please refer to ■ REMARKS
ON THE BATTERY Replacement of the secondary battery requires professional knowledge and skill.

Please ask a watch retailer for replacement of the secondary battery.

Installation of an ordinary silver oxide battery can generate

a BAR (barometric pressure) display. For diving, use special watches.

heat that can cause bursting and ignition.

Do not use the watch for scuba diving or saturation diving. The various inspections under simulated harsh environments, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on a water-resistant watch with

ute, second) Date display

minute hands)

minute hands)

↑ CAUTION Avoid wearing or storing the watch in the following places Places where volatile agents (cosmetics such as polish remov-

35 °C for a long time Places affected by strong magnetism or static electricity Dusty places

Places affected by strong vibrations

er, insect repellent, thinners etc.) are vaporizing

stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist. Do not let running water from a faucet hit the The water pressure of tap water from a faucet is high enough to degrade the water resistant perfor-

If you observe any allergic symptoms or skin irritation

mance of a water resistant watch for everyday use.

Do not turn or pull out the crown 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

· Do not leave moisture, sweat and dirt on the watch for a long time. water resistant performance lessened 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 the water resistant performance of the watch. Other cautions

care should be taken to avoid risk of 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

 Magnetic resistance Affected by nearby magnetism.a watch may temporarily gain or lose



If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the speci-fied rate under normal use, the watch needs to be demagnetized. In this case, you will be charged or demagnetization and accuracy readjustm even if it happens within the guarantee period. The reason why watch is affected by magnetism The built-in motor is provided with a magnet. which may be influenced by a strong external

time or stop operating.

p the watch more than 5 cm ay from magnetic products. (JIS level-1 standard) eep the watch more than 1 cm ay from magnetic products. (JIS level-2 standard)

The watch requires good daily care. · Do not wash the watch when the crown is pull out. Wipe away moisture, sweat or dirt with a soft cloth.

Daily care

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" daily use," do not wash the watch. ■Turn the crown · To prevent rusting of the crown, please sometimes turn-Please do the same for screw-lock type crown.

Water resistance

The watch can withstand accidental contact everyday use at 5 barometric

The band touches the skin directly and becomes dirty with

sweat or dust. Therefore, lack of care may accelerate deteriora-

tion of the band or cause skin irritation or stain on a sleeve cuff.

The watch requires a lot of attention for long usage.

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

water resis- Avoid drops of water or sweat Not suitable swimming The watch is suitable for sports such as ance for every-ay use at 10 20) barometric The watch is suitable for diving not using an air cylinder.

Metallic band Moisture, sweat or soil will cause rust even on a stainless steel band they are left for a long time. Lack of care may cause a yellowish or gold stain on a sleeve cuff of

/ipe off moisture, sweat or soil with a soft cloth as soon as possi-To clean the soil around the joint gaps of the band, wipe it out and then brush it off with a soft toothbrush. (Protect the watch body from water splashes by wrapping it in plas-Because some titanium bracelets use pins made of stainless steel,

which has outstanding strength, rust may form in the stainless steel 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

with a dry cloth. Do not expose the watch to direct sunlight for a long time. Please take care when wearing a watch with a light-colored band

. 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 Note on skin irritation and allergy: Skin irritation caused by a band has various reasons such as an A leather band is susceptible to discoloration and deterioration from or the band itself.

Notes on the length of the band noisture, sweat and direct sunlight. Wipe off moisture and sweat as soon as possible by gently blotting 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.

as dirt or stains are likely to show

cracks or become brittle over time.

water resistant)

Polyurethane band

Refrain from wearing a leather band watch other than Agua Free

bands while bathing, swimming, and when working with water even

if the watch itself is water-resistant enforced for daily use (10-BAF

· A polyurethane band is susceptible to discoloration from light, and it

(Protect the watch body from water splashes by wrapping it in plas-

allergy to metals or leather, or skin reactions against friction or dust

may be deteriorated by solvent or atmospheric humidity.

other colors, resulting in color smears or discoloration.

ash off dirt in water and clean the band with a dry cloth.

Remarks on the battery

The battery used in this watch is a special secondary battery, which is totally different from ordinary silver oxide batteries. Unlike other disposable batteries such as dry-cell batteries or button cells, this secondary battery can be used over and over again by repeating the cycles of discharging and recharging.

ever, for various reasons such as long-term use or usage conditions, the capacity or recharging eff ciency of the secondary battery may gradually deteriorate. Worn or contaminated mechanical parts or degraded oils may also shorten recharging cycles. If the efficiency of the secondary battery decreases, have the watch repaired.

Specifications

Main time with 3 ands (hour, minute, second)
Date display opwatch (1/5-second)

hands)
Small alarm display
ond and minute hands)
Small alarm display

hands) hands)

 Installation of an ordinary silver oxide battery can generate hear that can cause bursting or ignition.

will become extremely high, causing dam-When exposing the watch to sunlight to recharge it, do not leave it on the dash-

board of a car, etc. for a long time, as the

V175 VR42 · VR43 Main time with 3 hands (hour, min-Date display
Stopwatch (1/5-second and minute Stopwatch (1/5-second 24-hour hand Date display Stopwatch (1/5-second 24-hour ha

VS72 VS75 VS76

Main time with 3
hands (hour, minute, second)
Date display
Stopwatch (1/5-sec24-hour hand
Date display
Date display
Date display
Date display Main time with 3 Main time with 3 nands (hour, min-ute, second) Date display hands (hour, min-ute, second) 24-hour hand Date display ute, second) 24-hour hand Date display Stopwatch ond and minute 1/5-second and minute hands) minute hands) and minute hands) hands) 3 2, 7 6 8 Hz(Hz = Hertz ... Cycles per second)

Oscillator, frequency divider and driving circuit C-MOS-IC, 1 piece

3.Loss/gain (monthly Loss / gain ± 15 seconds on a monthly rate (When it is worn on the wrist rate) | Loss / gain ± 20 seconds on a monthly rate (when it is worn on the wrist within a normal temperature range between 5°C and 35°C.) | within a normal temperature range between 5°C and 35°C.) - 5°C~+ 50°C Oriving system Step Motor, 4 pieces | Step Mo Secondary battery, 1 piece

Approx. 4 months (if the stopwatch is used for 1 hour per day)

Approx. 4 months (if the stopwatch is used for 1 hour per day)

Approx. 6 months (if the stopwatch is used for 1 hour per day)

and the alarm is used for 1 hour per day)

one time to sound for 7. Duration of operaApprox. 6 months (if the stopwatch is used for 1 hour per day, and the alarm is used one time to sound for 20 seconds per day)

Approx. 6 months (if the stopwatch is used for 1 hour per day)

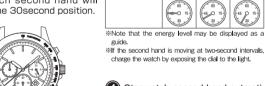
20 seconds per day)

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

How to check the power reserve amount (VR42 · VR43)

Make sure to check that the
The stopwatch second hand disstopwatch measurement is plays the level of energy (For

Stopwatch second hand will stop at the 30second position



Stopwatch second hand outmatically will automatically return to

ature range, please refer to the Specifications table.)

When first using the watch or starting to use the watch

after it has stopped because of the energy depletion, suffi ciently charge the watch referring to the table.

 Do not disassemble or tamper with the watch. Keep the watch out of the reach of babies and children. Extra

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.

After-sales service

Notes on guarantee and repair

Contact the retailer the watch was purchased from or a 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 it 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.

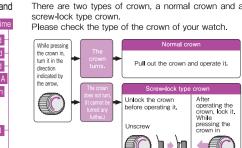
Replacement parts

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 for maintaining the functional integrity of the watch. When repairing your watch, please keep in mind that if original parts are not available, parts may be replaced with substitutes whose outward appearance may differ from the originals. Also note that the complete set of parts with the case or band may be replaced, or if repair is difficult, the watch may be replaced with one of equal quality.

●Inspection and adjustment by disassembly and cleaning (overhaul) Periodic inspection and adjusment by disassembly and cleaning (overrhaul) 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 parts such as a 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 speci-"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 (overhaul), the

When the secondary battery is fully charged, the overcharge prevention function is automatically activated to avoid further charging. There is no need to worry about damage caused by overcharging no matter how much the secondary batery is charged in excess of the "time required for fully charging the watch". movement of your watch may be replaced.

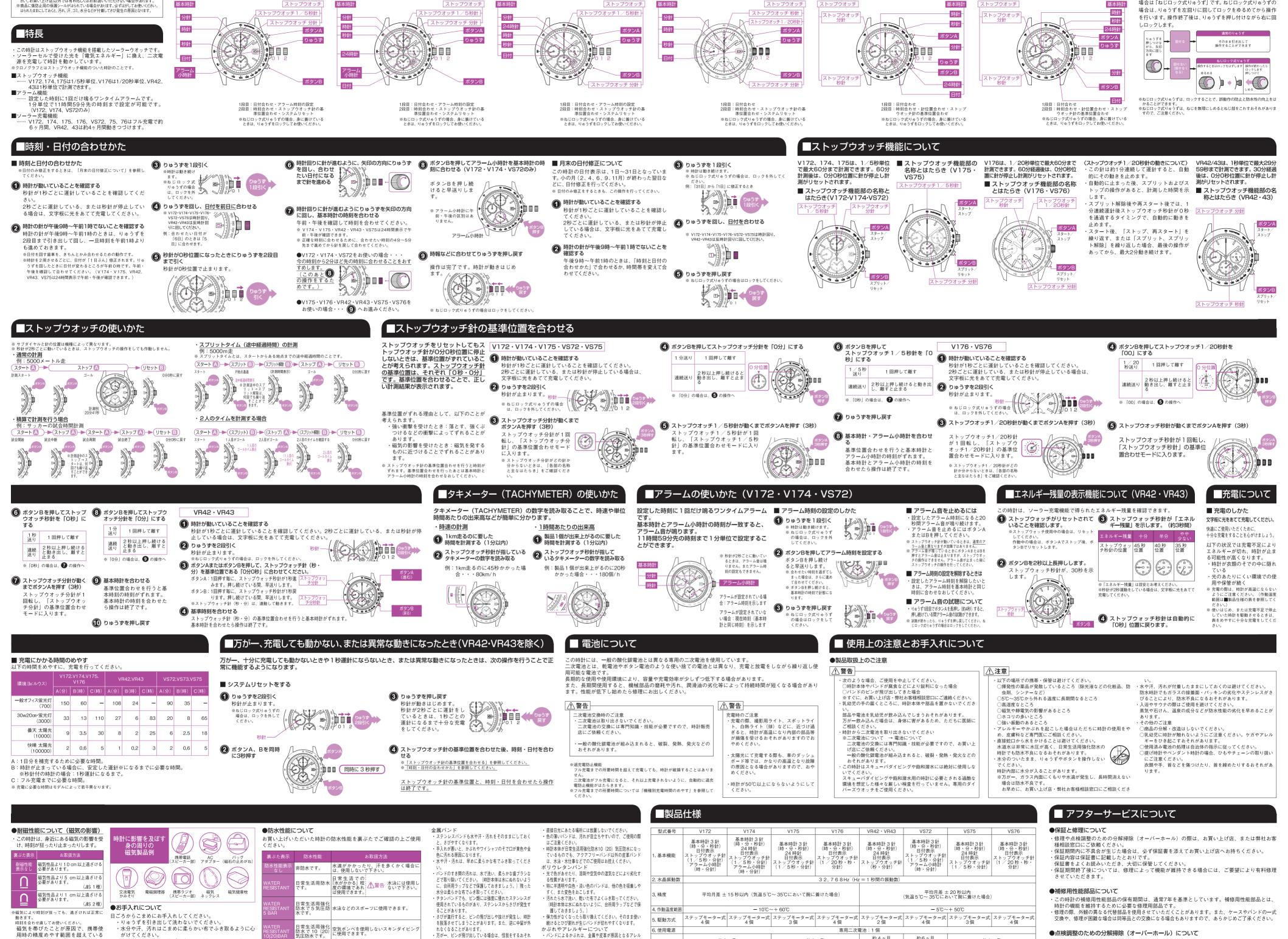


water has a scientific type crown, the crown science into the water to prevent malfunction and increase water resistance, e careful not to screw the crown in by force as it may damage the

First click: Date setting Second click: Time setting Preliminary position setting of the stopwatch hands

Crown





6. 使用電源

7. 持続時間

8. 電子回路

※ 過充電防止機能

約6ヶ月 1日の使用条件が、ストップウオッチ 時間、アラーム 1 回(20 秒間))

フル充電までの所要時間を超えて充電しても、時計が破損することはありません

二次電池がフル充電になると、それ以上充電されないように、自動的に過充電防止機能がはたらきます。

バンドによるかぶれは、金属や皮革が原因となるアレル ギー反応や、汚れ、もしくはバンドとのすれなどの不快感が原因となる場合など、いろいろな発生原因があります。

バンドは多少余裕をもたせ、通気性をよくしてご使用くだ

時計をつけた状態で、指一本入る程度が適当です。

れなくなることがあります。 万が一、ピンが飛び出している場合は、怪我をするおそれ

がありますので、ただちに使用をやめて修理をご依頼くだ

・水や汗、直射日光に弱く、色落ちや劣化の原因になりま

で、吸い取るように軽くふいてください。

す。 ・水がかかったときや汗をかいた後は、すぐに乾いた布など

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の説明書をよくお読みの上、正しくご愛用くださいますよう、お願い申し上げます。 5. この説明書はお手元に保管し、必要に応じてご覧ください

金属バンドの調整は、お買い上げ店にご依頼ください。ご贈答、ご転居などによ

お買い上げ店での調整が受けられない場合は、弊社お客様相談窓口へご依頼くた さい。お買い上げ店以外では有料もしくはお取扱いいただけない場合があります。

■各部の名称と主なはたらき

・水分や汗、汚れはこまめに柔らかい布でふき取るように心

海水につけた後は、必ず真水でよく洗ってからふき取って

ください。その際、直接蛇口から水をかけることは避け、

・りゅうずのさびつきを防止するために、時々りゅうずを回

してください。ねじロック式りゅうずの場合も同様です。

水・日堂生活防水の場合はおやめください。

りゅうずは時々回してください。

容器に水をためるなどしてから洗ってください。※非防 ●バンドについて

バンドは直接肌に触れ、汗やほこりで汚れます。そのため、お手

入れが悪いとバンドが早く傷んだり、肌のかぶれ・そで口の汚れ

長くお使いになるためには、こまめなお手入れが必要です。

などの原因になります。

場合、磁気の除去および精度の再調

整作業は、保証期間にかかわらず有

内蔵されているモーターは磁石を使

用しており、外からの強い磁気の影

料とさせていただきます。

響を受けます。

この時計が磁気の影響を受ける理由

■ V172・VS72: ストップウオッチ・アラームつき

■ V174: ストップウオッチ・アラーム・24時間表示つき

■ V175・VS75: ストップウオッチ・24時間表示つき

■ V176: ストップウオッチつき

■ VR42: ストップウオッチ・24時間表示つき

専用二次電池:1個

発振、分周、駆動、充電回路:IC 1個

約6ヶ月 (1日の使用条件が、ストップウオッチ1 時間)

●点検調整のための分解掃除(オーバーホール)について

・長くご愛用いただくために、3年~4年に1度程度の点検調整のための分解掃除(オーバーホー

ル)をおすすめします。ご使用状況によっては、機械の保油状態が損なわれたり、油の汚れなどによって部品が磨耗し、止まりにいたることがあります。またパッキンなどの部品の劣化が

進み、汗や水分の侵入などで防水性能が損なわれる場合があります。 点検調整のための分解掃除(オーバーホール)は「純正部品」とご指定の上、お買い上げ店に

・点検調整のための分解掃除(オーバーホール)の際には、ムーブメント交換となる場合もあります。

ご依頼ください。その際、パッキンやばね棒の交換もあわせてご依頼ください。

約6ヶ月 (1日の使用条件が、ストップウオッチ1 時間)

※仕様は改良のため予告なく変更することがあります。

りゅうずについて

りゅうずを時計に押し付けながら右回りに回した際、回せない

場合は「ねじロック式りゅうず」です。ねじロック式りゅうずの

■ VR43: ストップウオッチ・24時間表示つき