FEATURES

SEIKO Cal. 6M37 is an analogue quartz featuring a yacht timer function.

To make a good record in yacht races, it is important to pass the starting point as fast as possible by accelerating the yacht to its full speed. In order to make a good start, therefore, it is crucial to measure the time left until the starting time precisely with a timer.

Cal. 6M37 is equipped with three different preset timer modes: 5, 10 and 15 minutes. In addition, the timer function can be switched over to the stopwatch with a press of a button.

It is also provided with an adjustable timer and a stopwatch functions. With an auto repeat function, all the timers count down the set time as many times as necessary after the set time is up.

◻ YACHT TIMER (5-, 10- and 15-MIN. PRESET TIMERS)

- The three timers can be selected simply by turning the crown.
- Each timer counts down the preset time in second increments.
- Auto repeat function
  Once the timer is set, it counts down the set time repeatedly as many times as desired.
  In most yacht races, if many yachts make a premature start, "general recall" is declared and all the participating yachts have to restart 10 or 15 minutes after the original starting time. With the auto repeat function of this watch, you won't have to reset the timer even if the general recall is declared.
- Timer-stopwatch function
  After the timer counts down the set time, the timer function can be switched over to the stopwatch with a press of a button, and the time elapsed from the end of the countdown can be measured.
- Timer indicator
  The remaining time is indicated by the colors shown in the timer indicator frame as well as by the hands.

◻ ADJUSTABLE TIMER

- It can be set to measure any desired amount of time up to 24 hours.
- Auto repeat function
  Once the timer is set, it counts down the set time repeatedly as many times as desired.
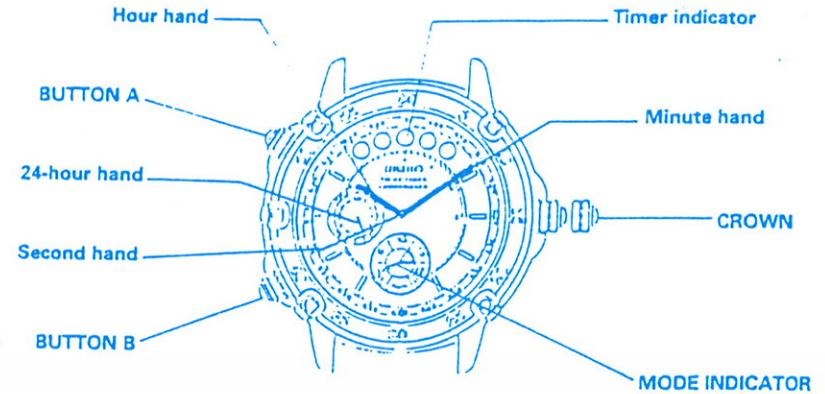
◻ STOPWATCH

- The stopwatch can measure up to 24 hours. It measures in 1/20 second increments for the first hour, and in second increments thereafter.
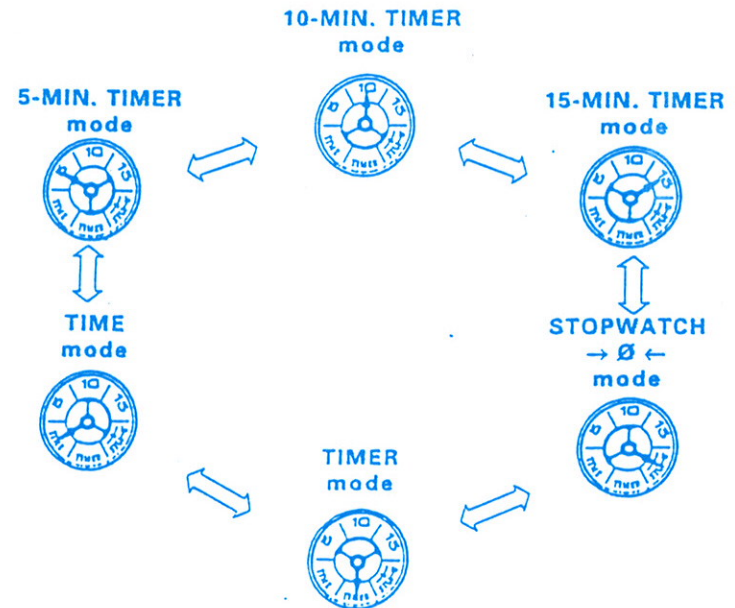- Split time measurement is possible.

◻ TIME

- Hour, minute and second hands and a small 24-hour hand.

MODES AND DISPLAYS

- Hour hand
- Timer indicator
- BUTTON A
- Minute hand
- 24-hour hand
- CROWN
- Second hand
- BUTTON B
- MODE INDICATOR

The mode changes by turning CROWN at the normal position clockwise or counterclockwise.

10-MIN. TIMER mode

5-MIN. TIMER mode

15-MIN. TIMER mode

TIME mode

STOPWATCH → Ø ← mode

TIMER mode

ADJUSTING THE HAND POSITION AND THE TIMER INDICATOR

- Turn CROWN to set the mode indicator to "STOPW / → Ø ←".

* If the hands do not return to the "0" position (12 o'clock position) or any one of the timer indicator frames do not turn white, reset them following the procedure below.

TIMER INDICATOR

Hour hand
Second hand
Minute hand
24-hour hand
A
B
CROWN
MODE INDICATOR
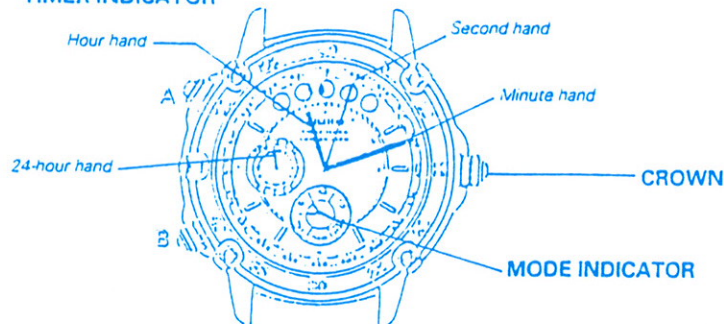
RESETTING THE HANDS AND ADJUSTING THE TIMER INDICATOR

1. Pull out CROWN. After the colors of the timer indicator stop changing, proceed to the next step.

2. Press "A" to select the hands or the timer indicator to be adjusted.

SECOND HAND	MINUTE HAND	HOUR HAND	TIMER INDICATOR

3. Press "B" to reset the selected hand to the "0" position or put the ● mark to the center of the timer indicator frame at the 12 o'clock position.

   * The 24-hour hand moves correspondingly with the hour hand. When setting the hour hand to the "0" position, check that the 24-hour hand indicates "24".

4. Push CROWN back in to the normal position.

TIME MODE

- Turn CROWN to set the mode indicator to "TIME".

Hour hand
Second hand
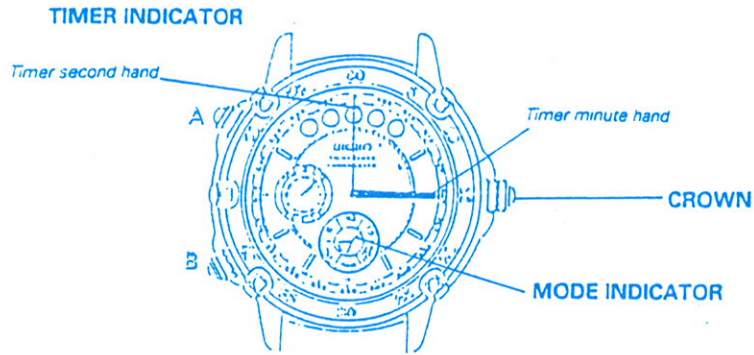A
Minute hand
24-hour hand
CROWN
B
MODE INDICATOR
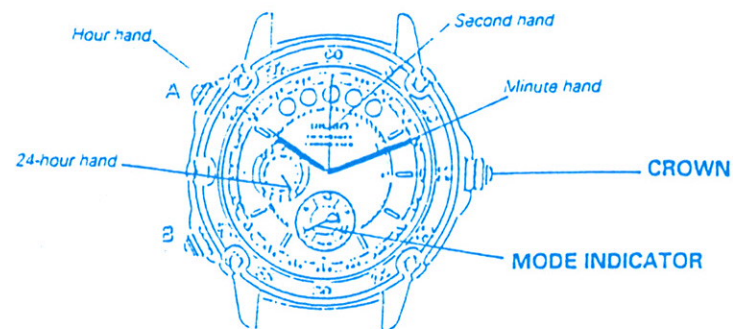
TIME SETTING

1. Pull out CROWN. The second hand automatically advances to the 12 o'clock position and stops.

2. Press "A" repeatedly to set the minute hand.
   * As the minute hand moves, the hour hand also moves correspondingly.

3. Press "B" repeatedly to set the hour hand.
   * The 24-hour hand moves correspondingly with the hour hand. When setting the hour hand, check that AM/PM is correctly set.

4. Push CROWN back in to the normal position in accordance with a time signal.

YACHT TIMER (5-, 10- and 15-MIN. PRESET TIMERS) MODE

- Turn CROWN to set the mode indicator to "5", "10" or "15".

- The operation method is the same for the 5-minute, 10-minute and 15-minute timers.

TIMER INDICATOR

Timer second hand

Timer minute hand

A

CROWN

B

MODE INDICATOR

TIMER OPERATION

START	STOP	RESTART		STOP	RESET
A	A	A	TIME UP	A	B

* Restart and stop of the timer can be repeated by pressing "A".

* When the countdown is over, a warning sound beeps for approximately 5 seconds, and the timer automatically counts down the time again from the start.

TIMER INDICATOR

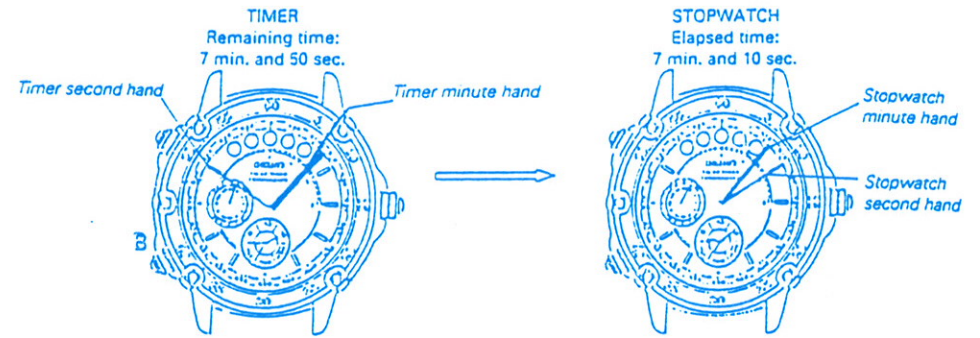- The colors of the timer indicator frames change to indicate the remaining time.

REMAINING TIME (minutes)	TIMER INDICATOR	REMAINING TIME (minutes)	TIMER INDICATOR
15	●●●●●	7	⊘⊘○○○
14	●●●●◔	6	⊖○○○○
13	●●●⊘○	5	○○○○○
12	●●⊕◔○	4	○○○○○
11	●⊘⊘○○	3	○○○○○
10	⊘⊘⊘⊘○	2	○○○○○
9	⊘⊘⊘○○	1	○○○○○
8	⊘⊘⊘○○	0	○○○○○

● : red   ⊘ : yellow   ⊖ : blue   ○ : white


TIMER-STOPWATCH OPERATION

- By pressing "B" after the set time is up and the countdown is restarted, the timer function is switched over to the stopwatch and the hands automatically starts indicating the time elapsed from the end of the previous countdown.

[Ex. : 15-minute timer]

TIMER
Remaining time:
7 min. and 50 sec.

Timer second hand

Timer minute hand

STOPWATCH
Elapsed time:
7 min. and 10 sec.

Stopwatch minute hand

Stopwatch second hand

ADJUSTABLE TIMER MODE

- Turn CROWN to set the mode indicator to "TIMER".

- The timer indicator does not indicate the remaining time and all the frames remain white.

Timer minute hand
Timer hour hand
24-hour hand
Timer second hand
A
B
CROWN
MODE INDICATOR
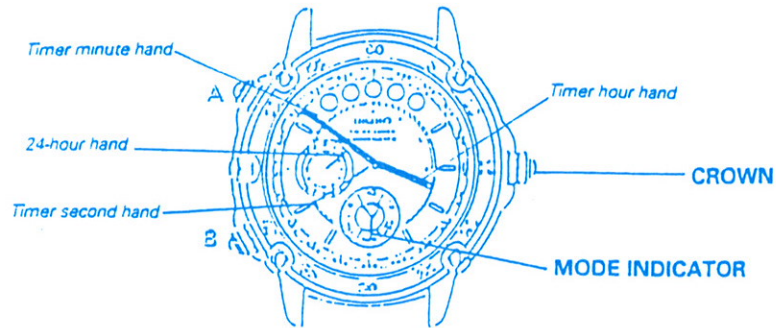
TIMER SETTING

1. Pull out **CROWN**.
2. Press "A" repeatedly to set the timer minute hand.
3. Press "B" repeatedly to set the timer hour hand.
   - The 24-hour hand moves correspondingly with the hour hand.
4. Push **CROWN** back in to the normal position.

TIMER OPERATION

START	STOP	RESTART		TIME UP	STOP	RESET
A	**A**	**A**			**A**	**B**

* Restart and stop of the timer can be repeated by pressing "A".

* When the countdown is over, a warning sound beeps for approximately 5 seconds, and the timer automatically counts down the time again from the start.
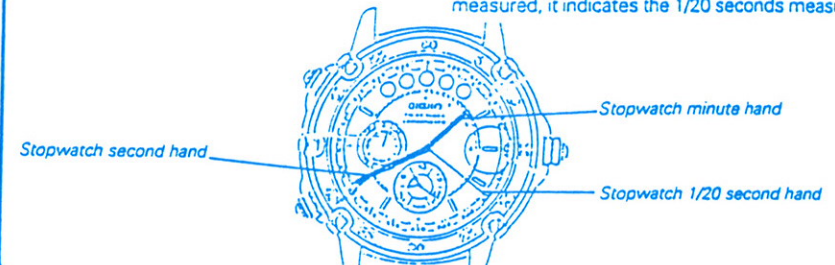
STOPWATCH MODE

- Turn CROWN to set the mode indicator to "STOPW / →∅←".

HOW TO READ THE HANDS

Measurement of less than 1 hour

[For the first 10 minutes]
The 1/20 second hand turns a full circle every second.

[After the first 10 minutes]
The 1/20 second hand stays at the "0" position while the second and minute hands are moving. When the measurement is stopped or split time is measured, it indicates the 1/20 seconds measured.
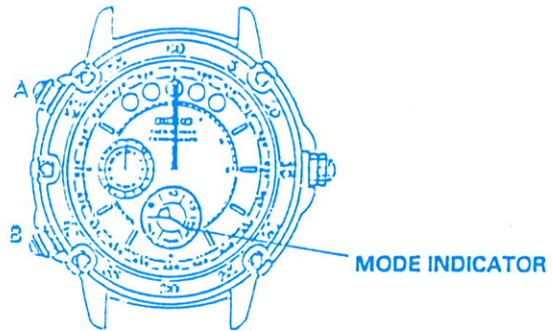

Stopwatch minute hand
Stopwatch second hand
Stopwatch 1/20 second hand

Measurement of more than 1 hour

The 24-hour hand indicates the elapsed hours.

Stopwatch hour hand
24-hour hand
Stopwatch second hand
Stopwatch minute hand

STOPWATCH OPERATION

MODE INDICATOR

- **Standard measurement**

  START   STOP   RESET

  A → **A** → **B**

- **Accumulated elapsed time measurement**

  START   STOP   RESTART   STOP   RESET

  A → **A** → **A** ---→ **A** → **B**

  * Restart and stop of the stopwatch can be repeated by pressing "A".

- **Split time measurement**

  START   SPLIT   SPLIT   STOP   RESET
                 RELEASE

  A → **B** → **B** ---→ **A** → **B**

  * Measurement and release of the split time can be repeated by pressing "B".