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You are now the proud owner of a SEIKO Analogue Watch Cal. 7A38. Before using your SEIKO Analogue Watch Cal. 7A38, please read the instructions in this booklet carefully for its proper use and care. Please keep this manual for ready reference.

Toutes nos félicitations! Vous voilà en possession d'une montre SEIKO analogue Cal. 7A38. Pour l'utiliser convenablement, veuillez lire avec attention cette brochure explicative et la conserver pour toute référence ultérieure.

Puede sentirse orgulloso de su reloj SEIKO Analógico Cal. 7A38. Antes de usarlo, lea detenidamente las instrucciones de este folleto para su uso y cuidado apropiados. Conserve este manual para referencia.

Wir gratulieren Ihnen zum Erwerb Ihrer SEIKO Analogarmbanduhr Kal. 7A38. Bevor Sie Ihre SEIKO Analogarmbanduhr Kal. 7A38 benutzen, lesen Sie bitte die Anleitungen in dieser Broschüre gut durch, um Ihrer Uhr stets richtig zu benutzen und zu pflegen. Bitte behalten Sie diese Anleitungen zum schnellen Nachschlagen und Überprüfen.

Vi ringraziamo di avere acquistato l'orologio SEIKO Analógico Cal. 7A38. Prima di usarlo, preghiamo di leggere attentamente le istruzioni riportate in questo opuscolo per l'uso corretto e la cura sufficiente dell'orologio. Si consiglia di conservare questo manuale per gli ulteriori riferimenti.

Você é agora dono dum relógio SEIKO Analógico Cal. 7A38 e pode sentir-se orgulhoso disso. Antes de usar o seu SEIKO Analógico Cal. 7A38, leia cuidadosamente as instruções contidas neste opusculo quanto ao seu uso e cuidado. Guarde este manual para sua pronta referência.

閣下現在擁有精工指針手錶7A38號，定會覺得自豪。在使用您的精工指針手錶7A38號以前，為了能夠正確使用和小心維護起見，務請注意閱讀小冊子中的各項說明，並請將手冊妥加保管，以便隨時參考。

SEIKO ANALOGUE QUARTZ WATCH WITH CHRONOGRAPH

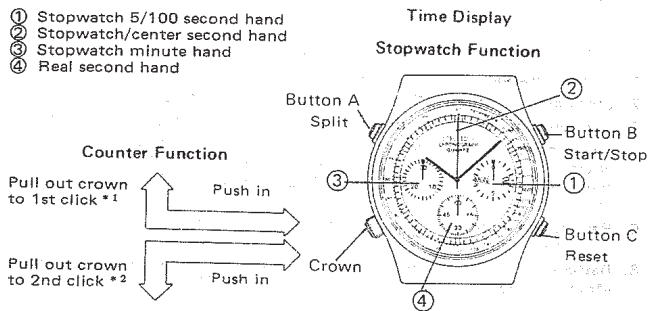
Cal. 7A38

CHARACTERISTICS

- 1. Time indication:** Hour, minutes and seconds.
- 2. Stopwatch function:** Minutes, seconds and 5/100 second up to 30 minutes.
- 3. Counter function:** Three different types of counting scales are available.
- 4. Tachymeter:** Some models are provided with the graduated dial of the tachymeter. If your watch is provided with the graduated dial, it can indicate the average speed of a vehicle of the hourly operation efficiency of a factory, etc.
- 5. Battery life indicator:** The second hand moves at two-second intervals when the battery life nears its end.
- 6. Battery:** Use one of the following miniature batteries: SEIKO SR936SW, Maxell SR936SW, SONY SR936SW, or EVEREADY 394.

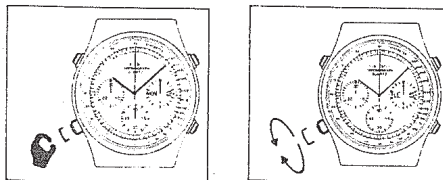
CROWN AND BUTTONS OPERATION

- ① Stopwatch 5/100 second hand
- ② Stopwatch/center second hand
- ③ Stopwatch minute hand
- ④ Real second hand



Note: *1 If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise, and then pull it out to the first click.
*2 If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise, and then pull it out to the second click.

HOW TO SET THE CALENDAR

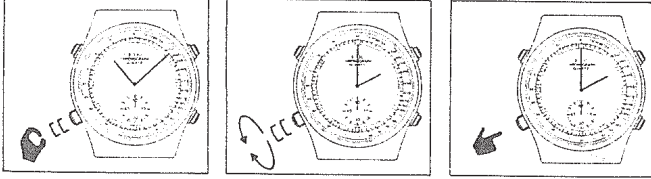


Pull out the crown to the first click.
* If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise, and then pull it out to the first click.

- Turn the crown counterclockwise to set the date and clockwise to set the day of the week and the language.
- The day of the week can be displayed in either of two languages.

Note: If the setting of the calendar is made when the hands are pointing between 9 P.M. and 3 A.M., the calendar will not change to the next date. Please set the calendar after turning the hands beyond the above period.

HOW TO SET THE TIME



Pull out the crown as far as it goes to the second click when the real second hand is at the 60 position, and the second hand stops on the spot.
 * If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise, and then pull it out to the second click.

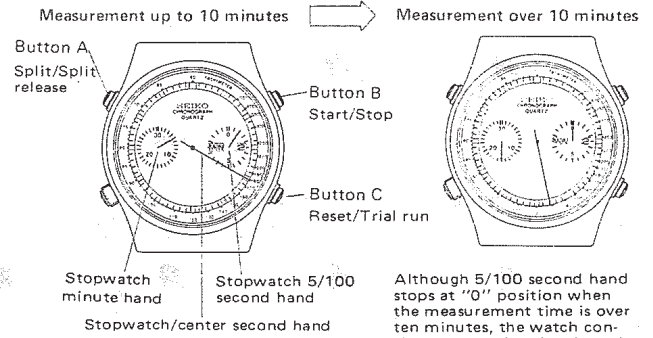
Turn the crown counterclockwise to advance the hands, and clockwise to turn them back.
 When setting the minute advance the minute hand by 4 to 5 minutes and then turn it back to the desired position.

Push in the crown all the way to the normal position.
 * If the crown is of the screw lock type, screw it in completely by turning it clockwise while pressing it.

Note:

To use the center second hand (of stopwatch) for the watch time indication, depress button "B" the moment the real second hand gets to the 60 position. The center second hand (of stopwatch) will then begin to move as a normal second hand.

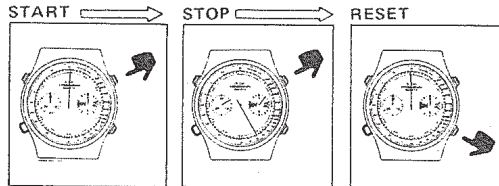
STOPWATCH FUNCTION



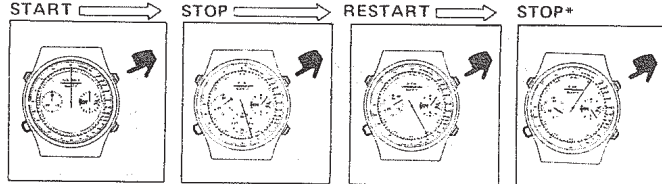
Although 5/100 second hand stops at "0" position when the measurement time is over ten minutes, the watch continues measuring the elapsed time. In order to read the exact time elapsed after 10 minutes, depress button "A" (split) or button "B" (stop), and the time will be indicated by the second hand of the 5/100 dial.

HOW TO USE THE STOPWATCH

1. STANDARD STOPWATCH MEASUREMENT

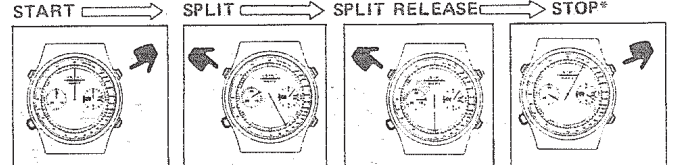


2. ACCUMULATED ELAPSED TIME MEASUREMENT



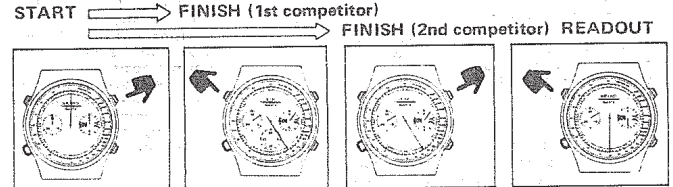
* After STOP, the stopwatch can be RESET by depressing button "C".

3. SPLIT TIME MEASUREMENT



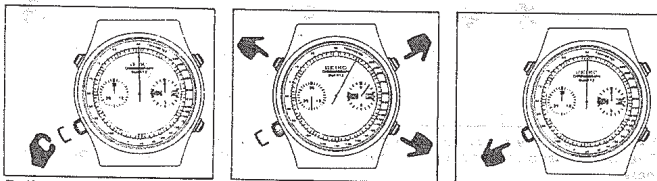
* After STOP, the stopwatch can be RESET by depressing button "C". The 5/100 second hand starts counting within a second after the split is released.

4. CONTINUOUS TIME MEASUREMENT OF TWO COMPETITORS



HOW TO USE THE COUNTER

The three hands of the stopwatch can be used as counter scales.



Pull out the crown to the first click.

* If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise, and then pull it out to the first click.

The count number is indicated as shown in the table below by each depression of button "A", "B" or "C".

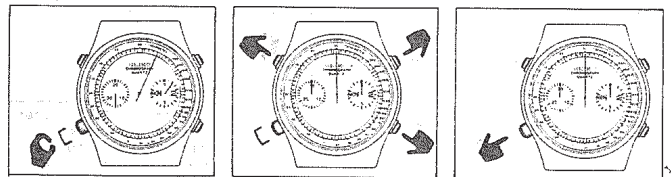
After using the counter, reset each hand by depressing the respective buttons, and push in the crown all the way to the normal position.

* If the crown is of the screw lock type, screw it in completely by turning it clockwise while pressing it.

Button	Display	Count number
A	Stopwatch minute hand	Up to 30
B	Stopwatch 5/100 second hand	" 20
C	Stopwatch/center second hand	" 60

WHEN THE STOPWATCH HANDS ARE NOT RESET TO "0"

When the stopwatch hands are not reset to "0" position by depressing button "C" after use of the counter, follow the procedures below to reset them to "0".



Pull out the crown to the first click when the stopwatch function is not activated.

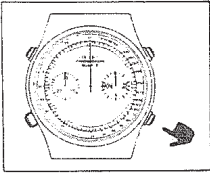
* If the crown is of the screw lock type, unscrew the crown by turning it counterclockwise, and then pull it out to the first click.

Reset each hand by depressing the corresponding button. Each depression of the button advances the hand one mark. However, each hand can be advanced rapidly by continuously depressing the corresponding button.

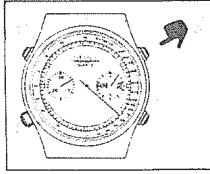
Push in the crown all the way to the normal position in accordance with the exact time.

* If the crown is of the screw lock type, screw it in completely by turning it clockwise while pressing it.

TRIAL RUN OF STOPWATCH HANDS MEASURING OF REMAINING TIME

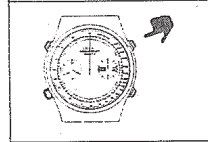


The one round trial run of all stopwatch hands can be made by keeping button "C" depressed for 1 to 2 seconds with the crown pushed into the normal position.



Set the stopwatch hand for the desired amount of time in the same method as for the counter. After pushing the crown all the way, depress button "B" to start measuring the remaining time up to "00".

Example:



If there are 20 minutes left in the basketball game. Set the stopwatch minute hand to "10" as shown above and depress button "B". When the hand reaches "30", 20 minutes will have elapsed. The stopwatch second may also be used in this way to measure the remaining time in seconds.

HOW TO USE THE TACHYMETER

Some models are provided with a graduated dial of the tachymeter.

The tachymeter can be used for the following purposes:

- (1) To measure the hourly average speed of a vehicle on the basis of one kilometer (or mile). Determines with the stopwatch device how many seconds it takes to go one kilometer (or mile).

Ex. 1)

The tachymeter scale shown by the center second hand (stopwatch second hand) gives the average speed per hour using a maximum of 60 seconds as the standard. For instance, if it takes 40 seconds to go one kilometer (or mile), the second hand indicates 90 on the tachymeter scale. This means the speed of the automobile is 90 kilometers (or miles) per hour.

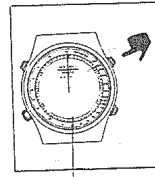
$$90 \text{ (40 seconds position)} \times 1 = 90 \text{ km/h (mph)}$$

Ex. 2)

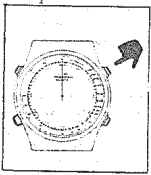
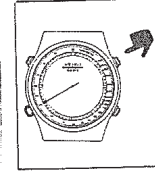
If the measuring distance is extended to two kilometers (or miles) or shortened to 500 meters (or half a mile), double the scale figure or reduce it to a half, respectively. We recommend that you apply the tachymeter in a rally, speedway or circuit race.

$$90 \text{ (40 seconds position)} \times 2 = 180 \text{ km/h (mph)}$$

$$90 \text{ (40 seconds position)} \times 0.5 = 45 \text{ km/h (mph)}$$



Tachymeter scale



- (2) To measure work accomplished in an hour. The tachymeter is extremely useful in calculating factory operation efficiency and measuring the machine production capacity.

Ex. 1)

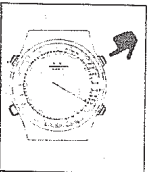
For example, if it takes 20 seconds to complete one job, the center second hand (stopwatch second hand) indicates 180 on the tachymeter scale. This means that 180 jobs will be completed in one hour.

$$180 \text{ (20 seconds position)} \times 1 \text{ Job} = 180 \text{ Jobs per hour}$$

Ex. 2)

If 15 jobs are accomplished in 20 seconds, multiply the scale of 180 (showing 15 jobs in 20 seconds) by 15 and the work amount in one hour will be shown as 2700.

$$180 \text{ (20 seconds position)} \times 15 \text{ Jobs} = 2700 \text{ Jobs per hour}$$



TO PRESERVE THE QUALITY OF YOUR WATCH

WATER RESISTANCE

Non-water resistance

If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER to make sure that no water damage has occurred.

Water resistance (3 bar)

If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar such as accidental contact with water, for example, splashes or rain, but it is not designed for swimming or diving.

Water resistance (10 bar)

If "WATER RESISTANT 10 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar and is suitable for swimming and shallow diving, but not for scuba diving. We recommend that you wear a SEIKO Diver's watch for scuba diving. If used in sea water, rinse the watch in fresh water and dry it completely. Do not operate the crown and buttons in water.



Water resistance (15 bar)

If "WATER RESISTANT 15 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 15 bar and is suitable for swimming and shallow diving, but not for scuba diving. We recommend that you wear a SEIKO Diver's watch for scuba diving. If used in sea water, rinse the watch in fresh water and dry it completely. Do not operate the crown and buttons in water.

NOTE:

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

SHOCKS

Light activities will not affect your watch. But, be careful not to drop your watch or hit it against hard surfaces as this may cause damage.

MAGNETISM

Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

TEMPERATURES

Your watch works with stable accuracy between a temperature range of 5°C and 35°C (41°F and 95°F).



High temperature

Temperature over 60°C (140°F) may cause battery leakage or shorten the battery life.

Low temperature

Do not leave your watch in very low temperature below -10°C (+14°F) for a long time, since the cold may cause a slight time loss or gain.

However, the above conditions will be corrected when the watch returns to normal temperature.

CHEMICALS

Be careful not to expose the watch to solvents (such as alcohol and gasoline), mercury (i.e. from a broken thermometer), cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

PERIODIC CHECK

It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER to ensure that the case, crown, buttons, gasket, and crystal seal remain intact.





■ CARE OF CASE AND BRACELET

To prevent possible corrosion on the case and bracelet caused by dust and moisture, wipe them with a soft dry cloth.

BATTERY LIFE INDICATOR (indicated by second hand)

The battery needs to be replaced when you see the real second hand moving in two second intervals instead of the normal one second interval. However, the watch will remain accurate during this period.

BATTERY CHANGE

**2
Years**

The miniature battery which powers your watch should last approximately 2 years. However, because the initial battery in your watch is inserted at the factory, its actual life once in your possession may be less than the specified period.

For battery replacement, we recommend that you contact an AUTHORIZED SEIKO DEALER and request a SEIKO SR936SW. However, if this battery is not available, then use one of the following recognized batteries: Maxell SR936SW, SONY SR936SW, or EVEREADY 394.

Note: When the stopwatch 5/100 second hand is used for a total of 20 minutes a day and the stopwatch/center second hand and the stopwatch minute hand are used for 24 hours a day as the real second and minute hands respectively, the battery should last approximately 2 years.