

DUO-DISPLAY QUARTZ Cal. H357
ALARM CHRONOGRAPH

SEIKO QUARTZ

INSTRUCTIONS

INSTRUCCIONES GEBRAUCHSANWEISUNGEN

ISTRUZIONI INSTRUÇÕES 用法説明

SEIKO DUO-DISPLAY QUARTZ ALARM CHRONOGRAPH

Cal. H357

CHARACTERISTICS

1. **Analogue Display:** Three hand display (hour, minute and second).
2. **Digital Time Display:** Hour, minute, second, and "A" (A.M.)/"P" (P.M.). Can be displayed in a 12 or 24 hour indication.
Note: Although both the Analogue and Digital functions are activated by the same crystal oscillator, each function of the watch operates independently. The operation of any function does not affect the accuracy of any other function.
3. **Digital Calendar Display:** Date and day of the week. The month is displayed only when the calendar is adjusted. Adjusts automatically for odd and even months except February of leap years.
4. **Digital Alarm Display:** Hour, minute, "A" (A.M.)/"P" (P.M.) mark and alarm (AL) mark. The alarm can be set to ring at any desired hour and minute. The alarm and time will be displayed in the same manner (12 or 24 hour indication) as the digital time display.
5. **Hourly Time Signal:** The time signal can be set to ring every hour on the hour with a single peep.
6. **Digital Stopwatch Display:** Minute, second and 1/100 second up to 60 minutes.

7. **Water Resistant:** When "WATER RESISTANT" is shown on the back of your watch case, the watch is water resistant.
8. **Battery Life Indicator:** All the digits in the display start flashing when the battery life nears its end.
9. **Battery:** Use a miniature battery, SEIKO (SEIZAIKEN) TR926W, Maxell SR926W, or U.C.C. 399.

SEQUENCE OF DIGITAL DISPLAYS

The digital functions will be displayed in the following order by depressing Button "A":



Button A

Time Display

P 3:10 58

Calendar Display

SU 20

Alarm Display

AL 7:20

Stopwatch Display

00 00 00

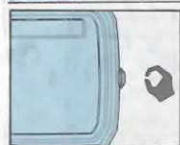
HOW TO SET THE ANALOGUE TIME

1. Pull the crown out to the second click. The second hand will stop.
2. Turn the crown counterclockwise to advance the hands and clockwise to reverse the hands.
3. Push the crown back in.

Note: The second hand resumes moving when the crown is returned to the normal position. By pulling the crown out and pushing it back to the normal position in accordance with a time signal, it is possible to set the second hand to the exact second.

HOW TO SET THE TIME (DIGITAL TIME) AND MILITARY (24 hr) TIME

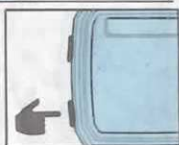
SECOND



||| P 3:1058

From the time display pull the crown out to the first click.

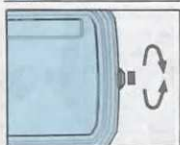
SET



||| P 3:0000

Depress button "A" in accordance with a time signal. The seconds are reset to "00" and start immediately.*

MINUTE, HOUR
SET



||| P 2:5938

Turn the crown counterclockwise and the digits will advance, turn the crown clockwise and the digits will reverse. After the digits are adjusted, push the crown in to the normal position.

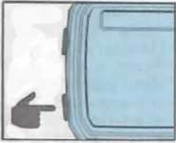
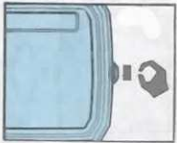

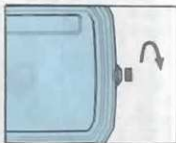


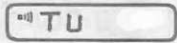

To Set Digital Time to 24 hour (Military) Time: From the digital time display pull the crown out to the first click and then push it back in. The "A" (A.M.)/"P" (P.M.) mark disappears and the time is set in 24 hr. time. To reset to 12 hour time, repeat the above procedure.

* When the seconds count any numbers from "30" to "59" and button "A" is depressed, one minute is added and the seconds are immediately reset to "00".

HOW TO SET THE CALENDAR (DIGITAL TIME)

PREPARATION

DAY, DATE, MONTH

	SELECT	SET	SET
			
			
<p>From the time display depress button "A" three times.</p>	<p>Pull the crown out to the first click. The date displays.</p>	<p>Turn the crown clockwise and the day of the week will advance.</p>	<p>Turn the crown counterclockwise and the date and the month will advance. After all adjustments are completed, push the crown in to the normal position.</p>

Note: By turning the crown quickly, the month, date and day will advance rapidly.

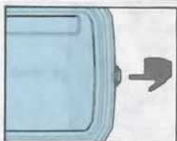
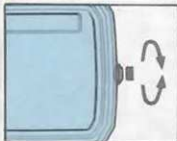
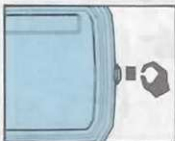
HOW TO SET THE ALARM

PREPARATION

MINUTE, HOUR

SELECT

SET



AL R 7:20

AL R 7:20

AL R 6:59

From the time display depress button "A" once and the alarm function displayed and the alarm function mark "AL" is displayed.

Pull the crown out to the first click.

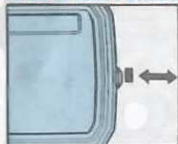
Turn the crown counterclockwise and the digits will advance and turn the crown clockwise and the digits will reverse.

After the desired alarm time is set, push the crown in to the normal position.

Note: When the alarm time is set, it will be activated by the digital time display only.

HOW TO ENGAGE AND DISENGAGE THE ALARM AND HOURLY TIME SIGNAL:

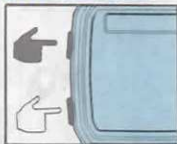
ALARM AND TIME SIGNAL ENGAGING AND DISENGAGING



The alarm and time signal are engaged and/or disengaged in the following order by pulling out the crown to the first click and pushing it in immediately in the alarm function.

	Alarm engaged
	Alarm engaged hourly time signal engaged
	Alarm disengaged hourly time signal-disengaged

HOW TO STOP THE ALARM



The alarm will ring for 60 seconds. To stop the alarm, depress either button "A" or "B".

ALARM TEST

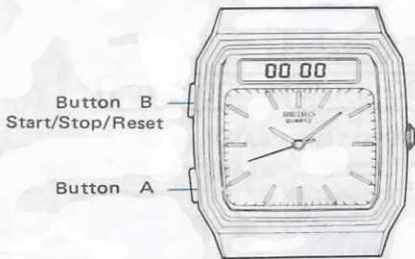


When button "A" is depressed for over 2 seconds, the alarm ring with "peep", "peep".

STOPWATCH FUNCTION

From the digital time display depress Button "A" 2 times and the stopwatch function is displayed. The stopwatch can measure up to 60 minutes.

Stopwatch Function

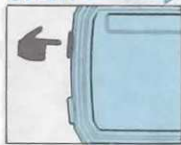


- * When the measured time exceeds 60 minutes, the display will reset to "00 00 00" and continue recording the elapsed time.
- * As the stopwatch function operates independently of the other functions the stopwatch continues measuring the elapsed time when the other functions are activated.

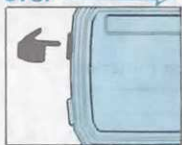
HOW TO USE THE STOPWATCH

1. STANDARD STOPWATCH MEASUREMENT

START → STOP → RESET (Depress for 2 seconds)



00 00 00



00 14 28



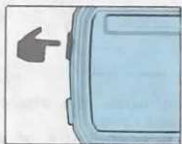
00 00 00

2. ACCUMULATED ELAPSED TIME MEASUREMENT

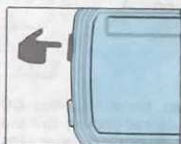
START → STOP → START → STOP



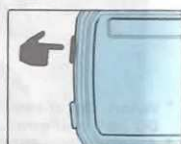
00 00 00



3 15 02



3 15 02



20 00 00

TO PRESERVE THE QUALITY OF YOUR WATCH

Your watch contains a highly precise electronic circuit and crystal oscillator, and to maintain its high accuracy, you should not subject it to violent shocks or extreme temperature.

Be sure to check if "WATER RESISTANT" is shown on the back of your watch case. If your watch is water resistant, please follow the instructions below.

- With the exception of the SEIKO water-resistant watches specially designed for diving or swimming, all SEIKO water-resistant watches are designed and manufactured to withstand the water usually expected in daily living. However, they are not designed for diving or swimming. Do not wear regular SEIKO water-resistant watches while diving or swimming.
- If the watch is exposed to water, rinse it in fresh water and then wipe it thoroughly dry.
- Do not depress any buttons and do not operate the crown when the watch is wet.
- Have your SEIKO watch checked by an AUTHORIZED SEIKO DEALER periodically to be sure that the case, button, crown, gasket and crystal seal remain intact.

Note: If your watch is not water resistant, care should be taken not to get it wet as water may damage the module and movement. If a non-water resistant watch becomes wet, we suggest that you have it checked by an AUTHORIZED SEIKO DEALER to be sure that no watch damage occurred.



BATTERY CHANGE

The miniature battery, which powers your watch should last approximately two years for SEIKO (SEIZAIKEN) TR926W, Maxell SR926W and U.C.C. 399. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than the specified period. The battery needs to be replaced when you see all the digits in the digital display flashing. However, the watch will remain accurate while all the digits are flashing. When replacing the battery, we recommend that you contact an AUTHORIZED SEIKO DEALER.

Note: If use of the alarm is more than 10 seconds a day, the battery life may be less than the specified period.

SEIKO