Cal. 4R15/4R16/4R35/4R36/7S26/7S35/7S36

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用法説明 (115頁)
Do not attempt to dive using this watch unless you have been properly trained in diving. For your safety, please abide by the rules of diving.

Do not use the watch for saturation diving using helium gas.

Before diving, make sure that the watch operates normally.

CAUTION

Please read and observe the instructions described in this booklet to ensure the proper functioning of your diver's watch.

Do not operate the crown when the watch is wet or in water.

Avoid hitting the watch against hard objects such as rocks.
AFTER DIVING
- Rinse the watch in fresh water after diving and wash out all seawater, soil, sand, etc.
- Wipe the watch thoroughly dry to prevent possible rust on the case after cleaning the watch in fresh water.

BEFORE DIVING
- Do not operate the crown when the watch is wet or in water.
- Take care not to hit the watch against hard objects such as rocks.
- Bezel rotation may become slightly stiffer underwater. This is not a malfunction.

WHILE DIVING
- Do not use the watch for saturation diving using helium gas.
- Check that:
  - the crown is locked tightly in place.
  - there are no visible cracks in the crystal or the watch band.
  - the strap or bracelet is securely fastened to the watch case.
  - the buckle keeps the strap or bracelet firmly secured to the wrist.
  - the rotating bezel turns counterclockwise smoothly (the rotation must not be too loose or too tight) and the “V” mark aligns with the minute hand.
  - the time and calendar are appropriately set.
  - the second hand is operating normally (if not, swing the watch for more than 30 seconds to wind the mainspring sufficiently).
- If there are any malfunctions, we recommend that you contact an AUTHORIZED SEIKO SERVICE CENTER.

PRECAUTIONS ON USING THE WATCH FOR DIVING
Before diving, make sure that the watch operates normally and be sure to observe the precautions described below.

CAUTION notes indicate any condition or practice which, if not strictly observed, may result in personal injury or property damage.

WARNING notes indicate any condition or practice which, if not strictly observed, could result in severe personal injury or possible death.

WARNING
- Do not operate the crown when the watch is wet or in water.
- Take care not to hit the watch against hard objects such as rocks.
- Bezel rotation may become slightly stiffer underwater. This is not a malfunction.

CAUTION
- Do not use the watch for saturation diving using helium gas.
- Check that:
  - the crown is locked tightly in place.
  - there are no visible cracks in the crystal or the watch band.
  - the strap or bracelet is securely fastened to the watch case.
  - the buckle keeps the strap or bracelet firmly secured to the wrist.
  - the rotating bezel turns counterclockwise smoothly (the rotation must not be too loose or too tight) and the “V” mark aligns with the minute hand.
  - the time and calendar are appropriately set.
  - the second hand is operating normally (if not, swing the watch for more than 30 seconds to wind the mainspring sufficiently).
- If there are any malfunctions, we recommend that you contact an AUTHORIZED SEIKO SERVICE CENTER.
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For the care of your watch, see “TO PRESERVE THE QUALITY OF YOUR WATCH” in the attached Worldwide Guarantee and this Instruction Booklet.
HOW TO START THE WATCH (4R35/4R36)

This watch is an automatic watch equipped with a manual winding mechanism.

- To initially start your watch:
  If your watch is completely stopped, it is recommended that you manually wind the mainspring by turning the crown.

- How to manually wind the mainspring by turning the crown
  1. Unlock the crown by turning it counterclockwise.
  2. Slowly turn the crown clockwise to wind the mainspring.
  3. Continue to turn the crown until the mainspring is sufficiently wound. The second hand will start moving.
  4. Lock the crown by turning it clockwise while pressing it.

* The winding operation for 4R35 and 4R36 are the same.
TIME/CALENDAR SETTING (4R16/7S26/7S36)

1. Unlock the crown by turning it counterclockwise.
2. Pull out the crown to the first click.
3. Turn the crown clockwise until the previous day's date appears.
4. Turn the crown counterclockwise until the previous day of the week in the desired language appears.
5. Pull out the crown to the second click.
6. Turn the crown to advance the hands until the date and day change to the next. When they have changed, the time is set for the A.M. period. Keep advancing the hands to set the correct time.
7. Push back the crown.
8. Lock the crown by turning it clockwise while pressing it.

*Do not change the day or the date between 9:00 p.m. and 4:00 a.m.

TIME/CALENDAR SETTING (4R15/7S35)

1. Unlock the crown by turning it counterclockwise.
2. Pull out the crown to the first click.
3. Turn the crown clockwise until the previous day's date appears.
4. Pull out the crown to the second click.
5. Turn the crown to advance the hands until the date change to the next. When it has changed, the time is set for the A.M. period. Keep advancing the hands to set the correct time.
6. Push back the crown.
7. Lock the crown by turning it clockwise while pressing it.

*Do not change the date between 9:00 p.m. and 1:00 a.m.
TIME/CALENDAR SETTING (4R36)

1. Unlock the crown by turning it counterclockwise.
2. Pull out the crown to the first click.
3. Turn the crown counterclockwise until the previous day's date appears.
4. Turn the crown clockwise until the previous day of the week in the desired language appears.
5. Pull out the crown to the second click when the second hand is at the 12 o'clock position. (The second hand stops on the spot).
6. Turn the crown to advance the hands until the date and day change to the next. When they have changed, the time is set for the A.M. period.
7. Push back the crown in accordance with a time signal.
8. Lock the crown by turning it clockwise while pressing it.

*Do not change the day or the date between 9:00 p.m. and 4:00 a.m.

TIME/CALENDAR SETTING (4R35)

1. Unlock the crown by turning it counterclockwise.
2. Pull out the crown to the first click.
3. Turn the crown counterclockwise until the previous day's date appears.
4. Pull out the crown to the second click when the second hand is at the 12 o'clock position. (The second hand stops on the spot).
5. Turn the crown to advance the hands until the date change to the next. When it has changed, the time is set for the A.M. period.
6. Push back the crown in accordance with a time signal.
7. Lock the crown by turning it clockwise while pressing it.

*Do not change the date between 9:00 p.m. and 1:00 a.m.
* Turn the hands past the 12 o’clock marker to determine whether the watch is set for the A.M. or P.M. period. If the calendar changes when the hour hand passes the 12 o’clock marker, the time is set for A.M. If the calendar does not change, the time is set for P.M.
* When setting the hands, first set them to a time a few minutes earlier than the correct time, and then advance them to the exact time.
* It is necessary to adjust the date on the first day after a month that has less than 31 days.

ROTATING BEZEL
The rotating bezel can show up to 60 minutes of elapsed time.

1. Turn the rotating bezel to align the “▼” mark to the minute hand.
2. When time has elapsed, read the number on the rotating bezel.

Example:
- Starting time: 10:10
- Elapsed time: 30 minutes

* For safety’s sake, the rotating bezel rotates only counterclockwise, so that the time measured is never shorter than the actual elapsed time.

TO PRESERVE THE QUALITY OF YOUR WATCH

TEMPERATURES
The key components in mechanical watches are made of metals, which expand or contract depending on temperatures due to metal properties. This exerts an effect on the accuracy of the watches. Mechanical watches tend to lose time at high temperatures while they tend to gain time at low temperatures.

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

CHEMICALS
Be careful not to expose the watch to solvents, mercury, 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 by an AUTHORIZED SEIKO DEALER or SERVICE CENTER to ensure that the case, crown, gasket and crystal seal remain intact.

English
To prevent possible rusting of the case and bracelet, wipe them periodically with a soft dry cloth.

Be careful not to drop your watch or hit it against hard surfaces.

If your watch has a protective film and/or a sticker on the case back, peel them off before using your watch.

LumiBrite is a newly developed luminous paint that is completely harmless to human beings and the natural environment, containing no noxious materials such as radioactive substances. LumiBrite absorbs the energy of sunlight or artificial light in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 5 to 8 hours. Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

When you make a dive in dark water, LumiBrite may not emit light unless it has absorbed and stored light sufficiently. Before diving, therefore, be sure to expose the watch to light under the conditions specified above, so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

< Reference data on luminance >

(A) Sunlight
   [Fine weather]: 100,000 lux
   [Cloudy weather]: 10,000 lux

(B) Indoor (Window side during daytime)
   [Fine weather]: more than 3,000 lux
   [Rainy weather]: less than 1,000 lux
   [Cloudy weather]: 1,000 to 3,000 lux

(C) Lighting apparatus (40-watt daylight fluorescent light)
   [Distance to the watch: 1 m]: 1,000 lux
   [Distance to the watch: 3 m]: 500 lux
   [Average room luminance]: 250 lux

*LUMIBRITE* is a trademark of SEIKO HOLDINGS CORPORATION.
**SPECIFICATIONS**

1. Vibrations per hour .................. 21,600
2. Operational temperature range .. Between -10 °C and 60 °C (Between 14 °F and 140 °F)
3. Continuous operating time ........ 4R15, 4R16: More than approx. 50 hours
                                      4R35, 4R36, 7S26, 7S36: More than approx. 41 hours
4. Driving system ........................ 4R15, 4R16, 7S26, 7S35, 7S36: Automatic winding type
                                       4R35, 4R36: Automatic winding type with manual winding mechanism
5. Jewels ............................... 4R15, 4R16: 22 jewels
                                       4R35, 7S35, 7S36: 23 jewels
                                       4R36: 24 jewels
                                       7S26: 21 jewels
6. Magnetic resistance .................. 4,800 A/m (60 gauss)
7. Water resistance..................... Water resistant up to 200 meters
                                       The watch is suitable for scuba diving.

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