Cal. 7T12

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For the care of your watch, see “TO PRESERVE THE QUALITY OF YOUR WATCH” in the attached Worldwide Guarantee and Instruction Booklet.
**SEIKO CAL. 7T12**

**TIME/CALENDAR**
- 24-hour, hour, minute, and small second hands

**STOPWATCH**
- Measures up to 60 minutes in 1/5 second increments.
- Split time measurement is available.

**CROWN**
- Normal position
- First click
- Second click

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**STOPWATCH 1/5-second hand**

**Hour hand**

**Small second hand**

**STOPWATCH minute hand**

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**24-hour, hour, minute, and small second hands**

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**SCREW LOCK TYPE CROWN**
- Some models may have a screw-lock mechanism that can securely lock the crown by screw when they are not being operated.
- Locking the crown will help to prevent any operational errors and enhance the water resistant quality of the watch.
- It is necessary to unlock the screw lock type crown before operating it. Once you have finished operating the crown, make sure to relock it.

**How to use the screw lock type crown**
- Keep the crown securely locked unless you need to operate it.
- Turn the crown counterclockwise. The crown is unlocked and can be operated.

**How to unlock the screw lock type crown**
- Once you have finished operating the crown, turn it clockwise while gently pressing it in toward the watch body until it stops.

* When locking the crown, turn it slowly with care, ensuring that the screw is properly engaged. Be careful not to forcibly push it in, as doing so may damage the screw hole in the case.
1. TIME SETTING

This watch is designed so that the following adjustments are all made with the crown at the second click position:

1) time setting
2) stopwatch hand position adjustment

Once the crown is pulled out to the second click, be sure to check and adjust 1) and 2) at the same time.

CROWN Pull out to second click when the small second hand is at the 12 o’clock position.

2. STOPWATCH HAND POSITION ADJUSTMENT

* If the STOPWATCH hands are not in the "0" position, follow the procedure below to set them to the "0" position.

1. When the stopwatch is or has been measuring, if the crown is pulled out to the second click, it will automatically reset the STOPWATCH hands to "0".
2. The 24-hour hand moves correspondingly with the hour hand.
3. It is recommended that the hands be set to the time a few minutes ahead of the current time, taking into consideration the time required to adjust the STOPWATCH hand position if necessary.
4. The moment the date changes is midnight. When setting the hour hand, make sure to check that AM/PM is correctly set by using the 24 hour hand as an AM/PM indicator.
5. When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

STOPWATCH hand CROWN

1/5-second hand

A Press for 2 seconds or longer.

* STOPWATCH minute hand turns a full circle.

B Press repeatedly to set STOPWATCH minute hand to the "0" position.

* The hand moves quickly if button B is kept pressed.
Before setting the date, be sure to set the time.

CROWN

Pull out to first click. ▼

Turn clockwise until the desired date appears. ▼

Push back in to normal position.

1. Date setting should always be carried out after the time is correctly set.
2. Turn the crown gently and slowly to set the date, especially when the tenth digit changes.
3. Manual date adjustment is required on the first day after a month that has less than 31 days: February, April, June, September and November.
4. Do not set the date during any time between 9:00 P.M. and 1:00 A.M. Date setting during this time period may cause failure of date change on the following day.

Press for 2 seconds or longer.

* STOPWATCH 1/5-second hand turns a full circle.

Press repeatedly to set STOPWATCH 1/5-second hand to the "0" position.

* The hand moves quickly if button B is kept pressed.

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

CROWN

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

STOPWATCH 1/5-second hand

STOPWATCH minute hand

CROWN

Before setting the date, be sure to set the time.

CROWN

Pull out to first click. ▼

Turn clockwise until the desired date appears. ▼

Push back in to normal position.

1. Date setting should always be carried out after the time is correctly set.
2. Turn the crown gently and slowly to set the date, especially when the tenth digit changes.
3. Manual date adjustment is required on the first day after a month that has less than 31 days: February, April, June, September and November.
4. Do not set the date during any time between 9:00 P.M. and 1:00 A.M. Date setting during this time period may cause failure of date change on the following day.

Press for 2 seconds or longer.

* STOPWATCH 1/5-second hand turns a full circle.

Press repeatedly to set STOPWATCH 1/5-second hand to the "0" position.

* The hand moves quickly if button B is kept pressed.

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

CROWN

Before setting the date, be sure to set the time.

CROWN

Pull out to first click. ▼

Turn clockwise until the desired date appears. ▼

Push back in to normal position.

1. Date setting should always be carried out after the time is correctly set.
2. Turn the crown gently and slowly to set the date, especially when the tenth digit changes.
3. Manual date adjustment is required on the first day after a month that has less than 31 days: February, April, June, September and November.
4. Do not set the date during any time between 9:00 P.M. and 1:00 A.M. Date setting during this time period may cause failure of date change on the following day.
STOPWATCH

- The stopwatch can measure up to 60 minutes in 1/5-second increments.
- After 60 minutes, it will start counting again from "0" repeatedly up to 12 hours.
- Split time measurement is available.

Before using the stopwatch, be sure to check that the crown is set at the normal position and that the STOPWATCH hands are reset to the "0" position.

* If the STOPWATCH hands do not return to the "0" position when the stopwatch is reset to "0", follow the procedure in "SETTING THE TIME AND ADJUSTING THE STOPWATCH HAND POSITION".

<How to reset the stopwatch>

**While the STOPWATCH hands are moving**
1. Press Button A to stop the stopwatch.
2. Press Button B to reset the stopwatch.

**While the STOPWATCH hands are stopped**
One of the following stopwatch operations has been made. Reset the stopwatch accordingly.

[When the stopwatch is stopped]
1. Press button B to reset the stopwatch.

[When the split time measurement is displayed while the stopwatch is measuring]
1. Press button B to release the split time display. The stopwatch hands move quickly, and then indicate the measurement in progress.
2. Press button A to stop the stopwatch.
3. Press button B to reset the stopwatch.

[When the split time measurement is displayed and the stopwatch is stopped]
1. Press button B to release the split time display. The stopwatch hands move quickly, and then stop.
2. Press button B to reset the stopwatch.
Standard measurement

A ➤ A ➤ B
START STOP RESET

Accumulated elapsed time measurement

A ➤ A ➤ A ➤ A ➤ A ➤ B
START STOP RESTART STOP RESET

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

Split time measurement

A ➤ B ➤ B ➤ B ➤ A ➤ B
START SPLIT SPLIT RELEASE STOP RESET

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

Measurement of two competitors

A ➤ B ➤ B ➤ A ➤ A ➤ B ➤ B
START FINISH TIME OF 1ST COMPETITOR 2ND COMPETITOR FINISHES FINISH TIME OF 2ND COMPETITOR RESET

SECURITY LOCK BUTTON OPERATION
(for models with security lock button)

SECURITY LOCK OF PUSH-BUTTON A & B

Unlocking the push-button
- Turn Security Lock Button counterclockwise until you no longer feel the threads turning.
- The button can be pushed in.

Locking the push-button
- Turn Security Lock Button clockwise until you no longer feel the threads turning.
- The button cannot be pushed in.
TACHYMETER
(for models with tachymeter scale on the dial)

To measure the hourly average speed of a vehicle

1. **Use the stopwatch to determine how many seconds it takes to go 1 km or 1 mile.**

2. Tachymeter scale indicated by STOPWATCH second hand gives the average speed per hour.

   \[
   \text{Average speed per hour} = \frac{\text{Tachymeter scale indicated by STOPWATCH second hand}}{\text{Time taken}} \times 3600 \text{ seconds}
   \]

   

Ex. 1

STOPWATCH second hand: 40 seconds

Tachymeter scale: “90”

“90” (tachymeter scale figure) x 1 (km or mile) = 90 km/h or mph

Ex. 2: If the measuring distance is extended to 2 km or miles or shortened to 0.5 km or miles and STOPWATCH second hand indicates “90” on tachymeter scale:

   \[
   \text{Average speed per hour} = \frac{\text{Tachymeter scale indicated by STOPWATCH second hand}}{\text{Time taken}} \times 3600 \text{ seconds}
   \]

   \[
   \text{Average speed per hour} = \frac{90}{40} \times 3600 = 810 \text{ km/h or mph}
   \]

   \[
   \text{Average speed per hour} = \frac{90}{20} \times 3600 = 1620 \text{ km/h or mph}
   \]

   \[
   \text{Average speed per hour} = \frac{90}{10} \times 3600 = 3240 \text{ km/h or mph}
   \]

To measure the hourly rate of operation

1. Use the stopwatch to measure the time required to complete 1 job.

2. Tachymeter scale indicated by STOPWATCH second hand gives the average number of jobs accomplished per hour.

   \[
   \text{Average number of jobs per hour} = \frac{\text{Tachymeter scale indicated by STOPWATCH second hand}}{\text{Time taken}} \times 3600 \text{ seconds}
   \]

   

Ex. 1

STOPWATCH second hand: 20 seconds

Tachymeter scale: “180”

“180” (tachymeter scale figure) x 1 job = 180 jobs/hour

Ex. 2:

If 15 jobs are completed in 20 seconds:

   \[
   \text{Average number of jobs per hour} = \frac{180}{20} \times 3600 = 3240 \text{ jobs/hour}
   \]

   \[
   \text{Average number of jobs per hour} = \frac{180}{15} \times 3600 = 3600 \text{ jobs/hour}
   \]

   \[
   \text{Average number of jobs per hour} = \frac{180}{2} \times 3600 = 32400 \text{ jobs/hour}
   \]

Tachymeter scale can be used only when the time required is less than 60 seconds.
TELEMETER (for models with telemeter scale on the dial)

- The telemeter can provide a rough indication of the distance to the source of light and sound.
- The telemeter indicates the distance from your location to an object that emits both light and sound. For example, it can indicate the distance to the place where lightning struck by measuring the time elapsed after you see a flash of lightning until you hear the sound.
- A flash of lightning reaches you almost immediately while the sound travels to you at a speed of 0.33 km/second. The distance to the source of the light and sound can be calculated on the basis of this difference.
- The telemeter scale is graduated so that the sound travels at a speed of 1 km in 3 seconds.*

*Under the condition of temperature of 20°C (68°F)

CAUTION

The telemeter provides only a rough indication of the distance to the place where lightning struck, and therefore, the indication cannot be used as the guideline to avoid the danger of lightning. It should also be noted that the speed of the sound differs depending on the temperature of the atmosphere where it travels.

HOW TO USE THE TELEMETER

Before beginning, check that the stopwatch has been reset.

START
(Flash of light)

Press button A to start the stopwatch as soon as you see the light.

STOP
(Crash of thunder)

1. Press button A to start the stopwatch as soon as you see the light.

2. When you hear the sound, press button A to stop the stopwatch.

3. Read the telemeter scale that the stopwatch second hand points to.

Approx. 3 km

*Please note that the stopwatch second hand moves in 1/5 second increments and does not always point exactly to the graduations of the telemeter scale. The telemeter scale can be used only when the measured time is less than 60 seconds.
BATTERY CHANGE

The miniature battery which powers your watch should last approxi-
mately 5 years. However, because the battery is inserted at the factory
to check the function and performance of the watch, its actual life once
in your possession may be less than the specified period. When the
battery expires, be sure to replace it as soon as possible to prevent any
malfunction. For battery replacement, we recommend that you contact
an AUTHORIZED SEIKO DEALER and request SEIKO SR927SW battery.

* If the stopwatch is used for more than 2 hours a day, the battery life may be less
  than the specified period.

* After the battery is replaced with a new one, set the time/calendar and adjust the
  stopwatch hand position.

* The watch remains accurate while the small second hand is moving at two-second intervals.

Battery life indicator

When the battery nears its end, the small second hand moves at two-second
intervals instead of normal one-second intervals. In that case, have the battery
replaced with a new one as soon as possible.

WARNING

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children.
  If a child swallows it, consult a doctor immediately.

CAUTION

- Never short-circuit, heat or otherwise tamper with the battery, and never
  expose it to fire. The battery may burst, become very hot or catch fire.
- The battery is not rechargeable. Never attempt to recharge it, as this may
  cause battery leakage or damage to the battery.

| 5 Years |
**SPECIFICATIONS**

1. Frequency of crystal oscillator .......... 32,768 Hz (Hz = Hertz … Cycles per second)
2. Loss/gain (monthly rate) ...................... ±15 seconds at normal temperature range (between 5° C and 35° C)
3. Operational temperature range .............. Between –10° C and +60° C
4. Driving system .................................. Step motor, 3 pieces
5. Display system
   Time/calendar ................................... 24-hour, hour, minute and small second hands
   Date is displayed in numerals
   Stopwatch ...................................... Stopwatch minute and 1/5-second hands
6. Battery .......................................... SEIKO SR927SW, 1 piece
7. Battery life .................................... Approximately 5 years
   If the stopwatch is used less than 2 hours per day
8. IC (Integrated Circuit) ........................ C-MOS-IC, 1 piece

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