Thank you very much for choosing a SEIKO watch. For proper and safe use of your SEIKO watch, please read carefully the instructions in this booklet before using.

Keep this manual handy for easy reference.

※ Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.
Features

This solar radio-controlled watch is equipped with the world time function.

- By selecting a time zone, the watch can automatically display the local time in a different time zone around the world.
- The watch indicates the precise time by automatically receiving radio signals on official standard frequencies. (The watch can receive official standard frequencies from Japan, People's Republic of China and the United States of America.)
- Two sets of time displays are provided to indicate the local time in two different time zones at the same time.

■ World Time Function ・・・ By selecting a time zone, the watch can display the local time in the selected time zone area.

■ Dual Time Display ・・・ In addition to the main time display, the time in another region can be displayed in the 24-hour indication format by the sub dial located at the 6 o'clock position.

■ Radio Signal Receiving Function ・・・ The watch receives the precise time by automatically receiving radio signals on official standard frequencies. Manual reception of radio signals is also possible. The watch can receive official standard frequencies of Japan, People’s Republic of China and the United States of America.

Display and button operation

Button A

Normal position:
- How to select the time zone ・・・ P.110
- Checking the reception result ・・・ P.126
- Manual reception ・・・ P.155

Second click:
- Manual date setting ・・・ P.185
- Time setting for subdial ・・・ P.122
- Manual time setting ・・・ P.155
- Resetting the subdial ・・・ P.182

Button B

■ Screw lock type crown

The various tightened inspections under simulated harsh environments, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

Do not turn or pull out the crown when the watch is wet.
- Water may get inside of the watch.
  ※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch deteriorates. Immediately consult the retailer from where the watch was purchased or SEIKO CUSTOMER SERVICE CENTER (listed on the end of this book).

Do not leave moisture, sweat and dirt on the watch for a long time.
- Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.

CAUTION

Do not pour running water directly from the faucet.
- The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

WARNING

Do not use the watch in scuba diving or saturation diving.

About This Product

Screw lock type crown
- 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.

To prevent accidental input and to optimize design, some models may have a Button B, which cannot be easily pressed with your finger. Refer to the table below on how to press the Button B.

How to use button B

To unlock the crown
- Turn the crown counterclockwise (downward) to unscrew it.

Now the crown can be operated.

Unlock the crown before operating it.

Unscrew

Unlock the crown

Crown locked

Crown unlocked

After operating the crown, lock it.

Screw

Screw

※ Types of buttons differ depending on the design of the watch.
How to use the world time function

1. World time function
   - The main watch can be easily set to display the local time in a different time zone by selecting a time zone among 24 regions around the world.

   In the Time Zone Setting mode, the second hand indicates the selected time zone.

   - If the time zone is set to Japan, China or the United States, the watch displays the precise time, date and day of the week by receiving radio signals, provided that the watch is within the radio signal reception range.
   - The watch is unable to receive radio signals outside the reception range. → Radio Signal Reception Range. P.124

2. How to select the time zone

   - To set the Daylight Saving Time, select the time zone index next to the target time zone (+1 hour), which is indicated by the arrow under the time zone index.
   - Example: When the Daylight Saving Time is being observed in Paris, set the second hand to point at the target time zone index (Paris).
   - Time zone index for PAR (Paris):
     - Time difference: +1 hour
     - Local time in Paris: 8th., Sunday, 15 o'clock 8 minutes and 42 seconds

3. Setting the Daylight Saving Time (DST) as necessary.
   - To set the Daylight Saving Time, select the time zone index next to the target time zone (+1 hour), which is indicated by the arrow under the time zone index.
   - Example: When the Daylight Saving Time is being observed in Paris, set the second hand to point at the target time zone index (Paris).
   - Time zone index for PAR (Paris):
     - Time difference: +1 hour
     - Local time in Paris: 8th., Sunday, 15 o'clock 8 minutes and 42 seconds

4. How to display the local time in Honolulu (How to set the time zone to HNL (Honolulu))
   - When the time zone is selected, the data and day of the week are automatically displayed in conjunction with the time of the main watch.
   - The time of the sub dial remains unchanged. → About sub dial. P.120

   Before time zone setting:
   - Main watch: local time (Tokyo)
   - Sub dial: home time (Tokyo)

   After time zone setting:
   - Main watch: local time (Honolulu)
   - Sub dial: home time (Tokyo)

Example: How to display the local time in Honolulu (How to set the time zone to HNL (Honolulu))

1. Before time zone setting
   - Press Button B for 4 seconds until the second hand stops.
   - While the date and day of the week are moving, neither the button nor the crown can be operated.

2. After time zone setting
   - Press Button B for 4 seconds until the second hand stops.
   - While the data and day of the week are moving, neither the button nor the crown can be operated.
World time function

What is a time zone?
There are time differences around the world based on "Coordinated Universal Time (UTC)." There are 24 regions (Time Zones) around the world with a time difference of one hour. This system has been adopted internationally by setting the total time difference around the world as 24 hours.

In addition, Daylight Saving Time (Summer Time) is individually adopted in some regions.

What is UTC (Coordinated Universal Time)?
UTC is the universal standard time coordinated through international agreement. It is used as the official time around the world. UTC is determined by adding a leap second to GMT (Greenwich Mean Time), which is determined by astronomical measurement, in order to keep the precise time.

Summer time is daylight saving time. Advancing the watch one hour to prolong daylight during longer daylight hours in summer. Daylight saving time has been adopted in about 80 countries, mainly in Europe and North America. The adoption and duration of daylight saving time vary depending on the country.

What is summer time (DST)?

What is UTC (Coordinated Universal Time)?
Coordinated Universal Time (UTC) is used as the official time around the world. UTC is determined by adding a leap second to GMT (Greenwich Mean Time), which is determined by astronomical measurement, in order to keep the precise time.

There are 24 regions (Time Zones) around the world with a time difference of one hour. This system has been adopted internationally by setting the total time difference around the world as 24 hours.

There are 24 regions (Time Zones) around the world with a time difference of one hour. This system has been adopted internationally by setting the total time difference around the world as 24 hours.

Time signal transmitted by a standard frequency is based on a super accurate "Cesium Atomic Clock" that may have a 1 second loss or gain per one hundred thousand years.

How to Set the Time (Radio Signal Reception)

Mechanism of radio signal reception
The radio-controlled watch displays the precise time, date and day by automatically receiving and synchronizing itself with the radio signal of an official standard frequency.

Automatic reception and manual reception
Automatic reception
This watch sets the time, date and day by automatically receiving a radio signal at a fixed time. This watch automatically receives a radio signal at 2:00 AM, 3:00 AM and 4:00 AM. When the watch successfully receives a radio signal, it will stop automatic reception.

Manual reception
When this watch cannot automatically receive a radio signal due to a difficult receiving environment, it is possible to receive them arbitrarily at any time.

How to conduct manual reception
Press the Button B with your finger or with an object with a long tweezed tip, the guided slider slides to the far end.

Troubleshooting
Misalignment of the time and hands on P.178 and Misalignment of the date and day on P.180.

Q & A for the world time function
Q: Is the watch automatically set to the local time when it is moved to a place outside Japan in a different time zone?
A: The watch will not be automatically set to the local time if it is just moved to a place outside Japan in a different time zone. Select the time zone where you are when you are abroad. If you select the time zone, the watch is automatically set to the local time.

Time difference can be adjusted in increments of 1 hour based on the Japan Standard Time.

After selecting the time zone, if it is within the reception range of radio signals, you can leave the watch to receive the radio signal to set it to the precise time. (The receivable standard frequency can be changed by selecting a time zone.)

Daylight Saving Time information should be contained in a standard frequency. Isn’t it necessary to set summer time manually if the time zone within the radio signal reception range is properly selected?
Yes. Some areas or countries in a time zone may not have adopted Daylight Saving Time.
Therefore the watch is designed so that Daylight Saving Time can be manually selected.

Q: Maintaining the main watch under home time (time of residing area), is it possible to allow the sub dial to display local time (local time in each time zone around the world)?
A: The sub dial can be adjusted to any discretionary time. Refer to "How to set the sub dial" on P.120.

Sub dial operates independently of the main watch.

About dual time display
The watch is equipped with a main watch and a sub dial, which indicates the local time in two regions.

Example: How to display the local time in Honolulu by the main watch, and the local time in Japan by the sub dial.

About sub dial

How to set the sub dial

Press the Button B to set the time.

To advance rapidly
Press the button once and release.
Fast advancing the button for longer than 2 seconds.
Press the button one again to stop.

Press the Button B with your finger or with an object with a long tweezed tip.
→ P.106

Relock the crown.
→ P.127

Pull out the crown to the first click.
The second hand rotates until it points to the 30-second position and stops. The watch enters the time setting mode for sub dial. Both the main watch and the sub dial continue to operate.

To advance one minute
Press the button once and release.

To Improve Radio Signal Reception

Q & A for the world time function

Q: What is summer time (DST)?
A: Summer time is daylight saving time. Advancing the watch one hour to prolong daylight during longer daylight hours in summer. Daylight saving time has been adopted in about 80 countries, mainly in Europe and North America. The adoption and duration of daylight saving time vary depending on the country.

Example: How to display the local time in Honolulu by the main watch, and the local time in Japan by the sub dial.

Example: How to display the local time in Honolulu by the main watch, and the local time in Japan by the sub dial.

Receive radio signals through the antenna inside the watch.
Analyze time information.
Display the current time, date and day.

Troubleshooting
Misalignment of the time and hands on P.178 and Misalignment of the date and day on P.180.

MEMO

Date:
Day of the week:
Sub dial:

MEMO

Date:
Day of the week:
Sub dial:
Time:
Time difference:

MEMO

Date:
Day of the week:
Sub dial:
Time:
Time difference:

MEMO

Date:
Day of the week:
Sub dial:
Time:
Time difference:

MEMO

Date:
Day of the week:
Sub dial:
Time:
Time difference:

MEMO

Date:
Day of the week:
Sub dial:
Time:
Time difference:

MEMO

Date:
Day of the week:
Sub dial:
Time:
Time difference:
About reception conditions

About radio signal reception range

This watch can receive official standard frequencies of Japan (two stations), People’s Republic of China, and the United States of America. When you set the watch to a time zone in Japan, China or the United States, the official standard frequencies the watch receives will be automatically changed according to the selected time zone. → Setting the Time Zone P. 112

■ About radio signal reception range

1. People’s Republic of China (BPC)

BPC is operated by NTSC, Chinese Academy of Sciences National Time Service Center. Shangqiu City, Henan Province

Shangqiu Low-Frequency Time-Code Time Service Station (60 kHz)

NTSC: National Time Service Center

The reception range from the transmitting station is approximately 1,500 km (1,500 km radius of Shangqiu transmitting station).

2. United States of America (WWVB)

WWVB is operated by NIST. Fort Collins radio station (60KHz), Denver, Colorado

NIST: National Institute of Standards and Technology

The reception range from the transmitting station is approximately 1,500 km (1,500 km radius of Fort Collins radio station).

3. Japan (JJY)

JJY is operated by National Institute of Information and Communications Technology (NICT).

JJY is transmitted from two stations in Japan. Each station transmits JJY in a different frequency.

Fukushima (Ohtakadoya-yama transmitting station: 40 kHz) Kyoto/Hapagawa transmitting station: 60 kHz

The reception range from each transmitting station is approximately 1,000 km (1,000 km radius of each station).

If the condition is good in a range beyond 1,000 km, there can be the case that the watch can receive radio signals. Even within the radio signal reception range, radio signal reception may be obstructed depending on the reception conditions such as weather, geographical features, surrounding buildings or directions.

Conditions in which the watch may be unable to receive radio signals:

- Conditions in which it is difficult to receive a radio signal
- Receivers in which it is difficult to receive a radio signal
- Distribution in which it is difficult to receive a radio signal
- Condition in which the watch may be unable to receive radio signals

How to check the reception results

The second hand indicates the latest radio signal reception results (Yes/No) for five seconds, and then indicates the transmitting station from which the watch received the latest radio signals.

How to check the reception result display

Press the Button A once and release it.

1. The second hand indicates the reception results.

2. If the reception was successful (within five seconds):

- When 5 seconds have elapsed, the second hand stops.
- When 5 seconds have elapsed, the button is released.

3. If the reception failed:

- If the button is pressed, the watch returns to the TIME display mode.
- If the button is pressed, the watch returns to the TIME display mode).

If a reception was successful: The second hand points to Y

A radio signal has been received successfully. Use the watch without any adjustments.

- In this case, refer to Troubleshooting. Management of the time and hands on page 118 and Management of the date and day on P.199.

If a reception has failed: The second hand points to N

Place the watch in a place where it can easily receive a radio signal, or change its direction.

Even within the radio signal reception range, this watch may fail to receive a radio signal depending on the condition (due to the influence of weather, geographical features, buildings, or direction). In this case, refer to the surrounding environment in which it is difficult to receive a radio signal on P. 132.

This watch is unable to receive radio signals outside a reception range → Radio signal reception range indication on P. 124.

Make sure that the time zone is correctly selected before attempting radio signal reception.

If the time zone is set to a region other than Japan, China or the United States, the display result function will not work. Check the time zone setting. → How to select the time zone on P. 112

Attempt to receive a radio signal in different time period (in the case of manual reception).

Receiving environments after according to time periods even at the same place.

Due to radio signal characteristics, the watch is able to easily receive radio signals during nighttime.

- If you use the watch in a place or region outside the radio signal reception range or when the watch cannot successfully receive radio signals, manually set the time, date and day of the week.
- How to manually set the time. → P. 160
- How to manually set the date. → P. 162
- How to manually set the day of the week. → P. 165

To improve radio signal reception

Place the watch in a place where it can easily receive a radio signal such as near a window. The antenna is embedded on the 10 o’clock position of the watch. Tuning the antenna toward the outside of a window or the direction facing transmitting stations helps improve radio signal reception.

Locations of transmitting stations → Radio Signal Reception Range Indication P.125-127

Do not move the watch while it is receiving radio signals.

To enhance the reception of radio signals, do not move the watch or do not change the orientation of the watch while it is receiving radio signals.

- If the button or crown is operated while the watch is receiving a radio signal, the reception will be cancelled.

Radio signal reception range: Japan (JJY)

When the time zone is set to [TYO (Tokyo)], the watch can receive radio signals of Japan.

JYJ is operated by the National Institute of Information and Communications Technology (NICT).

JJY is transmitted from two stations in Japan. Each station transmits JJY in a different frequency.

Fukushima (Ohtakadoya-yama transmitting station: 40 kHz)

Kyoto/Hapagawa transmitting station: 60 kHz

The reception range from each transmitting station is approximately 1,000 km (1,000 km radius of each station)

- If the condition is good in a range beyond 1,000 km, there can be the case that the watch can receive radio signals.
- Even within the radio signal reception range, radio signal reception may be obstructed depending on the reception conditions such as weather, geographical features, surrounding buildings or directions.

Conditions in which the watch may be unable to receive radio signals:

- Conditions in which it is difficult to receive a radio signal
- Receivers in which it is difficult to receive a radio signal
- Distribution in which it is difficult to receive a radio signal
- Condition in which the watch may be unable to receive radio signals

Radio signal reception range: People’s Republic of China (BPC)

When the time zone is set to BJJS (Beijing), the watch can receive radio signals of China.

BPC is operated by NTSC, Chinese Academy of Sciences National Time Service Center. Shangqiu City, Henan Province

Shangqiu Low-Frequency Time-Code Time Service Station (60 kHz)

NTSC: National Time Service Center

The reception range from the transmitting station is approximately 1,500 km (1,500 km radius of Shangqiu transmitting station).

- If the condition is good in a range beyond 1,500 km, there can be the case that the watch can receive radio signals.
- Even within the radio signal reception range, radio signal reception may be obstructed depending on the reception conditions such as weather, geographical features, surrounding buildings or directions.

Conditions in which the watch may be unable to receive radio signals:

- Conditions in which it is difficult to receive a radio signal
- Receivers in which it is difficult to receive a radio signal
- Distribution in which it is difficult to receive a radio signal
- Condition in which the watch may be unable to receive radio signals

Radio signal reception range: United States of America (WWVB)

When the time zone is set to either [LAX (Los Angeles)], [DEN (Denver)], [CHI (Chicago)] or [NYC (New York)], the watch can receive radio signals of the United States.

WWVB is operated by NIST. Fort Collins radio station (60KHz), Denver, Colorado

NIST: National Institute of Standards and Technology

The reception range from the transmitting station is approximately 1,500 km (1,500 km radius of Fort Collins radio station).

- If the condition is good in a range beyond 1,500 km, there can be the case that the watch can receive radio signals.
- Even within the radio signal reception range, radio signal reception may be obstructed depending on the reception conditions such as weather, geographical features, surrounding buildings or directions.

Conditions in which the watch may be unable to receive radio signals:

- Conditions in which it is difficult to receive a radio signal
- Receivers in which it is difficult to receive a radio signal
- Distribution in which it is difficult to receive a radio signal
- Condition in which the watch may be unable to receive radio signals

Frequency:

1. China (BPC)

2. United States of America (WWVB)

3. Japan (JJY)
To Preserve the Quality of Your Watch

- Turn the crown from time to time.
- The watch requires good daily care that the watch is kept sufficiently charged at all time.

※ When charging the watch, make sure that the watch is not heated to a high temperature. (The case back shows the caliber and performance of your watch under the following situations, the energy of the watch is likely to be depleted, resulting in stoppage of the watch.

- The watch is concealed under a sleeve.
- The watch is exposed to light until it moves at steady one-second intervals. Even if the watch is partially charged for a shorter period, the watch may fail to receive radio signals properly depending on the type of your watch and radio-wave receiving conditions. In this case, move the watch to another place where it can receive radio signals.

- When the watch is out of reception range, its accurate quartz movement (loss / gain: ± 15 seconds per month on average) will continue to keep the time.
- The time signal transmission may be stopped during maintenance of the facilities of each transmitting station or because of a lightning strike. In such a case, see each station’s website for further information or contact SEIKO CUSTOMER SERVICE CENTER.

- Websites of transmitting stations (as of July 2011)
  - China : NTSC http://www.ntsc.cctv.com
  - The Unitedstates of America : NIST http://www.nist.gov/physlab/div847/grp40/wwvb.cfm

- The watch may display the wrong time if it fails to receive radio signals properly because of interference. The watch may also fail to receive radio signals properly depending on the location or radio wave receiving conditions. In this case, move the watch to another place.

- The required charging time slightly varies depending on the model of the watch.

About energy

The energy depletion forewarning function is activated when the energy stored in the watch runs low. In such a case, the second hand moves at two-second-interval movement, followed by a completely stopped state. In such a case, move the watch to another place where it can receive radio signals.

※ The watch is exposed to an adequate light source for five seconds or longer, it automatically conducts the manual reception of radio signals to set the watch to the correct time. (Refer to Automatic Reception and Manual Reception on P.123.)

Energy depletion forewarning function

The energy depletion forewarning function is activated when the energy of the watch is running low. In such a case, the second hand moves at two-second intervals. If the watch continues to be in the state of two-second interval movement, the watch switches to five-second interval movement, followed by a completely stopped state.

1.5th type

10000  Sunlight Cloudy day 60thours  1.5thour  35min

5000  Fluorescent light 30W 12cm 150thours  4thours  35min

2.5th type

100000  Sunlight Sunny day 150thours  30min  30min

50000  Fluorescent light 30W 12cm 250thours  6.5thours  35min

Standardecharging time

Standard charging time

- Neither the buttons nor the crown can be operated while the second hand moves at two-second or five-second intervals (this is not a malfunction).
- While the second hand moves at five-second intervals, the hour and minute hands, stop operating.
- While the second hand moves at five-second intervals, the watch is unable to receive radio signals automatically. After the watch is charged such watch is at the 15-second position, and the hour and minute hands also stop. The watch conducts automatic radio signal receiving.
- After sufficiently charging the battery, set the watch for the current time, if necessary.

Power save function

This watch is equipped with a power save function which can suppress energy consumption when it is left without receiving an adequate light source for a certain length of time. There are two types of power save modes.

- While the watch is in an insufficient charge state for a long time.
- While the watch is in a state without receiving an adequate light source for 72 hours or longer.

Power Save 1 Power Save 2

Condition When the watch is exposed to a state without receiving an adequate light source for 72 hours or longer. When the watch is in an insufficient charge state for a long time.

Situation The second hand stops painting at the 15-second position and the hour and minute hands also stop. The second hand stops painting at the 45-second position and the hour and minute hands also stop.

How to handle the watch For an approximate time required to charge the watch, refer to the table below.

- The watch may also fail to receive radio signals properly depending on the location or radio wave receiving conditions. In this case, move the watch to another place where it can receive radio signals.

### Power Save Function

- The required charging time slightly varies depending on the model of the watch.

Performance and type

- The case back shows the caliber and performance of your watch.
Water resistance

Refer to the table below for the description of each degree of water resistant performance of your watch before using.

(Refer to “P.139”)

<table>
<thead>
<tr>
<th>Indication on the case back</th>
<th>Water resistant performance</th>
<th>Condition of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>No indication</td>
<td>Non-water resistance</td>
<td>Avoid drops of water or sweat</td>
</tr>
<tr>
<td>WATER RESISTANT</td>
<td>Water resistance for everyday life</td>
<td>The watch withstands accidental contact with water in everyday life.</td>
</tr>
<tr>
<td>WATER RESISTANT 5 BAR</td>
<td>Water resistance for everyday life at 5 barometric pressures</td>
<td></td>
</tr>
<tr>
<td>WATER RESISTANT 10 (20) BAR</td>
<td>Water resistance for everyday life at 10(20) barometric pressures</td>
<td>The watch is suitable for diving not using an air cylinder.</td>
</tr>
</tbody>
</table>

Magnetic resistance

Affected by nearby magnetism, a watch may temporarily gain or lose time or stop operating.

※ When the hands positions deviate to display incorrect time as a result of influence of magnetism, this watch automatically corrects the hand alignment itself. (Refer to p.168)

<table>
<thead>
<tr>
<th>Indication on the case back</th>
<th>Condition of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>No indication</td>
<td>Keep the watch more than 10 cm away from magnetic products.</td>
</tr>
<tr>
<td></td>
<td>Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)</td>
</tr>
<tr>
<td></td>
<td>Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)</td>
</tr>
</tbody>
</table>

If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the specified rate under normal use, the watch needs to be demagnetized. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.

The reason why a watch is affected by magnetism

The built-in motor is provided with a magnet, which may be influenced by a strong external magnetic field.

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of normal use, the watch needs to be demagnetized. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.

The reason why a watch is affected by magnetism

The built-in motor is provided with a magnet, which may be influenced by a strong external magnetic field.

Band

There are 3 types of special clasps as described below; If the clasp of the watch you purchased is one of them, please refer to the indications.

A Type → P.147

B Type → P.148

C Type → P.150

For those who are using special clasps:

Special clasps

A Type

1. Lift up the clasp to release the buckle.

2. Open the flap.

3. Take the pin out of the adjustment hole, adjust the size of the strap by sliding it back and forth, and then put the pin back into the appropriate adjustment hole.

4. Close the flap.

※ Do not push the flap in too hard.

B Type

C Type

Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.

- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

 skins reactions against friction on dust or the band itself.

Wipe off moisture, sweat or soil with a soft cloth as soon as possible

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- To refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

Water resistant performance for everyday life

Water resistant performance for everyday life at 5 barometric pressures

Water resistant performance for everyday life at 10(20) barometric pressures.

Examples of common magnetic products that may affect watches

- Cellular phone (speaker)
- AC adapter
- Bag (with magnet buckle)
- Magnetic cooking device
- Portable radio (speaker)
- Magnetic necklace
- Magnetic health pillow

Table of water resistant performance of your watch

<table>
<thead>
<tr>
<th>WATER RESISTANT/TYPE</th>
<th>WATERRESISTANT 5 BAR</th>
<th>WATER RESISTANT 10 (20) BAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water resistance</td>
<td>The watch is suitable for sports such as swimming.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The watch is suitable for diving not using an air cylinder.</td>
<td></td>
</tr>
</tbody>
</table>

Note on skin irritation

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

Notes on skin irritation and allergy

Adjust the band to allow a little clearance with your wrist to ensure proper air flow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.

Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Ripe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Do not immerse the watch in water or leave it for a long time.
- Wash out dirt in water and clean it off with a dry cloth.
- Avoid drops of water or sweat (with magnet buckle)

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

Notes on skin irritation and allergy

Adjust the band to allow a little clearance with your wrist to ensure proper air flow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.

Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Ripe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Do not immerse the watch in water or leave it for a long time.
- Wash out dirt in water and clean it off with a dry cloth.
- Avoid drops of water or sweat (with magnet buckle)

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

Notes on skin irritation and allergy

Adjust the band to allow a little clearance with your wrist to ensure proper air flow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.
To Preserve the Quality of Your Watch

The battery used in this watch is a special secondary battery, which is totally different from ordinary silver oxide batteries. The battery is designed to maintain the functional integrity of the watch, and it may stop. As the parts such as gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture. Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS." When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket and push pin are also replaced with new ones. When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

Lumibrite

Lumibrite is a luminescent paint that is completely harmless to human beings and natural environment, containing no noxious materials such as radioactive substances. However, for various reasons such as long-term use or usage conditions, the capacity or recharging efficiency of the secondary battery may gradually deteriorate. Used or contaminated mechanical parts or degraded oils may also shorten recharging cycles. If the efficiency of the secondary battery decreases, have the watch repaired.

■ Remarks on replacing the secondary battery

- Do not remove the secondary battery yourself. Please ask a watch retailer for repair.
- When replacing the secondary battery, make sure that the exclusive secondary battery for this watch is used. Installation of an ordinary silver oxide battery can generate heat that can cause bursting or ignition.

NOTICE

- Overcharge prevention function

When the secondary battery is fully charged, the overcharge prevention function is automatically activated to avoid further charging. There is no need to worry about damage caused by overcharging, no matter how much the secondary battery is charged in excess of the "time required for fully charging the watch".

- Overcharging may cause the battery to deteriorate. Prevent overcharging.

※ Refer to "Standard charging time" on P.135 to check the time required for fully charging the watch.

■ Notes on charging the watch

- When charging the watch, do not place the watch in close proximity to an intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts.
- When charging the watch by exposure to direct sunlight, avoid places that easily reach high temperatures, such as a car dashboard.
- Always keep the watch temperature under 60℃.

After-sale service

- Notes on guarantee and repair

- Contact the retailer the watch was purchased from or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

- Replacement parts

- SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch. Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

■ Notes on changing the watch

- When changing the watch, do not change the watch in close proximity to an intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts.
- When changing the watch by exposure to direct sunlight, avoid places that easily reach high temperatures, such as a car dashboard.
- Always keep the watch temperature under 60℃.

Power source

The battery used in this watch is a special secondary battery, which is totally different from ordinary silver oxide batteries. Unlike other disposable batteries such as dry-cell batteries or button cells, this secondary battery can be used over and over again by repeating the cycles of discharging and recharging. However, for various reasons such as long-term use or usage conditions, the capacity or recharging efficiency of the secondary battery may gradually deteriorate. Used or contaminated mechanical parts or degraded oils may also shorten recharging cycles. If the efficiency of the secondary battery decreases, have the watch repaired.

■ Remarks on replacing the secondary battery

- Do not remove the secondary battery yourself. Please ask a watch retailer for repair.
- When replacing the secondary battery, make sure that the exclusive secondary battery for this watch is used. Installation of an ordinary silver oxide battery can generate heat that can cause bursting or ignition.

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- When charging the watch, do not place the watch in close proximity to an intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts.
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- When changing the watch, do not change the watch in close proximity to an intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts.
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- When charging the watch by exposure to direct sunlight, avoid places that easily reach high temperatures, such as a car dashboard.
- Always keep the watch temperature under 60℃.
Troubleshooting

1. **How to conduct manual reception (Receiving a radio signal manually)**

   - **Put the watch down.**
     - Place the watch where it can easily receive radio signals.
   - **Press and hold Button A until the second hand moves to the 0-second position (for four seconds).**
     - After the second hand moves to the 0-second position and stops, the watch will start to receive radio signals.
     - To manually set the day, time, and date:
       - **How to select the time zone.**
         - How to select the time zone
         - How to manually set the day
         - How to manually set the time
         - How to manually set the date
         - How to manually select time zone
   - **To use the watch outside the reception range.**
     - To use the watch in a radio signal receivable zone:
       - When the watch cannot receive radio signals within the signal reception range, refer to the following pages for remedies.
       - How to manually set the time:
         - If the watch is unable to display the correct time, date or day of the week even if the time zone is selected, manually set the time, date or day of the week.
       - Set the watch to the time zone of the place where you use the watch.
       - For the signal reception range, refer to Radio Signal Reception Range Indication.
Troubleshooting

When the watch is unable to display the precise time date or day even if it successfully receives a radio signal with the correct time zone setting, the preliminary position may be misaligned.

- This function works when the preliminary position is misaligned due to external factors such as strong impact or magnetic influence. It does not work to adjust accuracy of the watch or slight deviations which may occur during the manufacturing process.

How to correct the preliminary positions

Setting the preliminary position of the date, day hand, hour and minute hands

The preliminary position of the date is the “1st.”

How to manually set the day of the week

- The day of the week can be adjusted independently of the time or date.
- To use the watch in a radio signal receivable condition again, conduct automatic signal reception to set the day of the week.
- Automatic Reception and Manual Reception P.123

When the watch receives radio signals after the day of the week is manually adjusted, it displays the day of the week received from the radio signals.

- If the day of the week remains incorrect even after a successful radio signal reception, the preliminary position of the day hand may be misaligned.
- How to correct the preliminary positions P.169

Setting the preliminary position of the date and the day

Since the preliminary position of the date and the day is not automatically adjusted, it must be adjusted manually.

- Setting the preliminary position of the date P.169

Setting the preliminary positions of the date, day hand, hour and minute hands (Continued)

Within 20 seconds after procedure 1 is completed and the date stops, start the operation of procedure 2.

If the watch is left untouched for 20 seconds after the date stops, the watch automatically returns to the TIME display mode. If this happens, restart the operation from procedure 1.

1. Within 20 seconds after the date stops, press the Button B to set the date to “1.”

Make sure that the numerical number “1” is located at the center of the date window.

- If “1” is already displayed in the date window, move on to the procedure 3.

To advance rapidly

Keep pressing down the button to longer the 3 seconds from the button once again to stop.

To fine-tune

Keep pressing down the button for 4 seconds until the second hand stops pointing to the 55-second position.

2. Keep pressing down the Button A (for 3 seconds) until the second hand moves to point to the 55-second position.

The watch enters the manual day of the week setting mode.

3. Press the Button B to set the day of the week.

Turn the crown will not move the hand.

- While the day is moving, the button cannot be operated.
- The day can only move forward. It cannot move backward.

4. Push the crown back.

The operation is now completed.

5. Push the button once and release.

Keep pressing down the button for longer than 2 seconds from the button once again to stop.

While the day is moving, the button cannot be operated.

The date can only move forward. It cannot move backward.

The operation is now completed.

Continued on the next page.
**Troubleshooting**

<table>
<thead>
<tr>
<th>At trouble</th>
<th>Possible causes</th>
<th>Solutions</th>
<th>Reference page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hand Movement</strong></td>
<td>The second hand moves at one-second intervals.</td>
<td>The energy depletion time function is activated. (P.126) If the second hand moves at two or five-second intervals while you wear the watch everyday, the watch is in a condition where it cannot acquire sufficient light, for instance, the watch is concealed under a long sleeve shirt.</td>
<td>Fully charge the watch so that the second hand may move at one-second intervals. Be careful not to conceal the watch under a sleeve, etc., while wearing it. When taking off the watch, place it in as bright a location as possible.</td>
</tr>
<tr>
<td></td>
<td>The second hand moves at five-second intervals.</td>
<td>The power save function has been activated. (P.137) When the watch is not exposed to adequate light for a certain period of time, the power save function to limit energy consumption is automatically activated.</td>
<td>Wait until the current time is displayed. No operation is needed (this is not a malfunction.)</td>
</tr>
<tr>
<td></td>
<td>The stopped second hand pointing to the 15-second position started operating.</td>
<td>The power save function has been activated. (P.137) When the watch is not exposed to adequate light for a certain period of time, the power save function to limit energy consumption is automatically activated.</td>
<td>1. Fully charge the watch so that the second hand may move at one-second intervals. 2. After that, if the watch displays the incorrect time, receive a radio wave as needed.</td>
</tr>
<tr>
<td></td>
<td>The watch hands advance rapidly until a button is pressed. After the rapid advancement is completed, the watch resumes its normal movement.</td>
<td>The automatic hand position adjustment function was activated. (P.168) When the hand positions deviate to display incorrect time as a result of external influence, the watch automatically corrects the hand positions by its automatic hand position adjustment function.</td>
<td>No operation is needed (this is not a malfunction).</td>
</tr>
</tbody>
</table>

**Reception of a radio signal**

<table>
<thead>
<tr>
<th>At trouble</th>
<th>Possible causes</th>
<th>Solutions</th>
<th>Reference page</th>
</tr>
</thead>
<tbody>
<tr>
<td>When the watch is unable to receive a radio signal.</td>
<td>The watch was moved while it was receiving a radio signal. It takes 2 minutes at the longest to receive a radio signal successfully.</td>
<td>Do not move the watch while it is receiving a radio signal. Because it takes time to receive a radio signal successfully, leave the watch untouched for 12 minutes at the longest.</td>
<td>Place the watch where it is able to easily receive a radio signal.</td>
</tr>
<tr>
<td></td>
<td>The reception results have failed and the second hand points to N (the watch does not receive a radio signal).</td>
<td>Transmitting stations may have stopped transmitting radio signals for some reason (Transmission stop). The selected time zone is out of the radio signal reception ranges.</td>
<td>Check the website of each transmitting station for further information concerning a transmission stop. Attempt to receive a radio signal again after a while.</td>
</tr>
<tr>
<td></td>
<td>The stopped watch was exposed to an adequate light for longer than the time required to fully charge the watch. However, it does not resume its normal one-second interval movements.</td>
<td>The amount of exposed light is too weak. The time for charging the watch is not sufficient.</td>
<td>The time required for charging the watch depends entirely on the amount of exposed light the watch receives. Refer to “Standard Charging Time” to charge the watch.</td>
</tr>
</tbody>
</table>

**Charging the solar battery**

<table>
<thead>
<tr>
<th>At trouble</th>
<th>Possible causes</th>
<th>Solutions</th>
<th>Reference page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The watch temporarily gains or loses time.</td>
<td>The watch falls to receive a radio signal correctly as a result of external influence (incorrect reception).</td>
<td>The watch has been left in an extremely high or low temperature place for a long time.</td>
<td>1. When the watch returns to a normal temperature, it will display the precise time as before. 2. If the watch still gains or loses the time, conduct manual reception if necessary.</td>
</tr>
<tr>
<td></td>
<td>The watch displays an incorrect time hour unit, even though it displays the precise time of minutes and seconds.</td>
<td>The time zone is not correctly set.</td>
<td>Make sure that the watch is set to the time zone that covers the place where you use the watch.</td>
</tr>
<tr>
<td></td>
<td>The reception results are successful, but the precise time is not displayed.</td>
<td>The hand positions were misaligned as a result of external influence. The hands are out of the preliminary position as a result of external influence. → Preliminary Position (P.168)</td>
<td>1. No crown or button operation is needed, since the automatic hand position adjustment function will be activated to align the hand positions. Automatic Hand Position Adjustment Function activates once for the second hand and at 12:00 both for the AM and PM for the minute and hour hands. It can be manually adjusted, when you hurry up. 2. If the watch still gains or loses time, refer to “In Case of an Abnormal Movement” to perform procedures. 3. If the watch cannot resume normal movement even after conducting the above mentioned procedures, consult the retailer from whom the watch was purchased.</td>
</tr>
<tr>
<td></td>
<td>The second hand is out of the preliminary position as a result of external influence. → Preliminary Position (P.168)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Troubleshooting Summary**

1. To advance the second hand, press and hold the button for more than 2 seconds. Press the button once again to stop.
2. Time zone change Press the button for five seconds.
3. If the hour and minute hands are already indicating the correct time, move on to the procedure (5).
4. While receiving a radio signal. (It takes 12 minutes at the longest to receive a radio signal successfully.)
5. Press the button once again to stop.

---

**Button B for 5 seconds**

- Press the button once to set the hour and minute hands.
- Press and hold the button for 5 seconds to set the second hand.

---

**Button A for 2 seconds**

- Press the button twice to stop the watch.
- Press and hold the button for 2 seconds to resume the watch.

---

**Button A for 3 seconds**

- Press the button three times to set the calendar function.
- Press and hold the button for 3 seconds to set the day.

---

**Button A for 1 second**

- Press the button once to set the time.
- Press and hold the button for 1 second to set the date.

---

**Button A for 0.5 seconds**

- Press the button twice to set the day.
- Press and hold the button for 0.5 seconds to set the minute.

---

**Button A for 0.25 seconds**

- Press the button three times to set the second.
- Press and hold the button for 0.25 seconds to set the hour.

---

**Button A for 0.12 seconds**

- Press the button four times to set the minute.
- Press and hold the button for 0.12 seconds to set the second.

---

**Button A for 0.06 seconds**

- Press the button five times to set the hour.
- Press and hold the button for 0.06 seconds to set the minute.
### Troubleshooting

#### Misalignment of the date
- The date is out of the preliminary position.
- This happens when the date is out of the preliminary position as a result of influence from various external sources.
- After the built-in IC is reset.

#### Misalignment of the day
- The day is out of preliminary position.
- This happens when the day is out of preliminary position as a result of influence from various external sources.
- After the built-in IC is reset.

#### Wrong display of the sub dial
- The sub dial is set to the time shown by the main dial.
- This happens when the hands of sub dial are out of alignment as a result of influence from various external sources.
- After the built-in IC is reset.

#### Battery, perform the procedures
- Even after fully charging the battery, the watch may not move at one-second intervals.
- The watch is left untouched for 20 seconds after the second hand stops.
- The watch automatically exits the preliminary position setting mode for day.
- If the watch is left untouched for 20 seconds after the second hand stops, the watch automatically exits the preliminary position setting mode for day.

#### Setting the time zone

1. **How to reset the built-in IC (from ① to ③)**
   - **Pull out the crown to the second position.**
   - **The second hand stops at the 0-second position.**
   - **If your watch has a screw-lock type crown, unlock it.**

2. **Set the date to the preliminary position “1” (the 1st).**
   - **Press the Button A once again to stop.**
   - **Keep pressing down the Button B for 3 seconds.**
   - **Keep pressing down the Button A for 3 seconds.**

3. **Set the day hand to point to “M” (Monday).**
   - **Press the Button B to set the day hand to point to “M.”**

4. **Set the time by receiving radio signals.**
   - **How to conduct manual setting of the time → P.160**
   - **When the watch is unable to receive radio signals, you can manually set the time.**
   - **How to manually set the time → P.165**

5. **Set the time zone index for PAR (Paris).**
   - **Set the Daylight Saving Time (DST) as necessary.**
   - **How to conduct manual setting of the Daylight Saving Time → P.162**

6. **How to manually set the date.**
   - **Press the Button B and set the date to “1.”**
   - **Press the Button B to set the date to “1.”**

7. **How to manually set the date.**
   - **Wait without doing anything.**
   - **Each pressing of the button moves the day hand.**

8. **How to manually set the time.**
   - **Keep pressing down the button for longer than 2 seconds.**
   - **Keep pressing down the button for longer than 2 seconds.**

9. **How to manually set the time.**
   - **Set the time by receiving radio signals.**
   - **How to conduct manual setting of the time → P.160**

10. **How to manually set the Daylight Saving Time.**
    - **How to manually set the Daylight Saving Time → P.162**

11. **How to manually set the time.**
    - **Set the time by receiving radio signals.**
    - **How to conduct manual setting of the time → P.160**

12. **How to manually set the Daylight Saving Time.**
    - **How to manually set the Daylight Saving Time → P.162**

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**For the solution of troubles other than the above, consult the retailer from whom the watch was purchased.**
Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Basic feature</td>
<td>Basic watch with three hands (hour, minute and second hands), date display, retrograde day indicator, sub dial with 2 hands (hour and minute hands)</td>
</tr>
<tr>
<td>2. Frequency of crystal oscillator</td>
<td>32,768 Hz (Hz = Hertz: Cycles per second)</td>
</tr>
<tr>
<td>3. Loss/gain (monthly rate)</td>
<td>Loss / gain ±15 seconds on a monthly rate (except the case when the watch is used without an automatic time setting by receiving a radio signal and when it is worn on the wrist within a normal temperature range between 5℃ and 35℃)</td>
</tr>
<tr>
<td>4. Operational temperature range</td>
<td>Between −10℃ and +60℃</td>
</tr>
<tr>
<td>5. Driving systems</td>
<td>Step motor (hour and minute hands, second hand, and the date, day and hour and minute hands for sub dial)</td>
</tr>
<tr>
<td>6. Power source</td>
<td>Secondary battery, 1 piece</td>
</tr>
<tr>
<td>7. Duration of operation</td>
<td>Approximately nine months (fully charged, and the Power Save is not activated). If the Power Save is activated after it is fully charged, the watch continues to run for approximately two years at maximum.</td>
</tr>
<tr>
<td>8. Time setting by receiving the JJY-LF radio signal</td>
<td>Automatic reception (at 2:00 AM, 3:00 AM and 4:00 AM)</td>
</tr>
<tr>
<td>9. IC (Integrated Circuit)</td>
<td>Oscillator, frequency divider and driving circuit C-MOS-IC, 3 pieces</td>
</tr>
</tbody>
</table>

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