Cal. 7T32

You are now the proud owner of a SEIKO Analogue Quartz Watch Cal. 7T32. For best results, please read the instructions in this booklet carefully before using your SEIKO Analogue Quartz Watch. Please keep this manual handy for ready reference.

Vous voici l'heureux propriétaire d'une montre quartz analogique SEIKO Cal. 7T32. Pour obtenir d'excellentes performances de cet article SEIKO, veuillez lire attentivement cette brochure que vous conserverez pour toute référence ultérieure.

Enhorabuena por su adquisición de un reloj SEIKO analógico de cuarzo Cal. 7T32. Para óptimo resultado, lea detenidamente las instrucciones de este folleto antes de usar el reloj. Guarde este manual para consulta posterior.

Sie sind jetzt Besitzer einer SEIKO Analog-Quarzuhr Kal. 7T32. Bitte lesen Sie diese Bedienungsanleitung vor Verwendung der Uhr sorgfältig durch und heben Sie sie gut auf.

Siete ora in possesso di un orologio SEIKO Analogico al Quarzo Cal. 7T32. Per ottenere i migliori possibili risultati dal Vostro orologio, leggere attentamente le istruzioni di questo manuale prima di utilizzare il Vostro orologio SEIKO analogico al quarzo. Conservare poi il manuale stesso per ogni qualsiasi eventuale futuro riferimento.

Você pode sentir-se orgulhoso de possuir um Relógio SEIKO Quartz Análogo Cal. 7T32. Para obter os melhores resultados, leia atentamente as instruções contidas neste opúsculo antes de usar o seu Relógio SEIKO Quartz Análogo. Queira conservar este manual para referências futuras.

CONTENTS

SEIKO ANALOGUE QUARTZ
Cal. 7T32

FEATURES

TIME/CALENDAR

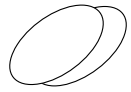
- *Hour & minute hands with small second hand*
- *Date displayed in numerals*

STOPWATCH

- *Measures up to 30 minutes in 1/5 second increments.*
- *Can measure repeatedly up to 6 hours.*

ALARM

- *Can be set on a 12-hour basis with small alarm hands.*

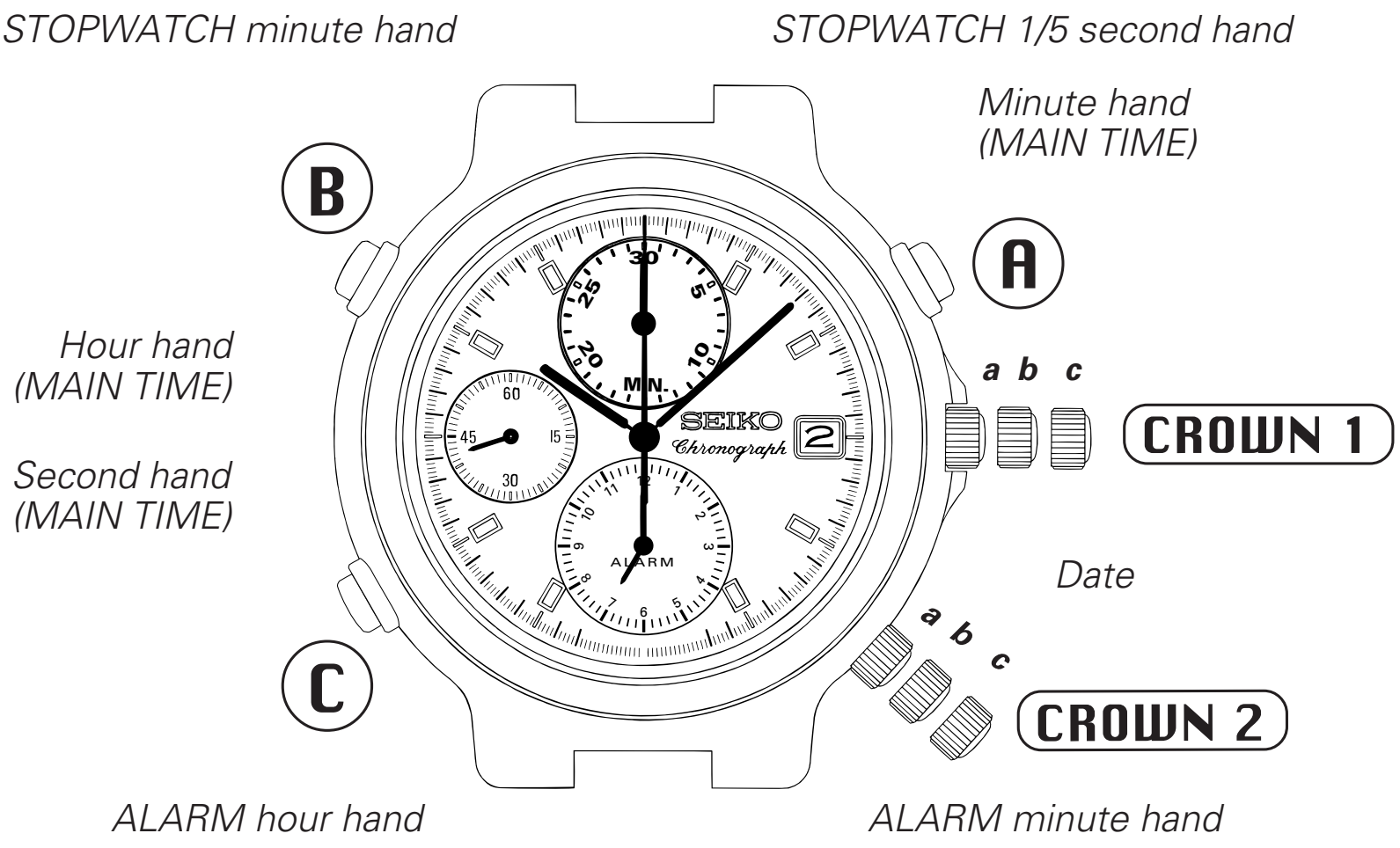


TACHYMETER

- *For models with tachymeter scale*

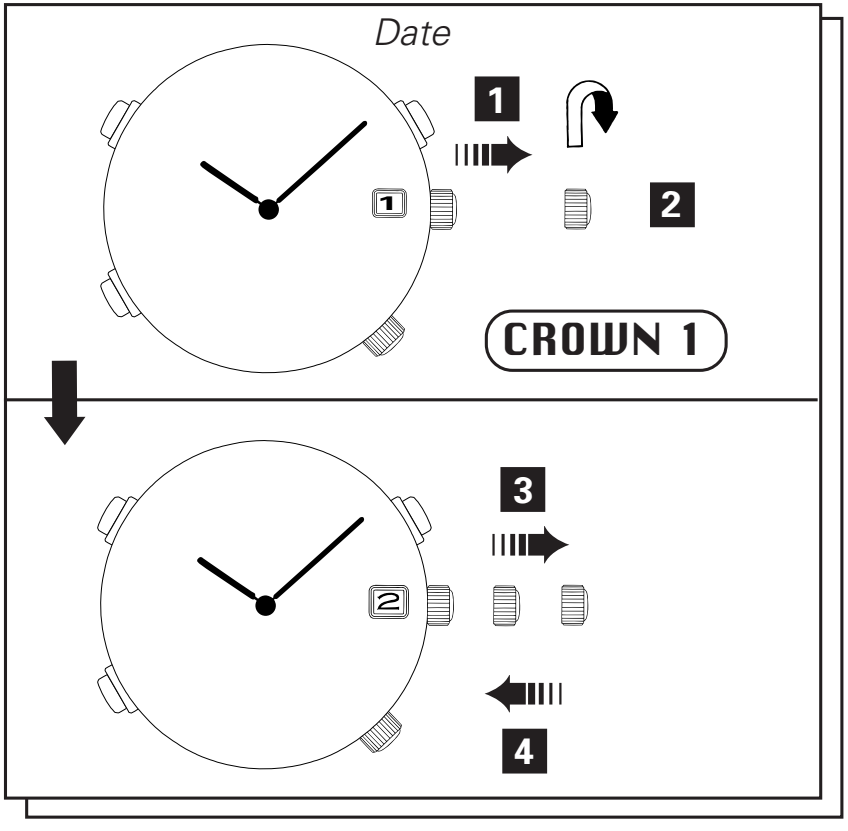
DISPLAY AND CROWNS/BUTTONS

There are three buttons and two crowns.



a: Normal position ***b: First click*** ***c: Second click***

DATE SETTING



CROWN 1

1 Pull out to ***first click***.

▼

2 Turn clockwise until the date for the previous day appears.

3 Pull out to ***second click*** and turn until the desired date appears.

4 Push back in to ***normal position***.

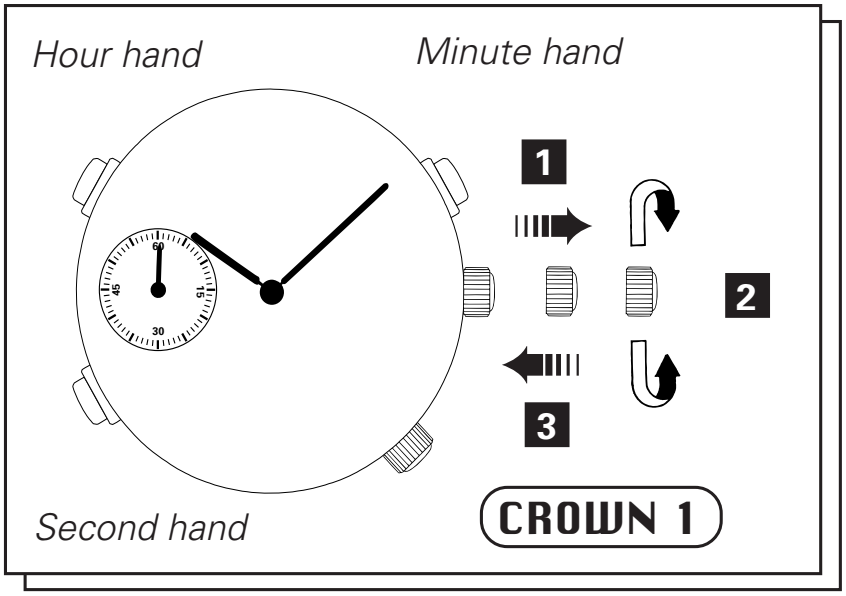
NOTES

1 *Do not set the date between 9:00 p.m. and 3:00 a.m. Otherwise, the date may not change properly.*

* *If it is necessary to set the date during that time period, first change the time to any time outside this period, set the date and then reset the correct time.*

2 *It is necessary to adjust the date at the end of February and 30-day months.*

TIME SETTING



CROWN 1

1 Pull out to ***second click*** when Second hand is at the 12 o'clock position.

2 Turn to set Hour and Minute hands.

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

NOTES

1 *When setting Hour hand, check that AM/PM is correctly set.*

** The watch is so designed that the date changes once in 24 hours. 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 date changes, the time is set for the A.M. period. If the date does not change, the time is set for the P.M. period.*

2 *When setting Minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.*

ALARM

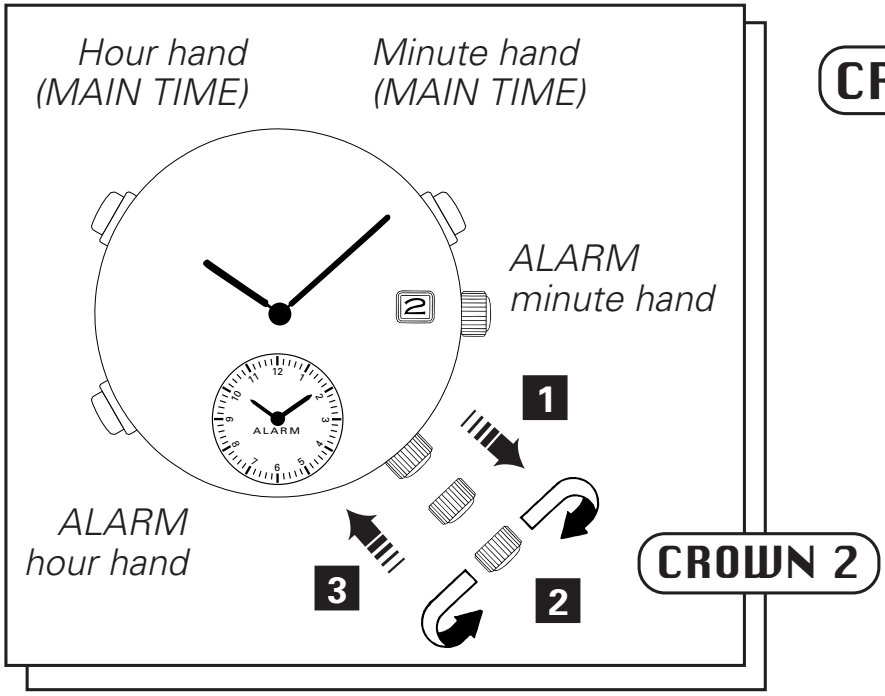
- Alarm time is set on a 12-hour basis.
- ALARM hands move independently of MAIN TIME hands.

ALARM SETTING

1 Adjustment of ALARM hands

- After the main time is adjusted, follow the procedure below, and then set the alarm.

** The following procedure is necessary only after the main time is adjusted.*



CROWN 2

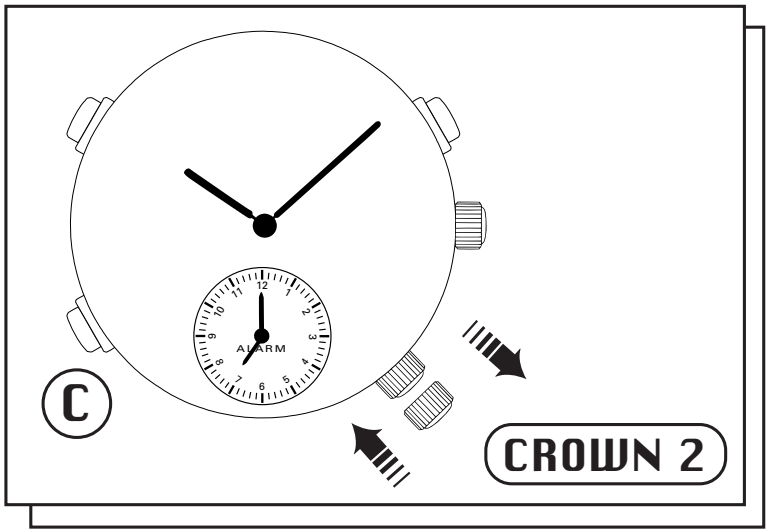
1 Pull out to ***second click***.

2 Turn clockwise or counterclockwise to set ALARM hands to the current time (MAIN TIME).

3 Push back in to ***normal position***.

2 Alarm time setting

** Once ALARM hands are adjusted to the main time, alarm time setting can be made only by following the procedure below.*



CROWN 2 Pull out to ***first click***.

C Press to set ALARM hands to the desired alarm time.

CROWN 2 Push back in to ***normal position***.

NOTES

1 *When setting ALARM minute hand to the current time in* **2** *, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.*

2 *Alarm hands move quickly if* ***Button C*** *is kept pressed.*

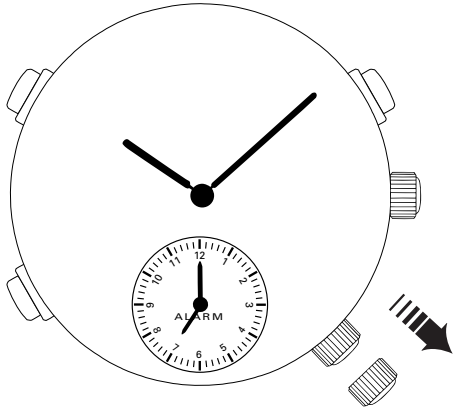
3 *If* ***CROWN 2*** *is pulled out to first click within 1 minute after being pushed back in to normal position in* **3** *, the alarm sounds.*

ALARM ENGAGEMENT/DISENGAGEMENT

- **Alarm engagement**

CROWN 2 Pull out to ***first click***.

Designated alarm time

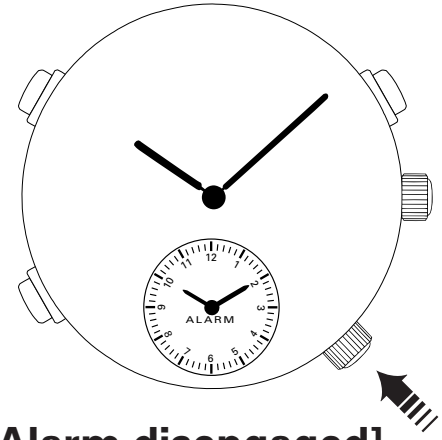


[Alarm engaged]

- **Alarm disengagement**

CROWN 2 Push back in to ***normal position***.

Current time



[Alarm disengaged]

NOTES

1 *Alarm rings at the designated time for 20 seconds.*

* *To stop it manually, press **Button A, B or C**, or push **CROWN 2** back in to normal position.*

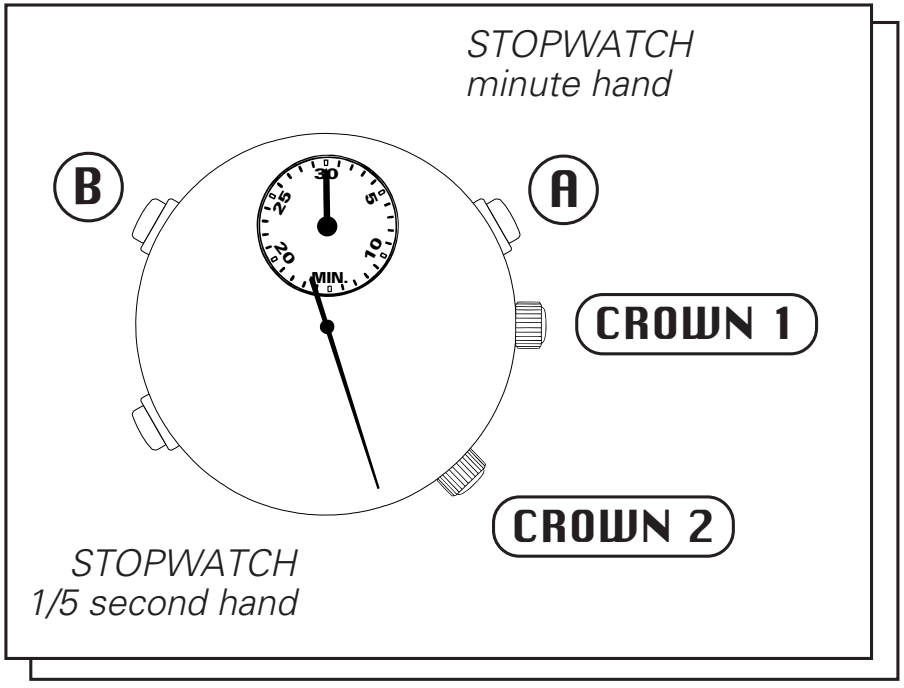
2 *If **CROWN 2** is pulled out to second click, the designated alarm time is canceled with a warning beep.*

* *In that case, set ALARM hands to MAIN TIME again, push **CROWN 2** back in to normal position, and then, pull it out to first click and set the desired alarm time again. However, if **CROWN 2** is pushed back in to normal position before the warning beep stops, the designated alarm time will not be canceled.*

STOPWATCH

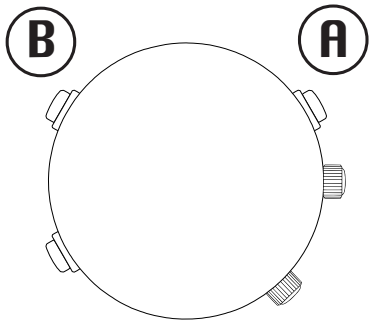
- Stopwatch measures up to 30 minutes in 1/5 second increments.
- After 30 minutes, it will start counting again from "0" repeatedly up to 6 hours.

STOPWATCH OPERATION



- ***Before using the stopwatch:***
  - *Check that **CROWNS 1 and 2** are set at **normal position**.*
  - *Press **Button B** to reset STOPWATCH hands to "0" position.*

    ** If the hands do not return to "0" position, follow the procedure in "ADJUSTING THE HAND POSITION" (page 16).*



1 Standard measurement

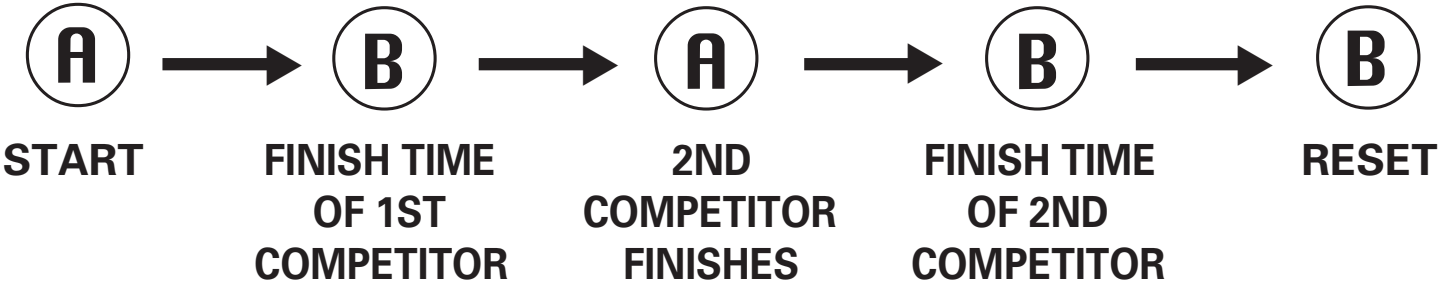
2 Accumulated elapsed time measurement

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

3 Split time measurement

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

4 Measurement of two competitors



NOTES

1 *If **CROWN 1** is pulled out to second click, STOPWATCH hands are reset to "0" position.*

2 *If **CROWN 2** is pulled out to first or second click, STOPWATCH hands are reset to "0" position.*

3 *When stopwatch has been reset and **Button A** is pressed before the hands reach "0" position, stopwatch still starts counting when **Button A** is pressed.*

TACHYMETER
(for models with tachymeter scale on the dial)

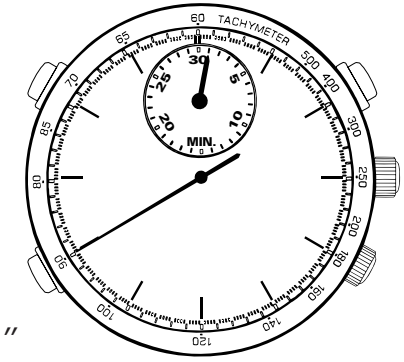
To measure the hourly average speed of a vehicle

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.

Ex. 1

STOPWATCH second hand: 40 seconds



Tachymeter scale: "90"

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

* *Tachymeter scale can be used only when the time required is less than 60 seconds.*

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:

"90" (tachymeter scale figure) x 2 (km or mile) = 180 km/h or mph

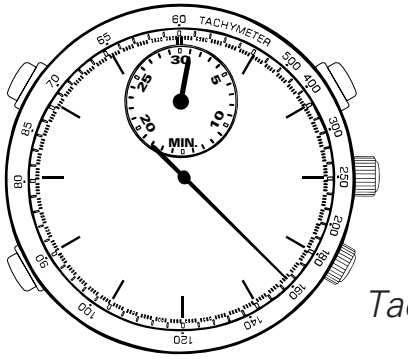
"90" (tachymeter scale figure) x 0.5 (km or mile) = 45 km/h or mph

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.

Ex. 1



STOPWATCH second hand: 20 seconds

Tachymeter scale: "180"

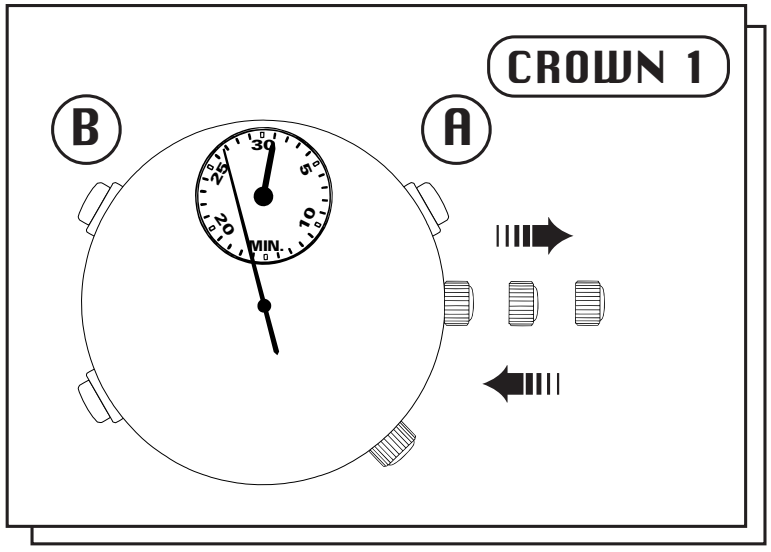
"180" (tachymeter scale figure) x 1 job
= 180 jobs/hour

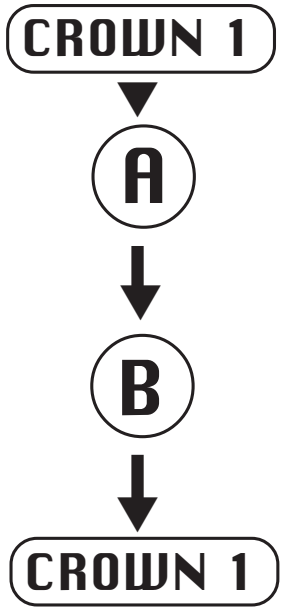
Ex. 2: If 15 jobs are completed in 20 seconds:

"180" (tachymeter scale figure) x 15 jobs = 2700 jobs/hour

ADJUSTING THE HAND POSITION

- If STOPWATCH hands will not return to the 12 o'clock position when the stopwatch is reset or when the battery is replaced with a new one, follow the procedure below.





Pull out to ***second click***.

Press repeatedly to reset STOPWATCH minute hand to the 12 o'clock position.

Press repeatedly to reset STOPWATCH second hand to the 12 o'clock position.

Push back in to ***normal position***.

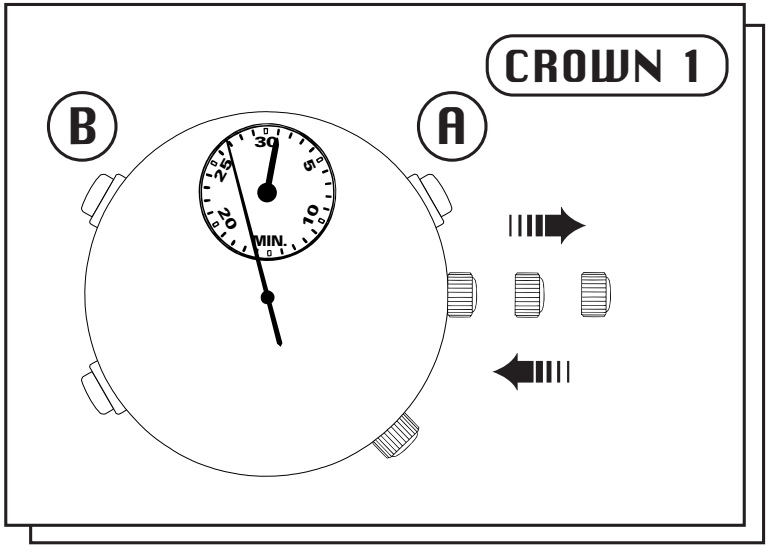
NOTES

1 Hands move quickly if the respective buttons are kept pressed.

2 After adjusting the hand position, set the main time.

RESETTING THE BUILT-IN IC

- In case any of the hands should move improperly, follow the procedure below to adjust the hand movement.



CROWN 1 — Pull out to ***second click***.

▼

A AND B — Press simultaneously.

▼

CROWN 1 — Push back in to ***normal position***.

NOTE

Before using the watch again, be sure to adjust the position of STOPWATCH hands and set the main time and alarm.

BATTERY LIFE INDICATOR

- When the battery nears its end, the small second hand moves at two-second intervals instead of normal one-second intervals to indicate that the battery needs to be replaced with a new one.

  ** If the alarm is used while the second hand is moving at two-second intervals, the watch may stop operating. Therefore, if you see the second hand moving at two-second intervals, replace the battery with a new one as soon as possible.*

BATTERY CHANGE

The miniature battery which powers your watch should last approximately **2 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 SR927W** battery.

⚠ CAUTION

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.

TO PRESERVE THE QUALITY OF YOUR WATCH

■ WATER RESISTANCE

Indication on case back	Condition of use / Degree of water resistance*	Accidental contact with water such as rain and splashes	Swimming, yachting and taking a shower	Taking a bath and shallow diving	Scuba diving** and saturation diving
No indication	**Non-water resistant**	No	No	No	No
WATER RESISTANT	**3 bar**	Yes	No	No	No
WATER RESISTANT 5 BAR	**5 bar**	Yes	Yes	No	No
WATER RESISTANT 10/15/20 BAR	**10/15/20 bar**	Yes	Yes	Yes	No

● Non-water resistant

- If the watch becomes wet, have it checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER.

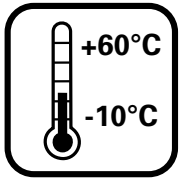
● Water resistant 5/10/15/20 bar

- Before using in water, be sure the crowns are pushed in completely.
- Do not operate the crowns and buttons when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.
- When taking a shower with the water resistant 5 bar watch, or taking a bath with the water resistant 10, 15 or 20 bar watch, be sure to observe the following:
  * Do not operate the crowns or push the buttons when the watch is wet with soapy water or shampoo.
  * If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

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

*** We recommend that you wear a SEIKO Diver's Watch for scuba diving.*

■ TEMPERATURES



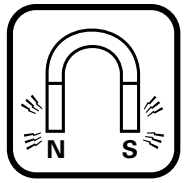
Your watch works with stable accuracy within a temperature range of 5°C and 35°C (41°F and 95°F).

Temperatures over 60°C (140°F) may cause battery leakage or shorten the battery life. Do not leave your watch in very low temperatures below –10°C (+14°F) for a long time since the cold may cause a slight time loss or gain.
However, the above conditions will be corrected when the watch returns to normal temperature.

■ SHOCKS & VIBRATION

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

■ MAGNETISM



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

■ CARE OF CASE AND BRACELET

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

■ PERIODIC CHECK

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

■ CHEMICALS

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

■ PRECAUTION REGARDING CASE BACK PROTECTIVE FILM

If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch. Otherwise, perspiration getting in under them may rust the case back.

SPECIFICATIONS

1	Frequency of crystal oscillator	32,768 Hz (Hz = Hertz ... Cycles per second)
2	Loss/gain (monthly rate)	Less than 15 seconds at normal temperature range (5°C ~ 35°C) (41°F ~ 95°F)
3	Accuracy of alarm	±1 minute
4	Operational temperature range	–10°C ~ +60°C (14°F ~ 140°F)
5	Driving system	Step motor, 4 pieces
6	Display system	
	Time	Three hands (Hour, minute and small second hands)
	Date	Displayed in numerals.
	Stopwatch	Minute and 1/5 second hands The stopwatch can measure up to 30 minutes in 1/5 seconds.
	Alarm	Small hour and minute hands The alarm is set on a 12-hour basis.
7	Battery	SEIKO SR927W, 1 piece
8	IC (Integrated Circuit)	C-MOS-LSI

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