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DIGITAL TYPE Cal. G757
GRAPHIC ALARM CHRONOGRAPH
SPORTS 100

SEIKO QUARTZ

INSTRUCTIONS
INSTRUCCIONES GEBRAUCHSANWEISUNGEN
ISTRUZIONI INSTRUÇÕES 用法説明

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ENGLISH 1

SEIKO LC DIGITAL QUARTZ GRAPHIC ALARM CHRONOGRAPH

SPORTS 100 Cal. G757

CHARACTERISTICS

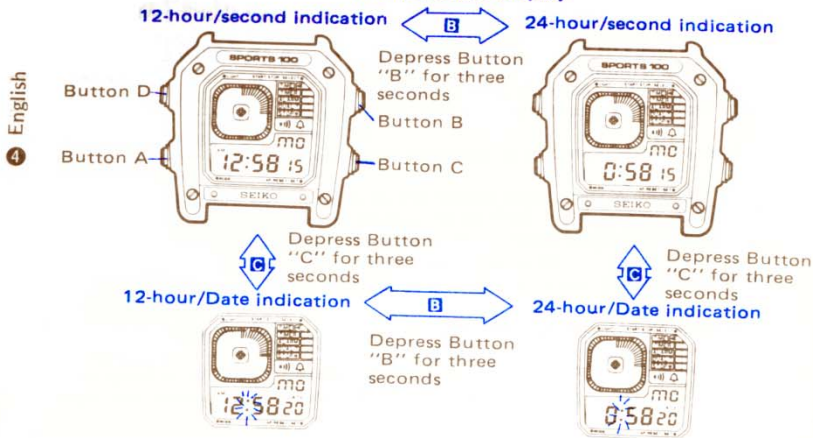
1. **Digital Time/Calendar Display:** Hour, minute, second/date, A.M./P.M. mark (displayed only in the 12-hour indication), day, date and month (displayed only when the calendar is adjusted). The second or date is replaced alternately by depressing button "C".
In the graphic display, the second indicator is accumulating the elapsed time.
2. **Dual-time Display:** In addition to the digital time/calendar display, hour, minute, second in the graphic display (A.M./P.M. mark is also displayed.)
3. **Timer Display:** Can set one minute up to 60 minutes in the graphic display.
4. **Graphic Alarm Display:** Hour, minute and A.M./P.M.
The alarm time can be set to ring at any desired hour and minute in the graphic display.
5. **Digital Stopwatch Display:** Hour, minute, second and 1/100 second up to 12 hours.
The graphic display indicates the stopwatch function is activated when each five-indicator is displayed continuously.

6. **Hourly Time Signal:** The time signal can be set to ring every hour on the hour with a single "peep".
7. **Water resistant:** It is water resistant and it has been water tested to a pressure of 10 atmospheres (100 meters or 300 feet).
8. **Illuminating light:** Illuminates the display in the dark.
9. **Battery Life Indicator:** All the digits in the display start flashing when the battery life nears its end.
10. **Battery:** Use a miniature battery, U.C.C. 391, Maxell SR1120W or Toshiba SR1120W.

DISPLAY AND BUTTON OPERATION

A B C INDICATE THE DEPRESSION OF EACH BUTTON

DIGITAL TIME Time/Calendar Display



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Time/Calendar Display



Time/Calendar Setting



Stopwatch Function



Timer Display



Alarm Display



Dual Time Display



Timer Setting



Alarm Setting



Dual Time Setting



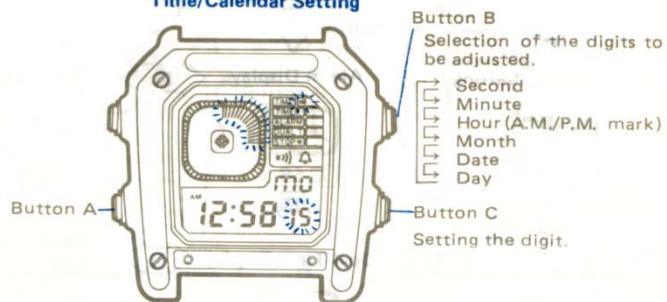
English 5

HOW TO SET THE TIME AND CALENDAR

Time/Calendar Display

Depress Button "A" five times  Depress Button "A" once 

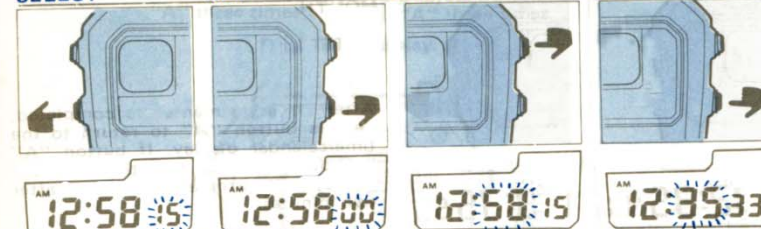
Time/Calendar Setting



* If button "A" is not depressed the time/calendar display will automatically return within two minutes.

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SECOND SELECT MINUTE SET



From the Time/Calendar display depress button "A" five times and the Time/Calendar setting is activated. The "TIME" indicator, second and graphic indicator start flashing.

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

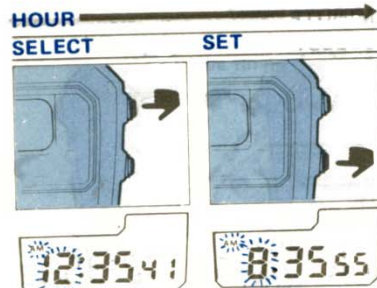
Depress button "B". The minute digits start flashing.

One digit (minute) is advanced by each depression of button "C". The digits are automatically advanced by depressing button "C" continuously.

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

English 6

English 7



Depress button "B". The hour digit (and A.M./P.M. in the 12-hour indication) starts flashing.

One digit (hour) is advanced by each depression of button "C". The digits are automatically advanced by depressing button "C" continuously.

Follow the same procedures to set MONTH, DATE and DAY OF THE WEEK.
 MONTH
 ↓
 DATE
 ↓
 DAY

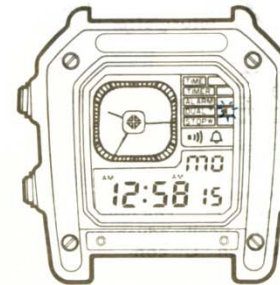
After all adjustments are completed, depress button "A" to return to the time/calendar display. If button "A" is not depressed the time/calendar display will automatically return after two minutes.

HOW TO SET THE (GRAPHIC) TIME AND CALENDAR

Time/Calendar Display

Depress Button "A" three times  Depress Button "A" three times 

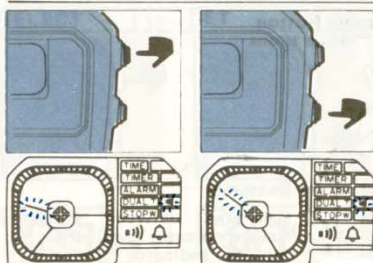
Dual Time Display



Button B
 Selection between the hour indicator and the minute indicator to be adjusted.

Button C
 Setting the hour and minute indicators.

HOUR SELECT → MINUTE SET



From the Time/Calendar display depress button "A" three times to reach the Dual Time display. Depress button "B" and the graphic time setting is activated. The hour indicator, A.M./P.M. mark and the "DUAL T" indicator start flashing.

One hour is advanced by each depression of button "C". The hour indicator is automatically advanced by depressing button "C" continuously.

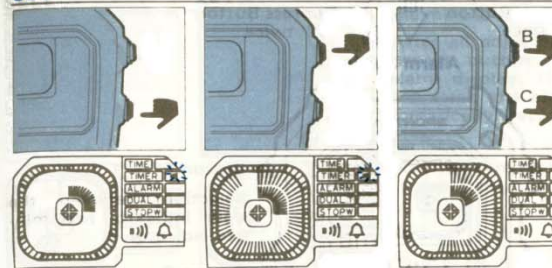
Follow the same procedures to set the minute. After all adjustments are completed, depress button "B" to return the dual-time display. If button "B" is not depressed the dual-time display will automatically return after two minutes.

English 10

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HOW TO USE THE TIMER

MINUTE SET → START → STOP, RESTART → STOP



From the Time/Calendar display depress button "A" once to reach to timer display. Depress button "C" and the timer setting is activated. The "TIMER" indicator starts flashing. One indicator (minute) in the graphic display is advanced by each depression of button "C". The indicator is automatically advanced by depressing button "C" continuously. One minute up to 60 minutes can be set.

Depress button "B" and the timer starts counting down.

Depress button "B" while the timer is counting down and the "Start/Stop" is activated. When the timer is stopped and button "C" is depressed, the total amount of time set is reset to "0".

When all the time has elapsed, the alarm will ring for one second, and the graphic display also indicates that all the time has elapsed. (When the alarm set mark is displayed.)

English 11

^ From the Time/Calendar display depress button "A" once to reach to time display. Depress button "C" and the time setting is activated. The "TIMER" indicator starts flashing. One indicator (minute) in the graphic display is advanced by each depression of button "C". The indicator is automatically advanced by depressing button "C" continuously. One minute up to 60 minutes can be set.

HOW TO SET THE ALARM

Alarm Display

Depress Button "B" once
Depress Button "B" twice

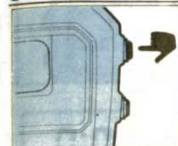


Alarm Setting



Button B
Selection between the hour indicator and minute indicator.
Button C
Setting the hour indicator and minute indicator.

HOUR SELECT



From the Time/Calendar depress button "A" twice to reach the alarm display. Depress button "B" and the alarm setting is activated. The hour indicator, A.M./P.M. mark and the alarm indicator start flashing.

MINUTE SET



One indicator (hour) is advanced by each depression of button "C", and the indicator is automatically advanced by depressing button "C" continuously.

MINUTE

Follow the same procedures to set the minute indicator.

After all adjustments are completed, depress button "B" to return to the alarm display. If button "B" is not depressed the alarm display will automatically return within two minutes.

Note: Be sure to check that the appropriate A.M./P.M. mark is set.

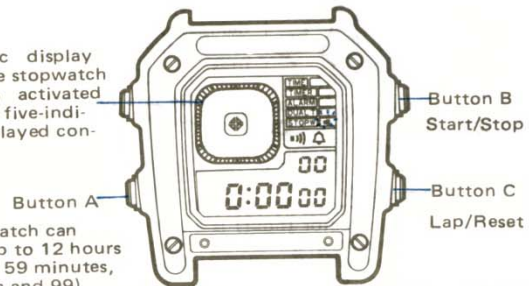
STOPWATCH FUNCTION

Time/Calendar Display

Depress Button "A" four times  Depress Button "A" twice 

Stopwatch Function

The graphic display indicates the stopwatch function is activated when each five-indicator is displayed continuously.



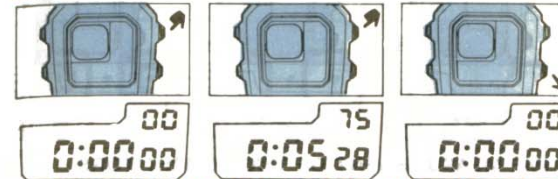
* The stopwatch can measure up to 12 hours (11 hours, 59 minutes, 59 seconds and 99), and when the measured time exceeds 12 hours the digits are reset to "0:00:00" and starts measuring again.

Note: When the stopwatch is measuring the time, the last several indicators may not be displayed and first several indicators may not be extinguished and displayed alternately in the graphic display. But it is not malfunction.

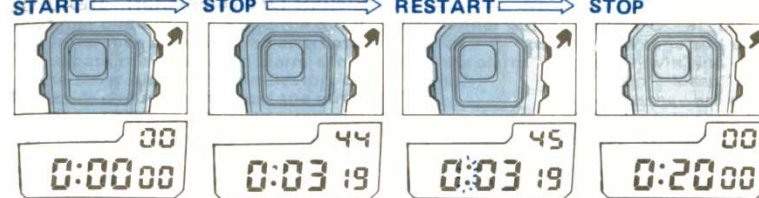
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HOW TO USE THE STOPWATCH

1. STANDARD STOPWATCH MEASUREMENT



2. ACCUMULATED ELAPSED TIME MEASUREMENT



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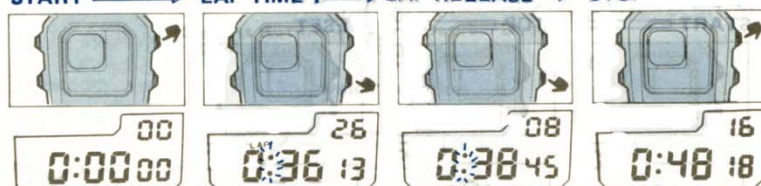
English

English

English

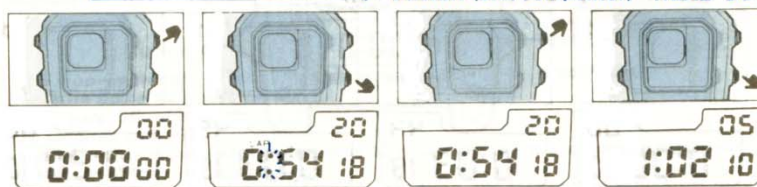
3. LAP TIME MEASUREMENT

START → LAP TIME 1 → LAP RELEASE → STOP

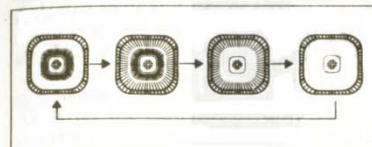


4. CONTINUOUS TIME MEASUREMENT OF TWO COMPETITORS

START → FINISH (1st competitor) → FINISH (2nd competitor) → READ OUT

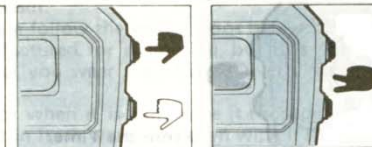


GRAPHIC ALARM



The alarm will ring for 10 seconds at the designated time. In the graphic display, the indicator of the inner circumference and the outer circumference are displayed alternately to indicate the designated alarm time. In the timer display, the indicators of the inner circumference and the outer circumference are displayed alternately and the alarm will ring for one second when all the time has elapsed.

HOW TO STOP ALARM TEST THE ALARM



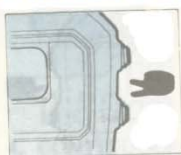
The alarm will ring "peep" "peep" for 10 seconds. Depress either button "B" or "C" to stop the alarm ringing.

In the time/calendar display, depress buttons "B" and "C" at the same time and the alarm will ring "peep" "peep" while they are depressed. In the graphic display the indicator of the inner circumfer-

ence and the outer circumference are displayed alternately to indicate the alarm is ringing.

English

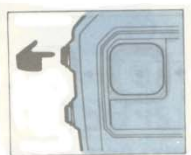
HOW TO ENGAGE AND DIS-ENGAGE THE ALARM AND THE TIME SIGNAL



From the Time/Calendar display the alarm and time signal are engaged and/or disengaged in the following order by depressing buttons "B" and "C" at the same time.

Alarm set mark	Alarm	Time signal
	Disengaged	
🔊	Engaged	Disengaged
🔔	Disengaged	Engaged
🔊🔔	Engaged	

ILLUMINATING LIGHT



The illuminating light is activated in all functions by depressing button "D".

TO PRESERVE THE QUALITY OF YOUR WATCH

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

Your watch is water resistant, and please follow the instructions below:

- This watch is designed and manufactured for swimming, but it is not suitable for diving. We recommend that you wear the SEIKO Diver's Watch for diving.
- After the watch is used in water, or when it is wet, wipe it thoroughly dry. If it is exposed to sea water, rinse it in fresh water and then wipe it thoroughly dry.
- Have your SEIKO watch checked periodically by an AUTHORIZED SEIKO DEALER to be sure that the case, button, gasket and crystal and seal remain intact.

English

English

BATTERY CHANGE

The miniature battery which powers your watch should last approximately two years for U.C.C. 391, Maxell SR1120W or Toshiba SR1120W. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than the specified period. The battery needs to be replaced when you see all the digits in the display flashing. However, the watch will remain accurate while all the digits in the display are flashing. Be sure to replace the battery as soon as possible to prevent any possible malfunction.

When replacing the battery, we recommend that you contact an AUTHORIZED SEIKO DEALER.

Note: If use of the light is more frequent than 5 times a day and the alarm is used more than once a day, the battery life may be less than the specified period.

English
20



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