

Cal. 7S26, 7S36

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You are now the proud owner of a SEIKO Automatic Diver's Watch Cal. 7S26/7S36. For best results, please read the instructions in this booklet carefully before using your SEIKO Automatic Diver's Watch. Please keep this manual handy for ready reference.

Sie sind jetzt stolzer Besitzer einer automatischen Taucheruhr SEIKO Kal. 7S26/7S36. Bitte lesen Sie diese Bedienungsanleitung vor der Verwendung der Uhr aufmerksam durch, um optimale Ergebnisse davon zu erhalten. Heben Sie die Bedienungsanleitung gut auf, um jederzeit nachlesen zu können.

Vous voici l'heureux propriétaire d'une montre automatique de plongée SEIKO Cal. 7S26/7S36. Pour en obtenir de bonnes performances, veuillez, avant d'utiliser la montre, lire attentivement les explications de ce mode d'emploi que vous conserverez pour toute référence ultérieure.

Grazie per aver acquistato questo orologio automatico SEIKO Cal. 7S26/7S36 per subacqueo. Per ottenerne i migliori risultati leggere attentamente le istruzioni di questo libretto prima di passare all'uso dell'orologio stesso. Tenere poi il manuale a portata di mano, per ogni eventuale futura, ulteriore consultazione.

Usted es ahora un honrado poseedor del reloj de buceador automatico SEIKO Cal. 7S26/7S36. Para obtener de él los mejores resultados, lea las instrucciones del presente folleto con cuidado antes del uso de su reloj de buceador automatico SEIKO. Guarde este manual para fácil referencia.

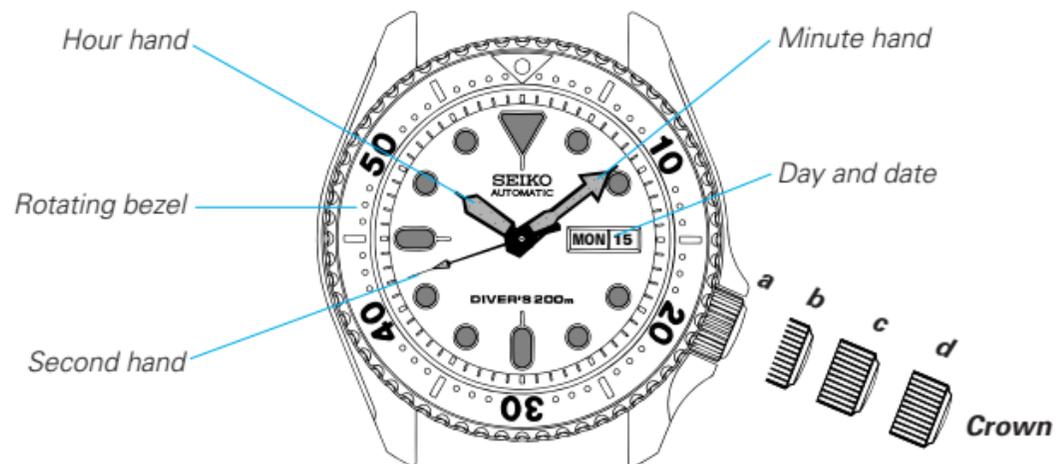
Você pode sentir-se orgulhoso de possuir um Relógio do mergulhador SEIKO Automático Cal. 7S26/7S36. Para obter dele os melhores resultados, leia atentamente as instruções contidas neste opúsculo antes de usar o seu Relógio do mergulhador SEIKO Automático. Conserve este manual para referências futuras.

您現在是精工自動潛水錶機件編號 7S26/7S36 自豪的擁有者。為正確使用起見，請在使用精工自動潛水錶之前，詳細閱讀本說明書。並將之妥善保管，以備今後參考。

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SEIKO AUTOMATIC DIVER'S WATCH

Cal. 7S26, 7S36



a: Screwed-in position b: Normal position c: First click d: Second click

FEATURES

200 METER WATER RESISTANCE

- Suitable for scuba diving

SCREW DOWN CROWN

ROTATING BEZEL

- Elapsed time measurement during diving (up to 60 minutes)

TIME/CALENDAR

- Hour, minute & second hands
- Date
- Day

HOW TO START THE WATCH

This is an automatic mechanical watch.

- To initially start your watch:**

Swing it from side to side in a horizontal arc for about 30 seconds.

** If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.*

** If the watch is used without being wound up sufficiently, gain or loss of the watch may result. To avoid this, wear the watch for more than 8 hours a day.*



TIME/CALENDAR SETTING

- 1** Unlock the crown by turning it counterclockwise.
- 2** Pull out the crown to the first click.
- 3** Set the previous day's date.
- 4** Set the previous day of the week.



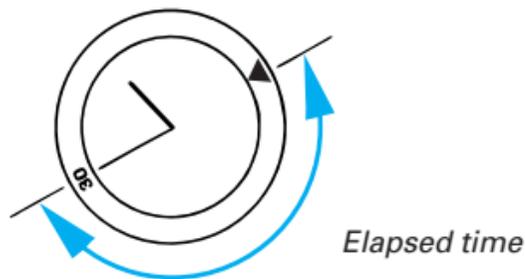
- 5** Pull out the crown to the second click.
- 6** Turn the crown clockwise to set the date and counterclockwise to set the day of the week in the desired language.
- 7** Set the hands to the desired time.
- 8** Push back the crown.
- 9** Lock the crown by turning it clockwise while pressing it.



- * Turn the hands past the 12 o'clock marker to determine whether the watch is set for the AM or PM period. If the calendar changes when the hour hand passes the 12 o'clock marker, the time is set for AM. If the calendar does not change, the time is set for PM.
- * Do not change the day or the date during 9:00 P.M. ~ 4:00 A.M.
- * When setting the hands, first set them to a time a few minutes earlier than the correct time, and then advance them to the exact time.
- * It is necessary to adjust the date at the end of February and 30-day months.

ROTATING BEZEL

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



1 Turn the rotating bezel to align the "▼" mark to the minute hand.

2 When time has elapsed, read the number on the rotating bezel.

Example: Starting time : 10:10
 Finishing time : 10:40
 Elapsed time : 30 minutes

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

PRECAUTIONS

Before diving, make sure that the watch operates normally and be sure to observe the precautions described below.

Do not attempt to dive using the watch unless you have been properly trained in diving.

Abide by the rules of diving for safety's sake.

BEFORE DIVING

- Do not use the watch for saturation diving using helium gas.
- Check that:
 - the crown is locked tightly in place.
 - there are no visible cracks in the crystal or the watch band.
 - the strap or bracelet is securely fastened to the watch case.
 - the buckle keeps the strap or bracelet firmly secured to the wrist.
 - the rotating bezel turns counterclockwise smoothly (the rotation must not be too loose or too tight) and the "▼" mark aligns with the minute hand.
 - the time and calendar are appropriately set.

If there are any malfunctions, we recommend that you contact an AUTHORIZED SEIKO SERVICE CENTER.

WHILE DIVING

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

AFTER DIVING

- After checking that the crown is screwed in completely, rinse the watch in fresh water, and wash out all seawater, soil, sand, etc.
- After cleaning the watch in fresh water, be sure to wipe it thoroughly dry to prevent possible rust on the case.

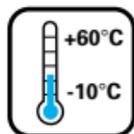
NOTES FOR USING THE WATCH

- Repair of diver's watches requires special expertise and equipment. If you find that your diver's watch is malfunctioning, therefore, never attempt to repair it but immediately send it to a nearby SEIKO Service Center.

TO PRESERVE THE QUALITY OF YOUR WATCH

- Repair of diver's watches requires special expertise and equipment. If you find that your diver's watch is malfunctioning, therefore, never attempt to repair it but immediately send it to a nearby SEIKO Service Center.

■ 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.

■ MAGNETISM



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

■ CHEMICALS



Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

■ PERIODIC CHECK



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

■ CARE OF CASE AND BRACELET



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

■ SHOCKS & VIBRATION



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

■ PRECAUTION REGARDING CASE BACK PROTECTIVE FILM



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

LUMIBRITE™

LumiBrite is a newly developed luminous paint that is completely harmless to human beings and the natural environment, containing no noxious materials such as radioactive substances. LumiBrite absorbs the energy of sunlight or artificial light in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 5 to 8 hours.

Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

When you make a dive in dark water, LumiBrite may not emit light unless it has absorbed and stored light sufficiently

Before diving, therefore, be sure to expose the watch to light under the conditions specified above, so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

< Reference data on luminance >

(A) Sunlight

[Fine weather]: 100,000 lux

[Cloudy weather]: 10,000 lux

(B) Indoor (Window side during daytime)

[Fine weather]: more than 3,000 lux

[Cloudy weather]: 1,000 to 3,000 lux

[Rainy weather]: less than 1,000 lux

(C) Lighting apparatus (40-watt daylight fluorescent light)

[Distance to the watch: 1 m]: 1,000 lux

[Distance to the watch: 3 m]: 500 lux (average room luminance)

[Distance to the watch: 4 m]: 250 lux

* "LUMIBRITE" is a trademark of SEIKO CORPORATION.

SPECIFICATIONS

1	Vibrations per hour	21,600
2	Operational temperature range	-10° C ~ +60° C (14° F ~ 140° F)
3	Driving system	Self-winding type
4	Jewels	7S26: 21 jewels 7S36: 23 jewels
5	Magnetic resistance	4,800 A/m (60 gauss)
6	Water resistance	Water resistant up to 200 meters The watch is suitable for scuba diving.

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