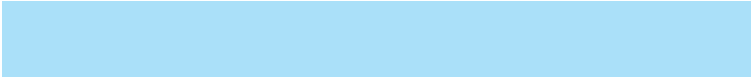


You are now the proud owner of a SEIKO Analogue Quartz Watch Cal. Y187. For best results, please read the instructions in this booklet carefully before using your SEIKO Analogue Quartz Watch. Please keep this manual handy for ready reference.

Siete ora in possesso di un orologio SEIKO Analogico al Quarzo Cal. Y187. 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.



# CONTENTS

	Page
DATE SETTING .....	4
TIME SETTING .....	4
STOPWATCH .....	5
ADJUSTING THE HAND POSITION .....	7
NOTES ON USING THE WATCH .....	8
BATTERY LIFE INDICATOR .....	9
BATTERY CHANGE .....	9
SPECIFICATIONS .....	10

☆ *For the care of your watch, see "TO PRESERVE THE QUALITY OF YOUR WATCH" in the attached Worldwide Guarantee and Instruction Booklet.*

# SEIKO CAL. Y187



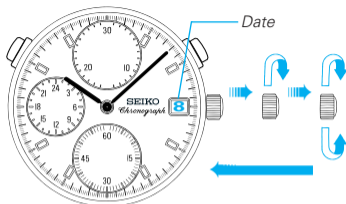
## STOPWATCH

- STOPWATCH minute and 1/5-second hands
- Measures up to 30 minutes in 1/5 second increments.
- Split time measurement

## TIME/CALENDAR

- Hour and minute hands with small second and 24-hour hands
- Date displayed in numerals

## DATE SETTING



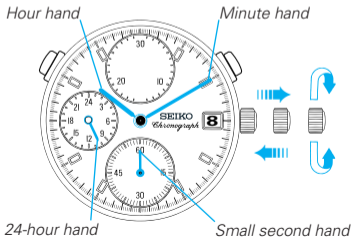
### CROWN

Pull out to first click and turn clockwise until the previous day's date appears.

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

▼  
Push back in to normal position.

## TIME SETTING



### CROWN

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

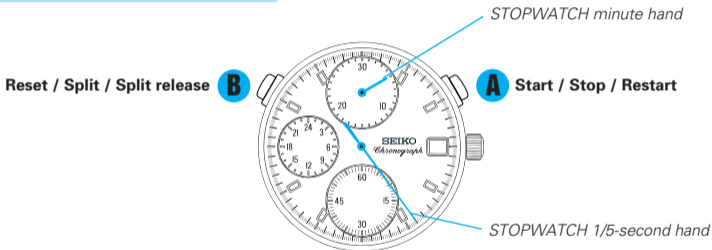
▼  
Turn to set 24-hour, Hour and Minute hands.

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

## STOPWATCH

- The stopwatch can measure 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 the crown is set at the normal position.
- Press button B to reset the STOPWATCH hands to "0" position.

**Standard measurement****Accumulated elapsed time measurement**

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

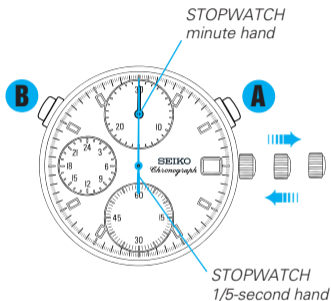
**Split time measurement**

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

**Measurement of two competitors**

## ADJUSTING THE HAND POSITION

- If the STOPWATCH hands do not return to "0" position when the stopwatch is reset or when the battery is replaced with a new one, follow the procedure below.



**CROWN**

Pull out to second click.

▼  
**A**

Press repeatedly to reset STOPWATCH minute hand to "0" position.

▼  
**B**

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

▼  
**CROWN**

Push back in to normal position.

*\* Hands move quickly if the respective buttons are kept pressed.*

*\* After adjusting the STOPWATCH hand position, be sure to set the time following the procedure in "TIME SETTING".*

# NOTES ON USING THE WATCH

## DATE SETTING

- 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 it, set the date and then reset the correct time.

## TIME SETTING

- The 24-hour hand moves correspondingly with the hour hand. When setting the hour hand, check the 24-hour hand to see that AM/PM is correctly set.
- When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.

## STOPWATCH

- When the stopwatch has been reset and button A is pressed before the STOPWATCH hands reach "0" position, the stopwatch starts counting time as button A is pressed.
- **Note on crown operation while the stopwatch is in use:**  
Even if the crown is pulled out to the first click, the stopwatch continues measuring. However, if it is pulled out to the second click, the STOPWATCH hands are reset to "0" position.

## HOW TO OPERATE THE SCREW LOCK TYPE CROWN (for models with screw lock type crown)

- **To unscrew the crown:**  
Turn the crown counterclockwise. Then, pull it out for time/calendar setting or for adjusting the STOPWATCH hand position.
- **To screw in the crown:**  
With the crown at the normal position, turn it clockwise while pressing it.



## 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.

## 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 SR927SW** battery.

*\* If the stopwatch is used to measure up to 30 minutes more than twice a day, the battery life may be less than the specified period.*



### WARNING

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



## CAUTION

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

## SPECIFICATIONS

1	Frequency of crystal oscillator .....	32,768 Hz (Hz = Hertz ... Cycles per second)
2	Loss/gain (monthly rate) .....	Less than 20 seconds at normal temperature range (5° C ~ 35° C) (41° F ~ 95° F)
3	Operational temperature range .....	-5° C ~ +50° C (23° F ~ 122° F)
4	Driving system .....	Step motor, 3 pieces
5	Display system	
	Time .....	Hour, minute, second and 24-hour hands
	Date .....	Displayed in numerals.
	Stopwatch .....	Minute and 1/5-second hands
		The stopwatch measures up to 30 minutes in 1/5 second increments.
6	Battery .....	SEIKO SR927SW, 1 piece
7	Battery life indicator	
8	IC (Integrated Circuit) .....	C-MOS-LSI, 1 piece

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