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SEIKO DIGITAL QUARTZ ALARM CHRONOGRAPH WITH ROTARY SWITCH

Cal. A829 and SPORTS 100 Cal. A829

CHARACTERISTICS

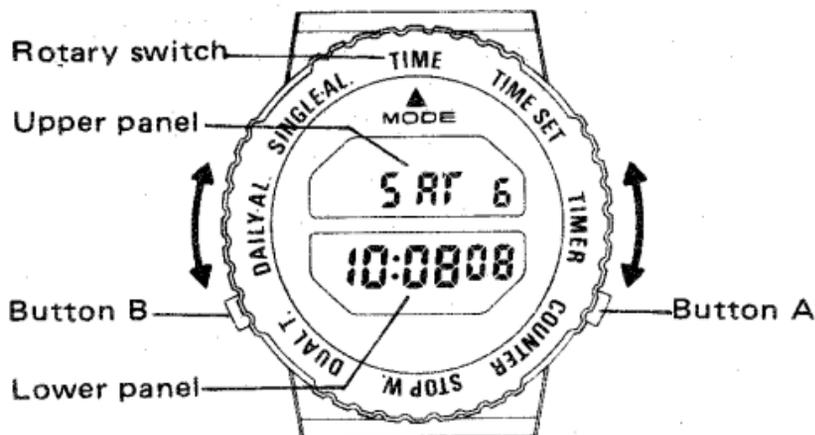
1. **Rotary switch:** By turning this rotary switch bezel, each function, indicated on the dial, can be selected and changed.
2. **Time and calendar function:** Hour, minute, second, date and day of the week can be displayed in 12-hour or 24-hour indication. The month is displayed only when the calendar is adjusted. Calendar automatically adjusts for odd and even months except February of leap years.
3. **Display panel:** Upper panel displays calendar, alarm, dual time, stopwatch, counter and timer, and lower panel always displays present time.
4. **Alarm function:** The alarm rings at the designated time every day (DAILY ALARM) and once at the time set (SINGLE ALARM).
5. **Dual time:** Dual time function enables the displaying of the local time.
6. **Stopwatch function:** Minutes, seconds and 1/100 second up to 20 minutes can be displayed, and after 20 minutes, hours, minutes and seconds up to 12 hours are displayed.
7. **Counter function:** This counts the numbers up to 9999 (Single Counter) and up to each 99 (Twin Counter).

8. **Timer function:** When the desired amount of time per one minute up to 100 minutes is counted down by seconds to "00", the alarm will ring for 3 seconds.
9. **Hourly time signal:** The time signal can be set to ring every hour on the hour with a single "beep".
10. **Water resistant:** When "WATER RESISTANT" is shown on the back of your watch case, the watch has been water tested to a pressure of 3 atmospheres (water pressure at 30-meter or 100-foot depth). When "SPORTS 100" is shown on the panel cover and "WATER RESISTANT" is shown on the back of your watch case, the watch has been water tested to a pressure of 10 atmospheres (water pressure at 100-meter or 300-foot depth).
11. **Illuminating light:** In time mode display, the digits can be illuminated in the dark.
12. **Alarm test:** Can test the alarm by sound demonstration only in time/calendar display.
13. **Battery:** Use a miniature lithium battery, Sanyo CR2016, National BR2016 or Maxell CR2016.

DISPLAY AND ROTARY SWITCH OPERATION

Rotate the rotary switch to match up each mode selection word or phrase to the mode mark "▲".

[TIME/CALANDAR DISPLAY]



- TIME
Time display
- SINGLE-AL
Single alarm function
- DAILY-AL
Daily alarm function
- DUAL T.
Dual time display
- STOP W.
Stopwatch function
- COUNTER
Counter function
- TIMER
Timer function
- TIME SET
Time setting

Button A : Activate the digit that is to be set.

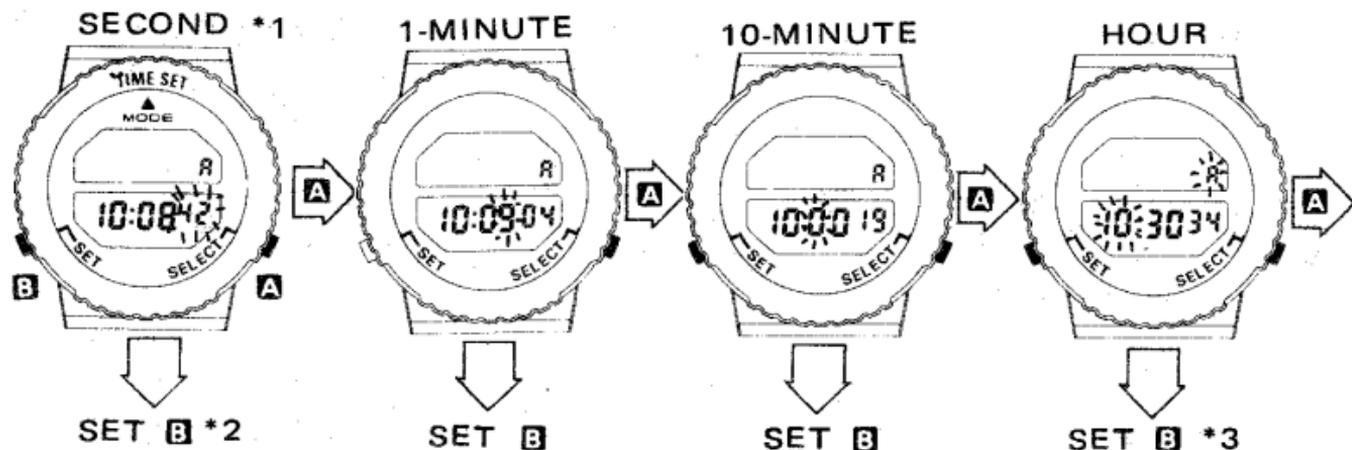
Button B : Advance the digit to the next one.

* In any function mode, present time is displayed in lower panel.

HOW TO SET THE TIME AND CALENDAR

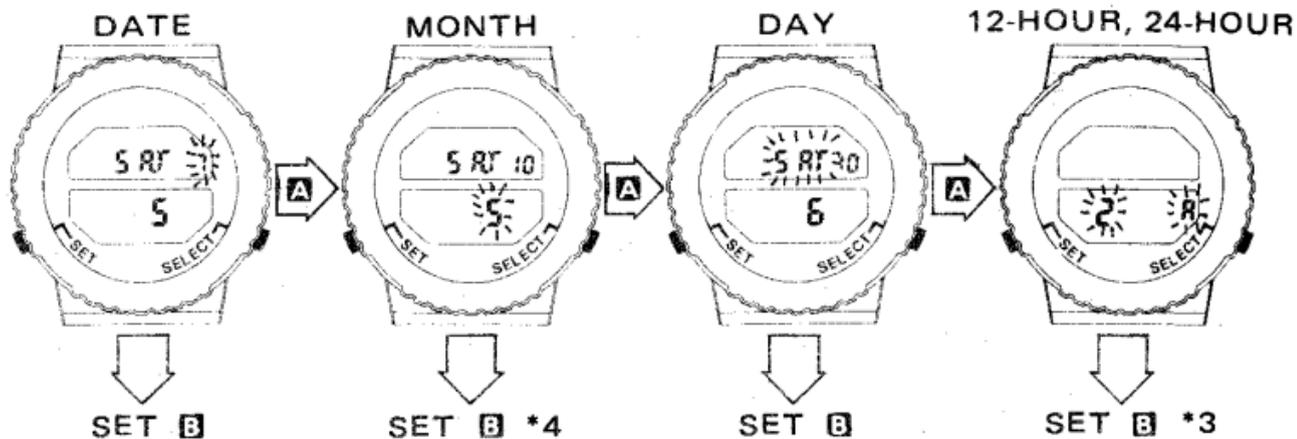
▲ B INDICATE THE DEPRESSION OF BUTTON "A" OR "B"

Time/Calendar Setting



*1 After setting the mode selection words "TIME SET" to the mode mark "▲", the second digits start flashing.

*2 When the seconds are counting any numbers from "30" to "59" and button "B" is depressed, one minute is added and the seconds are immediately reset to "00", otherwise the seconds digits are simply reset to "00".



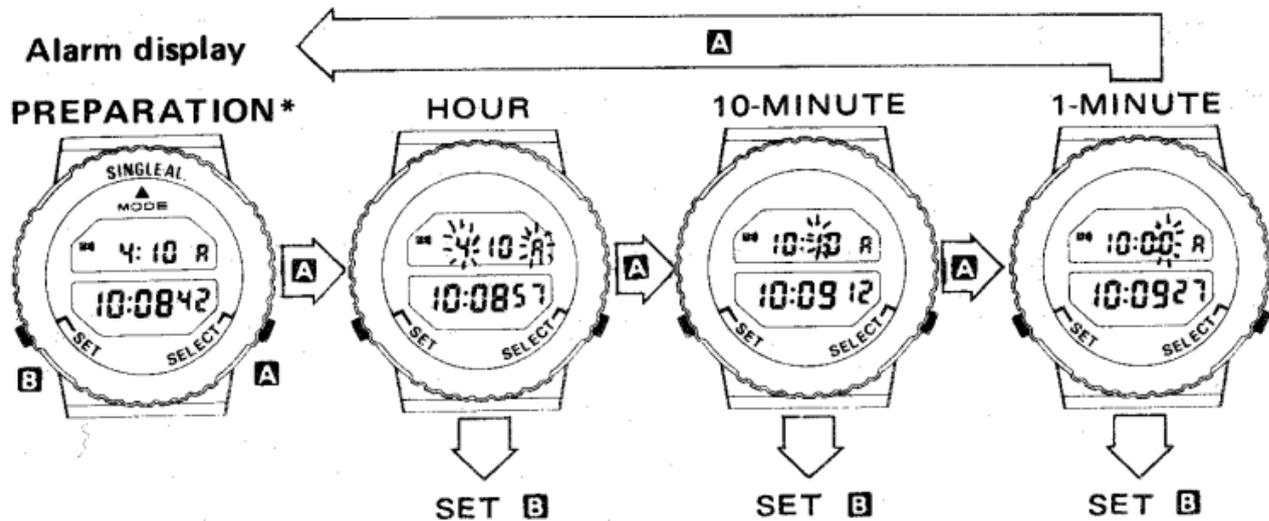
*3 Be sure to check "A"(A.M.)/"P"(P.M.) is correctly set ("A"/"P" mark is displayed only in 12 hour indication). After all adjustments are completed, rotate the rotary switch to set the mode selection words "TIME" to the mode mark "▲".

*4 In the month setting mode, the digits in the panel have the following meaning.

1	2	3	10	11	12
(Jan. Feb. Mar.	Oct.	Nov.	Dec.)

HOW TO SET THE ALARM (SINGLE AL AND DAILY AL)

A **B** INDICATE THE DEPRESSION OF BUTTON "A" OR "B"



* Set the mode selection word "SINGLE AL." or "DAILY AL." to the mode mark "▲".

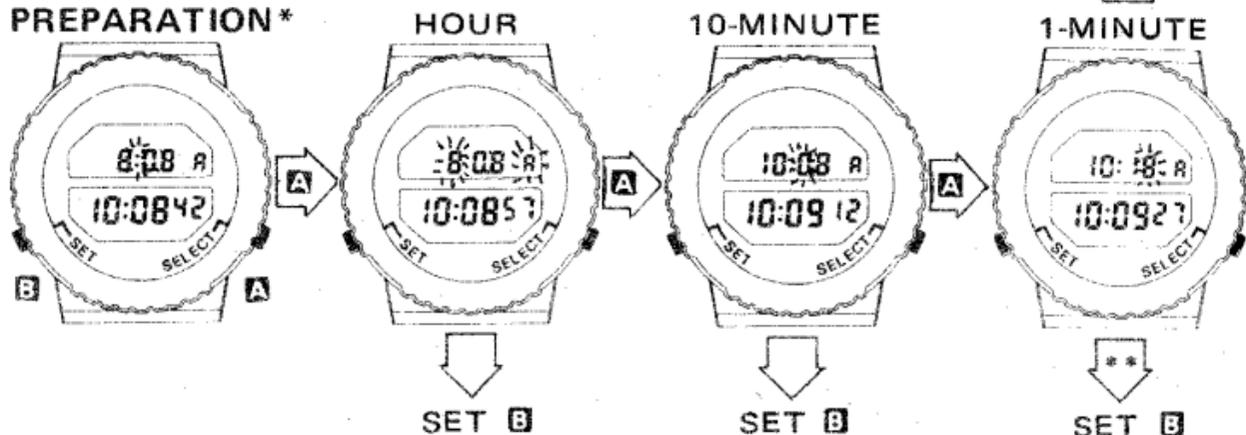
- B))** SINGLE ALARM mark: rings only at the time set.
After the SINGLE ALARM rings, the SINGLE ALARM mark disappears but will appear and engage again by depressing button "B".
- D))** DAILY ALARM mark: rings every day at the time set.

HOW TO SET DUAL TIME

A B INDICATE THE DEPRESSION OF BUTTON "A" OR "B"

Dual Time Display

PREPARATION*

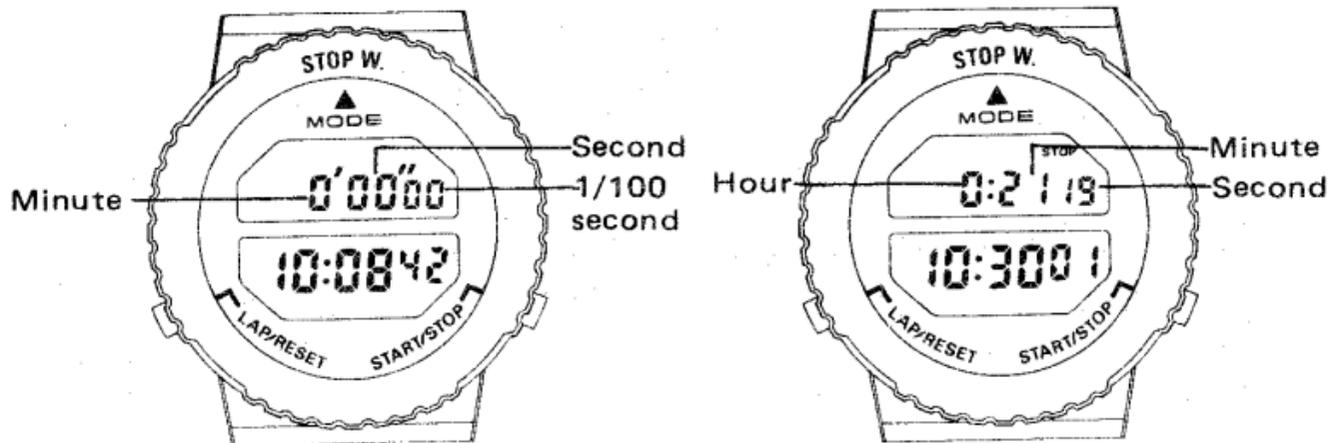


- * Set the mode selection word "DUAL T." to the mode mark "▲". The dual time in hours and minutes appears in the upper panel.
- ** After approximately 15 seconds, any flashing digits will automatically stop flashing.

STOPWATCH FUNCTION

Rotate the rotary switch and set the mode selection word "STOP W." to mode mark "▲" and stopwatch display appears in the upper panel.

Measurement up to 20 min. \longrightarrow Measurement over 20 min.



- In case of measurement over 20 minutes, the display of minute, second and 1/100 second changes to hour, minute and second.
- Be sure to depress button "B" to set "00" second before starting.

HOW TO USE THE STOPWATCH

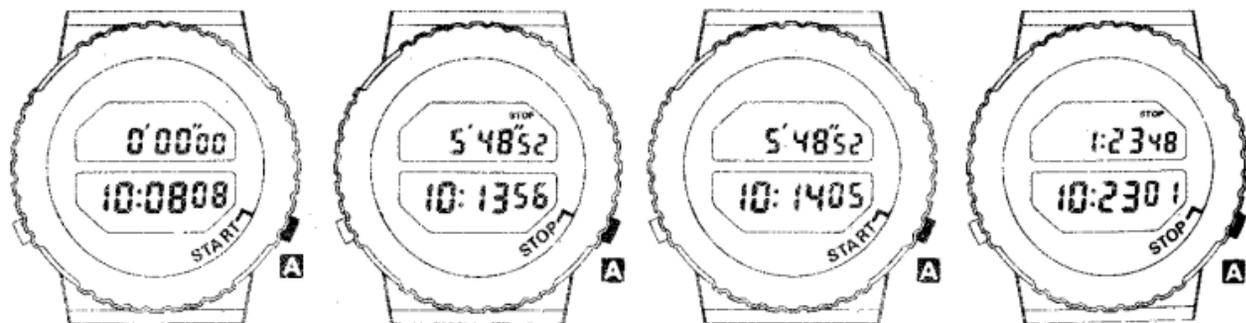
1. STANDARD STOPWATCH MEASUREMENT

START → STOP → RESET



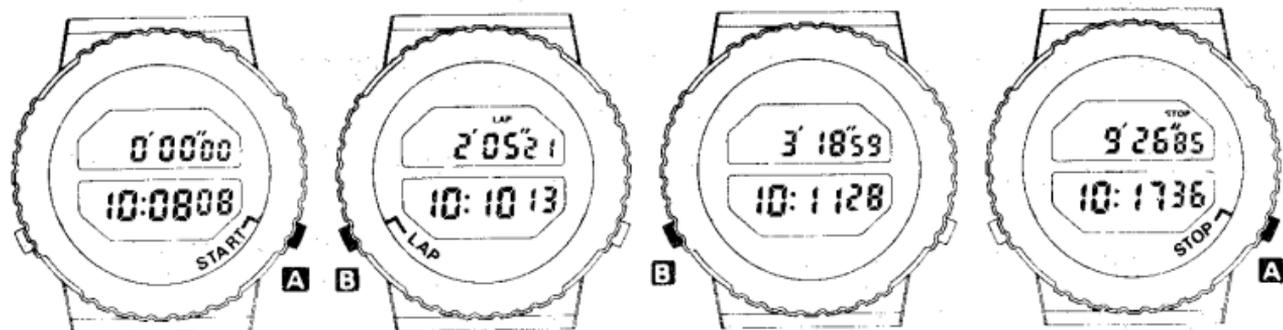
2. ACCUMULATED ELAPSED TIME MEASUREMENT

START → STOP → RESTART → STOP



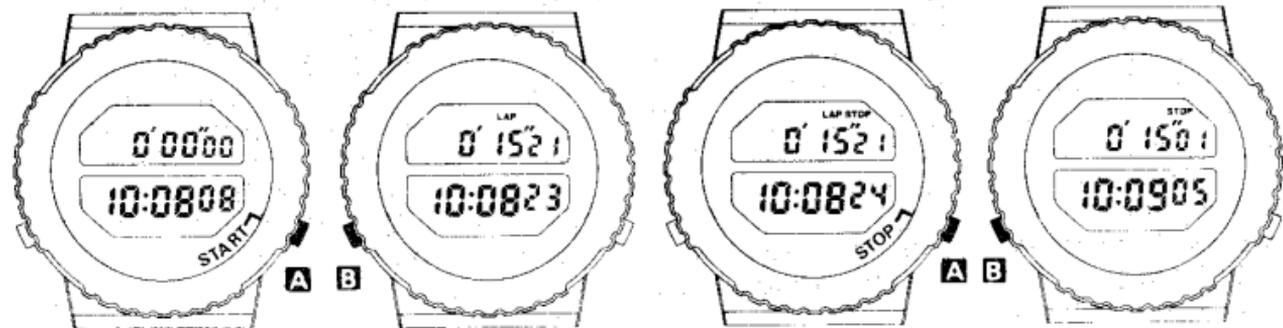
3. LAP TIME MEASUREMENT

START → LAP TIME → LAP RELEASE → STOP

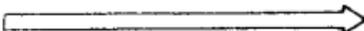


4. CONTINUOUS TIME MEASUREMENT OF TWO COMPETITORS

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



HOW TO USE COUNTER

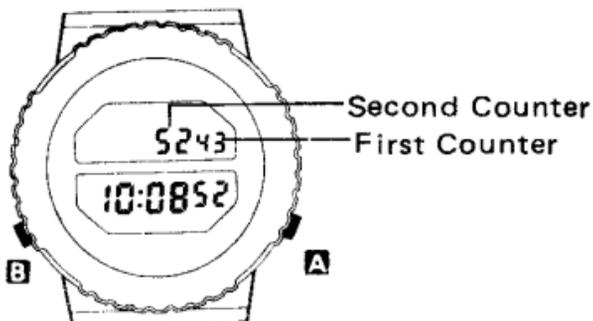
PREPARATION  [TWIN COUNTER]
 [SINGLE COUNTER]



Rotate the rotary switch and set the mode selection word "COUNTER" to mode mark "▲" and counter display appears in the upper panel. Depress button "A" and "B" at the same time and reset the digits to "00".



Counter starts by depressing button "A" and can count max. 9999. To count over 100 as the single counter, do not depress button "B" before the digits read 100.



By depressing button "A" and next "B", this can be used for two kinds of counter (twin counter). Each counter can count up to 99, so button "B" (second counter) must be depressed before the first counter exceeds 100 to activate second counter.

TIMER FUNCTION

RESET TO 00'00.



Rotate the rotary switch and set the mode selection word "TIMER" to mode mark "▲" and the timer will be displayed in "00'00". *

SET



Set the timer by depressing button "B".
(Continuous depression changes the digits quickly.)

* If not reset to "00'00", stop the timer by depressing button "A" and display "00'00" by depressing button "B".

START → STOP → RESTART → TIME UP



Start the timer by depressing button "A".



When the timer is stopped, the word "STOP" will appear above the digits.



- Can be set up to 100 minutes per 1 minute and count down per every second.
- Alarm sounds for 3 seconds when the timer is reset to "00'00".

HOW TO ENGAGE AND DISENGAGES THE HOURLY TIME SIGNAL AND ALARM TEST



The alarm can be tested in the time and calendar display by depressing buttons "A" and "B" at the same time. This also engages and disengages the hourly time signal.



Depress button "B" in both single and daily alarm display to either engage or disengage the alarm. When engaged, the alarm mark  (Single alarm mark) and/or  (Daily alarm mark) will be displayed.

Time signal mark	Alarm	Time signal
	Disengaged	
	Disengaged	Engaged

Alarm function mark	Single Alarm	Daily Alarm
	Disengaged	
	Engaged	Disengaged
	Disengaged	Engaged
	Engaged	

HOW TO STOP THE ALARM



The alarm will ring at the designated time for 20 seconds. It can be stopped manually by depressing button "A" or "B".

ILLUMINATING LIGHT



Illuminating light is activated in time and calendar display by depressing button "B".

TO PRESERVE THE QUALITY OF YOUR WATCH

Description		SPORTS 100	Water resistant	None	
Location		Panel cover	Case Back		
Degree of water-resistance		10-atm. water-resistant (100 meters or 300 feet)	3-atm. water-resistant (30 meters or 100 feet)		
Conditions under which the watch is used	I	 <p>Hand washing Rain</p>	yes	yes	no
	II	 <p>Car washing Shower Skin diving Swimming Skiing</p>	yes	no	no
	III	 <p>Scuba diving (Aqualung used)</p>	no	no	no

As you can see from the above, SEIKO Water-resistant watches are designed and manufactured to withstand accidental contact with water such as

splashes or rain but not swimming or diving. Do not depress any buttons and do not rotate the rotary switch when the watch is wet.

- If your watch is a SPORTS 100, it is designed and manufactured for skin diving but it is not suitable for scuba diving. You can depress any buttons and rotate the rotary switch when the watch is wet. We recommend that you wear the SEIKO Diver's Watch for scuba diving.
- If the watch is exposed to water, rinse it in fresh water and then wipe it thoroughly dry.
- If the watch is left for a long time in temperatures of less than -10°C or more than $+60^{\circ}\text{C}$, the watch may stop, the battery electrolyte may leak and the battery life may be shortened.
- Be careful not to subject the watch to chemicals, gases, etc. The case bracelet, dial, etc. may be discolored.
- Have your SEIKO watch checked periodically by an authorized SEIKO DEALER to be sure that the case, buttons, gasket and crystal seal remain intact.

BATTERY CHANGE

The miniature lithium battery Sanyo CR2016, National BR2016 or Maxell CR2016 which powers your watch should last approximately three years. 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. 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 20 seconds a day, the battery life may be shortened to less than the specified period.