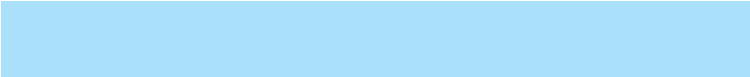


You are now the proud owner of a SEIKO Automatic Diver's Watch Cal. 7S26. For best results, please read the instructions in this booklet carefully before using your SEIKO Automatic Diver's Watch. Please keep this manual handy for ready reference.

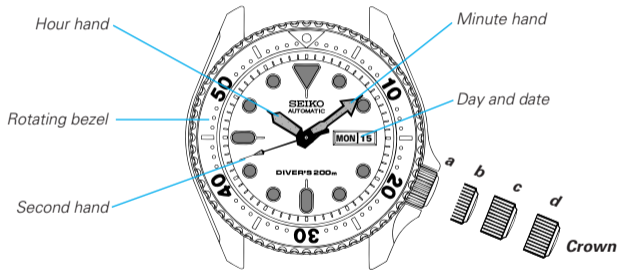
Usted es ahora un honrado poseedor del reloj de buceador automatico SEIKO Cal. 7S26. Para obtener de él los mejores resultados, lea las instrucciones del presente folleto con cuidado antes del uso de su reloj de buceador automatico SEIKO. Guarde este manual para fácil referencia.



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SEIKO AUTOMATIC DIVER'S WATCH Cal. 7S26



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

FEATURES

200 METER WATER RESISTANCE

- Suitable for scuba diving

ROTATING BEZEL

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

SCREW DOWN CROWN

TIME/CALENDAR

- Hour, minute & second hands
- Date
- Day

REMARKS ON LUMINOUS PAINT

- ◆ **Your SEIKO Automatic Diver's Watch uses promethium-147 as the active ingredient in the luminous paint.**

The use of radioactive materials such as promethium-147 is strictly regulated by Japanese Law and monitored by the Japanese Science and Technology Agency. SEIKO luminous watches, manufactured in accordance with the law, contain an approved amount of promethium-147 harmless to human beings. The amount of radiation they emit also conforms to the standards specified by the US Nuclear Regulatory Commission.

NOTE: *Japanese regulations on the use of radioactive materials enforced by the Japanese Science and Technology Agency are equivalent to or even stricter than similar regulations of the IAEA and ISO.*

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.*



TIME/CALENDAR SETTING

1

Unlock the crown by turning it counterclockwise.

2

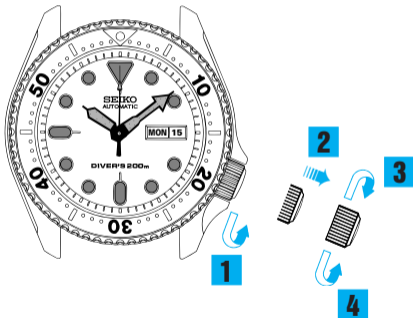
Pull out the crown to the first click.

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 hands until the desired date and day appears.

7

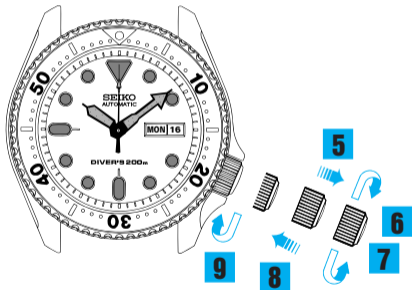
Set the hands to the desired time.

8

Push back the crown.

9

Lock the crown by turning it clockwise while pressing it.

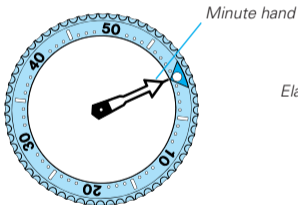


ROTATING BEZEL

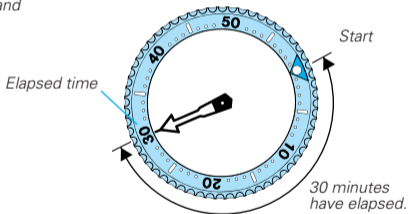
The rotating bezel can show up to 60 minutes of elapsed time.

1

Turn the rotating bezel to align its "◁" mark with the minute hand.

**2**

Read the number on the rotating bezel that the minute hand points to.



PRECAUTIONS



CAUTION

Diving is an inherently hazardous form of recreation and it is essential that you strictly observe all instructions for use and maintenance of the watch set forth in this booklet for safety's sake. DO NOT ATTEMPT TO DIVE USING THIS WATCH UNLESS YOU HAVE BEEN PROPERLY TRAINED IN DIVING.

Do not use the watch for saturation diving using helium gas.

BEFORE DIVING

- Check that:
 - the watch operates normally.
 - 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

HOW TO START THE WATCH

- 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/CALENDER SETTING

- Do not set the day between 9:00 p.m. and 4:00 a.m. Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, it 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.
- To set the exact time, pull out the crown to the second click when the second hand is at the 12 o'clock position and push it back in to the normal position in accordance with a time signal.
- When setting the 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.
- 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

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

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) or below -10° C (+14° F) may cause a slight time loss or gain or shorten the duration within which the watch keeps operating. 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,

■ 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.

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	21 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.

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