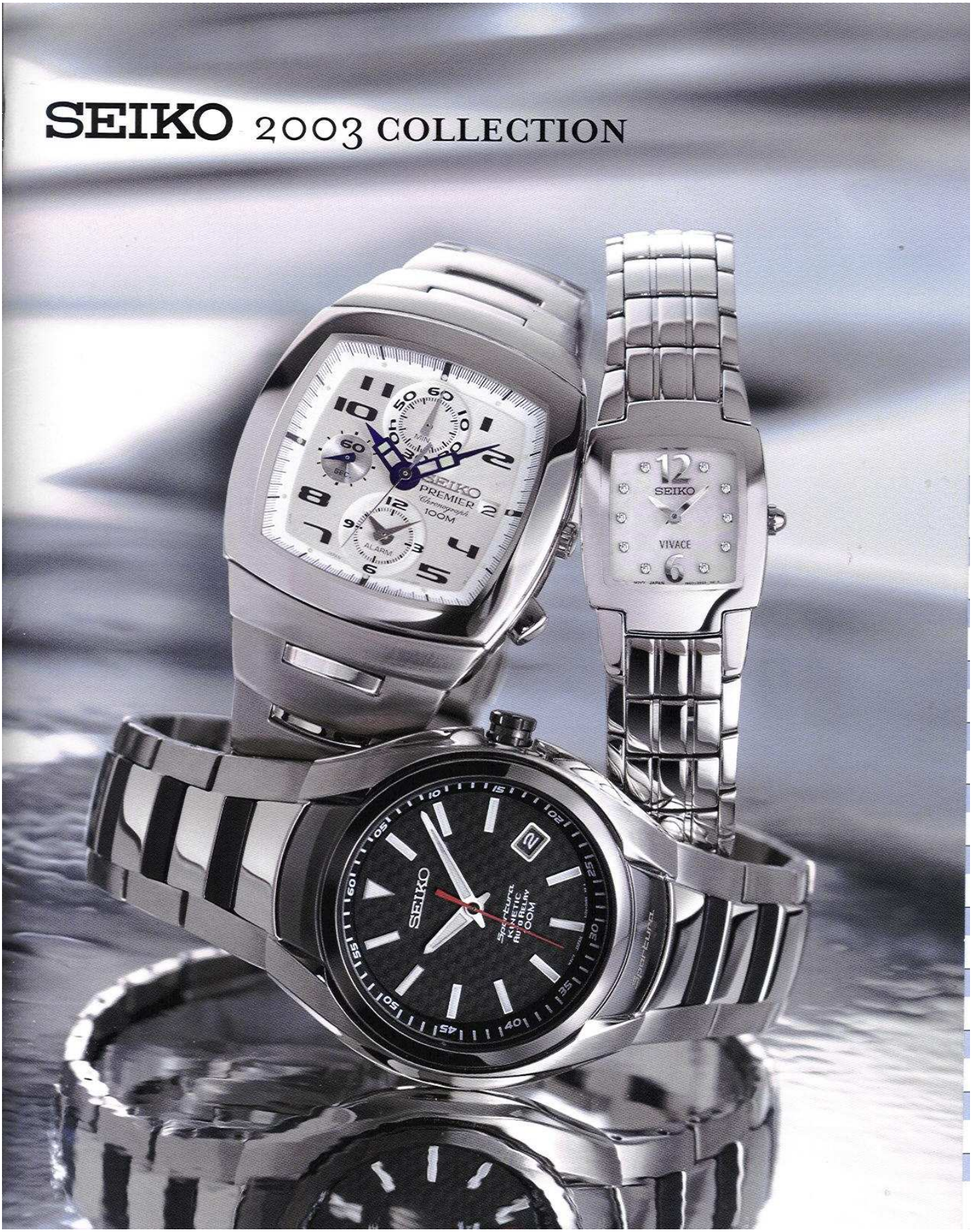
# SEIKO 2003 COLLECTION

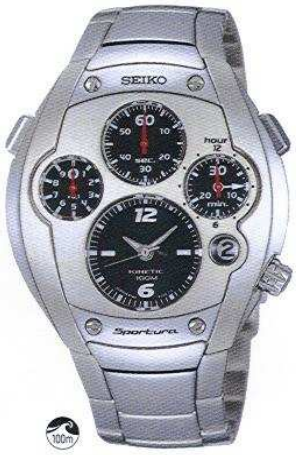


## KINETIC® CHRONOGRAPH

- Hour, minute and second hands
- Stopwatch hour, minute, second and 1/10 second hands
- Stopwatch measures up to 12 hours, 6 minutes and 12.2 seconds in 1/10 second increments
- Energy depletion forewarning function
- Overcharge prevention function
- Duration of full charge approximately 1 month if the stopwatch is used less than 3 hours per day

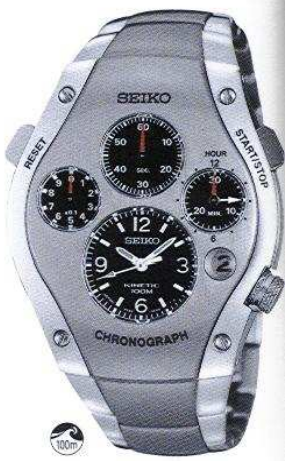

SLQ009 $2,595
Titanium

0 29665 11767 0




SLQ015 $2,595

0 29665 12363 3




SLQ007 $2,495

0 29665 11391 7

## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone


SNA003 $525
Titanium
TiCN plating

0 29665 11769 4


SNA201 $450
TiCN plating

0 29665 12530 9

## KINETIC
### AUTO RELAY®

- Hour, minute and second hands
- Automatic power generator
- 4-year energy storage
- Automatic energy saving function
- Manual energy saving function
- Time Relay function
- Energy depletion forewarning function


**SNG031 $650**
TiCN plating

0 29665 12529 3


**SMA137 $625**
TiCN plating

0 29665 11392 4

## PERPETUAL CALENDAR

- Once set, the calendar automatically adjusts for odd and even months including February of leap years up to February 28, 2100
- Indicates month, date and number of years since last leap year
- High accuracy – yearly loss/gain rate of less than 20 seconds
- Battery life indicator


**SLL155 $495**
TiCN plating

0 29665 11390 0

SNA143 $450

SNA145 $450

## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone

SNA209 $425

SNA207 $425

SNA211 $400

## KINETIC
### AUTO RELAY®

- Hour, minute and second hands
- Automatic power generator
- 4-year energy storage
- Automatic energy saving function
- Manual energy saving function
- Time Relay function
- Energy depletion forewarning function


SMA181 $575

0 29665 11955 1

SUJ411 $350

0 29665 12367 1


SUJ413 $350

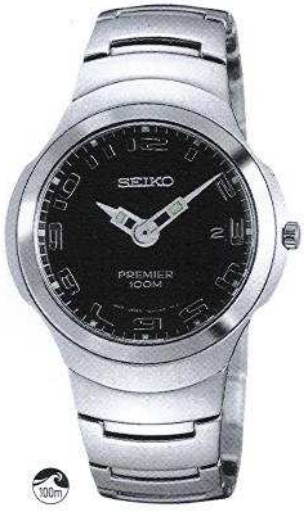
0 29665 12366 4


SKP127 $300

0 29665 11960 5


SXB329 $300

0 29665 11968 1




SKP129 $300

0 29665 11959 9


SKP131 $275

0 29665 11967 4

**SXGH53** $825
20 diamonds

0 29665 12291 9

**SXGH52** $350

0 29665 12290 2

**SXGH51** $310

0 29665 12289 6

**SUJ281** $365
10 diamonds
Mother-of-pearl dial

0 29665 12293 3

**SUJ287** $365
10 diamonds
Mother-of-pearl dial

0 29665 12295 7

**SUJ279** $310

0 29665 12292 6

**SUJ285** $310

0 29665 12294 0


30m

SUJ227 $295

0 29665 12217 9


30m

SUJ223 $295

0 29665 12215 5


30m

SUJ225 $295

0 29665 12216 2


50m

SXGG05 $295

0 29665 12218 6


50m

SXGH45 $295

0 29665 12288 9

## KINETIC®

- Hour, minute and second hands
- Automatic power generator
- Reserve energy indicator function

SKA058 $475

0 29665 11331 3

SKA060 $450

0 29665 11332 0

SKA096 $450

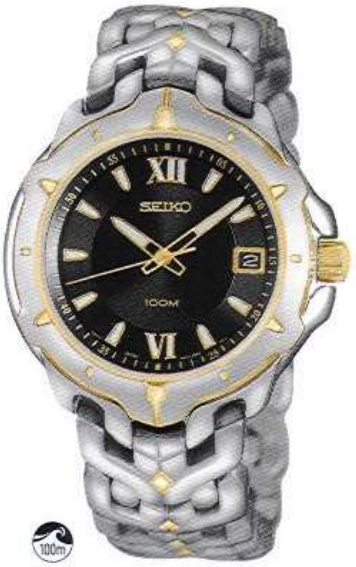
0 29665 11650 5

## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone

SNA284 $400

0 29665 12688 7




SGE650 $325

0 29665 12109 7


SXD394 $325

0 29665 12144 8


SGE652 $325

0 29665 12111 0


SGE651 $300

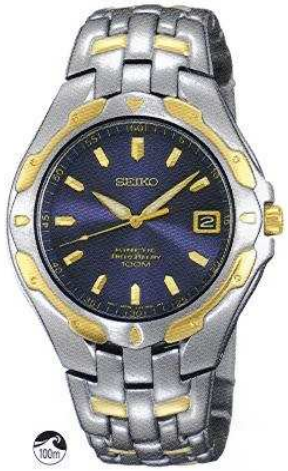
0 29665 12110 3


SXD395 $300

0 29665 12145 5

## KINETIC
### AUTO RELAY®

- Hour, minute and second hands
- Automatic power generator
- 4-year energy storage
- Automatic energy saving function
- Manual energy saving function
- Time Relay function
- Energy depletion forewarning function

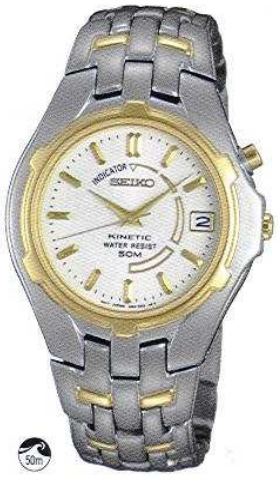


SMA162 $535

0 29665 11657 4

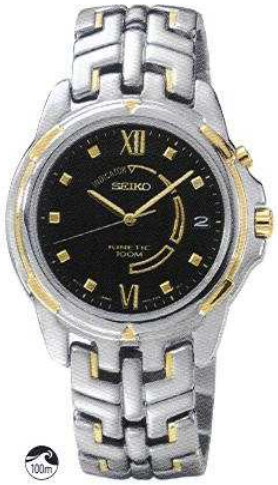
## KINETIC®

- Hour, minute and second hands
- Automatic power generator
- Reserve energy indicator function



SKA040 $375

0 29665 11135 7

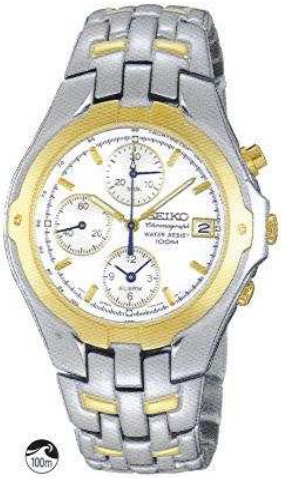


SKA186 $375

0 29665 12114 1

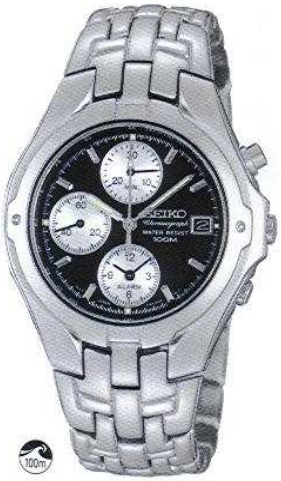
## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone



SNA276 $350

0 29665 12686 3



SNA277 $325

0 29665 12687 0

## PERPETUAL CALENDAR

- Once set, the calendar automatically adjusts for odd and even months including February of leap years up to February 28, 2100
- Indicates month, date and number of years since last leap year
- High accuracy – yearly loss/gain rate of less than 20 seconds
- Battery life indicator

**SLL189 $300**

0 29665 12146 2

**SLC033 $350**
Titanium

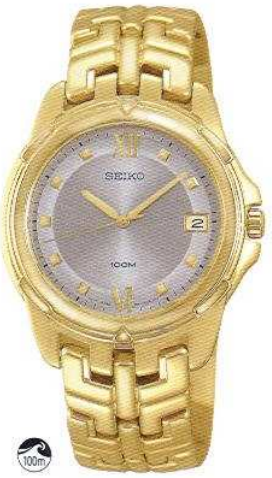
0 29665 09097 3

**SLC030 $270**

0 29665 08789 8

**SXE588 $270**

0 29665 08792 8



**SGE654 $270**

0 29665 12113 4

**SXD396 $270**

0 29665 12148 6


SLC028 $270

0 29665 08788 1


SXE586 $270

0 29665 08791 1


SGE766 $270

0 29665 12320 6


SXD468 $270

0 29665 12319 0


SGE653 $250

0 29665 12112 7


SXD397 $250

0 29665 12147 9

## KINETIC
### AUTO RELAY®

- Hour, minute and second hands
- Automatic power generator
- 4-year energy storage
- Automatic energy saving function
- Manual energy saving function
- Time Relay function
- Energy depletion forewarning function

NEW

SMA203 $395

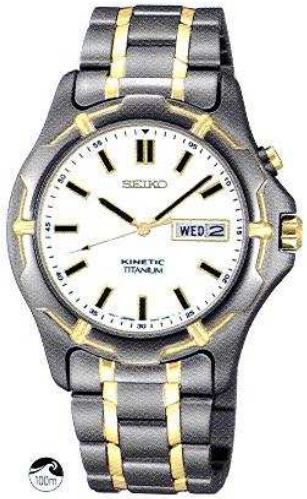
NEW

SMA205 $395

SMA073 $395

## KINETIC®

- Hour, minute and second hands
- Automatic power generator
- Reserve energy indicator function



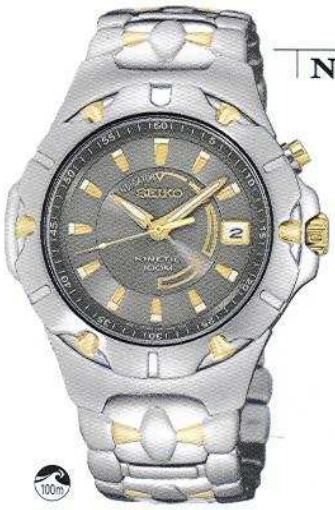
SMY042 $595
Titanium

SKH202 $500
Titanium

SKH681 $450
Titanium

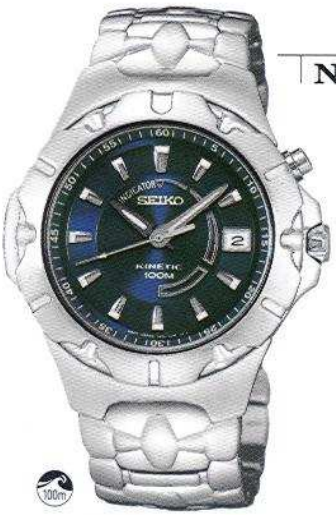
SKA042 $395

NEW



SKA192 $395

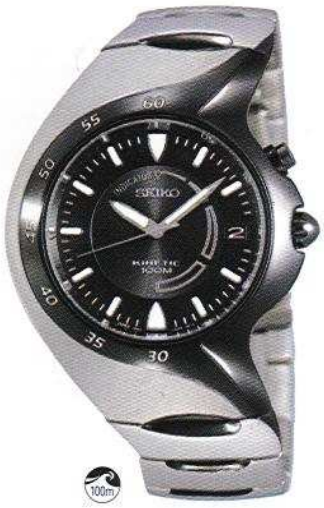
NEW



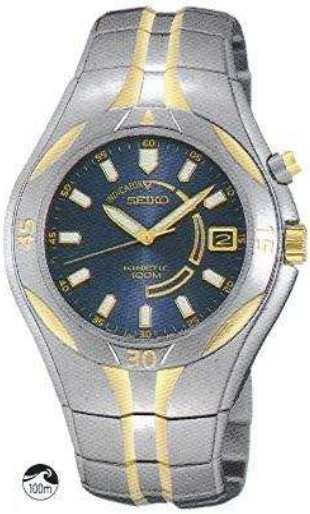
SKA193 $375

## KINETIC®

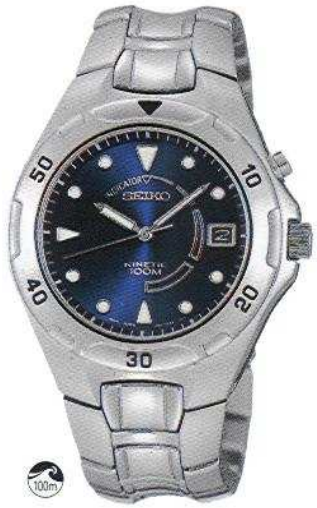
- Hour, minute and second hands
- Automatic power generator
- Reserve energy indicator function



SKA187 $495
TiCN plating



SKA098 $400



SKA099 $375

SKH677 $350
TiCN plating

0 29665 10856 2

SKH676 $300

0 29665 10855 5

SKH640 $295

0 29665 10586 8

## KINETIC®

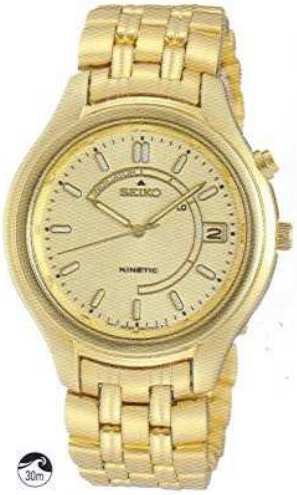
- Hour, minute and second hands
- Automatic power generator
- Reserve energy indicator function

SKA189 $350
TiCN plating

0 29665 12317 6

SKA190 $335

0 29665 12318 3



SKH046 $300

0 29665 05534 7

NEW

SNA311 $495
TiCN plating

0 29665 12727 3

NEW

SNA309 $475
TiCN plating

0 29665 12726 6

## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone

SNA061 $475
TiCN plating

0 29665 12149 3

SNA063 $450

0 29665 12150 9

SNA283 $375
TiCN plating

0 29665 12683 2

NEW

SNA275 $325
TiCN plating

0 29665 12617 7

## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone

SNA304 $270

0 29665 12681 8

NEW

SNA272 $270

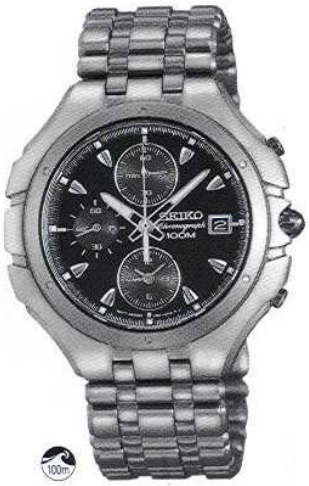
0 29665 12614 6

NEW

SNA273 $250

0 29665 12615 3

SNA281 $535
One way rotating elapsed timing bezel



SNA069 $495
Titanium

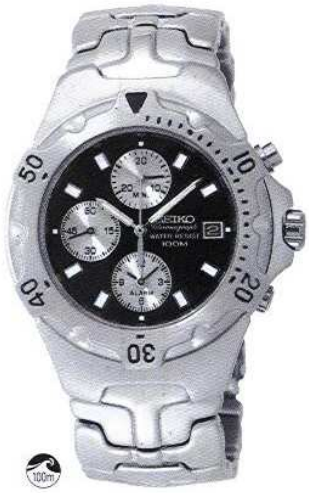
SNA287 $375

SNA139 $375
Titanium

## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone

SNA278 $350
One way rotating elapsed timing bezel



SNA279 $335
One way rotating elapsed timing bezel

NEW

SNA271 $335
One way rotating elapsed timing bezel

## ALARM CHRONOGRAPH

- Hour, minute and small second hands
- Alarm can be set on a 12-hour basis with two small hands
- Chronograph can measure up to 60 minutes in 1/5 seconds
- Alarm hands can indicate the time in a different time zone

SNA067 $475
Titanium

0 29665 12154 7

SNA065 $400

0 29665 12151 6

## CHRONOGRAPH

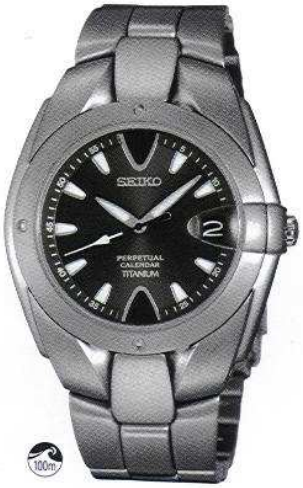
- Multi-display analog chronograph measures split and accumulated elapsed time
- Chronograph can measure up to 12 hours in 1/20 seconds
- One way rotating elapsed timing bezel

SND075 $300

0 29665 12204 9

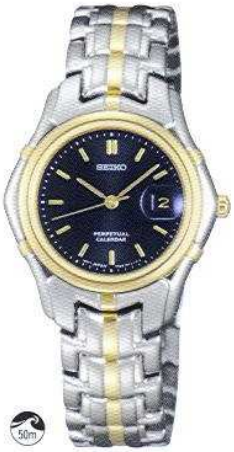
SND077 $275

0 29665 12205 6



SLL015 $495
Titanium

SLL086 $325

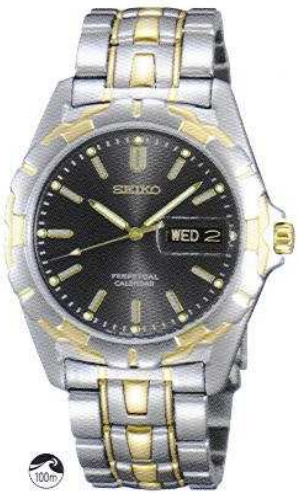


SWD050 $325

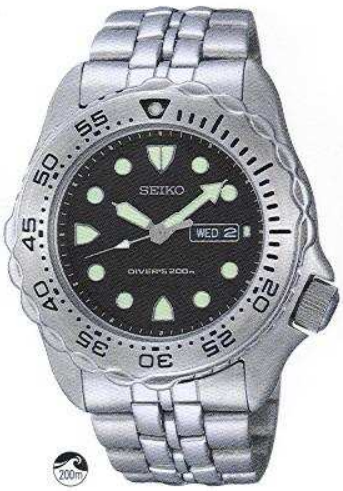
## PERPETUAL CALENDAR

- Once set, the calendar automatically adjusts for odd and even months including February of leap years up to February 28, 2100
- Indicates month, date and number of years since last leap year
- High accuracy – yearly loss/gain rate of less than 20 seconds
- Battery life indicator

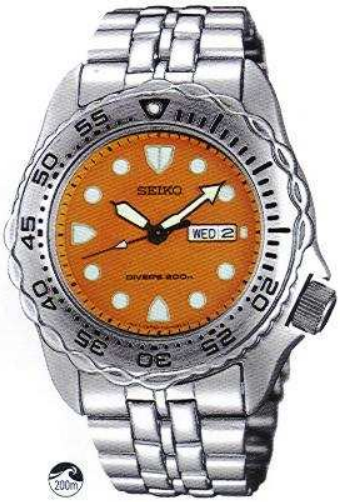

SMD010 $300




SMD008 $300



SHC041 $400

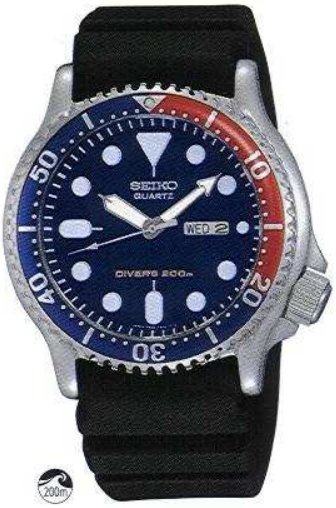


SHC051 $400

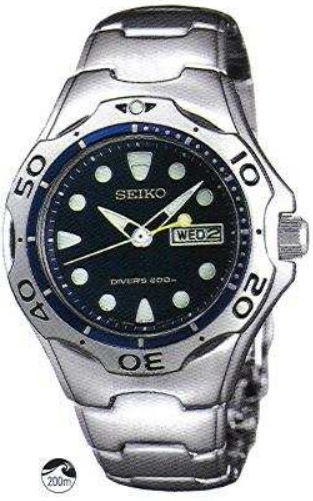


## QUARTZ 200M

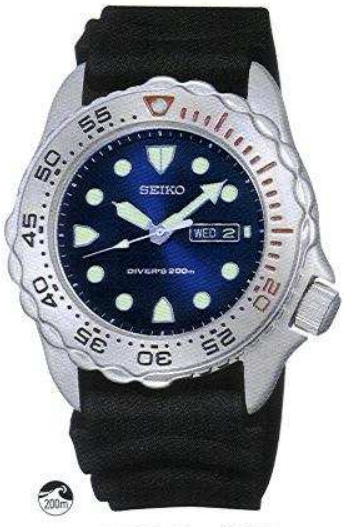
- One way rotating elapsed timing bezel
- Battery life indicator
- Strap models feature extra long pressure vented urethane straps



SHC033 $375



SHC049 $350



SHC043 $350

SKXA33 $400

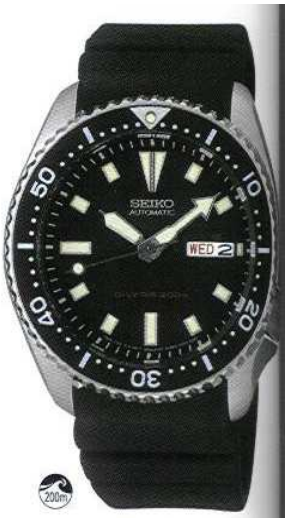
0 29665 12211 7

SKX175 $325

0 29665 08610 5

SKXA35 $300

0 29665 12210 0



SKX173 $300

0 29665 08609 9

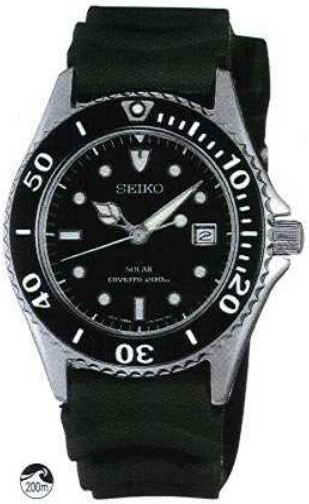


## AUTOMATIC

- 21-jewel, self-winding
- One way rotating elapsed timing bezel
- Battery life indicator

## SOLAR

- Energy storage for up to 6 months
- Quartz accuracy
- Environmentally friendly
- Step-motion second hand will move in two second intervals when power is less than 72 hours
- Quick start function – watch will start with 2-3 seconds of exposure to any light source
- Re-chargeable battery
- Over-charge prevention function
- Extra long urethane strap
- One way rotating elapsed timing bezel



SNE011 $265

0 29665 12221 6

New

SGE798 $225

0 29665 12622 1

New

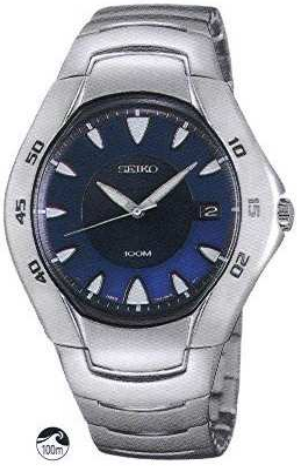
SGEA02 $225

0 29665 12621 4

New

SGE799 $200

0 29665 12623 8



SGE649 $270

0 29665 12108 0

SGE506 $225

0 29665 11722 9

SGE507 $200

0 29665 11723 6

SGE514 $225

0 29665 11727 4

SGE516 $225

0 29665 11728 1

SGE512 $215

0 29665 11726 7

New

SKP231 $270
TiCN plating

New

SGEA03 $270
TiCN plating

New

SGEA04 $225

SKP017 $325
TiCN plating

SLK057 $270
TiCN plating

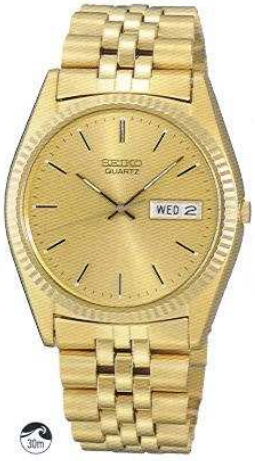
SGD301 $200
Titanium

SKK279 $200

SKK281 $200

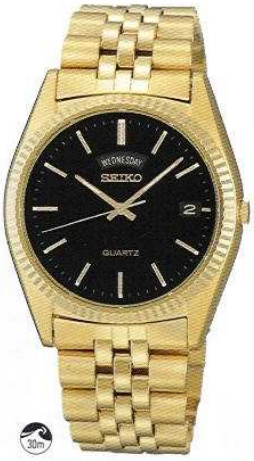
SKP205 $175

SKP207 $175



SGF206 $215

0 29665 04281 1



SGF212 $215

0 29665 04284 2

SGF204 $195

0 29665 04280 4

SKP018 $215

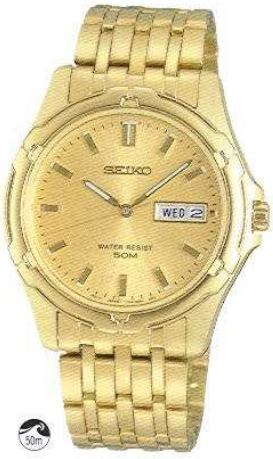
0 29665 08957 1

SFR314 $200

0 29665 04475 4

SFR312 $200

0 29665 04474 7



SJW040 $195

0 29665 11134 0

SFW788 $135

0 29665 05009 0

SFWL86 $135

Cabochon crown

0 29665 10303 1

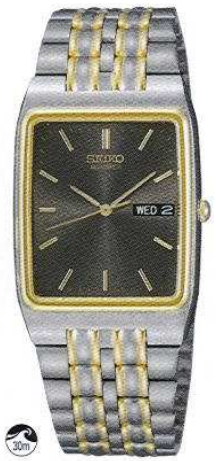
SFWL88 $135

Cabochon crown

0 29665 10365 9

SGF709 $270
Titanium

0 29665 10028 3



SGH028 $225

0 29665 03840 1

SGG130 $215

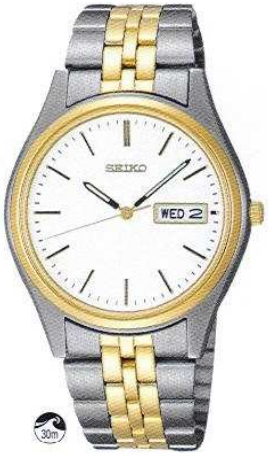
0 29665 03693 3

SGG540 $175

0 29665 05526 2

SGF649 $150

0 29665 08812 3

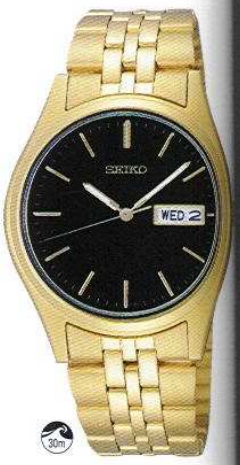


SGF524 $150

0 29665 05509 5

SGF526 $150

0 29665 05511 8



SGF528 $150

0 29665 05512 5

SGG531 $135

0 29665 05521 7

SGF719 $125

0 29665 10308 6

SGF523 $120

0 29665 05508 8

**SYL790 $475**
Twelve diamonds
Mother-of-pearl dial

0 29665 12117 2

**SYL788 $450**
Twelve diamonds

0 29665 12118 9

**SYL780 $425**
Fourteen diamonds

0 29665 12119 6

**SYL779 $400**
Fourteen diamonds

0 29665 12120 2

**SZZA56 $430**
Six diamonds
Cabochon crown

0 29665 05582 8

**SUJ208 $350**
Ten diamonds

0 29665 12125 7

**SUJ210 $285**
Four diamonds

0 29665 12121 9

**SUJ212 $285**
Four diamonds

0 29665 12122 6

NEW

SXGJ78 $270
Mother-of-pearl dial

0 29665 12605 4

NEW

SXGJ74 $250

0 29665 12601 6

NEW

SXGJ76 $250

0 29665 12603 0

- One diamond
- Cabochon crown

NEW

SXGJ75 $235
Mother-of-pearl dial

0 29665 12602 3

NEW

SXGJ77 $225

0 29665 12604 7

NEW

SUJ502 $375
Ten diamonds

0 29665 12627 6

NEW

SUJ503 $350
Ten diamonds

0 29665 12628 3

NEW

SYL806 $300

0 29665 12626 9

NEW

SUJ516 $270

0 29665 12624 5

NEW

SUJ517 $250

0 29665 12625 2

NEW

SUJ511 $165

0 29665 12608 5

NEW

SUJ510 $165

0 29665 12607 8

NEW

SUJ509 $150

0 29665 12606 1

SUJ112 $250
Four diamonds

0 29665 11966 7

SXJW71 $150

0 29665 11475 4

SXJW72 $150

0 29665 11476 1

SUJ054 $165

0 29665 11878 3

SUJ055 $165

0 29665 11879 0

SZZC04 $295

0 29665 11965 0

SZZC06 $295

0 29665 11964 3

SUJ451 $295

0 29665 12523 1

SUJ453 $295

0 29665 12522 4

SUW004 $240

0 29665 11659 8

SUW005 $240

0 29665 11660 4

NEW

SUW006 $215

0 29665 12629 0

NEW

SUW008 $215

0 29665 12630 6

SZZB14 $215

0 29665 08804 8

SZZB16 $215

0 29665 08805 5

SZZB84 $215

0 29665 11483 9

NEW

SYL808 $270

0 29665 12631 3

NEW

SYL810 $270

0 29665 12632 0

SYL794 $270
Cabochon crown

0 29665 12137 0

SYL795 $270
One diamond
Cabochon crown

0 29665 12126 4

SYL793 $250
Cabochon crown

0 29665 12138 7

SYL757 $255

0 29665 11160 9

SXJZ28 $200
Bangle bracelet

0 29665 11667 3

SXJY70 $190
Bangle bracelet

0 29665 11604 8

SUJ049 $190

0 29665 11884 4

SUJ050 $190

0 29665 11883 7

**SYL796** $285

0 29665 12135 6

**SYL798** $285

0 29665 12134 9

**SYL797** $270

0 29665 12136 3

**SYL784** $270

Mother-of-pearl dial

0 29665 11961 2

**SYL781** $250

0 29665 11963 6

**SYL782** $250

0 29665 11962 9

**SUJ349** $235

TiCN plating

0 29665 12312 1

**SUJ350** $225

0 29665 12313 8

**SUJ347** $200

0 29665 12311 4

**SUJ353** $270
Four diamonds
Cabochon crown

0 29665 12305 3

**SUJ355** $270
One diamond
Cabochon crown
TiCN plating

0 29665 12306 0

**SUJ356** $240
Cabochon crown

0 29665 12307 7

**SUJ214** $225
One diamond
Cabochon crown

0 29665 12132 5

**SUJ216** $225
One diamond
Cabochon crown

0 29665 12131 8

**SXJZ38** $225
One diamond

0 29665 11672 7

**SXJZ46** $225
One diamond

0 29665 11676 5

**SXJZ44** $200

0 29665 11675 8

**SXJZ48** $200

0 29665 11677 2

SUJ483 $275

0 29665 12524 8

SUJ484 $275

0 29665 12525 5

SUJ441 $250

0 29665 12521 7

SUJ443 $250

0 29665 12520 0

SUJ357 $200

0 29665 12308 4

SUJ359 $200

0 29665 12309 1

SFP807 $175

0 29665 12506 4

SFP809 $175

0 29665 12505 7

SXD393 $270

0 29665 12152 3

SXD290 $270

0 29665 11662 8

SXD408 $225

0 29665 12141 7

SXD410 $225

0 29665 12140 0

SWZ058 $215

0 29665 04304 7

SWZ054 $195

0 29665 04302 3

SWZ056 $195

0 29665 04303 0

SWZ144 $165

0 29665 05045 8

SXGJ71 $165

0 29665 12527 9

SXGJ72 $165

0 29665 12526 2

SXGJ73 $165

0 29665 12528 6

SXE372 $200

0 29665 05552 1

SXJS93 $160

0 29665 10374 1

SXJY72 $150

0 29665 11587 4

SXJS46 $135

0 29665 10364 2

SXJS67 $135

0 29665 10367 3

SXJS77 $135

0 29665 10370 3

SXGB70 $135

0 29665 11598 0

SXG374 $200

0 29665 04514 0

SXG372 $200

0 29665 04513 3

SXG768 $160

0 29665 08802 4

SXG769 $160

0 29665 08803 1

SXGB86 $150

0 29665 11602 4

SXGB88 $150

0 29665 11601 7

SXGB82 $150

0 29665 11600 0

SXGB84 $150

0 29665 11599 7

SXGB72 $135

0 29665 11597 3

SXGB74 $135

0 29665 11596 6

SXGB80 $125

Safety chain

0 29665 11593 5

SXGB78 $125

Safety chain

0 29665 11594 2

SGG296 $165

SGF538 $165

SWZ154 $165

SWZ147 $165

SGF536 $150

SGF530 $150

SGF544 $150

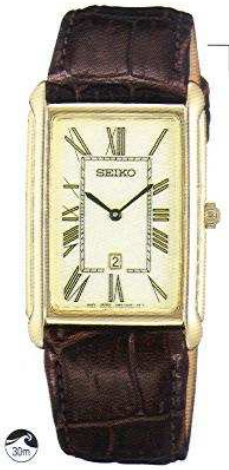
SXG238 $150

SXJG88 $135

SXJP50 $135

SGG297 $125

SEIKOFLEX



NEW

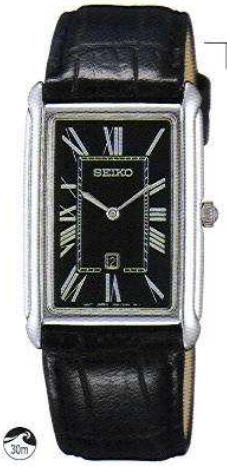
SXB850 $150

0 29665 12636 8

NEW

SUJ504 $150

0 29665 12634 4



NEW

SXB849 $135

0 29665 12635 1

NEW

SUJ505 $135

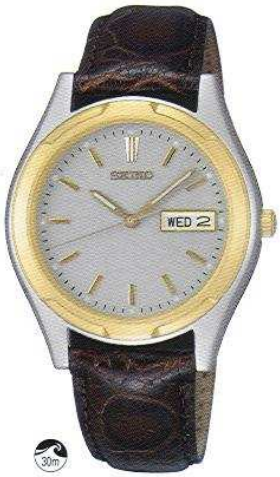
0 29665 12633 7

SFP240 $200
One diamond
TiCN plating

0 29665 03999 6

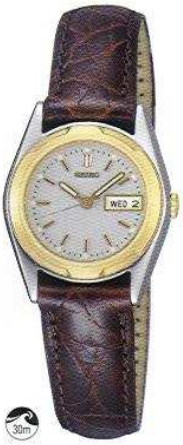
SXJ589 $200
One diamond
TiCN plating

0 29665 03723 7



SGF578 $135

0 29665 07790 5



SWZ156 $135

0 29665 07825 4

SKG210 $135

0 29665 11140 1

SXGA02 $135

0 29665 11157 9

SJB022 $110

0 29665 04842 4

SFX886 $110

0 29665 04838 7

SKK102 $165

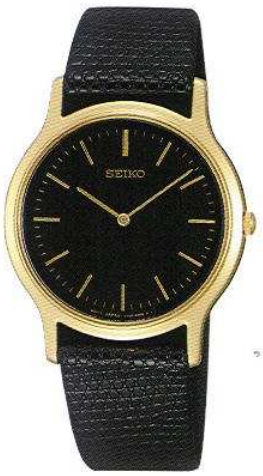
0 29665 08953 3

SKE148 $135

0 29665 11139 5

SJB056 $120

0 29665 05032 8



SJB054 $110

0 29665 05031 1

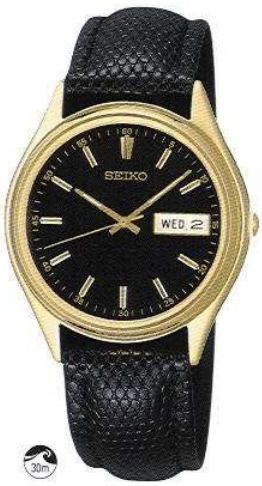
SKP016 $165

Cabochon crown

0 29665 08954 0

SGG492 $135

0 29665 05016 8



SGG490 $135

0 29665 05015 1

SFX888 $110

0 29665 04839 4

SZZB18 $150

0 29665 08811 6

SZZA52 $150

0 29665 05580 4

SXGB75 $120

Cabochon crown

0 29665 11592 8

SXGB76 $110

0 29665 11595 9


SFWM64 $200


SFWM64
CLOSED



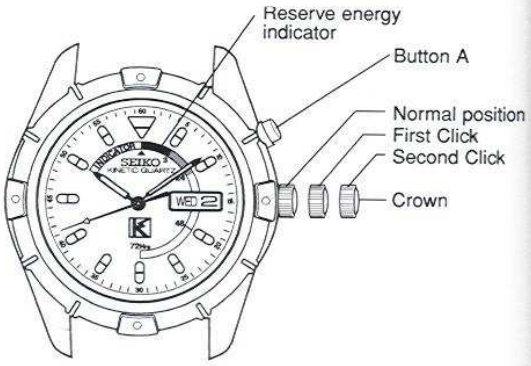

- Coordinating gold tone 13 1/4" chain (included).

# KINETIC®

## SEIKO SERIES SHF (3M22), SKA (5M62), SKH (5M42), SKJ (5M23), SLB (4M21), SMY (5M63), STS (3M62), SWP (5M43)

### FEATURES

- Hour, minute and second hands.
- Date only (Cal. 3M22/5M42) and Day/Date (5M23).
- Automatic power generator.
- Power reserve indicator.




### HOW TO CHARGE AND START THE WATCH

When using the watch for the first time after it is purchased, be sure to charge the energy storage unit sufficiently by swinging the watch from side to side, before setting the time and other functions:

1. Swing the watch from side to side rhythmically at a rate of twice per second.
2. After the watch is swung for approximately 2 to 3 minutes and the second hand begins moving in one-second intervals, there will be about 3 hours (3M22, 4M21) and 6 hours (5M42/43) of power available. It is not necessary to charge the energy storage unit fully before you wear the watch. While the watch is on your arm, the Automatic Power Generator will ensure constant operation.

**Notes:**

1. To charge the energy storage unit efficiently, swing the watch from side to side, making an arc of about 20 cm.
2. No additional benefit is obtained by swinging the watch more quickly or with greater vigor.
3. When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it creates a sound: this is not a malfunction.

### HOW TO SET TIME

The Seiko Kinetic watches are a basic analog watch and can be set the same as any 2-hand or 3-hand watch.

1. Pull out crown to second click.
2. Turn crown to set hour and minute hands.
3. Push crown back to normal position.

**Notes:**

1. When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the calendar changes once in 24 hours. 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, the time is set for the AM period. If the calendar does not change, the time is set for the PM period.
2. 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.

### HOW TO SET DAY AND DATE

1. Pull out crown to first click.
2. Turn crown clockwise to set date (3M22 and 5M43/5M42) and counter clockwise to set the day (5M43).
3. Push crown back to normal position.

**Note:**

Do not set the date between 9:00 PM and 1:00 AM. Otherwise, the day/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 that range, set the date and reset the correct time.

SKA058 P. 14

SKA060 P. 14

SKA096 P. 14

SKA040 P. 16

SKA186 P. 16

SKH202 P. 19

SKH681 P. 19

SMY042 P. 19

SKA042 P. 20

SKA098 P. 20

SKA099 P. 20

SKA187 P. 20

SKA192 P. 20

SKA193 P. 20

SKA189 P. 21

SKA190 P. 21

SKH046 P. 21

SKH640 P. 21

SKH676 P. 21

SKH677 P. 21

# KINETIC AUTO RELAY®

## SEIKO SERIES SMA (5J22)

### FEATURES

- ◆ Hour, minute and second hands.
- ◆ Date calendar.
- ◆ Automatic power generator.
- ◆ Automatic energy saving function.
- ◆ Manual energy saving function.
- ◆ Time Relay function
- ◆ Energy depletion forewarning function.

### AUTOMATIC POWER SAVE FUNCTION

If the watch is left untouched for approximately 3 days (or 72 hours), the hands will automatically stop moving to minimize the electrical energy consumed. Although the hands are stopped, a built-in Integrated Circuit continues to compute the time.

### MANUAL POWER SAVE FUNCTION

The power save function can also be activated manually.
If you decide not to use the watch for a long time, use this function to further conserve energy.

- Pull the crown out to the first click and push in to the normal position within 1 second. The hands stop and the power save function is activated. Although the hands are stopped, a built-in Integrated Circuit continues to compute the time.

### HOW TO CHARGE THE WATCH

- Swing the watch from side to side approximately 500 times. Swing the watch rhythmically at the rate of twice per second. If the second hand starts moving at two-second intervals after the watch is swung 500 times, swing it further until the second hand moves in one-second intervals.
- Swing the watch approximately 200 times further to reserve one day of power. It is not necessary to charge the watch fully, as it is charged automatically while it is worn on your wrist.

**Notes:**

- To charge the watch efficiently, swing the watch from side to side, making an arc of about 20cm.
- No additional benefit is obtained by swinging the watch longer or with greater vigor.
- When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it creates a sound: this is not a malfunction.

### ENERGY DEPLETION FOREWARNING FUNCTION

When the second hand starts moving in two-second intervals instead of the normal one-second interval, the watch will run down in approximately 12 hours. If the power save function has been turned off by swinging the watch, and the second hand starts to move in two-second intervals, then the power reserve may have been drained to an extremely low level. In either case, charge the watch using the procedure above.

### HOW TO SET THE TIME AND DATE

1. Pull the crown out to the first click and turn it counterclockwise to set the previous day's date.
2. Pull the crown out to the second click and turn the hands to set the desired date. The watch is designed so that the date changes once in 24 hours as the hands pass the 12 o'clock marker. When the date changes as the hands pass 12 o'clock, the time is set for the AM period.
3. Turn the hands to set the desired time. 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.
4. Push the crown back completely.

**Caution:**

**Do not pull the crown out to adjust the date/time until the Time Relay function is complete. This will cause the time data retained inside the watch to be erased, thus disabling the Time Relay function.**

## HOW TO ACTIVATE THE TIME RELAY FUNCTION

Swing the watch from side to side for 2 to 3 seconds. The hour and minute hands move quickly to indicate the current time computed by the Integrated Circuit, setting AM and PM properly. The second hand moves quickly to indicate the current second, and then continues moving in one-second intervals.

**Notes:**

- Swing the watch from side to side making an arc of about 20 cm. Swing 4 to 6 times at a rate of twice per second.
- No additional benefit is obtained by swinging the watch longer or with greater vigor.
- When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it creates a sound; this is not a malfunction.

**Remarks on using the Time Relay function:**

- When using the watch for the first time after it is purchased, it is necessary to adjust the time and date as the watch has been set to the time of the area where SEIKO's factory is located.
- The built-in Integrated Circuit computes the time in a 24-hour manner making a distinction between AM and PM periods. It does not compute the date, and the Time Relay function will not adjust the date. If the Power Save function has been active for more than 1 day before the Time Relay function is activated, be sure to adjust the date to the current date.
- If the Power Save function has been in operation for several months before the Time Relay function is activated, the time indicated by the hands may include a certain amount of time loss or gain that has accumulated during those months. Adjust the hands as required.
- If the power reserve decreases to an extremely low level while the Power Save function is in operation, the Time Relay function may not be activated by swinging the watch. Instead, the second hand starts moving in two-second intervals. In this case, set the time manually, and charge the watch referring to the "ENERGY DEPLETION FOREWARNING FUNCTION".

SMA137 P. 5

SNG031 P. 5

SMA181 P. 8

SMA162 P. 16

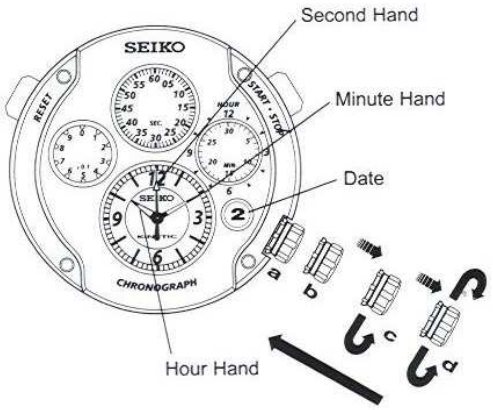
SMA073 P. 19

SMA203 P. 19

SMA205 P. 19

# KINETIC® CHRONOGRAPH

## SEIKO SERIES SLQ (9T82)




a. Screwed-in position
b. Unscrewed position
c. First click position
d. Second click position

### FEATURES

- Hour, minute and second hands.
- Date calendar.
- Stopwatch hour, minute, second and 1/10 second hands.
- Stopwatch measures up to 12 hours, 6 minutes and 12.2 seconds in 1/10 second increments.
- Energy Depletion forewarning function.
- Overcharge prevention function.
- Duration of full charge approximately 1 month if the stopwatch is used less than 3 hours per day.

### HOW TO CHARGE AND START THE WATCH

When using the watch for the first time after it is purchased, be sure to charge the K.E.S.U. (Kinetic Energy Storage Unit) sufficiently by swinging the watch from side to side before setting the time and other functions.

1. Swing the watch rhythmically from side to side approximately 200 times at the rate of twice per second. This will start the watch and the second hand will move at one-second intervals. Swinging the watch 200 times further will reserve approximately one day of power.
2. Set the time and calendar and put the watch on.

**Notes:**

- To charge the K.E.S.U. sufficiently, swing the watch from side to side making an arc of about 20 cm.
- No additional benefit is obtained by swinging the watch more quickly or with greater vigor.
- When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it creates a sound: this is not a malfunction.
- If you find the second hand moving at two-second intervals after swinging the watch approximately 200 times, swing it further until the second hand moves at the normal one-second intervals.
- The watch is equipped with a system to prevent overcharge. Even if it is swung after being fully charged, no malfunction will result.

### ENERGY DEPLETION FOREWARNING FUNCTION

- When the second hand starts moving at two-second intervals instead of the normal one-second intervals, the watch will run down in approximately 12 hours.
- The watch remains accurate even while the second hand is moving at two-second intervals.
- If the second hand starts moving at two-second intervals while the stopwatch is in use, the watch will run down in approximately 1 to 2 hours assuming the stopwatch remains in use. If the stopwatch continues to be used after the second hand starts moving at two-second intervals, the movement of the stopwatch hands may become unstable immediately before the watch stops completely.

### REMARKS ON THE K.E.S.U.

Do not pull the crown out to the second click position with the intention of stopping the second hand just to save energy. By doing so, a large amount of current flows through the built in Integrated Circuit. Therefore pulling out the crown to the second click position will not save energy but, in fact, consume more energy than usual.

**Precaution on see-through case-back models.**

If your watch has a glass case back, do not expose the case back to strong light such as direct sunlight or an incandescent light at close range, as this may temporarily increase the power consumption of the watch circuit, thus reducing the power reserve in the K.E.S.U. This condition, however, will be corrected when the case back is turned away from the light.

### HOW TO SET THE TIME/CALENDAR

1. Unscrew the crown (if screw-down type) and pull out to the first click position.
2. Turn crown counter clockwise until the previous day's date appears.
3. Pull crown out to the second click position when the second hand is at the 12 o'clock position. The second hand stops on the spot.
4. Turn crown clockwise until the present date appears.
5. Set the hour and minute hands to present time. Be sure AM and PM is set accordingly.
6. Push crown back in to the normal position in accordance with a time signal.
7. Screw in (if screw-down type) the crown.

**Notes:**

- Do not set the date between 12:00 AM and 2:00 AM. Otherwise it may not change properly. If it is necessary to set the date during that time period, first advance the time ahead of 2:00 AM, set the date and then reset the correct time.
- The date changes instantly when the hands move past the 12 o'clock marker at midnight. When the date is set by turning the hands, however, it may change gradually between 2:00 AM and 6:00 AM. This is not a malfunction.
- When setting the hour hand, check that AM/PM is set correctly. The watch is designed so the calendar changes once in 24 hours. Turn the hands past the 12 o'clock marker to determine whether the watch is set for the AM or PM period. If the date changes, the time is set for the AM period. If the date does not change, the time is set for the PM period.
- When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.
- When setting the time, make sure the second hand is moving at one-second intervals.
- It is necessary to adjust the date at the end of February and 30-day months. In this case, pull the crown out to the first click position and turn it counter clockwise until the desired date appears.

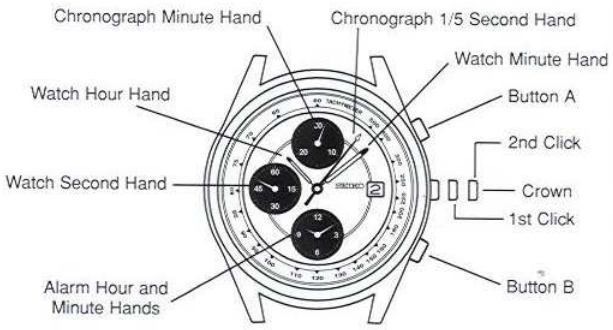
SLQ015 P. 4

SLQ007 P. 4

SLQ009 P. 4

# ALARM CHRONOGRAPH

## SEIKO SERIES SNA (7T62)




### FEATURES

- Hour, minute and small second hands.
- Alarm can be set on a 12-hour basis with two small hands.
- Date calendar.
- Chronograph can measure up to 60 minutes in 1/5 seconds. After 60 minutes, it will start counting again from "0" repeatedly up to 12 hours.
- Alarm hands can indicate the time in a different time zone.

### HOW TO SET TIME

1. Pull crown out to the second click position and turn to set hour and minute hands to current time.
2. Push back crown into normal position.

### HOW TO SET CALENDAR

1. Date Setting
   - Pull crown out to the first click position and turn clockwise to set calendar to the present date.
   - Push crown back into normal position.

### HOW TO SET ALARM TIME

1. Pull the crown out to the second click position.
2. Press button "B" to set the alarm hour and minute hands to current time.
3. Push the crown back to normal position.
4. Pull the crown to the first click position.
5. Press button "B" to set the alarm hour and minute hands to desired alarm time.
6. Push the crown back to normal position.

**Note:**

Alarm setting on a 12-hour basis only. Alarm will ring at the designated time for 20 seconds; one time alarm only. The alarm needs to be reset in order to re-engage the alarm function.

### HOW TO USE CHRONOGRAPH

1. Set crown at normal position.
2. Press button "A" to Start/Stop/Restart.
3. Press button "B" to Split/Split release/Reset.

### HOW TO USE ALARM DIAL AS DUAL TIME DISPLAY

1. Pull the crown out to the second click position.
2. Pres the button "B" to set the hour and minute hands to time of a different time zone.
3. Push the crown back to normal position.

### HOW TO USE ADJUSTING HAND POSITION

If chronograph hands will not return to the 12 o'clock position when chronograph is reset or when the battery is replaced with a new one, follow the procedure below to reset the hands to the 12 o'clock position.

1. Pull crown out to the second click position.
2. Press button "A" to reset chronograph minute hand to the 12 o'clock position.**
3. Press button "B" to reset chronograph second hand to the 12 o'clock position.**
4. Push crown back into normal position.

**Hand moves quickly if the button is kept pressed.


SNA003 P. 4


SNA201 P. 4


SNA143 P. 7


SNA145 P. 7


SNA207 P. 7


SNA209 P. 7


SNA211 P. 7


SNA284 P. 14


SNA276 P. 16


SNA277 P. 16


SNA061 P. 22


SNA063 P. 22


SNA309 P. 22


SNA311 P. 22


SNA272 P. 23


SNA273 P. 23


SNA275 P. 23


SNA283 P. 23


SNA304 P. 23


SNA069 P. 24


SNA139 P. 24


SNA271 P. 24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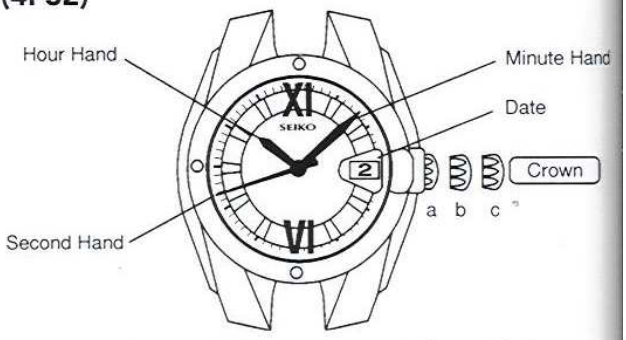
# PERPETUAL CALENDAR

## SEIKO SERIES SLL (8F32), SMD (8F33) & SWD (4F32)

### FEATURES

- Once set, the calendar automatically adjusts for odd and even months including February of leap years up to February 28, 2100.
- Indicates month, date and number of years since last leap year.
- High Accuracy: Yearly loss/gain rate of less than 20 seconds.
- Battery life indicator.




a: Normal Position b: First Click c: Second Click

### HOW TO CHECK THE CALENDAR

Pull the crown out to the first click position and quickly push it back into the normal position within one second. The watch shows the calendar in the following manner:

- A special movement of the second hand indicates the number of years that have past since the last leap year.
- The current month is displayed in the calendar frame for 5 seconds. January is represented by "I", February "2" and so on.
- The numeral in the calendar frame returns to display the current date.
- After the calendar has been displayed, the second hand starts moving quickly and resumes normal movement.

**Note:**

Because the calendar is pre-adjusted at the factory, you need only to set the time and date and the calendar will automatically update itself. Before using the watch, be sure to read "HOW TO CHECK THE CALENDAR" and then set the time correctly following the procedure in "HOW TO SET THE TIME AND DATE".

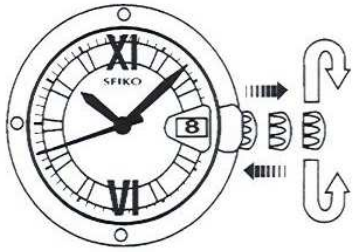
**Notes on Leap Year Indication:**

The second hand moves quickly at five second intervals and stops to indicate the number of years that have past since last leap year. Before pulling out the crown to the first click, check and remember where the second hand is so that you can read how many seconds it has advanced. If the second hand has advanced 5 seconds it indicates that 1 year has past since the last leap year, 10 seconds indicates 2 years since last leap year, 15 seconds indicates 3 years and 20 seconds indicates leap year (every fourth year).

**Notes on Current Month and Date Indication:**

When the month and date are represented by the same numeral as in the case of "January 1st", "February 2nd" and so on, the numeral in the calendar frame quickly advances and moves back by one to indicate that the month and date numerals are identical. If the crown is pulled out to the second click position instead of the first click position and pushed back to the normal position, the watch will not show the calendar. Do not leave the crown at the first click position when using the watch, as this will shorten the battery life.

### TIME/DATE SETTING



**Crown**

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

Turn in either direction to set the time and date.

Push back completely in accordance with a time signal.

### HOW TO SET THE TIME AND DATE

1. Pull the crown out to the second click position when the second hand is at the 12 o'clock position.
2. Turn the crown clockwise to advance the time and date; counter clockwise to reverse them.
3. Push the crown back completely in accordance with a time signal.

**Notes on Time and Date Setting:**

When setting the hour hand, check that AM/PM is correctly set. The watch is designed so 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 AM or PM period. If the date changes, the time is set for the AM period. If the date does not change, the time is set for the PM period. The date advances and moves back as the hour hand is advanced and turned back past the 12 o'clock position, respectively. 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.

## BATTERY LIFE INDICATOR

When the second hand starts moving at two-second intervals instead of the normal one-second interval, replace the battery with a new one as soon as possible. Otherwise the watch will stop in two weeks.

The calendar function is not affected by battery changes. However, after the battery is replaced with a new one, be sure to check that the calendar is correct. (See "HOW TO CHECK THE CALENDAR").

## HOW TO OPERATE THE SCREWDOWN LOCKING CROWN

- **To unscrew the crown:** Turn counter clockwise. Pull it out to the first or second click position to set the time or check calendar.
- **To lock the crown:** Twist it clockwise while gently pressing in.

**Note:**

Do not operate the crown when the watch is wet or in water.

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# PERPETUAL CALENDAR WORLD TIMER

Because this watch is designed with an hour hand that can move separately from the other hands, setting procedures are a bit different. You can set the watch into two different modes:

- so the 24-hour hand shows 24-hour time and acts as an AM/PM indicator while the hour hand shows 12-hour time

OR

- so the 24-hour hand shows the time in a different time zone from the time shown by the hour hand.

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

2a. For a single time zone, so the 24-hour hand indicates AM/PM, turn the crown in either direction to set the minute hand and 24 hour hand to the current time in your area, using the 24-hour marks on the dial.

OR

2b. To use the 24-hour hand to indicate time in another zone, turn the crown in either direction to set the minute hand and 24 hour hand to the time in another area, positioning the 24-hour hand as if it were a 12-hour hand.

3. Push the crown all the way back in.
4. Now pull the crown out to the first click position and rotate it in either direction, moving the hour hand around the dial (it moves in one hour increments) until both the date and hour are correct for your area.
5. Push the crown all the way back in.

## READING WORLD TIMES ON ROTATING BEZEL MODELS

To read the times for 22 cities in different time zones around the world:

1. Turn the rotating bezel so that the 24-hour hand points to a city in the time zone it has been set for.
2. The times for various cities will be indicated by the 24-hour marks next to them.

## EASY TIME SETTING WHILE TRAVELING OR DURING DAYLIGHT SAVINGS TIME

Because the hour hand can be set independently of the other hands, resetting a Perpetual Calendar watch when you enter a new time zone is as easy as 1-2-3.

1. Pull the crown out to the first click position.
2. Rotate the crown to reset the hour and date.
3. Push the crown back in.

The 24-hour hand will continue to indicate the time of the area you had previously set the watch for.

## BATTERY LIFE INDICATOR

When the second hand starts to move in two-second intervals instead of the normal one-second intervals, replace the battery within two weeks. The calendar function should not be affected by battery changes, as long as the watch has not been allowed to stop completely. Nonetheless, it is still a good idea to check that the calendar is correct after a battery change.

# BRACELET SIZING

Seiko bracelets are designed to be elegant and durable, as well as easy to adjust.

### PRO TIPS

- Before "sizing," estimate the number of links you'll want to remove, and remove sections, rather than individual links, when you can.
- If you are only making a small adjustment, check to see if it can be made by adjusting the clasp mechanism before you start removing links.
- Save the removed links.
- Work on a flat surface so the links stay aligned.
- On expansion bracelets, remove links from near the center of the watchband.
- On clasp bracelets, remove an equal number of links from the bracelet on each side of the clasp.

## LOCKING TAB BRACELETS

1. Many bracelets, particularly expansion bracelets in a "topshell and bottom box" design, are locked together by bent tabs of metal. To size these bracelets:

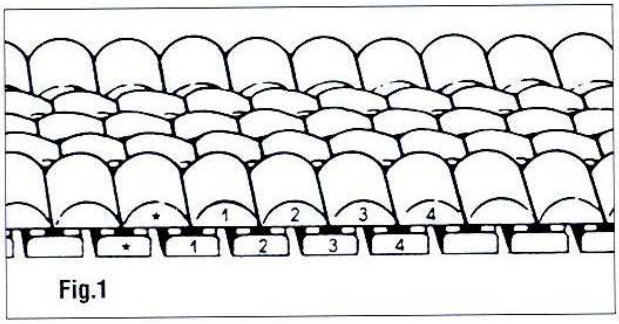


Fig.1

2. Place the band upside down and use a thin blade to pull out and straighten the tab on one end of a topshell.

2A. Lift the band, pivot the end of the topshell with the straightened tab away from the band and "unhook" the other hand to free the topshell. Put this topshell aside for reassembly. Repeat this procedure, on the topshell at the other end of the section you want to remove.

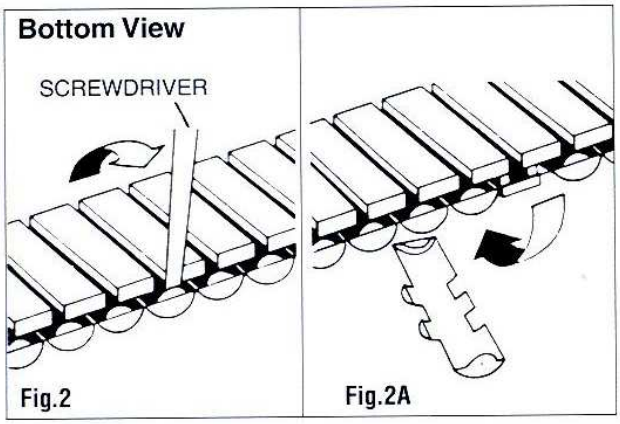


Fig.2 Fig.2A

3. Place the band rightside up so you can see the "top boxes" you have exposed by removing topshells. Next, use a thin blade to pull out and straighten the flaps on the bottom boxes diagonally to the left of the topshells you have removed.

3A. Then straighten the flaps on the exposed top boxes.

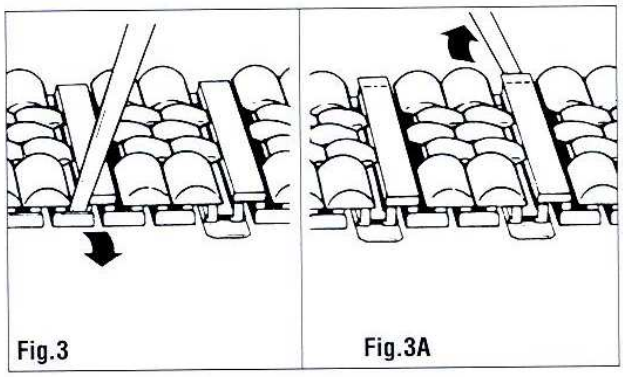


Fig.3 Fig.3A

4. Keeping the bracelet on a flat surface, slide the left hand section of the bracelet away from you as you pull the right hand section toward you.

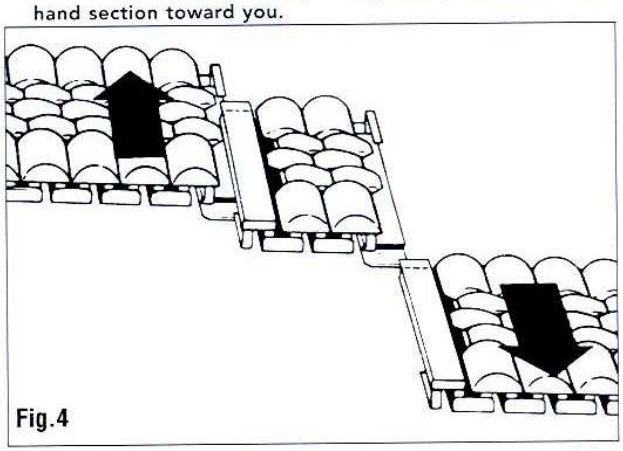


Fig.4

5. Remove the unwanted section and align the two parts of the band for reassembly. "Staple A," the small hook on the left hand section, should slide into the top box on the right hand section above the spring. "Staple B," on the right hand section should slide into the bottom box on the available left hand section.

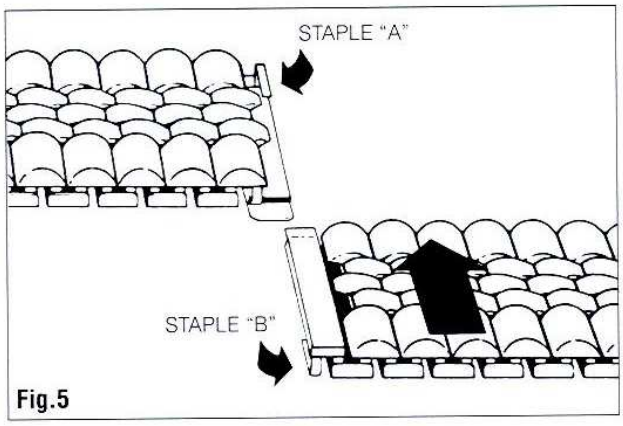


Fig.5

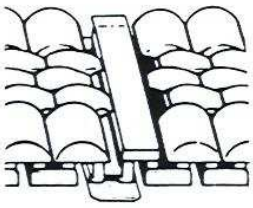


Fig.6

6. Gently "close" the flaps on the top and bottom boxes. Do not use pliers - they can damage a bracelet.

7. Take the first topshell you removed and hook its unbent end into the bracelet over the top box flap. Pivot it into place.

7A. Rebend and insert the tab to lock the topshell into position.

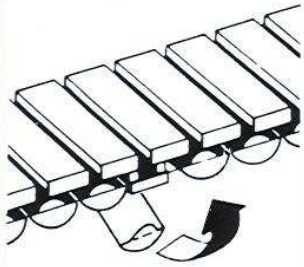


Fig.7

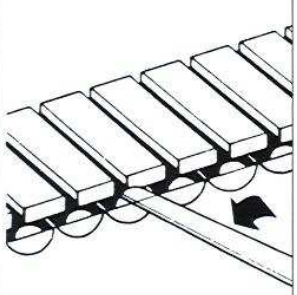


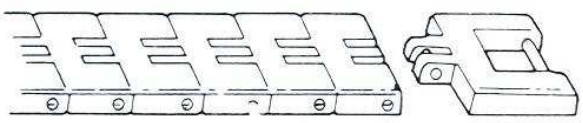
Fig.7A

## SCREW PIN BRACELETS

These bracelets are easy to size. Unscrew the pins that hold the links you wish to remove, remove those links, reassemble the band, and re-insert a screw to hold it together.

Note that in some bracelets, not all links have accessible screws.

## Screw Pin Type



## Spring Clip Type

## SPRING CLIP BRACELETS

These bracelets can be quickly sized, once you know how. Looking at the underside of the bracelet, place a pointed object into a spring clip you want to remove and slide the spring clip in the direction of the arrow. Once you have removed the appropriate number of links, align the remaining parts of the bracelet and put one of the spring clips you removed back in to join the bracelet back together.

Seiko has introduced a bracelet sizing coding system, adding a sizing code on each bracelet after the Band # with a dot in-between as shown below. The bracelet code can be found on the back of the bracelet either on the end piece, clasp, or on the links.

**114BA • A**

Band No. Bracelet sizing code

See Operational Guide for detailed instructions on bracelet sizing codes.

# LEGEND

KINETIC See-Thru Caseback. Clear, Hardlex watch back enables you to view the KINETIC movement.

Titanium

Titanium is an environmentally friendly, natural metal that is 40% stronger and 30% lighter than stainless steel. It is hypoallergenic because it is nickel-free. And, perfect for water sport enthusiasts, it is extremely resistant to salt water and other forms of corrosion and able to withstand extreme temperatures. Most Seiko titanium watches are further enhanced with a glass coating for increased scratch resistance.

TiCN PLATING

A plating process applied to the cases and bracelets of some watches that consists of a titanium, carbon and nitride compound. This process creates lustrous satin and polished finishes in shades of black and grey.

SAPPHIRE CRYSTAL SCRATCH RESISTANT

Highly scratch-resistant crystal created by the fusion of sapphire and mineral glass crystals.

LumiBrite

LumiBrite watches are environmentally safe and will glow brightly for hours without pushing a button or drawing energy from a battery.


Water-resistant to 30 meters (100 feet). Withstands splashes of water or rain but should not be worn while swimming or diving.


Water-tested to 50 meters (165 feet). Suitable for showering or swimming in shallow water.


Water-tested to 100 meters (330 feet). Suitable for swimming and snorkeling.


Water-tested to 200 meters (660 feet). Suitable for skin diving.


Diver's to 200 meters (660 feet). Meets ISO standards and is suitable for scuba diving.