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Handling cautions

⚠ WARNING

To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

- Keep the watch and accessories out of the reach of babies and children. Care should be taken to prevent a baby or a child accidentally swallowing the accessories. If a baby or a child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.
- Do not remove the secondary battery from the watch.

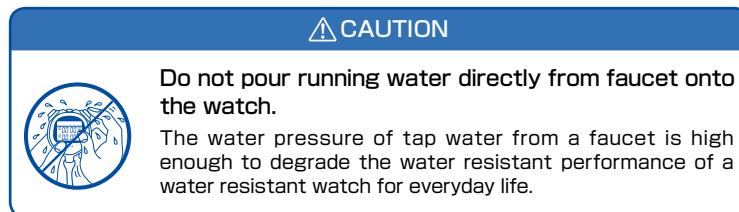
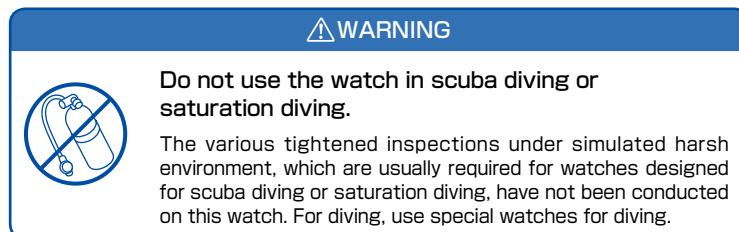
※ About the secondary battery → Power source page 75

Replacement of the secondary battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for replacement of the secondary battery. Installation of an ordinary silver oxide battery can generate heat that can cause bursting and ignition.

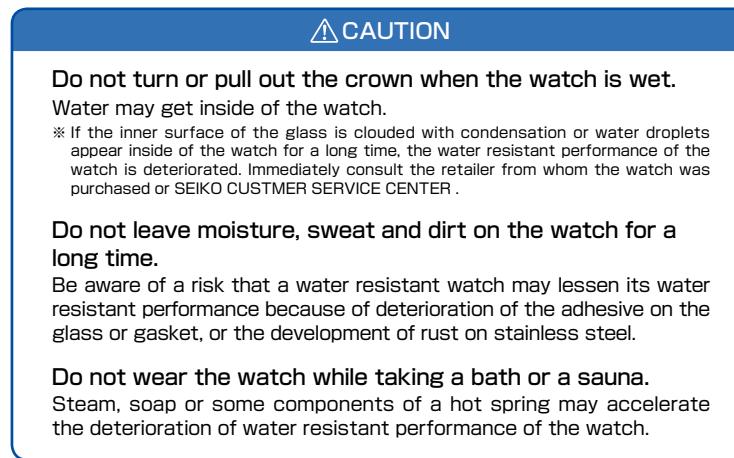
⚠ CAUTIONS

To indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.

- Avoid wearing or storing the watch in the following places.
 - Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing
 - Places where the temperature drops below 5 °C or rises above 35 °C for a long time
 - Places of high humidity
 - Places affected by strong magnetism or static electricity
 - Dusty places
 - Places affected by strong vibrations
- If you observe any allergic symptoms or skin irritation
 - Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.
- Other cautions
 - Do not disassemble or tamper with the watch.
 - Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.
 - When disposing of used batteries, follow the instructions of your local authorities.
 - The strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.



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Features

The Seiko Quartz Stopwatch Cal. S061 and S062 are stopwatches with a solar charging function, featuring a lap time and split time measurement function and a memory recall function that can store up to 300 lap or split time records, as well as a time and calendar function. In addition, Cal. S062 has a double repeat timer function.

- Stopwatch function: The stopwatch can measure up to 100 hours in 1/100-second increments.
- The stopwatch function has selectable display modes: split time, lap time and running lap time.
- Memory recall function: Up to 300 lap or split time records can be automatically stored.
- In the time/calendar display, current time, year, month, date and day of the week are displayed.
- Power save function: When the watch is not operated for longer than a pre-set time, the display is automatically turned off to save energy consumption.

(Duration of operation by solar energy)

Once fully charged, the watch can operate for approximately 6 months without being exposed to light. (Operating life is estimated under the conditions that the stopwatch is used for less than 3 hours and the power save function is activated for 20 hours per day.)

Function available only for S062

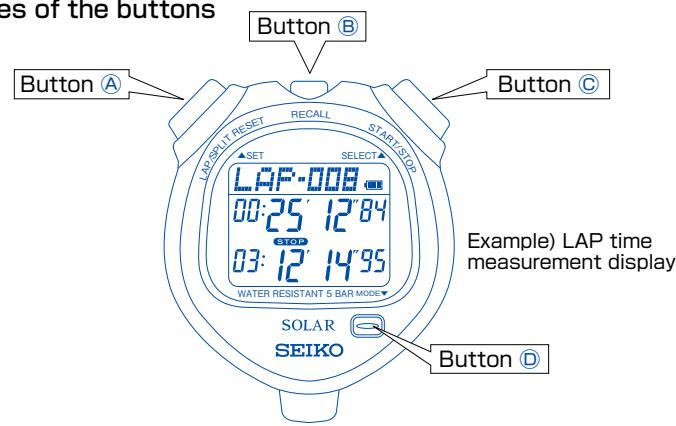
* S062 has an inscription of "INTERVAL TIMER" on the front of the body.

- Double repeat timer function: Two built-in countdown timers which allow you to set two different times repeat counting one after the other.
- Timer 1 and Timer 2 can be set to any time from 10 seconds to 99 hours 59 minutes and 59 seconds in 1-second increments each.
- For easy distinction between Timer 1 and Timer 2, the pre-warning beeps and time-up beeps of each timer sound differently.

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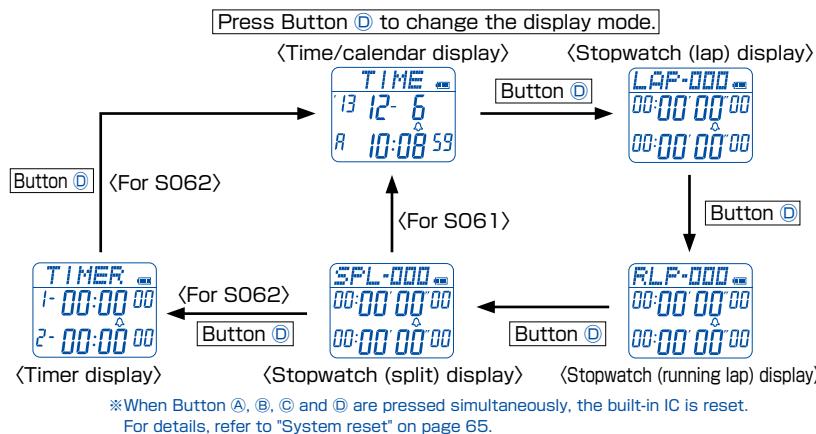
Names of the buttons and mode change

① Names of the buttons



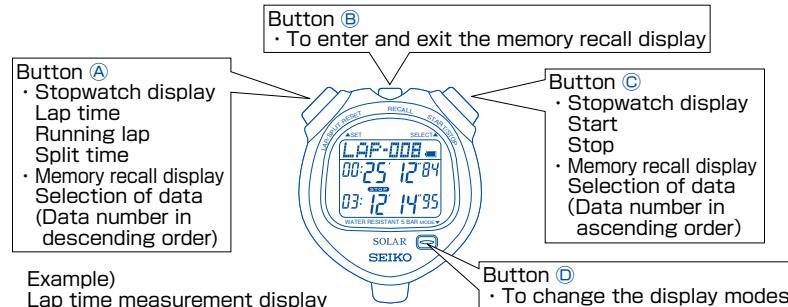
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② Mode change

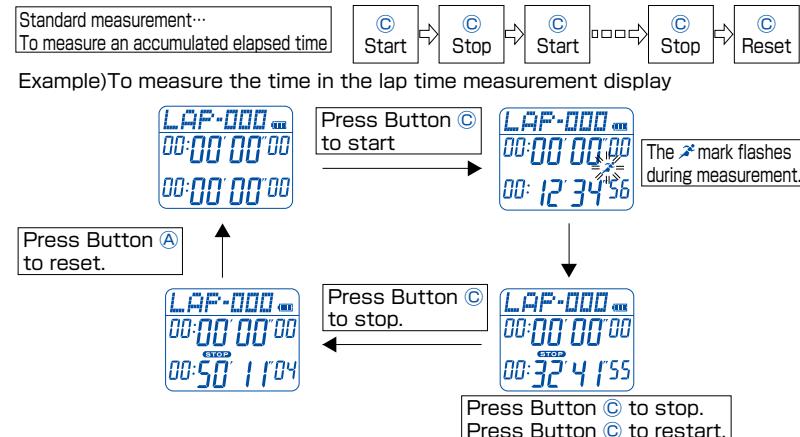


How to use the stopwatch ① Names of the buttons and their functions

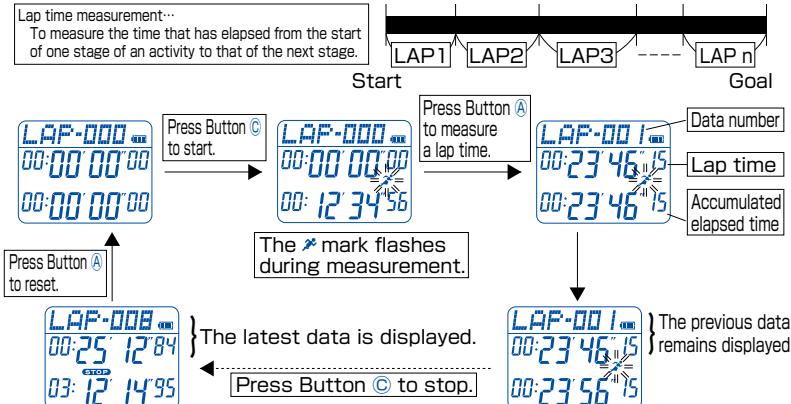
- To measure split time, lap time and running lap time, select the corresponding display mode in the stopwatch display.
- Press Button **B** to enter and exit the memory recall display.



② Accumulated elapsed time measurement

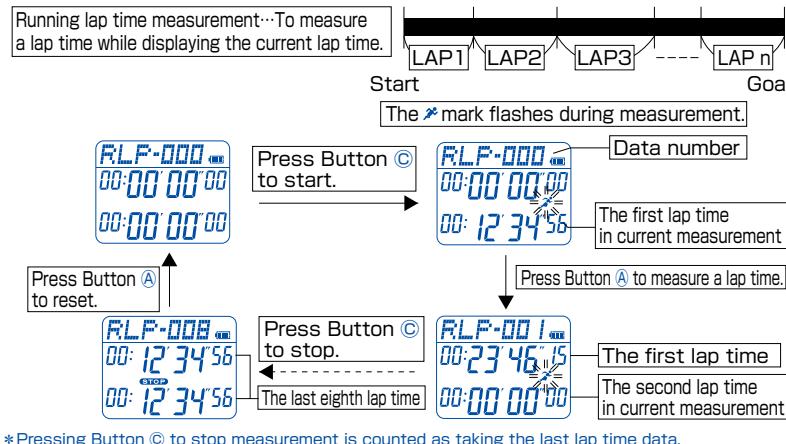


③ Lap time measurement



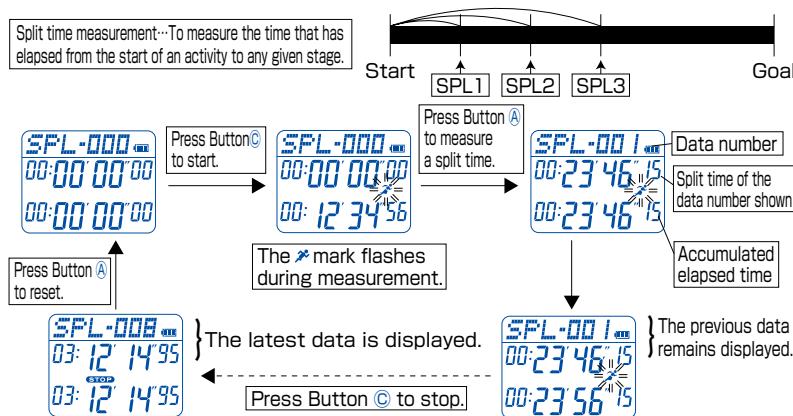
*Pressing Button **C** to stop measurement is counted as taking the last lap time data.

④ Running lap time measurement



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⑤ Split time measurement



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⑥ 300-Lap/Split memory recall function

Memory recall after measurement<The STOP mark is displayed. >

Press Button **B** to enter the memory recall display.

Lap time

The oldest data is displayed.

Split time

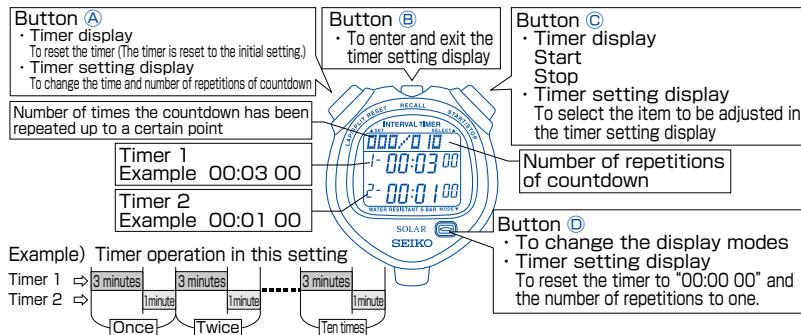
Button **C**

Button **A**

Button **C**</

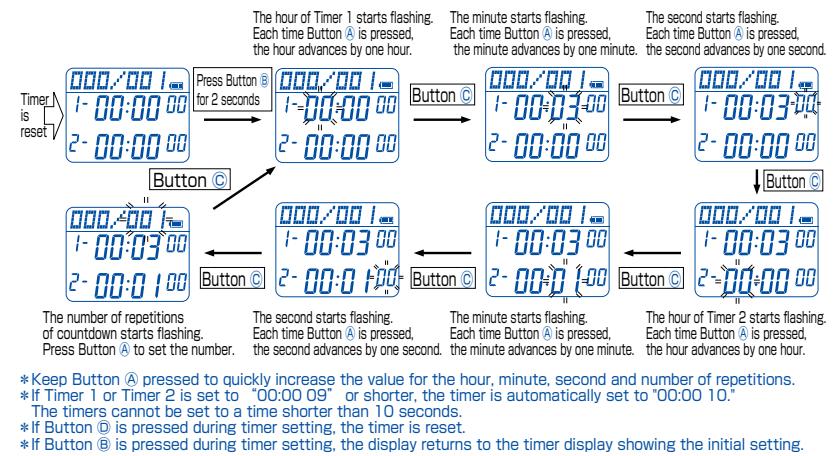
Function for S062 only double repeat timer ① Names of the buttons and their functions

- Cal. S062 has two timers that can be used in combination: When Timer 1 reaches zero, the measurement is taken over by Timer 2. When Timer 2 reaches zero, Timer 1 starts counting again. The two timers repeat their countdown cycles one after the other.
- Timer 1 and Timer 2 can be separately set to any time from 10 seconds to 99 hours 59 minutes and 59 seconds.
- If either Timer 1 or Timer 2 is set to "00:00:00," the other timer can be used as a single repeat timer.
- The number of times that the timers repeat their countdown cycles can be set to any number from 1 to 100. If it is set to "--", the timers repeat counting until one of them is stopped by button operation.



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② How to set the double repeat timer

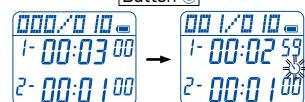


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③ How to use the double repeat timer

Press Button C to start Timer 1.

From the second countdown cycle and thereafter, the value shown here increases as the number of repetitions increases.



Example <Timer setting>
{ Timer 1: 00:03 00
 Timer 2: 00:01 00
 Number of repetitions:
 10 times



3 seconds before the Timer 1 reaches zero, a pre-warning beep sounds. When Timer 1 reaches zero, a 5-second time-up beep sounds.	Timer 2 starts counting down. The countdown cycle is repeated as many times as the number of repetitions is set.	3 seconds before the Timer 2 reaches zero, a pre-warning beep sounds. When Timer 2 reaches zero, a time-up beep sounds for 5 seconds. Timer 1 starts counting down.
--	--	---

*To stop the pre-warning beeps or time-up beeps, press any of Button A, B, C or D. The beep is turned off until the next countdown starts.

* The time-up beeps of Timer 1 and Timer 2 sound differently.

- *With each pressing of Button C, the timer is stopped or restarted alternately and stops and restarts of the timer can be repeated as many times as desired.

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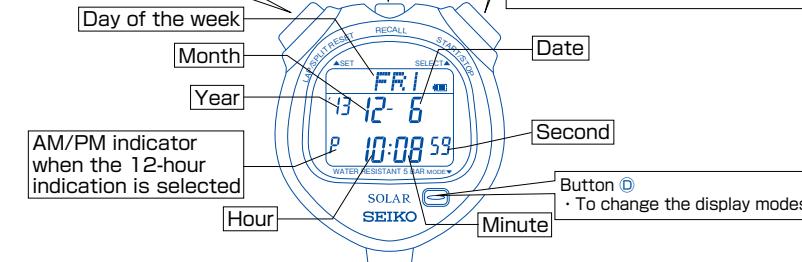
Time/Calendar display ① Names of the buttons and their functions

Button A

- To adjust the time and calendar in the time/calendar setting display

Button **B**

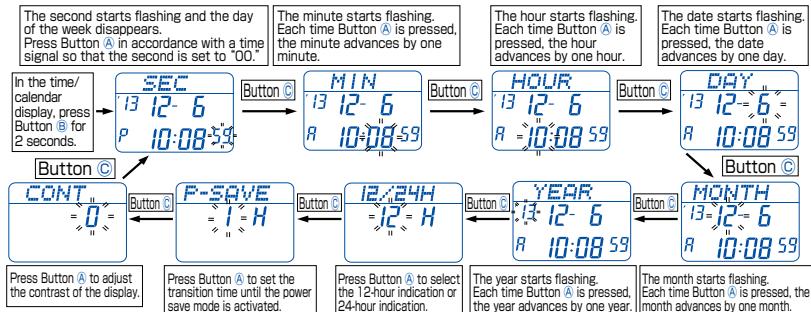
- Time/calendar display
To turn on or off the button operation confirmation sound
- Time/calendar setting display
To select the item to be changed in the time/calendar setting display



*When the button operation confirmation sound is turned on, the  mark is displayed

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② How to set the time and calendar



- * Keep Button A pressed to quickly increase the value for the minute, hour, date, month and year. The value increases quickly as long as Button A is kept pressed.
- * Press Button B to exit the time/calendar setting display. Even if Button B is not pressed, the display automatically exits the time/calendar setting display within 2 to 3 minutes.
- * When the year, month and date are set, the day of the week is automatically set.
- * In the time/calendar setting display, if Button A and C are simultaneously pressed, all the digital segments are turned on. This is not a malfunction. Press any of Button A, B, C or D to return to the time/calendar display.
- * The transition time until the power save mode is activated can be selected from among 1 hour (1H), 3 hours (3H), 6 hours (6H) and 12 hours (12H).

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③ How to adjust the contrast

- The contrast of the display can be adjusted. After initialization or when all the settings are cleared, the contrast is returned to its default setting of "0."

● Press Button D to enter the time/calendar display.

① Keep pressing Button B to enter the time/calendar setting display. The current time is displayed.

② Press Button C to enter the contrast setting display.

③ Press Button A to adjust the contrast.

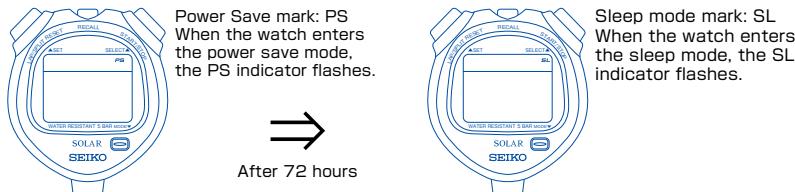
→ 0 → 1 → 2 → -2 → -1

* The highest contrast is "2" and the lowest contrast is "-2."

- ④ When contrast adjustment is finished, press Button B to return to the time/calendar display. Even if Button B is not pressed, the display automatically returns to the time/calendar display within 2 to 3 minutes.

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Power save function, sleep function



In the time/calendar setting mode, the transition time until the power save mode is activated can be set. The following energy saving functions are provided to extend the battery life.

- The transition time until the power save mode is activated can be selected from among 1 hour (1H), 3 hours (3H), 6 hours (6H) and 12 hours (12H). For instructions on this setting, refer to "How to set the time/calendar."
- In any display mode, if no operation is performed for a pre-set time, the power save function is automatically activated and the display is turned off.
- When the stopwatch or timer is operating, the display is not turned off.
- To turn the display on, press any of Button A, B, C or D. The display returns to the display right before the power save function is activated.
- When the watch is in the power save mode for longer than 72 hours, it automatically enters the sleep mode, in which more efficient energy saving is achieved. When the watch enters the sleep mode, the stopwatch and timer are reset.

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System reset

- When an abnormal display (broken digits, etc.) appears, follow the procedure below. The built-in IC is reset and the watch resumes normal operation.

• How to reset the IC

Press Button A, B, C and D at the same time for 2 to 3 seconds. The display disappear, and then "TUE' 13 1-1 A 12:00 00" is displayed.

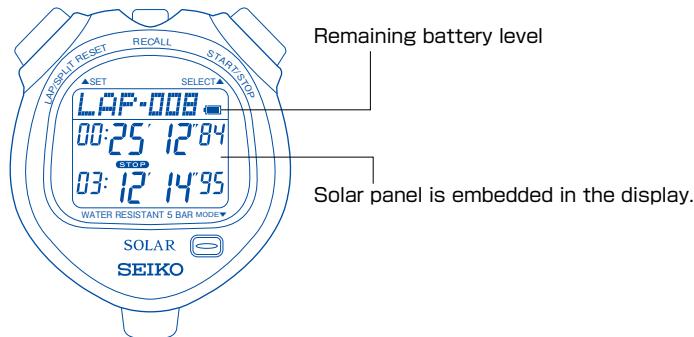
* After the IC is reset, all the stored records are deleted. Settings of the time and date etc., are also required.

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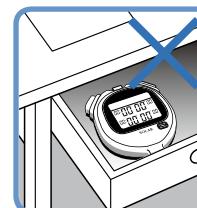
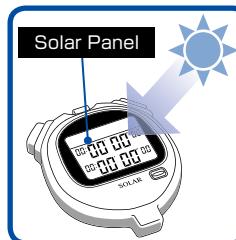
How to charge

①How to charge

Expose the solar panel to light.



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Under the following conditions, the watch may stop because of the energy depletion caused by insufficient battery charge.

- When the watch is kept in a place like locker or drawer where light is insufficient
- When the watch is left with its display facing down

* When charging the watch, make sure that the watch temperature does not rise too high. The operational temperature range is between -10°C and +60°C.

* When you start using the watch for the first time, or when the watch is completely stopped due to energy depletion, charge the watch for a sufficient time, referring to the table on the next page.

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②Charging time

Charge the battery, referring to the table below as a guide.

LCD display	Flashing	Flashing	Flashing	Flashing	To run the watch for one day
Environment 1 Outdoor on a sunny day 100000 lux	Approximately 1.4 hours	Approximately 11 hours	Approximately 6 hours	Approximately 5 minutes	
Environment 2 By the window on a sunny day 10000 lux	Approximately 13.5 hours	Approximately 108 hours	Approximately 57 hours	Approximately 55 minutes	
Environment 3 By the window on a cloudy day 5000 lux	Approximately 28.5 hours	Approximately 220 hours	Approximately 102 hours	Approximately 95 minutes	
Environment 4 Indoor under fluorescent light 500 lux	Approximately 12 days			Approximately 15 hours	

Once fully charged, the watch keeps operating for approximately 6 months without being recharged when it is used under the following conditions.

- The stopwatch function is used for less than 3 hours per day.
- Power save function is activated for 20 hours per day.

* When you start using the watch for the first time, or when the watch is completely stopped due to battery depletion, charge the watch for a sufficient time, referring to the table on the previous page.

③Battery icon and remaining battery level

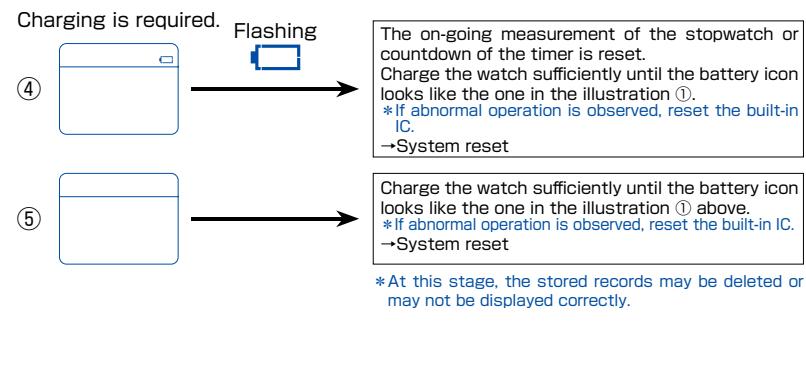
■Remaining battery level

The battery icon on the display lets you know the remaining battery level.

	Remaining battery level	Restrictions on operations and functions	Solutions
①		No restriction	Use the watch as it is.
②		No restriction	Keep the watch sufficiently charged. →How to charge
③		Time-up beep does not sound.	Charge the watch sufficiently until the battery icon looks like the one in the illustration ①After charging the watch, use it as it is. →How to charge

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④ Power save function, sleep function

When no button is pressed for longer than a certain period, the power save function (energy saving function) and sleep function are activated.

How to set the transition time to the power save mode

The transition time until the power save mode is activated can be selected from among 1 hour, 3 hours, 6 hours and 12 hours in the time/calendar setting mode. For instructions on this setting, refer to "How to set the time/calendar."

When you use the stopwatch or timer function in a dark place, it is recommended that the transition time to the power save mode be set to a time longer than the time the stopwatch or timer is used.

Display and functions during the power save mode



Display

Restrictions on operations and functions

Solutions

The PS mark flashes. No button is pressed for longer than a pre-set time.

No restriction

Press any Button to exit the power save mode or sleep mode.

Display and functions during the sleep mode



Display

Restrictions on operations and functions

Solutions

The SL mark flashes. No button is pressed for longer than approximately 3 days.

Stopwatch in motion is reset.

Timer in motion is reset.

Press any Button to exit the power save mode or sleep mode.

Daily care

● The watch requires good daily care

- Wipe away moisture, sweat or dirt with a soft cloth
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.

* If your watch is rated as "Non-water resistant" or "water resistant for everyday life," do not wash the watch. Do not pour running water directly from faucet onto the watch. Put some water into a bowl first, and then soak the watch in the water to wash it.

Water resistance → page 73.

Water resistance

Refer to the table below for the description of each degree of water resistant performance of your watch before using.

Indication on the case back	Water resistant performance
No indication	Non-water resistance
WATER RESISTANT	Water resistance for everyday life
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressures
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10(20) barometric pressures.

Condition of use		
Avoid drops of water or sweat		
The watch withstands accidental contact with water in everyday life.	 WARNING	Not suitable for swimming
The watch is resistant to splashes when worn during sports that may expose the watch to water.		
The watch is resistant to raindrops and splashes when worn during sports that may expose the watch to water.		

* Do not operate the buttons underwater.

※ Overcharge prevention function

When the secondary battery is fully charged, the overcharge prevention function is automatically activated to avoid further charging. There is no need to worry about damage caused by overcharging no matter how much the secondary battery is charged in excess of the "time required for fully charging the watch".

※ Refer to "Charging time" on page 68 to check the time required for fully charging the watch.



■ Notes on charging the watch

- When charging the watch, do not place the watch in close proximity to an intense light source such as lighting equipment for photography, spotlights or incandescent lights, as the watch may be excessively heated resulting in damage to its internal parts.
- When charging the watch by exposure to direct sunlight, avoid places that easily reach high temperatures, such as a car dashboard.
- Always keep the watch temperature under 50°C.

Power source

The battery used in this watch is a special secondary battery, which is totally different from ordinary silver oxide batteries.

Unlike other disposable batteries such as dry-cell batteries or button cells, this secondary battery can be used over and over again by repeating the cycles of discharging and recharging.

However, for various reasons such as long-term use or usage conditions, the capacity or recharging efficiency of the secondary battery may gradually deteriorate. If the efficiency of the secondary battery decreases, have the watch repaired.



■ Remarks on replacing the secondary battery

- Do not remove the secondary battery yourself.
- Replacement of the secondary battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for repair.
- Installation of an ordinary silver oxide battery can generate heat that can cause bursting or ignition.

After-sales service

● Notes on guarantee and repair

- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

● Replacement parts

- SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch. Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

● Inspection and adjustment by disassembly and cleaning (overhaul)

- Periodic inspection and adjustment by disassembly and cleaning (overhaul) are recommended approximately once every 3 to 4 years in order to maintain optimal performance of the watch for a long time.
- According to use conditions, the digital display may go out due to liquid leakage.
- As the parts such as the gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture.
Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS." When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket are also replaced with new ones. When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

● Liquid crystal panel

The normal life expectancy for the liquid crystal panel of this watch is approximately 7 years. After that, it may decrease in contrast, becoming difficult to read.

Please contact the retailer from whom the watch was purchased to have the liquid crystal panel replaced with a new one. It will be replaced at your cost.

Specifications

1. Frequency of crystal oscillator : 32,768Hz (Hz = Hertz Cycles per second)
2. Loss/gain (monthly rate) : Less than 0.0012% or 30 seconds at normal temperature range (5°C~35°C)
3. Operational temperature range : -10°C~+60°C
4. Temperature range for display function : 0°C~+50°C
5. Display :
Watch display : Day of the week, Year, Month, Date, Hour, Minute, Second
(Fully automatic calendar from January 1, 2013 to December 31, 2062)
Stopwatch display : 2-row indication + dot indication (5X35), Hour, Minute, Second, 1/100- Seconds (100-hour stopwatch), Selectable display of lap/split/running lap modes
Up to 300 lap/split time records
(Only for Cal. S062)
Timer display : Timer 1 and Timer 2
Hour, Minute, Second, Number of repetitions
6. Display medium : F-STN
7. Battery : Secondary battery, 1 piece
8. Duration of operation : Approximately 6 months without being recharged after fully charged, under the conditions that the stopwatch is used less than 3 hours and the power save mode is activated for 20 hours per day.
9. IC (Integrated Circuit) : C-MOS-IC, 1 piece

* The specifications above are subject to change without prior notice, for product improvements.

全国共通フリーダイヤル 0120-612-911

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