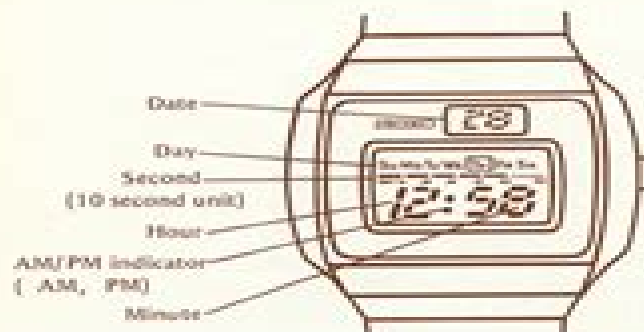


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Features:

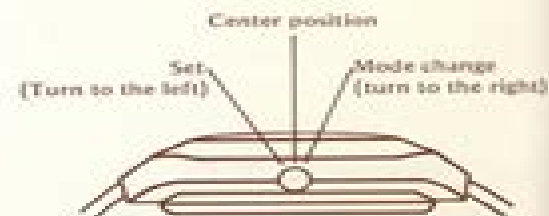
- Liquid crystal quartz digital (continuous digital readout)
- Continuous readout in hours, minutes and 10-second units with day-date and AM/PM indicator
- Built-in illumination system



Crown Positions:

Normal Position: Lock

First Click: Mode/set
Push: Light



1. TO SET THE DATE—First, pull the crown all the way as if to set the time. Then turn the crown to the right. Now only the date and seconds are indicated and the other indications are extinguished. The dates are changed successively when the crown is turned to the left. When the desired date appears, return the crown to the center position. Leave the crown out . . .

2. TO SET THE DAY OF THE WEEK—By next turning the crown to the right, only the day of the week and the seconds are indicated and the other indications are extinguished. The day of the week is indicated in the square frame. The day of the week is changed successively when the crown is turned to the left. When the desired day appears, return the crown to the center position. Leave the crown out . . .

3. TO SET THE HOUR DIGITS—By next turning the crown to the right again, only the hour and the seconds are indicated and the other indications are extinguished. The hour is changed successively when the crown is turned to the left. When the desired time appears, return the crown to the center position.

NOTE: When setting the hours, A.M. and P.M. indications are also changed automatically. Please be sure that the time setting is made with A.M. or P.M. appropriately displayed. (See the diagram for: A.M. and P.M. indicator.)

The day and date digits display can be set separately from the hour setting function and the day and date digits are not changed even if 12 P.M. is passed while setting the hours. Leave the crown out . . .

Continued

Seiko Quartz Chronograph Manual

Karin Nielsen-Saines



Seiko Quartz Chronograph Manual:

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In a digitally-driven world where monitors reign great and immediate communication drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases frequently get unheard. Yet, set within the pages of **Seiko Quartz Chronograph Manual** a charming literary treasure sporting with organic thoughts, lies an extraordinary journey waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus invites readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the cloth of each word. Within the psychological depths of the poignant review, we can embark upon a genuine exploration of the book is primary subjects, dissect their charming writing model, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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