

SETTING INSTRUCTIONS FOR SEIKO H558-5009 MOVEMENT



This watch has three different time zones:

- Analog time.
- Digital time.
- Second digital time (local-time), displayed with "-L" in the right corner of the display.

These work independently, the alarm and hourly chime always refer to the digital time.

ANALOG TIME SETTING

- Unscrew the crown and pull it out to position 3 when the second hand is at 12 o'clock.
- Turn the crown to set the desired HOUR and MINUTES.
- In accordance with the time signal or SECONDS digits "00" in the DIGITAL TIME display, push the crown in.
- Screw the crown in to the normal position.

DIGITAL (DISPLAYS) SETTING

- Push button B until the time is on the display.
- Unscrew the crown. Pull crown to position 2.
- In the TIME display, turn the crown clockwise/counterclockwise to set the HOUR and Minutes digits.
- To set SECONDS to "00", press "B" in accordance with the second hand at 12 o'clock position.
- Each pulling out (1st click) and pushing back the crown changes 12/24-HOUR INDICATIONS alternately.

- Note:**
1. When the SECONDS read any number from "30" to "59" and "B" is pressed, one minute is added.
 2. Check that "A" (AM)/"P" (PM) is set properly.
 3. The digits change quickly when the crown is turned fast.

Seiko Sgf799 Watches Owners Manual

F Rizvi



Seiko Sgf799 Watches Owners Manual:

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STAGES OF THE HUMAN MENSTRUAL CYCLE

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