

WIRED

Features

- Solar watch** is equipped with a stopwatch function. A solar cell under the dial converts any form of light into "electrical energy" to operate the watch.
- "Chronograph" means a watch with a stopwatch function.
- Stopwatch function** The stopwatch can measure up to 60 minutes in 1/5-second increments. After measuring 60 minutes, the stopwatch will automatically stop.
- Alarm function** The single-time alarm can be set to sound only once at the set time. The alarm time can be set in one-minute increments to the time until 11 hours 59 minutes is reached. (Only available for V172, V174 and VS72)
- Solar Charging Function** A solar cell underneath the dial converts any form of light into "electrical energy" to operate the watch. Once fully charged, for V172, V174, V175, V176, VS72, VS75 and VS76, the watch continues to run for approximately six months, for VR42 and VR43, the watch continues to run for approximately four months.

Names of the parts and functions

V172 · VS72: Equipped with a stopwatch and alarm

V174: Equipped with a stopwatch, alarm and 24-hour hand

V175-VS75: Equipped with a stopwatch and 24-hour hand

V176 · VS76: Equipped with a stopwatch

VR42: Equipped with a stopwatch and 24-hour hand

VR43: Equipped with a stopwatch and 24-hour hand

Crown

There are two types of crown, a normal crown and a screw-lock type crown. Please check the type of the crown of your watch.

Normal crown
While pressing the crown, turn it in the direction indicated by the arrow.
Pull out the crown and operate it.

Screw-lock type crown
Unlock the crown before operating it. While pressing the crown, turn it in the direction indicated by the arrow.
After operating the crown, lock the crown by turning it in the opposite direction.
Unscrew the crown.

取扱説明書
INSTRUCTION

JCC06-V175C · JV176-JVR4C-F33

該機種
V172 · V174 · V175 · V176 · VR42 · VR43 · VS72 · VS75 · VS76

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https://www.seikowatches.com/

How to set the time and date

- Check that the watch is operating. Check that the second hand is moving at one-second intervals.
- Check that the watch hands are not displaying any time between 9 a.m. and 1 a.m. If the watch hands are displaying a time between 9 a.m. and 1 a.m., pull out the crown to the second click and turn it to advance the hands to set the time later than 1 a.m.
- Pull out the crown to the first click. The watch continues to operate. If your watch has a screw lock type crown, unlock the crown, unless the crown.
- Turn the crown to set the date to the previous day's date. VR42, VR43, counter-clockwise. VR42, VR43, counter-clockwise. Ex. If you would like to set the date to "10", first set it to "5".
- Pull out the crown to the second click when the second hand is at the 0 second position. The second hand will stop at the 0 second position.

Stopwatch function

- The stopwatch can measure up to 60 minutes in 1/5-second increments. After measuring 60 minutes, the stopwatch hands will automatically stop at the 0 minute 0 second position.
- The names of the parts and functions of the stopwatch (V175, VS75)
- The names of the parts and functions of the stopwatch (V172, V174, VS72)
- The names of the parts and functions of the stopwatch (V176, VS76)

How to use the stopwatch

- Standard measurement** Ex. 500 meters running
- Accumulated elapsed time measurement** Ex. Measuring the time for a soccer match
- Measurement of two competitors**
- Split time (intermediate elapsed time) measurement** Ex. 5000 meter run

Adjusting the preliminary position of the stopwatch hands

- Make sure that the watch is operating. Make sure that the second hand is moving at one-minute intervals. If the second hand is moving at two-second intervals, or it has stopped, charge the watch by exposing the dial to the light.
- Pull out the crown to the second click. The second hand will stop.
- Press and hold button A (for 3 seconds) until the stopwatch minute hand starts moving.
- Press button B to reset the stopwatch minute hand to 0 minute.
- Press and hold button A (for 3 seconds) until the stopwatch 1/5-second hand starts moving.
- Press button B to reset the stopwatch 1/5-second hand to 0 minute.
- Push the crown back in to the normal position.
- Set the main time and alarm time.

How to use the tachymeter

- Measure the time (within 1 minute) it takes to run 1 km.
- Read the number on the tachymeter scale that the stopwatch second hand is pointing to. Ex. If it takes 45 seconds to run 1 km, 80 km/h

How to use the alarm (V172 · V174 · VS72)

- Pull out the crown to the first click. The watch continues to operate. If your watch has a screw lock type crown, unlock the crown, unless the crown.
- Press button B to set the alarm time. If button B is kept pressed, the alarm hands are fast forwarded.
- Push the crown back in to the normal position.

How to check the power reserve amount (VR42 · VR43)

- Make sure to check that the stopwatch measurement is stopped and reset.
- Press and hold Button B for 2 seconds and release. Stopwatch second hand will stop at the 30 second position.

Standard charging time

For an approximate time required to charge the watch, refer to the table below.

Environment/light source (lx)	V172/V174/V175/V176			VR42/VR43			VS72/VS73/VS75/VS76		
	A (min./times)	B (hours)	C (hours)	A (min./times)	B (hours)	C (hours)	A (min./times)	B (hours)	C (hours)
General offices/Fluorescent light (700)	150	60	—	108	24	—	90	35	—
30x20cm/Fluorescent light (3000)	33	13	110	27	6	83	20	8	65
Cloudy weather/Sunlight (10000)	9	3.5	30	8	2	25	6	2.5	18
Fair weather/Sunlight (100000)	2	0.6	5	1	0.2	3	2	0.6	5

Resetting the built-in IC

- Pull out the crown to the second click. The second hand stops.
- Press and hold buttons A and B simultaneously for three seconds, and release.

Abnormal display or improper function (Excluding VR42 · VR43)

- When the watch shows an abnormal display or does not properly function, or does not move at all or at one-second intervals even after being fully charged, follow the instructions below to reset the built-in IC. Then the watch will resume its normal operation.

Remarks on the battery

- 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.

How to preserve the quality of your watch

- WARNING**
 - Immediately stop wearing the watch in the following cases:
 - If corrosion appears on the watch body or band, etc.
 - If the pins protrude from the band
 - Immediately consult the retailer from whom the watch was purchased or a SEIKO CUSTOMER SERVICE CENTER.
 - 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 any accessories.
 - Do not remove the secondary battery from the watch.
 - As about the secondary battery → Please refer to "REMARKS ON THE BATTERY"
 - Replacement of the secondary battery requires professional knowledge and skill.
 - Please ask a watch retailer for replacement of the secondary battery.
 - Installation of an ordinary silver oxide battery can generate heat that can cause bursting and ignition.
 - Do not use the watch for scuba diving or saturation diving. The various inspectors under simulated harsh environments, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on a water-resistant watch with a BAR (barometric pressure) display for diving special watches.
- CAUTION**
 - Avoid wearing or storing the watch in the following places:
 - Places where volatile agents (cosmetics such as polish remover, insect 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.
 - Do not let running water from a faucet hit the watch.
 - The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday use.
 - Do not turn or pull out the crown when the watch is wet; water may get inside of the watch.
 - If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or a SEIKO CUSTOMER SERVICE CENTER.
 - Do not leave moisture, sweat and dirt on the watch for a long time. Be aware of the risk that a water resistant watch may have its water resistant performance lessened because of deterioration of the adhesive on the glass or gasket or the development of rust on stainless steel.
 - Do not wear the watch while taking a bath or a sauna. Steam/sauna or some components of a hot spring may accelerate the deterioration of the water resistant performance of the watch.
 - 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 risk of 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.
 - If your watch is of the tob or pendant type, strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

Specifications

Caliber number	V172	V174	V175	V176	VR42 · VR43	VS72	VS75	VS76
1. Basic function	Main time with 3 hands (hour, minute, second) Stopwatch (1/5-second hands) Small alarm display (hour and minute hands)	Main time with 3 hands (hour, minute, second) 24-hour hand Date display Stopwatch (1/5-second and minute hands) Small alarm display (hour and minute hands)	Main time with 3 hands (hour, minute, second) 24-hour hand Date display Stopwatch (1/5-second and minute hands)	Main time with 3 hands (hour, minute, second) 24-hour hand Date display Stopwatch (1/5-second and minute hands)	Main time with 3 hands (hour, minute, second) 24-hour hand Date display Stopwatch (1/5-second and minute hands)	Main time with 3 hands (hour, minute, second) 24-hour hand Date display Stopwatch (1/5-second and minute hands)	Main time with 3 hands (hour, minute, second) 24-hour hand Date display Stopwatch (1/5-second and minute hands)	Main time with 3 hands (hour, minute, second) 24-hour hand Date display Stopwatch (1/5-second and minute hands)
2. Frequency of crystal oscillator	3.2, 7.68 MHz (Hz = Hertz ... Cycles per second)							
3. Loss/gain (monthly rate)	Loss / gain ±15 seconds on a monthly rate (When it is worn on the wrist within a normal temperature range between 5°C and 35°C.)							
4. Operational temperature range	— 10°C ~ +40°C							
5. Driving system	Step Motor, 4 pieces	Step Motor, 4 pieces	Step Motor, 3 pieces	Step Motor, 4 pieces	Step Motor, 2 pieces	Step motor, 4 pieces	Step motor, 3 pieces	Step motor, 4 pieces
6. Power source	Secondary battery, 1 piece							
7. Duration of operation	Approx. 6 months (if the stopwatch is used for 1 hour per day, and the alarm is used once per day)							
8. I.C. (Integrated Circuit)	Oscillator, frequency divider and driving circuit C-MOSiC, 1 piece							

After-sales service

- Notes on guarantee and repair**
 - Contact the retailer the watch was purchased from or a 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 it 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 for maintaining the functional integrity of the watch.
 - When replaced with parts that are not available, parts may be replaced with substitutes whose outward appearance may differ from the originals. Also note that the complete set of parts with the case or band may be replaced, or if repair is difficult, the watch may be replaced with one of equal quality.
- Inspection and adjustment by disassembly and cleaning (overhaul)**
 - Periodic inspection and adjustment by disassembly and cleaning (overhaul) is 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 oil retaining condition of your watch mechanical parts may deteriorate, abrasion of the parts due to contamination of oil may advance or delay the time significantly, or the watch itself may stop. As parts such as a 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 and push pin are also replaced with new ones.
 - When your watch is inspected and adjusted by disassembly and cleaning (overhaul), the movement of your watch may be replaced.

Magnetic resistance

- Affected by nearby magnetism, a watch may temporarily gain or lose time or stop operating.

Water resistance

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

Daily care

- The watch requires good daily care.
- Do not wear the watch when the crown is pulled out.
- 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 "water resistant" or "water resistant for daily use," do not wash the watch.
- Turn the crown
 - To prevent rusting of the crown, please sometimes turning the crown.
 - Please do the same for screw-lock type crown.

Band

- The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on a sleeve cloth. The watch requires a lot of attention for long usage.

Examples of common magnetic products that may affect watches

- Cellular phone (speaker)
- AC adapter (with magnet buckle)
- Bag (with magnet buckle)
- AC-covered shaver
- Magnetic cooking device
- Portable radio (speaker)
- Magnetic nail file
- Magnetic health pillow

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