

Cal. 4T57

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You are now the proud owner of a SEIKO Analogue Quartz Watch Cal. 4T57. For best results, please read the instructions in this booklet carefully before using your SEIKO Analogue Quartz Watch. Please keep this manual handy for ready reference.

Sie sind jetzt Besitzer einer SEIKO Analog-Quarzuhr Kal. 4T57. Bitte lesen Sie diese Bedienungsanleitung vor Verwendung der Uhr sorgfältig durch und heben Sie sie gut auf.

Vous voici l'heureux propriétaire d'une montre quartz analogique SEIKO Cal. 4T57. Pour obtenir d'excellentes performances de cet article SEIKO, veuillez lire attentivement cette brochure que vous conserverez pour toute référence ultérieure.

Siete ora in possesso di un orologio SEIKO Analogico al Quarzo Cal. 4T57. Per ottenere i migliori possibili risultati dal Vostro orologio, leggere attentamente le istruzioni di questo manuale prima di utilizzare il Vostro orologio SEIKO analogico al quarzo. Conservare poi il manuale stesso per ogni qualsiasi eventuale futuro riferimento.

Enhorabuena por su adquisición de un reloj SEIKO analógico de cuarzo Cal. 4T57. Para óptimo resultado, lea detenidamente las instrucciones de este folleto antes de usar el reloj. Guarde este manual para consulta posterior.

Você pode sentir-se orgulhoso de possuir um Relógio SEIKO Quartz Análogo Cal. 4T57. Para obter os melhores resultados, leia atentamente as instruções contidas neste opúsculo antes de usar o seu Relógio SEIKO Quartz Análogo. Queira conservar este manual para referências futuras.

Теперь Вы являетесь обладателем Аналоговых Кварцевых часов Seiko, Калибра 4T57. Для достижения лучших результатов, перед использованием самих часов, пожалуйста, ознакомьтесь с данной инструкцией и обязательно сохраните ее.

閣下現在已經擁有一隻，機件編號為 4T57 的精工牌指針式石英錶。在使用您的精工牌指針式石英錶以前，務請注意閱讀這本小冊子中的各項說明，並請將手冊妥加保管，以便隨時參考。

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☆For the care of your watch, see "TO PRESERVE THE QUALITY OF YOUR WATCH" in the attached Worldwide Guarantee and Instruction Booklet.

SEIKO CAL. 4T57



STOPWATCH

- Three small STOPWATCH hands
- Measures up to 60 minutes in 1/10 second increments.
- Split time measurement

TIME/CALENDAR

- Hour, minute and second hands and date

SCREW LOCK TYPE CROWN

- ◆ Some models may have a screw-lock mechanism that can securely lock the crown by screw when they are not being operated.
- ◆ Locking the crown will help to prevent any operational errors and enhance the water resistant quality of the watch.
- ◆ It is necessary to unlock the screw lock type crown before operating it. Once you have finished operating the crown, make sure to relock it.

● How to use the screw lock type crown

Keep the crown securely locked unless you need to operate it.

[\[How to unlock the screw lock type crown\]](#)

Turn the crown counterclockwise.

The crown is unlocked and can be operated.

[\[How to lock the screw lock type crown\]](#)

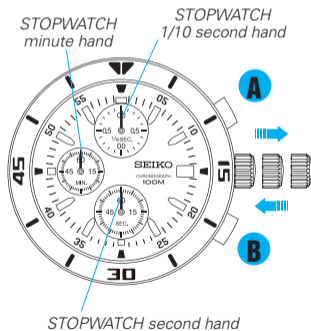
Once you have finished operating the crown, turn it clockwise while gently pressing it in toward the watch body until it stops.

* When locking the crown, turn it slowly with care, ensuring that the screw is properly engaged. Be careful not to forcibly push it in, as doing so may damage the screw hole in the case.



ADJUSTING THE HAND POSITION

- Before setting the time, be sure to check that the STOPWATCH hands are in "0" position when the stopwatch is reset. (For resetting the stopwatch, see "STOPWATCH")
- If any of the STOPWATCH hands does not return to "0" position, follow the procedure below.



CROWN

Pull out to second click.

A

Press repeatedly to reset STOPWATCH 1/10 second hand to "0" position.

B

Press repeatedly to reset STOPWATCH second and minute hands to "0" position.

CROWN

Push back in to normal position.

* Hands move quickly if the respective buttons are kept pressed.

TIME/CALENDAR SETTING

CROWN

Pull out to first click and turn clockwise until the previous day's date appears.



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



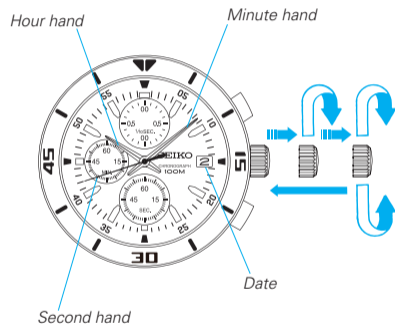
Turn clockwise until the desired date appears.



Set Hour and Minute hands.



Push back in to normal position in accordance with a time signal.

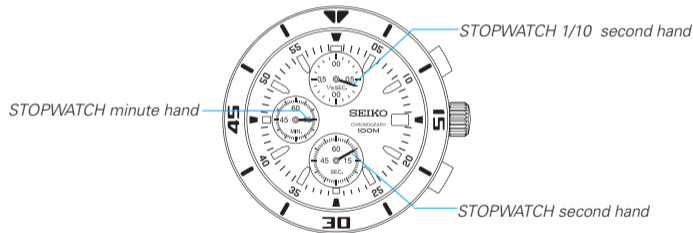


STOPWATCH

- The measured time is indicated by small STOPWATCH hands that move independently of the center hands.

HOW TO READ THE HANDS

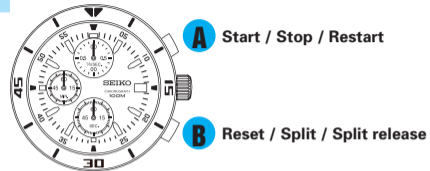
- Ex. : 15 minutes and 10.6 seconds



● Movement of STOPWATCH 1/10 second hand

- After the measurement exceeds 1 minute, the STOPWATCH 1/10 second hand stays at the "0" position while the stopwatch is counting.
- When the measurement is stopped or split time is being measured, it indicates the 1/10 seconds measured.

STOPWATCH OPERATION



Standard measurement



Accumulated elapsed time measurement



* Restart and stop of the stopwatch can be repeated by pressing button A.

Split time measurement



* Measurement and release of split time can be repeated by pressing button B.

NOTES ON USING THE WATCH

ADJUSTING THE HAND POSITION

- The STOPWATCH minute hand moves in correspondence with the STOPWATCH second hand.

TIME/CALENDAR SETTING

- Before setting the time, be sure to stop and reset the stopwatch.
- Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the 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 it, set the date and then reset the correct time.
- When setting the hour hand, check that AM/PM is correctly set. The watch is so designed 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 A.M. or P.M. period. If the date changes, the time is set for the A.M. period. If the date does not change, the time is set for the P.M. 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 time.
- Do not press any button with the crown at the second click. Otherwise, the STOPWATCH hands move and resetting them is made necessary.

STOPWATCH

- The STOPWATCH 1/10 second scale and hand differ in design and shape depending on the model.
- Do not pull out the crown while the stopwatch is counting. If it is pulled out, the stopwatch operation cannot be made.
- When the stopwatch is reset, it takes up to 40 seconds for the STOPWATCH second and minute hands to return to "0" position.

BATTERY CHANGE

**2
Years**

The miniature battery which powers your watch should last approximately **2 years**. However, because the battery is inserted at the factory to check the function and performance of the watch, its actual life once in your possession may be less than the specified period. When the battery expires, be sure to replace it as soon as possible to prevent any malfunction. For battery replacement, we recommend that you contact an AUTHORIZED SEIKO DEALER and request **SEIKO SR920SW** battery.

** If the stopwatch is used for more than 60 minutes a day, the battery life may be less than 2 years.*



WARNING

- **Do not remove the battery from the watch.**
- **If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.**



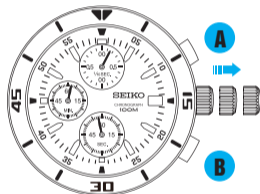
CAUTION

- **Never short-circuit, heat or otherwise tamper with the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.**
- **The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.**

Necessary procedure after battery change

- When the battery is replaced with a new one, the information stored in the built-in IC does not correspond with the time actually displayed. Before using the watch, therefore, be sure to reset the circuit following the procedure below.

** In case any of the hands should move improperly, follow the procedure below to adjust the hand movement.*



**** The hands move quickly if the respective buttons are kept pressed.**

CROWN

Pull out to second click.

A and B

Press and hold at the same time for 2 seconds.

** STOPWATCH second hand turns half a revolution counterclockwise and then returns to where it was, while STOPWATCH 1/10 second hand turns a full revolution clockwise and stops.*

A

Press repeatedly to reset STOPWATCH 1/10 second hand to "0" position. **

B

Press repeatedly to reset STOPWATCH second and minute hands to "0" position. **

CROWN

Turn to set the time, and then push back in to normal position.

SPECIFICATIONS

1	Frequency of crystal oscillator	32,768 Hz (Hz = Hertz ... Cycles per second)
2	Loss/gain (monthly rate)	Less than 20 seconds at normal temperature range (5 °C to 35 °C/41 °F to 95 °F)
3	Operational temperature range	-5 °C to 50 °C/23 °F to 122 °F
4	Driving system	Step motor, 3 pieces
5	Display system	
	Time.....	Hour, minute and second hands
	Date.....	Displayed in numerals.
	Stopwatch	Minute, second and 1/10 second hands
		The stopwatch measures up to 60 minutes in 1/10 second increments.
6	Battery	SEIKO SR920SW, 1 piece
7	IC (Integrated Circuit)	C-MOS-IC, 1 piece

** The specifications are subject to change without prior notice for product improvement.*