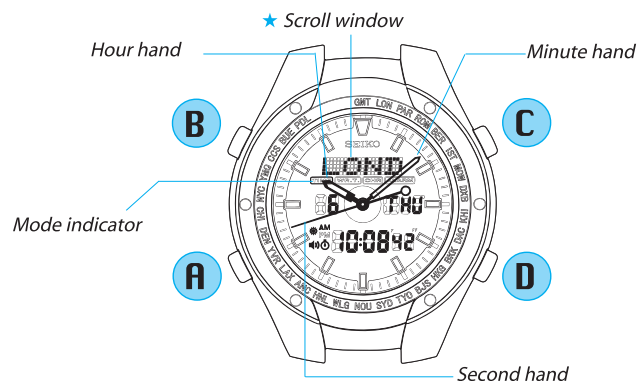# Seiko Series SNJ (H023)

Analog/Digital/Alarm Chronograph/Perpetual Calendar/World Timer

FEATURES
- ◆ Time/Calendar
  - • Fully automatic calendar – Adjusts automatically for odd and even months including February of leap years to 2050.
  - • Daylight saving time display
- ◆ World Time
  - • Time and date of 28 cities
  - • Time transfer function
- ◆ Alarm
  - • World time alarm function
- ◆ Stopwatch
  - • Measures up to 100 hours in 1/1000 second increments
  - • Lap time measurements
- ◆ Scroll Window
  - • Scroll display of city names
- ◆ Battery Life Indicator

★ Scroll window
Hour hand
Minute hand
Mode indicator
Second hand

HOW TO CHANGE THE MODE
1. Press button "A" repeatedly to select mode. The mode name scrolls from right to left.
   (Time/Calendar - World Time – Chronograph – Alarm)

HOW TO SET TIME AND CALENDAR
- ◆ Set the digital time first before setting the analog time, as the second hand is governed by the digital time.
- ◆ Once the time and calendar of your area are set in the Time/Calendar mode, the time and calendar of the other 28 cities covered in the World Time mode will be automatically set.
1. Press button "A" to show Time/Calendar mode (wait for display to show).
2. Press button "B" for 2 to 3 seconds to show Time/Calendar display.
3. Press button "D" to select the city representing your area.
4. Press button "C" to select an item (flashing) to be adjusted. With each press of the button, the flashing item changes over in the following order:
   (City, Second, Minute, Hour, Date, Month, Year, 12-/24 hour display, Second Set, Hour Set, Display Select).
5. Press button "D" to adjust the selected item:
   - • When in the "second set" display, press button "D" to reset second hand to point the 12 O'clock position.
   - • When in the "Hour Set" display, press button "A" or "D" repeatedly to set Hour and Minute hands to match the digital time.
   - • When in the "Display Set" display, press button "D" to select either the "Day/ Date" or the "Time /Calendar" display. Press button "B" to return to Time/Calendar mode. After returning to "Time/Calendar " mode, if the "Day/Date" display was selected, it will appear when the second hand passes the 12:00 position twice.

* For silent button operation:
   - • Press button "A" to show "Time/Calendar " mode (wait for display to show).
   - • Press button "C" to turn On/Off.

HOW TO SET WORLD TIME MODE
1. Press button "A" to show World Time mode.
2. Press button "C" select the name of city whose time/calendar you wish to know. Time of the city is displayed in the digital display window and the second hand points to the city on the bezel while the hour and minute hands show the time of your area (home time).
3. Press button "D" for 2 to 3 seconds to set daylight saving time, if it is in effect in the selected city.

*The daylight saving time indicator appears and the digital time advances one hour from the standard time. To return to the standard time display, press button "D" again for 2 to 3 seconds.

*Daylight saving time can be set independently for each city except Greenwich.

HOW TO SET TIME TRANSFER FUNCTION
The time displayed in the Time/Calendar mode can easily be replaced with the time of the city selected in the World Time mode.
1. Press button "A" to show World Time mode.
2. Press button "C" to select the desired city.
3. Press button "B" for 2 seconds to transfer the time of the city selected in World Time mode to Time/Calendar mode.

*A beep sounds and the hour and minute hands automatically turn to indicate the transferred time. The mode returns to Time/Calendar mode with the transferred city name shown in the scroll window.

HOW TO USE CHRONOGRAPH
Stopwatch measures up to 100 hours in 1/1000 second increments.
Before using the stopwatch, reset the digital counter to read "00:00'00"000" by pressing button "D".
Press button "A" to show Chronograph mode.

1. <u>STANDARD MEASUREMENT</u>
   • Press button C to start.
   • Press button C to stop.
   • Press button D to reset.

2. <u>ACCUMULATED ELAPSED TIME MEASUREMENT</u>
   • Press button C to start.
   • Press button C to stop.
   • Press button C to restart.
   • Press button C to stop.
   • Press button D to reset.

3. <u>LAP TIME MEASUREMENT</u>
   • Press button C to start.
   • Press button D for lap 1.
   • Press button D to release.
   • Press button D for lap 2.
   • Press button D to release.
   • Press button C for final lap / stop.
   • Press button D for total time / stop.
   • Press button D to reset.

3. <u>TIMING OF TWO COMPETITORS</u>
   • Press button C to start.
   • Press button D for lap (finish time of the first finisher).
   • Press button C to stop (time difference between first and second competitor).
   • Press button D to stop (finish time of the second competitor).
   • Press button D to reset.

HOW TO SET ALARM TIME
1. Press button "A" to show Alarm mode.
2. Press button "B" for 2 to 3 seconds to show Alarm setting display.
3. Press button "D" to select the city for which you wish to set the alarm.
4. Press button "C" to select an item (flashing) to be adjusted. With each press of the button, a flashing item changes over in the following order: (Hour, Minute, City)
5. Press button "D" to adjust the selected item.
6. Press button "B" to return to alarm mode.

HOW TO ENGAGE/DISENGAGE ALARM
1. Press button "A" to show alarm mode.
2. Press button "C" to alternately engage and disengage alarm.

* The alarm sounds at the designated time for 20 seconds. To stop it manually, press any one of the four buttons.

* To test the alarm, press and hold buttons "C" and "D" at the same time in the Time/Calendar mode.

Time Calendar Mode

B

1. Press for 3 seconds to show Time/Calendar setting display (go to D1).

A

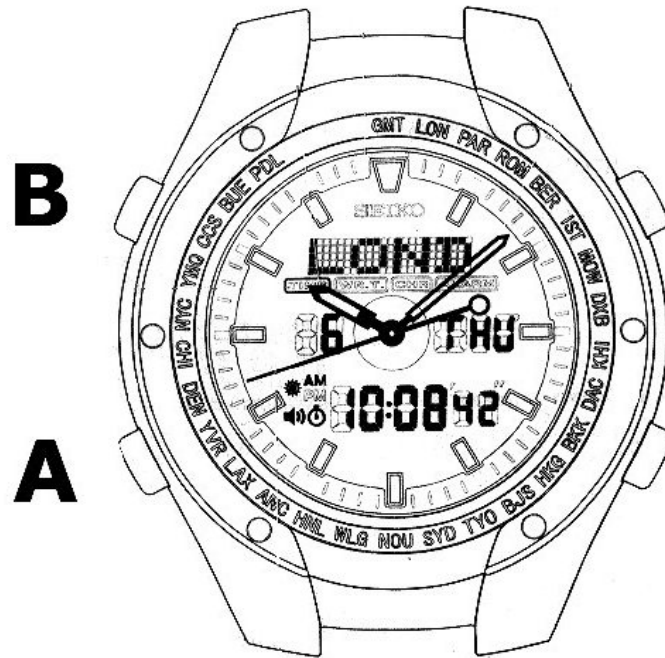1. Press to show Time/Calendar (go to B1).

C

1. Press to select an item (flashing) to be adjusted, (go to D2). Note: When on "seconds set," press "D" to zero out seconds. When on "hour set" Press "D" repeatedly to set minute and hour hands to match digital time.

D

1. Press to select the city representing your area (go to C1)
2. Press to adjust the selected item.

World Time Mode

B

C

1.Press to select city of choice (go to D1).

A

1. Press to show World Time mode (go to C1).

D

1. Press for 3 seconds if daylight savings time.

Note: World Time is automatically set once you set time for your city.

Stopwatch Mode ("Chrono")

B

A

1. Press to show
   Stopwatch mode
   (go to D1).

C

1. Press to start stopwatch.
   Press again to stop
   (return to D1).

D

1. Press to set digital
   counter to "0" (go to C1).

Alarm Mode

B

1. Press for 3 seconds to show alarm setting display (go to D1)
2. Press to return to alarm mode.

A

1. Press to show Alarm mode (go to B1).

C

1. Press to select item (flashing) to be adjusted (go to D2).

D

1. Press to select city (go to C1)
2. Press to adjust selected item. When done go to B2.