Seiko Series SHA (8V22)
World Time Alarm

FEATURES
◆ Hour, minute and second hands and 24 hour hand.
◆ Alarm can be set on a 24-hour basis.
◆ Time of 12 cities in different time zones is displayed.
◆ Daylight saving time can be displayed.
◆ Time in a different time zone can be set.
◆ Use the "Ø Match" mode to put hour, minute,
  seconds and 24-hour hands in the 12 o'clock position.

Button B

Button A

Button C

Rotating Bezel

24 Hour Hand

HOW TO SET ZERO MATCH
1. Turn rotating bezel to set "Ø Match" at the 12 o'clock position.
2. Press button "A" repeatedly to reset second hand
   to the 12 o'clock position.**
3. Press button "B" repeatedly to reset hour and minute hands
   to the 12 o'clock position.**
4. Press button "C" repeatedly to reset 24-hour hand to the 12 o'clock position.**

HOW TO SET TIME
1. Turn rotating bezel to set "Time" or "Alarm on" at the 12 o'clock position.
2. Press button "A" for 1 second.
3. Press button "B" or "C" repeatedly to set hour and minute hands to the desired time.**
   By pressing button "B or "C", the hands move clockwise or counterclockwise, respectively.*
4. Press button "A" to register the set time.

HOW TO SET ALARM
1. Turn rotating bezel to set "Alarm set" at the 12 o'clock position.
2. Press button "A" for 1 second.
3. Press button "B" or "C" repeatedly to set hour and minute hands to the desired alarm time.**
   By pressing button "B" or "C", the hands move clockwise or counterclockwise, respectively.*
4. Press button "A" to register the set alarm time.
A. Alarm Engagement/Disengagement

   • To engage, turn rotating bezel to set "Alarm on" at the 12 o'clock position.
   • Alarm rings at the designated time for 20 seconds.
   • Alarm rings on the basis of the time set only for time mode, not the time of World time or dual time mode.
   • To stop it, press button "A", "B" or "C".
   • To disengage, turn rotating bezel to set "Time" at the 12 o'clock position.
   • To check the designated time, turn to set "Alarm set" at the 12 o'clock position.
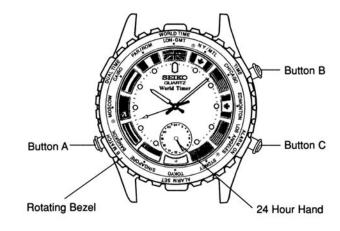
HOW TO USE AND SET WORLD TIME
1. Turn rotating bezel to set "World Time" at the 12 o'clock position.
2. To show the World Time press button "B" or "C" repeatedly to move second hand
   to the desired city on the bezel. Hour, minute and 24-hour hands move to indicate the time for the city.
A. World Time Setting (1)
   • To set World Time press button "B" or "C" repeatedly to move second hand to the desired city on the bezel.
   • Press button "A" until a beep sounds.
   • Press button "B" or "C" to set hour and minute hands to the current time for the city.
   With each press of button "B" or "C", the hands advance or move back 30 minutes, respectively.*
   • Press button "A" to register the set world time.
B. World Time Setting (2)
   (If your local area is included in one of the 12 time zones on the bezel)
   • Press button "B" or "C" repeatedly to move second hand to the city on the bezel that represents your local area.
   • Press button "A" until a beep sounds. The time you have set in time mode will be transferred to World Time mode.
   • Press button "A" to register the transfered time.
C. A Convenient Way of Using World Time Mode
   • The times set in World Time mode can be transferred to Time mode one by one. When you travel abroad,
   the time of the city you visit can be shown on the watch without resetting the hands.
   • Turn rotating bezel to set "World Time" at the 12 o'clock position.
   • Press button "B" or "C" to set second hand to the city on the bezel that represents the place you visit.
   • Turn rotating bezel to set "Time" at the 12 o'clock position.
   • Press button "B" for 3 seconds to transfer the time from World Time to Time mode.

HOW TO SET AND USE DUAL TIME

1. Turn rotating bezel to set "Dual time" at the 12 o'clock position.
2. Press button "A" until a beep sounds.
3. Press button "B" or "C" repeatedly to set hour and minute hands to the desired time.**
   With each press of button "B" or "C", the hands advance or move back 30 minutes, respectively.*
4. Press button "A" to register the set time.

A. Operation After the Battery Change

   - Press button "A", "B" or "C" at the same time for 1 to 2 seconds in any one of the modes.
   - Then, reset hour, minute, second and 24-hour hands to the 12 o'clock position following the procedure in "Zero match".
   - After adjusting the hand position, set the time, alarm time, world time and dual time following the procedures in "Time setting".

* As hour and minute hands move, the 24-hour hand also moves correspondingly to show the time in the 24-hour indication.
Check that the 24-hour hand is also set correctly.
** Hand moves quickly if the button is kept pressed for 1 to 2 seconds. To stop the moving hand, press button "A", "B" or "C".