

# Seiko Series SHY (7T39)

## Alarm Chronograph with Dual Time

### FEATURES

- ◆ Hour, minute, small second and 24-hour hands.
- ◆ Date and day of the week are displayed in the calendar frame.
- ◆ Dual Time, 24-hour hand can indicate the time in a different time zone.
- ◆ Time difference adjustment during trip. Hour hand can be set independently of the other hands. Therefore, when you travel abroad, the time and calendar of the place you visit can be shown with only a turn of the hour hand.
- ◆ Regular alarm can be set on a 12-hour basis with two small hands.
- ◆ Single-time alarm can be set to ring only once at a designated time.
- ◆ Chronograph can measure up to 12 hours in 1/5 second.

### HOW TO CHECK THE CHRONOGRAPH HAND RESET POSITION

NOTE: After battery charge be sure to short the AC point of the circuit with battery (+).

1. Be sure crowns 1 & 2 are in the normal position.
2. Press button "A" once to start the chronograph hand, then press the button "A" once again to stop the chronograph hand.
3. Press button "B" once; hand should reset to the "0" position.  
If hand does not reset to "0" follow "How to Reset the Chronograph Hands to "0" Position."

### HOW TO RESET THE CHRONOGRAPH HANDS TO "0" POSITION

1. Pull crown 1 out to the second click position.
2. Press button "A" to reset the chronograph minute hand to "0" position.
3. Press button "B" to reset the chronograph second hand to "0" position.
4. Press crown 1 back into normal position.

### HOW TO SET TIME AND CALENDAR

1. Pull crown 1 out to second click and turn to set minute and 24-hour hands, then push back into normal position.
2. Pull crown 2 out to second click and turn to set hour hand, then push back into normal position.
3. Pull crown 1 out to first click and turn clockwise to set the desired day of the week.
4. Turn crown 1 counterclockwise to set the desired date.
5. Push crown 1 back into normal position.

### HOW TO SET THE ALARM

#### 1. Before Using Alarm

- Pull crown 1 out to second click.
- Press button "C" to set small alarm hands to the current time.\*\*
- Turn crown 1 to set minute and 24-hour hands to the current time, then push back into normal position.

#### 2. Regular Alarm

- Pull crown 2 out to first click.
- Press button "C" to set small alarm hands to the desired alarm time.\*\*
- To engage alarm pull crown 2 out to first click. Alarm rings at the designated time for 20 seconds.
- To stop it, press button "A", "B" or "C".
- To disengage, push crown 2 back into normal position.

#### 3. Single Time Alarm

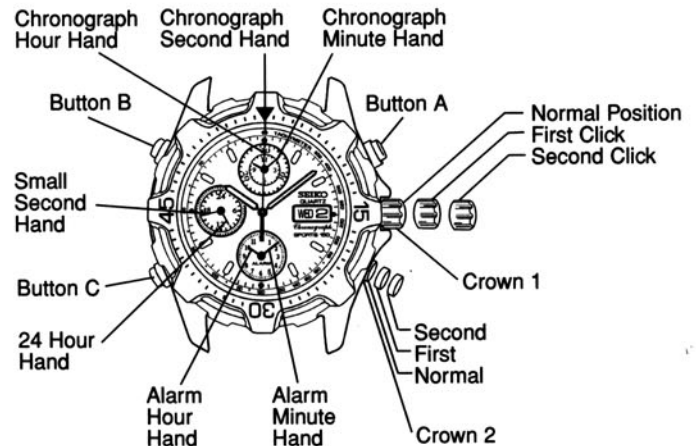
- Set crown 2 at normal position
- Press button "C" to set small alarm hands to the desired alarm time.\*\*
- By pressing button "C" to set alarm time, single-time alarm is automatically engaged. Alarm rings at the designated time for 20 seconds and is automatically disengaged.
- To stop it, press button "A", "B" or "C".
- To disengage, pull crown 2 out to first click and push back into normal position.

#### 4. To Ring the Alarm on the basis of the Time of a Different Time Zone

- Set crown 1 at normal position or first click.
- Pull crown 2 out to second click.
- Press button "C" to set small alarm hour hand to the time of the place you visit.\*\*
- Push crown 2 back into normal position.

Note:

- If regular alarm has been previously set and is engaged, it will ring on the basis of the time you set above. To ring the alarm at the same time every day when you are traveling around different time zones, you have only to adjust the alarm hour hand to the current time of the place you are visiting and engage the alarm.
- To ring the single-time alarm on the basis of the time you set above, reset the single-time alarm again.



---

### HOW TO USE THE CHRONOGRAPH

Before using chronograph, be certain the crowns 1 and 2 are set in the normal position. Press button "B" to set chronograph hands to "0".

#### 1. Standard Measurement

- Press button "A" to start and stop.
- To reset push button "B".

#### 2. Accumulated Elapsed Time Measurement

- Press button "A" to start, stop, and re-start.
- To reset push button "B".

#### 3. Split Time Measurement

- Press button "A" to start.
- Press button "B" to measure split time and then again to release.
- To stop press button "A"; to reset push "B".

#### 4. Measurement of Two Competitors

- Press button "A" to start.
- To measure the finish time of the first competitor press button "B".
- When the second competitor finishes press button "A"; to measure the finish time press "B".
- To reset press button "B".

---

### HOW TO SET THE DUAL TIME

1. Pull crown 1 out to second click and turn to set minute and 24-hour hands to the time of a desired area.
2. Push crown 1 back in to normal position.
3. Pull crown 2 out to second click and turn to set hour hand to the current time of your area.
4. Push crown 2 back in to normal position.

#### A. Time Difference Adjustment During Trip

- Set crown 1 at normal position or first click.
- Pull crown 2 out to second click and turn to set hour hand to the time of the place you visit.
- To put back the time, turn crown 2 clockwise. To advance the time, turn crown 2 counterclockwise.
- As hour hand passes 12:00 p.m., date and day change correspondingly.
- Push back in to normal position.
- Each time you move to another time zone during your trip, repeat the procedure above to display the time of place you visit.

\*\* Hand moves quickly if the button is kept pressed.