

WARNING The symbol and character indicate that unless the following safety regulations are strictly observed, serious personal injury may result.

CAUTION The symbol and character indicate that unless the following safety regulations are strictly observed, slight personal injury or property may result.

Caliber

VJ21-VJ32
VD54-VD56-VD57-VD74-VD75-VD76
VD77-VD78-VD84-VD85-VD86
VC01-VC11

apptime
MADE IN JAPAN

TWO YEARS WARRANTY

purchase store name

date of purchase

(Please read the warranty before use)

TERMS OF WARRANTY
This Product will be repaired or replaced free of charge for the period of two years from the date of purchase if it should malfunction during normal use. In this case, please present this Warranty and your receipt or Internet shopping delivery sheet with this product.
This warranty does not apply to any of the following cases.
1) Damage caused by unauthorized use or abuse,
2) Damage caused by unauthorized repair or reconditioning,
3) Damage caused by fire or an Act of God,
4) Esthetic change caused by minor scratches on the case, glass, or watchband during normal use,
5) Battery replacement,
6) Any watchband other than metal watchbands.
The case, dial, hands, glass, bracelet, or parts thereof may be replaced with substitutes if the originals are not available.
● This Warranty guarantees that you can receive free repair or replacement in accordance with the terms set forth herein and within the specified period, and shall not restrict any lawful right of the Customer.

(Manufacturer)
Seiko Instruments Inc.

www.apptime.com

REMARKS ON LUMINESCENCE

● **Note on Luminescence**
Luminescence is a luminous paint that is completely harmless to human beings and natural environment, containing no noxious materials such as radioactive substance.
Luminescence is a newly-developed luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark.
For example, if exposed to a light of more than 500 lux for approximately 10 minutes, Luminescence can emit light for 4 to 5 hours. Please note, however, that as Luminescence emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

<Reference data on the luminance>
Sunlight
(Fine weather): 100,000 lux
(Cloudy weather): 10,000 lux
Indoor (Window side during daytime)
(Fine weather): more than 3,000 lux
(Cloudy weather): 1,000 to 3,000 lux
(Rainy weather): less than 1,000 lux
Lighting apparatus (40-watt daylight fluorescent light)
(Distance to the watch: 1m): 1,000 lux
(Distance to the watch: 3m): 500 lux
(Distance to the watch: 4m): 250 lux

SPECIFICATIONS

- Frequency of crystal oscillator:
32,768Hz (Hz=Hertz=Cycles per second)
- Loss/gain (monthly rate):
Less than 20 seconds at normal temperature range (5 °C to 35 °C) (When wearing the watch)
- Operational temperature range:
-5 °C to +50 °C (23 °F to 122 °F)
- Driving system: Step motor
- Battery & Battery life:
-VJ21, VJ32 Silver oxide battery (SR621SW)
Battery life: Approx. 3 years
-VD54, VD56, VD57 Silver oxide battery (SR920SW)
Battery life: Approx. 2 years
-VD74, VD75, VD76, VD77, VD78, VD84, VD85, VD86 Silver oxide battery (SR626SW)
Battery life: Approx. 3 years
-VC01, VC11 Silver oxide battery (SR521SW)
Battery life: Approx. 2 years
- Integrated Circuit: C-MOS-LSI, 1 piece

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

HOW TO SET (VD74 / VD75 / VD76 / VD84 / VD85 / VD86)

apptime comes in two different shapes of day window; round shape for models VD74/VD75/VD76; folding-fan shape for models VD84/VD85/VD86. How to use the day window is the same and it is explained and illustrated below using the folding-fan shape model.

1. PART NAMES AND FUNCTIONS

Hour Hand, Minute Hand, 24-hour hand, Date calendar hand, Day calendar hand, Second Hand, Crown, Normal position, Time setting, Time/day setting.

2. TIME/DATE/DAY SETTING

- Pull out the crown to the second click when the second hand is at the 12 o'clock position, and the second hand stops.
- Turn the crown rotation to set the day of the week. Turn the crown to set the hour and minute hands to the time. (Check that AM / PM is set correctly.)
To advance the day hand quickly, turn back the hour and minute hands 4 to 5 hours beyond the point, the day normally changes, and then advance them again until the day hand is set to the next. The day hand will not move back by turning the crown counterclockwise.
Do not set the date between 10:00 P.M. and 2:00 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 you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.
- Push the crown back in to the normal position in accordance with a time signal.
- Pull out the crown to the first click.
- Turn the crown counterclockwise to set the date.
- Push the crown back in to the normal position.

HOW TO SET (VD77 / VD78)

1. PART NAMES AND FUNCTIONS

Hour Hand, Minute Hand, 24-hour hand, Second Hand, Crown, Normal position, Not used, Time setting.

2. TIME SETTING

- Pull out the crown to the second click when the second hand is at the 12 o'clock position, and the second hand stops.
- Turn the crown to set the hour and minute hands to the time. (Check that AM / PM is set correctly.)
When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.
- Push the crown back in to the normal position in accordance with a time signal.

HOW TO SET (VJ21 / VC01 / VC11)

- Pull out the crown when the second hand is at the 12 o'clock position, and the second hand stops.
The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.
- Turn the crown to set the time.
- Push in the crown in accordance with a time signal.
Telephone time casing service (TEL 117) might be helpful when you set the time.

EASY ADJUST BAND

1. ADJUST

- Hold up the band up and remove it from the supporting hook.
- Adjust the band to your arm while sliding the band.
- Put the hook through the appropriate hole of the band.

2. WEARING CAUTION

Wear the watch on your wrist so that the band will not be caught on the hook.

Correct Wrong

HOW TO SET (VD54 / VD56 / VD57)

1. PART NAMES AND FUNCTIONS

Hour Hand, Stopwatch Minute Hand, Stopwatch Second Hand, Second Hand, Minute Hand, Button, Crown, Normal position, Time setting, In stopwatch function Start/stop, In stopwatch function Split/ Split release/Reset.

2. TIME/DATE SETTING

Before setting the time, check if the stopwatch 1/10 second, second and minute hands are in the "0" (12 o'clock) position. If either of the stopwatch hands are not in the "0" position, see "4. ADJUSTING THE STOPWATCH HAND POSITION".

Before setting, the time, check that the chronograph measurement is stopped.

4. ADJUSTING THE STOPWATCH HAND POSITION

When the battery is replaced with a new one, the time information stored in the built-in IC and the time indicated by the stopwatch hands do not correspond with each other. Reset the stopwatch hands to "0" position following the procedure below. If the stopwatch hands should move improperly, also follow the same procedure.

- Pull out the crown when the second hand is at the 12 o'clock position. The second hand will stop on the spot.
If the crown is of a screw lock type, unscrew it by turning it counterclockwise, and then pull it out.
While the crown is at the extended position, do not press any button. Otherwise, the stopwatch second hand will move. (For details, see "4. ADJUSTING THE STOPWATCH HAND POSITION".)
- Turn the crown to set the hour, minute and 24-hour hands to the desired time. As the hour hand moves, the 24-hour hand also moves correspondingly.
The mechanism of the quartz watch is different from that of the mechanical one. To set the time accurately, first advance the minute hand 4 to 5 minute ahead of the desired, and turn it back to the exact minute.
- Push the crown back in to the normal position in accordance with a time signal.
If the crown is of the screw lock type, screw it in completely by turning it clockwise while pressing it.
The telephone time signal service (TEL 117) is helpful for setting the exact time.

HOW TO SET (VD54 / VD56 / VD57)

1. TIME/DATE SETTING

- Pull out the crown to the first click.
If the crown is of a screw lock type, unscrew it by turning it counterclockwise, and then pull it out to the first click.
The crown can be pulled out to the second click. Check that it is pulled out to the first click when you change the date.
- Turn the crown clockwise until the previous day's date appears.
Do not set the date between 9:00 P.M. and 2:00 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.
- Pull out the crown all the way to the second click, and advance the hour and minute hands by turning the crown until the desired date appears. And then, set the hands to the desired time by turning the crown. (Check that AM/PM is set correctly.)
Pull out the crown to the second click when the second hand is at the 12 o'clock position. It will stop on the spot.
When the crown is at the second click position, do not press any button. Otherwise, the stopwatch hands will move. (For details, refer to "4. ADJUSTING THE STOPWATCH HAND POSITION".)
The mechanism of the quartz watch is different from that of the mechanical one. To set the time accurately, first advance the minute hand 4 to 5 minute ahead of the desired, and turn it back to the exact minute.
- Push the crown back in to the normal position in accordance with a time signal for "00" seconds.
If the crown is of a screw lock type, screw it in completely by turning it clockwise while pressing it.
The telephone time signal service (TEL 117) is helpful for setting the exact time.

● **DATE ADJUSTMENT AT THE END OF THE MONTH**
It is necessary to adjust the date at the end of February and 30-day months.
[To adjust the date in the A.M. period on the first day of the month following a 30-day month]
① The watch displays "31" instead of "1".
Pull out the crown to the first click.
② Turn the crown clockwise to set the date to "1", and then push the crown back in to the normal position.

3. HOW TO USE THE STOPWATCH

● The measured time is indicated by the stopwatch hands that move independently of the center hands.
● The stopwatch can measure up to 60 minutes in 1/10 second.

Standard measurement Ex.) 100 m race
(Press the buttons in the following order: ① → ② → ③)

Accumulated elapsed time measurement Ex.) Basketball game (Press the buttons in the following order: ① → ② → ③ → ④ → ⑤ → ⑥)

Split time measurement Ex.) 5,000 m race (Press the buttons in the following order: ① → ② → ③ → ④ → ⑤ → ⑥)

* Restart and stop of the stopwatch can be repeated as many times as necessary by pressing button ①.

* Measurement and release of the split time can be repeated as many times as necessary by pressing button ②.

* "Split time" refers to an elapsed time required to cover a distance from the start to a given point.

4. ADJUSTING THE STOPWATCH HAND POSITION

When the battery is replaced with a new one, the time information stored in the built-in IC and the time indicated by the stopwatch hands do not correspond with each other. Reset the stopwatch hands to "0" position following the procedure below. If the stopwatch hands should move improperly, also follow the same procedure.

- Pull out the crown. Pull out the crown to the second click for VD57.
- Keep buttons ④ and ⑤ pressed at the same time for 2 seconds, and then, release the buttons.
The stopwatch second hand moves back and returns to where it was.
- Press button ④ or ⑤ to reset the stopwatch hands to "0" position.
● VD54:
-By pressing button ④, the hands move counterclockwise.
-By pressing button ⑤, the hands move clockwise.
● VD56-VD57:
-By pressing button ④, set the stopwatch 1/10 second hand.
-By pressing button ⑤, set the stopwatch second and minute hands.
The stopwatch minute hand moves correspondingly with the stopwatch second hand.
The hands move quickly if the respective buttons are kept pressed.
- Turn the crown to set the hour, minute hands to the desired time, and push the crown back in to the normal position. (For details, refer to "2. TIME/DATE SETTING".)

HOW TO SET (VJ32)

1. TIME/DATE SETTING

- Pull out the crown to the first click.
The crown can be pulled out to the second click. Check that it is pulled out to the first click when you change the date.
- Turn the crown clockwise until the previous day's date appears.
Do not set the date between 9:00 P.M. and 2:00 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.
- Pull out the crown all the way to the second click, and advance the hour and minute hands by turning the crown until the desired date appears. And then, set the hands to the desired time by turning the crown. (Check that AM/PM is set correctly.)
Pull out the crown to the second click when the second hand is at the 12 o'clock position. It will stop on the spot.
The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time. When setting the time, the minute hand may move. This does not mean malfunction. In that case, be sure to reset the time before use.
- Push the crown back in to the normal position in accordance with a time signal for "00" seconds.
The telephone time signal service (TEL 117) is helpful for setting the exact time.

● **DATE ADJUSTMENT AT THE END OF THE MONTH**
It is necessary to adjust the date at the end of February and 30-day months.
[To adjust the date in the A.M. period on the first day of the month following a 30-day month]
① The watch displays "31" instead of "1".
Pull out the crown to the first click.
② Turn the crown clockwise to set the date to "1", and then push the crown back in to the normal position.

TO PRESERVE THE QUALITY OF YOUR WATCH

● **PRECAUTIONS ON WEARING YOUR WATCH**

WARNING

- In case you tumble, fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
- When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.
- Your watch may damage property or malfunction depending on your actions when wearing it. Special care should be taken.

CAUTION

- When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.

● **CARE OF YOUR WATCH**

CAUTION

- The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust or those who have a delicate skin may have a rash.
- After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, thus allowing for prolongation of the life of the gasket.
- Your watch is extremely sensitive to chemicals, including benzine, thinner, alcohol, detergent and other organic solvents. Keep your watch away from chemicals and avoid their chemical reaction to your watch. If not, it may be deteriorated.
- (Leather band)
When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
- (Metal band)
Clean the watch band with a soft toothbrush dipped in water or soapy water, and be sure to blot up the moisture using a soft dry cloth. If your watch is not water-resistant, be careful not to get the case wet when cleaning.
- (Soft plastic band)
If your watch has a soft plastic band such as urethane band, do not leave the watch under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the band may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water. Otherwise, the band may be discolored in a very short time.
When the band is soiled, rinse it in soapy water. Do not use solvents for cleaning as some solvents may deteriorate the band.
If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use.

● **RASH AND ALLERGY**

CAUTION

- Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or disorder depending on your physical condition.
- The possible causes of the rash are as follows:
1. Allergy to metals or leathers
2. Rust, dust or perspiration on the watch or band
3. If you develop any skin reactions, take off the watch and consult a doctor immediately.

● **WATER RESISTANCE**

Check the dial or case back of your watch for the water resistant quality, and then see the table below.

Indication for water resistance (on the back of your watch case)	Degree of water resistance	Condition of use			
		Designed and manufactured to withstand the water usually experienced in a daily living such as swimming and kitchen work.	Designed and manufactured for swimming and kitchen work.	Skindiving without scuba.	Genuine diving using scuba or bellows.
WATER RESISTANT is inscribed.	Water resistance 5 BAR	○	×	×	×
WATER RESISTANT 5, 10 BAR is inscribed.	Water resistance 10 BAR	○	○	○	×

WARNING

- NEVER WEAR 10-bar water-resistant watch during saturated diving and air diving.
- NEVER WEAR 5-bar water-resistant watch during any type of diving including skin diving.
- NEVER PUT 3-bar water-resistant watch into water.

CAUTION

- After you use a 10-bar or 5-bar water-resistant watch in a bathing place, remove salt, etc as soon as possible. If not, the watch may be rusted. If you reuse the watch under running water, excessive water pressure applies to the watch, this causing a failure in its water resistance. Always rinse the watch in a pot or bowl and be careful not to apply excessive water pressure to the watch.
- If a leather band gets wet, its durability may be affected.

● **PLACES TO KEEP YOUR WATCH**

When not in use, the watch may be damaged, deteriorated or broken in any of the following cases:

- If the watch is exposed to a temperature below -5°C or above +50°C for a long time, its performance may be impaired or it may stop operating.
- If the watch is exposed to direct sunlight, high temperature or low temperature for a long time, it may gain or lose in timekeeping.
- If the watch is exposed to magnetic leakage from TV sets, speakers, mobile phones, magnetic necklaces, etc., it may gain or lose in timekeeping.
- If the watch is exposed to strong vibration, it may be broken or gain or lose in timekeeping.
- If the watch is exposed to chemicals or chemical steam, it may deteriorate or broken.
Examples of chemicals: Benzine, thinner, manure, cosmetics spray solvents, cleaners, toilet solvents, adhesive agents, mercury, iodized disinfectants, insect repellents, etc.
- If the watch is exposed to hot spring water or other special environment or put in a box containing insect-killer, it may be deteriorated.
- It is recommended that the watch be put in a clean box or case and stored in a well-ventilated place.

● **PERIODIC CHECK**

We suggest that you have your watch checked every 2 or 3 years by the retailer from whom you purchased the watch. Depending on how the watch is used, the lubrication of the watch mechanism may become insufficient, parts may become worn due to impurities in the lubricating oil, or the watch may be running noticeably fast or late. Seals, etc., may also become worn and the watch may stop being waterproof. Take your watch to the retailer from whom you purchased it for inspection and adjustment through disassembly/cleaning.
When replacing the parts such as battery, please specify "GENUINE PARTS".
It is recommended that the gasket and the push-pin be also replaced with new ones.

REMARKS ON THE BATTERY

1. MONITOR BATTERY

The battery in your watch may run down in less than the specified period after the date of purchase, as it is a monitor battery inserted at the factory to check the functions and performance of the watch.

2. BATTERY REPLACEMENT

- For battery replacement, be sure to have the battery replaced with a genuine battery at the retailer or the dealer from whom you purchased the watch.
- If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
- Battery replacement is charged even if it runs down within the guarantee period.

WARNING

- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- 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 the child swallows it, consult a doctor immediately as it will affect the health of the child.

CAUTION

- Do not leave your watch out of the room temperature from 5°C to 35°C for a long time. Doing so may shorten the battery life or cause a malfunction due to battery leakage.