

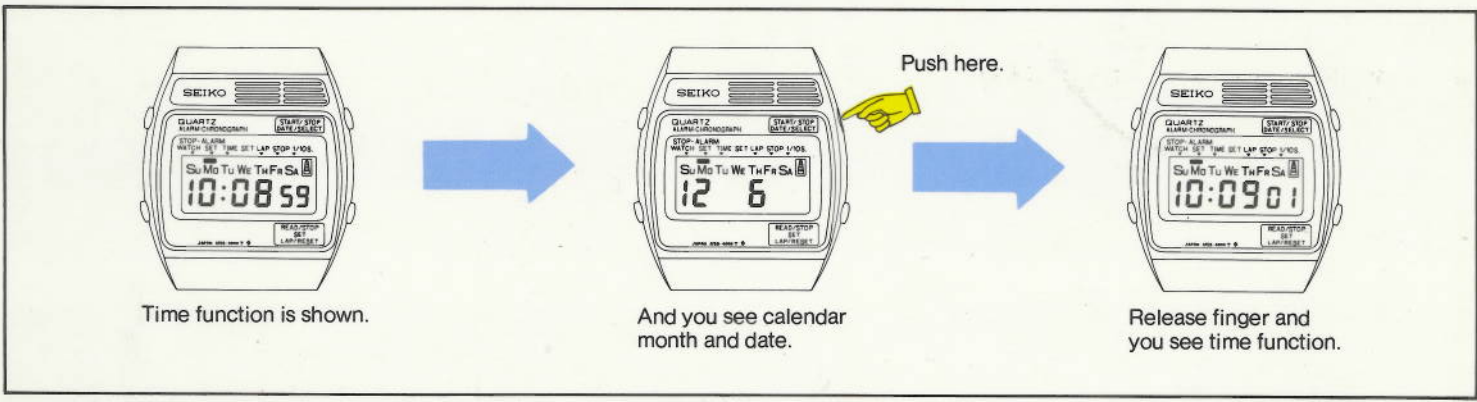
# SEIKO QUARTZ

## Cal. A158 Cal. A159 Alarm Chronograph

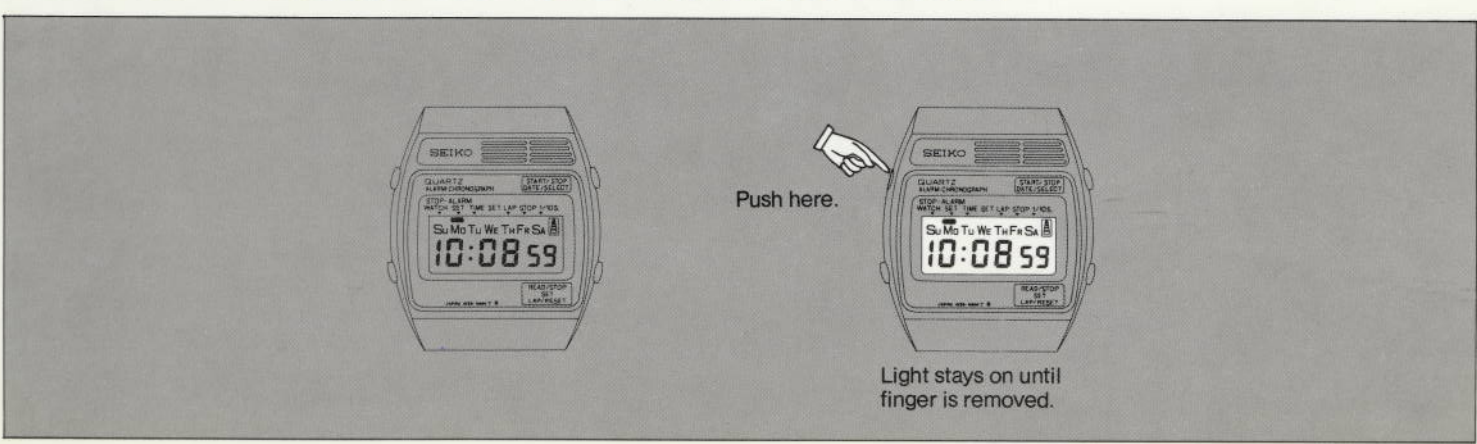


- **Stopwatch Function**  
Measures minutes, seconds, and 1/10 seconds. Also measures lap time.
- **Alarm Function**  
Alarm sounds precisely at the preset time.
- **Illuminating Light**  
Lights up the digital display of each mode.
- **Battery**  
Use one SEIKO SB-BU, MAXELL SR 1130W or U.C.C. 389 silver oxide battery. Battery life is approximately 2 years without requiring a change. Then, simply have the battery changed at an authorized SEIKO dealer.

## HOW TO OBTAIN THE MONTH AND DATE



## HOW TO OPERATE THE ILLUMINATING LIGHT



# HOW TO USE THE STOPWATCH FUNCTION

(Red print shows which digits are flashing)

STOP-ALARM WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa

Start from time function.

Push once to change into the stopwatch function.

Push to start stopwatch running.

START.

STOP-ALARM WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa

LAP TIME.  
Push once to see lap time.

Note: When watch is on time function, there is no flashing.

## Continuous time measurement of two competitors in one event.

Start

Start

When the first competitor crosses the finish line, push to record the time.

When the second competitor crosses the finish line, push right upper button.

To see the time of the second competitor, push right lower button.

# HOW TO SET ALARM FUNCTION

(Red print shows which digits are flashing)

STOP-ALARM WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa

Start from time function.

Push twice for alarm setting mode. A→AM P→PM

Push to advance hour alarm setting.

Note: When watch is on time function, there is no flashing.

## HOW TO STOP THE ALARM

Peep Peep

To stop alarm, push here.

STOP.

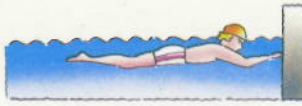

Alarm sounds for one minute before stopping automatically.

Cal. A159 How To Release



STOP-ALARM WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa

Push to stop the stopwatch. You see the elapsed time.






STOP.

Push here to reset stopwatch to 0:00.0.

STOP-ALARM WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa



Push to change back to time function.

STOP-ALARM WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa

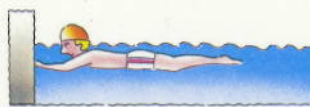

STOP-ALARM WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa

LAP RELEASE.  
Push again for accumulated elapsed time.





STOP.


Push to stop stopwatch.


RESET.




Push here to change to minute setting.




Push to advance minute alarm setting.



Push to change back to time function.






**Alarm Function**

To release the Alarm function, push both buttons on the right side. (The Alarm Mark  will disappear.)

**Cal. A158 How to Set and Release "Time Signal" and Alarm Functions**



Note (for sales demonstration): Push both buttons continuously for 2 or 3 seconds and the alarm will sound continuously.

- The A158 Alarm Chronograph model can be set to give a time signal automatically every hour. How to set:
- When the Alarm Mark  is shown, the alarm is set.
  - To set the "Time Signal" function, push both buttons on the right side at the same time. The Alarm Mark  is now flashing. (This indicates that both Alarm and "Time Signal" functions are set.)
  - To stop the "Time Signal" function and alarm function, push both buttons again. (The Alarm Mark  will disappear.)

# HOW TO SET THE TIME AND CALENDAR

(Red print shows which digits are flashing)

Start from time function.

STOP-ALARM  
WATCH SET TIME SET LAP STOP 1/10S.  
Su Mo Tu We Th Fr Sa



Push 3 times.

**Second**

Push to set to 00.



Push to convert to minute changing mode.



1st push

Push once for every minute you want to advance.



**Minute**

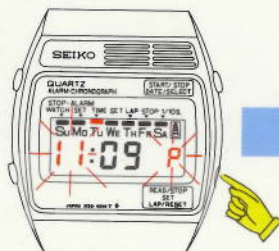
Push to convert to hour changing mode.



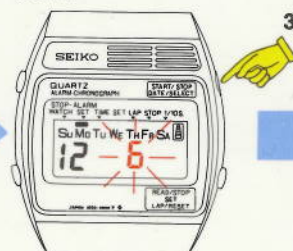
A→AM  
P→PM

**Hour**

Push once for every hour you want to advance.



Push to convert to calendar date changing mode.



**Date**

Push once for every date you want to advance.

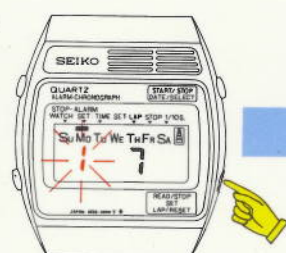


Push to convert to calendar month changing mode.

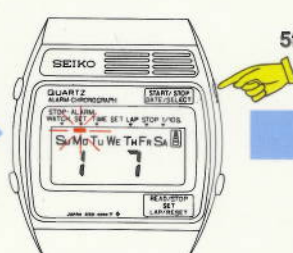


**Month**

Push once for every month you want to advance.

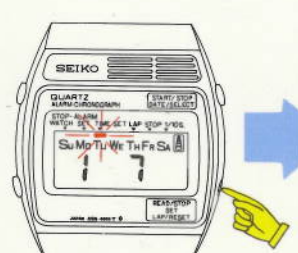


Push to convert to weekday changing mode.

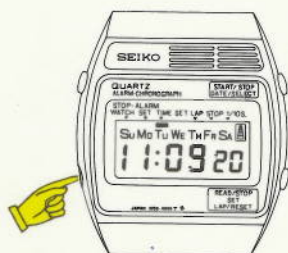


**Day of week**

Push once for every weekday you want to advance.



Push to change back to time function.



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