

# Seiko Alarm Chrono

## Cal. 7T32 - Setting Instructions

Created 05-07-2001



Refer to the instructions below for directions on how to set this watch  
*Note: your watch may have a different case or face than the one shown in the pictures.  
The important thing is that they all share the same basic movement.*

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### All Reset

All reset is used when first setting the watch or when there is unusual or erratic operation.

- A - Pull Crown 1 out to the *second click*.
- B - Press Button A and Button B simultaneously.
- C - Push Crown 1 back in to the normal position.

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### Zeroing the hands

After all reset the hands and calendar must be "Zeroed" to provide a starting point for setting the watch.

- A - Pull Crown 1 out to the *second click*.
- B - \* Press Button A to move the chrono minute hand to the zero position.
- C - \* Press Button B to move the chrono second hand to the zero position.
- D - Push Crown 1 back in to the normal position.
- E - After adjusting the zero positions proceed to adjusting time and calendar.

\* Keep the button pressed to move the hand rapidly.

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### Setting the Date

- A - Pull Crown 1 out to the *first click*.
- B - Turn the crown clockwise until the date for the previous day appears.

- C** - Pull Crown 1 out to the *second click* and turn until the desired day appears.
- D** - Push crown 1 back in to the normal position.

Note: Do not set the date between 9:00 p.m. and 3:00 a.m. Otherwise the date may not change properly.  
Note: Since this watch is not a perpetual calendar it will be necessary to reset the date in February and 30 day months.

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### Setting the Time

- A** - Pull Crown 1 out to the *second click* when the Small Second Hand is at the zero position
- B** - Turn the crown to the correct hour and minute. Make sure that AM/PM is correctly set or the date will change incorrectly.
- C** - When the time signal is at zero push Crown 1 all the way in to start the watch.

Note: When setting the Hour hand make sure that AM/PM is correctly set.

Note: When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

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### Adjustment of Alarm hands

- A** - Pull Crown 2 out to the *second click*.
- B** - Turn the crown clockwise or counterclockwise to set the alarm hands to the current time on the main hands.
- C** - Push Crown 2 back in to the normal position.

Note: When setting Alarm the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

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### Setting Alarm Time

- A** - Pull Crown 2 out to the *first click*.
- B** - \* Press Button C to set alarm hands to the desired alarm time.
- C** - Push Crown 2 back in to the normal position.

\* Keep the button pressed to move the hand rapidly.

Note: If Crown 2 is pulled out to the first click within 1 minute after being pushed back in to normal position, the alarm sounds.

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### Alarm Engagement/disengagement

To engage the alarm:

- A** - Pull Crown 2 out to the *first click*.
- B** - The alarm will ring at the designated time for 20 seconds. To stop the alarm press Button A, B, or C, or push crown 2 back in to the normal position.
- C** - Push Crown 2 back in to the normal position.

To disengage the alarm:

- A** - Pull Crown 2 out to the *second click*.
- B** - The designated alarm time will cancelled with a warning beep. If the crown is pushed back in before the warning beep stops the designated alarm time will NOT be cancelled.
- C** - Push Crown 2 back in to the normal position.

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### Using the Chronograph

- A** - Make sure that Crown 1 and 2 are in their normal positions.
- B** - Press Button A to Start/Stop/Restart.

**C** - Press Button B to Split/Split Release/Reset.

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### **Using Dual Time Display**

When the alarm is not in use the small alarm hands can be used to indicate the time in a different time zone.

**A** - Pull Crown 2 out to the 2nd click and turn to set small alarm hands to the time of a different time zone.

**B** - Push Crown 2 back in to the normal position.

**C** - While Dual Time Display is used be sure to keep Crown 2 at the normal position to disengage the alarm.