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SEIKO SVAE301

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Model: SVAE301

INTRODUCTION

Thank you for purchasing the SEIKO ILLUMINATING LIGHT SVAE301 Stopwatch. This device is designed for precise timing in various activities, featuring a clear display, illumination, and multiple timing modes. Please read this manual carefully to ensure proper use and to maximize the lifespan of your stopwatch.





Front view of the SEIKO ILLUMINATING LIGHT SVAE301 stopwatch, showing the digital display and control buttons.

SETUP

Battery Installation/Replacement

The stopwatch comes with a pre-installed battery. When the display becomes dim or unresponsive, it's time to replace the battery. Refer to the battery compartment on the back of the unit. Use a small screwdriver to open the compartment, replace the old battery with a new CR2032 lithium coin cell battery, ensuring correct polarity (+/-), then securely close the compartment.

Initial Time Setting

1. Press the **MODE** button until the time display appears.
2. Press and hold the **ADJUST** button until the time digits begin to flash.
3. Use the **START/STOP** button to increase the value and the **LAP/RESET** button to move between hours, minutes, and seconds.
4. Once the desired time is set, press the **ADJUST** button again to confirm and exit the setting mode.

OPERATING INSTRUCTIONS

Basic Stopwatch Function

- Press the **MODE** button to select the stopwatch mode.
- Press **START/STOP** to begin timing.
- Press **START/STOP** again to pause timing.
- Press **LAP/RESET** while paused to reset the stopwatch to zero.

Two-Stage Display (Lap/Split & Total Time/Running Lap Time)

The SVAE301 offers a versatile two-stage display. In stopwatch mode, you can switch between viewing:

- **Lap Time / Split Time** Displays the time for the current lap and the cumulative split time.
- **Total Time / Running Lap Time** Displays the total elapsed time and the time for the current running lap.

Use the **DISPLAY** button (if available, or a combination with **MODE**) to cycle through these display options during timing.

Lap/Split Timing and Memory

This stopwatch can store up to 100 lap/split times.

1. Start the stopwatch using **START/STOP**.
2. Press **LAP/RESET** to record a lap time. The display will momentarily show the lap time and then return to the running total.
3. Continue pressing **LAP/RESET** for subsequent laps. The lap/split count (up to 999) will be displayed.
4. To review stored times, stop the stopwatch with **START/STOP**. Then, use the **RECALL** button (or **LAP/RESET** in some modes) to scroll through the recorded lap and split times.

Eco Mode

To conserve battery life, the stopwatch features an Eco Mode. When activated, the display may dim or turn off after a period of inactivity. Press any button to reactivate the display. Refer to the specific button combination in your quick start guide for activating/deactivating Eco Mode.

Internal Illumination (LED)

For visibility in low-light conditions, press the**LIGHT** button (usually located on the side or top) to activate the LED backlight. The light will remain on for a few seconds before automatically turning off.

Double Repeat Timer

The double repeat timer allows you to set two different countdown intervals that will repeat consecutively. This is ideal for interval training.

1. Press the **MODE** button to navigate to the Timer mode.
2. Press and hold **ADJUST** to enter timer setting mode.
3. Set the first timer interval (T1) using **START/STOP** and **LAP/RESET** buttons.
4. Repeat for the second timer interval (T2).
5. Press **ADJUST** to confirm settings.
6. Press **START/STOP** to begin the countdown. The timers will alternate and repeat until stopped.

MAINTENANCE

- **Cleaning:** Wipe the stopwatch with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then dry thoroughly. Do not use harsh chemicals or abrasive cleaners.
- **Water Resistance:** This stopwatch is generally splash-resistant but not waterproof. Avoid submerging it in water or exposing it to heavy rain.
- **Storage:** Store the stopwatch in a cool, dry place away from direct sunlight and extreme temperatures. If storing for an extended period, consider removing the battery to prevent leakage.
- **Battery Life:** The battery life is approximately 7 years, as indicated by the manufacturer. Replace the battery promptly when the display dims to ensure optimal performance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery. Unit may be in Eco Mode. Internal connection issue.	Replace the battery. Press any button to exit Eco Mode. If the display went blank after an impact, gently tap the back of the unit; this has been known to resolve temporary connection issues.
Buttons are unresponsive.	Dirt or debris under buttons. Low battery.	Clean around the buttons. Replace the battery.
Incorrect time displayed.	Time not set correctly.	Refer to the "Initial Time Setting" section to reset the time.

SPECIFICATIONS

- **Model Number:** SVAE301
- **Dimensions:** Approximately 79mm (width) x 62mm (height), 23.4mm (thickness)
- **Weight:** 71g (approximately 2.5 ounces)
- **Display Size:** 79mm
- **Functions:**

- Two-stage display (Lap/Split, Total Time/Running Lap Time)
 - Maximum 100 single memory for lap/split times
 - Running lap time display capability
 - Lap/Split count display (maximum 999 counts)
 - Eco Mode for power saving
 - Internal LED illumination (backlight)
 - Double Repeat Timer function
- **Battery Type:** CR2032 (Lithium Coin Cell)
 - **Battery Life:** Approximately 7 years

WARRANTY AND SUPPORT

This SEIKO product is covered by a manufacturer's warranty against defects in materials and workmanship. The specific terms and duration of the warranty may vary by region. Please retain your proof of purchase for warranty claims.

For technical support, warranty service, or inquiries about your SEIKO ILLUMINATING LIGHT SVAE301 stopwatch, please contact your local SEIKO authorized service center or the retailer from whom you purchased the product. Contact information can typically be found on the official SEIKO website or in the packaging materials.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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