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> SEIKO SVAJ103 Interval Timer Solar Watch User Manual

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Model: SVAJ103

INTRODUCTION

Thank you for choosing the SEIKO SVAJ103 Interval Timer Solar Watch. This manual provides essential information for the proper setup, operation, and maintenance of your new device. Please read these instructions carefully to ensure optimal performance and longevity of your watch.

The SEIKO SVAJ103 is a solar-powered interval timer and stopwatch designed for various timing needs, featuring a durable construction and 5 Bar water resistance.

PRODUCT OVERVIEW



Image 1: Front view of the SEIKO SVAJ103 watch, showing the digital display with time, date, and mode indicators. Buttons for LAP/SPLIT/RESET, RECALL, START/STOP, and MODE are visible around the display.



Image 2: Side profile of the SEIKO SVAJ103 watch, highlighting its ergonomic design and the 'SOLAR' branding on the side. The red casing and black buttons are clearly visible.



Image 3: Rear view of the SEIKO SVAJ103 watch, showing the product information label and the attached black lanyard. The label indicates 'SOLAR', 'WATER RESISTANT 5 BAR', and charging instructions.

SETUP

1. Initial Charging

The SEIKO SVAJ103 is solar-powered. Before initial use, expose the watch to direct sunlight for approximately half a day to ensure it is fully charged. This will activate the internal battery and ensure

stable operation. Avoid charging under artificial light for prolonged periods as it is less efficient than natural sunlight.

2. Setting Time and Date

1. Press the **MODE** button repeatedly until the time display mode is shown.
2. Press and hold the **SET** button until the display flashes, indicating setup mode.
3. Use the **SELECT** button to cycle through the settings (e.g., hour, minute, year, month, day).
4. Use the **LAP/SPLIT/RESET** button to adjust the flashing value.
5. Once all settings are correct, press the **SET** button again to exit setup mode.

OPERATING INSTRUCTIONS

Mode Selection

Press the **MODE** button to cycle through the available functions: Time Display, Stopwatch, and Interval Timer.

1. Stopwatch Function

1. Navigate to the Stopwatch mode using the **MODE** button.
2. Press **START/STOP** to begin timing.
3. Press **LAP/SPLIT/RESET** to record lap or split times.
4. Press **START/STOP** again to pause timing.
5. To reset the stopwatch, ensure it is stopped, then press **LAP/SPLIT/RESET**.
6. To recall stored lap/split times, press the **RECALL** button while in stopwatch mode.

2. Interval Timer Function

The SVAJ103 allows for setting up to 3 interval timer settings.

Setting an Interval Timer:

1. Navigate to the Interval Timer mode using the **MODE** button.
2. Press and hold the **SET** button to enter interval timer setup.
3. Use **SELECT** to choose which interval (1, 2, or 3) to set.
4. Use **LAP/SPLIT/RESET** to adjust the time for the selected interval.
5. Repeat for all desired intervals. Press **SET** to save and exit.

Using the Interval Timer:

1. In Interval Timer mode, press **START/STOP** to begin the sequence.
2. The watch will count down each interval and alert you when it transitions to the next.
3. Press **START/STOP** to pause the timer.
4. Press **LAP/SPLIT/RESET** to reset the timer sequence.

MAINTENANCE

Solar Charging

To maintain optimal performance, ensure your SEIKO SVAJ103 is regularly exposed to light. A half-day

charge in direct sunlight once a month is recommended for regular use. Avoid prolonged storage in dark places to prevent battery depletion.

Water Resistance (5 BAR)

The watch is water resistant up to 5 BAR (50 meters), making it suitable for showering, swimming, and general water activities. However, it is not designed for scuba diving or high-impact water sports. Do not operate buttons while the watch is submerged in water.

Cleaning

Wipe the watch with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used. Avoid using harsh chemicals or abrasive materials.



Image 4: A blue zippered carrying case, suitable for protecting the SEIKO SVAJ103 watch when not in use or during travel.

TROUBLESHOOTING

- **Display is blank or dim:** Ensure the watch is adequately charged by exposing it to direct sunlight for several hours.
- **Incorrect time/date:** Refer to the "Setting Time and Date" section under Setup to re-adjust the settings.
- **Buttons are unresponsive:** Check if the watch is in a specific mode that locks button functions. If not, ensure the watch is sufficiently charged.
- **Water ingress:** If water appears inside the watch, cease use immediately and contact SEIKO customer support.

If you encounter issues not covered here, please contact SEIKO customer support for assistance.

SPECIFICATIONS

Model Number	SVAJ103
Brand	SEIKO
Power Source	Solar Powered
Water Resistance	5 BAR (50 meters)
Material	Acrylic, Plastic
Item Weight	61 Grams
Number of Interval Settings	3
Color	Red

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official SEIKO website or contact your authorized SEIKO dealer. Keep your purchase receipt as proof of purchase.

For further assistance, visit the official SEIKO website: www.seikowatches.com