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SEIKO SSG021

SEIKO Coutura Radio Sync Solar Chronograph Watch SSG021 Instruction Manual

INTRODUCTION

This manual provides essential instructions for the proper use and care of your SEIKO Coutura Radio Sync Solar Chronograph Watch, model SSG021. This timepiece combines advanced solar charging technology with radio-controlled time synchronization, ensuring accurate timekeeping and reliable performance. Please read this manual thoroughly to understand all functions and maintain your watch effectively.





Image: Front view of the SEIKO Coutura SSG021 watch, showcasing its black dial, chronograph sub-dials, and two-tone stainless steel case and bracelet.

KEY FEATURES

- **Solar Powered:** Operates on light energy, eliminating the need for battery replacement. Features a 6-month power reserve when fully charged.
- **Radio Sync Function:** Automatically receives radio signals to precisely adjust time and calendar, ensuring high accuracy.
- **Chronograph:** Integrated stopwatch function for measuring elapsed time.
- **Date Calendar:** Displays the current date, automatically updated via radio signal.
- **LumiBrite Hands & Markers:** Luminous material on hands and markers for improved visibility in low light conditions.
- **Sapphire Crystal:** Highly scratch-resistant crystal protecting the watch face.
- **Water Resistance:** Rated for 10 bar (100 meters / 330 feet), suitable for swimming and snorkeling.

SETUP

1. Initial Charging

Upon first use or after a period of storage, ensure your watch is sufficiently charged. Place the watch dial facing upwards under direct sunlight or strong artificial light. A full charge can take several hours depending on light intensity. The power reserve indicator will show the current charge level.



Image: A SEIKO Coutura watch positioned to receive sunlight, demonstrating its solar charging capability.

2. Setting Time Zone and Radio Signal Reception

The watch automatically attempts to receive time signals. For optimal reception, place the watch near a window, away from electronic devices, preferably overnight. Manual time zone adjustment is required for initial setup and for changes like Daylight Saving Time.

1. **Check Signal Reception:** Press and hold the button at the 2 o'clock position (Button A) for a few seconds. The second hand will indicate the last successful reception result (Y for Yes, N for No).
2. **Manual Time Zone Setting:** Refer to the detailed manual on the SEIKO website for specific button sequences to set your home time zone. This process involves using the crown and pushers to select your city code.
3. **Initiate Manual Reception:** If automatic reception is unsuccessful, you can manually initiate it by holding a specific button (refer to the full manual for exact button). Place the watch in an area with good signal reception, typically near a window.



Image: Side view of the SEIKO Coutura SSG021 watch, highlighting the crown and chronograph pushers used for various adjustments.

OPERATING THE WATCH

1. Using the Chronograph

The chronograph function allows for precise measurement of elapsed time.

- **Start/Stop:** Press the upper right button (Button A) to start and stop the chronograph.
- **Reset:** Press the lower right button (Button B) to reset the chronograph to zero after stopping.

2. Adjusting for Daylight Saving Time (DST)

While the watch synchronizes with atomic time, manual adjustment for DST may be required depending on your region and the specific signal. To adjust for DST, you typically need to shift the time zone setting forward or backward by one hour. Consult the full instruction manual for the exact procedure for your model.

3. Reading the Power Reserve Indicator

The watch features a power reserve indicator, usually a sub-dial or a specific hand movement, to show the remaining charge. Ensure the watch receives adequate light to maintain a sufficient power level.

MAINTENANCE

1. Charging Guidelines

To ensure continuous operation, expose your watch to light regularly. Avoid prolonged storage in dark places. Even indoor lighting can charge the watch, but direct sunlight provides the most efficient charge.

2. Water Resistance

The SSG021 model is water-resistant to 10 bar (100 meters / 330 feet). This means it is suitable for everyday use, swimming, and snorkeling. Do not operate the crown or pushers while the watch is wet or submerged to prevent water intrusion.



Image: Multiple SEIKO Coutura watches partially submerged in water, demonstrating their water-resistant design.

3. Cleaning Your Watch

Wipe the watch case and bracelet with a soft, dry cloth. For stainless steel parts, a slightly damp cloth can be used, followed by drying. Avoid using harsh chemicals or abrasive materials.

TROUBLESHOOTING

- **Watch Not Keeping Accurate Time:** Ensure the watch is fully charged. Check the last signal reception status. If reception is poor, try placing the watch near a window overnight or manually initiating reception.
- **No Radio Signal Reception:** Move the watch to a location with better signal access, away from electronic interference. Concrete buildings and certain geographical locations can impede signal reception.
- **Hands/Date Misalignment:** If the hands or date appear misaligned, a preliminary position adjustment may be necessary. Refer to the comprehensive manual on the SEIKO website for detailed steps, as this procedure can be intricate.
- **Low Power Reserve:** Expose the watch to strong light for an extended period (several hours in direct sunlight) to fully charge it.

SPECIFICATIONS

Feature	Detail
Model Number	SSG021
Movement	Solar-powered, Radio Sync
Case Material	Stainless Steel
Case Diameter	44.5mm
Crystal	Sapphire
Water Resistance	10 bar (100 meters / 330 feet)
Functions	Chronograph, Date Calendar, Power Reserve Indicator, Radio Signal Reception Display
Clasp Type	Push Button Foldover Clasp With Safety
Product Dimensions	6 x 8 x 6 inches; 6.4 ounces

WARRANTY

Your SEIKO Coutura SSG021 watch is covered by a **3-Year Manufacturer's Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For full terms and conditions, refer to the warranty information provided with your watch or on the official SEIKO website.

SUPPORT

For more detailed instructions, advanced settings, or customer service, please visit the official SEIKO website. You can typically find comprehensive manuals specific to your watch model by searching for 'SEIKO SSG021 manual' on their support page.



Image: Back view of the SEIKO Coutura SSG021 watch, displaying the stainless steel case back and the push-button foldover clasp with safety on the bracelet.