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## OUR GUIDE TO OPERATING THE SEIKO 7A28 MOVEMENT

### Introduction

The **Seiko caliber 7A28 (7A28A)** is a quartz chronograph watch movement with 15 jewels. This caliber was introduced in the Sports 100 line of chronograph watches in 1983. It was the world's first analog quartz chronograph movement to use an analog display combined with quartz technology. This was a major technological breakthrough, moving the chronograph function away from only mechanical movements or the digital displays common in early quartz watches.

**High-Quality, Serviceable Construction:** Unlike many later, more budget-focused quartz movements, Seiko designed the 7A28 to be a high-end, quality movement. Key features include:

- **All-Metal Construction:** It contains virtually no plastic parts in its gear train.
- **Jewels:** It features **15 jewels**, which is highly unusual for a quartz movement and speaks to its quality and intended longevity.
- **Repairable:** It was designed to be regulated, disassembled, and repaired, much like a traditional mechanical watch, making it "serviceable."
- **Four Independent Stepper Motors:** It uses a separate motor for each main chronograph function, which contributes to its precision

### Operating the Movement

To operate a Seiko 7A28 movement, set the time by pulling the crown to the second click and rotating it, use the pushers to start, stop, and reset the chronograph (top-right for start/stop, bottom-right for reset), and adjust any misaligned sub-dials by pulling the crown to the first click and pressing the button nearest to the affected sub-dial.

#### Setting the Time and Date

1. **Pull the crown out to the first click:** (for date, if applicable) and turn it to set the date, if your model has one.
2. **Pull the crown out to the second click:** to stop the running seconds hand.
3. **Turn the crown:** to advance the hands to the correct time.
4. **Push the crown back in:** to its normal position.

#### Operating the Chronograph

1. **Start:** Press the top-right pusher.
2. **Stop:** Press the top-right pusher again.
3. **Reset:** Press the bottom-right pusher.
4. **Split/Lap:** While the chronograph is running, press the top-left pusher to freeze the hands and continue counting in the background; press it again to resume.





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#### **Resetting Chronograph Hands (if misaligned)**

1. **Pull the crown out to the first click.**
2. **Press the pusher closest to the sub-dial:** you need to adjust. For example, the top-right pusher often controls the 1/10th second register.
3. **Push the crown back in.** The hands should now be correctly positioned.

#### **System Reset (if the watch is acting irregularly)**

1. **Pull the crown out:** (and unlock any buttons, if applicable).
2. **Press and hold the crown:** for more than two seconds to perform a system reset.

