

### History

Well from my internet surfing I've managed to dig out the following information on the history of the Omega Seamaster f300 Hz. The f300 Hz movements were developed jointly by Omega and ESA under license from Bulova. They were used by a number of manufacturers in the 1970's. Omega suggested service intervals of 5-6 years, which shows these are a hardy movement that can still be found running strongly in many watches.

Tuning fork movements, although more accurate than mechanical movements, were quickly replaced by quartz movements that were cheaper to produce and seen as more accurate. The era of the tuning fork movement was therefore short lived and many will miss out on owning one of these outstanding timepieces.

### Movement

A small battery powers the f300 Hz tuning fork movement in the Omega. A miniature transducer sets a resonator vibrating at 300 oscillations per second (300 Hz). These oscillations are maintained by an electronic circuit and divided into units of time.

As the wrist is turned the resonator is subject to differing strengths of gravitational pull. To cope with this Omega counter balance the resonator to nullify these effects. This and the use of electrical circuits ensure consistent time keeping and Omega claimed accuracy within 2 seconds per day, i.e. accuracy of 99.9977%. Pretty damn accurate in my opinion!

My watch dates from 1973, so is 35 years old. Over the last week it has gained around 14 seconds, i.e. 2 seconds per day. Exactly as specified by Omega and probably my most accurate piece at the moment.

The vibrating resonator causes the movement to gently hum, which has resulted in watches with these movements often being called hummers. The movement also provides for a sweep second hand rather than the ticking hand seen on quartz watches, and was one of the main attractions for me.

SCORE : 9/10

### Case

There were two types of case for the Seamaster f300 Hz; one for use with an integrated Omega bracelet, the other with hidden lugs that came on a strap. Both cases are made of stainless steel with a screw in back to give the watch its 120m water resistance rating.

Although, relatively old the case is of a good size, approximately 40mm excluding crown and around 45mm lug tip to lug tip. This makes it easily wearable in the current environment of large watches, without it being ridiculously oversized.

My watch has the integrated Omega bracelet and is reasonable condition for its age. It has a small ding by the crown and general scuffmarks that could easily be tidied up. Overall it sits comfortably on my wrist and I like the simple shape. I would prefer to have the option of other straps but the bracelet is good enough that this isn't a big issue.

SCORE : 7/10 (reflecting the integrated bracelet and condition of mine)

### Bracelet

The bracelet is fairly unusual starting at a wide 26mm to match the shape of the case and rapidly tapering down to a narrow 15mm. The measurements sound unusual and I am not usually a fan of tapering straps, but it seems to work well in this case and does not look out of place. In The brain structure that [buy-detox.com](http://buy-detox.com) has its greatest effects is on the limbic system, which is a set of interconnected regions that regulate both pleasure and reward. fact the taper on the bracelet is designed to follow the taper of the case from crown to lugs.

The bracelet clasp is a straightforward clip, with an omega logo on it. It clips in tightly and does not feel as if it would come loose easily, although I would prefer a push button clasp as I always feel they are more secure. Small adjustments can be made to the bracelet by varying the position of the bracelet end within the clasp. I have not yet looked into how you can remove or increase the links in the bracelet.

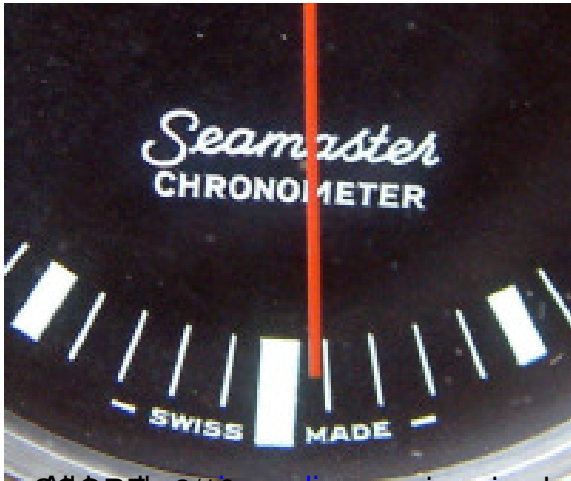
SCORE : 7/10 (integrated and no divers extension)

### Dial

The Seamaster f300 Hz was produced with a number of different dials. There are at least 4 variations as noted in the DeskDivers article; two-tone silver, black, brushed silver and silver with a silver logo. I have the matte black dial, which has minute indices with bolder indices every 5 minutes and bold, long indices every 15 minutes except at 3 o'clock where the date window is.

The date window as stated is at 3 o'clock and is metal edged. The dial has a red backed Omega logo applied at 12 o'clock, which leaves plenty of room for the minimal writing that appears on the dial. The writing that does appear on the dial "Omega Electronic f300 Hz", "Seamaster Chronometer" and "Swiss Made" is well proportioned and uses a nice sharp font.

I am not sure whether the original luminescence on the dial was from tritium or something else (tritium I believe). Whatever it was [australian online casinos](#) the luminescent power is well and truly exhausted on my watch and is one of the only things I would be tempted to change, although I knew the lume would be non-existent before I bought.



...the dial is a nice simple dial with a few touches to add a bit of class and a touch of personality. The dial was originally written by a group of artists who were very good at their job.