DESCRIPTION OF CONTROLS

1. Flash Head Reflex
2. Adjustable Bounce-Head (0°, 45°, 90°, and 120°)
3. Mounting Flap with Locking Wheel
4. Light Reflector
5. Battery Compartment Cover
6. Bounce Angle Indicator
7. ISO Film Speed Scale
8. Film Speed Window
9. Film Type Speed Selector
10. Auto Exposure Range Window
11. Mode Selector
12. Manual F/Stop Distance Scales
13. Flash Ready Light/Flash Test Button
14. Auto-OK Indicator
15. Power ON/Off Switch
16. Auto F/Stop Window

NOTE:
The SSSC is available in 3 separate models by camera brand and is fully dedicated to most popular SLR cameras. The Models are for Canon and Nikon for all popular models, and MPO for Minolta, Pentax, and Olympus. Make sure the SSSC model you have matches the camera brand you are using.

HERE IT IS

The Vivitar SSSC has been designed to offer the easiest possible way to obtain quick flash pictures. The section of the instruction manual is designed to show you the basic operation of this unit. Depending upon your model, be sure to check your camera manual for specific instructions.

HOW TO USE IT

To prepare the unit for operation, take a moment to familiarize yourself with its controls and indicators. Please refer to the instruction to the Controls page and to the instructions that come with your camera.

Locate all the controls, indicators, and other features that are talked about, so you will be able to find them easily when they are referred to in the instructions.

Please note that the use of the SSSC is divided into 4 separate areas to make your flash easy to use.

Area 1 contains the Flash Speed Selector setting and the Flash Ready Light/Flash Test Button.

Area 2 is for the Automatic operation that has the A or/and Auto F/Stop Window (16). The Auto Exposure Range Window (10) and the Mode Selector (11) are also used for TTL operation to indicate maximum TTL auto-exposure distance.

Area 3 has the Power ON/Off Switch (15), the Auto-OK Indicator (14), and the Flash Ready Light/Flash Test Button (13). How proceed as follows:

1. INSTALL THE BATTERIES

Open the Battery Compartment Door (1) by sliding it in the direction of the arrow. Install four fresh-size AA alkaline or fully charged NiCad batteries being sure that the + and — polar markings correspond to the markings inside the battery compartment. Push down on the batteries with your thumb and slide the Battery Compartment door closed.

2. THE FLASH ON THE CAMERA

IMPORTANT:
When attaching or removing the flash from the camera, always have the flash ON/OFF Switch in the OFF position to prevent the possibility of damage to your camera.

3. AUTO F/STOP WINDOW (16) AND AUTO EXPOSURE RANGE WINDOW (10)

When using the TTL setting, the auto exposure meter will only work if an actual flash is made with the flash attached to the camera. In this case the film meter must be reared in the camera. Or, if the lens exposure is light-tinted piece of paper should be placed on the film plane as a film automatic and the camera back must be closed. Please note that light-tinted paper may give incorrect information due to its difference in reflective quality versus actual film. In either case, an actual flash exposure must be made by depressing the camera shutter release button.

7. BOUNCE FLASH

By 'bouncing' flash off reflective surfaces such as the ceiling, subjects can be more softly illuminated. Avoid colored reflective surfaces when using color film, since bouncing light will be influenced by such colors, affecting results accordingly. To determine correct operating range under 'bounce' conditions, check the Auto-OK Indicator explained above.

8. DEDICATED FUNCTIONS

Please refer to the Vivitar Dedicated Function Instructions section for your particular camera brand and model.

9. TO TAKE A PICTURE

Once you have gone through the tonalization procedure described above, you will understand the workings of the flash unit well enough to begin to utilize its potential. However, the following checklist is provided as a convenient reference for the picture-taking procedure.

a. Load camera with film and set the film speed
b. With flash power ON, mount flash on camera and turn lock ring down against shoe. Flash shoe must be securely locked on camera to prevent intermittent contact and malfunction.

10. USE OF OPTIONAL COLOR FILTERS

The optional color filters should be used only with the flash set to the Manual mode. The following chart is provided as a guide only. Specific data may vary due to availability and other factors. It is not a substitute for your camera's instruction manual.

11. ENSURE UNIT

Set the Power ON/Off Switch (15) to the ON position to energize the unit. The Ready Light (13) will glow when the unit is ready to be used.

12. SELECT FILM SPEED

Set the Film Speed Selector (9) to the right or left until the film speed displayed in the Film Speed Indicator Window (6) matches the film speed you are using in your camera. FAILURE TO SET THE CORRECT FILM SPEED MAY RESULT IN IMPROPER EXPOSURES WHEN THE UNIT IS USED ON SOME SPECIFIED CAMERAS.

13. SELECT DESIRED FLASH MODE

Try the four settings of the Mode Selector (11). In the A and Z settings, automatic exposure will be determined by the flash unit sensor and an F/Stop number will appear in the Auto F/Stop Window (16). Set this f/stop on your camera lens. (Note: Certain cameras may do this automatically.) The corresponding Auto Range will appear in the Auto Exposure Range Window (10) and indicates the distance range (in feet and meters) over which this setting will give good exposures.

Setting A will provide the greatest auto f-stop range from 4 to 8 ft., with a relatively shallow zone of sharp focus (depth of field). Setting A2 provides an auto-exposure range from 2 to 13 ft. with an increased zone of sharp focus. For last-recycle time and more flash per set of batteries, we recommend using position A2 whenever possible. Of course, your lens must be able to focus at the corresponding Auto Range.

In the M (manual) setting, there is no auto exposure capability (please refer to the Vivitar Dedicated Function instructions section) and the

14. SENSITIVITY

The SSSC is available in 3 separate models by camera brand for all popular models, and MPO for Minolta, Pentax, and Olympus. Make sure the SSSC model you have matches the camera brand you are using.
SPECIFIC DEDICATED FUNCTION INSTRUCTIONS

CANON AE-1 WITH 55FD
(FLASH POWER SWITCH MUST BE IN THE OFF POSITION BEFORE MOUNTING FLASH ON OR REMOVING FROM CAMERA.)

AUTOMATIC OPERATION
1. Film Speed Setting - Set the ASA/ISO for the film in use on both camera and flash.
2. On-Camera Mode and Shutter Dial Setting - Set to any speed except "B".
3. Flash Mode Selector - Set to Al or A2. For best flash performance, use A1 whenever possible.
NOTE: The R-TTL position is for R Flash cameras. If used on Canon cameras, it will result in full manual output of flash and will in no way adversely affect your Canon camera.

MANUAL OPERATION
For Manual Flash Output, simply set Flash Mode Selector to "M". After focusing on subject, distance from lens barrel. Find this distance on Manual F-stop/Distance Scale on the back of the flash. Set your lens to the f/stop opposite the distance. "AUTO OK" does not function when flash is in the manual mode.

CANON AE-1 PROGRAM WITH 55FD
(FLASH POWER SWITCH MUST BE IN THE OFF POSITION BEFORE MOUNTING FLASH ON OR REMOVING FROM CAMERA.)

AUTOMATIC OPERATION
1. Film Speed Setting - Set the ASA/ISO for the film in use on both camera and flash.
2. On-Camera Mode and Shutter Dial Setting - Set to any speed except "B".
3. Flash Mode Selector - Set to Al or A2. For best flash performance, use A1 whenever possible.
NOTE: The R-TTL position is for R Flash cameras. If used on Canon cameras, it will result in full manual output of flash and will in no way adversely affect your Canon camera.

MANUAL OPERATION
For Manual Flash Output, simply set Flash Mode Selector to "M". After focusing on subject, distance from lens barrel. Find this distance on Manual F-stop/Distance Scale on the back of the flash. Set your lens to the f/stop opposite the distance. "AUTO OK" does not function when flash is in the manual mode.

CANON T-70 WITH 55FD
(FLASH POWER SWITCH MUST BE IN THE OFF POSITION BEFORE MOUNTING FLASH ON OR REMOVING FROM CAMERA.)

AUTOMATIC OPERATION
1. Film Speed Setting - Set the ASA/ISO for the film in use on both camera and flash.
2. On-Camera Mode and Shutter Dial Setting - Set to any speed except "B".
3. Flash Mode Selector - Set to Al or A2. For best flash performance, use A1 whenever possible.
NOTE: The R-TTL position is for R Flash cameras. If used on Canon cameras, it will result in full manual output of flash and will in no way adversely affect your Canon camera.
4. Lane f/stop Setting - Set to green "A" or green indicator past revolution f/stop.
5. Lane f/stop Setting - Set to green "A" or green indicator past revolution f/stop.
6. Test Flash - Set to green "A" or green indicator past revolution f/stop.

MANUAL OPERATION
For Manual Flash Output, simply set Flash Mode Selector to "M". After focusing on subject, distance from lens barrel. Find this distance on Manual F-stop/Distance Scale on the back of the flash. Set your lens to the f/stop opposite the distance. "AUTO OK" does not function when flash is in the manual mode.

CANON T-70 WITH 55FD
(FLASH POWER SWITCH MUST BE IN THE OFF POSITION BEFORE MOUNTING FLASH ON OR REMOVING FROM CAMERA.)

AUTOMATIC OPERATION
1. Film Speed Setting - Set the ASA/ISO for the film in use on both camera and flash.
2. On-Camera Mode and Shutter Dial Setting - Set to any speed except "B".
3. Flash Mode Selector - Set to Al or A2. For best flash performance, use A1 whenever possible.
NOTE: The R-TTL position is for R Flash cameras. If used on Canon cameras, it will result in full manual output of flash and will in no way adversely affect your Canon camera.
4. Lane f/stop Setting - Set to green "A" or green indicator past revolution f/stop.
5. Lane f/stop Setting - Set to green "A" or green indicator past revolution f/stop.
6. Test Flash - Set to green "A" or green indicator past revolution f/stop.

MANUAL OPERATION
For Manual Flash Output, simply set Flash Mode Selector to "M". After focusing on subject, distance from lens barrel. Find this distance on Manual F-stop/Distance Scale on the back of the flash. Set your lens to the f/stop opposite the distance. "AUTO OK" does not function when flash is in the manual mode.
MANUAL OPERATION
For Manual Flash Output, simply set Flash Mode Selectors to "M". After focusing, obtain subject distance from lens barrel. Find this distance on Manual F/Stop (Distance Scale) at the back of the flash. Set your lens to the F/stop opposite the distance. "AUTO OK" does not function when flash is in the manual mode.

CANON T-80 WITH 550FD
(FLASH POWER SWITCH MUST BE IN THE OFF POSITION BEFORE MOUNTING FLASH ON OR REMOVING FROM CAMERA.)

AUTOMATIC OPERATION
1. Film Speed Setting — Set the ASA/ISO for the film in use on both camera and flash.
2. On-Camera Mode and Shutter Dial Setting — Set to any mode.
3. On-Flash Mode Selector — Set to A1 or A2. For best flash performance, use A1 wherever possible.

NOTE: The R-TTL position is for R1 cameras. It is not used on Canon cameras. It will result in full manual output of flash and will in no way adversely affect your Canon camera.

4. Lens F/Stop Setting — Set to green “A” or green indicator past minimum F/stop.
5. Viewfinder Information — After flash is turned on and ready light is glowing, the shutter release halfway, "F" and "I" and shutter is lower third of viewfinder. To activate the flash, turn the "AUTO OK" in both directions until the flash is activated.

Maximum F/stop Chart at the back of the manual. A red LED and white bar will surround "125" and devices from ready and shutter automatically set for flash. Take the picture.

6. Auto Exposure Verification (AUTO OK). Auto exposure is verified by glowing green "AUTO OK" light on rear of flash immediately after flash is fired. If using TTL, actual camera exposure must be made with flash in the camera to activate "AUTO OK". If no "AUTO OK" in TTL, use smaller F/stop number or move closer to the subject. If using A1 or A2, push the "READY TEST" BUTTON on back of flash to turn on the flash. To activate "AUTO OK", in A1 or A2, move closer.

MANUAL OPERATION
For Manual Flash Output, simply set Flash Mode Selectors to "M". After focusing, obtain subject distance from lens barrel. Find this distance on Manual F/Stop (Distance Scale) at the back of the flash. Set your lens to the F/stop opposite the distance. "AUTO OK" does not function when flash is in the manual mode.

OK, take a flash picture or push the "READY TEST" BUTTON on the back of the flash. Check the "AUTO OK", immediately after the flash fires. If no "AUTO OK", and using A2, move closer to the subject or switch to A1. If no "AUTO OK" with A1, move closer to subject.

RICOH XR-P WITH 550FD
(FLASH POWER SWITCH MUST BE IN THE OFF POSITION BEFORE MOUNTING FLASH ON OR REMOVING FROM CAMERA.)

AUTOMATIC OPERATION
1. Film Speed Setting — Set the ASA/ISO for the film in use on both camera and flash.
2. On-Camera Mode and Shutter Speed Dial Setting — Set to PTO, P or PA. Set the shutter dial to "A" or any setting except "1/30". PA will give the greatest flash range when lens is set to "F". P shutter dial is to other than "F" shutter will fire at set speed up to 1/125. If set over 1/125 shutter will not fire at 1/125.

NOTE: When camera is set to any P mode and lens is set to "F", XR-P 550FD flash system will automatically set the correct F/stop for FL flash. Flash must be in TTL mode.
3. On-Flash Mode Selector — Set to A1, A2 or TTL.
4. Lens F/Stop Setting — If using FL or HFL, set lens to same F/stop as shown in Auto F/stop window on back of flash. If using R-TTL, set to "F" or any F/stop. Make sure subject is within flash range of F/stop chosen. To choose an appropriate F/stop, use the TTL F/stop Distance Chart at the back of this manual or the Manual F/Stop Distance Scale at the back of the flash. Make sure subject distance is within the range of the F/stop you selected. The wider the F/stop selected, the smaller the flash range and the better the overall flash performance.

5. Viewfinder Information — Turn the flash on and in a few seconds the red LED will glow if lens is set to "F", an F/stop will be displayed at the bottom of the viewfinder. The position and color of the LED depends on the camera mode selected. See the Ricoh XR-P...