

#	Part#	Description	#	Part#	Description	#	Part#	Description
1	7702350	Micrometer Head	5	7702392	45 ACP HP Seat	7	7702354M	9mm Body
2	7702352	Scale Ring		7702394	45 ACP RN Seat		7702360M	380 Body
3	3990848	Screw Set		7702402	223 RN Seat		7702370M	10mm Body
4	7702330	O-Ring		7702412	300 BLK RN Seat		7702380M	38 Super Body
5	7702356	9mm HP Seat		7702422	308 RN Seat		7702390M	45 ACP Body
	7702355	9mm RN Seat		7702432	6.5 CM RN Seat		7702400M	223 Body
	7702362	380 HP Seat	6	7702334	Spring		7702410M	300 BLK Body
	7702364	380 RN Seat					7702420M	308 Body
	7702372	10mm HP Seat					7702430M	6.5 CM Body
	7702374	10mm RN Seat				8	201-1113	Thin Die Nut
	7702382	38 Super HP Seat				*	7990315	Hex Wrench
	7702384	38 Super RN Seat						

Customer Service

If you have any questions regarding these instructions or any of Lyman's or Mark 7's wide range of products, please call Lyman Customer Service at 1-800-225-9626, except foreign countries, who may call (860) 632-2020.

You can reach customer service between the hours of 9:00 a.m. and 4:30 p.m. Monday through Friday, Eastern Time.

Lyman®

Lyman Products Corporation
475 Smith Street, Middletown, CT 06457
Visit Us on the Web at:

www.lymanproducts.com

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Lyman® Pro Dies STAINLESS STEEL Micrometer Seating Dies



9mm - Part #7704354
38 Super - Part #7704380
40 S&W/10mm - Part #7704370
45 ACP - Part #7704390
380 - Part #7704360

223 - Part #7704400
300 BLK - Part #7704410
6.5 Creedmoor - Part #7704430
308 - Part #7704420

Micrometer Seating Dies

Our Pro Micrometer Seating Die gives you exact bullet seating length and minimal run-out. The seating die has a micrometer adjustable seating head for precision bullet seating length. If you want to change your bullet seating depth a few thousandths of an inch, simply turn the micrometer head to the required setting. Its floating bullet seating punch centers the bullet on the case and eliminates excessive run-out.

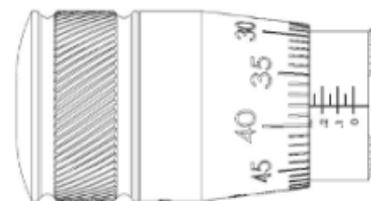
Note that the cartridge does not entirely enter this die. Lyman Pro Micrometer Seating dies incorporate a built-in roll-crimping shoulder which may, or may not, be used depending upon the reloader's preference. Do not roll-crimp rimless auto-loading cartridges such as 45 ACP, 9mm Luger, and 380 ACP. These cartridges headspace on the case mouth and should be taper-crimped.

Adjusting the Pro Micrometer Seating Die Body: Back off several turns on the die lock ring and start the die into your press. Place an empty, sized cartridge in the shell plate or shell holder and cycle the press until the shell plate or shell holder are at their full travel and closest to the die station. Turn the die down until you "feel" the mouth of the case stop against the crimp shoulder in the die. When you feel the case mouth touch, back off the die slightly. It is best to position the die so the scale on the die body is visible to you, then tighten down the die lock ring. Your die is now adjusted for seating without crimping.

Your bullet must now be seated to the proper depth. Back off the micrometer head to the top of its adjustment scale. Place a sized and flared case into the shell plate or shell holder and a

bullet onto the mouth of the case. Cycle the press until the shell plate or shell holder are again at their full travel and closest to the die station. The bullet nose will enter the cup on the end of the seating stem as the cartridge enters the die. The stem is spring loaded so you may feel a slight resistance. Turn down the micrometer head until you feel the bullet press against the case mouth. Remove the cartridge from the die and turn the micrometer head down about a half turn. Cycle the cartridge through the die, which will leave the bullet seated a short distance into the case mouth. You can now measure the overall length of the cartridge to determine how much further the micrometer die needs to be adjusted to reach your desired overall length. As example, if your cartridge measures 1.275" and you would like it to be 1.115", your micrometer die can be adjusted downwards .160" ($1.275" - 1.115" = .160"$).

The head of the micrometer die is marked in .001" increments for a total of .050" for one complete rotation. The die body is marked in .050" increments from 0 to .500". To adjust your overall length, note the number exposed on the body of the die at the end of the micrometer head and then use the vertical line on the die body to line up with the marking on the micrometer head. (See drawing.) Add these two numbers. As the drawing shows, if .2 and one additional line is visible just below the micrometer head (.250") and the vertical line matches up with .038", your setting is .288". Note that this does not relate directly to the length of your cartridge but can be used to adjust your overall



length up or down from that point. Using the two examples above, if your cartridge measures 1.275" and your die is reading .288", you need to lower the micrometer head by .160" giving you a reading of .128" on the micrometer die.

Once you have adjusted the die to your final overall length, you could adjust the "zero" indicator on the micrometer head if you so choose. To do this, loosen the two small hex screws on the side of the micrometer head with the supplied .050" hex wrench. Hold the top knurled section and rotate the lower section of the head with the markings so that the zero marking lines up with the vertical line on the die body. Tighten the set screws. This allows you to adjust the overall length up or down, yet you can still return to your original setting if needed.

If a roll crimp is to be used, adjust the overall length of your cartridge so the center of the bullet's cannelure is lined with the case mouth. Back off the micrometer head a full turn, then slowly lower the die body and cycle the cartridge through the die until the desired roll crimp is obtained. Tighten the lock ring. With the cartridge fully inserted into the seat die, the micrometer head can be turned down until it contacts the bullet. This will give you the overall length that was set earlier.

Pistol caliber Pro dies come with an extra seating stem, for use with either hollow point or round nose bullets. (The extra seating stem may be located beneath the packing material.) To change seating stems or to remove a stem for cleaning, simply unthread the micrometer head from the die body, and lift out the spring and seating stem. To reassemble, insert the seating stem into the die body first, then place the spring over it and thread the micrometer head back onto the die.