

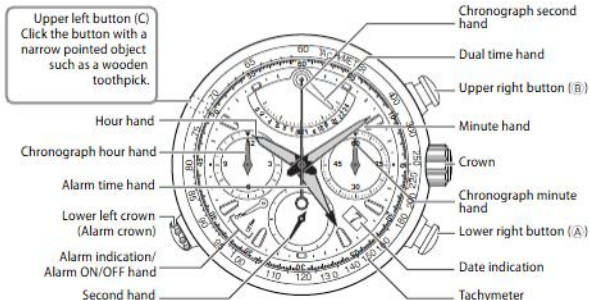
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Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual carefully to ensure correct use.

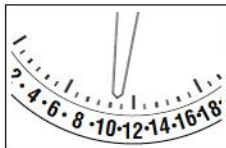
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Parts identification



- The illustrations in this instruction manual may differ from the actual appearance of your watch.

How to read the dual time hand



This watch has a fan-shaped window graduated in hours for dual time in the 24-hour system. The dual time hand moves every 15 minutes. The time in the illustration to the left indicates approximately 10:30 a.m.

- See page 10 to adjust the dual time.

How to read the alarm time hand







The alarm time hand indicates the times set for the alarm on a 12-hour system. The alarm time set in the illustration to the left indicates approximately 7:30 a.m. and 7:30 p.m.

- See page 8 to set the alarm time.

How to use the screw down crown and screw down push button

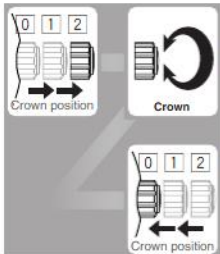
Some models feature a screw down crown and screw down push button.

Locking the crown and button prevents accidental operation. Unlock them when you want to operate the watch.

	Unlock	Lock
Screw down crown	 <p>Rotate the crown counterclockwise until it releases from the case.</p>	 <p>Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.</p>
Screw down push button	 <p>Rotate the locking screw counterclockwise, and loosen until it stops.</p>	 <p>Rotate the locking screw clockwise, and tighten firmly.</p>

- Unlocking is not required when a standard crown and button are equipped.

Adjusting the time

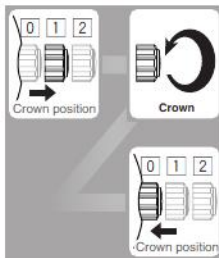


1. Pull the crown out to position **2** when the second hand indicates **12:00**.
2. Adjust the time by rotating the crown.
 - Pay attention to the difference between the morning and the afternoon. When the hands indicate approximately 12:00 midnight, the date will change.
 - The hour hand and date move linked with the minute hand. The date do not move counterclockwise.
3. Push the crown in to position **0** to start the watch.

The second hand starts to move.

• You must adjust the dual time separately. See page **10**

Adjusting the date

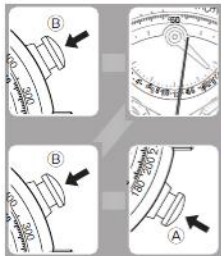


1. Pull the crown out to position **1**.
2. Adjust the date by rotating the crown.
 - The date does not change when the crown is rotated clockwise.
3. Push the crown in to position **0**.

• You must adjust the date for each month shorter than 31 days.

Using the chronograph

You can record up to 12 hours in increments of 0.2 seconds.



- 1. Ensure that the crown is in position 0.**
- 2. Press the upper right button (B) to start timing.**
 - The button clicks only when timing is activated.
 - The chronograph operates no matter the position of the crown.
 - The chronograph stops automatically 12 hours later.
- 3. Press the upper right button (B) to stop timing.**
 - Pressing the upper right button (B) again restarts timing from the point of the previously recorded time.

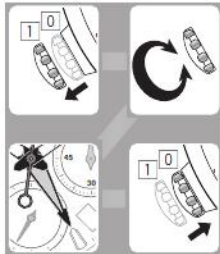
To reset the chronograph

Press the lower right button (A) after stopping the chronograph by pressing the upper right button (B).

- You must reset the chronograph after timing for using other functions.

Using the alarm

To set the alarm time



- 1. Pull the lower left crown (alarm crown) out to position **1**.**
- 2. Rotate the lower left crown (alarm crown) to set the alarm time.**
 - When adjusting the alarm time, rotate the lower left crown (alarm crown) counterclockwise half hour past the desired set time, then rotate the lower left crown (alarm crown) clockwise to move the hand back to the desired set time.
- 3. Push the lower left crown (alarm crown) in to position **0**.**
- 4. Press the lower left crown (alarm crown).**
The alarm ON/OFF hand indicates "ON" to activate the alarm.

■ To stop the alarm tone

Press the lower left crown (alarm crown) to move the alarm hand to the “OFF” position.

The alarm tone stops.

■ To activate/deactivate the alarm

Press the lower left crown (alarm crown) so that the alarm ON/OFF hand indicates “ON (activate)” or “OFF (deactivate)”.

- Each time you press the lower left crown (alarm crown), the alarm ON/OFF hand indicates “ON” or “OFF” alternately.
- If you wish to activate the alarm after stopping, you must wait for 20 minutes after the set time.
- While the alarm hand indicates “ON”, the alarm tone sounds every 12 hours.
- The alarm tone sounds for 20 seconds with the number of tones increased gradually.

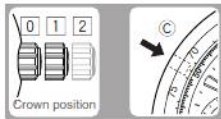


Adjusting the dual time

The dual time makes it easy to set the local time while on a journey or to monitor an alternate time zone.

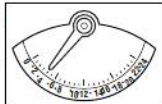
- If the dual time hand does not match the hour mark on the 24-hour sub dial, adjust the reference position referring to page 13.

To adjust the hour of the dual time



1. Ensure that the crown is in position 0 or 1.
2. Press the upper left button (C).

- Each time you press the button, the dual time hand advances one hour. This feature is independent from the minute and second of the dual time.
- The dual time hand reaches "24", it returns in a reverse direction to "0".

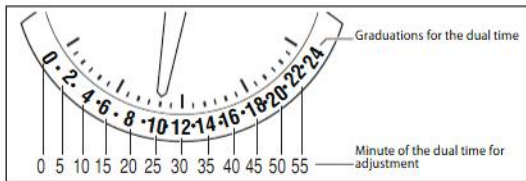


- The dual time does not synchronize the watch time.

Notes on the minute of the dual time

You can adjust the dual time hand in five-minute step though it moves every 15 minutes for indicating the dual time.

For adjusting the minute of the dual time, you can read graduations of the dual time as the illustration below:

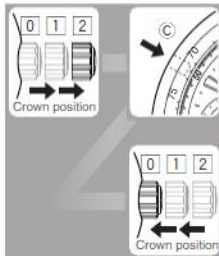


Graduations for the dual time	0	2	4	6	8	10	12	14	16	18	20	22
Minute of the dual time for adjustment	0	5	10	15	20	25	30	35	40	45	50	55

Continued to the next page

To adjust the minute of the dual time

You can also adjust the minutes of the dual time together with the time adjustment on page 5.



1. Pull the crown out to position 2.

The watch stops and then the dual time hand shows the minutes of the dual time.

2. Press the upper left button (C).

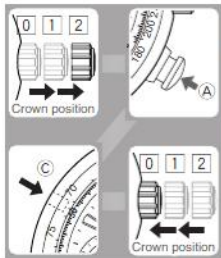
- Each time you press the button, the dual time hand moves five minutes (two steps of graduations).
- For in-depth information on reading the minutes of the dual time, see page 11.

3. Push the crown in to position 0.

- The second of the dual time starts from 0 second the moment the crown is set to position 0.

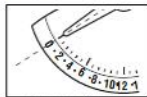
Adjusting the reference position of the dual time hand

If the dual time hand does not match the hour mark on the 24-hour sub dial, you must adjust the reference position.



- Reset the chronograph before adjusting the reference position.

1. Pull the crown out to position **2**.
2. Press and hold the lower right button (**A**) for five or more seconds.
The dual time hand indicates to the current reference position.
3. Adjust the dual time hand by repeatedly pressing the upper left button (**C**).
4. Push the crown in to position **0**.
The adjustment of the dual hand is complete.
The watch shows the dual time based on the adjusted reference position.

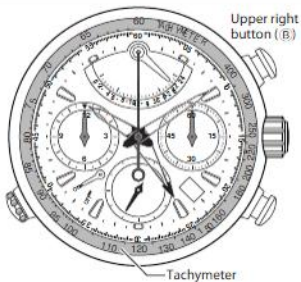


Correct reference position

Using the tachymeter

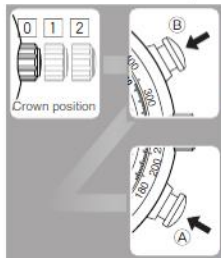
The tachymeter easily brings you the average speed by recording a lap time to go one kilometer.

- You can measure the approximate average speed from 60 km/h up to 400 km/h.
- The illustrations in this manual may differ from the actual appearance of your watch.
- Some models do not feature the tachymeter.



To measure an average speed

Read the value on the tachymeter after recording a lap time.



1. **Ensure that the crown is in position 0.**
2. **Press the upper right button (B) to start timing.**
The chronograph second hand starts timing.
3. **Stop timing at the point one kilometer away from the starting point by pressing the upper right button (B).**
The chronograph second hand indicates the approximate average speed on the tachymeter.

To reset the chronograph

Press the lower right button (A).

Notes on charging your watch

This watch has a rechargeable cell which is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

For optimal performance:

- Expose the watch with the dial towards direct sunlight for several hours at least once a month.
- After taking off the watch, put it in a position so that the dial is exposed to bright light, such as by a window.
- Before storing the watch in a dark place for an extended period of time, be sure to charge it fully.

When the watch is regularly covered with long sleeves, it may not be charged sufficiently. Try to keep the watch exposed to light sufficient for charging.
Do not charge the watch at a high temperature (about 60°C/140°F or higher).

When the watch reaches a low charge state—insufficient charge warning function

When the power reserve becomes low, the second hand moves once every two seconds—This is the insufficient charge warning function. Charge the watch by exposing the dial to light.

- After the watch is charged, the second hand will move normally. See page 18.
- If you have not charged the watch for three days or more since the insufficient charge warning movement began, the watch will run out power and stop.

Caution

When the second hand moves once every two seconds, you cannot use any functions—chronograph, alarm, etc.—except the time indication.



Continued to the next page

Charging time by environment

Below are the approximate times needed for charging when exposing the watch dial to light continuously.

Please use this table as a reference only.

Environment	Illuminance (Lx)	Charging time to work for one day	Charging time to start working normally when the rechargeable cell is empty
Under direct sunlight or cloudy weather	10000 to 100000	3 to 12 minutes	45 minutes to 3 hours
20 cm under a fluorescent lamp (30 W)	3000	40 minutes	7.5 hours
Interior lighting	500	4 hours	60 hours

Your watch will run approximately 12 months from a full charge.

Troubleshooting

If you have a problem with your watch, check the table below.

Symptoms	Remedies	Page
The hands do not work properly.		
Some hands moves unintentionally.	Stop the chronograph.	7
The second hand moves once every two seconds.	Charge the watch.	16
All hands stop moving.	Push the crown in to position [0].	-
	Charge the watch by exposing it to direct sunlight for five or six hours.	16
The dual time hand does not move.	Press the upper left button (C). If the hand does not move yet, reset the watch.	21

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Symptoms	Remedies	Page
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The time and/or date is not correct.

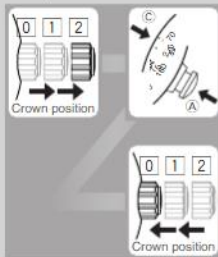
The time and/or date is wrong.	Adjust the time and/or date.	5, 6
The date changes around at noon.	Adjust the time by 12 hours.	5

Others

The watch does not move even if the watch is charged.	Charge the watch by exposing it to direct sunlight for five or six hours. Though the trouble is not solved after charging, contact your nearest Authorized Citizen Service Center.	16
The alarm tone does not sound on time.	Set the alarm ON/OFF hand to "ON".	8, 9
	Push the crown in to position [0].	-
	Charge the watch.	16

Resetting the watch

The watch may not work properly if it is affected by static electricity or shock. In this case, you must reset the watch. Fully charge the watch before resetting.



- 1. Pull the crown out to position 2.**
- 2. Press the upper left button (C) and the lower right button (A) simultaneously.**
The confirmation tone sounds and the watch is reset.
- 3. Adjust the reference position of the dual time hand correctly.**
See pages 11 to 12.
- 4. Adjust the dual time.**
See pages 10.
- 5. Adjust the time.**
See pages 5 to 6.
- 6. Push the crown in to position 0.**

• Reset the chronograph before resetting the watch.

Precautions

Warnings

Handling the rechargeable cell

- Do not remove the rechargeable cell. If it is removed, keep the rechargeable cell out of the reach of children to prevent ingestion.
- If the rechargeable cell is swallowed, consult a doctor and seek medical treatment.

Cautions

About charging

- Excessively high temperature when charging the watch may cause discoloration and deformation of the components, and result in malfunction of the movement.
- Do not charge the watch at a high temperature (about 50°C/122°F or higher).

Example:

- charging the watch too close to light such as an incandescent lamp or halogen lamp (Halogen lights are not recommended for charging due to their high heat output.)
- charging the watch in locations where the temperature may become extremely high—such as on the dashboard of a vehicle



To avoid injury

- DO NOT wear the watch where the temperature becomes extremely high—such as in a sauna. The watch may become hot and burn the skin.




To avoid malfunction

- DO NOT use the watch where the temperature is lower or higher than the operating temperature specified in this manual. Doing so may cause the watch to malfunction or stop.
- DO NOT place the watch nearby any materials generating a strong magnetic field such as:
 - magnetic health equipment such as a magnetic necklace
 - a magnetic latch of a refrigerator door
 - a magnetic clasp on a handbag
 - a magnetic coin tray
 - speakers of a mobile phone
 - electromagnetic cooking devicesThey may interfere with function of the movement in the watch causing it to stop or operate erratically.
- DO NOT place the watch on or nearby household appliances that generate static electricity such as Televisions or computer monitors. The timekeeping may be affected.
- DO NOT apply any strong shock, for example, by dropping it onto a hard floor.

- Avoid using the watch where it may be exposed to chemicals or corrosive gases. If solvents, such as thinners or benzine, or substances containing such solvents come in contact with the watch, discoloration, melting, cracking, etc. may occur.
The case, band, or other parts may become discolored if the watch comes into contact with some household chemicals mercury that may be found in thermometers.

Warnings on water-resistance performance

- Water-resistance for daily use: This type of watch is resistant to minor exposure to water such as accidental splashing. For example, you may wear the watch while washing your face; however, it is not designed to be used underwater.
- Upgraded water-resistance for daily use (tested to 5 bar): This type of watch is resistant to moderate exposure to water. You may wear the watch while swimming; however, it is not designed to be used for skin diving.
- Upgraded water-resistance for daily use (tested to 10 or 20 bar): This type of watch may be used for skin diving; however, it is not designed to be used for scuba or saturation diving.
- Before use, confirm the water-resistance level of your watch indicated on the dial and case, referencing the table on the next page. (The unit “bar” is roughly equal to 1 atmosphere.)
- “WATER RESIST(ANT) xx bar” may also be indicated as “W.R. xx bar.”

Names	Indication (Case or back)	Specifications	Examples of use		
			Minor exposure to water (washing face, rain, etc.) 	Moderate exposure to water (washing, kitchen work, swimming, etc.) 	Marine sports (skin diving) 
WATER RESIST(ANT) or no indication	WATER RESIST(ANT)	Water resistant for daily use	YES	NO	NO
WR 50 or WATER RESIST 50	WATER RESIST(ANT) 5 bar	Water resistant to 5 atmospheres	YES	YES	NO
WR 100/200 or WATER RESIST 100/200	WATER RESIST(ANT) 10/20 bar	Water resistant to 10/20 atmospheres	YES	YES	YES

Cautions on exposure to water

- Be sure to use the watch with the crown pressed in fully (normal position) to ensure the water resistance. If the crown of your watch is the screw down crown, be sure to tighten it completely.
- Do not operate the crown or buttons when the watch is wet.
- If water has penetrated the watch, or if the inside of the glass is fogged up and does not become clear in a day, take the watch to your dealer or Citizen Service Center for repair. Leaving the watch in such a state will rust the internal parts and cause malfunction.
- If seawater penetrates the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, the pressure inside the watch will increase, and parts (glass, crown, buttons, etc.) may come off.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth after each use.

Keep your watch clean

- Keep your watch clean to prevent rust or dirt building up as this may stain your clothes, damage the watch or appear as black residue on your wrist. Depending on use, occasional cleaning of the exterior of your watch may be necessary.
- Wipe dirt off the leather band with a soft and dry cloth to prevent it from discoloring.

Maintenance

Daily maintenance

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- Wipe off dirt, perspiration, and water from the case and glass with a clean soft cloth occasionally.
- To clean a metal, plastic, or rubber watchband, wash away dirt with water. Use a soft brush to remove dust and dirt stuck in the gaps in a metal band.
- Do not use a polishing type of cloth as this may damage the surface and certain treatments.
- Do not use solvents (thinner, benzine, etc.), as they may damage the finish.

Periodical inspections

Your watch needs an inspection once every two or three years for safety and longer usage. To keep your watch water-resistant, the gaskets and other components need to be replaced regularly. Other parts need to be inspected and replaced if necessary. Always ask for genuine Citizen parts upon replacement.

Information

Luminous dials and hands

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.

It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Specifications

Model	E26*	Type	Analog solar-powered watch
Timekeeping accuracy	Within ± 15 seconds per month on average (when worn at normal temperatures between $+5^{\circ}\text{C}/41^{\circ}\text{F}$ and $+35^{\circ}\text{C}/95^{\circ}\text{F}$ without the time signal reception)		
Operating temperature range	$-10^{\circ}\text{C}/14^{\circ}\text{F}$ to $+60^{\circ}\text{C}/140^{\circ}\text{F}$		
Display functions	Time: Hours, minutes, seconds, 24 hours Calendar: Date Chronograph: Hours, minutes, 0.2 seconds Dual time: 24-hour system Alarm: 12-hour system		
Battery duration without recharging	<ul style="list-style-type: none">• Fully charged to fully discharged: Approx. 12 months• Two seconds interval movement to stopping: Approx. three days		
Battery	Rechargeable cell, 1pc.		

Additional functions

- Solar power function
- Overcharging prevention function
- Insufficient charge warning function (two-second interval movement)
- Chronograph (up to 12 hours by 0.2 seconds)
- Dual time function
- Alarm function
- Checking alarm time
- Checking/correcting reference position

Specifications are subject to change without prior notice.