

Thank you for your purchase of this Citizen watch.

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

After reading the manual, store it in a safe place for future reference.

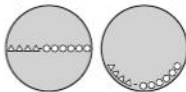
Be sure to visit the Citizen website at <http://www.citizenwatch-global.com/> . Here you will find a variety of information such as electronic setting guides, answers to frequently asked questions, Eco-Drive recharging information and more.

To check the movement number

A case number—4 alphanumeric characters and 6 or more alphanumeric characters—is engraved on the case back. (Figure on the right)

The first 4 characters of the case number represent the movement number of the watch. In the example on the right, “△△△△” is the movement number.

Engraving position example



The engraving position may differ depending on watch model.

Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, pages **4**, **5**, and **52** to **65**) and understand the meaning of the following symbols:

- Safety advisories are categorized and depicted in this manual as follows:

 DANGER	Highly likely to cause death or serious injury
 WARNING	Can cause serious injury or death
 CAUTION	Can or will cause minor or moderate injury or damage

- Important instructions are categorized and depicted in this manual as follows:
(Following symbols are examples of Pictograms.)

	Warning (caution) symbol followed by prohibited matters.
	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

Safety precautions

■ About water depth measurement

This watch is not designed to function as a specialized water-depth measuring instrument certified by authorities. It is intended for use as an auxiliary reference to your primary dive instrument. Be sure to use a specialized device designed for diving as your primary dive instrument and depth reference.

Be sure you are properly trained and certified for diving.

 DANGER	The water-depth measurement function of this watch is not certified as a measuring instrument by authorities. Be sure to use a specialized instrument along with this watch when diving. Do not rely solely on this watch's function.
 WARNING	Do not use the water-depth measurement function of this watch in the following cases: • When judgments involving risks are required by the situation or for the actions. • When the situation requires special treatments. • When the power reserve is insufficient. (→ page 18)
 CAUTION	Measurement results may be inaccurate in the following cases: • When water depth changes rapidly or suddenly. • When any foreign matter, dirt or debris is on or around the water pressure sensor.

Features



Automatic water depth measurement

The water sensor detects water contact and starts water depth measurement automatically.



Maximum water depth indication

You can view the maximum water depth for the last dive even after finishing measurement.



Rapid ascent warning alarm

The water pressure sensor on the watch detects rapid ascent and alerts the user with an alarm tone.



Eco-Drive

Never needs a new battery. This watch is fueled by light.

- “Eco-Drive” is an original technology of Citizen.

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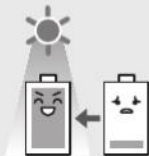
Specifications 66

Before using this watch

After unpacking, the following must be done before using the watch:

Check the power reserve indication. (→ page 18)

Charge immediately if the power reserve level is “0” or “1”.



This watch has a rechargeable cell which is charged by exposing the dial to light.

Expose the dial to direct sunlight regularly to charge the watch.

For details of charging, see pages 14 to 19.

Continued on the next page

Before using this watch

Band adjustment

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury. Consult your nearest authorized Citizen service center. Other shops may charge for, or may not provide, the service.

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

How to use the screw crown/button

Some models are equipped with a specially designed crown and/or push button to prevent accidental operation.

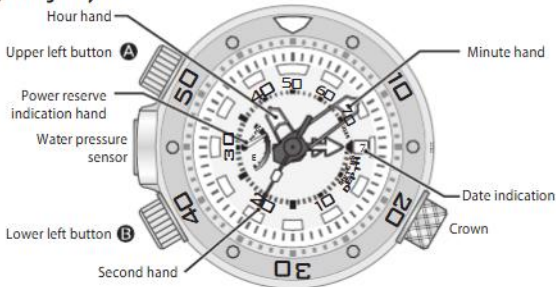
Screw down crown/button

Unlock the crown/button prior to operate your watch.

	Unlock	Lock
Screw down crown	 Rotate the crown counterclockwise until it releases from the case.	 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.
Screw down push button	 Rotate the locking screw counterclockwise, and loosen until it stops.	 Rotate the locking screw clockwise, and tighten firmly.

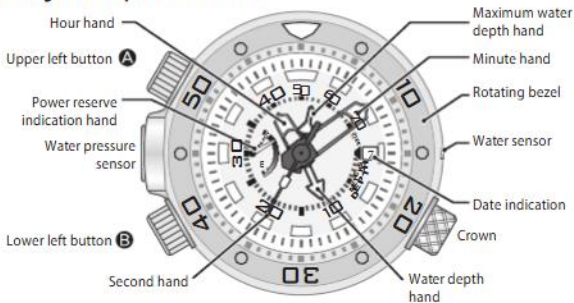
Component identification

During daily use



- The illustrations in this instruction manual may differ from the actual appearance of your watch.
- A solar cell is placed under the dial.

During water depth measurement



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 (refer to pages 16 and 17 for charging guidelines). After taking off the watch, put it in a location where the dial is exposed to bright light, such as by a window.

For optimal performance, be sure to:

- Expose it to direct sunlight for 5 or 6 hours at least once a month.
- Avoid leaving it in dark places for long periods of time.



CAUTION

- Do not charge the watch at high temperature (about 60°C (140°F) or higher).
- If the watch is obscured from light by long sleeves frequently, supplemental charging may be needed to ensure continual operation.

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. Be sure to fully charge your watch as outlined on pages **16** and **17**.

- When the watch is sufficiently charged, the second hand will move normally.
- If you do not charge the watch for 4 days or longer after the insufficient charge warning movement has begun, the watch will be depleted of all power and stop.



CAUTION

- When in the insufficient charge warning state, the current time and date are indicated. However, measurement functions of the watch will not be available for use.

Continued on the next page

Charging time by environment

Below are the approximate charging times when exposing to light continuously.
Please use this table as a reference only.

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100 000	3 minutes	2 hours	35 hours
Outdoors (cloudy)	10 000	11 minutes	3.5 hours	80 hours
20 cm (8 inches) away from a fluorescent lamp (30W)	3 000	40 minutes	8 hours	280 hours
Interior lighting	500	4 hours	50 hours	–

- **To charge your watch, it is recommended to expose the dial to direct sunlight.**
Optimal charging is achieved by exposing the dial to direct sunlight outdoors for a short time each day.
- **After charged fully, the watch runs without additional charging for about 11 months.**

Checking the current power reserve

Power reserve level scale



- The power reserve indication hand points to “READY” as the water sensor detects water. (→ page 22)

The power reserve level

- You cannot use measurement functions while the power reserve level is in “0”. However, you can see the current time. Frequent use of measurement functions makes power duration shorter.

Checking the current power reserve

The power reserve level is indicated in the four stages shown below.

Level	3	2	1	0
Power reserve level scale				
Duration (approx.)	340 - 300 days	300 - 200 days	200 - 4 days	4 days or shorter
Meaning	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Power reserve is insufficient. The insufficient charge warning will start soon.
	OK for normal use		Charge immediately.	

Water depth measurement

Before measurement

Be sure to note the following caution(s) and check the items on the next page before using the water depth measurement function of this watch.

CAUTION

- This watch is intended for use as an auxiliary reference to your primary dive instrument. Be sure to use a specialized device designed for diving as your primary dive instrument and depth reference. Be sure you are properly trained and certified for diving.

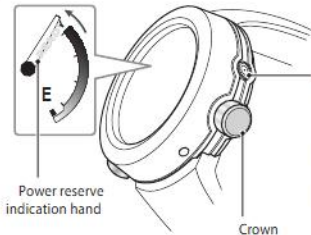
Items to check before water depth measurement

- Commercial specialized devices for diving are prepared. (→ page 4)
- The band of the watch is not worn or damaged.
- No foreign objects stick around the water pressure sensor or water sensor.
- The crown and buttons are screwed down. (→ page 11)
- The power reserve is in level “2” or higher. (→ page 18)
- Understand the rapid ascent warning and corresponding alarm. (→ page 24)
- The watch is not wet. (→ page 32)
- The hand does not point to “OVER”. (→ page 32)
- The time indication is correct. (→ page 34)

Water depth measurement

Starting measurement

This watch automatically starts water depth measurement as the wearer enters the water.

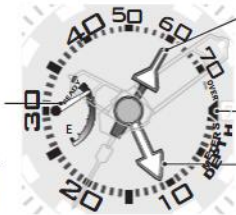


Water sensor

When the water sensor is in contact with water for about 2 seconds, the power reserve indication hand points to "READY" and the water pressure sensor starts water depth measurement.

How to read water depth indication

Power reserve indication hand:
returns to power reserve indication as measurement starts and the water depth hand moves.



Maximum water depth hand:
indicates the maximum depth during a measurement.

0 m

Water depth hand:
indicates current water depth.

The indication range is:

0 - 70 m (unit: 1 m (0 - 40 m), 2 m (40 - 70 m))

Water depth measurement

When the depth goes beyond the indication range

The water depth hand and maximum water depth hand point to "OVER".

The water depth hand stops indicating "OVER" and moves to indicate current depth as the detected depth comes back within the indication range.



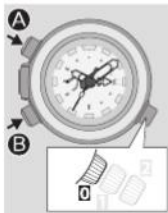
Rapid ascent warning alarm

The rapid ascent warning alarm sounds as the watch detects ascent equivalent to 9 m per minute.

- The alarm keeps sounding as long as rapid ascent continues.
- The alarm keeps sounding for about 10 seconds even after rapid ascent stops.
- The alarm sound can be checked before diving. (→ page 25)
- Rapid movement of your arm may activate the rapid ascent warning feature.
- This feature cannot be disabled as it is an important safety feature.

Checking the alarm

- Make sure that the watch is not wet before operating the crown or any buttons.
- To unscrew/screw the crown/button, see page 11.



1 Press and release the lower left button **B** while the crown is in position **0**.

The maximum water depth hand indicates the maximum diving depth at the last measurement.

2 Press and release the upper left button **A** while the maximum depth is indicated.

The alarm sounds for 10 seconds.

- The maximum water depth indication ends about 10 seconds after the alarm sound stops.
- Press and release the lower left button **B** to stop the alarm.

Finishing measurement

To finish water depth measurement, press and hold the upper left button **A** for 5 seconds or more after taking the watch out of water and wiping water away from the water sensor and other parts of the watch.

- Water depth measurement will automatically finish when water depth is kept at 0 m for about 10 minutes.
- Water depth measurement finishes in a few seconds after wiping water away from the water sensor when the water depth hand does not move at all (water depth is always shallower than 1 m and the power reserve indication hand points to "READY").

After use in water

Be sure to check the following items to maintain the watch after use in water.

Items to check after use in water

- The watch is cleansed with fresh water immediately after use in water and water is wiped away with a dry soft cloth or something similar.
- No fog appears inside the watch's glass.
- No water entered the watch.
- The band of the watch is not worn or damaged.
- The crown and buttons are screwed down. (→ page 11)
- The watch is fully recharged. (→ page 14)

Continued on the next page

■ After use in water (continued)

When cleansing the watch with fresh water

Cleanse the watch in a basin or something similar filled with fresh water.

- Do not expose the watch directly to water flowing from a water tap.
- Do not operate the crown or depress the buttons when the watch is wet.

CAUTION

- Leaving dirt or sea salt on the water sensor may cause inaccurate measurement.

When fog appears inside the watch's glass or water enters the watch

If the inside of the watch fogs up for a long time or sea water enters it, put it in a box or plastic bag and immediately consult your nearest authorized Citizen service center for repair.

- Otherwise, pressure inside the watch will increase and parts (crystal, crown, push button, etc) may come off.

Reviewing the maximum water depth record

About storing the maximum water depth

The maximum water depth hand indicates the maximum diving depth of each measurement.

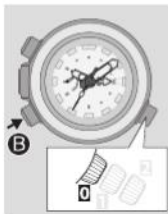
The maximum water depth is ready to be stored when either of the following conditions is met and the stored record can be indicated after finishing measurement:

- Water depth indication remains deeper than 1 m for 3 minutes or more in a measurement.
- Water depth indication remains deeper than 8 m for 1 minutes or more in a measurement.

About the record

- When a new record is stored, the previous record is overwritten.
- No maximum water depth is stored when measurement was interrupted because of sudden change of depth (→ page 33) or other reasons.

- Make sure that the watch is not wet before operating the crown or any buttons.
- To unscrew/screw the crown/button, see page 11.



1 Press and release the lower left button (B) while the crown's position is (O).

The maximum water depth hand indicates the maximum depth stored (→ page 30).

- The maximum water depth stored during inspection is indicated just after purchase or repair.

2 Press and release the lower left button (B) to finish the procedure.

- The maximum water depth indication automatically ends in about 10 seconds without pressing the button.

About the “OVER” indication

When the water sensor remains wet

The water depth hand and maximum water depth hand point to “OVER” when the water sensor detects water drops or perspiration for 60 consecutive minutes.

- Measurement is not available when the hands point to “OVER”.
- Wipe water or dirt away from the water sensor to deactivate the status of the “OVER” indication.
- See pages **44** and **45** if the status is not deactivated.



When water depth changes suddenly

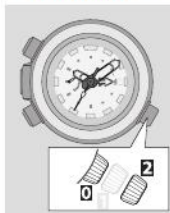
The water depth hand and maximum water depth hand point to "OVER" when depth change of ± 4 m or more in 1 second is detected.



- Measurement is not available when the hands point to "OVER".
- To deactivate the status of the "OVER" indication, press and release the upper left button **A** for 5 seconds or more after taking the watch out of water and wiping water away from the water sensor and other parts of the watch.
- See pages **44** and **45** if the status is not deactivated.

Setting the time

- Make sure that the watch is not wet before operating the crown or any buttons.
- To unscrew/screw the crown/button, see page 11.



1 Pull the crown out to position 2 as the second hand points 0 second.

The watch stops and the water depth hand and maximum water depth hand move to their reference positions.

- The power reserve indication hand points to “READY” after quivering.

2 Rotate the crown to set the time.

- Pay attention to whether the time set is AM or PM.
- Date indication starts to change as the setting passes 10PM. Rotating the crown counter-clockwise does not turn back the date indication.

3 Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

Adjusting the calendar

You must correct the date on the first day of March, May, July, October and December.

- Do not set the date during the period below, when the date indication is changing on this watch. If you do the date indication may change incorrectly.

Period of time: From 10PM to 0AM (12:00AM)



- Make sure that the watch is not wet before operating the crown or any buttons.
- To unscrew/screw the crown/button, see page 11.

- 1 Pull the crown out to position 1.**
- 2 Rotate the crown clockwise to set the date.**
- 3 Push the crown in to position 0 to finish the procedure.**

Using the rotating bezel

You can see the elapsed time from a certain moment, or remaining time to a decided moment, easily by using the rotating bezel.

- Be sure to use a specialized instrument when diving. Use the watch only as a reference.
- The rotating bezel moves counter-clockwise only.

Finding the elapsed time

Set  on the rotating bezel to the current position of the minute hand.

You can see the elapsed time (up to 60 minutes) by reading the scale of the bezel.



Finding the remaining time

Set  on the rotating bezel to the decided time (up to 60 minutes).

You can see the remaining time by reading the scale between the minute hand and



Checking and correcting the reference position

Check whether the reference position of the hands is correct when water depth indication is not correct.

What is the reference position?

The base position of hands to indicate water depth and the maximum water depth.

- **Position of the water depth hand:**
0 m (3:00)
- **Position of the maximum water depth hand:** 0 m (3:00)
- The hour, minute and second hands, power reserve indication hand and date indication do not have a reference position.

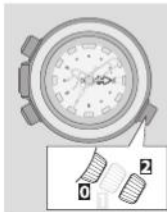
Correct reference positions



Checking the reference position

Check whether the reference positions of the water depth hand and maximum water depth hand are correct.

- Make sure that the watch is not wet before operating the crown or any buttons.
- To unscrew/screw the crown/button, see page 11.



1 Check the power reserve indication.

- Charge if the power reserve level is lower than "2".

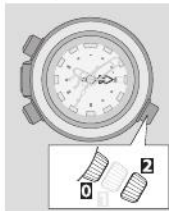
2 Pull the crown out to position 2.

The watch stops and the water depth hand and maximum water depth hand move to their current reference positions.

- The power reserve indication hand points to "READY" after quivering.

Continued on the next page

Checking and correcting the reference position



3 Check the reference positions.

Check the reference positions referring to page 38

- Water depth hand: 0 m (3:00)
- Maximum water depth hand: 0 m (3:00)

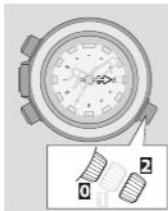
If any reference position is incorrect, correct it following step 3 (page 42 and after).

4 Push the crown in to position 0 to finish the procedure.

Correcting the reference position

Correct the hands and indication to make them show their correct reference positions.

- Adjust the time after correcting the reference position.
- **Make sure that the watch is not wet before operating the crown or any buttons.**
- **To unscrew/screw the crown/button, see page 11.**



1 Check the power reserve indication.

- Charge if the power reserve level is lower than “2”.

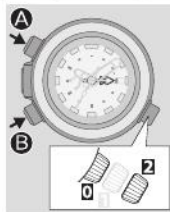
2 Pull the crown out to position 2.

The watch stops and the water depth hand and maximum water depth hand move to their current reference positions.

- The power reserve indication hand points to “READY” after quivering.

Continued on the next page

Checking and correcting the reference position



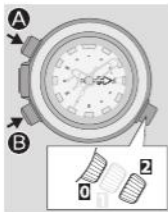
3 Press and hold the lower left button **B for 2 seconds or more.**

The water depth hand moves to the 10-second position and the maximum water depth hand becomes ready to have its reference position adjusted.

4 Press and release the upper left button **A.**

Each time you press and release upper left button **A**, the hand moves by 1 step.

- The hand moves continuously while you are pressing and holding the button.



5 Press and release the lower left button (B) to change the hand to be corrected.

The maximum water depth hand moves to the 10-second position and the water depth hand becomes ready to have its reference position adjusted.

- Each time you press and release the lower left button (B), the target hand is switched.

6 Press and release the upper left button (A).

Each time you press and release upper left button (A), the hand moves by 1 step.

- The hand moves continuously while you are pressing and holding the button.

7 Push the crown in to position 0 to finish the procedure.

Troubleshooting

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

Symptom	Remedies	Page
Cannot measure water depth		
	Measured depth is out of indication range (0 to 70 m). The hands return to depth indication as depth comes back within range.	24
	Wipe water away from the water sensor with dry soft cloth or something similar.	32
	Abnormal atmospheric pressure is detected by the sensor. Water depth measurement is available when atmospheric pressure becomes normal.	—
	Press and hold the upper left button  for 5 seconds or more.	—

Symptom	Remedies	Page
Cannot deactivate the status of the “OVER” indication		
The two hands point to “OVER”. 	The watch's measurement function has problems if the “OVER” indication is not stopped even after executing remedies on the previous page or the indication occurs frequently. Consult the nearest Authorized Citizen Service Center.	-

Continued on the next page

Symptom	Remedies	Page
Water depth measurement does not start		
The power reserve indication hand does not point to "READY" even after taking the watch into water.	Push the crown in to position 0 .	21
	Be sure the watch is fully charged.	14
	Ensure no foreign object, debris or dirt is on the water sensor.	—
The water depth hand does not move from 0 m.	Check whether any foreign object, debris or dirt is on the water pressure sensor.	—
	Water depth indication is 0 m if the depth is shallower than 1 m.	23

Symptom	Remedies	Page
Movement of a hand seems unusual		
The water depth hand and maximum water depth hand move irregularly.	Wipe water away from the water sensor with dry soft cloth or something similar.	–
	Press and hold the upper left button A for 5 seconds or more.	–
Water depth indication is incorrect.	Check and correct the reference position.	38
Maximum water depth indication is incorrect.	Check and correct the reference position.	38

Continued on the next page

Symptom	Remedies	Page
Movement of a hand seems unusual (continued)		
The second hand moves once every two seconds.	Insufficient charge warning. Fully charge the watch.	14
The second hand does not move.	Pull the crown out to position 0 .	—
	Charge the watch in direct sunlight for about 2 hours.	14
Cannot check the power reserve.	Pull the crown out to position 0 .	—
	Wipe water away from the water sensor with dry soft cloth or something similar.	26

Symptom	Remedies	Page
Calendar is incorrect.		
Date indication is incorrect.	Adjust the calendar.	35

Troubleshooting

You can reset the watch to the initial status (All Reset).

- The maximum water depth is kept even after All Reset.

Be sure to perform the following operations after All Reset.

1 Correct the reference positions.

After All Reset, the watch is in the reference position adjustment mode.
Refer to step 4 (page 42) and after.

2 Adjust the time and calendar.

- Make sure that the watch is not wet before operating the crown or any buttons.
- To unscrew/screw the crown/button, see page 11.



1 Check the power reserve indication.

- Charge if the power reserve level is lower than "2".

2 Pull the crown out to position 2.

The water depth hand and maximum water depth hand move to their current reference positions. Do not execute any operation until all the hands stop.

3 Press and hold both the upper left button (A) and lower left button (B) at the same time for 4 seconds or more.

As you release the buttons, the hands move slightly to indicate that reset is completed.

Correct the reference position (page 41) and adjust the time (page 34) and calendar (page 35).

Eco-Drive watch handling precautions

<Always Make Sure to Recharge Frequently>

- For optimal performance, your watch should remain fully charged.
- Long sleeves may inhibit light transmission to your watch.
This may result in your watch losing charge. In these cases supplemental charging may be necessary.
- When you take off the watch, place it in a bright location to ensure optimal performance.

⚠ CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60 °C (140 °F) or higher) as doing so may cause the movement to malfunction.

Examples:

- Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp.
 - * When charging under an incandescent lamp, be sure to leave 50 cm (20 inches) or more between the lamp and the watch to avoid exposing the watch to excessive heat.
- Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.



Eco-Drive watch handling precautions

<Replacement of Rechargeable Cell>

- This watch utilizes a special rechargeable cell that does not require periodical replacement. However power consumption may increase after using the watch for a number of years due to wear of internal components and deterioration of oils. This may cause stored power to be depleted at a faster rate. For optimal performance, we recommend having your watch inspected every 2-3 years for proper operation and condition check.

WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch.
If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing.
If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.



WARNING Use Only the Specified Battery

- Never use a battery other than the rechargeable cell specified for use in this watch.
Although the watch structure is designed so that it will not operate when another type of battery is installed, if a conventional watch battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture.
This can cause damage to the watch and injury to the wearer.
When replacing the rechargeable cell, always make sure to use the designated rechargeable cell.

Water resistance

WARNING Water Resistance

- This watch is 200 m water-resistant. It can be used for scuba diving with an air tank, but cannot be used for saturation diving using helium gas.

Name	Indication	Specification
	Dial or Case back	
Non water-resistant	—	Non water-resistant
Everyday use water-resistant watch	WATER RESIST	Water-resistant to 3 atmospheres
Upgraded everyday use water-resistant watch	W. R. 5 bar	Water-resistant to 5 atmospheres
	W. R. 10/20 bar	Water-resistant to 10 or 20 atmospheres
200 m water-resistant watch	DIVER'S 200 m	Water-resistant to 20 atmospheres

Water-related use						
						Operate the crown or button when the watch is wet
Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Saturation diving using helium gas		
NO	NO	NO	NO	NO	NO	NO
OK	NO	NO	NO	NO	NO	NO
OK	OK	NO	NO	NO	NO	NO
OK	OK	OK	NO	NO	NO	NO
OK	OK	OK	OK	NO	NO	NO

Water resistance

- The packing used for this watch is a consumable part and will deteriorate over long-term use. Deterioration may lead to water penetration, causing the watch to malfunction or stop. Consult the nearest Citizen service center for inspection (for a charge) every 2 or 3 years, and replace the packing, glass or other parts as necessary.

Precautionary items and usage limitations

CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do not wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed.

 CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do not operate the crown or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or customer support center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

CAUTION When Wearing Your Watch

<Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration dirt. Because of the natural materials, leather band will be worn, deformed, and discolored over time. It is recommended to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.

 CAUTION When Wearing Your Watch (continued)

- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury.

Consult your nearest authorized Citizen service center. Other shops may charge for, or may not provide, the service.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications on page 66.

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from keeping time accurately.

Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

Precautionary items and usage limitations

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note the watch may operate erratically or not at all if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

 CAUTION Always Keep Your Watch Clean

- 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.
- The case and band of the watch come into direct contact with the skin. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration. Be sure to keep your watch clean at all times.
- Be sure to periodically clean the bracelet and case of your watch to remove accumulated dirt and foreign matter. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you notice this, discontinue wearing the watch and consult your physician.
- Be sure to periodically clean foreign matter and accumulated materials from the metal band, synthetic rubber strap (polyurethane) and/or metal case using a soft brush and mild soap. Be careful not to allow moisture on the case if your watch is not water resistant.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Precautionary items and usage limitations

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For metallic, plastic or synthetic rubber (polyurethane) band, clean it with soap and a soft toothbrush. Be sure to thoroughly rinse the band after cleaning to remove any soap residue.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

<When Luminous Paint is used for your watch>

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 will appear bright at first and then diminish 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

Specifications and contents of this booklet are subject to change without prior notice.

Model	J250	Type	Analog solar-powered watch
Timekeeping accuracy	Average monthly accuracy: ± 15 seconds when worn at normal operation temperatures between $+5^{\circ}\text{C}$ (41°F) and $+35^{\circ}\text{C}$ (95°F)		
Operating temperature range	-10°C (14°F) to $+60^{\circ}\text{C}$ (140°F)		
Display functions	• Time: Hours, minutes, seconds • Calendar: Date • Power reserve: 4 levels		
Maximum run time from full charge	• After charged fully, the watch runs without additional charging Approximately 11 months • Power reserve upon insufficient charge warning function: Approximately 4 days		
Battery	Rechargeable cell (lithium button cell), 1pc.		

Additional functions	• Solar power function • Power reserve indication (in four levels) • Overcharging prevention function • Insufficient charge warning function (two-second interval movement) • Water depth measurement function • Maximum water depth indication function • Water detection function ("READY") • Rapid ascent warning function (alarm sound) • Reference position check and adjustment function (water depth hand and maximum water depth hand)
Measurement characteristics	• Measurable range: From 0 m to 70 m • Accuracy assurance: From 0 m to 20 m: ± 1 m/From 20 m to 70 m: ± 2 m • Accuracy assurance temperature: 0°C (32°F) to +40°C (104°F)