

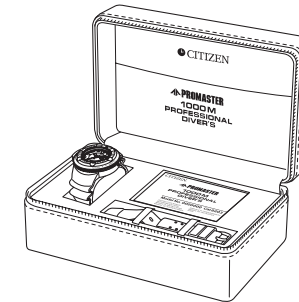
Request to Customers

All repairs performed on this watch, including repairs involving the band, are to be performed at the CITIZEN. When desiring to have your watch repaired or inspected, please contact the Citizen Service Center either directly or through the store where you purchased your watch.

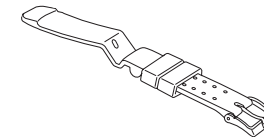
Package Contents

Once you have opened the package, first check whether the following product and accessories are contained in the package.

Watch



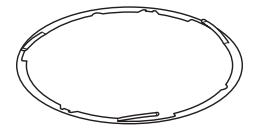
Extension band



Instruction manual



Rotating bezel spring (spare)



Contents

1. Features of the Citizen Promaster 1000 m Professional Diver	5
2. Names of Components	7
3. Before Using	8
4. Setting the Time and Date	10
1. Setting the Time	10
2. Setting the Date	11
5. Helium Escape Valve	13
6. Using the Rotating Bezel	14
7. Before Diving	16
8. Cautions While Diving	17
9. Maintenance After Diving	18
10. Disassembly and Assembly of Rotating Bezel and Rotating Bezel Clamp	19
11. Handling	25
12. Precautions	26
13. Specifications	31

1. Features of the Citizen Promaster 1000 m Professional Diver

This watch is a diver's watch designed to withstand depths down to 1000 m (water pressure equivalent to 100 atm).

1. Titanium Case Offering Outstanding Features

* The watch case employs a titanium base offering superior corrosion resistance, light weight and high strength, while the surface is specially treated for high hardness and enhanced scratch resistance.

2. Water Resistant Construction Capable of Withstanding a Depth of 1000 m

* This watch features enhanced water resistance that enables it to withstand saturation diving by using helium gas.

3. Equipped with an Helium Escape Valve for Discharging Helium Gas

* This watch employs an helium escape valve for enhanced safety that automatically discharges helium gas that has penetrated inside the watch when ascending from deep regions to the surface.

4. Rotating Bezel with Reverse Rotation Prevention Mechanism to Prevent Incorrect Operation

* The rotating bezel, which is important for checking diving time, employs a reverse rotation prevention mechanism that prevents the rotating bezel from being rotated inadvertently.

5. Rotating Bezel can be Disassembled and Assembled

* The rotating bezel can be easily disassembled for cleaning when debris and dirt have become trapped inside. A locking lever is used that enables the rotating bezel to be securely fastened after assembly.

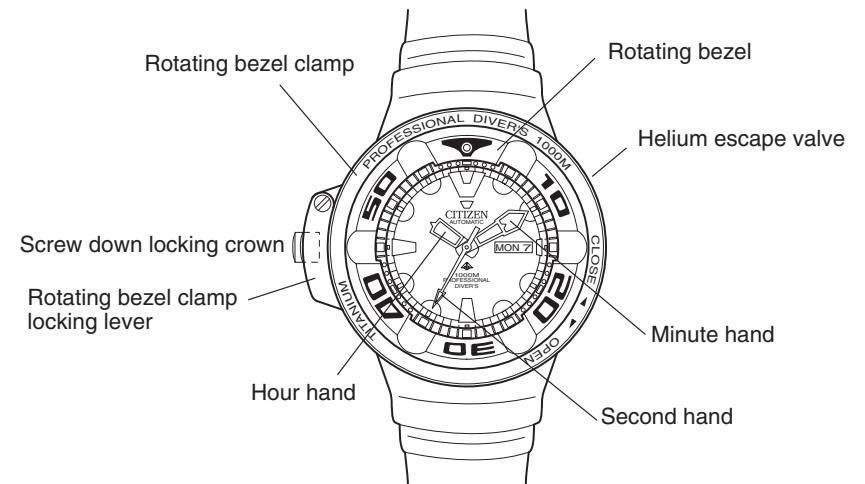
6. Screw down locking Crown

* The screw down locking crown can be securely locked in position through the use of a screw-locking mechanism. What is more, the use of double O-rings results in enhanced airtightness and water resistance. Furthermore, the screw down locking crown is located at the 9:00 position to prevent it from obstructing movement of the wrist or wetsuit.

7. Self-Winding Movement

* A self-winding movement is employed in which the watch mainspring is wound automatically by movement of the hand when worn, and the force of the mainspring is then used to drive the movement (watch). The mainspring can also be wound by turning the crown.

2. Names of Components



The design may vary depending on the model.

3. Before Using

This watch is a mechanical watch (self-winding). Before using, disengage the screw down locking crown and turn it to the right by hand to wind the watch mainspring. When the mainspring is in the fully wound state (sufficiently wound), the watch will continue to run for about 40 hours. In order to ensure that the watch continuously

provides a stable time display, always wear the watch on your wrist to keep the mainspring adequately wound. If the watch is only worn for short periods of time, wind the mainspring manually by turning the crown by hand.

Note:

A screw down locking crown is employed to enhance the water resistance of the watch. When operating the crown, first turn it to the left to disengage the screw lock. Once you have finished operating the crown, always make sure to return the crown to the normal position and then turn it to the right while pushing it in so that the screw lock is securely engaged.



[General Reference for Winding Mainspring when Completely Unwound]

* After first loosening the screw down locking crown, turn it to the right about 40 revolutions to fully wind the mainspring.

Keep the mainspring adequately wound either by turning the crown by hand or by wearing the watch on your wrist for at least three hours each day.

If the watch is only worn for short periods of time, turn the crown by hand to keep the mainspring fully wound. Since this watch employs a slip mechanism that automatically disengages the mainspring when fully wound, it cannot be over-wound.

4. Setting the Time and Date

1. Setting the Time

(1) Turn the crown to the left to loosen the screw down lock.

(2) Pull the crown out to the second click.

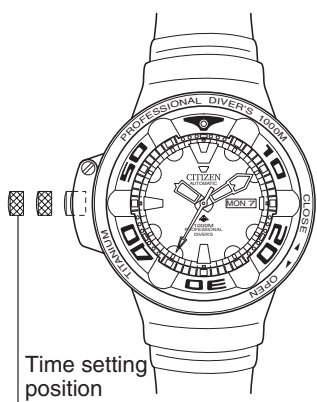
* The second hand does not stop moving.

(3) Turn the crown to set the hands (time). If the date changes, the time is around 12:00 AM. The day changes about 4-5 hours later.

* Pay attention to AM and PM when setting the time.

(4) Push in the crown to the normal position.

(5) Turn the crown to the right while pushing in until it stops to securely fasten the screw lock.



2. Setting the Date

(1) Turn the crown to the left to loosen the screw down lock.

(2) Pull the crown out to the first click.

(3) Turn the crown to set the date and day (rapid correction).

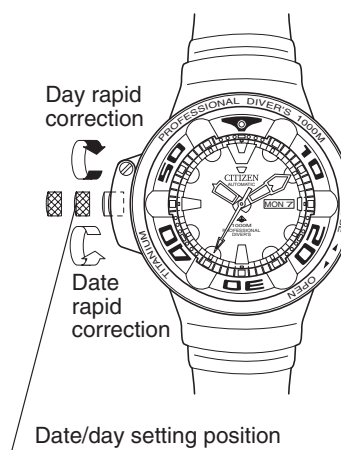
* The date changes if the crown is turned to the left.

* The day changes if the crown is turned to the right.

The day is alternately displayed in two languages. Once the day has been set to the desired display, the watch automatically displays the specified display.

(4) Push in the crown to the normal position.

(5) Turn the crown to the right while pushing in until it stops to securely fasten the screw lock.

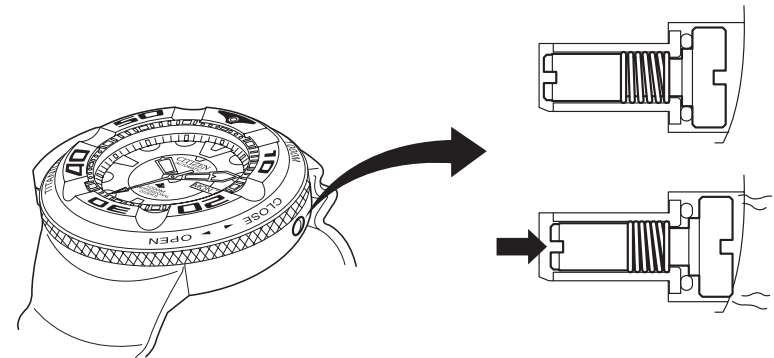


Notes:

- * Avoid rapid correction of the date when the watch hands are between the hours of 9:00 PM and 4:30 AM. Correcting the date during this time period may prevent the date from changing on the following day. Set the date and day after the hands have moved outside this time period.
- * This date displayed by this watch is based on a 31-day month. The date must be changed by operating the crown on the first day of the following month in those months with less than 31 days (months having 30 days and February).

5. Helium Escape Valve

An helium escape valve is provided that automatically discharges helium gas that has penetrated inside the watch to prevent the watch from rupturing when ascending from deep regions to the surface during saturation diving by professional divers using helium.



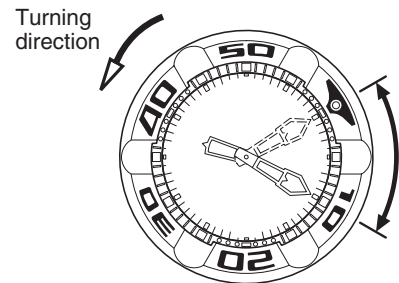
6. Using the Rotating Bezel

The rotating bezel can be used as a reference for elapsed time during diving or for the amount of time remaining relative to a predetermined amount of time.

[Setting the Rotating Bezel]

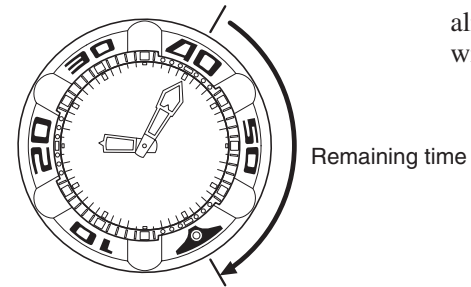
* Only turn the rotating bezel to the left. It cannot be rotated in the opposite direction (to the right) to prevent the risk of incorrect operation.

Determination of Elapsed Time



* Align the ▼ mark on the rotating bezel with the minute hand. After a certain amount of time has elapsed, the elapsed time can be determined from the scale on the rotating bezel.

Determination of Remaining Time



* The remaining time can be determined by aligning the ▼ mark on the rotating bezel with the target time.

7. Before Diving

Always make sure to check the following items before diving.

1. Is the watch mainspring sufficiently wound?
2. Is the time set correctly?
3. Is the watch crown securely fastened?
4. Does the rotating bezel rotate properly?
5. Are the rotating bezel and rotating bezel clamp properly assembled?
6. Is the rotating bezel clamp locking lever properly fastened?
7. Is the band securely attached?
8. Are there any scratches, cracks or chips in the glass?

8. Cautions While Diving

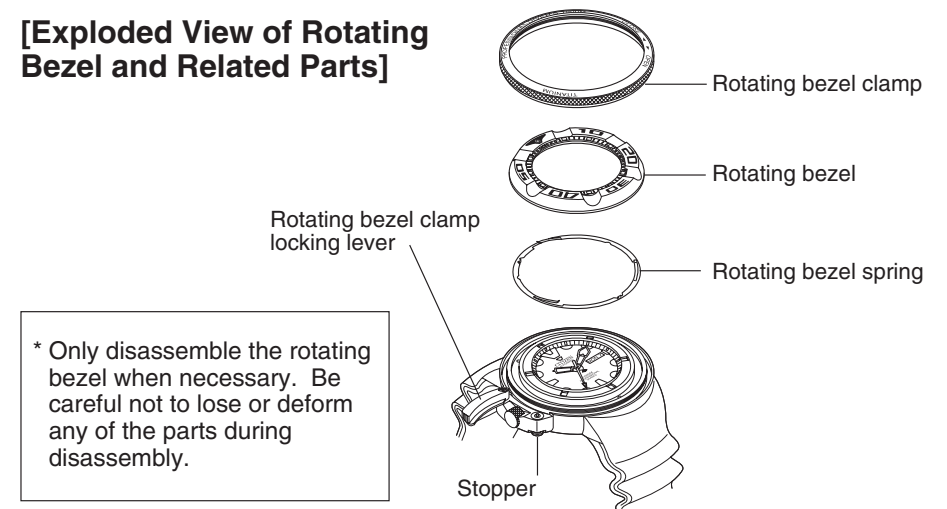
1. Never operate the crown while diving.
2. Do not disengage the rotating bezel clamp locking lever while diving.
3. Never attempt to disassemble or assemble the rotating bezel or rotating bezel clamp while diving.
4. Do not bump the watch against rocks or other hard objects.

9. Maintenance After Diving

1. After diving, thoroughly rinse the watch with pure water and carefully wipe off the moisture with a dry cloth. When rinsing with water, first check to make sure that the crown is securely locked.
2. If there is any debris or fine sand around the rotating bezel, disassemble the rotating bezel and rotating bezel clamp and remove any debris and soiling. However, never attempt to loosen or remove the screws of the back cover.

10. Disassembly and Assembly of Rotating Bezel and Rotating Bezel Clamp

[Exploded View of Rotating Bezel and Related Parts]



[Disassembly Procedure]

1. Open the rotating bezel clamp lever in the direction of the arrow while simultaneously lowering the stopper.

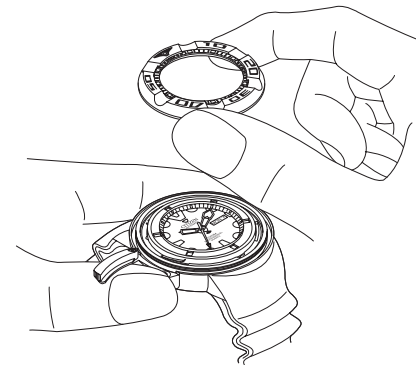


2. Turn the rotating bezel clamp to the right and remove (this is opposite the direction of an ordinary screw).



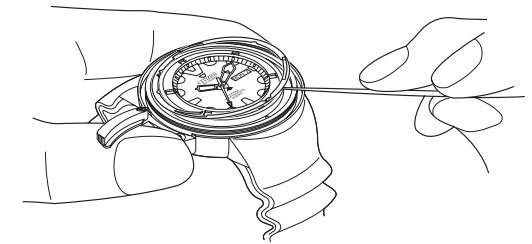
Note: Be careful when removing the rotating bezel clamp since the rotating bezel and rotating bezel spring may fall off and become lost.

3. Lift the rotating bezel straight up and remove.



Note: The rotating bezel spring is installed beneath the rotating bezel. Turning the rotating bezel while removing can cause this spring to be deformed.

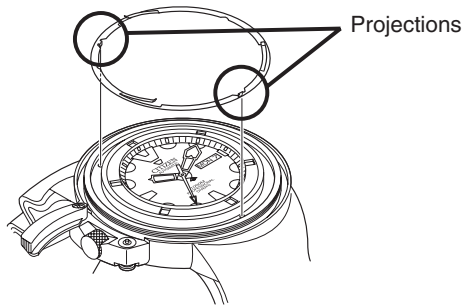
4. Remove the rotating bezel spring.



Note: Projections at two locations on the spring are press fit into holes on the top of the watch to prevent it from falling out easily. Remove the rotating bezel while being sufficiently careful not to deform these projections.

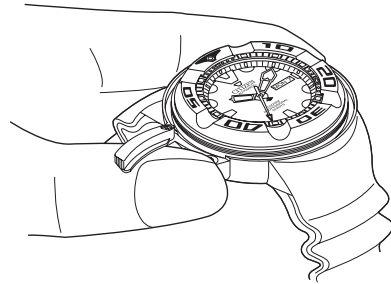
[Assembly Procedure]

1. Properly align the projections on the rotating bezel spring with the two holes in the top of the watch and then gently press on the top of the projections to set in position.



Note: Be careful not press on the spring with excessive force since this can cause it to be deformed. The side on which the three rising spring sections are located is the top. Be careful not to assemble the spring upside-down.

2. Install the rotating bezel and turn to the left while gently pressing from above. Confirm that it rotates while making a clicking sound.



Note: Never turn the rotating bezel to the right since this can cause deformation of the rotating bezel spring.

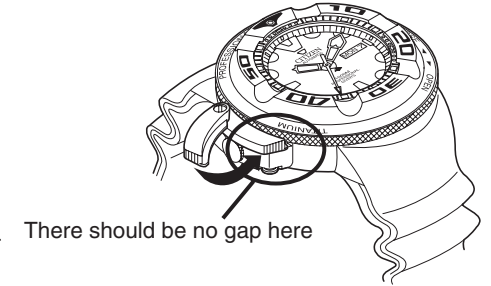
3. Install the rotating bezel clamp and turn to the left until it is tightly screwed on (this is opposite the direction of an ordinary screw).



Notes:

- * Make sure that the rotating bezel clamp is not installed on an angle.
- * If debris or other material is adhered to the threads, it will be difficult to rotate the rotating bezel clamp. Since this can also lead to damage of the threads, make sure there is no debris present.

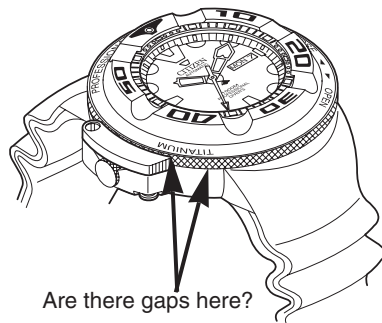
4. Move the rotating bezel clamp locking lever in the direction of the arrow to securely lock the rotating bezel clamp in position.



Note: If the rotating bezel clamp is not screwed on tightly, a gap will form between the rotating bezel clamp and rotating bezel clamp locking lever that prevents the rotating bezel clamp from being properly locked in position. Make sure that the rotating bezel clamp is screwed on tightly.

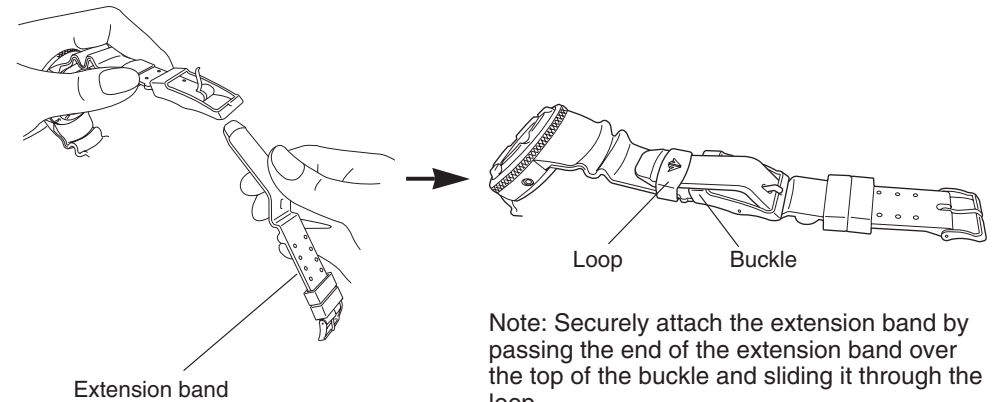
5. Check the following items after assembling.

- * Does the rotating bezel turn smoothly to the left? Does it turn to the right? (do not use excessive force when turning to confirm this).
- * Is the rotating bezel clamp screwed on tightly, and is it installed properly? In addition, is there a gap between the watch case and the rotating bezel clamp? (Although the rotating bezel can be rotated slightly even if the rotating bezel clamp locking lever is closed, the rotating bezel will not come off.)
- * Is there a gap between the rotating bezel clamp locking lever and rotating bezel clamp, and is the rotating bezel clamp tightly screwed on?



11. Handling

- * When wearing the watch over a wetsuit and so forth, and the length of the standard band is not long enough, attach the extension band provided to adjust the length of the band.



Note: Securely attach the extension band by passing the end of the extension band over the top of the buckle and sliding it through the loop.

12. Precautions



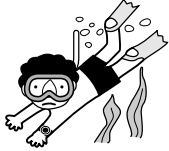

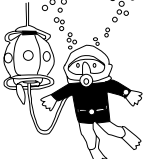

WARNING: Water Resistance Performance

This divers watch is designed to withstand diving to a depth of 1000 m (water pressure equivalent to 100 atm). It can be used for saturation diving using helium gas.

WARNING: Water Resistance

Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly.

Indication	Specifications
Dial or Case (case back)	
DIVER'S WATCH 1000M	Water-resistant to 1000M

Examples of use					
					
Minor exposure to water (washing face, rain, etc.)	Moderate exposure to water (washing, kitchen work, swimming, etc.)	Marine sports (skin diving)	Scuba diving (with air tank)	Saturation diving (helium enriched environment)	Operation of the crown with moisture visible
OK	OK	OK	OK	OK	NO

<Maintaining Water Resistance>

Please have your watch inspected at a Citizen Service Center once every 2-3 years to maintain water resistance. Have the packing, glass, crown or other parts replaced as necessary.

CAUTION

- Be sure to use the watch with the crown pressed in (normal position). Check that the crown is tightened securely.
- Do NOT operate the crown with wet fingers or when the watch is wet. Water may enter the watch and compromise water-resistance.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth.
- If moisture has entered the watch, or if the inside of the crystal is fogged up and does not become clear within a day, immediately take the watch to your dealer or Citizen Service Center for repair. Leaving the watch in such a state will allow corrosion to form inside.
- 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, etc.) may come off.

CAUTION: Keep your watch clean.

- Leaving dust and dirt deposited between the case and crown may result in difficulty in pulling the crown out. Rotate the crown while in its normal position, from time to time, to loosen dust and dirt and then brush it off.
- Dust and dirt tend to be deposited in gaps in the back of the case or band.

Deposited dust and dirt may cause corrosion and soil your clothing. Clean the watch occasionally.

Cleaning the Watch

- Use a soft cloth to wipe off dirt, perspiration and water from the case and crystal .
- To clean a metal, plastic, or rubber watchband, wash away dirt with mild soap and water. Use a soft brush to remove dust and dirt jammed in the gaps in the metal band.

NOTE: Avoid using solvents (thinner, benzine, etc.), as they may mar the finish.

CAUTION: Operating environment

- Use the watch within the operating-temperature range specified in the instruction manual.
Using the watch where temperatures are outside the specified range, may result in deterioration of functions or even stoppage of the watch.
- Do NOT use the watch in places where it is exposed to high temperature, such as in a sauna.
Doing so may result in a skin burn.
- Do NOT leave the watch in a place where it is exposed to high temperature, such as the glove compartment or dash-board of a car.
Doing so may result in deterioration of the watch, such as deformation of plastic parts.

- Do NOT place the watch close to a magnet.
Timekeeping will become inaccurate if you place the watch close to magnetic health equipment such as a magnetic necklace or a magnetic latch of a refrigerator door or handbag clasp or the earphone of a mobile phone.
- Do NOT subject the watch to a strong shock such as dropping it onto a hard floor.
- Avoid using the watch in an environment where it may be exposed to chemicals or corrosive gases.
If solvents, such as thinner and benzine, or substances containing such solvents come in contact with the watch, discoloration, melting, cracking, etc. may result. If the watch comes in contact with mercury used in thermometers, the case, band or other parts may become discolored.

Periodical inspections

Your watch needs inspection once in every two or three years for safety and long use. To keep your watch water-resistant, the packing needs to be replaced regularly. Other parts need to be inspected and replaced if necessary. Ask for Citizen genuine parts upon replacement.

13. Specifications

1. Caliber No.: 8203B
2. Model: Mechanical watch (self-winding)
3. Timekeeping accuracy: Average daily difference of -10 to +20 seconds (the timekeeping accuracy range may be exceeded depending on the conditions of use)
4. Operating temperature range: -10°C to +60°C / -14°F to +140°F
5. Display functions: 3 hands (hour hand, minute hand, second hand)
6. Additional functions: Date and day
Date and day rapid correction function
Bilingual day display

* Specifications are subject to change without notice.