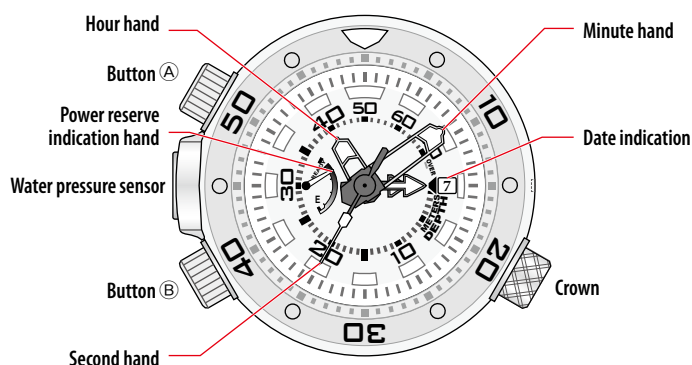


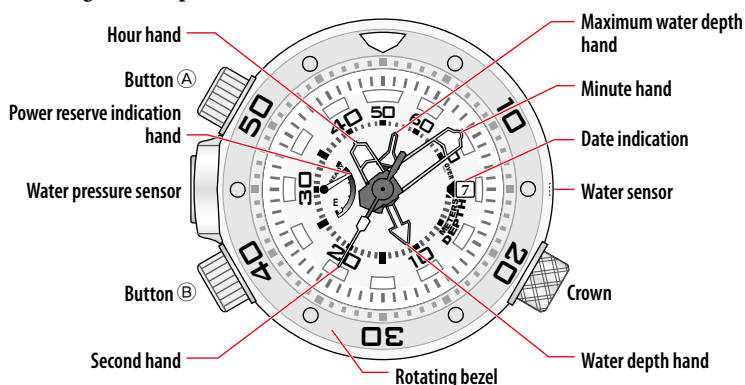
- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual:  J250 instruction manual
- Click  **Video** in articles to see video instructions of operation.

Component identification

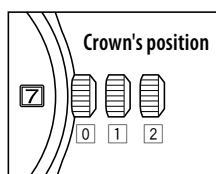
• During daily use



• During water depth measurement



- Actual appearance may differ from the illustrations.
- The crown has two positions when pulling it out.
- Rotate the screw down crown counterclockwise until it releases from the case before operating it.
- After operation, with pressing it to the case, rotate the crown clockwise to tighten it firmly.
- Refer also to our web page for detail of usage of the scale and bezel on the watch.
(<http://www.citizenwatch-global.com/support/pdf/enhanced/e.pdf>)



Checking the power reserve

- The power reserve is not indicated when the power reserve indication hand points "READY".
- 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.

Level	3	2	1	0
Indication				
Duration (approx.)	340 - 300 days	300 - 200 days	200 - 4 days	4 days or shorter
Meaning	OK for normal use.		Power reserve is getting low.	Insufficient charge
			Charge immediately.	

Setting the time

1. Pull the crown out to position **2** when the second hand points **0** second.
2. Rotate the crown to set the time.
 - Take care the time set is AM or PM.
 - Date indication starts to change to the next as the setting passes 10PM. Rotating the crown counterclockwise does not turn back date indication.
3. Push the crown in to position **0** in accordance with a reliable time source to finish the procedure.

Setting the date indication

- Do not adjust the date indication while the watch shows 10:00 PM - 0:00 AM. Otherwise, the date indication may change incorrectly thereafter.
- Date indication adjustment is required on the first days of March, May, July, October and December.

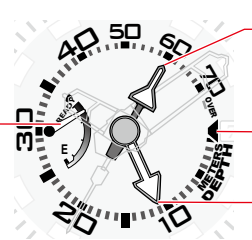
1. Pull the crown out to position **1**.
2. Rotate the crown clockwise to set the date indication.
3. Push the crown in to position **0** to finish the procedure.

Water depth measurement

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 diving depth during a measurement.
0 m

Water depth hand:
indicates current water depth.

Indication range of water depth

0 - 70 m

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

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.

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.

About the "OVER" indication

"OVER" may be indicated when the water sensor remains wet or very sudden change of water depth is detected. For details, refer to the instruction manual and follow its instructions.

About the rapid ascent warning alarm

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

Checking the rapid ascent warning alarm

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 for 10 seconds.

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

The alarm sounds for 10 seconds. Press button (B) to stop the alarm.

Reviewing the maximum water depth record

The maximum water depth hand indicates the maximum diving depth of each measurement. The stored maximum depth record can be indicated after finishing measurement.

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.

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.

Checking the reference position

1. Check the power reserve.

- 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 position.

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

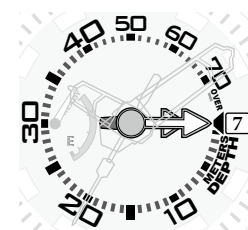
3. Check the reference position.

Correct reference positions:

Water depth hand: 0 m (3 o'clock position)

Maximum water depth hand: 0 m (3 o'clock position)

The hour, minute and second hands, power reserve indication hand and date indication do not have a reference position.



When the current reference position is different from the correct one, adjust the position following the steps of "Correcting the reference position".

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

Correcting the reference position

1. Check the power reserve.

- 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 position.

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

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 the button, 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 near of the 10-second position and the water depth hand becomes ready to have its reference position adjusted.

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

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

- Each time you press the button, 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.

Resetting the watch — All Reset

1. Check the power reserve.

- 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 position.

3. Press and hold 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.

After All Reset

After All Reset, adjust the reference position and set the time and date.