CITIZEN®

取扱説明書

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.

Visit the Citizen website (http://www.citizenwatch-global.com/) to view visual guides for operation of your watch. Some models may be equipped with external features (calculation scale, tachymeter, etc.). Visual guides for operation of such external features can also be found on the website.

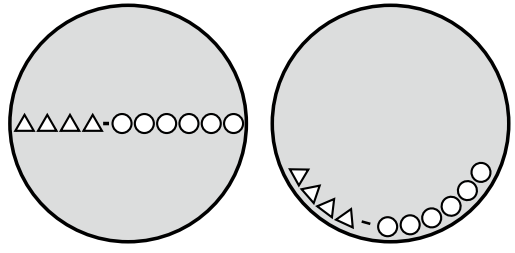
To check the movement number

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 ***48*** to ***61***) and understand the meaning of the following symbols:

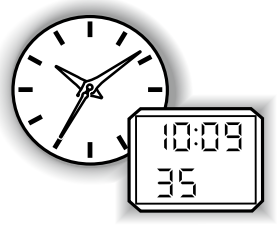
- Safety advisories are categorized and depicted in this manual as follows:

⚠ **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:

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

Features



The combination watch of the analog and digital display



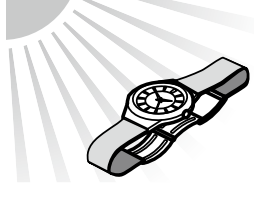
Lap time measurement per 1/1000 second (→ page 24) with the lap recording function (→ page 28)

Eco-Drive

Solar-powered—no need for battery replacement



World time—easy to see the time of 43 cities all over the world (→ page 30)



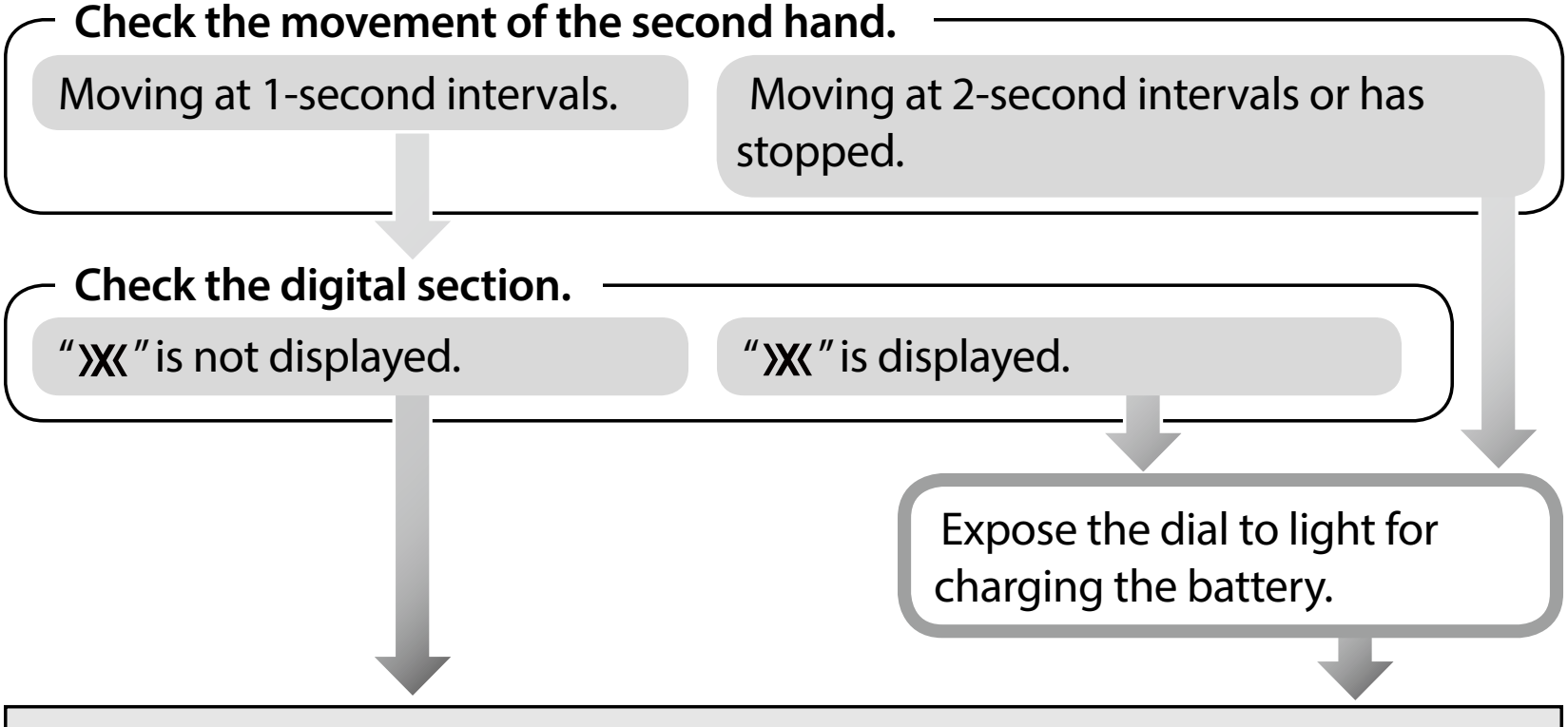
This watch is powered by light.
If the watch is not exposed to light for a long time, it stops moving.
See page 14 for charging the battery.

English

Before using this watch

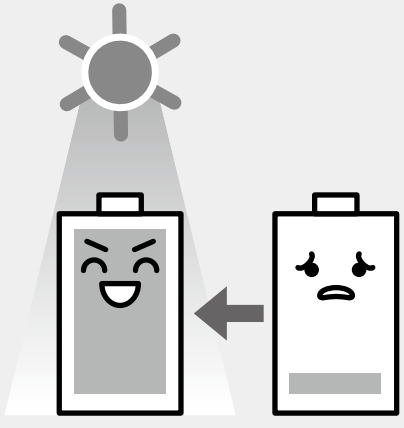
■ Checking the battery

Check your watch as follows before using it:



Start using the watch!

• To adjust the time and calendar, see page 20.



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.

For optimal performance, perform the following:

- Expose the watch with the dial facing towards direct sunlight for five to six hours atleast once a month.
- Avoid leaving the watch in dark places for long periods of time.

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.

Protective stickers

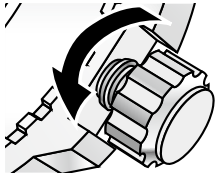
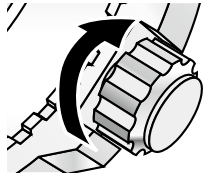
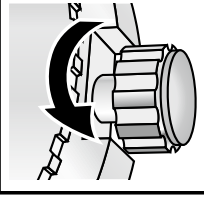
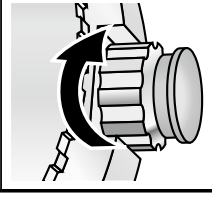
Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.).Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

How to use a specially designed 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.

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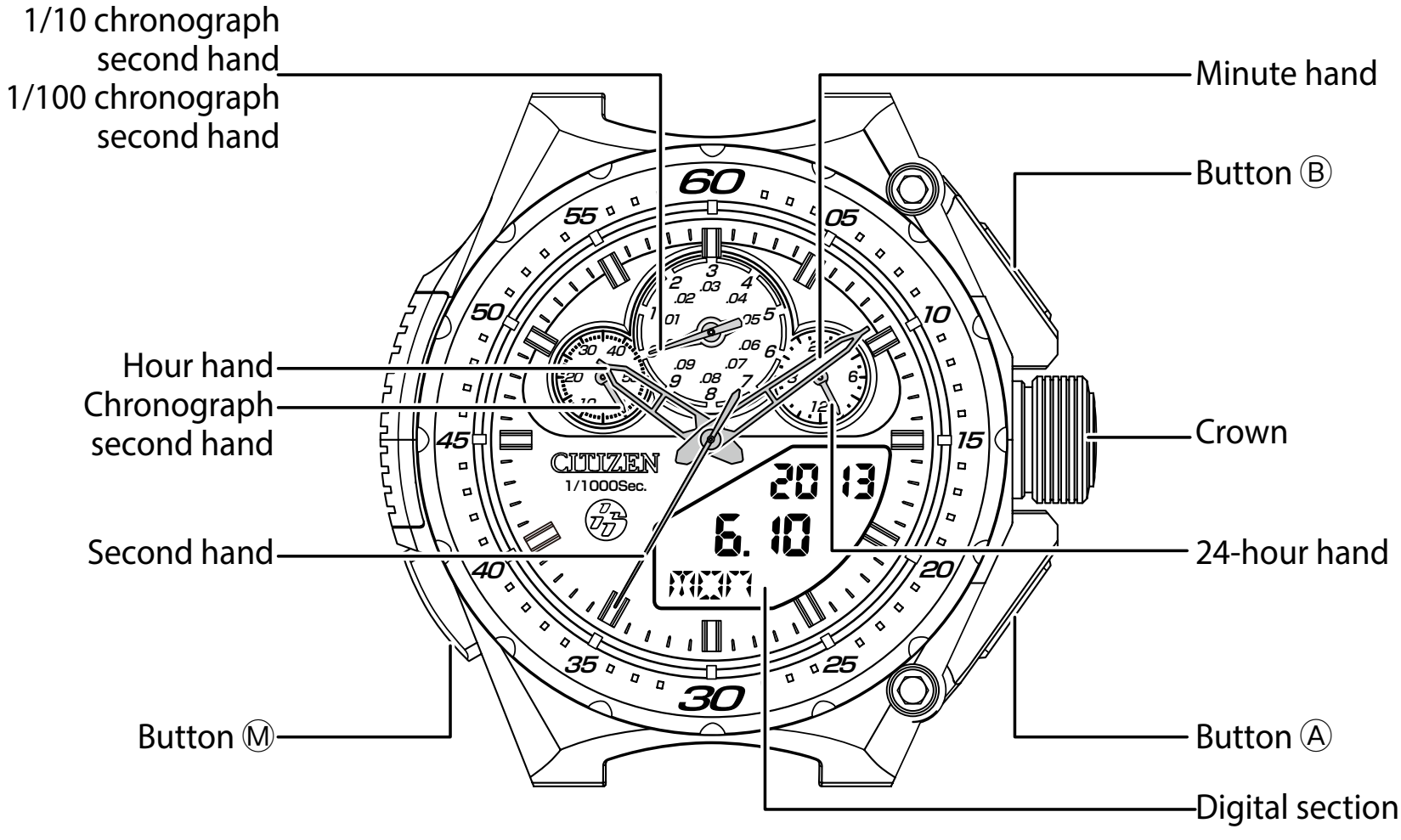
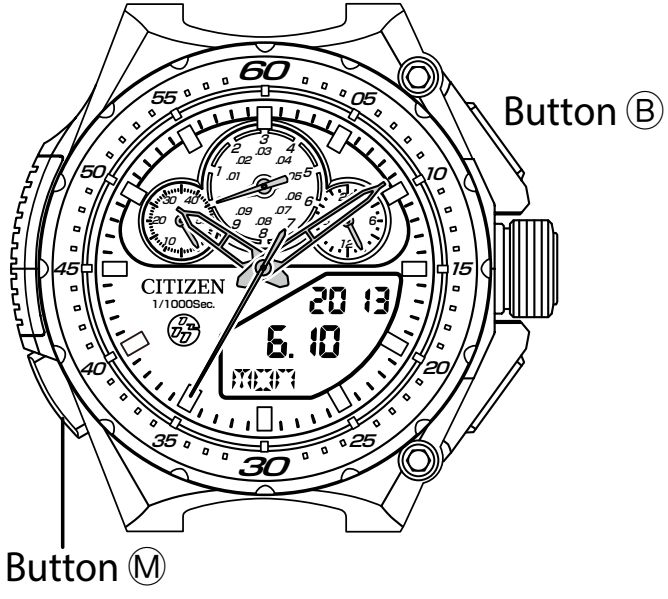
Component identification



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

Changing the mode of the digital section

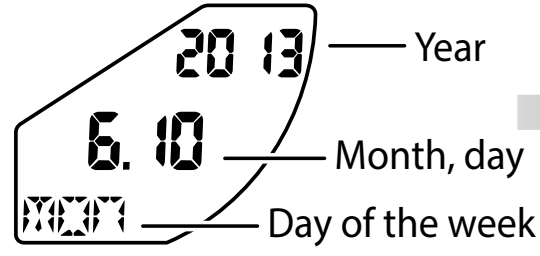
1 Press button Ⓜ repeatedly to change the mode.



While calendar or world time is displayed, the digital section is lighted for 2 seconds by pressing button Ⓑ.

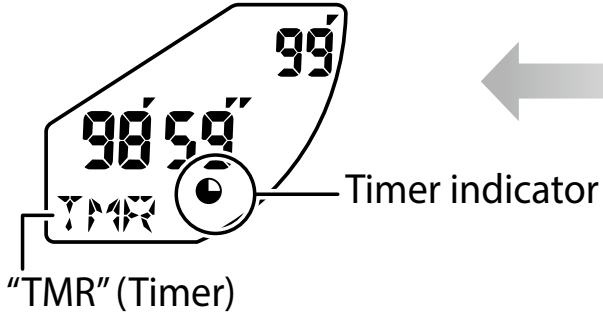
Time and Calendar mode

(→ page 20)



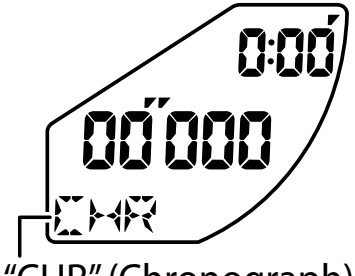
Timer mode

(→ page 36)



Chronograph mode

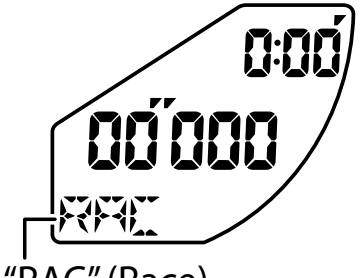
(→ page 22)



"CHR" (Chronograph)

Race mode

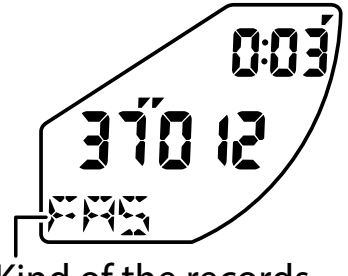
(→ page 24)



"RAC" (Race)

Lap Record mode

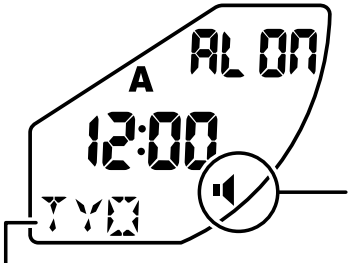
(→ page 28)



Kind of the records

Alarm mode

(→ page 34)

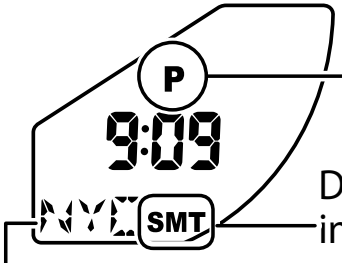


Alarm indicator

City for the alarm setting

World Time mode

(→ page 30)



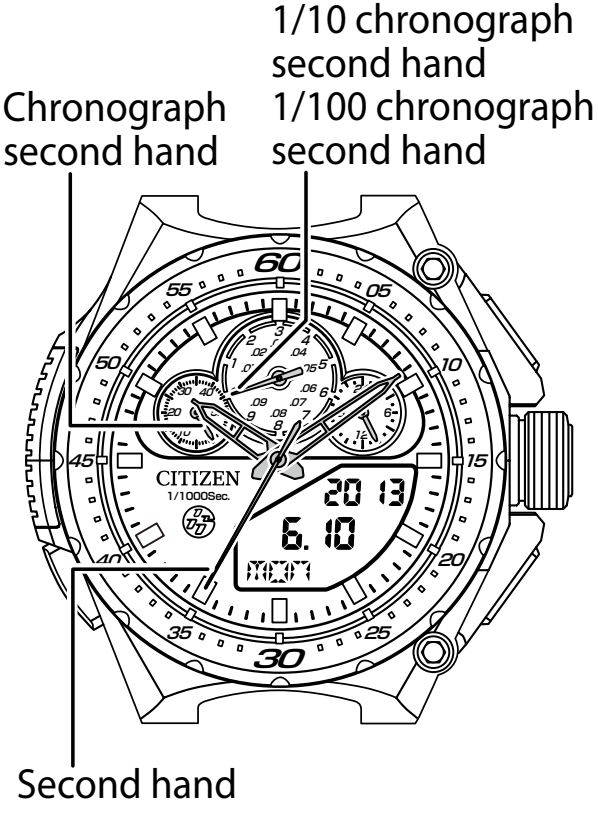
A (AM)/P (PM) indicator (for 12-hour clock)

Daylight saving time indicator

City of the local time

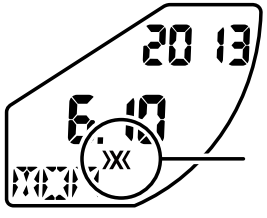
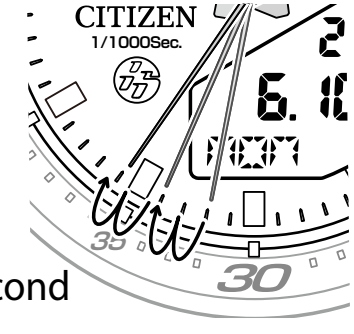
Charging your watch

When the battery becomes short of power—Insufficient charge warning function



Function and the movement of the watch
When the battery becomes short of power—Insufficient charge warning function ① "XX" appears on the digital section. The chronograph hands do not move (except the chronograph second hand).
When the battery becomes nearly runs out—Insufficient charge warning function ② The second hand moves once every two seconds. You cannot operate the watch. • The alarm tone does not sound. • If you have not charged the battery for three days or more since the warning movement began, the battery will run out and the watch will stop.

When the battery becomes short of power, insufficient charge warning function ① and ② are activated in order. Charge the battery by exposing the dial to light.

	While the battery is charged:
 Insufficient charge warning function ① indication	"⟩X⟨" disappears.
 The two-second interval movement	The second hand starts to move normally. • Keep charging the battery until "⟩X⟨" disappears.

Charging time by environment

Below are the approximate times required for charging when exposing the watch dial 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	40 minutes	30 hours
Outdoors (cloudy)	10,000	12 minutes	2 hours	60 hours
20 cm away from a fluorescent lamp (30W)	3,000	40 minutes	5 hours	200 hours
Interior lighting	500	4 hours	35 hours	—

- **To charge your watch, it is recommended to expose the dial to direct sunlight.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

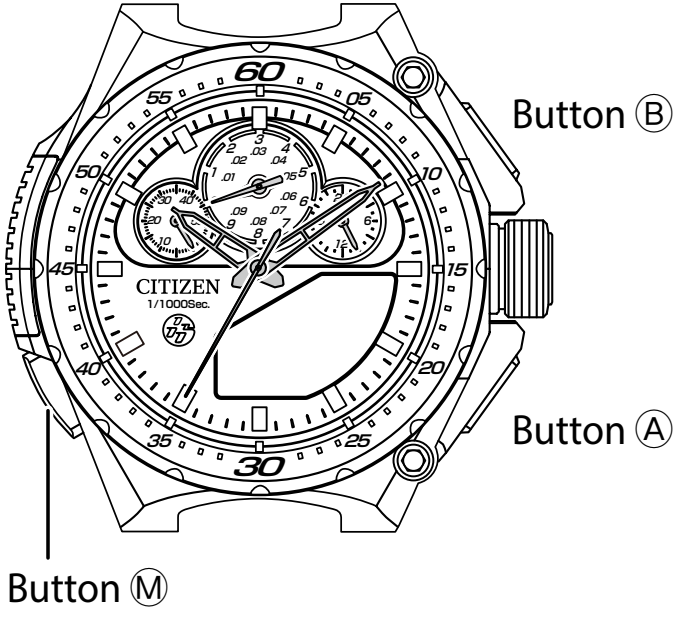
- Time taken for batteries to deplete after a full charge, without any further charging:
  With Power Saving on: Approx. 7 years
  With Power Saving off: Approx. 8 months
- Time taken for batteries to deplete after an insufficient charge warning:
  Approx. 3 days

Overcharging prevention function

- When your watch becomes fully charged, the overcharging prevention function is automatically activated to prevent the battery from becoming charged further.
- No matter how much the watch is charged, it will not affect the secondary battery, timekeeping, functions or performance of the watch.

Power saving function

When the dial is not exposed to light for a certain period of time, the power saving function ① and ② are activated as follows:

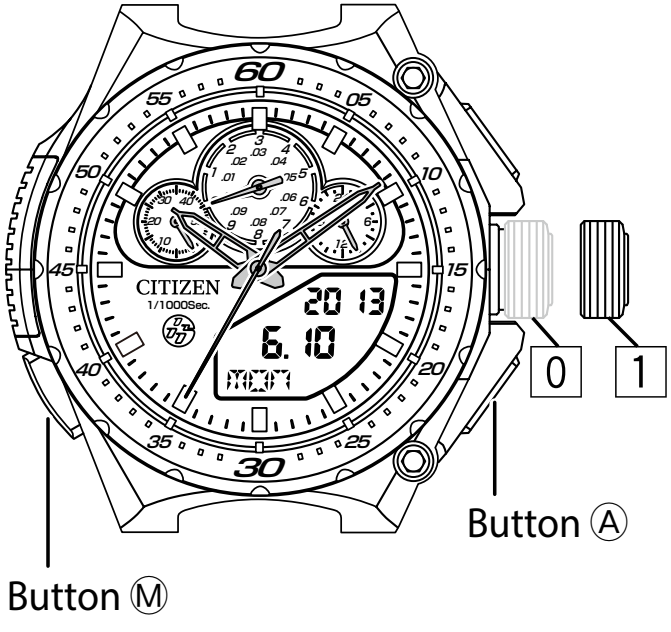


Condition when the function is activated
When the dial is not exposed to light for more than 30 minutes—Power saving function ①
When the dial is not exposed to light for more than 7 days—Power saving function ②

Caution
Charge the battery if the second hand is moving once every 2 seconds after the power saving function is canceled. (→ page 14)

	Movement of the watch	To cancel the function
	The digital section is turned off.	Expose the dial to light or press any button.
	The digital section is turned off and all hands stop at the reference position.	Expose the dial to light. • The hour, minute, second, and 24-hour hands start to move and indicate the current time. • If the indicated time is not correct, adjust the time and calendar. (→ page 20)

Adjusting the time and calendar — Time and Calendar mode



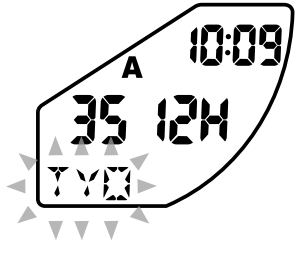
Refer to “Table of city names” (→ page 32) for the selectable cities.

- The time on the digital section set here is the basic time of the watch—the home time.
- The analog section indicates the home time corresponding to the setting.

1. Press button Ⓜ to change the mode to Time and Calender.

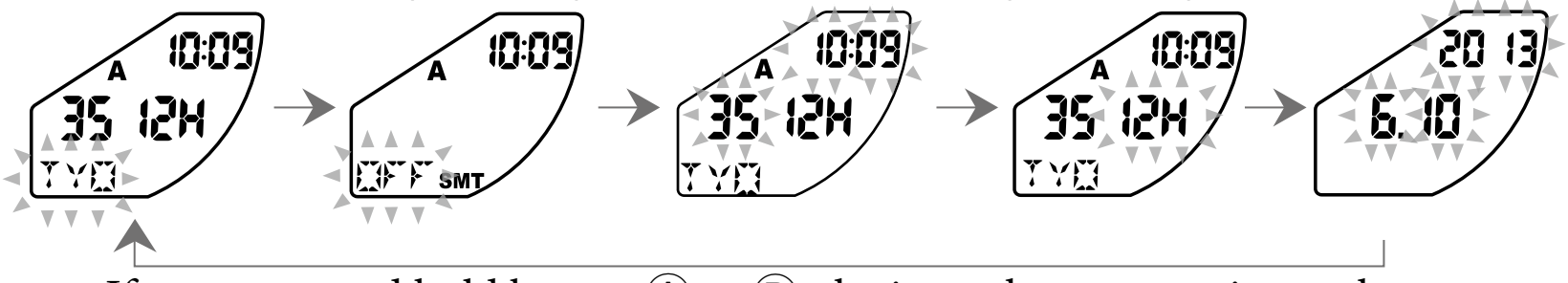
2. Pull out the crown to position 1.

The second hand points to the 0 second position, and all hands stop moving.
The city name starts flashing.



3. Press button Ⓜ to select an item, and press button Ⓐ or Ⓑ to adjust the selected item.

City → Daylight saving time (“**ON/OFF**”) → Second, minute, hour → Time system (“**12H/24H**”) → Month, day, year



- If you press and hold button Ⓐ or Ⓑ, the item changes continuously.
- Use button Ⓐ for following items: daylight saving time, second, and time system.

4. Push in the crown to position 0 after the adjustment.

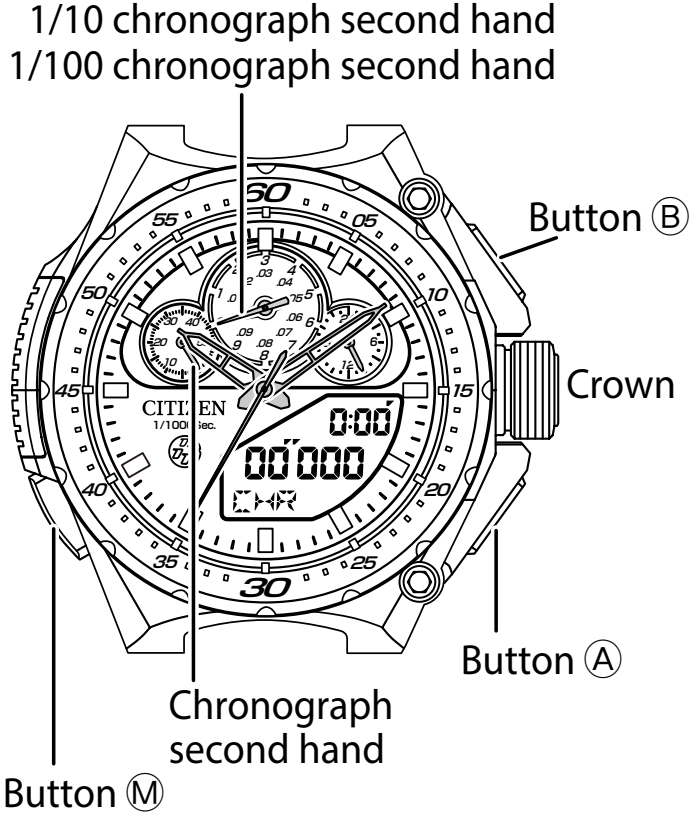
The hands move to indicate the adjusted time.

- Even if you push in the crown to position 0 before finishing setting, adjustment you have set is stored.
- You cannot use any button while the hands move.

English

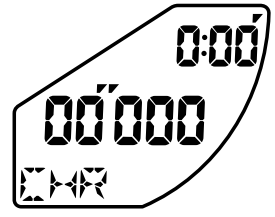
Using the chronograph — Chronograph mode

The chronograph hands normally point to “0/.00”, “0 (or 60)”.
You can measure times up to 23 hours 59 minutes 59 seconds 999, per 1/1000 second.



- When the measurement time passes over 23 hours 59 minutes 59 seconds 999, the measurement stops and the measurement time is reset.
- When 60 seconds elapsed after starting /restarting the measurement, the chronograph 1/10 second and 1/100 second hands stop at “0/.00.”
- After the chronograph 1/10 second and 1/100 second hands stop, you can change the mode with the measurement continued (other than the Race mode and Lap Record mode).

1. Press button Ⓜ to change the mode to Chronograph. (“CHR”)



- If the chronograph hands do not point to “0/.00”, “0 (or 60)” adjust the reference position. (→ page 41)

2. Press button Ⓑ to start measurement.



SPL (Split) indication

- To display a split time, press button Ⓐ. It is displayed for 10 seconds.

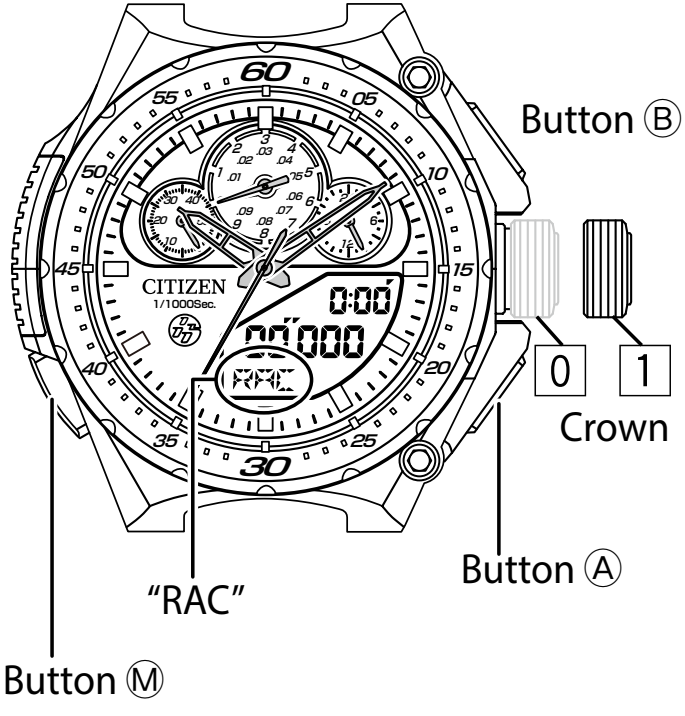
3. Press button Ⓑ to stop the measurement.

- To restart the measurement, press button Ⓑ again.
- To reset the measurement time, press button Ⓐ while the measurement is stopped.

English

Measuring lap times — Race mode

You can measure lap times and the average speed of each lap. The records of the latest 20 laps are stored in the Lap Record mode. (→ page 28)



■ Setting the distance of the course

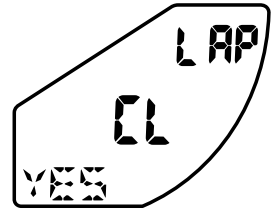
- To calculate speed, set the distance of the course. (Setting range: 0 to 99.999 km)
- When you set the distance, records in the Lap Record mode are deleted. To cancel the setting, push in the crown to position 0 before step ***3*** on page 21.

1. Press button Ⓜ to change the mode to Race. ("RAC")

2. Pull out the crown to position [1].

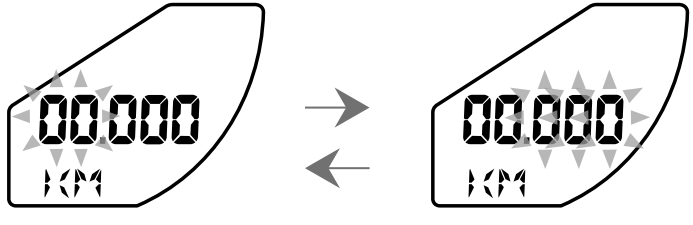
3. Press button Ⓐ to display "YES," then press and hold button Ⓜ for more than 2 seconds.

The past lap records are deleted and the last distance setting is displayed.



4. Press button Ⓐ or Ⓑ to adjust the current digit, and press button Ⓜ to go to the next one.

Integer Decimals

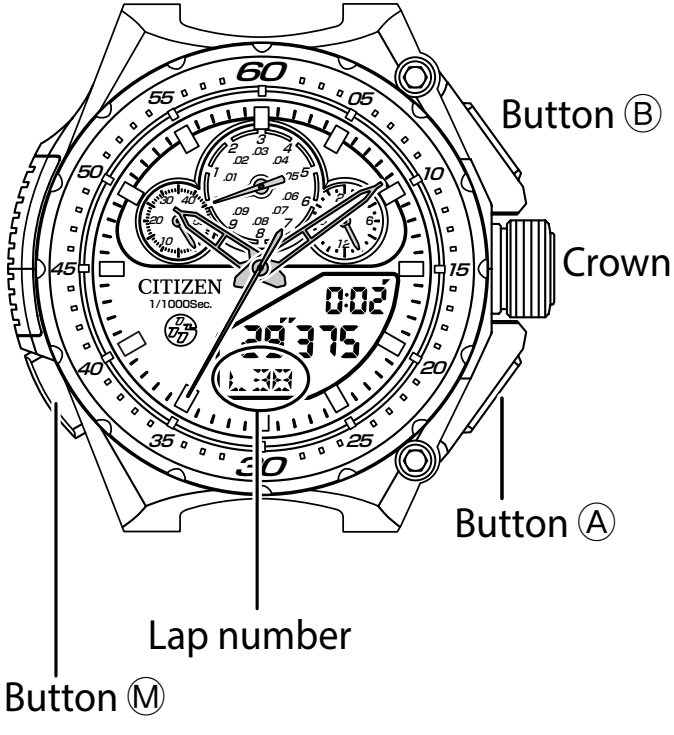


- If you press and hold button Ⓐ or Ⓑ, the digit changes continuously.

5. Push in the crown to position [0] after the adjustment.

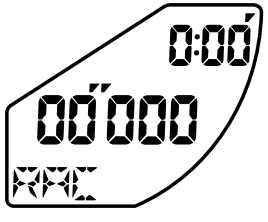
English

■ Measuring lap times



- The records of the latest 20 laps are stored in the Lap Record mode. (→ page 28)
- Set the distance of the course to calculate speed. (→ page 24)
- The largest lap number is "**99**." It returns to "**01**" as you take the 100th lap time.
- You cannot change the mode during the measurement.

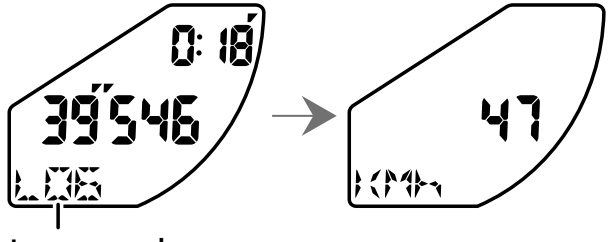
1. Press button Ⓜ to change the mode to Race. ("RAC")



2. Press button Ⓑ to start measurement.

3. Press button Ⓐ to measure lap times.

Each time you press **button** Ⓐ, the lap time and its number ("**01**" to "**99**") are displayed for 7 seconds, then the speed for three seconds.



Lap number

- The maximum speed displayed is "**999**." If the speed is beyond 999, "---" is displayed.

4. Press button Ⓑ to stop the measurement.

Following records are displayed: lap time and its number, speed, and the total of elapsed time.

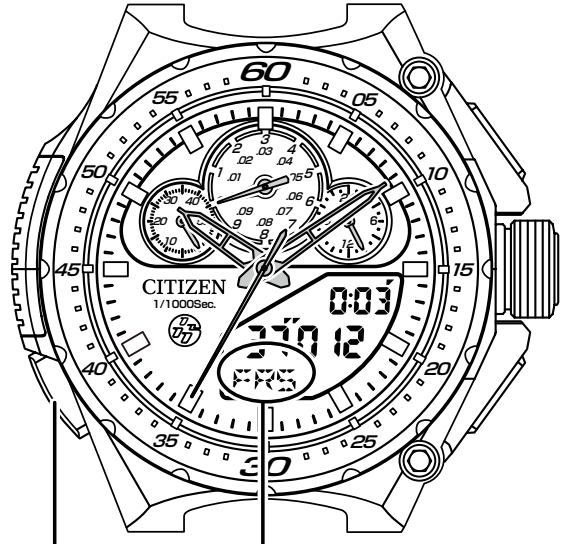
- To restart the measurement, press button Ⓑ again.
- To reset the measurement time, press button Ⓐ while the measurement is stopped.

To check the records

Change the mode to Lap Record. (→ page 28)

Checking the records of lap times — Lap Record mode

After the lap measurement, you can check the records of the latest 20 laps.

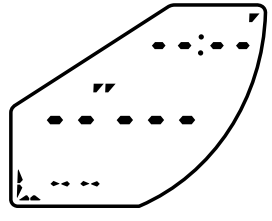


■ Checking the records

The best time, the average time, and the worst time are displayed, calculated from the stored records.

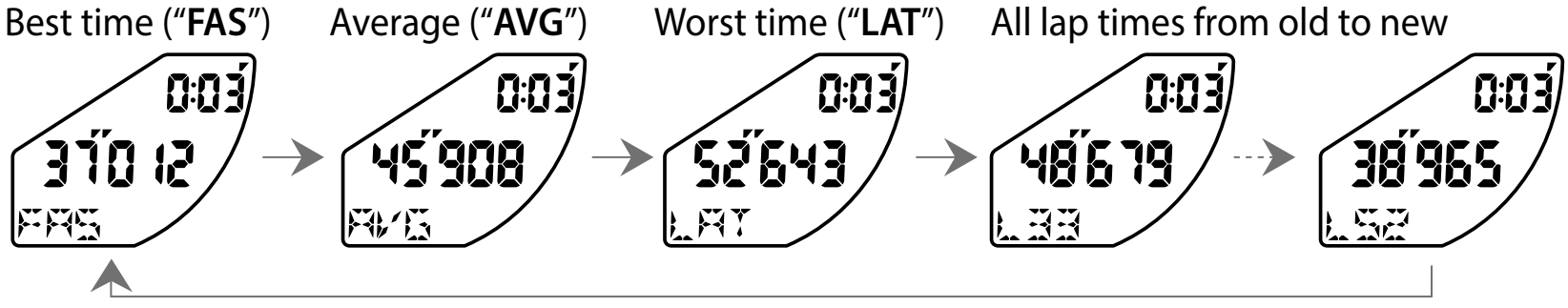
1. Press button Ⓜ to change the mode to Lap Record.

"FAS" is displayed.



- When no record is stored, "--" is displayed.

2. Press button Ⓐ to change the record displayed.



- If you press button Ⓑ while a lap time is displayed, the speed is displayed for three seconds.
- "FAS" or "LAT" and the lap number are displayed alternately.

■ Deleting the records

1. Press button Ⓜ to change the mode to Lap Record.

2. Pull out the crown to position 1.

3. Press button Ⓐ to display "YES," then press button Ⓜ for more than 2 seconds.

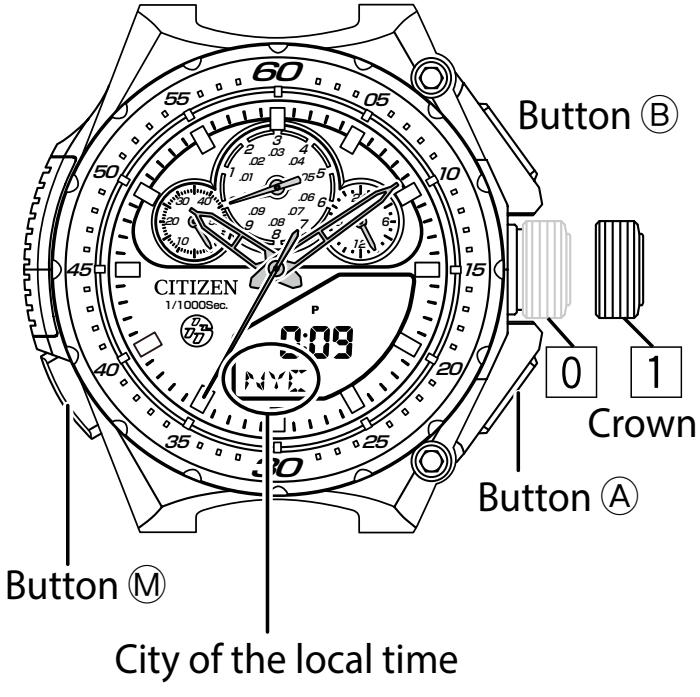
The records are deleted and "--" is displayed.

4. Push in the crown to position 0.

English

Checking the time of another city — World Time mode

You can display a local time selected among 43 cities or UTC.



- The local time is calculated based on the time difference from the home time.
- If you press buttons Ⓐ and Ⓑ at the same time while the crown is set to position 0, you can set the local time as the new home time. (The previous home time becomes the local time.)
- You can set daylight saving time for each city.

See “Table of city names” on page 32 for the selectable cities.

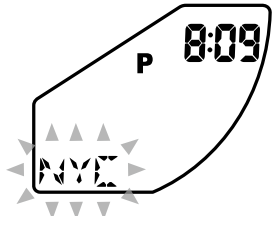
■ Selecting a city

1. Press button Ⓜ to change the mode to World Time.

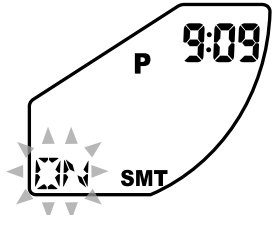
2. Pull out the crown to position [1].

3. Press button Ⓐ or Ⓑ to select a city, then press button Ⓜ to go to the daylight saving time setting.

- If you press and hold button Ⓐ or Ⓑ, the city name changes continuously.



4. Press button Ⓐ to select "ON" or "OFF" for daylight saving time.



5. Push in the crown to position [0].

Table of city names

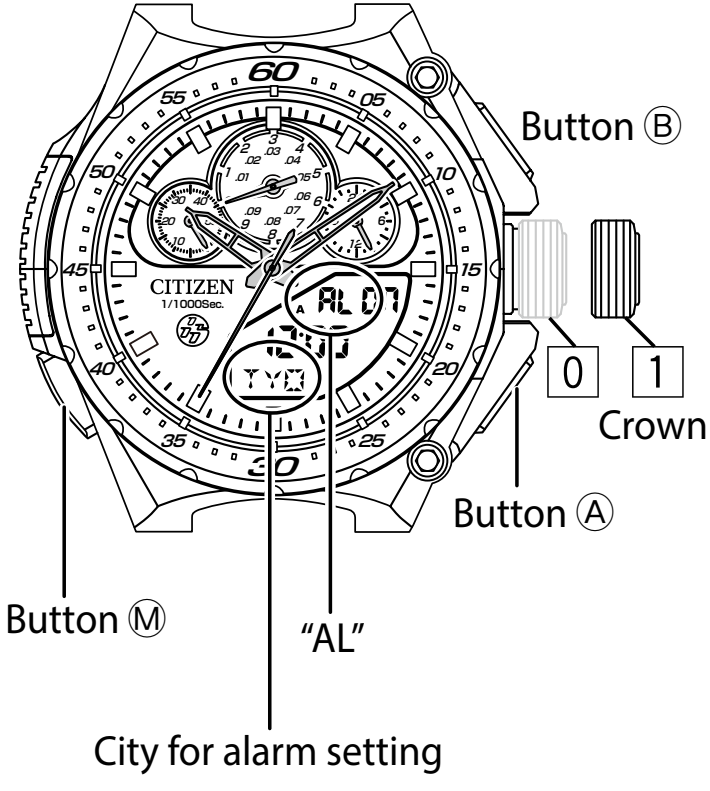
abbr.	City name	Time difference	abbr.	City name	Time difference
UTC	—	±0	**DXB**	Dubai	+4
LON	London		**KBL**	Kabul	+4.5
MAD	Madrid	+1	**KHI**	Karachi	+5
PAR	Paris		**DEL**	Delhi	+5.5
ROM	Rome		**DAC**	Dhaka	+6
BER	Berlin		**RGN**	Yangon	+6.5
CAI	Cairo	+2	**BKK**	Bangkok	+7
ATH	Athens		**SIN**	Singapore	+8
JNB	Johannesburg		**HKG**	Hong Kong	
MOW	Moscow	+3	**BJS**	Beijing	
RUH	Riyadh		**TPE**	Taipei	
THR	Tehran	+3.5	**SEL**	Seoul	+9

abbr.	City name	Time difference	abbr.	City name	Time difference
TYO	Tokyo	+9	**LAX**	Los Angeles	–8
ADL	Adelaide	+9.5	**DEN**	Denver	–7
SYD	Sydney	+10	**MEX**	Mexico City	–6
NOU	Noumea	+11	**CHI**	Chicago	
AKL	Auckland	+12	**NYC**	New York	–5
SUV	Suva		**YMQ**	Montreal	
MDY	Midway Island	–11	**SCL**	Santiago	–4
HNL	Honolulu	–10	**RIO**	Rio de Janeiro	–3
ANC	Anchorage	–9	**FEN**	Fernando de Noronha	–2
YVR	Vancouver	–8	**PDL**	Azores	–1

The time differences and city names may change depending on the situation of the cities.

Using the alarm — Alarm mode

You can set the alarm based on the time of the selected city.



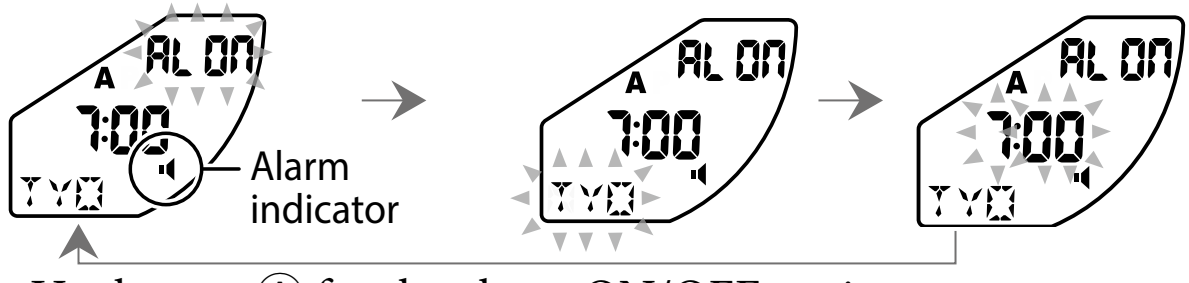
To monitor the alarm sound, press and hold button Ⓐ for more than 2 seconds while the crown is set to position 0. You can monitor it for up to 10 seconds.

1. Press button Ⓜ to change the mode to Alarm. ("AL")

2. Pull out the crown to position 1.

3. Press button Ⓜ to select an item, and press button Ⓐ or Ⓑ to adjust the selected item.

Alarm ON/OFF ("**AL ON/AL OF**") | City | Alarm time (Hour, minute)



- Use button Ⓐ for the alarm ON/OFF setting.
- If you press and hold button Ⓐ or Ⓑ, the item changes continuously (for the city and alarm time setting).

4. Push in the crown to position 0 after the adjustment.

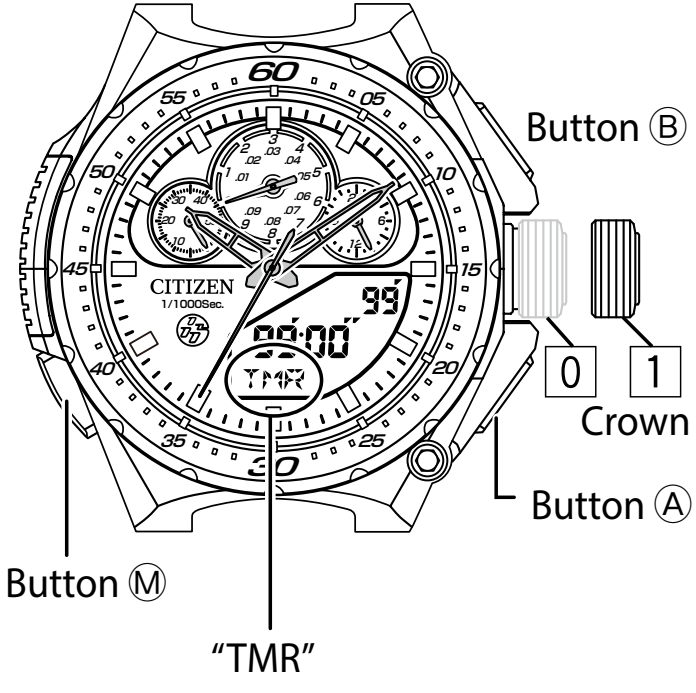
When the alarm time comes

The alarm tone sounds for 15 seconds.

- To stop the alarm tone, press any button.

Using the timer — Timer mode

You can set the countdown timer from 1 minute up to 99 minutes per 1 minute.



1. Press button Ⓜ to change the mode to Timer. ("TMR")

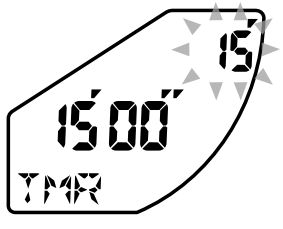
The last timer setting is displayed.

- Go to step ***5*** if you do not need to change the setting.

2. Pull out the crown to position 1.

3. Press button Ⓐ or Ⓑ to adjust the time.

- If you press and hold button Ⓐ or Ⓑ, the figure changes continuously.

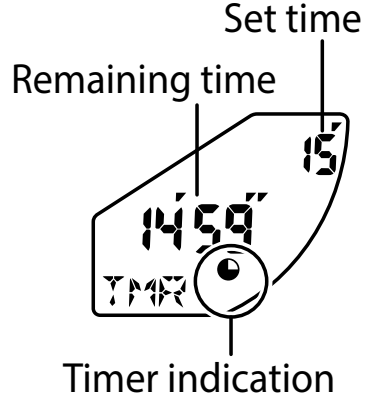


4. Push in the crown to position 0 after the adjustment.

5. Press button Ⓑ to start countdown.

"◔" appears.

- Each time you press button Ⓑ, the countdown starts or stops.
- To restart the countdown from the set time, press button Ⓐ while the countdown is running.
- To return to the set time, press button Ⓐ while the countdown is stopped.



The countdown continues even if you change the mode during the countdown.

When the set time has passed

The time-up tone sounds for 5 seconds.

- To stop the time-up tone, press any button. The remaining time returns to the set time.

Troubleshooting

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

Symptoms	Remedies	Page
The hands do not work properly		
The second hand moves only once every 2 seconds.	Charge the battery.	**5, 14**
The chronograph 1/10 second and 1/100 second hands do not move.		
All hands stop moving.	Push in the crown to position 0.	**20**
	Charge the battery.	**5**
Incorrect time is indicated on the analog section.	Check and adjust the reference position.	**41**
Each chronograph hand does not return to “0/.00”, “0 or 60.”		

Symptoms	Remedies	Page
The hands start turning rapidly when you take the watch out of the case.	The watch is canceling the power saving function. Wait until the hands indicate the current time.	**18**

The digital section seems unusual

The digital section is turned off when you take the watch out of the case.	The power saving function is activated. Expose the dial to light or press any button.	**18**
The mode cannot be changed.	Stop the measurement of the Chronograph or Race mode.	**22, 24**
"⟩⟨" appears.	The battery is short of power. Charge the battery until "⟩⟨" disappears.	**5, 14**

Continued on the next page

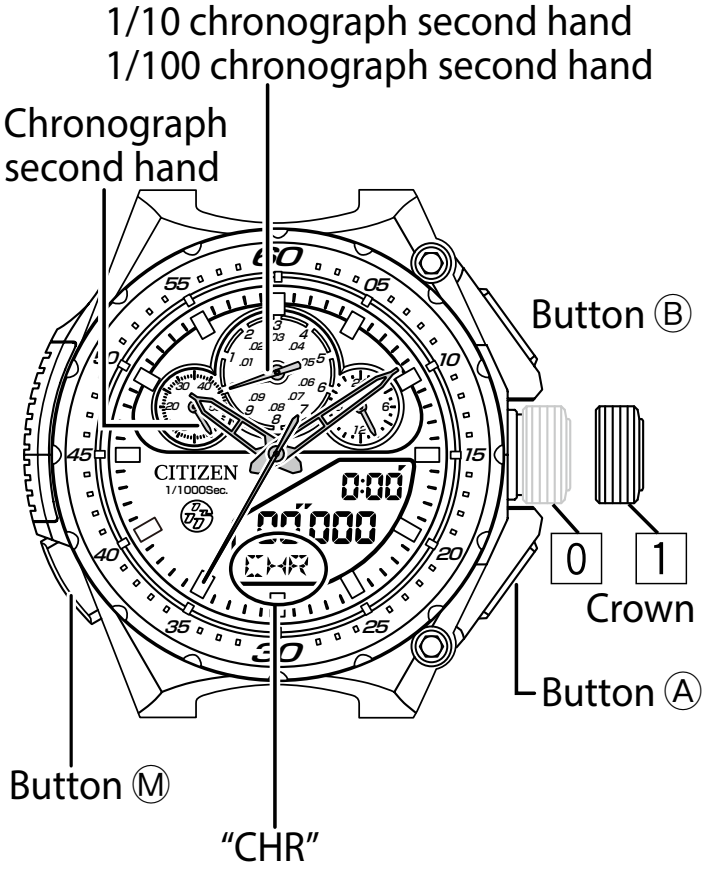
Others

Symptoms	Remedies	Page
The alarm tone does not sound.	Confirm the alarm setting.	**34**
	Charge the battery.	**5, 14**
The movement or indication is not normal.	Reset the watch. If the watch still does not work properly, contact the Customer Support Center or the store where you purchased your watch.	**46**
The watch does not work properly even if you have tried the remedies stated in “Troubleshooting” (pages 38 to 40).		
The watch does not move even if the battery is fully charged. (→ page 16)	Contact the Customer Support Center or the store where you purchased your watch.	**–**

Checking and correcting the current reference position

■ Checking the reference position

Check whether the reference position is correct or not.



Check and adjust the reference position also in the following cases:

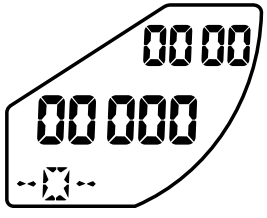
- The correct time is not displayed on the analog section even after the time setting.
- Each chronograph hand does not point to "0/.00", "0 or 60" even after resetting the measurement time.

1. Press button Ⓜ to change the mode to Chronograph. ("CHR")

English

2. Pull out the crown to position 1.

"0" is displayed and all hands move to indicate the current reference position.



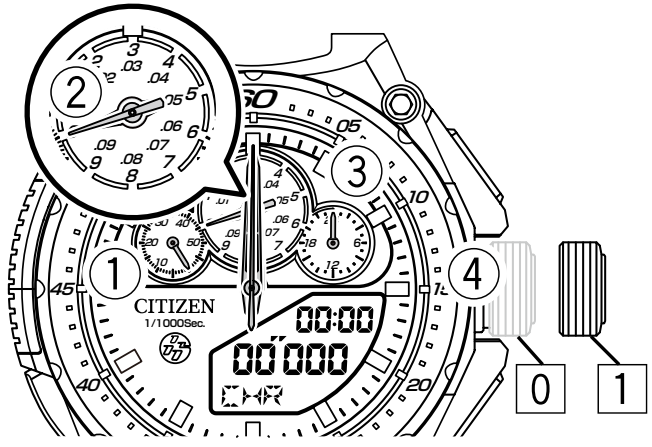
3. Check the reference position.

- Go to step ***3*** on page 44 if the reference position is incorrect.

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

The current time is indicated on the analog section.

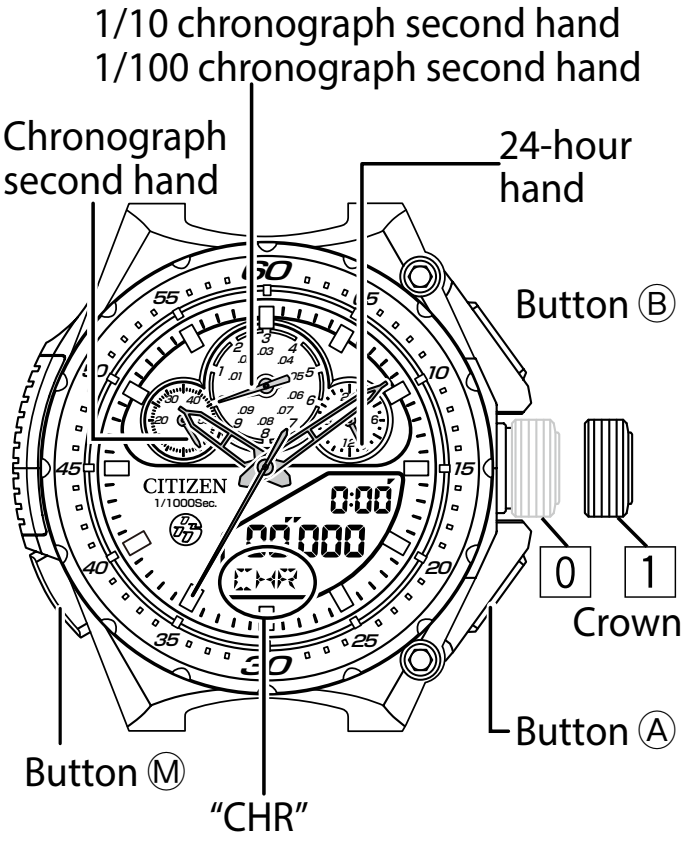
Correct reference position



① Chronograph second hand points to "0 (or 60)."
② Chronograph 1/10 second and 1/100 second hands point to "0/.00."
③ Hour, minute, and second hands point to 12:00.
④ 24-hour hand points to "24."

Adjusting the reference position

Adjust the reference position in the following cases:

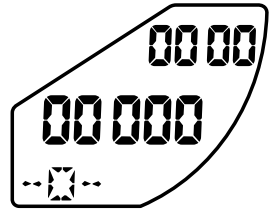


- The correct time is not displayed on the analog section even after the time setting.
- Each chronograph hand does not point to "0/.00", "0 (or 60)" even after resetting the measurement.

1. Press button Ⓜ to change the mode to Chronograph. ("CHR")

2. Pull out the crown to position 1.

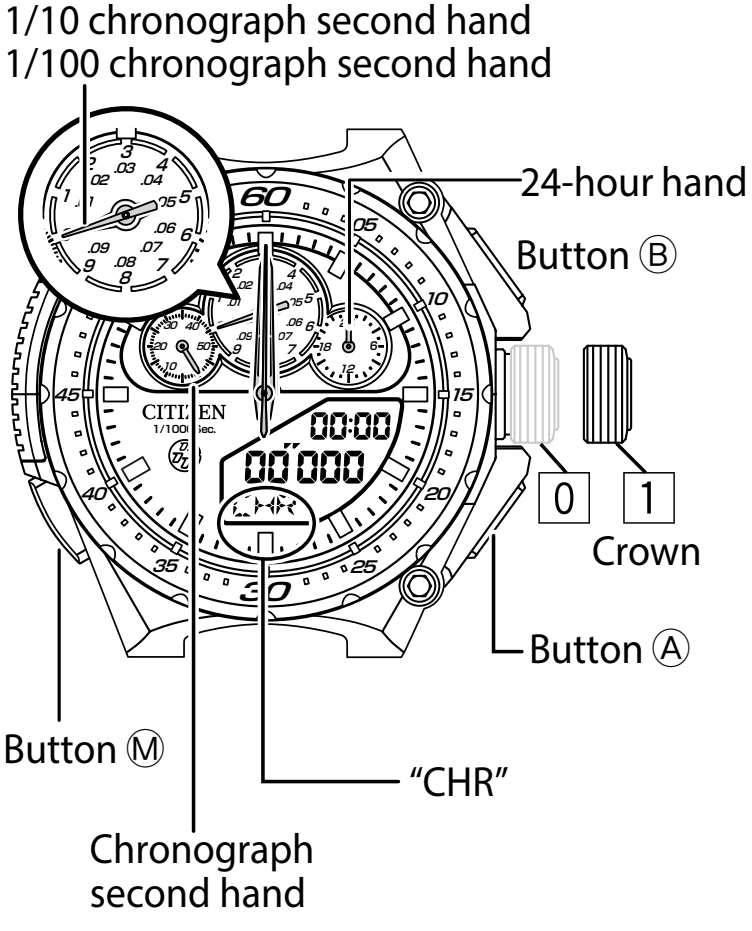
"**0**" is displayed and all hands move to indicate the current reference position.



- Go to step ***5*** on page 45 when the reference position is correct. (0:00:00/measurement time: 0)

Continued on the next page

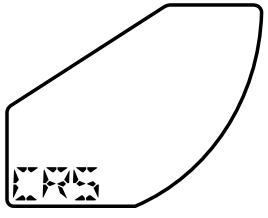
English



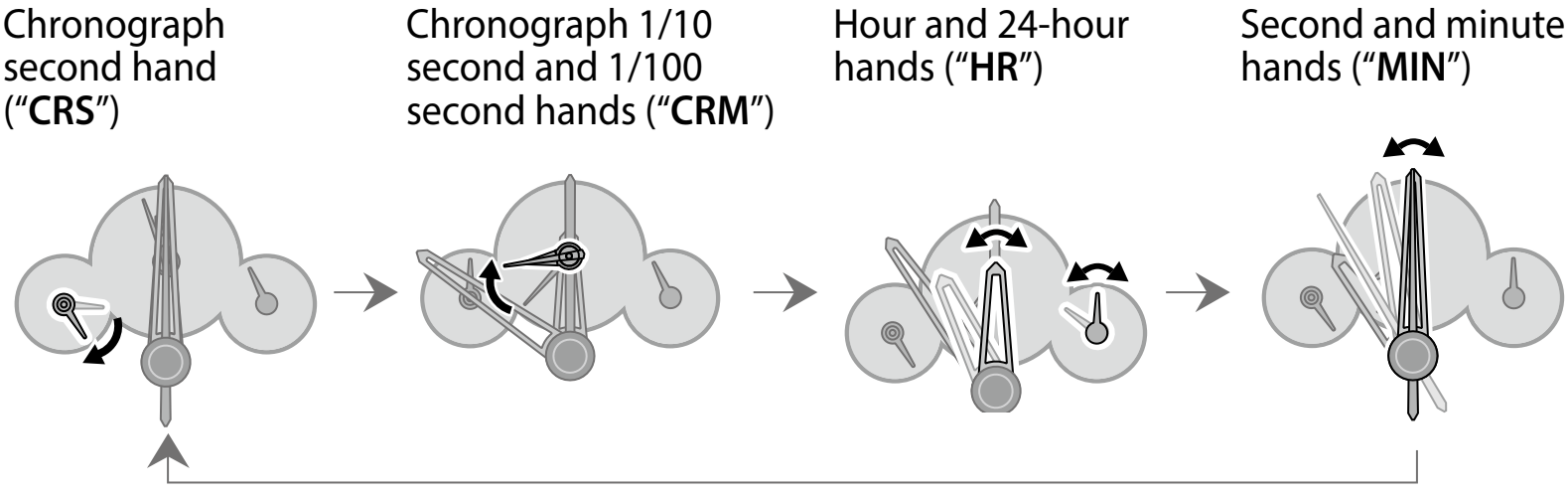
The illustration shows the correct reference position.

3. Press button Ⓑ for more than 2 seconds.

"CRS" is displayed.



4. Press button Ⓜ to select hands, and press button Ⓐ or Ⓑ to adjust the position of the selected hands.



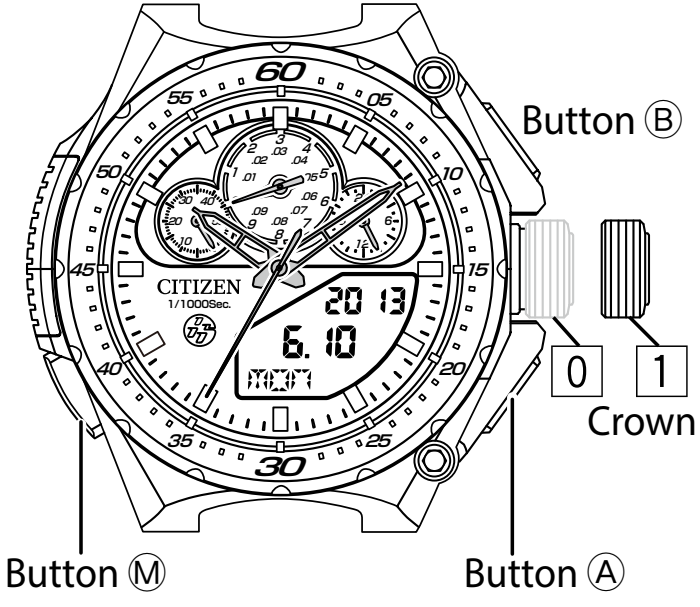
- Each time you press button Ⓜ, the adjustable hands move.
- If you press and hold button Ⓐ or Ⓑ, the hands move continuously.
- Use button Ⓑ for the chronograph hands.
- While adjusting the chronograph 1/10 second and 1/100 second hands or the hour and 24-hour hands, the second and minute hands move backward by 3 minutes and 30 seconds so that the hands to adjust can be seen.

5. Push in the crown to position 0 after the adjustment.

The current time is indicated on the analog section.

All Reset

The watch may not work properly if it is affected by static electricity or shock. In this case, reset the watch.



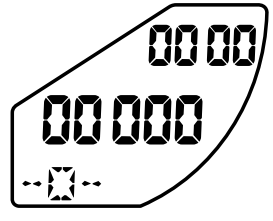
Caution

If you reset the watch, the indication of each mode changes as the table on the right and the records in the Lap Record mode are deleted.

1. Pull out the crown to position 1.

2. Press buttons Ⓐ, Ⓑ and Ⓜ simultaneously.

The confirmation tone sounds and "**0**" is displayed.



3. Correct the reference position.

Follow step ***3*** to step ***5*** on page 44.

After resetting, the indication of each mode changes as follows. Adjust the time and calendar, and other settings.

■ Indication of each mode after resetting the watch

Time and Calender mode	January 1, 2008/ Tuesday
Chronograph mode	0:00:00:000
Race mode	0:00:00:000
Lap Record mode	--
World Time mode	AM12:00 / City : UTC
Alarm mode	AM12:00 / Alarm: OFF / City: UTC
Timer mode	99 minutes

Eco-Drive watch handling precautions

<Always Make Sure to Recharge Frequently>

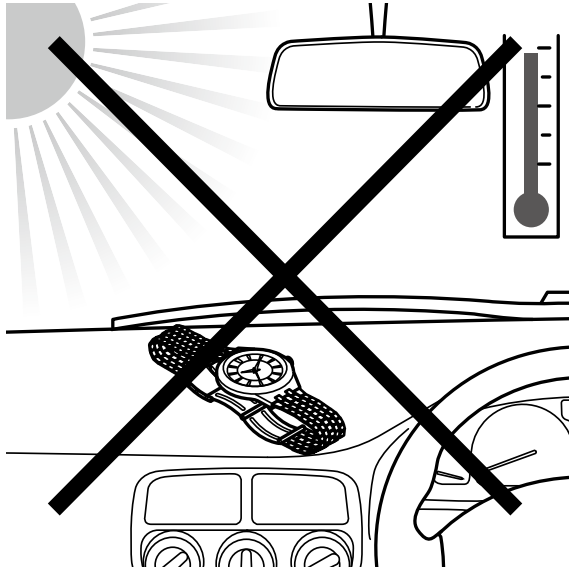
- For optimal performance, your watch should remain fully charged.
- Long sleeves may inhibit light transmission to your watch. This may result in your watch loosing charge. In these cases supplemental charging may be necessary.
- When you take off the watch, place it in a bright location to ensure optimal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

⚠ CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60°C 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 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.



<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

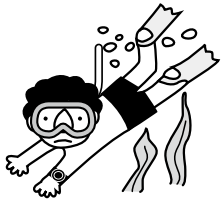
- Never use a battery other than the rechargeable cell specified for use in this watch.
  Although the watch structure is designed so that it will not operate when another type of battery is installed, if a conventional watch battery or other type of battery is installed in the watch and the watch is 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

- Refer to the watch dial and/or 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. (The unit “1bar” is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.

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

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

Water resistance

- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.

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.

<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.

<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.

<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.

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.

Warranty and Service

<Free Guarantee>

In the case a malfunction has occurred during the course of normal use while the watch is still under warranty, the watch will be repaired free of charge in accordance with the conditions of the warranty included with this manual.

<Stock Period of Repair Parts>

Our standard period for stocking repair parts for each model is generally seven year. When an exterior part such as the watch case, glass, dial, hand, crown or band is damaged, a spare part with different appearance may sometimes be used.

<Repair Period>

Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. Please take the watch to the shop where you purchased it and ask whether it can be repaired.

<Change of Address or Receiving as a Gift>

In the event that you have moved or have received your watch as a gift, and are not able to bring your watch to the shop where it was purchased for serving, please consult Customer Support Center.

<Periodic Inspection (Charge Basis)>

- Water resistance

  As the water resistance will be reduced over time, you should have your watch inspected and its water resistance verified every 2-3 years (charge basis) to extend its life and ensure safety. To maintain its water resistance, it is recommended to request us to replace the packings and other parts of your watch.
- Disassembling for internal cleaning (repair)

  You should have your watch disassembled and its internal components cleaned periodically to extend its life. Lubrication oils are used to reduce wearing of moving parts such as gears. However, over time the lubrication oils will degrade and wear will increase, eventually resulting in malfunction. Please have your watch undergo internal cleaning every 3-5 years (although the maintenance frequency depends on the usage circumstances).

<Other Inquiries>

If you have any questions regarding the way warranty, repairs or other matters, please inquire at the shop where you purchased your watch or Customer Support Center.

Specifications

Model	U700	**Type**	Combination solar-powered watch
Timekeeping accuracy	Within ±15 seconds per month when worn at normal operation temperatures (between +5˚C and +35˚C)		
Operating temperature range	0˚C to +50˚C		
Display functions	**Analog section:** • Time: Hours, minutes, seconds, 24 hours • Chronograph: second, 1/10 second, 1/100 second **Digital section:** • Calender: Year, Month, Date, Day of the week • Chronograph (Split time) • Race (Lap time, speed) • Race record (Lap time, speed) • World time • Alarm • Timer		

Battery duration without recharging	**Fully charged to empty:** • Approx. 7 years (with the power save function) • Approx. 8 months (without the power save function) Two seconds interval movement to stopping: Approx. 3 days
Battery	Rechargeable Cell, 1pc.
Additional functions	• Power saving function (battery saving mode) 1/2 • Overcharge prevention function • Insufficient charge warning function 1/2 • Daylight saving time ON/OFF • Full auto calendar (until December 31, 2099) • LED light

Specifications are subject to change without prior notice.

Glossary

Terms (page)	Descriptions
AVG (29)	AVERAGE: the average lap time.
FAS (28)	FASTEST: the best lap time.
LAT (29)	LATEST: the worst lap time.
UTC (30, 32, 47)	“Coordinated Universal Time” is the standard time around the world maintained by international agreement.
Daylight saving time (13, 21, 30)	The institution to set a clock forward an hour during a certain period in summer. Whether and when it is administered depend on each country or city.
Split time (23)	Elapsed time from the starting point to the measured point.

Terms (page)	Descriptions
Full auto calendar (67)	Function to adjust the date automatically at the end of each month including February 29.
Home time (20, 30)	Time displayed on the main display part. (When a watch has two or more time indication)
Lap time (3, 24, 26, 29)	Elapsed time of every lap.
Reference position (19, 23, 38, 41, 46)	The base position of the indication for the analog section. (0:00:00/measurement time: 0) If the reference position is off from it, the watch will not display the time and measurement time correctly.

HAE07

http://citizen.jp/

Cal.U700