

Instruction manual

Thank you for your purchase of this CITIZEN watch. Before using this watch, read this instruction manual carefully to ensure correct use.

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

Safety Precautions (Instructions to be followed at all times)

This manual contains the following instructions that should be strictly followed at all times to prevent injury to yourself and other persons as well as damage to property.

Injuries and damage that might be caused by using the watch improperly or neglecting any of the instructions or precautions contained in this manual are classified with the following symbols.

WARNING Can cause serious injury or death

CAUTION Can or will cause minor or moderate injury or damage

Important instructions that should be followed are classified with the following symbol.

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

Your Watch

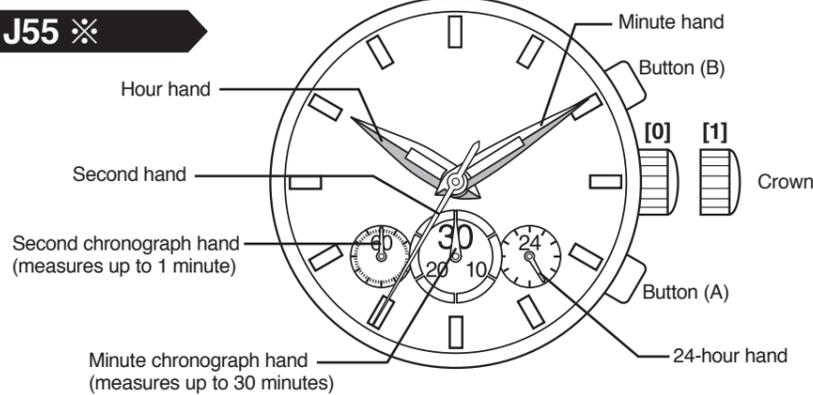
This is an analog quartz watch. In addition to hour, minute and second hands, it has a 24-hour hand and a chronograph function that enables time measurements up to 30 minutes to be made in 1-second units.

Specifications

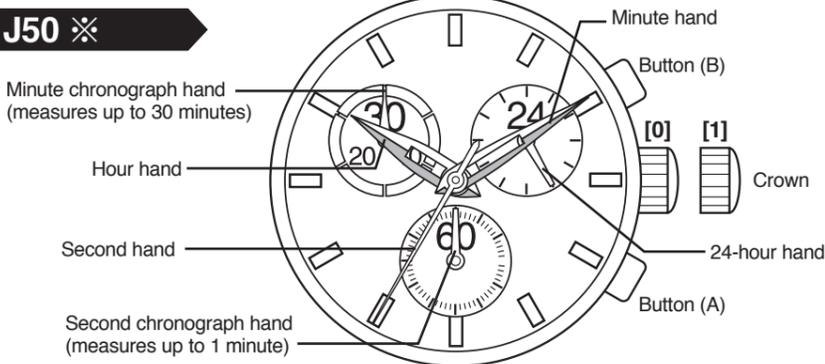
- Cal. No.:** J55 ※ J50 ※
- Type:** Analogue quartz watch
- Crystal oscillator:** 32,768 Hz
- Time accuracy:** Average monthly deviation: ± 20 seconds (when used in a normal temperature range (+5°C to +35°C))
- Function**
 - Time: 24-hour, hour, minute and second
 - Chronograph: Can measure up to 29 minutes 59 seconds in 1-second units
- Battery:** Small silver battery $\times 1$ (280–34)
- Battery life:** About 2 years (when the chronograph is used for 30 minutes every day)

* Specifications may change without notice.

J55 ※



J50 ※



* The illustrations shown in this manual may differ from the actual watch you have purchased.

Setting the Time

- When the second hand reaches the 12:00 position, pull the crown out to position 1 [1] to stop the second hand. Turn the crown to set the time. (At this time, the chronograph hands will return to the [0] position, regardless of whether or not the chronograph is running.) The 24 hour hand moves in conjunction with the hour hand and minute hand.
- Press the crown in ([0] position) according to a time signal, the watch will begin moving at the correct time.

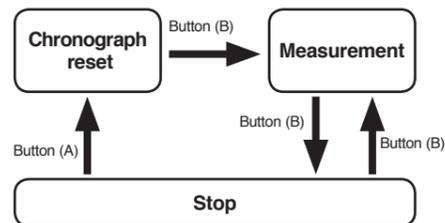
Note

- If you move the minute hand 4 or 5 minutes forward from the correct time and then return it from the other direction, the time setting will be more accurate.
- Look at the 24 hour hand while setting the time to make sure that the a.m. or p.m. setting is correct.
- If the crown is a screw down type, turn the crown to the left to loosen it before setting the time. After setting the time, press the crown while turning it to the right to fully tighten it.

Using the Chronograph

<Chronograph Measurement>
Measurements up to 29 minutes, 29 seconds can be displayed in 1-second units.

- Press button (B) to start or stop the measurement.
- Press button (A) while the chronograph is stopped to return to the chronograph reset status.



- * The chronograph stops automatically 30 minutes after the start of measurement.
- * The button (A) reset operation cannot be performed during measurement. Stop the chronograph first, and then perform reset.

Zero Positioning the Chronograph Hands

When the crown is pulled out to position [1], the chronograph hands will return to the [0] position, regardless of whether or not the chronograph is running. If the chronograph hands do not return to the [0] position, zero positioning is required.

- Pull the crown out to position 1 [1].
- Each time button (B) is pressed, the chronograph second hand moves by one step. If the button is kept pressed down, the hand moves rapidly. (The chronograph minute hand moves in conjunction with the chronograph second hand.)
- When the chronograph minute hand nears the [0] position, release the button and advance the chronograph second hand one step at a time.

- * Stop the rapid movement in advance to prevent the hand from going past the [0] position. The chronograph hands do not move in reverse.

Precautionary Items And Usage Limitations

WARNING Water Resistance

- Water-resistance for daily use (to 3 atmospheres) means that the watch may be worn while washing your face or in the rain, but is not to be immersed in water.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to be 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.

- Note that water can penetrate the watch when the crown is pulled out, regardless of 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. (The unit "bar" is roughly equal to 1 atmosphere.)

* WATER RESIST(ANT) xx bar may also be indicated as W.R. xx bar.

| Name | Indication Dial or Case back | Specification | Water-related use | | | | |
|---|---------------------------------|---|---|--|---|------------------------------|---|
| | | | When water is simply splashed onto the watch (washing your face or in rain) | Swimming and general washing work (kitchen work etc) | Water sports and skin diving (without air tank) | Scuba diving (with air tank) | Operate the crown or button when the watch is wet |
| Everyday-use water-resistant watch | WATER RESIST (ANT) | Water-resistant to 3 atmospheres | ○ | × | × | × | × |
| Upgraded everyday use water-resistant watch | WATER RESIST (ANT) 5 bar | Water-resistant to 5 atmospheres | ○ | ○ | × | × | × |
| Upgraded everyday use water-resistant watch | WATER RESIST (ANT) 10/20 bar | Water-resistant to 10 or 20 atmospheres | ○ | ○ | ○ | × | × |

CAUTION

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw down type, make sure it is securely locked.
- Do NOT operate the crown or button when the watch is wet. Water may penetrate into the watch, causing deterioration of water resistance.
- If a watch of upgraded water resistance for daily use is immersed in sea water or subjected to excessive perspiration, thoroughly rinse with fresh water and wipe completely dry with a soft cloth.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or MB Support Center for inspection and/or repair.
- 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, buttons, etc.) may come off.

CAUTION When Wearing your Watch

- 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.

WARNING Handling of the Battery

- Store the battery out of reach of children to avoid accidental ingestion. If the battery is ingested, consult a doctor immediately.
- Do not throw away with regular trash. Please follow your local government disposal regulations to prevent the risk of fire or environmental contaminations.
- Do not attempt to charge used batteries.
- Do not throw used batteries into a fire.

CAUTION Battery Replacement

- Leaving a battery whose lifetime has expired in the watch may lead to damage to the watch due to leaking fluid or other cause. Replace the battery in a timely manner.
- When replacing the battery, always make sure to use the designated battery.

Monitor Battery

The battery used in your watch, is a monitor battery used to check functions and performance at time of shipment from the factory. Please be aware that, after purchase, the battery lifetime may expire before the prescribed battery lifetime is reached.

- * If the battery lifetime expires, battery replacement will result in a fee even if the watch is still under warrantee.

CAUTION Handling the Band (Putting on and Taking off Band)

- The durability of a leather band may be affected when wet, owing to the properties of the material (discoloration or adhesive peeling). This may also cause skin rash. We recommend that even water-resistant watches be removed when using water.
- Do NOT wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- When using the urethane band, dye from clothes or dirt may get on the band and be impossible to remove. Be careful when wearing the watch with clothes or bags that lose their color. Also, solvents or air humidity may cause the urethane band to deteriorate. Replace the band if its flexibility has deteriorated or cracks have appeared on it.

CAUTION Always Keep your Watch Clean

- Small amounts of dirt may become trapped in the tiny gap between the crown and case, making it difficult to pull out the crown. It is recommended to occasionally turn the crown in its normal position to remove any dirt.
- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing. Keep your watch clean at all times.

- Wearing this watch may cause itching or rash if you have sensitive skin or certain physical conditions. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician.

Possible causes of rashes include:

 - Allergy to certain metals or leather
 - Rust, dirt or perspiration present on the watch's body or band
- 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.
- Remove any dirt from a leather band with a dry cloth.
- For a metallic, plastic or rubber watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- Do NOT use solvents (such as paint thinner or benzine) for cleaning, since they may mar the surface of the band.

<Luminous dial and hands>

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place. It is free from any radioactive substance or any other material harmful to a human body or environment.

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

<Temperature>

The function of the watch may be impaired or the watch may even stop if the ambient temperature is outside the range of -10°C to +60°C. Avoid using the watch in a manner outside the range of 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 indicating the correct time. 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.

<Static Electricity>

The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may not indicate the correct time if exposed to intense static electricity.

<Strong Shock>

Do not subject the watch to a strong shock such as dropping it onto a hard floor. This can result not only in damage to the exterior and/or the band, but may also result in problems with watch functions.

<Chemicals, Corrosive Gasses and Mercury>

If paint thinner, benzine or other solvents or products containing these solvents (including gasoline, nail-polish, cresol, bathroom cleaners, adhesives and water repellent) 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.

<Storage>

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. Do NOT leave a depleted battery in the watch for a long time. Be sure to replace it with new one. If battery fluid leaks out, it is likely to damage the watch.

Warranty And Service

1. 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.

2. Stock Period of Repair Parts

Citizen's standard period for stocking repair parts for each model is generally seven years. 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.

3. 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 because the repair period varies according to the conditions of use, environment and so forth. Moreover, there are cases in which it is difficult to restore the watch to its original accuracy when decreased accuracy has resulted from long-term use.

4. 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 servicing, please consult MB Support Center.

5. Periodic Inspection (Charge basis)

You should have your watch inspected (Charge basis) every 2-3 years to extend its life and ensure safety. The water resistant capability of the water resistant watch reduces year by year. Replacement of parts is required to maintain the water resistant capability. Replace the packing and springs as necessary. When replacing parts, always make sure to request genuine parts. Please ask for more detailed information on repair or replacement expenses at the shop where you purchased your watch or MB Support Center.

6. Other Inquiries

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

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