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: J280 instruction manual

Click Video in articles to see video instructions of operation.

Component identification

When showing time/using compass

- Actual appearance may differ from the illustration. Some models are not equipped with the scale and the scale rotation crown.
- The crown has two positions when pulling it out.
- Rotate the screw down crown counterclockwise until it releases from the case before operating it.

When measuring altitude

- 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)

Reading the instruction manual thoroughly and take sufficient care for safety use when using the altitude measurement and compass functions of this watch.

Checking the power reserve

- Power reserve level is not indicated during measurement or calibration of altitude.

<table>
<thead>
<tr>
<th>Level</th>
<th>Indication</th>
<th>Duration (approx.)</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
<td>340 - 280 days</td>
<td>Power reserve is sufficient.</td>
</tr>
<tr>
<td>2</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
<td>280 - 180 days</td>
<td>Power reserve is OK.</td>
</tr>
<tr>
<td>1</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
<td>180 - 4 days</td>
<td>Power reserve is getting low.</td>
</tr>
<tr>
<td>0</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
<td>4 days or shorter</td>
<td>Insufficient charge warning has started.</td>
</tr>
</tbody>
</table>

- 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.

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 10:00 PM. 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.
1. Press and release the lower left button  
Altitude is indicated.
• If you press button  while indicating altitude, the 100 m hand temporarily indicates compass direction. Press button  to return to altitude indication.

2. After finishing measurement, press and release the lower left button  to finish the procedure.

How to read altitude indication
Altitude is indicated by the 3 hands, the 1 000 m, 100 m and 2.5 m hands. Sum up the values they indicate.
Measurable range: −300 m to 10 000 m

### Hand Indication range Unit
<table>
<thead>
<tr>
<th>Hand</th>
<th>Indication range</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 000 m hand</td>
<td>1 000 to 10 000 m</td>
<td>1000 m</td>
</tr>
<tr>
<td>100 m hand</td>
<td>−300 to 900 m</td>
<td>100 m</td>
</tr>
<tr>
<td>2.5 m hand</td>
<td>−97.5 m to 97.5 m</td>
<td>2.5 m</td>
</tr>
</tbody>
</table>

Altitude indication examples:

- Measured altitude: 6790.0 m
- Measured altitude: −12.5 m

When the measured altitude cannot be indicated
The 1 000 m hand points  (3 o’clock position) and stops.

Using the compass
- Confirm the power reserve is in level “2” or higher before measurement.

1. Press and release the upper left button  while keeping the watch’s dial level.
   The compass function starts and the compass hand points north.
   • Wait until movement of the hand stops.

2. After finishing measurement, press and release the upper left button  to finish the procedure.
   • The indication is automatically finished in about 30 seconds without pressing the button.

Measurement example:

Calibrating altitude indication
You can calibrate altitude indication measured by the watch when you know the actual height from a map, sign or other sources.
• You can calibrate the value in the range of ±1 000 m of currently measured altitude.

1. Press and release the lower left button  .
   The measured altitude is indicated.
   • Wait until movement of the hands stop.

2. Press and hold the lower left button  for 3 seconds or more.
   The 1 000 m hand points “+” and calibration of altitude indication becomes available.

3. Press and release the lower left button  to choose + or −.

   - Choose this when the actual altitude is higher than the measured one.
   - Choose this when the actual altitude is lower than the measured one.

   • Each time you press the button, “+” and “−” changes alternately.
   • Repeat steps 3 and 4 to control the altitude value after calibration.

4. Press and release the upper left button  to correct the indication to the actual altitude.
   Move the 100 m and 2.5 m hands to indicate an approximate value of the altitude.
   • Indication keeps changing while you are pressing and holding the button.
   • Press buttons  and  at the same time to reset the calibration value.

5. Press and hold the lower left button  for 3 seconds or more.
   The corrected altitude is set as the current one and the hands return to measured altitude indication in 1 minute without any operation.

6. Press and release the lower left button  to finish the procedure.
Calibrating compass indication

You can use 2 methods to calibrate the compass of this watch: 2 point correction and declination correction.

**Executing 2 point correction**

- When executing 2 point correction, you must turn the watch just 180° while keeping it level. Take enough care of surrounding conditions before starting correction.
- Confirm you are not near any item with strong magnetism (electric equipment, magnets, etc.) before starting correction.

1. **Press and release the upper left button A.**
   Compass function starts.
   - Wait until movement of the hand stops.
2. **Press and hold the upper left button A for 3 seconds or more.**
   The compass hand points the 3 o'clock position.
3. **Press and release the lower left button B.**
   The first surrounding environment data is stored and the compass hand turns 180° to point the 9 o'clock position.
4. **Turn the watch by 180°.**
5. **Press and release the lower left button B.**
   The second surrounding environment data is stored and the compass hand turns 180° to point the 12 o'clock position.
   - If the compass hand returns to the 3 o'clock position, try again from step 3.
   - Press and hold button A for 3 seconds or more to cancel the correction. When canceled, no correction is executed and the previous correction result remains effective.
   - Pressing buttons A and B at the same time before finishing step 5 resets the values of 2 point correction and declination correction and the watch returns to compass function.
6. **Press and release the upper left button A to finish the procedure.**

**Executing declination correction**

- On this watch, declination of 0° to 59° east and west can be set by 1°.

1. **Press and release the upper left button A.**
   Compass function starts.
   - Wait until movement of the hand stops.
2. **Press and hold the upper left button A for 3 seconds or more.**
   The compass hand points the 3 o'clock position.
3. **Press and hold the lower left button B for 3 seconds or more.**
   The compass hand points the direction of declination (east or west) and the 2.5 m hand shows the degree of declination by pointing a second tick mark.
4. **Press and release the lower left button B to choose east or west.**
   Choose this when the direction of declination is east (E).
   Choose this when the direction of declination is west (W).
   - Each time you press the button, "E" and "W" changes alternately.
5. **Press and release the upper left button A to set the degree of declination.**
   - For example, as the declination in Tokyo is "7° W", set it as shown in the picture.
   - Indication keeps changing while you are pressing and holding the button.
   - Pressing buttons A and B at the same time before finishing step 5 resets the values of 2 point correction and declination correction and the watch returns to compass function.
6. **Press and hold the lower left button B for 3 seconds or more.**
   Declination correction completes and compass function starts.
   - Wait until movement of the hands stop.
7. **Press and release the upper left button A to finish the procedure.**
Checking the reference position

1. **Stop measurement and check the power reserve indication.**
   • Charge if the power reserve level is lower than “2”.
2. **Pull the crown out to position [2].**
   The watch stops and the hands move to their current reference position.
3. **Check the reference position.**
   Correct reference positions:
   - 1 000 m hand: 0 m (6:00)
   - 100 m hand: 0 m (12:00)
   - 2.5 m hand: 0 m (12:00)
   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. **Stop measurement and check the power reserve indication.**
   • Charge if the power reserve level is lower than “2”.
2. **Pull the crown out to position [2].**
   The watch stops and the hands move to their current reference position.
3. **Press and hold lower left button [B] for 2 seconds or more.**
   The 100 m hand (compass hand) becomes adjustable.
   • The 100 m hand (compass hand and 2.5 m hand move to the left when other hands are 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.**
   • Each time you press the button, the target hand moves slightly to indicate it is adjustable.
   - 100 m hand (compass hand) → 2.5 m hand → 1 000 m hand → (back to the top)
6. **Repeat steps 4 and 5 to correct the reference positions of all the hands.**
7. **Push the crown in to position [0] to finish the procedure.**

Resetting the watch - All Reset

1. **Stop measurement and check the power reserve indication.**
   • Charge if the power reserve level is lower than “2”.
2. **Pull the crown out to position [2].**
   The watch stops and the 1 000 m, 100 m (compass) and 2.5 m hands 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.