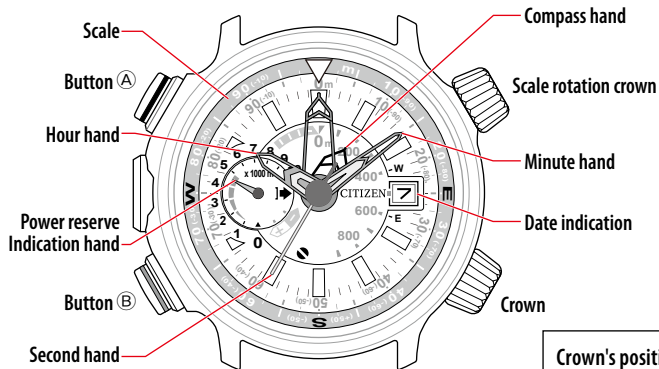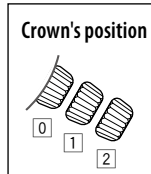- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual: 📄 J280 instruction manual
- Click (» 🎦 **Video**) in articles to see video instructions of operation.
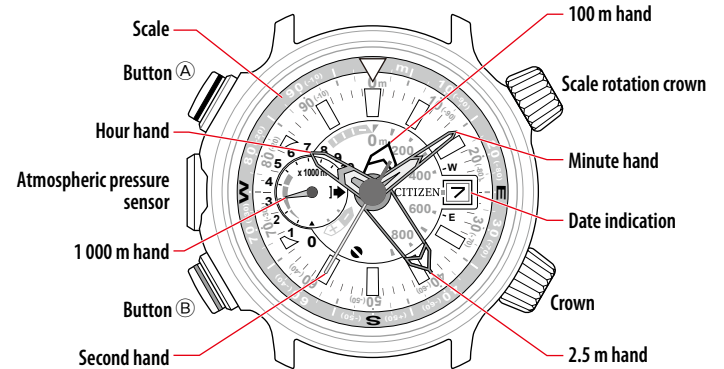
Component identification

When showing time/using compass

Scale
Button Ⓐ
Hour hand
Power reserve Indication hand
Button Ⓑ
Second hand

Compass hand
Scale rotation crown
Minute hand
Date indication
Crown

Crown's position

0
1
2

- 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

Scale
Button Ⓐ
Hour hand
Atmospheric pressure sensor
1 000 m hand
Button Ⓑ
Second hand

100 m hand
Scale rotation crown
Minute hand
Date indication
Crown
2.5 m hand

- 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**)

- **Read 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.

Level	3	2	1	0
Indication				
Duration (approx.)	340 – 280 days	280 – 180 days	180 – 4 days	4 days or shorter
Meaning	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Insufficient charge warning has started.
	OK for normal use		**Charge immediately.**	

- 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.**

Measuring altitude [▸ 🎥 Video]

- Confirm the power reserve is in level "2" or higher before measurement.
- This watch continuously measures altitude during the first 5 minutes of measurement.
  After that, measurement occurs every 3 minutes for up to 12 hours.

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

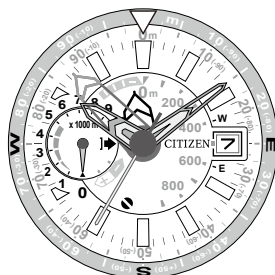Altitude is indicated by the 3 hands, the 1 000 m, 100 m and 2.5 m hands. Sum up the values they indicate.
Measurable range: −300 m to 10 000 m

Hand	Indication range	Unit
1 000 m hand	1 000 to 10 000 m	1000 m
	• It points "0" when measured altitude is lower than 1 000 m.	
100 m hand	−300 to 900 m	100 m
	• It points "0" when measured altitude is 0 – 100 m.	
	• It points "−" when measured altitude is −100 – 0 m.	
2.5 m hand	−97.5 m to 97.5 m	2.5 m
	• Use figures in parentheses when altitude is −97.5 to 0 m.	
	• Measured altitude is indicated in 5 m increments when it is higher than 6 000 m.	

Altitude indication examples:
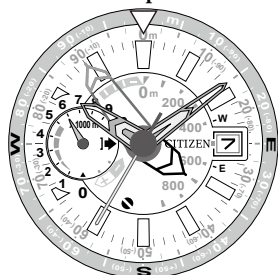
Measured altitude: 6790.0 m   Measured altitude: −12.5 m

When the measured altitude cannot be indicated

The 1 000 m hand points "➡" (3 o'clock position) and stops.

Using the compass [▸ 🎥 Video]

- 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:

North

Compass hand
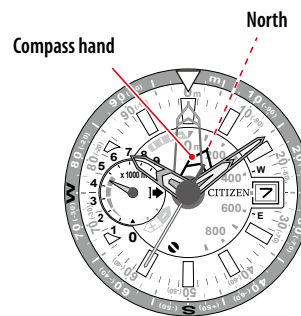
Calibrating altitude indication [▸ 🎥 Video]

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.
- 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   ▶ ⏺ **Video**

- 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 Ⓐ.**

Compass function starts.
- Wait until movement of the hand stops.

2. **Press and hold the upper left button Ⓐ for 3 seconds or more.**

The compass hand points the 3 o'clock position.
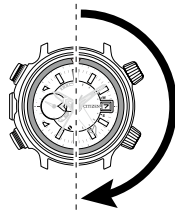
3. **Press and release the lower left button Ⓑ.**

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 Ⓑ.**

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 Ⓐ for 3 seconds or more to cancel the correction. When canceled, no correction is executed and the previous correction result remains effective.
- Pressing buttons Ⓐ and Ⓑ 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 Ⓐ to finish the procedure.**

Executing declination correction   ▶ ⏺ **Video**

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

1. **Press and release the upper left button Ⓐ.**

Compass function starts.
- Wait until movement of the hand stops.

2. **Press and hold the upper left button Ⓐ for 3 seconds or more.**

The compass hand points the 3 o'clock position.

3. **Press and hold the lower left button Ⓑ 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.
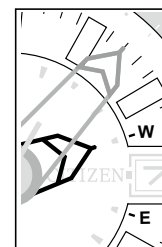
4. **Press and release the lower left button Ⓑ to choose east or west.**

	Choose this when the direction of declination is west (W).
	Choose this when the direction of declination is east (E).

- Each time you press the button, "E" and "W" changes alternately.

5. **Press and release the upper left button Ⓐ 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 Ⓐ and Ⓑ 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 Ⓑ 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 Ⓐ 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.

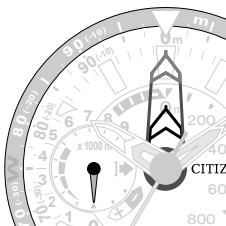**3. Check the reference position.**
  Correct reference positions:
  1 000 m hand: 0 m (6:00)
  100 m hand: 0 m (12:00)
  2.5 m hand: 0 m (12:00)

  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   📹 **Video**

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 Ⓑ 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 Ⓐ.
  • 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 Ⓑ 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

• After resetting the watch, calibration value of altitude and correction values of 2
  point and declination correction are returns to the initial status.

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 Ⓐ and lower left button Ⓑ 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.