



# USER MANUAL



*Seamaster*  
DIVER 300M

**Ref.:** 210.32.42.20.03.001

**Case diameter:** 42 mm

**Case material:** Stainless steel

**Bracelet material:** Rubber

**Water resistance:** 30 bar (300 metres / 1000 feet)

**Movement:** 8800, Automatic

**Power reserve:** 55 hours

**Functions:** Hour, Minute, Seconds, Date, Diving rotating bezel, Helium escape valve

MASTER CHRONOMETER CERTIFIED .....	2
ADJUSTMENTS .....	3
FUNCTIONS .....	4
FEATURES .....	5
RECOMMENDATIONS .....	7
WARRANTY .....	8
CONTACTS .....	12



## MASTER CHRONOMETER CERTIFIED

Driven by a pioneering spirit and commitment to precision, OMEGA introduced the Master Chronometer certification in 2015.

Master Chronometer marks a standard of quality that goes well beyond the Chronometer certification, the watch industry's benchmark of quality. Although Chronometer certification remains an integral part of the process, OMEGA doubled its certification with an incredible standard approved by the Swiss Federal Institute of Metrology (METAS). METAS is Switzerland's official government authority on all issues related to measurement and measuring equipment and procedures. As a completely independent institute, METAS stands at the cutting-edge of measurement accuracy in Switzerland and is able to determine the exact unbiased criteria for what precision really means.

In order for a watch to become a Master Chronometer, it must pass 8 tests over 10 days. This 283-step process, designed to push a timepiece to its absolute limits, ensures each certified timepiece has reached the industry's highest level of precision, performance and magnetic resistance.



### SUPERIOR PRECISION

Our Master Chronometer watches are tested and certified twice. Firstly, the movement is tested by an accredited and independent Swiss laboratory with precision criteria of  $-4/+6$  seconds per day. Then the complete watch and its movement undergo eight Master Chronometer tests set by the Swiss Federal Institute of Metrology (METAS) with criteria of  $0/+6$  seconds per day.



### ANTI-MAGNETIC

Everyday items such as mobile phones, metal clasps on handbags, laptops, MRI, induction hobs or automatic doors; subject a watch to magnetic fields and can affect its performance for good. To prevent the risk of permanent deviations of up to several minutes a day we've conceived movements with antimagnetic materials, such as the silicon balance spring, capable of withstanding the highest fields.



### WATER RESISTANCE

To ensure the integrity of our timepieces at depth, not just some but all watches are fully immersed in water and pressure is applied up to the point of the guaranteed water resistance. By submerging each watch in water we have chosen – yet again – to exceed normal testing standards.



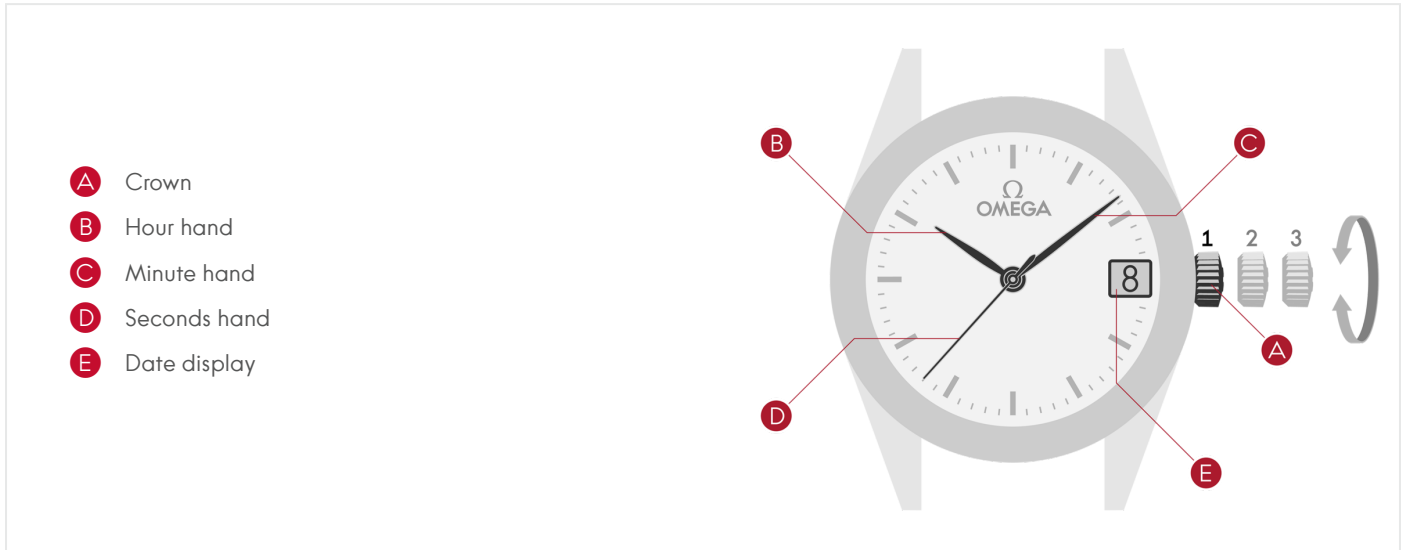
Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

Swiss Confederation

**Eidgenössisches Institut für Metrologie METAS**  
**Institut fédéral de métrologie METAS**  
**Istituto federale di metrologia METAS**  
**Institut federal da metrologia METAS**  
**Federal Institute of Metrology METAS**



## ADJUSTMENTS



### Crown, 3 positions:

#### 1. Manual winding

Turn the crown forward to wind manually.

The crown pushed in against the case guarantees water resistance.

#### 2. Date correction

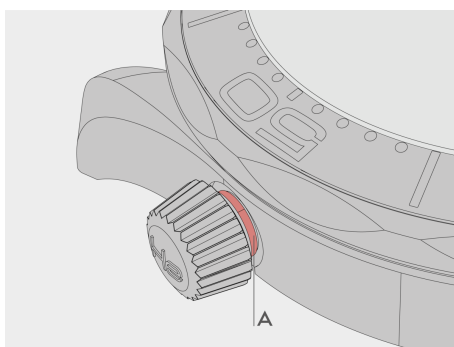
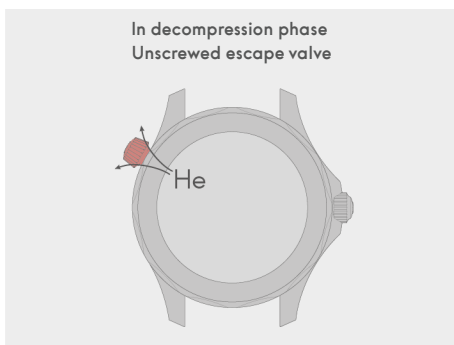
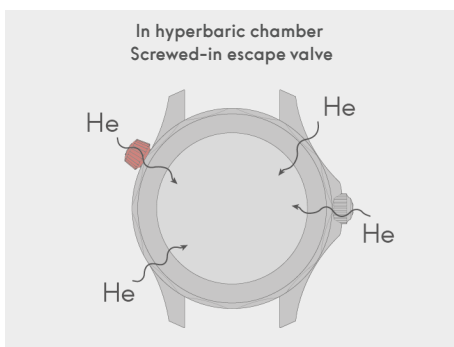
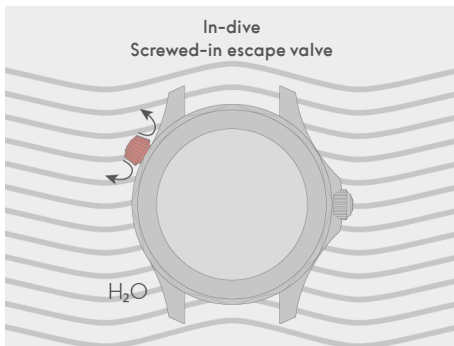
Pull the crown out to position 2. Turn the crown backwards to correct the date, then push it back to position 1.

#### 3. Setting the time

Pull the crown out to position 3 and the seconds hand will stop. Turn the crown forwards or backwards to set the time. Synchronize the watch time with the reference time by pushing the crown into position 1.

## FUNCTIONS

### MANUAL HELIUM VALVE WITH POSITION INDICATOR



OMEGA Seamaster watches equipped with a helium escape valve, also known as a helium release valve, are developed for professional or recreational divers who perform saturation dives. This technical dive is mainly used for underwater work in deep waters. Between two interventions, the diver is held in a hyperbaric chamber at the same pressure as that of the diving depth. The diver moves through a complex gas mixture which includes oxygen, hydrogen and helium. This technique allows for very long dive times while reducing the risk of decompression sickness. Once the work is completed, the decompression phase begins: the diver is gradually brought back to atmospheric pressure in the hyperbaric chamber.

For long stays in a hyperbaric chamber or underwater station, helium diffuses through all the sealing materials and penetrates the inside of the watch. The infiltrated helium generates excess pressure in the watch during the decompression phase which can damage it. The valve is designed to release this excess pressure during the decompression phase.

#### Using the manual helium valve

The valve should always be screwed in when you immerse it in water to ensure complete protection against any possible inflows of water.

The valve should only be unscrewed during the decompression phase (when the diver returns to atmospheric pressure) when you are in a hyperbaric chamber.

**Note:** even if the valve is unscrewed, the watch remains watertight up to an excess pressure of 5 bars (50 metres / 167 feet). However, it is recommended to always swim or dive with the valve screwed in.

**Position indicator:** the red indicator **A** is visible on the valve when it is in the unscrewed position.



## FEATURES



### CALIBRE NUMBER

Term, similar to a type or model, that refers to the specific name of a watch movement.



### RESISTANT MAGNETIC FIELD = 15,000 GAUSS (1.5 TESLA)

Watch with unmatched resistance to magnetism of 15,000 gauss due to the use of non-ferrous materials replacing traditional magnetic metals.



### 5-YEAR INTERNATIONAL WARRANTY

Our quest for excellence has allowed us to extend the international warranty to 5 years, on all of our new timepieces purchased as of July 1st 2018. Note: Please refer to the Warranty chapter for specific information about the warranty conditions and restrictions or if you purchased your watch before July 1st 2018.



### DATE

An additional function that indicates the date through a disc or hand.



### MASTER CHRONOMETER

This certification is awarded to a mechanical timepiece that has successfully passed the stringent tests imposed by METAS (The Swiss Federal Institute of Metrology), focusing on chronometric precision, magnetism, power reserve and water resistance, and whose movement fulfils the criteria chronometer ISO 3159 standard.



### SCREW-IN CROWN

Crown that can be screwed into the case in order to increase the water resistance of the watch.



### CHRONOMETER

Label given to a watch which has undergone and successfully passed stringent precision tests in order to receive a certificate compliant with the chronometer ISO 3159 standard.



### WATER-RESISTANT TO A RELATIVE PRESSURE OF 30 BAR

Water-resistant watch to a relative pressure of 30 bar corresponding to a depth of 300 meters / 1000 feet.



### SELF-WINDING

A mechanical watch movement whose mainspring is wound automatically by the natural motion of the wearer's arm.



### CERAMIC BEZEL

Bezel ring made of zirconium oxide (ZrO<sub>2</sub>), a very hard material which can only be scratched by a diamond. OMEGA often laser-engraves a scale into its ceramic bezels, which is then filled with either Liquidmetal™ or 18K gold (resulting in a Ceragold™ bezel).



### CO-AXIAL ESCAPEMENT

The Co-Axial escapement reduces friction & the need for lubrication. It maintains accuracy over a longer period of time, prolongs service intervals and enables OMEGA to offer a 5-year international warranty.



### SAPPHIRE CRYSTAL

Very hard and highly transparent material that offers extreme scratch-resistance.



### SI14 SILICON BALANCE-SPRING

Non-magnetic and highly resilient balance spring made of silicon by means of photolithography and plasma etching. Concentric expansions and contractions of this balance spring result in even oscillations of the balance wheel providing stable chronometric performance.



### ANTI-REFLECTIVE TREATMENT ON BOTH SIDES

Sapphire crystal coated on both sides with a layer minimizing light reflection on the crystal and therefore ensuring optimal readability.



## FEATURES



### SAPPHIRE CRYSTAL CASE BACK

A case back featuring a sapphire crystal enabling a clear view of the watch's movement. It can also be decorated with different patterns by metallisation.



# RECOMMENDATIONS

## HOW TO CARE FOR YOUR WATCH



### WATER RESISTANCE

A watch cannot be guaranteed fully waterproof at all times. It may be affected by the gaskets ageing or an accidental shock to the crown. We recommend that you have the water resistance of your watch tested once a year by an authorised OMEGA service centre.



### SWIMMING IN THE SEA

Always rinse your watch in fresh water after swimming.



### SCREW-DOWN CROWN

The crown should be unscrewed before use. After use, push the crown to position 1, then press and screw the crown back in to ensure the watch remains watertight. The crown should never be manipulated in water.



### CLEANING

For metal bracelets, rubber straps and waterproof cases, use soapy water and a toothbrush for cleaning and a soft cloth for drying.



### SHOCKS

Avoid exposing your watch to mechanical, thermal and other types of shock.



### TEMPERATURES

Avoid exposing your watch to extreme temperatures (higher than 60°C or 140°F and lower than 0°C or 32°F) or extreme variations in temperature.



### CHEMICALS

Avoid direct contact with solvents, detergents, perfumes, cosmetics, mosquito repellents, etc. as these may damage the bracelet, case or gaskets.



### MAGNETIC FIELDS

Avoid placing your watch on a magnet, speaker, refrigerator, laptop, iPad case or other tablet, as these generate powerful magnetic fields that can disrupt the operation of your timepiece.



### DIFFERENT SIZED STRAPS

For leather, rubber and fabric straps, different sizes are available at OMEGA points of sale or on the OMEGA online store: [omegawatches.com](http://omegawatches.com).



### HOW LONG IS THE PERIOD BETWEEN EACH SERVICE?

As with any precision instrument, a watch requires regular servicing to ensure that it functions perfectly. We cannot recommend the frequency of servicing since it depends entirely on the model, the climate and the care that each owner gives their watch. As a general rule, watches should be serviced every 5 to 8 years depending on the conditions in which they are used.



### WHO SHOULD I CONTACT FOR ANY MAINTENANCE?

We recommend that you contact an authorised OMEGA service centre or OMEGA boutique. They have the tools and equipment required to carry out this work and the necessary checks in a professional manner. In addition, these specialists can guarantee that their work will comply with the strict quality standards applied and imposed by OMEGA.



## INTERNATIONAL WARRANTY

OMEGA SA\* guarantees your watch for sixty (60) months under the terms and conditions of this warranty, starting from the date of purchase, for all OMEGA\* watches purchased as of 1 July 2018.

The international OMEGA warranty covers material and manufacturing defects existing at the time of the purchase of the OMEGA watch («defects»). The warranty only comes into force if the warranty certificate is dated, fully and correctly completed and stamped by an official OMEGA dealer («valid warranty certificate»).

During the warranty period and by presenting the valid warranty certificate, you will have the right to have any defect repaired free of charge. In the event that repairs are improper to restore the normal conditions of use of your OMEGA watch, OMEGA SA guarantees its replacement by an OMEGA watch of identical or similar characteristics. For all watches purchased as of 1 July 2018, the warranty for the replacement watch ends sixty (60) months after the date of purchase of the replaced watch.

### **This manufacturer's warranty does not cover:**

- the life of the battery.
- normal wear and tear and ageing (for example scratched crystal; alteration of the colour and/or material of non metallic straps and chains, such as leather, textile, rubber).
- any damage on any part of the watch resulting from abnormal/abusive use, lack of care, negligence, accidents (knocks, dents, crushing, broken crystal, etc.), incorrect use of the watch and nonobservance of the operating instructions provided by OMEGA SA.
- any consequential or indirect damage resulting from the use, failure to operate, defects or lack of precision of the OMEGA watch.
- the OMEGA watch handled by non-authorized persons (for example for battery replacement, service or repair) or which has been altered in its original condition beyond OMEGA SA's control.

Any further claim against OMEGA SA, for example for damages additional to the above described warranty is expressly excluded, except mandatory statutory rights the purchaser may have against the manufacturer.

The above manufacturer's warranty:

- is independent of any warranty that may be provided by the seller, for which he carries sole responsibility;
- does not affect the purchaser's rights against the seller nor any other mandatory statutory rights the purchaser may have against the seller.

The OMEGA customer service ensures the perfect maintenance of your OMEGA watch. If your watch needs attention, rely on an authorised OMEGA retailer or an authorised OMEGA Service Centre as set forth in the enclosed list: they can guarantee service according to OMEGA SA's standards.

\* OMEGA SA  
Rue Jakob-Stämpfli 96  
CH-2502 Bienne

OMEGA® and  are registered trademarks



# WARRANTY

VALID FOR U.S.A. ONLY

OMEGA SA\* GUARANTEES YOUR WATCH FOR SIXTY (60) MONTHS UNDER THE TERMS AND CONDITIONS OF THIS WARRANTY, STARTING FROM THE DATE OF PURCHASE, FOR ALL OMEGA\* WATCHES PURCHASED AS OF 1 JULY 2018.

The international OMEGA warranty covers material and manufacturing defects existing at the time of the purchase of the OMEGA watch («defects»). The warranty only comes into force if the warranty certificate is dated, fully and correctly completed and stamped by an official OMEGA dealer («valid warranty certificate»).

During the warranty period and by presenting the valid warranty certificate, you will have the right to have any defect repaired free of charge. In the event that repairs are improper to restore the normal conditions of use of your OMEGA watch, OMEGA SA guarantees its replacement by an OMEGA watch of identical or similar characteristics.

For all watches purchased as of 1 July 2018, the warranty for the replacement watch ends sixty (60) months after the date of purchase of the replaced watch.

**This manufacturer's warranty does not cover:**

- the life of the battery.
- normal wear and tear and ageing (for example scratched crystal; alteration of the colour and/or material of non metallic straps and chains, such as leather, textile, rubber).
- any damage on any part of the watch resulting from abnormal/abusive use, lack of care, negligence, accidents (knocks, dents, crushing, broken crystal, etc.), incorrect use of the watch and nonobservance of the operating instructions provided by OMEGA SA.
- the OMEGA watch handled by non-authorized persons (for example for battery replacement, service or repair) or which has been altered in its original condition beyond OMEGA SA's control.

ALL APPLICABLE IMPLIED WARRANTIES, INCLUDING THE IMPLIED WARRANTY OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE GIVEN TO YOU BY LAW ARE HEREBY LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY. UNDER NO CIRCUMSTANCES WILL OMEGA SA BE LIABLE FOR ANY INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND.

Some states do not allow limitations on how long implied warranties last, or exclusions or limitations of incidental or consequential damages, so exclusions or limitations mentioned may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

OMEGA SA's OBLIGATION IS STRICTLY LIMITED TO REPAIR OR REPLACEMENT AS EXPRESSLY STATED IN THIS LIMITED WARRANTY. YOUR AUTHORISED OMEGA RETAILER CARRIES SOLE RESPONSIBILITY FOR ANY OTHER GUARANTEES.

The OMEGA customer service ensures the perfect working order of your OMEGA watch. If your watch needs maintenance, rely on an authorised OMEGA retailer or an authorized OMEGA Service Center as set forth on the OMEGA website: they can guarantee service according to OMEGA SA's standards.

\* OMEGA SA  
Rue Jakob-Stämpfli 96  
CH-2502 Bienne

OMEGA® and  are registered trademarks



# WARRANTY

VALID FOR AUSTRALIA / NEW ZEALAND ONLY

**NOTE :** If you purchased your OMEGA® watch in Australia or New Zealand, the International OMEGA\* Warranty contained in the booklet provided with this watch and on the OMEGA website ([www.omegawatches.com](http://www.omegawatches.com)) does NOT apply to you, and is replaced by this Australian / New Zealand Warranty (referred to below as the «Warranty»).

## IMPORTANT NOTICE REGARDING YOUR CONSUMER RIGHTS

The benefits given to you under this Warranty are additional to, and do not detract from, other rights and remedies that you may have in relation to your OMEGA watch and its purchase under Australian or New Zealand laws, including consumer protection laws.

In Australia, OMEGA watches come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are also entitled to have your OMEGA watch repaired or replaced if it fails to be of acceptable quality and the failure does not amount to a major failure.

In New Zealand, OMEGA watches also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.

This Warranty:

- is not intended to change or exclude any statutory or consumer rights that cannot be lawfully changed or excluded;
- is independent of any warranty that may be provided by the seller, for which he carries sole responsibility; and
- does not affect your rights against the seller, including any mandatory statutory rights you may have against the seller under local consumer laws.

## OUR WARRANTY TO YOU

This Warranty is provided by OMEGA SA of Rue Stämpfli 96, CH-2500 Bienne 4, Switzerland. Telephone +41 32 343 9211.

All OMEGA watches purchased as of 1 July 2018 are guaranteed for 5 years from the date of purchase under the terms and conditions of this warranty. This Warranty covers material and manufacturing defects existing at the time of delivery of the purchased OMEGA watch ("defects"). Where such defects become apparent during the warranty period and provided you present a valid warranty certificate, OMEGA SA will:

- repair your watch free of charge; or
- in the event that repairs are unable to restore the normal conditions of use of your OMEGA watch, replace your watch with an OMEGA watch of identical or similar characteristics. Such replacement watch will have the benefit of this Warranty for the remainder of the Warranty Period applicable to the original (replaced) watch.

## Please be aware that:

- goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods;
- any data you store in your watch may be lost in the course of a repair. It is your responsibility to back up any data that may be stored in your watch before presenting it for warranty service; and
- the Warranty is only valid if the warranty certificate enclosed with your OMEGA watch upon purchase is dated, fully and correctly completed and stamped and signed by authorised OMEGA retailer.



# WARRANTY

VALID FOR AUSTRALIA / NEW ZEALAND ONLY

## EXCLUSIONS AND LIMITATIONS

### This Warranty does not cover:

- the lifetime of the battery;
- normal wear and tear and aging (e.g. scratched crystal; alteration of the colour and/or material of non-metallic straps and chains, such as leather, textile, rubber; peeling of the plating);
- any damage on any part of the watch resulting from abnormal/abusive use, lack of care, negligence, accidents (knocks, dents, crushing, broken crystal, etc.), incorrect use of the watch and non-observance of the use directions provided by OMEGA SA;
- indirect or consequential damages of any kind resulting from e.g. the use, the non-functioning, the defects or the inaccuracy of the OMEGA watch; or
- defects caused by the OMEGA watch being handled by nonauthorized persons (e.g. for battery replacement, services or repairs) or altered in its original condition beyond OMEGA SA's control.

## HOW TO MAKE A CLAIM UNDER THIS WARRANTY

To make a claim under this Warranty, we recommend that you wrap your OMEGA watch carefully so as to avoid any damage and send it by registered mail or drop it off in person to your nearest authorised OMEGA retailer or an official OMEGA Service Centre. To find current contact information for your nearest authorised OMEGA retailer or official OMEGA Service Centre, please telephone +61 3 8844 3314, email [wecare.au@omegawatches.com](mailto:wecare.au@omegawatches.com) or go to [www.omegawatches.com](http://www.omegawatches.com).

You will be responsible for paying the expenses associated with making a claim under this Warranty, including postal or delivery expenses and any relevant taxes.

## OTHER CONDITIONS

No authorised OMEGA retailer or official OMEGA Service Centre is authorised to make any modification, extension or addition to this Warranty. OMEGA SA provides no warranty against defects beyond the rights and remedies given under this Warranty and which are available under the Australian Consumer Law and the New Zealand Consumer Guarantees Act 1993.

\* OMEGA SA  
Rue Jakob-Stämpfli 96  
CH-2502 Bienne

OMEGA® and  are registered trademarks



## CONTACTS

### OMEGA BOUTIQUES

Please visit our website for a list of our OMEGA boutiques  
[omegawatches.com/store](https://www.omegawatches.com/store)



### OMEGA AUTHORIZED SERVICE CENTRES

Please visit our website for a list of OMEGA authorized service centres  
[omegawatches.com/service-centres](https://www.omegawatches.com/service-centres)



### OMEGA EU IMPORTERS

Importers of OMEGA products for the European Union, the United Kingdom and Norway.  
[omegawatches.com/importers](https://www.omegawatches.com/importers)

