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> Nikon 300mm f/4E PF VR AF-S ED-IF Telephoto Nikkor Lens User Manual

Nikon JAA342DA

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Model: JAA342DA

INTRODUCTION

This manual provides detailed instructions for the proper use, setup, maintenance, and troubleshooting of your Nikon 300mm f/4E PF VR AF-S ED-IF Telephoto Nikkor Lens. Please read this manual thoroughly before using the lens to ensure optimal performance and longevity.



Figure 1: Nikon 300mm f/4E PF VR AF-S ED-IF Telephoto Nikkor Lens. This image shows the full lens with its various rings and switches.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Nikon 300mm f/4E PF VR AF-S ED-IF Telephoto Nikkor Lens
- Front Lens Cap (LC-77)
- Rear Lens Cap (LF-4)
- Lens Hood (HB-73)
- Lens Case (CL-M3)



Figure 2: Front Lens Cap. Used to protect the front element of the lens.



Figure 3: Rear Lens Cap. Used to protect the rear element and lens mount.



Figure 4: Lens Hood HB-73. Attaches to the front of the lens to reduce flare.



Figure 5: Lens Case CL-M3. Provides protection for the lens during transport.

Attaching the Lens

1. Ensure both the camera and lens are powered off.
2. Remove the body cap from the camera and the rear lens cap from the lens.
3. Align the mounting mark on the lens with the mounting mark on the camera body.
4. Rotate the lens counter-clockwise until it clicks into place, indicating it is securely locked.

Attaching the Lens Hood

The HB-73 lens hood helps to reduce stray light and protect the front element of the lens.

1. Align the mounting mark on the lens hood with the alignment mark on the front of the lens.
2. Rotate the lens hood clockwise until it clicks into place.
3. To store the lens hood, reverse its orientation and attach it to the lens.

OPERATING THE LENS

Focus Mode Switch

The lens features an A/M (Autofocus with manual override) and M (Manual focus) switch.

- **A/M (Autofocus/Manual):** Allows the camera to autofocus. You can manually adjust focus by rotating the focus ring even when autofocus is active.
- **M (Manual):** Disables autofocus. Focus must be adjusted manually using the focus ring.

Vibration Reduction (VR)

The lens incorporates Nikon's Vibration Reduction technology to minimize blur caused by camera shake.

- **VR ON/OFF Switch:** Activates or deactivates the Vibration Reduction system.
- **VR Mode Switch:** Selects the VR mode.
 - **NORMAL:** Recommended for general shooting, including static subjects and panning.
 - **SPORT:** Ideal for shooting unpredictable, fast-moving subjects, such as sports or wildlife. This mode provides a stable viewfinder image and allows for continuous shooting.

Note: When using a tripod, it is generally recommended to turn VR OFF for optimal sharpness, unless using a specific tripod VR mode if available on your camera body.

Focus Limiter Switch

This switch allows you to limit the autofocus range, which can speed up focusing when subjects are known to be within a certain distance.

- **FULL:** The lens will focus across its entire range (from minimum focusing distance to infinity).
- **∞ - 3m:** The lens will only focus on subjects from 3 meters to infinity. Use this setting for distant subjects to prevent the lens from hunting for focus on closer objects.

MAINTENANCE

Cleaning the Lens

- Use a blower brush to remove dust from the lens surfaces.

- For smudges or fingerprints, use a clean, soft microfiber cloth specifically designed for optics. Breathe lightly on the lens surface before wiping.
- Do not use organic solvents such as paint thinner or benzene to clean the lens.
- The fluorine coating on the front element repels dust, water, grease, and dirt, making it easier to clean.

Storage

- Always attach the front and rear lens caps when the lens is not in use.
- Store the lens in a cool, dry place, away from direct sunlight and extreme temperatures.
- If storing for extended periods, consider using a dehumidifying cabinet or silica gel packets to prevent mold growth.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Autofocus not working.	Lens focus mode set to M (Manual). Camera focus mode not set to AF. Poor lighting conditions.	Set lens focus mode to A/M. Set camera focus mode to AF. Use a focus assist lamp or brighter lighting.
Images are blurry despite VR being ON.	Shutter speed too slow. VR mode incorrect for shooting situation. VR not effective for extreme camera shake.	Increase shutter speed. Switch VR mode to SPORT for moving subjects. Use a tripod for very slow shutter speeds or extreme shake.
Lens not recognized by camera.	Lens not properly mounted. Dirty electrical contacts.	Re-attach the lens, ensuring it clicks into place. Clean lens and camera contacts with a clean, dry cloth.

SPECIFICATIONS

Feature	Detail
Model Number	JAA342DA
Focal Length	300 mm
Maximum Aperture	f/4E
Lens Type	Telephoto
Compatible Mountings	Nikon F
Product Dimensions	8.46 x 5.2 x 5.12 inches
Item Weight	1.66 pounds
Special Features	Phase Fresnel (PF) lens element, Vibration Reduction (VR), Fluorine coating

WARRANTY AND SUPPORT

Nikon provides a limited warranty for its products. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official Nikon website.

For technical support, service, or further inquiries, please contact Nikon customer service or visit their official support page:

- **Nikon Official Website:** www.nikonusa.com
- **Support Page:** Refer to the website for regional support contacts and FAQs.

Please have your lens model number (JAA342DA) and serial number ready when contacting support.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

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Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question