

Sony SEL70300G

Sony FE 70-300mm SEL70300G F4.5-5.6 G OSS Lens Instruction Manual

Model: SEL70300G | Brand: Sony

1. OVERVIEW

The Sony FE 70-300mm F4.5-5.6 G OSS telephoto zoom lens is designed for full-frame E-mount cameras. It incorporates an advanced optical design with four aspherical glass elements, two ED (Extra-low Dispersion) glass elements, and Sony's Nano AR coating. These features work together to minimize spherical aberration, distortion, and chromatic aberration, ensuring high-resolution images and videos. The lens also includes Optical SteadyShot image stabilization for clear results, especially at longer focal lengths. The lens features a round, bayonet-type hood.



Figure 1.1: The Sony FE 70-300mm G OSS Lens, showcasing its design and controls.

2. KEY FEATURES

- **Full-frame 70-300mm G Series F4.5-5.6 G Telephoto Zoom:** Offers a versatile focal range for various photographic needs.
- **Nano AR Coating:** Features a Nano-precision structure to effectively reduce flare and ghosting, enhancing contrast and clarity.
- **Optical SteadyShot Image Stabilization:** Provides built-in image stabilization for sharp, blur-free images and stable video, even when shooting handheld at longer focal lengths.
- **9-blade Circular Aperture:** Delivers smooth, aesthetically pleasing background bokeh.
- **Advanced Optical Elements:** Includes two Extra-Low Dispersion (ED) glass elements to reduce chromatic aberration and four aspherical elements to control spherical aberration and coma.
- **Linear Actuator:** Achieves fast, smooth, and quiet autofocus performance.
- **Enhanced Operability:** Direct control switches and buttons on the lens for convenient adjustments.

- **APS-C Compatibility:** Provides a 105-450mm (35mm equivalent) focal range when used with APS-C format cameras.
- **Class-leading Close-up Focusing:** Capable of focusing at distances less than 3 feet (0.9 meters).
- **Sony E-mount:** Compatible with Sony E-mount camera bodies.



High-Resolution at any Focal length

Figure 2.1: Demonstrates the lens's capability to deliver high-resolution images across its entire focal length range, capturing fine details in distant subjects like snow-capped mountains.



Class-Leading Close-up Performance

Figure 2.2: Illustrates the lens's excellent close-up performance, capturing intricate details of subjects like a butterfly on a flower with a pleasing background blur.



Figure 2.3: Shows the lens's versatility in capturing a wide range of subjects, from fast-moving race cars to distant landscapes, highlighting its adaptability.

3. WHAT'S IN THE BOX

Upon unboxing your Sony FE 70-300mm G OSS Lens, you should find the following items:

- Sony FE 70-300mm F4.5-5.6 G OSS Lens
- Lens Hood (Round, bayonet type)
- Front Lens Cap
- Rear Lens Cap
- Soft Carrying Case



Suited for shooting
wide range of subjects

Figure 3.1: The Sony FE 70-300mm G OSS Lens displayed with its included accessories: lens hood, front cap, rear cap, and soft carrying case.

4. SETUP

4.1 Attaching the Lens to Your Camera

1. Ensure your camera is turned off.
2. Remove the rear lens cap from the lens and the body cap from your camera.
3. Align the white index mark on the lens barrel with the white index mark on your camera's E-mount.
4. Insert the lens into the camera mount and rotate it clockwise until it clicks into place. Do not force the lens.

4.2 Attaching the Lens Hood

The included lens hood helps to block unwanted light and protect the front element of the lens. Align the red dot on the lens hood with the red dot on the lens, then rotate the hood clockwise until it locks securely.

5. OPERATING THE LENS

5.1 Zooming

Rotate the zoom ring on the lens barrel to adjust the focal length between 70mm and 300mm. The focal length markings are clearly visible on the lens.

5.2 Focusing (AF/MF Switch)

- **AF (Autofocus):** Slide the AF/MF switch to "AF" for automatic focusing. The lens will focus automatically when the shutter button is half-pressed.
- **MF (Manual Focus):** Slide the AF/MF switch to "MF" to manually adjust focus. Rotate the focus ring on the lens barrel to achieve desired focus.

5.3 Optical SteadyShot (OSS)

The Optical SteadyShot feature helps to reduce camera shake. Slide the "OPTICAL STEADYSHOT ON/OFF" switch to "ON" to activate stabilization, or "OFF" to deactivate it. It is recommended to turn OSS off when using a tripod.

5.4 Focus Range Limiter

The focus range limiter switch allows you to restrict the autofocus range, which can speed up focusing when your subject is within a known distance. Options typically include "FULL" (entire range) and " ∞ -3m" (infinity to 3 meters).

5.5 Focus Hold Button

Pressing the focus hold button on the lens will lock the focus at the current distance. This is useful for recomposing shots without losing focus.

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Video 5.1: An overview of the Sony FE 70-300mm G OSS Lens, demonstrating its physical features and how it performs in various shooting scenarios, including capturing distant subjects on stage.

6. MAINTENANCE

6.1 Cleaning the Lens

- Use a lens blower brush to remove dust and loose particles from the lens surface.
- For smudges or fingerprints, use a clean microfiber lens cloth and a small amount of lens cleaning solution. Apply the solution to the cloth, not directly to the lens.
- Clean the lens body with a soft, dry cloth. Avoid using harsh chemicals.

6.2 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 agent to prevent mold growth.

7. TROUBLESHOOTING

7.1 Lens Not Focusing

- Check if the AF/MF switch on the lens is set to "AF" for autofocus.
- Ensure the focus range limiter is set appropriately for your subject distance (e.g., "FULL" for general use).
- Verify that the lens is securely attached to the camera body.
- Clean the lens contacts on both the lens and camera body with a clean, dry cloth.

7.2 Blurry Images

- Confirm that Optical SteadyShot (OSS) is "ON" if shooting handheld, especially in low light or at longer focal lengths.
- Check your camera's shutter speed. A faster shutter speed may be needed to prevent motion blur.
- Ensure the lens elements are clean and free from smudges or dust.
- If using manual focus, ensure accurate focus has been achieved.

8. SPECIFICATIONS

Model Number	SEL70300G
Focal Length	70-300mm
Maximum Aperture	F4.5-5.6
Lens Type	Telephoto Zoom
Compatible Mountings	Sony E-mount (Full-frame compatible)
Optical Stabilization	Optical SteadyShot (OSS)
Product Dimensions (W x H x D)	3.31 x 3.31 x 5.65 inches (84 x 84 x 143.5 mm)
Item Weight	1.88 pounds (854 grams)
Filter Diameter	72mm
Manufacturer	Sony



Figure 8.1: Visual representation of the lens's key specifications including mount type, filter diameter, and approximate weight.

9. WARRANTY AND SUPPORT

This Sony lens is covered by a manufacturer's warranty. For detailed warranty information, including terms and conditions, please refer to the warranty card included with your product or visit the official Sony support website. For technical support, service, or additional product information, please visit the [Sony Support Website](#) or contact Sony customer service.