

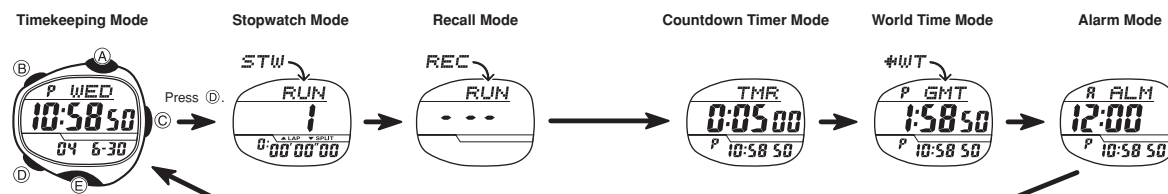
About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press **(D)** to change from mode to mode.



Timekeeping



Use the Timekeeping Mode to set and view the current time and date.

Read This Before You Set the Time and Date !

This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the time, it is important that you select the correct city code for your Home City (the city where you normally use the watch). If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

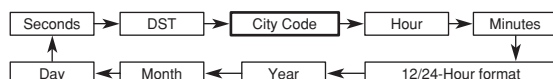
- Note that all of the times for the World Time Mode city codes are displayed in accordance with the time and date settings you configure in the Timekeeping Mode.

- After you correctly set your Home City time and date, you can set the watch up for timekeeping with a different city code simply by changing the Home City code in the Timekeeping Mode.

To set the time and date



1. In the Timekeeping Mode, hold down **B** until the seconds start to flash, which indicates the setting screen.
2. Press **B** twice to move the flashing to the Home City code setting (see the illustration below), and then use **C** and **A** to select the code you want.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table".
3. Press **D** to move the flashing in the sequence shown below to select the other settings.



4. When the setting you want to change is flashing, use **Ⓒ** and **Ⓐ** to change it as described below

Screen	To do this:	Do this:
10:58 50	Reset the seconds to 00	Press C .
DST P OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press C .
P T Y O	Change the city code	Use C (east) and A (west).
10:58 50	Change the hour or minutes	Use C (+) and A (-).
P 1 2 H	Toggle between 12-hour (1 2 H) and 24-hour (2 4 H) timekeeping	Press C .
04 6:30	Change the year, month, or day	Use C (+) and A (-).

5. Press **Ⓢ** to exit the setting screen.
- See "Daylight Saving Time (DST)" below for details about the DST setting.
- The year can be set in the range of 2000 to 2039. The day of the week is calculated automatically in accordance with the date.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

Daylight Saving Time (DST)

Daylight Saving Time (DST)
Daylight Saving Time (summer time) advances the digital time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

- Note that you cannot switch between Standard Time and Daylight Saving Time while GMT (Greenwich Mean Time) is selected as your Home City code.

To toggle the Timekeeping Mode time between DST and Standard Time

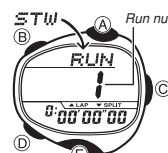
1. In the Timekeeping Mode, hold down **(B)** until the seconds start to flash, which indicates the setting screen.
 2. Press **(C)** once to display the DST setting screen.
 3. Press **(D)** to toggle between Daylight Saving Time (**ON** displayed) and Standard Time (**OFF** displayed).
 4. Press **(B)** to exit the setting screen.
- The **DST** indicator appears on the display to indicate that Daylight Saving Time is turned on.



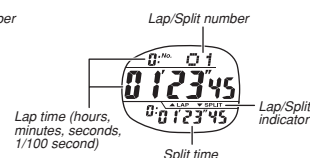
Stopwatch

The 1/100-second stopwatch measures elapsed time, as well as lap/split times. You can also store run data in memory.

- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (D).



All Zero Clear

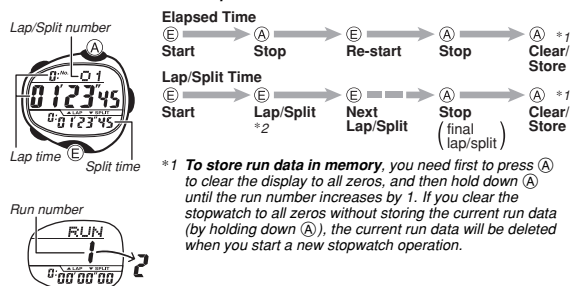


Timing in Progress

Important!

- **Important:**
 - A "run" is the total elapsed time and all the lap/split times you recorded from the point you start the stopwatch until you stop it. The watch stores each run as a separate memory record.
 - The run number that appears on the display whenever you clear the stopwatch to all zeros indicates the number of the next run record that will be created when you perform a stopwatch operation. The watch automatically increases the run number by one each time you start to run data.
 - "Lap time" is the time spent to cover a specific segment of a race, such as one lap around a track. "Split time" is the time spent from the beginning of a race up to a certain point.
- Pressing **Ⓢ** in the Stopwatch Mode switches the positions of the lap time and split time between the middle display area and the lower display area. Arrows appear next to the **LAP** and **SPLIT** indicators to show which time is in the middle (up arrow) and which time is in the lower (down arrow) display area.
- The hour of the time currently in the middle display area is indicated to the left of the lap/split number in the upper display area.
- The display range for the middle display area is 9 hours, 59 minutes, 59.99 seconds. For the lower display area, it is 99 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.

To measure times with the stopwatch



*2 Pressing **E** to perform a lap/split time operation freezes the lap/split time at that point on the display for about five seconds. After that, the display returns to normal stopwatch time measurement.

Note

- The lap/split number is increased by one each time you press **E** to register a lap/split time. The range of the number is 01 to 500. Pressing **E** while the current lap/split number is 500 or when memory is full with other data causes FULL to appear on the display.
- Performing a button operation in the Stopwatch Mode while battery power is low will cause ERR to appear on the display for about five seconds. The elapsed time operation will continue, but button operation is disabled for about eight or nine seconds after ERR appears. The lap/split number on the display will show --- when ERR appears, which indicates that the lap/split time normally generated by the button operation you performed will not be stored in memory.
- For information about run data, see "Memory Management" below.

Memory Management

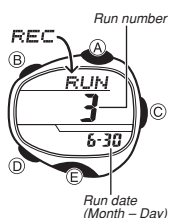
Whenever you perform a stopwatch operation, the watch remembers the total elapsed time and all of the lap/split times you recorded during your run. After your run, you have the option of clearing this run data (by starting a new stopwatch operation), or storing it in memory (by holding down **A**).

- The watch can store up to 500 run data entries. Total elapsed time counts for one entry, as does each lap/split time. This means you could have anything from 500 records of elapsed run times only, to a single record that contains one elapsed time and 499 lap/split times.
- In addition to measured times, run data memory also records the run date, and keeps track of your best lap time during each run. Note, however, that best lap time data is available for 341 runs only.
- The run date and best lap time of each record are not counted as run data entries. Only elapsed times and lap/split times are counted.
- Attempting to store data while there are already 500 entries in memory will cause FULL to appear in place of the lap/split number. This indicates no new data can be stored.
- This watch is designed to stop storing data when its memory becomes full. Before starting a stopwatch operation, be sure to delete any data you no longer need in order to ensure there is plenty of memory available.
- You can use the Recall Mode to view run data currently in memory (including unstored data from your last run).
- In the Stopwatch Mode, you can delete the data of a run you have just completed. You can also delete records one-by-one, starting from the newest record currently in memory. For details, see "To delete individual run data records" below.

To delete individual run data records

- In the Stopwatch Mode, press **A** to clear the display to all zeros. Next, hold down **B** until the currently displayed run number decreases by one.
- If the displayed run number is 3, deleting will cause it to become 2. Now if you start a stopwatch operation, data will be stored as run 2, replacing run 2 data currently in memory. If want to keep run 2 data in memory from being replaced, hold down **A** until the run number increases by 1 (from 2 to 3 in the above example) before starting the stopwatch operation.
 - Repeat the above procedure to sequentially delete run data records, starting from the most recently stored record.
 - You can also delete all of the run data currently stored in memory. For details, see "To clear all run data from memory".

Recall Mode

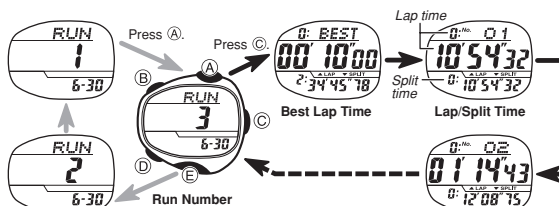


Use the Recall Mode to recall and delete run data stored by the Stopwatch Mode.

- All of the operations in this section are performed in the Recall Mode, which you enter by pressing **D**.
- Entering the Recall Mode displays the newest run record (the one with the highest run number) first. When the displayed record corresponds to the run number shown on the display in the Stopwatch Mode, the run date will show --- if you have not performed any stopwatch timing operation yet for that record.
- The run number shows --- if there is currently no run data in memory.

To recall run data

In the Recall Mode, press **A** to scroll sequentially through run data records, starting from the newest data (the data with the highest run number). When the run data record you want is on the display, press **C** to scroll through the other data contained in the record as shown below.

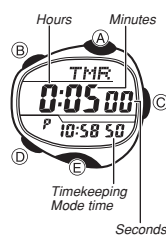


- Note that it may take some time to recall data for a record that includes a large number of lap/split times. This is normal and does not indicate malfunction. The run number flashes on the display while the watch is recalling the data of such a record.
- If battery power goes low while you are recalling run data, ERR will flash on the display and buttons will become disabled for about three or four seconds. Normal data display will return when battery power recovers.
- Best lap time data is maintained for up to the first 341 run data records only. It is not displayed for the 342nd and subsequent records.
- Pressing **B** in the Recall Mode switches the positions of the lap time and split time between the middle display area and the lower display area. Note that holding down **B** for about two seconds will cause all run data currently stored in memory to be deleted.

To clear all run data from memory

- In the Recall Mode, hold down **B** until CLR appears in the upper display area.
- will appear in the middle display area to indicate that there is no run data in memory.
 - Note that you will be able to perform the above operation only if the stopwatch is stopped and cleared to all zeros. If the stopwatch is running or displaying an elapsed time value, go to the Stopwatch Mode and press **A** to stop it, and then press **A** again to clear the display to all zeros.
 - You can also delete run data records one-by-one. For details, see "To delete individual run data records".

Countdown Timer



You can set the countdown timer within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- The initial default countdown start time when you purchase the watch or after you have its battery replaced is five minutes.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing **D**.

To use the countdown timer

- Press **E** while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for five seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm sounds.
 - When the end of the countdown is reached and auto-repeat is turned on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero.
 - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
 - Press **A** while a countdown operation is in progress to pause it. Press **E** to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing **A**), and then press **A** again. This returns the countdown time to its starting value.

To set the countdown start time

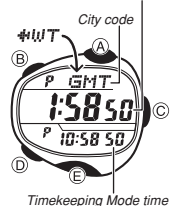
- In the Countdown Timer Mode, hold down **B** until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
 - Holding down **B** will not change to the setting screen if the countdown timer is running. In this case, first press **A** to pause the timer.
- Press **D** to move the flashing between the hour and minute settings.
- While a setting is flashing, use **C** (+) and **A** (-) to change it.
 - For a 24-hour countdown, set a start time of 0:00.
- Press **B** to exit the setting screen.

To turn auto-repeat on and off

- While the countdown start time is displayed on the Countdown Timer Mode screen, press **A** to toggle auto-repeat on (ON displayed) and off (OFF not displayed).
- When the end of the countdown is reached and auto-repeat is turned on, the alarm sounds, and the countdown starts again automatically. You can stop timing by pressing **A**, and manually reset to the starting countdown time by pressing **A** again.
 - Frequent use of auto-repeat and the alarm can run down battery power.

World Time

Current time in the zone of the selected city code



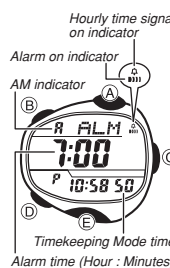
- When the currently selected time zone is one that includes mostly ocean, a value indicating the zone's Greenwich Mean Time differential appears in place of a city code.

To toggle a city code time between Standard Time and Daylight Saving Time



- In the World Time Mode, use (A) and (C) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (B) for about one second to toggle Daylight Saving Time (DST displayed) and Standard Time (DST not displayed).
- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

Alarm



- While a setting is flashing, use (C) (+) and (A) (-) to change it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
- Press (B) to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.

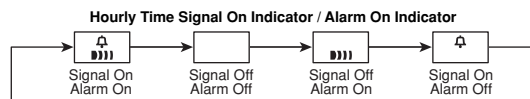
- To stop the alarm tone after it starts to sound, press any button.

To test the alarm

In the Alarm Mode, hold down (C) to sound the alarm.

To turn the Daily Alarm and the Hourly Time Signal on and off

In the Alarm Mode, press (A) to cycle through the settings as shown below.



- The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

Illumination

Auto light switch on indicator



The display of the watch is illuminated using an EL (electro-luminescent) panel for easy reading in the dark. The watch's auto light switch automatically turns on illumination when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- You can specify 1.5 seconds or 2.5 seconds as the illumination duration.
- See "Illumination Precautions" for other important information about using illumination.

To turn on illumination manually

The button you need to press to illuminate the display depends on the mode you are in.

- In the Timekeeping*, Stopwatch*, or Countdown Timer Mode*, press (C).
- * If the Timekeeping Mode or Countdown Timer Mode setting screen is on the display, press (E).
- In the Recall, World Time, or Alarm Mode, press (E).
- The above operation turns on illumination regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes illumination to turn on, whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes illumination to turn on.

- Wear the watch on the outside of your wrist.



Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not startle or distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down (C) for about two seconds to toggle the auto light switch on (A indicator) and off (A indicator not displayed).

- The auto light switch on indicator (A indicator) is on the display in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch will turn off automatically approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.

To specify the illumination duration



- In the Timekeeping Mode, hold down (B) until the seconds start to flash, which indicates the setting screen.
- Press (A) to toggle the illumination duration setting between 2.5 seconds (A indicator) and 1.5 seconds (A indicator).
- Press (B) to exit the setting screen.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto Return Feature

If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

The (A) and (C) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the World Time Mode, the data you were viewing when you last exited the mode appears first.

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and the A (AM) indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

World Time

- The World Time Mode times are calculated from the current Home City time setting in the Timekeeping Mode, using the Greenwich Mean Time (GMT) differentials associated with each city code.
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- The GMT differential is a value that indicates the time difference between Greenwich Mean Time and the time zone where a city is located.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

Illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- Illumination automatically turns off whenever an alarm sounds.
- Frequent use of illumination shortens the battery life.

Auto light switch precautions

- Wearing the watch on the inside of your wrist and movement or vibration of your arm can cause the auto light switch to activate and illuminate the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.

More than 15 degrees
too high



- Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- Illumination turns off after the preset illumination duration (see "To specify the illumination duration"), even if you keep the watch pointed towards your face.

- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards your face again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, illumination does not turn on until about one second after you turn the face of the watch towards you. This does not indicate malfunction.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

ERR, OPEN, and WHT Messages

- Performing any button operation that stores or recalls run data will cause **ERR** to appear if battery power is low. Buttons will also become disabled for a few seconds. Normal operation will return when battery power recovers.
- When the AC (all clear) operation is performed after the watch's battery is replaced, the message **WHT** will remain on the display for a few minutes as the watch performs a memory check. Do not perform any button operation while **WHT** is on the display.
- If **OPEN** appears on the display, it means that the back of the watch is open or loose, which is causing improper contact inside the watch. Whenever the message **OPEN** appears on the display of the watch and stays there, take the watch to the store where you purchased it or to your local CASIO distributor.
- Performing the AC (all clear) operation will cause all data currently stored in watch memory to be deleted. Be sure to always keep separate written copies of all important data.

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
-11		-11.0	Pago Pago
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
LAX	Los Angeles	-08.0	San Francisco, Las Vegas, Vancouver, Seattle/Tacoma, Dawson City
DEN	Denver	-07.0	El Paso, Edmonton
CHI	Chicago	-06.0	Houston, Dallas/Fort Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	-05.0	Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
CCS	Caracas	-04.0	La Paz, Santiago, Port Of Spain
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
-2		-02.0	
-1		-01.0	Praia
GMT		+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
LON	London		
PAR	Paris	+01.0	Milan, Rome, Madrid, Amsterdam, Algiers, Berlin, Hamburg, Frankfurt, Vienna, Stockholm
CAI	Cairo	+02.0	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem		
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata
DAC	Dhaka	+06.0	Colombo
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+08.0	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
TYO	Tokyo	+09.0	Seoul, Pyongyang
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Melbourne, Guam, Rabaul
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

*Based on data as of June 2004.