

# User's Guide

Watch

**5745\*EN**

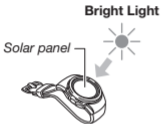
Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under “Operating Precautions” and “User Maintenance”.

## Getting Acquainted

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### Keep the watch exposed to bright light



The electricity generated by the solar panel of the watch is stored by a built-in battery. Leaving or using the watch where it is not exposed to light causes the battery to run down. Make sure the watch is exposed to light as much as possible.

- When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is only partially covered.

**YES**

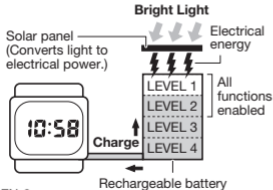


**NO**

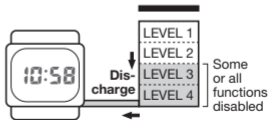


- The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will result in some watch functions being disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep it exposed to light as much as possible.

### Battery charges in the light.



### Battery discharges in the dark.



- The actual level at which some functions are disabled depends on the watch model.
- **Be sure to read “Power Supply” (page EN-39) for important information you need to know when exposing the watch to bright light.**

#### **If the display of the watch is blank...**

If the display of the watch is blank, it means that the watch's Power Saving function has turned off the display to conserve power.

- **See “Power Saving Function” (page EN-52) for more information.**

## 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.

## Contents

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Getting Acquainted .....	EN-1
Watch Features.....	EN-9
General Guide .....	EN-10
Timekeeping .....	EN-12
World Time .....	EN-20
Alarm .....	EN-23
Timer.....	EN-28
Stopwatch .....	EN-34
Illumination.....	EN-37
Power Supply .....	EN-39
Adjusting Home Positions .....	EN-48

<b>Reference .....</b>	<b>EN-50</b>
<b>Specifications .....</b>	<b>EN-56</b>
<b>Operating Precautions .....</b>	<b>EN-59</b>
<b>User Maintenance .....</b>	<b>EN-70</b>

## Procedure Lookup

The following is a handy reference list of all the operational procedures contained in this manual.

<i>To set the current digital time and date .....</i>	<i>EN-14</i>
<i>To change the Daylight Saving Time (summer time) setting.....</i>	<i>EN-18</i>
<i>To view the time in another city.....</i>	<i>EN-21</i>
<i>To toggle a city code time between Standard Time and Daylight Saving Time.....</i>	<i>EN-21</i>
<i>To swap your Home City and World Time City.....</i>	<i>EN-22</i>
<i>To set an alarm time .....</i>	<i>EN-24</i>
<i>To turn an alarm on and off.....</i>	<i>EN-26</i>
<i>To turn the Hourly Time Signal on and off.....</i>	<i>EN-27</i>
<i>To configure the countdown timer.....</i>	<i>EN-30</i>

<i>To use the countdown timer .....</i>	<i>EN-32</i>
<i>To measure times with the stopwatch.....</i>	<i>EN-35</i>
<i>To illuminate the display.....</i>	<i>EN-37</i>
<i>To specify the illumination duration .....</i>	<i>EN-38</i>
<i>To check the current battery level.....</i>	<i>EN-41</i>
<i>To adjust home positions .....</i>	<i>EN-48</i>
<i>To turn the button operation tone on and off .....</i>	<i>EN-51</i>
<i>To recover from the sleep state.....</i>	<i>EN-53</i>

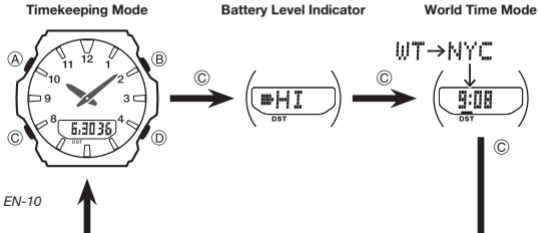
## Watch Features

- ◆ Solar powered operation
- ◆ World Time
- ◆ Alarm
- ◆ Timer
- ◆ Stopwatch

## General Guide

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- Press (C) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press (B) to illuminate the face of the watch.



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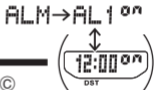
Stopwatch Mode



Timer Mode



Alarm Mode



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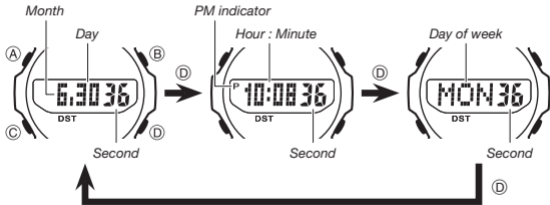


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## Timekeeping

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

- When setting the time, you can also configure settings for the 12/24-hour format.
- Each press of (D) cycles the digital display in the sequence shown below.



- All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing © (page EN-10).

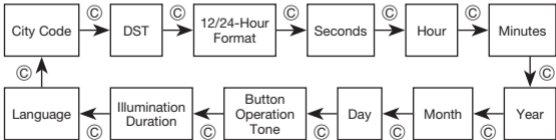
### **Setting the Digital Time and Date**

Make sure you select your Home City code before you change the current time and date settings. World Time Mode times are all displayed in accordance with the Timekeeping Mode settings. Because of this, World Time Mode times will not be correct if you do not select the proper Home City code before setting the time and date in the Timekeeping Mode.

## To set the current digital time and date



1. In the Timekeeping Mode, hold down (A) for about two seconds, until "ADJ" appears on the display.
  - Your current Home City code will be flashing on the screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.



3. While the setting you want to change is flashing, use **(D)** and **(B)** to change it as explained below.

Screen:	To do this:	Do this:
<b>TYO</b>	Change the city code	Press <b>(D)</b> (east) and <b>(B)</b> (west).
<b>OFF</b>	Toggle between Daylight Saving Time ( <b>ON</b> ) and Standard Time ( <b>OFF</b> ).	Press <b>(D)</b> .
<b>12H</b>	Toggle between 12-hour ( <b>12H</b> ) and 24-hour ( <b>24H</b> ) timekeeping	Press <b>(D)</b> .
<b>36</b>	Reset the seconds to <b>00</b>	Press <b>(D)</b> .
<b><sup>P</sup> 10:00</b>	Change the hour or minutes	Use <b>(D)</b> (+) and <b>(B)</b> (-).
<b>20 25</b>	Change the year	
<b>6.30</b>	Change the month or day	

Screen:	To do this:	Do this:
<b>MUTE</b>	Toggle the button operation tone between <b>KEY</b> (on) and <b>MUTE</b> (off)	Press <b>D</b> .
<b>LT1</b>	Toggle the illumination duration between <b>LT1</b> (approximately 1.5 seconds) and <b>LT3</b> (approximately 3 seconds).	Press <b>D</b> .
<b>ENG</b>	Change the day of the week language <b>ENG</b> : English <b>POR</b> : Portuguese <b>ESP</b> : Spanish <b>FRA</b> : French <b>DEU</b> : German <b>ITA</b> : Italian	Use <b>D</b> (+) and <b>B</b> (-).

- See “City Code Table” at the back of this manual for a complete list of available city codes.
4. Press **A** to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

## **12-hour and 24-hour timekeeping**

- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no 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 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

## **Daylight Saving Time (DST)**

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

### ***To change the Daylight Saving Time (summer time) setting***

1. In the Timekeeping Mode, hold down (A) for about two seconds, until “**ADJ**” appears on the display.
  - Your current Home City code will be flashing on the 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. When the setting you want is selected, press (A) to exit the setting screen.
  - The **DST** indicator appears on the display to indicate that Daylight Saving Time is turned on.

## Analog Timekeeping

The analog time of this watch is synchronized with the digital time. The analog time setting is adjusted automatically whenever you change the digital time.

### Note

- The hands for the analog timepiece move to adjust to a new setting whenever any of the following occurs.

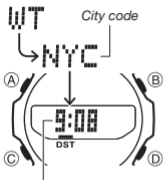
*When you change the digital time setting*

*When you change the Home City code and/or DST setting*

- If the analog time does not match the digital time for any reason, use the procedure described under “To adjust home positions” (page EN-48) to match the analog setting to the digital setting.
- Whenever you need to adjust both the digital and the analog time settings, make sure you adjust the digital setting first.
- Depending on how much the hands have to move in order to synchronize to the digital time, it may take some time before they stop moving.

## World Time

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*Current time in  
selected city*

The World Time Mode digitally displays the current time in 48 cities (31 time zones) around the world.

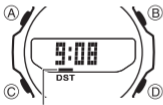
- If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes (page EN-13).
- After you press (C) to enter the World Time Mode, your currently selected World Time City code will appear on the digital display for about two seconds. After that, the current time in that city will appear.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C) (page EN-10).

### **To view the time in another city**

If you press (D) while in the World Time Mode, your currently selected World Time City code will appear on the digital display for about two seconds. After that, the current time in that city will appear. Pressing (D) again while the World Time City code is displayed will scroll to the next city code.

- For full information on city codes, see the “City Code Table” at the back of this manual.

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



*DST indicator*

1. In the World Time Mode, use (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
  2. Hold down (A) to toggle Daylight Saving Time (**DST** indicator displayed) and Standard Time (**DST** indicator not displayed).
- The **DST** indicator will appear 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.

### **Swapping your Home City and World Time City**

You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

#### ***To swap your Home City and World Time City***

1. In the World Time Mode, use **(D)** to select the World Time City you want.
2. Hold down **(A)** and **(B)** until the watch beeps.
  - This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City.
  - After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.

## Alarm

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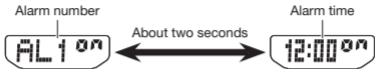


Alarm time  
(Hour : Minutes)

The Alarm Mode lets you configure five daily alarms. You also can use it to turn the Hourly Time Signal on or off.

- The watch beeps for about 10 seconds when an alarm time is reached.
- Turning on the Hourly Time Signal causes the watch to beep on the hour every hour.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C) (page EN-11).

## To set an alarm time



1. In the Alarm Mode, use **(D)** to scroll through the alarm screens until the one whose time you want to set is displayed.



- The alarm screens are **AL1**, **AL2**, **AL3**, **AL4**, and **AL5**.

2. After you select an alarm, hold down (A) for about two seconds until the hour setting of the alarm time starts to flash. This is the setting mode.
  - This operation turns on the alarm automatically.
3. Press (C) to move the flashing between the hour and minute settings.
4. While a setting is flashing, use (D) (+) and (B) (-) to change it.
5. Press (A) to exit the setting mode.

### **Alarm Operation**

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

- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.
- To stop the alarm tone after it starts to sound, press any button.

### **To turn an alarm on and off**



1. In the Alarm Mode, use (D) to select an alarm.
2. Press (A) to toggle it on and off.

### To turn the Hourly Time Signal on and off

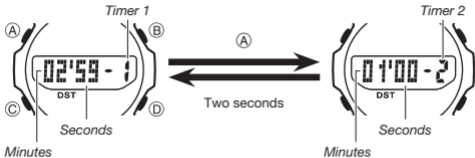
Hourly time signal  
on indicator



1. In the Alarm Mode, use (D) to select the Hourly Time Signal (**SIG**) (page EN-24).
2. Press (A) to toggle it on and off.

## Timer

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Dual timers can be set with two different starting times. The watch can be configured so the two timers alternate, so when one reaches the end of its countdown, the other timer starts. You can specify a “number of repeats” value from 1 (once) to 10 (ten times), which controls how many times the two-timer countdown operation is performed. The starting time of each timer can be set in five-second steps up to 99 minutes, 55 seconds.

The watch emits a short beep whenever either of the timers reaches the end of its countdown during an ongoing timer operation. The watch emits a 5-second beep when the end of the final timer operation (specified by the number of repeats) is reached.

- All of the operations in this section are performed in the Timer Mode, which you enter by pressing © (page EN-11).

## Countdown End Beeper

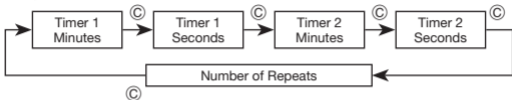
The countdown end beeper lets you know when the countdown reaches zero. The beeper stops after about five seconds or when you press any button.

### *To configure the countdown timer*



1. While the countdown start time is on the display in the Timer Mode, hold down (A) until the current countdown start time starts to flash, which indicates the setting screen.
  - If the countdown start time is not displayed, use the procedure under “To use the countdown timer” (page EN-32) to display it.

2. Press **(C)** to move the flashing in the sequence shown below to select other settings.



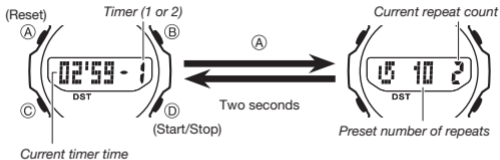
3. When the setting you want to change is flashing, use **(D)** and **(B)** to change it as described below.

Setting	Screen	Button Operation
Minutes, Seconds	00'00	Use <b>(D)</b> (+) and <b>(B)</b> (-) to change the setting.
Number of Repeats	5 10	Use <b>(D)</b> (+) and <b>(B)</b> (-) to change the setting.

- To disable either timer, set 00'00 as its countdown start time.

4. Press (A) to exit the setting screen.

### To use the countdown timer



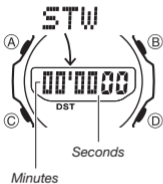
Press (D) while in the Timer Mode to start the countdown timer.

- Pressing (A) while a countdown is in progress will display the repeat count (current repeat count/preset number of repeats). The ongoing countdown will reappear automatically after about two seconds.

- The countdown is performed by alternating between Timer 1 and Timer 2. A short beep is emitted to signal a changeover from one timer to the other.
- Pressing (A) while a countdown timer is stopped resets that time to the start time specified by you.
- Press (D) to pause a countdown. Press (D) again to resume.
- The watch emits a 5-second beep when the end of the final timer operation (specified by the number of repeats) is reached.
- Even if you exit the Timer Mode, the countdown timer operation continues and the watch beeps as required.
- To stop a countdown operation completely, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

## Stopwatch

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The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 59 minutes, 59.99 seconds.
- The stopwatch continues to run until you stop it. If it reaches its limit, it restarts from zero.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C) (page EN-11).

## *To measure times with the stopwatch*

### **Elapsed time**



### **Split Time**



- The split time screen alternates between a split indicator (**SPL**) and the split time at two-second intervals.

## Two Finishes



## Illumination

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An LED (light-emitting diode) illuminate the display for easy reading in the dark.

### ***To illuminate the display***

In any mode (except when a setting screen is on the display), press (B) to turn on illumination.

- You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press (B), the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.

### **To specify the illumination duration**



1. In the Timekeeping Mode, hold down (A) until the display contents start to flash. This is the setting screen.
2. Press (C) 10 times until the current illumination duration setting (**LT1** or **LT3**) appears.
3. Press (D) to toggle the setting between **LT1** (approximately 1.5 seconds) and **LT3** (approximately 3 seconds).
4. Press (A) to exit the setting screen.

## Power Supply

This watch is equipped with a solar panel and a rechargeable battery that is charged by the electrical power produced by the solar panel. The illustration shown below shows how you should position the watch for charging.

**Example:** Orient the watch so its face is pointing at a light source.

- The illustration shows how to position a watch with a resin band.
- Note that charging efficiency drops when any part of the solar panel is blocked by clothing, etc.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is covered only partially.



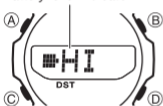
## **Important!**

- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Be sure that the watch is exposed to bright light whenever possible.
- This watch uses a rechargeable battery to store power produced by the solar panel, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the rechargeable battery to charge fully, contact your dealer or CASIO distributor about having it replaced.
- Never try to remove or replace the watch's rechargeable battery yourself. Use of the wrong type of battery can damage the watch.
- The current time and all other settings return to their initial factory defaults whenever battery power drops to Level 5 (pages EN-42 and EN-43) and when you have the battery replaced.
- Turn on the watch's Power Saving function (page EN-52) and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.






### ***To check the current battery level***


When the battery level is at Level 1 (**HI**) or Level 2 (**MID**), the corresponding battery level indicator (**HI** or **MID**, page EN-10) will appear only if you press **ⓐ** in the Timekeeping Mode. For other battery levels, the applicable indicator appears automatically.

*Battery level indicator*

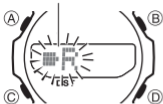


- The battery level indicator shows the current power level of the rechargeable battery.

Level	Battery Level Indicator	Function Status
1		All functions enabled.
2		All functions enabled.
3	 (Charge Soon Alert)	Key operation tone, alarm, Hourly Time Signal, and illumination disabled.
4		All hands stop at 12 o'clock. All operations disabled.
5		All functions, including timekeeping, disabled and initialized.

- The  indicator at Level 3 tells you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 5, all functions are disabled and settings return to their initial factory defaults. Once the battery reaches Level 2 after falling to Level 5, reconfigure the current time, date, and other settings.
- Display indicators reappear as soon as the battery is charged from Level 5 to Level 2.
- Leaving the watch exposed to direct sunlight or some other very strong light source can cause the battery power indicator to show a reading temporarily that is higher than the actual battery level. The correct battery level should be indicated after a few minutes.

Recover indicator



- Performing illumination, or beeper operations during a short period may cause  $\text{F}$  (recover) to appear on the display.  
After some time, battery power will recover and  $\text{F}$  (recover) will disappear, indicating that the above functions are enabled again.
- If  $\text{F}$  (recover) appears frequently, it probably means that remaining battery power is low. Leave the watch in bright light to allow it to charge.

## Charging Precautions

Certain charging conditions can cause the watch to become very hot. Avoid leaving the watch in the areas described below whenever charging its rechargeable battery. Also note that allowing the watch to become very hot can cause its liquid crystal display to black out. The appearance of the LCD should become normal again when the watch returns to a lower temperature.

## **Warning!**

**Some light sources and environments can cause the watch to become extremely hot during charging, which creates the risk of burn injury and damage to internal watch components.**

**Avoid charging the watch under conditions like the ones described below, where the temperatures may exceed 60°C (140°F).**

- On the dashboard of a vehicle parked in the sun
- Near incandescent lamps, camera lights, halogen lamps, or other sources of heat
- In locations exposed to direct sunlight for long periods and other hot locations

## Charging Guide

The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

<b>Exposure Level (Brightness)</b>	<b>Approximate Exposure Time</b>
Outdoor Sunlight (50,000 lux)	8 minutes
Sunlight Through a Window (10,000 lux)	30 minutes
Daylight Through a Window on a Cloudy Day (5,000 lux)	48 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

- For details about the battery operating time and daily operating conditions, see the “Power Supply” section of the Specifications (page EN-58).
- Stable operation is promoted by frequent exposure to light.

## Recovery Times

The table below shows the amount exposure that is required to take the battery from one level to the next.

Exposure Level (Brightness)	Approximate Exposure Time				
	Level 5	Level 4	Level 3	Level 2	Level 1
Outdoor Sunlight (50,000 lux)	3 hours			35 hours	10 hours
Sunlight Through a Window (10,000 lux)	10 hours			130 hours	35 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)	16 hours			211 hours	57 hours
Indoor Fluorescent Lighting (500 lux)	189 hours			-	-

- The above exposure time values are all for reference only. Actual required exposure times depend on lighting conditions.

## Adjusting Home Positions

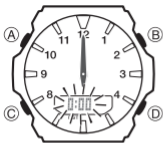
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Strong magnetism or impact can cause the hands of the watch to be off. If this happens, perform the applicable home position adjustment procedures in this section.

- Hand home position adjustment is not required if the analog time and digital time are the same in the Timekeeping Mode.

### *To adjust home positions*

1. In the Timekeeping Mode, hold down (A) for about five seconds. You can release the button after “**H.SET**” appears on the display.
  - Though “**ADJ**” will appear on the display after about two seconds, do not release the button yet. Keep it depressed until “**H.SET**” appears.



**Correct hour and  
minute hand positions**

- The hour and minute hands should move to 12 o'clock (their home position), and "0:00" will flash on the display.
- If the hour and minute hands are not at 12 o'clock, use (D) (+) and (B) (-) to move them there.
- Holding down either button will cause the hands to move at high speed. Once started, high-speed hand movement will continue even if you release the button. To stop high-speed hand movement, press any button. High-speed hand movement started with the (D) (+) button will stop automatically after 12 revolutions of the minute hand. If started with the (B) (-) button, it will stop after one revolution of the minute hand.

2. After everything is the way you want, press (A) to return to the Timekeeping Mode.
- After performing home position adjustment, enter the Timekeeping Mode and check to make sure that the analog hands and the digital display indicate the same time. If they do not, perform home position adjustment again.

## Reference

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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.

### Button Operation Tone

The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, alarms, the Hourly Time Signal, and other beepers all operate normally.

### To turn the button operation tone on and off



1. In the Timekeeping Mode, hold down (A) for about two seconds, until "ADJ" appears on the display.
  - Your current Home City code will be flashing on the screen.
2. Press (C) nine times until the current button operation tone setting (KEY or MUTE) appears.
3. Press (D) to toggle the setting between KEY (tone on) and MUTE (tone off).
4. Press (A) to exit the setting screen.

## Power Saving Function



The Power Saving function enters a sleep state automatically whenever the watch is left in an area for a certain period where it is dark (except if the watch is in the Stopwatch or Timer mode). The table below shows how watch functions are affected by the Power Saving function.

Elapsed Time in Dark	Display	Operation
60 to 70 minutes	Blank	All functions enabled, except for the display
6 or 7 days		<ul style="list-style-type: none"> <li>• Beeper tone, illumination, and display disabled</li> <li>• Analog timekeeping stopped at 12 o'clock</li> </ul>

- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between 6:00 AM and 9:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.

***To recover from the sleep state***

Perform any one of the following operations.

- Move the watch to a well-lit area.
- Press any button.

## Auto Return Features

- If you leave the watch in the Alarm Mode, or with the battery level indicator displayed for two or three minutes without performing any operation, it automatically returns to the Timekeeping Mode.
- If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

## Scrolling

The **(B)** and **(D)** 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 or Alarm 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.
- The year can be set in the range of 2000 to 2099.
- 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 or when battery power drops to Level 5.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Coordinated Universal Time (UTC) for each city, based on your Home City time setting.

## **Illumination Precautions**

- Illumination may be hard to see when viewed under direct sunlight.
- Illumination automatically dims if it is lit and an alarm or time up alert sounds.
- Frequent use of illumination runs down the battery.

## Specifications

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**Accuracy at normal temperature:**  $\pm$  30 seconds a month

**Digital Timekeeping:** Hour, minutes, seconds, p.m. (P), month, day, day of the week

Time system: Switchable between 12-hour and 24-hour formats

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home city code (can be assigned one of 48 city codes); Daylight Saving Time (summer time)/Standard Time

**Analog Timekeeping:** Hour, minutes (hand moves every 20 seconds)

**World Time:** 48 cities (31 time zones)

Other: Standard Time/Daylight Saving Time (summer time)

**Alarm:** 5 daily alarms; Hourly Time Signal

**Timer:**

Number of timers: 2 (one set)

Setting unit: 5 seconds

Range: 99 minutes 55 seconds each timer

Countdown unit: 1 second

Number of repeats: 1 to 10

Other: 5-second time up beeper

**Stopwatch:**

Measuring unit: 1/100 second

Measuring capacity: 59'59.99"

Measuring modes: Elapsed time, split time, two finishes

**Illumination:** LED (light-emitting diode); Selectable illumination duration

**Other:** Battery level indicator; Power Saving; Button operation tone on/off;  
6 languages for day of the week

**Power Supply:** Solar panel and one rechargeable battery (Type: CTL920)

Battery nominal voltage: 2.3V

Approximate Battery Operating Time

10 months (from full charge to Level 4 when the watch is not exposed to light) under the following conditions:

- Display on 18 hours per day, sleep state 6 hours per day
- 1 illumination operation (1.5 seconds) per day
- 10 seconds of alarm operation per day

*Frequent use of illumination can shorten battery operating time.*

## Operating Precautions

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### Water Resistance

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

		Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
Marking	On watch front or on back cover	No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
  - Do not operate the crown or buttons while your watch is submersed in water or wet.
  - Avoid wearing your watch while in the bath.
  - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
  - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

## **Band**

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
- Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

## Temperature

- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.
- Leaving your watch in an area hotter than +60°C (140°F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0°C (32°F) and greater than +40°C (104°F).

## Impact

- Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, BABY-G, G-MS) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaging in strenuous sports activities (motocross, etc.)

## **Magnetism**

- The hands of analog and combination (analog-digital) watches are moved by a motor that uses magnetic force. When such a watch is close to a device (audio speakers, magnetic necklace, cell phone, etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or stop, resulting in the incorrect time being displayed.
- Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch and damage to electronic components.

## **Electrostatic Charge**

- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.
- Electrostatic charge may cause temporary blotching in blank areas of the LCD.

## **Chemicals**

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, leather, and other parts.

## **Storage**

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

## **Resin Components**

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.

- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

## Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

**CAUTION:** Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

## Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

### **Bacteria and Odor Resistant Band**

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

### **Liquid Crystal Display**

- Display figures may be difficult to read when viewed from an angle.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

## **User Maintenance**

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### **Caring for Your Watch**

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

## **Dangers of Poor Watch Care**

### **Rust**

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.

- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

### **Premature Wear**

- Leaving sweat or water on a resin band or bezel, or storing your watch an area subject to high moisture can lead to premature wear, cuts, and breaks.

### **Skin Irritation**

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

## **Battery**

- The special rechargeable battery used by your watch is not intended to be removed or replaced by you. Use of a rechargeable battery other than the special one specified for your watch can damage your watch.
- The rechargeable (secondary) battery is charged when the solar panel is exposed to light, so it does not require regular replacement as the primary battery requires. Note, however, that long use or operating conditions can cause the capacity or charging efficiency of the rechargeable battery to deteriorate. If you feel that the amount of operation provided by charging is too short, contact your original retailer or CASIO service center.



# City Code Table



## City Code Table

City Code	City	UTC offset/ GMT Differential
PPG	Pago Pago	-11
HNL	Honolulu	-10
ANC	Anchorage	-9
YVR	Vancouver	-8
LAX	Los Angeles	
YEA	Edmonton	-7
DEN	Denver	
MEX	Mexico City	-6
CHI	Chicago	
NYC	New York	-5
SCL	Santiago	-4
YHZ	Halifax	
YYT	St. Johns	-3.5
RIO	Rio De Janeiro	-3
FEN	Fernando de Noronha	-2

City Code	City	UTC offset/ GMT Differential
RAI	Praia	-1
UTC		0
LIS	Lisbon	
LON	London	
MAD	Madrid	+1
PAR	Paris	
ROM	Rome	
BER	Berlin	
STO	Stockholm	+2
ATH	Athens	
CAI	Cairo	
JRS	Jerusalem	+3
MOW	Moscow	
JED	Jeddah	+3.5
THR	Tehran	

City Code	City	UTC offset/ GMT Differential
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	+8
HKG	Hong Kong	
BJS	Beijing	
TPE	Taipei	
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5

City Code	City	UTC offset/ GMT Differential
GUM	Guam	+10
SYD	Sydney	
NOU	Noumea	+11
WLG	Wellington	+12

- Based on data as of July 2024.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

**CASIO®**

**CASIO COMPUTER CO., LTD.**

6-2, Hon-machi 1-chome  
Shibuya-ku, Tokyo 151-8543, Japan