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.

Warning!

Note the following important points concerning Identification Mode data stored in the memory of this watch.

- **The SCUBA diver certificate number and passport number stored in the memory of this watch can be misused whenever the watch is in the hands of another party. To protect against the misuse of the SCUBA diver certificate number and passport number, input them in coded form that cannot be understood by others.**
- **Make sure you correctly input your blood type data. Once you input your blood type, take care that another person does not wear the watch. Otherwise, emergency medical personnel may assume that your blood type applies to the person who is wearing the watch.**

- **The default blood type screen setting when you first purchase the watch or after you re-charge the battery after power drops to Level 5 is "Ⴈ" for the blood type and "Rh +" for the Rh factor. To avoid problems caused by display of the wrong blood type, we recommend that you input your correct blood type data as soon as possible after purchasing the watch and whenever you re-charge the battery after power drops to Level 5.**

CASIO COMPUTER CO., LTD. shall not be held liable to you or any third party for any losses or damages suffered through the misuse of data stored in the memory of this watch.

GENERAL GUIDE

- Press Ⓒ to change from mode to mode.
- While in any mode, hold down Ⓒ for about one second, to enter the Dive Time Measurement Mode.
- In any mode, press Ⓑ to illuminate the display.

Dive Time Measurement Mode

Hold down Ⓒ.

Timekeeping Mode

Press Ⓒ.

Site Mode

Identification Mode

Stopwatch Mode

Countdown Timer Mode

Alarm Mode

TIMEKEEPING

Month – Day

Day of week

Hour : Minutes

PM indicator

Seconds
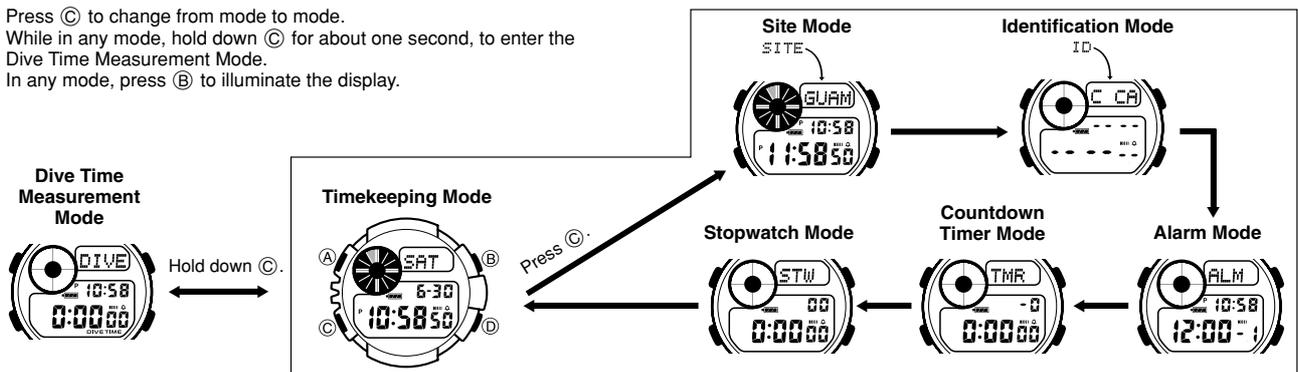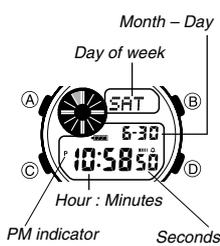
Use the Timekeeping Mode to set the current time and date. You can also view the Dive Time Measurement Mode log data.

- See the section of this manual that describes the Dive Time Measurement Mode for information about log data.

Read This Before You Set the Time and Date!

The times displayed in the Timekeeping Mode and Site Mode are linked. Because of this, make sure you select a "Home Site" (the site whose time and date you are setting), before you set the date and time. You can use any one of the 10 snorkeling and scuba diving sites pre-programmed in watch memory as the Home Site, or you can create your own.

Site Name	GMT Differential	Location
CAYMAN	−5.0	Caribbean Ocean
GALAPAGOS	−6.0	East Pacific Ocean
GBR	+10.0	Coral reef north east of Australia
GUAM	+10.0	West Pacific Ocean
HAWAII	−10.0	Central Pacific Ocean
JAPAN	+9.0	West Pacific Ocean
MAURITIUS	+4.0	East India Ocean
MALDIVES	+5.0	North India Ocean
RED SEA	+2.0	Red Sea
TAHITI	−10.0	South Pacific Ocean

Important!

If the site you want to use as your Home Site is not in the above list, use the procedure under "Changing Site Data" to edit the pre-programmed site data.

To reset the second's count to zero

1. In the Timekeeping Mode, hold down Ⓐ until the second's digits start to flash, which indicates the setting screen.
2. Press Ⓓ to reset the second's count to 00.
   - Pressing Ⓓ while the second's count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minute's count is unchanged.
3. Press Ⓐ to exit the setting screen.

To set the time and date

Site name

1. In the Timekeeping Mode, hold down Ⓐ until the second's digits start to flash, which indicates the setting screen.
   - While the second's digits are flashing, press Ⓓ to reset the second's count to 00.
2. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

Seconds → Site Name → DST On/Off → Hour → Minutes → 12/24-Hour Format → Year → Month → Day → Sleep Mode → (back to Seconds)
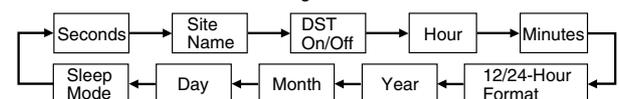
- See "Daylight Saving Time (DST)" for details on DST On/Off setting.
- See "Sleep Mode" for more information about the Sleep Mode.
3. Press Ⓒ until the site name is flashing on the display.
4. Use Ⓓ to scroll through the site names until the one you want to set as your Home Site.
   - Pressing Ⓓ scrolls forward, while Ⓑ scrolls back through site names.
   - See the table for a list of site name.
5. Use Ⓒ to move the flashing around the display and select the setting you want to change.
6. While a setting is flashing, use Ⓓ (+) and Ⓑ (−) to change it.
   - When the 12/24-hour setting is flashing, press Ⓓ to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
7. Press Ⓐ to exit the setting screen.

Daylight Saving Time (DST)

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

To toggle your Home Site time between DST and Standard Time

DST indicator

1. In the Timekeeping Mode, hold down Ⓐ until the second's digits start to flash, which indicates the setting screen.
2. Press Ⓒ twice to move the flashing to the DST On/Off setting.
3. Press Ⓓ to toggle between Daylight Saving Time (ᴏ̃ɴ) and standard time (ᴏғғ).
4. Press Ⓐ to exit the setting screen.
   - The **DST** indicator appears on the display to indicate that daylight saving time is turned on.

DIVE TIME MEASUREMENT

Mode indicator
Current time
Dive time
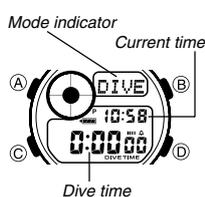
The Dive Time Measurement Mode lets you measure the total time you spend underwater while diving or snorkeling, and the amount of time spent on the surface (surface interval). The watch also stores one diving time record (total dive time and dive start time) into log memory for later recall.

Warning!
- **Make sure that you have received proper diving training before using this watch underwater.**
- **Always use the "buddy system" when diving - never dive alone.**
- **Note that this watch is NOT a diving computer, and is not capable of making decompression calculations.**
- **Note that this watch cannot be used in helium atmospheres.**

Before Diving/Snorkeling
- **Be sure to check that the battery power indicator shows Level 1 (▭▭) or Level 2 (▭▭). If another level is indicated, do not use the watch for diving/snorkeling.**
- **Make sure that the watch is set to the correct time of day.**
- **Check the glass, case and band for cracks or chips.**
- **Make sure that the band is fastened securely around your wrist.**
- **Though the functions of this watch are not affected by magnetism, its case can become magnetized after long exposure to a magnetic field. The magnetized case, in turn, can interfere with the proper operation of a separate diving compass. Because of this, you should keep this watch away from your diving compass if you suspect its case has become magnetized.**

While Diving/Snorkeling
- **Check to make sure that timer operation is being performed properly.**
- **Avoid frequent use of the backlight in the Dive Time Measurement Mode. Frequent backlight use can run down the battery, causing the light and long beep that sounds when dive time measurement is stopped to become disabled.**
- **To avoid scratching the watch, take care when diving/snorkeling near rocks or coral.**

After Diving/Snorkeling
To avoid corrosion, rinse your watch thoroughly with fresh water to remove salt water, dirt, etc. When possible, soak the watch in fresh water overnight to make sure that all salt is removed.

To use the Dive Time Measurement Mode
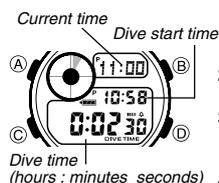
Current time
Dive start time
Dive time
(hours : minutes seconds)

1. Before diving/snorkeling, switch to the Dive Time Measurement Mode by holding down Ⓒ for at least one second.
2. To start the dive time measurement operation, press Ⓓ.
3. To stop the measurement, hold down Ⓓ for at least one second (until the watch emits a long beep).
4. To restart timing from the dive time shown on the display, press Ⓓ.
   - You can repeat steps 3 and 4 as many times as you like.
5. To clear the Dive Time Measurement Mode, stop the measurement operation (step 3, above) and then press Ⓐ.

Note
- Timing of the surface interval starts whenever you hold down Ⓓ to stop the dive time measurement operation in step 3, above. This timing is performed internally, and it is not indicated on the Dive Time Measurement Mode screen. For details on how to view surface interval data, see "To view log data".
- Do not recall log data while dive time measurement is stopped and you plan to restart it. If you do, the dive time to that point will be stored into memory and the data will be cleared when you exit the Dive Time Measurement Mode.

To view log data

Surface interval
(hours : minutes)
Dive time
Dive start time
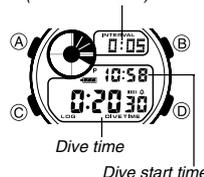
1. Hold down Ⓒ for at least one second to enter the Timekeeping Mode from the Dive Time Measurement Mode.
2. Hold down Ⓓ to display the Log Data screen. The Log Data screen remains visible as long as you hold down Ⓓ. Releasing Ⓓ returns to the normal Timekeeping Mode screen.
   - Timing of the surface interval continues until you restart dive time measurement or until the surface interval reaches 24 hours.

Clearing Log Data Memory
Log data in memory is replaced automatically by the newest measurement. Use the following operation when you want to clear log data memory manually.

To clear log data memory
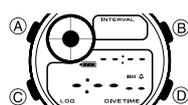
1. While in the Timekeeping Mode, hold down Ⓓ to display the Log Data screen.
2. While holding down Ⓓ, press Ⓐ to clear log data memory.
   - No data is shown on the Log Data screen when log data memory is cleared.

SITE MODE
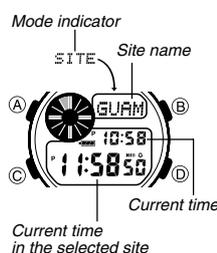
Mode indicator
Site name
Current time
Current time in the selected site

The Site Mode lets you view the current time in any one of 10 different sites. Your watch comes pre-programmed with site data (site name and GMT differential) for famous snorkeling and diving sites around the world. You can use this site data as it is or change it to suit your needs.
- All of the operations in this section are performed in the Site Mode, which you enter by pressing Ⓒ.

To view the time in another site
In the Site Mode, press Ⓓ to scroll forward through the site data.

Changing Site Data
Site data consists of the site name, DST setting, and the GMT differential of the site. Changing site data causes its time to be set automatically in accordance with the GMT differential.
- You cannot change the site data of the site that is set as your Home Site in the Timekeeping Mode.

To change site data
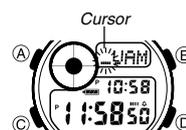
Cursor

1. In the Site Mode, use Ⓓ to display the name of the site whose data you want to change.
2. Hold down Ⓐ until the cursor appears on the display, which indicates the setting screen.
   - If your Home Site is on the display, pressing Ⓐ causes the indicator ʜᴏᴍᴇ to appear, without the cursor.

3. Use Ⓒ to move the cursor to the location of the site name character you want to change.
4. Use Ⓑ and Ⓓ to scroll through characters at the cursor position.
   - Each press of these buttons scrolls through characters in the sequence shown below.

Press Ⓓ. →   ← Press Ⓑ.

(space)	ᴀ to ᴢ	1 to 0	−
}	{	⁄	.

5. Repeat steps 3 and 4 to input all the characters of the site name.
   - To delete a character, input a space over it.
   - A site name can be up to 14 characters long.
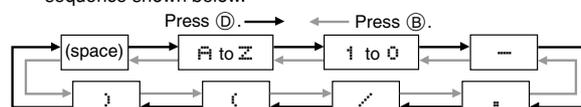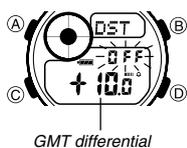
GMT differential

6. After you input the site name, press Ⓒ until the current DST/Standard Time setting starts to flash on the display.
   • The site name area has spaces for 14 characters, so you must continue to press Ⓒ until you get past the 14th character.
   • **ON** indicates DST and **OFF** indicates Standard Time.
7. Press Ⓓ to toggle the setting between DST (**ON**) and Standard Time (**OFF**).
8. Press Ⓒ and the current GMT differential starts to flash.
9. Use Ⓓ (+) and Ⓑ (–) to change it.
   • See "TIME ZONE TABLE" at the back of this manual for GMT differential information for a number of time zones and cities.
10. Press Ⓐ to exit the setting screen.

To toggle a site time between DST and Standard Time
1. In the Site Mode, use Ⓓ to display the name of the site whose DST/Standard Time setting you want to change.
2. Hold down Ⓐ until the cursor appears on the display, which indicates the setting screen.
3. Press Ⓒ 14 times until the DST/Standard Time setting screen appears, with either **ON** or **OFF** flashing.
4. Press Ⓓ to toggle the setting between DST (**ON**) and Standard Time (**OFF**).
5. Press Ⓐ to exit the setting screen.

IDENTIFICATION MODE
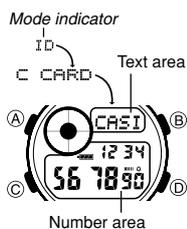
Mode indicator
ID
C CARD
Text area
Number area

With the Identification (ID) Mode, you can store your SCUBA diver certificate number, passport number, and blood type.
• All of the operations in this section are performed in the Identification Mode, which you enter by pressing Ⓒ.

About Identification Mode Data
• The Identification Mode has three preprogrammed data titles: **C CARD** (SCUBA diver certificate number), **PASSPORT** (passport number), and **BLOOD TYPE** (blood type).

• Except for **BLOOD TYPE**, you can input 16 characters (letters, numbers, symbols) in the text area and 10 digits in the number area.
• In the case of **BLOOD TYPE**, you can input a blood type (ABO) and Rh factor.

To view Identification Mode data
In the Identification Mode, each press of Ⓓ scrolls through the data in the sequence shown below.

C CARD → PASSPORT → BLOOD TYPE
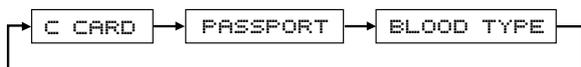
• In the Text Area, the title alternates with the input text.

Inputting Text and Numbers
The following procedure is the same for **C CARD** and **PASSPORT** data.

To input text and numbers
Cursor
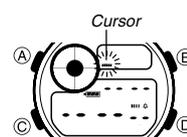
1. In the Identification Mode, use Ⓓ to display either **C CARD** or **PASSPORT**.
2. Hold down Ⓐ until the cursor appears in the text area, which indicates the setting screen.
   • If you do not want to input text into the text area, press Ⓒ 16 times to move the cursor to the number area and jump to step 7.
3. Use Ⓑ and Ⓓ to change the character at the cursor position in the text area. The character changes in the following sequence.
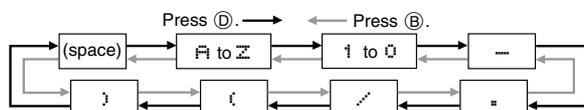
Press Ⓓ. → ← Press Ⓑ.

(space) → A to Z → 1 to 0 → —
) ← { ← / ← .

4. When the character you want is at the cursor position, press Ⓒ to move the cursor to the right.
5. Repeat steps 3 and 4 to input the rest of your text.
6. After you input the text, use Ⓒ to move the cursor to the number area.

• The text area in the Identification Mode can hold up to 16 characters. When the cursor is located at the 16th space of the text area, moving the cursor to the right causes it to jump down to the first digit in the number area. When the cursor is at the 10th digit of the number area, moving it to the right causes it jump back up to the first character of the text area.
7. Use Ⓑ and Ⓓ to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.
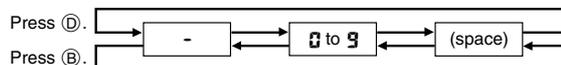
Press Ⓓ. → — → 0 to 9 → (space)
Press Ⓑ. ←

8. When the character you want is at the cursor position, press Ⓒ to move the cursor to the right.
9. Repeat steps 7 and 8 to input the rest of the number.
10. Press Ⓐ to store your data and exit the setting screen.

To input your blood type
Blood type
Rh factor indicator
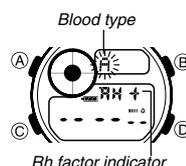
1. In the Identification Mode, use Ⓓ to display the **BLOOD TYPE**.
2. Hold down Ⓐ until the blood type starts to flash, which indicates the setting screen.
3. Use Ⓑ and Ⓓ to scroll through the available blood types in the following sequence.
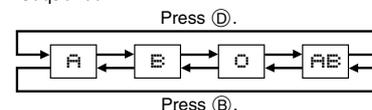
Press Ⓓ.
A → B → O → AB
Press Ⓑ.

4. Press Ⓒ so the Rh factor indicator (– or +) is flashing.
5. Press Ⓓ to select either – (negative) or + (positive).
6. Press Ⓐ to store your settings and exit the setting screen.

To edit C CARD and PASSPORT data
1. In the Identification Mode, use Ⓓ to display either **C CARD** or **PASSPORT**.
2. Hold down Ⓐ until the cursor appears in the text area, which indicates the setting screen.
3. Use Ⓒ to move the cursor to the character you want to change.
4. Use Ⓑ and Ⓓ to change the character.
   • For details on inputting characters, see "To input text and numbers."
5. After making the changes that you want, press Ⓐ to store them and exit the setting screen.

To delete C CARD and PASSPORT data
1. In the Identification Mode, use Ⓓ to display either **C CARD** or **PASSPORT**.
2. Hold down Ⓐ until the cursor appears in the text area, which indicates the setting screen.
3. Press Ⓑ and Ⓓ at the same time to delete the currently displayed data.
   • After the data is deleted, the cursor appears in the text area, ready for input.
4. Input data or press Ⓐ to exit the setting screen.

ALARM
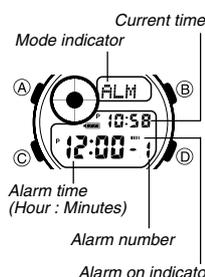
Mode indicator
Current time
Alarm time
(Hour : Minutes)
Alarm number
Alarm on indicator

You can set up to three independent Daily Alarms. When an alarm is turned on, the alarm tone sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound.
When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.
• The alarm number (1 through 3) indicates the currently displayed alarm screen. On the Hourly Time Signal screen, **SIG** appears in place of **ALM**.
• Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by using Ⓒ.

To set an alarm time
1. In the Alarm Mode, use Ⓓ to select the alarm (1, 2, or 3) whose time you want to set.

Alarm 1 → Alarm 2 → Alarm 3 → Hourly Time Signal

2. Hold down Ⓐ until the hour digits of the alarm time start to flash, which indicates the setting screen.
   • This automatically turns on the alarm.

3. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

```
  ┌──────────────────────────────────────────┐
  └→  Hour  →  Minutes  →  On/Off  ───────────┘
```

4. While hour or minute's digits are flashing, use Ⓓ (+) and Ⓑ (–) to change them.
   • While the On/Off setting is flashing, press Ⓓ to toggle the alarm on (ON) and off (OFF).
   • When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (**P** indicator).
5. Press Ⓐ to exit the setting screen.

To test the alarm
In the Alarm Mode, hold down Ⓓ to sound the alarm.

To turn an alarm on and off
1. In the Alarm Mode, use Ⓓ to select the alarm you want to turn on or off.
2. Hold down Ⓐ until the hour digits of the alarm time start to flash, which indicates the setting screen.
3. Press Ⓒ twice so the ON or OFF setting is flashing.
4. Press Ⓓ to toggle the alarm on (ON) and off (OFF).
5. Press Ⓐ to exit the setting screen.
   • The alarm on indicator (ᵐ) is on the alarm screen when the alarm is turned on.
   • In other modes (besides the Alarm Mode), the ᵐ indicator is on the display when any of the alarms is on.

To turn the Hourly Time Signal on and off

Hourly Time Signal on indicator

1. In the Alarm Mode, use Ⓓ to select the Hourly Time Signal.
2. Hold down Ⓐ until the ON indicator starts to flash on the display in place of SIG, which indicates the setting screen.
3. Press Ⓓ to toggle the Hourly Time Signal on (ON) and off (OFF).
4. Press Ⓐ to exit the setting screen.
   • The Hourly Time Signal on indicator (♩) is on the display while the Hourly Time Signal is turned on.

COUNTDOWN TIMER

Mode indicator

Hours : Minutes

Seconds

1/10 Second
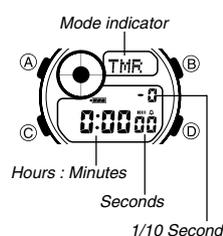
You can set the countdown timer within a range of 1 second to 24 hours. An alarm sounds when the countdown reaches zero.
• You can also select auto-repeat, which automatically restarts the countdown whenever zero is reached.
• All of the operations in this section can be performed in the Countdown Timer Mode, which you enter by pressing Ⓒ.

To set the countdown start time
1. In the Countdown Timer Mode, hold down Ⓐ until the hour digit of the countdown time starts to flash, which indicates the setting screen.
2. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

```
  ┌──────────────────────────────────────────┐
  └→  Hours  →  Minutes  →  Seconds  ─────────┘
```

3. While hour, minute's, or second's digits are flashing, press Ⓓ to increase the setting.
   • To specify a countdown start time of 24 hours, set 0:00 00.
4. Press Ⓐ to exit the setting screen.

To use the countdown timer
Press Ⓓ while in the Countdown Timer Mode to start the countdown timer.
• When the end of the countdown is reached while auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its start time after the alarm stops.
• Pressing Ⓓ while a countdown operation is in progress pauses the countdown. Press Ⓓ again to resume the countdown.
• To cancel a countdown operation, first pause it (by pressing Ⓓ), and then press Ⓐ. This returns the countdown to its start time.

To turn auto-repeat on and off

1. In the Countdown Timer Mode, hold down Ⓐ until the hour digit of the countdown time starts to flash, which indicates the setting screen.
2. Press Ⓑ to toggle auto-repeat on (AUTO displayed) and off (OFF displayed).
3. Press Ⓐ to exit the setting screen.

• When the end of the countdown is reached while auto-repeat is turned on, the alarm sounds and the countdown restarts automatically from the start time. You can stop timing by pressing Ⓓ and then pressing Ⓐ to reset to the start time.
• Normally an alarm tone sounds for 10 seconds when the end of the countdown is reached. If you use auto-repeat with a start time of 10 seconds or less, the watch beeps only once.
• Frequent use of auto-repeat and the alarm can run down battery power.

STOPWATCH

Mode indicator

Hours   Minutes

Seconds

1/100 Second
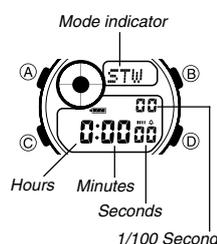
The stopwatch lets you measure elapsed time, split times, and two finishes.
• The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
• The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
• The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
• All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓒ.

To measure times with the stopwatch
Elapsed Time

Ⓓ →	Ⓓ →	Ⓓ →	Ⓓ →	Ⓐ
Start	**Stop**	**Re-start**	**Stop**	**Clear**

Split Time

Ⓓ →	Ⓐ →	Ⓐ →	Ⓓ →	Ⓐ
Start	**Split**	**Split release**	**Stop**	**Clear**

Two Finishes

Ⓓ →	Ⓐ →	Ⓓ →	Ⓐ →	Ⓐ
Start	**Split**	**Stop**	**Split release**	**Clear**
	First runner finishes. Display time of first runner.	Second runner finishes.	Display time of second runner.	

BACKLIGHT

Auto light switch on indicator
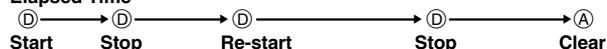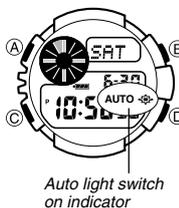
The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.
The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.
• The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
• See "Backlight Precautions" for other important information about using the backlight.

To turn on the backlight manually
In any mode, press Ⓑ to illuminate the display for about two seconds.
• The above operation turns on the backlight regardless of the current auto light switch on/off setting.

About the Auto Light Switch
Turning on the auto light switch causes the backlight to turn on for about two seconds whenever you position your wrist as described below. Note that this watch features a "Full Auto EL Light," so the auto light switch operates only when available light is below a certain level. It does not turn on the backlight under bright light.
• Be sure to wear the watch on the outside of your left wrist while using the auto light switch.

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

Parallel to ground

More than 40°
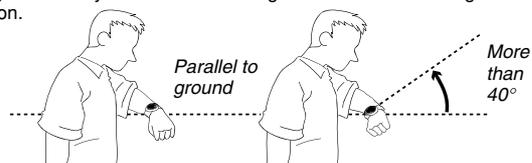
Warning!
- **Always make sure you are in a safe place whenever you are reading the display of the watch. Be especially careful when running, riding a bicycle or motorcycle, driving a car, or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by 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 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 Ⓑ for about two seconds to toggle the auto light switch on (AUTO ☀ displayed) and off (AUTO ☀ not displayed).
- The auto light switch on indicator (AUTO ☀) is on the display in all modes while the auto light switch is turned on.

BATTERY

Battery power indicator
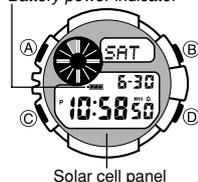
Solar cell panel

This watch is equipped with a solar cell and a storage battery that is charged by the electrical power produced by the solar cell.
- The area outside of the LCD digital area is a solar cell panel that picks up available light to charge the storage battery.

Important!
- Storing the watch for long periods in an area where there is no light or wearing it in such a way so that the solar cell panel is blocked from exposure to light can cause the storage battery power to run down. Make sure that the watch is exposed to light whenever possible.

- This watch employs a solar cell, which converts light into electricity that charges a built-in storage battery. Normally, the storage battery should not need replacement, but after very long use over a number of years, the storage battery may lose its ability to achieve a full charge. Should you notice problems with getting the storage battery to a full charge, contact the dealer or store where you purchased the watch about having the storage battery replaced.
- The storage battery should be replaced with a CASIO-specified ML-2016 battery only. Use of other storage batteries can damage the watch.
- Be sure to put the watch into its Sleep Mode and keep it in an area normally exposed to light when storing it for long periods. This helps to keep the storage battery charged.

Battery Power Indicator
The battery power indicator on the display shows you the current status of storage battery power.

Level	Indicator	Function Status
1		All functions enabled.
2		All functions enabled.
3		All functions enabled.
4	CHARGE	Alarms, Hourly Time Signal, backlight, display disabled; timekeeping enabled
5		Alarms, Hourly Time Signal, backlight, display, timekeeping disabled

- At Level 4, the display is disabled but timekeeping and other functions continue to operate internally. The **CHARGE** indicator flashes to indicate that battery power is about to go too low to support timekeeping and data storage. Whenever the battery power indicator shows Level 4, leave the watch in a location where it is exposed to light so the storage battery can be charged.

- At Level 5, all functions are disabled. Functions are re-enabled after the storage battery is charged, but anything previously stored in memory is lost. Because of this, you must set the current time and alarms, and re-input Identification Mode data after the storage battery is re-charged.
- Leaving the watch in direct sunlight or under some other very strong light source can cause the battery power indicator to temporarily show a reading that is actually higher than the battery level. The correct battery power indicator should appear after a short while.
- Frequent backlight and alarm operations over a short period put a heavy load on the battery, which can cause the indicator (**RECOVER**) to appear, indicating that the backlight and alarm are disabled. Normal operations should return after the battery recovers from the overload condition. The above condition can occur after about 200 consecutive backlight operations or about 360 consecutive alarm operations.

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 storage battery.

Warning!
Leaving the watch in sunlight to charge its storage battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury.
- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight or in any other area exposed to intense heat for long periods

Charging Guide
The following are required charge times when the backlight is used for two seconds and the alarm sounds for 20 seconds per day:
- Approximately 8 hours of 500 lux (indoor fluorescent lighting) per day
- Approximately 1 hour 15 minutes of 3,000 lux (direct fluorescent lighting) per day
- Approximately 50 minutes of 36,000 lux (afternoon outdoor sunlight) per week

Sleep Mode
When the Sleep Mode is turned on, the display of the watch turns off automatically to conserve battery power when you leave it in an area where lighting is dim for about seven or eight days without performing any button operation.
- Timekeeping and other functions continue to be performed internally while the watch is in the Sleep Mode.
- Alarms, the Hourly Time Signal, and the backlight are disabled while the watch is in the Sleep Mode.
- Moving the watch to a brightly lit area or pressing any of the watch buttons recovers from the Sleep Mode and enters the Timekeeping Mode.
- The watch does not enter the Sleep Mode while battery power is at Level 4.

To turn the Sleep Mode on and off
1. In the Timekeeping Mode, hold down Ⓐ until the second's digits start to flash.
2. Press Ⓒ nine times to move the flashing to the Sleep Mode On/Off setting.
3. Press Ⓓ to toggle the Sleep Mode on (**On**) and off (**OFF**).
4. Press Ⓐ 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.

Graphic Area and Text Area

Graphic area *Text area*
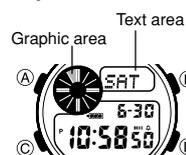
- The graphic area shows the passage of minutes in the Timekeeping, Dive Time Measurement, Site, Countdown Timer, and Stopwatch Modes, and the Log Data screen. A segment appears in the graphic area each time five minutes pass.
- The text area can show up to four characters, so longer text scrolls continually from right to left.

Auto Return Feature
- After you perform an operation in any mode (except for the backlight operation), pressing Ⓒ returns to the Timekeeping Mode.
- If you leave a setting screen on the display for two or three minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.
- If you leave the watch in the Site or Identification Mode for one to two hours without performing any operation, it automatically changes to the Timekeeping Mode.

Scrolling
The Ⓑ and Ⓓ buttons are used in various 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.

Timekeeping
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039. Going past December 31, 2039 reverts to January 1, 2000.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after re-charging of the watch's battery after the charge reaches Level 5.

12-hour/24-hour Timekeeping Formats
The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in the Dive Time Measurement, Site, and Alarm Modes.
- 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 to the left of the hour digits in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are indicated in the range of 0:00 to 23:59, with the **24** indicator.

Site Mode
- The current time in all Site Mode sites is calculated in accordance with the Greenwich Mean Time (GMT) differential for each site, based on the current Home Site time setting in the Timekeeping Mode.
- The GMT differential is the time difference of the time zone where the site is located from Greenwich Mean Time.
- The second's count of the Site Time is synchronized with the second's count of the Timekeeping Mode.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

Backlight Precautions
- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight 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, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight depletes the battery.

Auto Light Switch Precautions
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which depletes the battery. If you want to wear the watch on the inside of your wrist, turn off the auto light switch.

More than 15 degrees too high

- The backlight may not light 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.
- The backlight turns off in about two seconds, 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 the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards you 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 the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

TIME ZONE TABLE

GMT Differential	Some Cities in Same Time Zone
−11	PAGO PAGO
−10	HONOLULU, PAPEETE
−09	ANCHORAGE, NOME
−08	LOS ANGELES, SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
−07	DENVER, EL PASO, EDMONTON
−06	CHICAGO, HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
−05	NEW YORK, MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
−04	CARACAS, LA PAZ, SANTIAGO, PORT OF SPAIN
−03	RIO DE JANEIRO, SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
−02	
−01	PRAIA
+00	LONDON, DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+01	PARIS, MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
+02	CAIRO, JERUSALEM, ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
+03	JEDDAH, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
+3.5	TEHRAN, SHIRAZ
+04	DUBAI, ABU DHABI, MUSCAT
+4.5	KABUL
+05	KARACHI, MALE
+5.5	DELHI, MUMBAI, CALCUTTA
+06	DHAKA, COLOMBO
+6.5	YANGON
+07	BANGKOK, JAKARTA, PHNOM PENH, HANOI, VIENTIANE
+08	HONG KONG, SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
+09	TOKYO, SEOUL, PYONGYANG
+9.5	ADELAIDE, DARWIN
+10	SYDNEY, MELBOURNE, GUAM, RABAUL
+11	NOUMEA, PORT VILA
+12	WELLINGTON, CHRISTCHURCH, NADI, NAURU ISLAND

Based on data as of December 2000.