

Operation Guide 5455

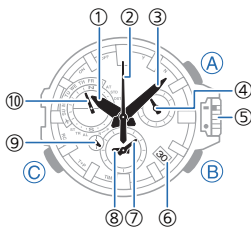
Basic Operations

This section provides an overview of the watch and its operations.

Note

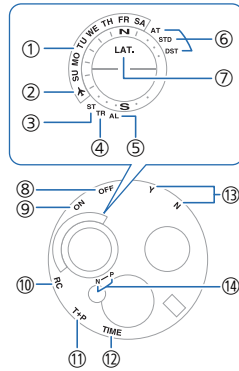
- The illustrations included in this manual have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

General Guide



- ① Hour hand
- ② Second hand
- ③ Minute hand
- ④ 24-hour hand
- ⑤ Crown
- ⑥ Day indicator
- ⑦ Small minute hand
- ⑧ Small hour hand
- ⑨ Small 24-hour hand
- ⑩ Mode hand

Watch Face Items



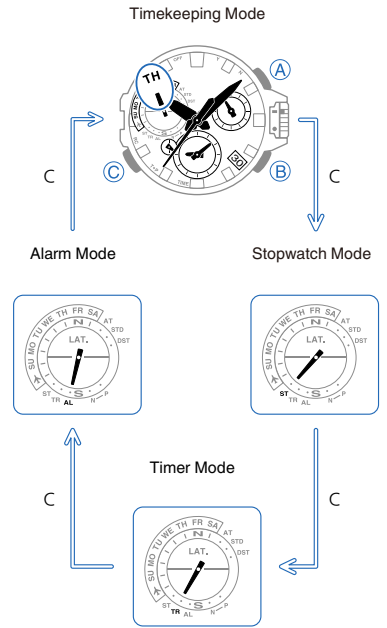
- ① Day of the week
- ② Airplane Mode
- ③ Stopwatch Mode
- ④ Timer Mode
- ⑤ Alarm Mode
- ⑥ Summer time setting
- ⑦ Approximate latitude (N side: North latitude, S side: South latitude)
- ⑧ Alarm off
- ⑨ Alarm on
- ⑩ Time calibration reception in progress
- ⑪ GPS signal time information and position information acquisition in progress
- ⑫ GPS signal time information reception in progress
- ⑬ Last GPS or time calibration signal receive (acquisition) result
- ⑭ When checking the last receive result:
 - “P”: Last receive (acquisition) was for GPS signal time information and position information
 - “N”: Last receive was for GPS signal time information or time calibration signal
 When setting the Home City or World Time City:
 - “P”: With position information
 - “N”: Without position information

Navigating Between Modes

Your watch has four modes.

You tell which mode the watch is currently in by checking the position of the mode hand.

- Timekeeping Mode (normal timekeeping): Current day of the week
- Stopwatch Mode: ST (STW)
- Timer Mode: TR
- Alarm Mode: AL



Use the (C) button to navigate between modes.

- Hold down (C) for at least two seconds to return to the Timekeeping Mode.
- Holding down (C) for four seconds or longer will enter or exit the Airplane Mode. The mode hand points to while the watch is in the Airplane Mode.

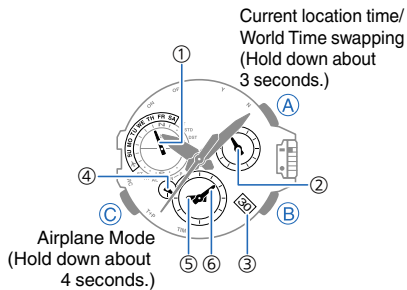
[Using the Watch on an Aircraft](#)

Mode Overview

Timekeeping Mode

The main hour, minute, and second hands indicate the current time.

The small hour and minute hands indicate the current World Time.

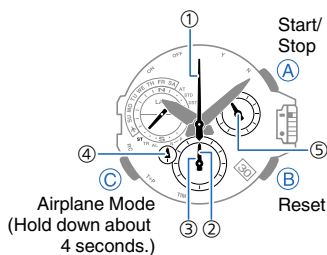


- ① Day of the week at current location
- ② Current location time (24-hour time)
- ③ Current location date
- ④ World Time hour (24-hour time)
- ⑤ World Time hour
- ⑥ World Time minute

Stopwatch Mode

The main hour and minute hands indicate the current time.

The second hand, and the small hour and minute hands indicate the elapsed stopwatch time.

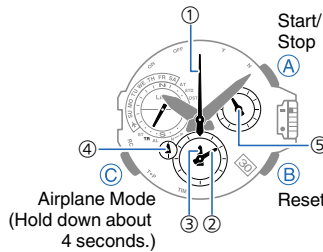


- ① Stopwatch seconds
- ② Stopwatch minutes
- ③ Stopwatch hours
- ④ Stopwatch hours (24-hour time)
- ⑤ Current location time (24-hour time)

Timer Mode

The main hour and minute hands indicate the current time.

The second hand, and the small hour and minute hands indicate the current countdown time.



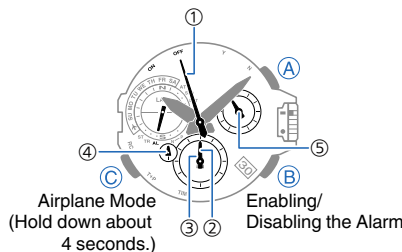
- ① Timer seconds
- ② Timer minutes
- ③ Timer hours
- ④ Timer hours (24-hour time)
- ⑤ Current location time (24-hour time)

Alarm Mode

The main hour and minute hands indicate the current time.

The small hour and minute hands indicate the alarm time.

The second hand indicates the alarm enabled/disabled setting.

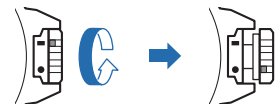


- ① Alarm enabled/disabled
- ② Alarm minute
- ③ Alarm hour
- ④ Alarm hour (24-hour time)
- ⑤ Current location time (24-hour time)

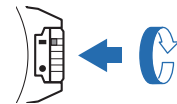
Using the Crown

The crown is a simple lock type.

Before using the crown, first unlock it.



As shown in the illustration, rotating the crown to the ● position unlocks it.

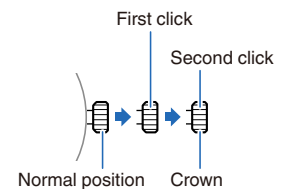


As shown in the illustration, rotating the crown to the ■ position locks it.

Important!

- To prevent loss of water resistance and/or damage due to impact, be sure to push the crown in and lock it when not in use.
- When pushing the crown back in, take care not to apply too much force.

● Fast Forward/Fast Reverse



After pulling out the crown to the first or second click, rotating it quickly in succession in either direction will start a fast forward or fast reverse operation. While a fast forward operation is in progress, quickly rotating the crown in succession again will increase the speed even further.

- The fast reverse operation speed is fixed and cannot be changed.

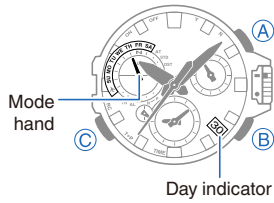
● Stopping Fast Forward/Fast Reverse

Rotate the crown in the direction opposite that of the ongoing operation or press any button.

Note

- If you do not perform any operation for about two minutes after pulling out the crown, crown operations will automatically become disabled. If that happens, push the crown back in and then pull it out again.

Changing Hand and the Day Indicator Settings



● Mode Hand and Day Indicator Movement

Changing the day setting of the watch will also cause the mode hand to move.

● Day

- It can take anywhere from about one minute to three minutes for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day may not be indicated correctly while the watch's crown is pulled out.

Solar Charging

What is solar charging?

This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

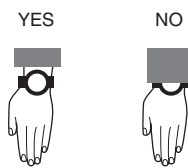
- This watch uses a special rechargeable (secondary) battery.
 - The watch's battery will not charge if the watch's temperature is less than approximately -10°C (14°F) or greater than approximately 60°C (140°F).
 - Over-discharge will occur if the watch is not charged within approximately three months after it stops operation due to low battery power. Charging may not be possible after over-discharge occurs.

Charging the Watch

When you are not wearing the watch, put it in a location where it is exposed to bright light.



While you are wearing the watch, make sure that its face (solar panel) is not blocked from light by the sleeve of your clothing. Power generation efficiency is reduced even when the face of the watch is blocked only partially.



Important!

- If the second hand stops for some time after the watch is continuously exposed to light, it could mean that charging is not possible due to over-discharge. Request chargeable (secondary) battery replacement by your original retailer or authorized CASIO service center.
- Depending on light intensity and local conditions, the watch may become hot to the touch when exposed to light for charging. Take care to avoid burn injury after charging. Also, avoid charging the watch under high-temperature conditions like the ones described below.
 - On the dashboard of a vehicle parked in the sun
 - Near an incandescent light bulb or other source of heat
 - Under direct sunlight or in other hot areas for long periods

Note

- Exposing the watch face to light after the battery goes dead will cause the second hand to revolve counterclockwise until it stops at second 57. This indicates charging has started.
- A fully charged watch can operate for approximately seven months without further charging. Watch operation will stop approximately 20 days after the battery goes low.

Charging Time Guidelines

The table below shows guidelines for approximate charging times.

Charging Times Required for 1 Day of Operation

Light Intensity	Approximate Charging Time	
High ↓ Low	①	8 minutes
	②	30 minutes
	③	48 minutes
	④	8 hours

Times Required to Achieve Next Charge Level

Light Intensity	Approximate Charging Time	
	Charge Level 1	Charge Level 2
High ↓ Low	①	7 hours / 36 hours
	②	25 hours / 135 hours
	③	39 hours / 218 hours
	④	438 hours / -

Light Intensity

- ① Sunny day, outdoors (50,000 lux)
- ② Sunny day, near a window (10,000 lux)
- ③ Overcast day, near a window (5,000 lux)
- ④ Indoor fluorescent lighting (500 lux)

Charge Level 1 :

Time from dead battery until watch operation starts.

Charge Level 2 :

Time from watch operation start until a full charge.

Note

- Actual charging time depends on the local charging environment.

Checking the Charge Level

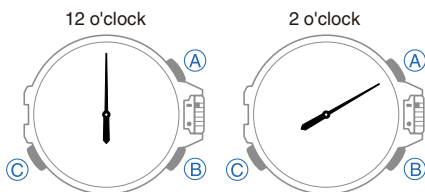
The charge level is indicated by watch hand movement. Functions become disabled as battery power goes low.

Important!

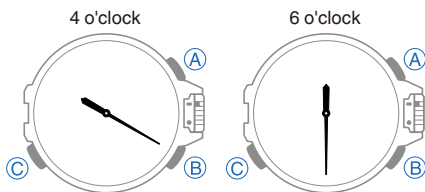
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

Immediately after pressing (C) to enter to the Timekeeping Mode, the second hand will move to one of the positions below to indicate the battery charge level.

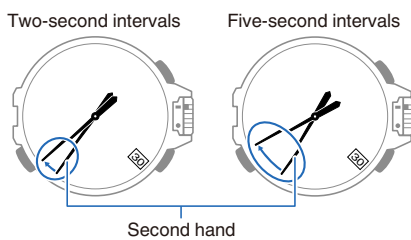
● Battery Charged



● Low Battery Power



Also, the second hand jumps at two-second or five-second intervals.



- Above right figures indicate a lower battery charge.

● Dead Battery

All hands are stopped.



Power Saving Function

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause the second hand to stop, and the watch will enter Level 1 power saving. If the watch is left in this condition for six or seven days, all hands will stop and the watch will enter Level 2 power saving.

Level 1 :

Basic timekeeping functions are operational.

Level 2 :

Only the day indicator is operational.

Note

- Note that the watch also may enter the power saving state if its face is blocked from light by your sleeve while you are wearing it.
- The watch will enter power saving from the Timekeeping Mode only.

● Recovering from Power Saving Operation

Press any button or place the watch in a well-lit area to recover from power saving.

Time Adjustment (GPS, Time Calibration Signal)

The watch's time, day, and Home City (time zone) settings can be configured in accordance with a received GPS signal or time calibration signal.

- GPS signal position information: Used to update Home City (time zone), time, and day settings.
- GPS signal time information: Used to update time and day settings.
- Time calibration signal: Used to update time and day settings.

Important!

- Before trying to receive GPS signal time information and/or a time calibration signal, first use GPS to acquire position information and configure Home Time (time zone) settings.
- Put the watch into the Airplane Mode whenever you are inside an aircraft or in any other area where radio wave reception is prohibited or restricted.

[Using the Watch on an Aircraft](#)

Note

- Areas where time calibration signal reception is supported are limited. When the watch in an area where time calibration signal reception is not supported, adjust time and day settings based on GPS signals.

[Time Calibration Signal Reception Ranges](#)

Time Adjustment Using GPS

Appropriate Signal Reception Location

GPS signal reception is possible outdoors where the sky is visible and not blocked by buildings, trees, or other objects.



Note

- In areas where reception is poor, keep the watch face oriented upwards and do not move the watch.
- When the watch is set up for auto receive, take care to avoid covering the watch face with the sleeve of your clothing.
- GPS signal reception is not possible in the areas described below.
 - Where the sky is not visible
 - Indoors (Reception may be possible near a window.)
 - Near wireless communication equipment or other devices that generate magnetism.
- You may experience GPS signal reception problems in the areas described below.
 - Where the view of the sky above is narrow
 - Near trees or buildings
 - Near a train station, airport, or other congested areas

Acquiring GPS Position Information Manually

You can use a button operation to acquire GPS position information and adjust your Home City (time zone), time, and day settings in accordance with your current location.

Note

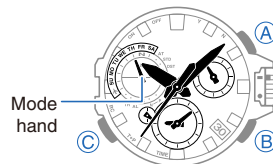
- GPS signal reception requires large amounts of power. Perform it only when necessary.

Getting Ready

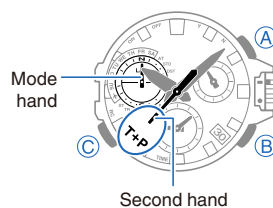
The receive operation is performed only while the watch is in the Timekeeping Mode (normal timekeeping).

- Normally the mode hand points to the current day of the week.

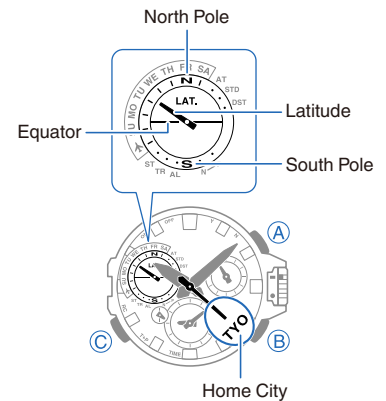
🔍 Navigating Between Modes



1. Move to a location appropriate for signal reception and orient the watch so its display is pointed straight up at the sky.
2. Hold down (B) for at least three seconds. Release the button as soon as the second hand points to "T+P".
 - The second hand will move in the following sequence: "Y(YES)" or "N(NO)" → "T (TIME)" → "T+P".
 - This indicates that position information acquisition has started. While acquisition is in progress, the mode hand will move up and down in a semi-circular pattern.



- If position information acquisition is successful, the second hand will move to "Y(YES)" and then the watch will automatically adjust its time and day settings. The watch will also display the acquired Home City (time zone) and the approximate latitude of your current position.



- If position information acquisition fails for some reason, the second hand will move to "N(NO)" and then the watch will indicate the current time and day without adjusting them.

Note

- Reception takes anywhere from about 30 seconds to about two minutes.
- It can take as long as 13 minutes when leap second information is included.
- You may experience location information acquisition problems when you are in the vicinity of a time zone borderline. The watch's time and day will not be indicated correctly if the Home City (Time Zone) setting is not right for your location. Perform position information acquisition in a representative city in your time zone or in a location that is well within the time zone. Or you can perform a time information receive operation to adjust time and day settings after configuring Home City (Time Zone) and summer time settings manually.
 - 🔍 [Selecting a Time Zone](#)
 - 🔍 [Acquiring GPS Time Information Manually](#)

Acquiring GPS Time Information Manually

You can use a button operation on the watch to receive GPS signal time information. When the receive operation is successful, the watch's Home City (time zone), day, and time settings will be adjusted accordingly.

Note

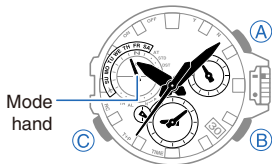
- GPS signal reception requires large amounts of power. Perform it only when necessary.

Getting Ready

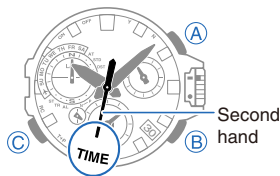
The receive operation is performed only while the watch is in the Timekeeping Mode (normal timekeeping).

- Normally the mode hand points to the current day of the week.

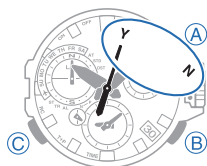
🔗 Navigating Between Modes



1. Move to a location appropriate for signal reception and orient the watch so its display is pointed straight up at the sky.
2. Hold down (B) for at least one second. Release the button as soon as the second hand points to "T (TIME)".
 - The second hand will move in the following sequence: "Y (YES)" or "N (NO)" → "T (TIME)".
 - This indicates that time information receipt has started.



- If information acquisition is successful, the second hand will move to "Y (YES)", and then the watch will automatically adjust its time and day settings.



- If reception fails for some reason, the second hand will move to "N (NO)" and then the watch will indicate the current time and day without adjusting them.

Note

- Reception takes anywhere from about seven seconds to about one minute.
- It can take as long as 13 minutes when leap second information is included.

Auto GPS Signal Receive

When the conditions below are satisfied, the watch will automatically receive a GPS signal. If any time information receive is successful, the watch will no longer attempt to receive a signal for the rest of the day.

● Time information

- Watch in the Timekeeping Mode (normal timekeeping)
- Current time is between 6:00 a.m. and 10:00 p.m.
- Light (near a window on a clear day) continually shining on the face of the watch for about one to two minutes.
- Time calibration signal reception was not successful during the previous evening.

Note

- The time information receive operation takes anywhere from about seven seconds to one minute.
- The receive operation can take as long as 13 minutes when leap second information is included.

Leap Second Reception

GPS signal reception each year on June 1 or later and on December 1 or later also receives leap second information.

Note

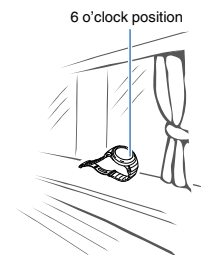
- It can take as long as 13 minutes to complete the leap second information receive operation.
- The leap second information receive operation is repeated until information receipt is complete.
- Once the leap second information receive operation is complete, the watch will not make any attempt to receive it again until the following June 1 or December 1.

Time Adjustment Using a Time Calibration Signal

Appropriate Signal Reception Location

A time calibration signal can be received while the watch is near a window.

- Keep metal objects away from the watch.
- Do not move the watch.
- Do not perform any operation on the watch.



Note

- You may experience time calibration signal reception problems in the areas described below.
 - Among or near buildings
 - While riding in a vehicle
 - Near household appliances, office machines, mobile phones, etc.
 - On a construction site, in an airport, or any other location where radio wave interference occurs
 - Near high-voltage lines
 - In mountainous areas or behind a mountain

Time Calibration Signal Reception Ranges

● Japan (JJY)

The Japan time signal radio stations are located on Mt. Otakadoya in Fukushima and Mt. Hagane in Fukuoka/Saga.

The reception range of the Japanese time signals is approximately 1,000 km from each transmission station.

● China (BPC)

The China time signal radio station is located in Shangqiu, Henan Province, China.

The reception range of the Chinese time signal is approximately 1,500 km from the transmission station.

● United States (WWVB)

The United States time signal radio station is located in Fort Collins, Colorado.

The reception range of the U.S. time signal is approximately 3,000 km from the transmission station.

● U.K. (MSF)/Germany (DCF77)

The U.K. time signal radio station is located in Anthorn, Cumbria.

The German time signal radio station is located in Mainflingen, southeast of Frankfurt. The reception range of the U.K. and German time signals is approximately 1,500 km from each transmission station.

Note

- Even if you are within the normal reception range of a time calibration signal, reception may be made impossible by the following factors: geographic contours, weather, the season, the time of day, wireless noise.

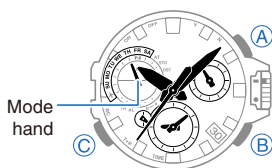
Auto Time Calibration Signal Receive

An automatic time calibration signal receive operation is performed and the time and day settings are adjusted between midnight and 5:00 a.m. Once a signal receive operation is successful, no more auto receive operations are performed that day.

The receive operation is performed only while the watch is in the Timekeeping Mode (normal timekeeping).

- Normally the mode hand points to the current day of the week.

🔗 Navigating Between Modes



Place the watch near a window or some other location appropriate for signal reception.

- The second hand points to [RC] while time calibration reception is in progress.
- When the receive operation is successful, the time and day settings will be adjusted automatically.

Note

- Reception takes anywhere from about two minutes to about 10 minutes. It can take as long as 20 minutes.

Checking the Receive Operation Result

You can use the procedure below to check the result of the last GPS or time calibration signal receive operation.

Getting Ready

Enter the Timekeeping Mode.

🔗 Navigating Between Modes

1. Press (B).

The second hand will move and indicate the receive operation result.

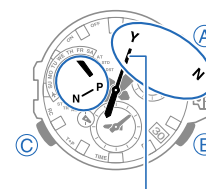
“Y (YES)”: Receive successful

“N (NO)”: Receive failed

The mode hand indicates details about the receive (acquisition) operation.

“P”: Time information and position information (GPS signal)

“N”: Time information (GPS signal) or time calibration signal

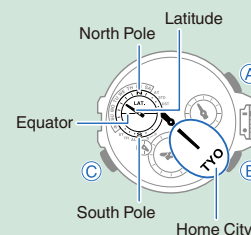


Second hand

2. Press (B) or do not perform any operation for one or two seconds to return to the current time.

Note

- Even if there was a successful receive operation, the second hand will point to “N(NO)” if you adjusted the time setting manually.
- If you do not perform any watch operation for about one or two seconds after position information is acquired, the watch will display the acquired Home City (time zone) and the rough latitude of your current position.



Signal Reception Precautions

- When the watch is unable to adjust its time in accordance with a calibration signal for some reason, average timekeeping accuracy is within ± 15 seconds per month.
- GPS signal and time calibration signal reception will not be possible under any of the watch conditions described below.
 - While battery power is low
 - While the watch is in the Airplane Mode, Stopwatch Mode, Timer Mode, or Alarm Mode
 - When power saving is at Level 2 (GPS signal reception also is not possible at Level 1.)
 - While the crown is pulled out
 - Timer countdown operation in progress
 - While the temperature of the watch is less than approximately -10°C (14°F) or greater than approximately 60°C (140°F)
- Note that an internal decoding process the watch performs after it receives a signal may cause the time setting to be slightly off (by less than one second).
- If the receive operation is successful, the time and day settings will be adjusted automatically in accordance with the Home City (time zone) and summer time settings. Summer time will not be applied correctly in the cases described below.
 - When the summer time start date and time, end date and time, or other rules are changed by authorities
 - When position information cannot be acquired correctly
 - When position information can be acquired, but it is wrong because the watch is located near a time zone boundary, etc.
- As of December 2014, China does not observe summer time. If China starts to observe summer time in the future, the time displayed by the watch for China may not be correct.

Using the Watch on an Aircraft

Enter the Airplane Mode when in an aircraft or anywhere else where GPS or time calibration signal reception is restricted.

Entering the Watch Airplane Mode

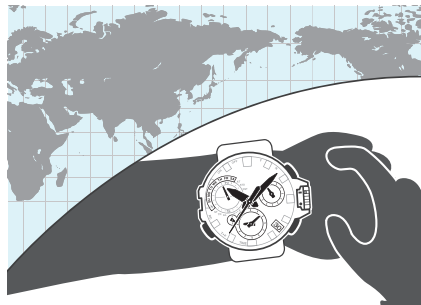
Holding down (C) for about four seconds to enter the watch's Airplane Mode. The mode hand will move to the Airplane mark.



- Each time (C) is held down for about four seconds, the watch enters or exits the Airplane Mode.

World Time

World Time lets you look up the current time in any one of 27 cities and 40 time zones around the globe.



Getting Ready

Enter the Timekeeping Mode.

[Navigating Between Modes](#)

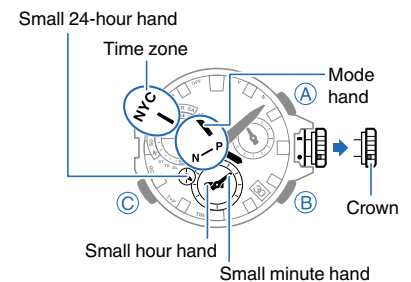
Selecting a Time Zone

Use the procedure in this section to select a World Time city (time zone). If you are in an area that observes summer time, you can also enable or disable summer time.

Note

- The initial factory default summer time setting for all cities (time zones) is "AT (AUTO)". In many cases, the "AT (AUTO)" setting lets you use the watch without switching between summer time and standard time.

1. Pull out the crown to the first click. The second hand will move to the time zone of the currently selected World Time City.



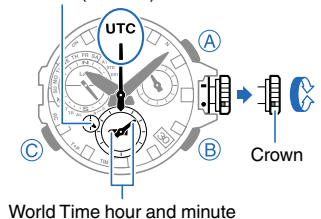
The mode hand indicates the acquisition status for the currently selected World Time location.

- "P": Available
- "N": Not available

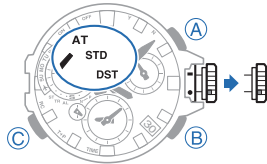
2. Rotate the crown to change the time zone. The small hour hand and small minute hand indicate the current time in the selected time zone.

- Hold down (B) for about one second to display UTC (Coordinated Universal Time) time.

World Time hour (24-hour)



- Press (A) to change the summer time setting.
 - While the mode hand is pointed at "AT (AUTO)", "STD", or "DST", you can hold down (A) for about one second to cycle the summer time setting in the sequence below.
"AT (AUTO)" → "STD" → "DST"



- "AT (AUTO)"
The watch switches between standard time and summer time automatically.
- "STD"
The watch always indicates standard time.
- "DST"
The watch always indicates summer time.

- Push the crown back in.

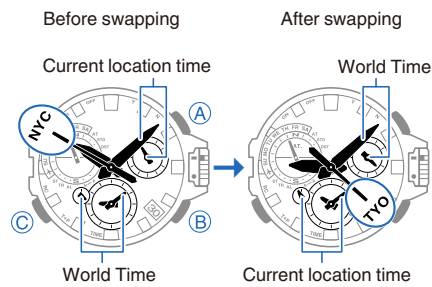
Note

- You cannot switch between "STD" and "DST" while "UTC" is selected as the Home City (time zone).

Swapping Your Current Location Time and World Time

Holding down (A) for about three seconds will swap your current location time with your World Time.

- Pressing (A) will cause the illumination light to turn on. Keep (A) depressed for three seconds.



- If a swapping operation causes a change in the day indicator setting, the mode hand will rotate repeatedly.

[Changing Hand and the Day Indicator Settings](#)

Note

- This function comes in handy when you need to move to another time zone. For details about how to use it, see "[Moving to Another Time Zone](#)".

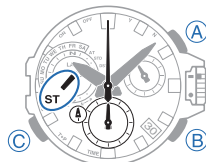
Stopwatch

The stopwatch measures elapsed time in units of one second up to 23 hours, 59 minutes, 59 seconds (24 hours).

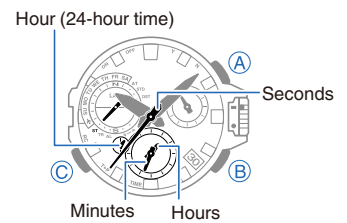
Getting ready

Enter the Stopwatch Mode.

[Navigating Between Modes](#)



Measuring Elapsed Time



- Use the operations below to measure elapsed time.

- (A) Start
- ↓
- (A) Stop
- ↓
- (A) Resume
- ↓
- (A) Stop

- Press (B) to reset the stopwatch.
- Press (C) three times to return to the Timekeeping Mode.

Timer

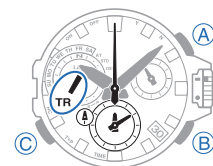
The timer counts down from a start time specified by you. A beeper sounds when the end of the countdown is reached.

- The beeper is muted in the cases described below.
 - When battery power is low
 - When watch is at Level 2 power saving
- [Power Saving Function](#)

Getting Ready

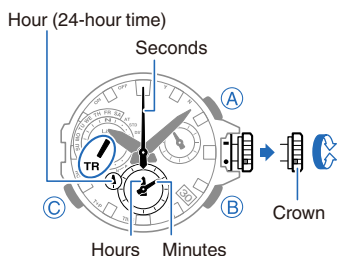
Enter the Timer Mode.

[Navigating Between Modes](#)



Setting the Timer Start Time

1. Pull out the crown to the first click.
2. Rotate the crown to change the countdown start time setting.
 - The countdown start time can be set in 1-minute units up to 24 hours.



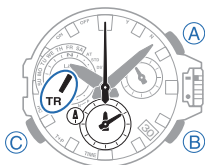
3. Push the crown back in.

Note

- When the small hour hand and small minute hand are at 12 o'clock, a countdown start time of 24 hours is specified.

Using the Timer

1. Press (A) to start the countdown.



A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.

- To pause an ongoing countdown, press (A). To reset a paused countdown to the start time, press (B).
2. Press any button to stop the tone.
 3. Press (C) twice to return to the Timekeeping Mode.

Alarms

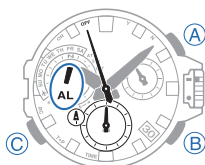
The watch will beep when the alarm time is reached.

- The beeper is muted in the cases described below.
 - When battery power is low
 - When watch is at Level 2 power saving
- [Power Saving Function](#)

Getting ready

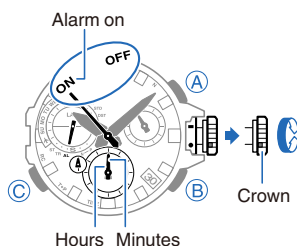
Enter the Alarm Mode.

- [Navigating Between Modes](#)



Configuring Alarm Settings

1. Pull out the crown to the first click. This turns on the alarm.
2. Rotate the crown to change the alarm time setting.



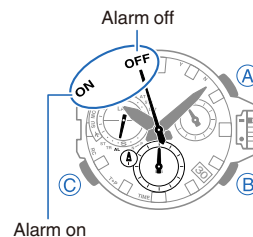
3. Push the crown back in.
4. Press (C) once to return to the Timekeeping Mode.

Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.

Enabling/Disabling the Alarm

Press (B) to toggle the alarm between on and off.



Stopping an Alarm

While the alarm is sounding, press any button to stop it.

Illumination Light

The watch has an LED light that you can turn on for reading in the dark. When you turn on the LED light, it gradually becomes brighter. After about two seconds, it gradually becomes dimmer until it turns off.

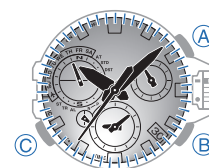
Getting ready

Enter the Timekeeping Mode or Alarm Mode.

- [Navigating Between Modes](#)

Turning On the Illumination Light

Pressing (A) turns on the light.



- Illumination will turn off automatically if an alarm starts to sound.
- Illumination is disabled while the hands are moving at high speed.

Adjusting Time Settings Manually

You can use the procedure below to adjust the watch's time and day settings when GPS and time calibration signal reception is not possible for some reason.

Selecting a Time Zone

Use the procedure in this section to select a city (time zone) to use as your Home City. If you are in an area that observes summer time, you can also enable or disable summer time.

Note

- The initial factory default summer time setting for all cities (time zones) is "AT (AUTO)". In many cases, the "AT (AUTO)" setting lets you use the watch without switching between summer time and standard time.
- In the cases described below, receiving GPS position information will automatically cause "AT (AUTO)" to be selected for the summer time setting.
 - When the time zone of the current receive operation is different from the watch's time zone setting prior to the receive operation.
 - When the time zone is unchanged, but the acquired position information is for a geographic area with different summer time rules (start date, end date)

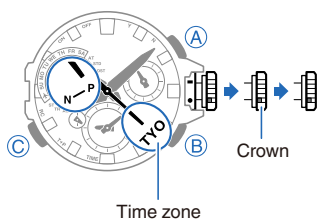
1. Pull out the crown to the second click.

The second hand will move to the currently selected time zone.

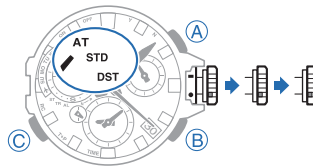
The mode hand indicates the acquisition status of position information for the currently selected time zone.

"P": Available

"N": Not available



2. Rotate the crown to change the time zone.
 - You can also select a time zone whose name is not indicated on the face of the watch.
 - For information about time zones, see the "City (Time Zone) List".
3. To change the summer time setting, press (A).
 - While the mode hand is pointed at "AT (AUTO)", "STD", or "DST", you can hold down (A) for about one second to cycle the summer time setting in the sequence below.
"AT (AUTO)" → "STD" → "DST"



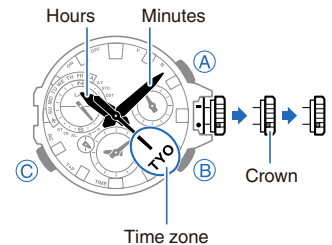
- "AT (AUTO)"
The watch switches between standard time and summer time automatically.
 - "STD"
The watch always indicates standard time.
 - "DST"
The watch always indicates summer time.
4. Push the crown back in to its normal position.

Summer Time

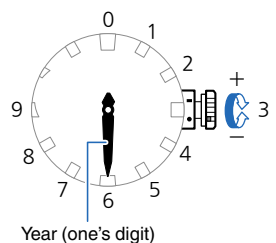
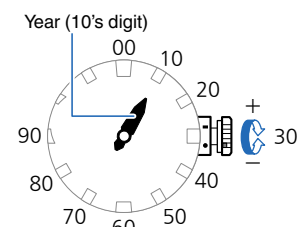
Summer time, which is also known as Daylight Saving Time (DST), advances the time setting one hour, 30 minutes, or some other amount of time from standard time (STD) during the summer months. Whether or not and how summer time is used depends on your country or local area. Summer time is not used in some countries and local areas.

Adjusting the Time and Day Setting

1. Pull out the crown to the second click.
The second hand will move to the currently selected time zone.



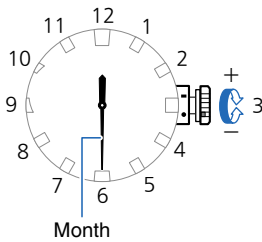
2. Hold down (C) for about 10 seconds.
This causes the second hand to move to 12 o'clock, and enables the minute setting operation.
3. Rotate the crown to change the minute setting.
4. Press (C).
The hour hand will move slightly, indicating that the hour setting operation is enabled.
5. Rotate the crown to change the hour setting.
6. Press (C).
This changes to the year setting operation.



7. Rotate the crown to move the hour hand to the desired setting for the year ten's digit, and the minute hand to the desired one's digit.

8. Press (C).

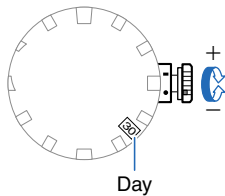
This enables the month setting operation.



9. Rotate the crown to change the month.

10. Press (C).

The mode hand will move slightly, indicating that the day setting operation is enabled.



- Changing the date setting will cause the mode hand to rotate repeatedly.

[Changing Hand and the Day Indicator Settings](#)

11. Rotate the crown to change the day.

12. On a time signal at the top of a minute, push the crown back in.

Adjusting Hand and Day Indicator Alignment

Strong magnetism or impact can cause the time indicated by the hands and the day indicator to go out of alignment. If this happens, adjust hand and day indicator alignment.

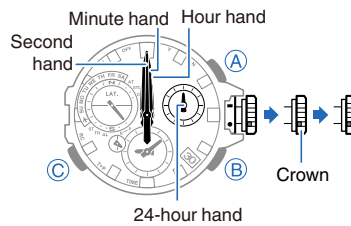
- The watch performs alignment of the hour hand, minute hand, second hand, and 24-hour hand automatically.

Adjusting Hand and Day Indicator Alignment

1. Pull out the crown to the second click.
2. Hold down (B) for about five seconds, until the second hand moves to 12 o'clock.

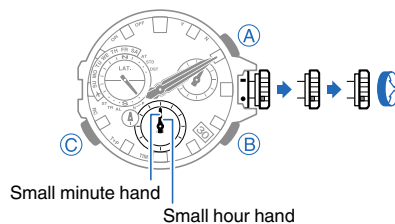
This will start auto alignment of the hour hand, minute hand, second hand, and 24-hour hand.

- After auto alignment is complete, the hands should be in the positions shown below.



3. Press (C).

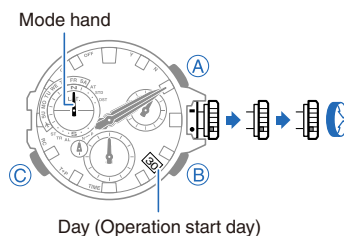
Confirm that the small hour hand and small minute hand are stopped at 12 o'clock.



4. If the small hour hand and small minute hand are not at 12 o'clock, rotate the crown to align them correctly.

5. Press (C).

Confirm that the mode hand is stopped at 12 o'clock, and check if the day is indicated properly.

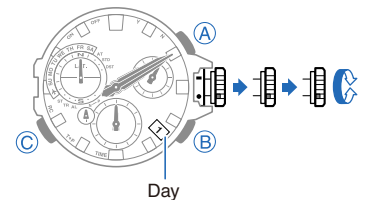


6. If the mode hand or the day indicator is not in the proper position, rotate the crown to move the mode hand to 12 o'clock and the day to the center of the indicator window.

- The movement range of the mode hand and day indicator is limited when you rotate the crown. The maximum left-right movement of the mode hand is 180 degrees in either direction. The day indicator moves only slightly.
- After the mode hand and day indicator are in the positions you want, advance to step 9 of this procedure. If you are unable to make the adjustments you want, go to step 7.

7. Press (C).

Confirm that the day indicator shows "1".



- Changing the date setting will cause the mode hand to rotate repeatedly. In some cases, the mode dial may continue to rotate for about 30 minutes.

[Changing Hand and the Day Indicator Settings](#)

8. If "1" is not shown for the day, rotate the crown until "1" is shown for the day.

- The mode hand moves in conjunction with crown rotation. Move the mode hand to 12 o'clock.

9. Push the crown back in.

Note

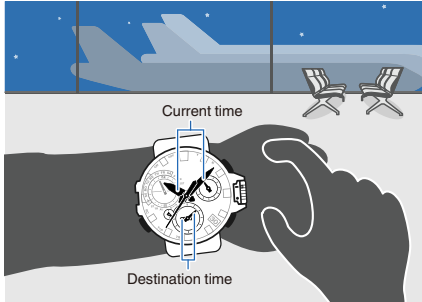
- Leaving the crown pulled out for more than approximately 30 minutes without performing any operation will automatically cause the adjustment operation to become disabled. If this happens, push the crown back in to its normal position and then pull it out again to restart the procedure from the beginning. Pushing the crown in to its normal position part way through the alignment procedure will cause the hands to return to their normal position. Any alignment you performed up to that point will be applied.

Moving to Another Time Zone

Use the procedure below to easily change day and time settings of the watch to a destination location.

● Before Boarding

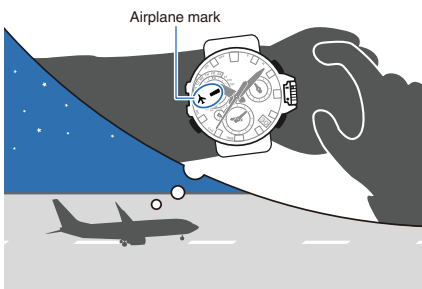
Configure the World Time to the current time at your destination.



🔍 Selecting a Time Zone

● Prior to Takeoff

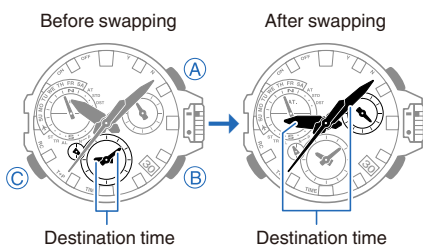
Enter the watch's Airplane Mode when instructed to do so by airline personnel.



🔍 Entering the Watch Airplane Mode

● After Arriving

- Exit the Airplane Mode.
🔍 [Entering the Watch Airplane Mode](#)
- Swap the origin time zone time with the destination time zone time.



🔍 Swapping Your Current Location Time and World Time

Other Information

City (Time Zone) List

A time zone for which no city name is displayed by the watch is indicated in the table below by a hyphen (-) in the "City Code" column. The "City Name" column will contain the name of a representative city in that zone.

City code	City Name	Second Hand Position	UTC Offset
UTC	Coordinated Universal Time	Second 0	0
LON	London	Second 2	0
PAR	Paris	Second 4	+1
ATH	Athens	Second 6	+2
JED	Jeddah	Second 8	+3
-	(Tehran)	Second 9	+3.5
DXB	Dubai	Second 10	+4
-	(Kabul)	Second 11	+4.5
-	(Karachi)	Second 12	+5
DEL	Delhi	Second 13	+5.5
-	(Kathmandu)	Second 14	+5.75
DAC	Dhaka	Second 15	+6
-	(Yangon)	Second 16	+6.5
BKK	Bangkok	Second 17	+7
HKG	Hong Kong	Second 19	+8
-	(Eucla)	Second 21	+8.75
TYO	Tokyo	Second 22	+9
-	(Adelaide)	Second 23	+9.5
SYD	Sydney	Second 24	+10
-	(Lord Howe Island)	Second 25	+10.5
NOU	Noumea	Second 26	+11
-	(Norfolk Island)	Second 27	+11.5
WLG	Wellington	Second 28	+12
-	(Chatham Islands)	Second 30	+12.75
TBU	Nuku'alofa	Second 31	+13
CXI	Kiritimati	Second 33	+14
BAR	Baker Island	Second 36	-12
PPG	Pago Pago	Second 38	-11
HNL	Honolulu	Second 40	-10
-	(Marquesas Islands)	Second 41	-9.5
ANC	Anchorage	Second 42	-9
LAX	Los Angeles	Second 44	-8
DEN	Denver	Second 46	-7
CHI	Chicago	Second 48	-6
NYC	New York	Second 50	-5
-	(Caracas)	Second 51	-4.5
YHZ	Halifax	Second 52	-4
-	(St. John's)	Second 53	-3.5
RIO	Rio de Janeiro	Second 54	-3
FEN	Fernando de Noronha	Second 56	-2
RAI	Praia	Second 58	-1

● The information in the above table is current as of December 2014.

Summer Time Table

When [AT (AUTO)] is selected for a city that observes summer time, switching between standard time and summer time will be performed automatically at the timing shown in the table below.

Note

- If the summer time start and end dates for your current location have been changed from those indicated in the table, you will need switch between "STD" and "DST" manually.
- In the case of a time zone for which no city name is displayed, you can automatically switch between standard time and summer time by acquiring GPS position information.

City Name	Summer Time Start	Summer Time End
London	01:00, last Sunday in March	02:00, last Sunday in October
Paris	02:00, last Sunday in March	03:00, last Sunday in October
Athens	03:00, last Sunday in March	04:00, last Sunday in October
Sydney	02:00, first Sunday in October	03:00, first Sunday in April
Wellington	02:00, last Sunday in September	03:00, first Sunday in April
Anchorage	02:00, second Sunday in March	02:00, first Sunday in November
Los Angeles	02:00, second Sunday in March	02:00, first Sunday in November
Denver	02:00, second Sunday in March	02:00, first Sunday in November
Chicago	02:00, second Sunday in March	02:00, first Sunday in November
New York	02:00, second Sunday in March	02:00, first Sunday in November
Halifax	02:00, second Sunday in March	02:00, first Sunday in November
Rio de Janeiro	00:00, third Sunday in October	00:00, third Sunday in February or 00:00, fourth Sunday in February

● The information in the above table is current as of December 2014.

Map Data Source

This watch uses the map database of Tokyo Cartographic Co., Ltd.

Function Limitations

● How temperature affects watch functions

This functions below are disabled while the temperature of the watch is less than approximately -10°C (14°F) or greater than approximately 60°C (140°F).

- GPS signal and time calibration signal receive operation
- Solar charging
- Sounds (alarms, etc.)
- Illumination Light
- Hand and day indicator alignment adjustment

Troubleshooting

Signal Reception (GPS)

Q1 The watch cannot perform a receive operation.

Is the watch's battery charged?

Signal reception is not possible while battery power is low. Keep the watch exposed to light until it recharges sufficiently.

↙ [Charging the Watch](#)

Is the watch in the Timekeeping Mode (not Airplane Mode)?

Signal reception is possible only while the watch is in the Timekeeping Mode (not Airplane Mode).

↙ [Navigating Between Modes](#)

After checking the above, the watch still cannot perform a receive operation.

GPS signal reception is not possible under the conditions described below.

- During power saving
- While the crown is pulled out
- Timer countdown operation in progress
- While the watch temperature is less than approximately -10°C (14°F) or more than approximately 60°C (140°F)

Q2 The second hand remains at "T+P" or "T(TIME)" during the signal receive operation.

The watch may be receiving leap second information.

↙ [Leap Second Reception](#)

Q3 The signal receive operation always fails.

Is the watch in a location that is appropriate for signal reception?

Check your surroundings and move the watch to a location where signal reception is better.

↙ [Appropriate Signal Reception Location](#)

Is the face of the watch pointed straight upwards at the sky?

Minimize movement of the watch while the receive operation is in progress. When the watch is set up for auto receive, take care to avoid covering the watch face with the sleeve of your clothing.

An alarm started sounding while the receive operation was in progress.

Receive stops if an alarm operation starts while it is being performed. Disable the alarm.

↙ [Enabling/Disabling the Alarm](#)

Q4 Signal reception should have been successful, but the watch's time and/or day is wrong.

Is your Home City (time zone) setting correct for your location?

Change your Home City (time zone) setting so it correctly indicates your location.

↙ [Acquiring GPS Position Information Manually](#)

↙ [Selecting a Time Zone](#)

Do the hand and/or day indicator look out of alignment?

Correct hand and day indicator alignment.

↙ [Adjusting Hand and Day Indicator Alignment](#)

After checking the above, the time and/or day settings is still wrong.

Adjust time and day settings manually.

Signal Reception (Time Calibration Signal)

Q1 The watch cannot perform a receive operation.

Is the watch's battery charged?

Signal reception is not possible while battery power is low. Keep the watch exposed to light until it recharges sufficiently.

↪ [Charging the Watch](#)

Is the watch in the Timekeeping Mode (not Airplane Mode)?

Signal reception is possible only while the watch is in the Timekeeping Mode (not Airplane Mode).

↪ [Navigating Between Modes](#)

Is your Home City (time zone) setting correct for your location?

The watch will not indicate the correct time if the Home City (time zone) setting is wrong. Change your Home City (time zone) setting so it correctly indicates your location.

↪ [Acquiring GPS Position Information Manually](#)

↪ [Selecting a Time Zone](#)

After checking the above, the watch still cannot perform a receive operation.

Time calibration signal reception is not possible under the conditions described below.

- When watch is at Level 2 power saving
- When the crown is pulled out
- Timer countdown operation in progress
- While the watch temperature is less than approximately -10°C (14°F) or more than approximately 60°C (140°F)

If successful reception is not possible for some reason, you can adjust the time and day settings manually.

Q2 The signal receive operation always fails.

Is the watch in a location that is appropriate for signal reception?

Check your surroundings and move the watch to a location where signal reception is better.

↪ [Appropriate Signal Reception Location](#)

Did you avoid touching the watch while the receive operation was in progress?

Minimize movement of the watch and do not perform any watch operation while a receive operation is in progress.

Is there an alarm configured to sound during the same period that the signal receive operation is performed?

Receive stops if an alarm operation starts while it is being performed. Disable the alarm.

↪ [Enabling/Disabling the Alarm](#)

Is the signal transmitter in your area transmitting a signal?

The transmitter of the time calibration may not be transmitting a signal. Try again later.

Q3 Signal reception should have been successful, but the watch's time and/or day is wrong.

Do the hand and/or day indicator look out of alignment?

Correct hand and day indicator alignment.

↪ [Adjusting Hand and Day Indicator Alignment](#)

After checking the above, the time and/or day settings is still wrong.

Adjust time and day settings manually.

↪ [Adjusting Time Settings Manually](#)

Alarms

Q1 The alarm does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

↪ [Charging the Watch](#)

The crown is pulled out.

The alarm will not sound while the crown is pulled out. Push the crown back in to its normal position.

Is the alarm enabled?

Enable the alarm.

↪ [Enabling/Disabling the Alarm](#)

Hand Movement and Indications

Q1 I don't know what mode the watch is in.

Hold down (C) for at least two seconds to return to the Timekeeping Mode.

- Take care not to hold down (C) too long. Holding down (C) for about four seconds will enter or exit the Airplane Mode.

↪ [Navigating Between Modes](#)



Q2 The second hand is jumping at two-second or five-second intervals.

Battery power is low. Keep the watch exposed to light until it recharges sufficiently.

↪ [Charging the Watch](#)

Q3 All hands are stopped and buttons do not work.

The battery is dead. Keep the watch exposed to light until it recharges sufficiently.

↪ [Charging the Watch](#)

Q4 The hands suddenly start moving at high speed.

This is due to one of the reasons below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- The watch is recovering from a power saving state.

[🔗 Power Saving Function](#)

- The hands are moving to their new positions following a GPS signal or time calibration signal receive operation.

[🔗 Time Adjustment \(GPS, Time Calibration Signal\)](#)

Q5 Hands are stopped and buttons do not work.

The watch is in the charge recovery mode. Wait until the recovery process is complete (for about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

Q6 Why is the current time indicated by the watch is off by a certain amount of time (nine hours, three hours and 15 minutes, etc.)?

The city (time zone) setting is not correct. Select the correct setting.

[🔗 Acquiring GPS Position Information Manually](#)

[🔗 Selecting a Time Zone](#)

Q7 The current time indicated by the watch is off by one hour or 30 minutes.

The summer time setting is not correct. Select the correct setting.

[🔗 Acquiring GPS Position Information Manually](#)

[🔗 Selecting a Time Zone](#)

Q8 Hands and/or the day indicator is out of alignment.

Strong magnetism or impact may cause the hands of the watch to go out of alignment. Correct hand position alignment.

[🔗 Adjusting Hand and Day Indicator Alignment](#)

Crown Operations

Q1 Nothing happens when I rotate the crown.

If you do not perform any operation for about two minutes after pulling out the crown (approximately 30 minutes in the case of hand and day indicator alignment operations), crown operations will automatically become disabled. Push the crown back in to its normal position and then pull it out again.

[🔗 Using the Crown](#)