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Operating Precautions

● Water Resistance

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

Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	No
Windsurfing	No
Skin diving	No

Enhanced Water Resistance Under Daily Use

5 Atmospheres

Marking on watch front or on back cover	5BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	No
Skin diving	No

10 Atmospheres

Marking on watch front or on back cover	10BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

20 Atmospheres

Marking on watch front or on back cover	20BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.
- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
 - Do not operate the crown or buttons while your watch is submerged in water or wet.
 - Avoid wearing your watch while in the bath.
 - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
 - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).
- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.
- Band**
 - Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
 - Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
 - Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

● Temperature

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

● Impact

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

● Magnetism

- Though this watch is designed to maintain normal performance in DC magnetic fields up to 4800 A/m, it should not be allowed to come into contact with or be located close to a source of strong magnetism (audio speakers, magnetic necklace, cell phone, etc.) Sources of strong magnetism can affect the motor that moves the hands of the watch, causing them to slow down, speed up, or stop, resulting in the incorrect time being displayed.
- Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch and damage to electronic components.

● Electrostatic Charge

- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.
- Electrostatic charge can cause the display to go blank momentarily or cause a rainbow effect on the display.

● Chemicals

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

● Storage

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

● Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

● Leather Band

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

CAUTION:

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

● Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

● Bacteria and Odor Resistant Band

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

● Liquid Crystal Display

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

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

User Maintenance

● Caring for Your Watch

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

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

● Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
 - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

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

Skin Irritation

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

Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the “Specifications”. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

● Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life noted in the “Specifications”. Note that you will be charged for replacement of this battery, even if replacement is required within your watch’s warranty period.

● Low Battery Power

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

Watch Features

- **World Time**

You can display the current time in any one of 48 cities around the globe, as well as for UTC (Coordinated Universal Time).

- **Stopwatch**

Measures elapsed time up to 100 hours in 1/1000 of a second units.

- **Timer**

Countdown from a start time specified by you. An alarm sounds when the countdown reaches zero.

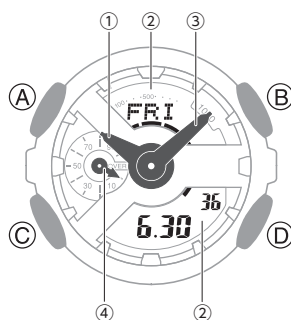
- **Alarm**

An alarm sounds whenever a time specified by you is reached.

Note

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

General Guide



- ① Hour hand
- ② LCD
- ③ Minute hand
- ④ Speed Hand

Each time you measure elapsed time in the Stopwatch Mode, this hand indicates less than the hundreds digit of the speed calculated by dividing the specified distance by the measured elapsed time.

A button

Holding down this button for at least three seconds in the Timekeeping Mode displays the setting screen.

Pressing this button while any setting screen is displayed exits the setting screen.

B button

Press to turn on illumination.

Pressing this button while any setting screen is displayed will change the setting.

C button

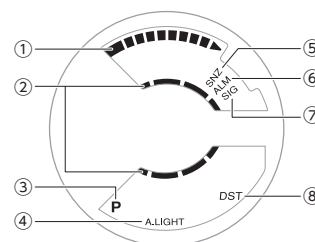
Each press cycles between watch modes.

D button

Pressing this button in the Timekeeping Mode cycles between displays.

Pressing this button while any setting screen is displayed will change the setting.

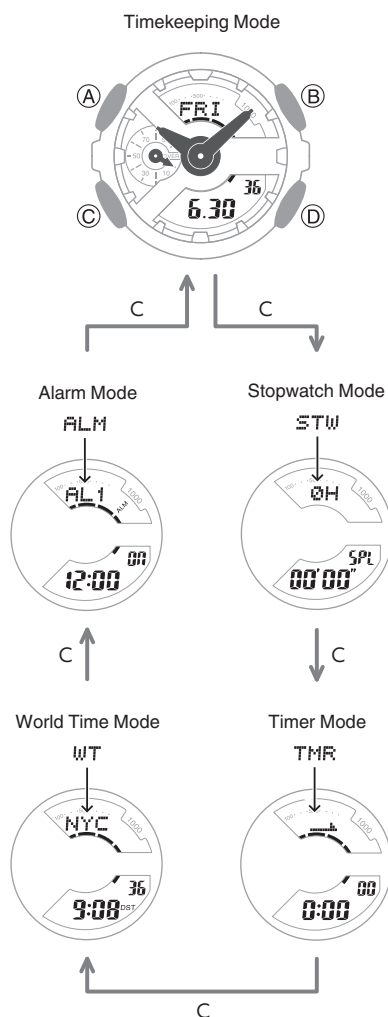
Watch Face and Display Indicators



- ① In the Stopwatch Mode, indicates the hundreds digit of the speed.
- ② Shows seconds as they elapse. In the Stopwatch Mode, this indicator shows elapsing seconds in 1/10 of a second units.
- ③ Displayed during p.m. times while 12-hour timekeeping is being used.
- ④ Displayed while Auto Light is enabled.
- ⑤ Displayed while snooze is turned on.
- ⑥ Displayed while an alarm is turned on.
- ⑦ Displayed while the hourly time signal is enabled.
- ⑧ Displayed while the watch is indicating summer time.

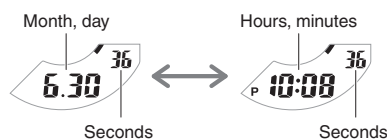
Navigating Between Modes

Each press of (C) cycles between watch modes.



Cycling Between Timekeeping Mode Digital Display Contents

Each press of (D) in the Timekeeping Mode cycles the display information as shown below.

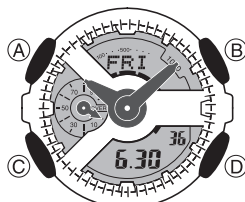


Viewing the Face in the Dark

The watch has an LED light that you can turn on for reading in the dark.

To illuminate the face manually

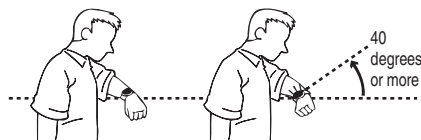
Press (B) to illuminate the face and digital display.



- Illumination will turn off automatically if an alarm starts to sound.

To illuminate the face when Auto Light is enabled

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



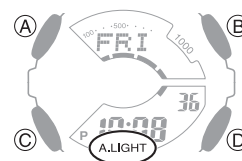
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

Note

- Auto Light is disabled when any one of the conditions below exists.
 - Alarm, timer alert, or other beeper sounding

Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.
 - ◉ [Navigating Between Modes](#)
2. Hold down (B) for at least three seconds to toggle Auto Light between enabled and disabled.
 - [A.LIGHT] is displayed while Auto Light is enabled.



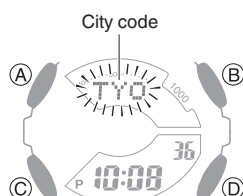
Note

- If you do not disable it manually, Auto Light remains enabled for approximately six hours. After that, it becomes disabled automatically.

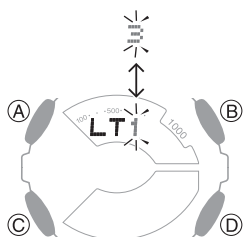
● Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least three seconds.
 Release the button when the city code starts to flash.



3. Press (C) nine times.
 [LT] appears on the display with [1] or [3] flashing.
4. Press (D) to select an illumination duration.
 [LT1]: 1.5-second light
 [LT3]: 3-second light



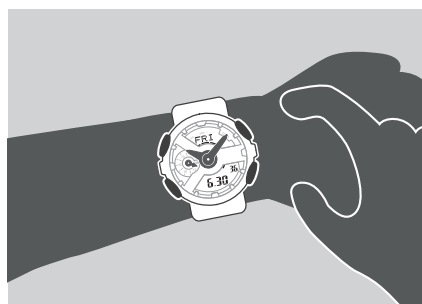
5. Press (A) to complete the setting operation.

Note

- If you do not perform any operation for two or three minutes while the setting screen is displayed, the watch automatically returns to the Timekeeping Mode.

Time Adjustment

Use the procedures in this section to adjust the date and time settings.



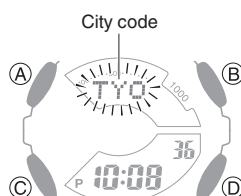
Adjusting the Current Time Setting

Use the procedures below to adjust the current date and time settings, and to select a Home City.

● Setting a Home City

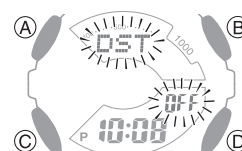
Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summer time, you can also configure a summer time setting.

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least three seconds.
 Release the button when the city code starts to flash.



3. Use (B) and (D) to change the Home City setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
 - For details refer to the information below.
[🔍 City Table](#)

4. Press (C).
5. Use (D) to change the summer time setting.
 - [OFF]
 The watch always indicates standard time.
 - [On]
 The watch always indicates summer time.



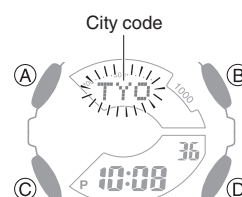
6. Press (A) to complete the setting operation.

Note

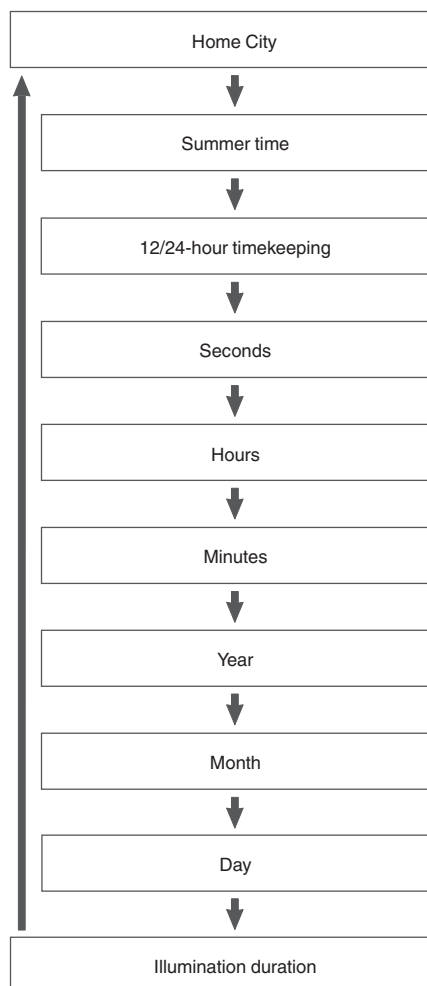
- If you do not perform any operation for two or three minutes while the setting screen is displayed, the watch automatically returns to the Timekeeping Mode.

● Setting the Time/Date

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least three seconds.
 Release the button when the city code starts to flash.



- Keep pressing (C) until the setting you want to change is flashing.
 - Each press of (C) moves the flashing to the next setting in the sequence shown below.



- Configure the date and time settings.
 - To reset the seconds to 00: Press (D). 1 is added to the minutes when the current count is between 30 and 59 seconds.
 - For all the other settings, use (B) and (D) to change the flashing setting. Holding down (B) or (D) scrolls through settings at high speed.
- Repeat steps 3 and 4 to select time and date settings.
- Press (A) to complete the setting operation.

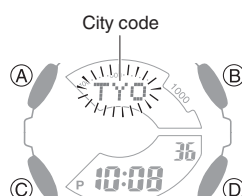
Note

- If you do not perform any operation for two or three minutes while the setting screen is displayed, the watch automatically returns to the Timekeeping Mode.

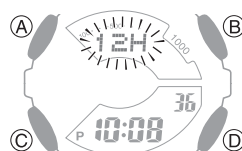
Switching between 12-hour and 24-hour Timekeeping

You can specify either 12-hour format or 24-hour format for the time display.

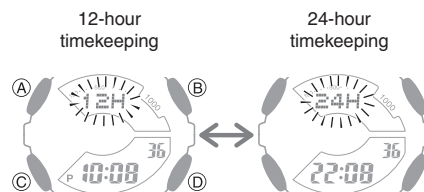
- Enter the Timekeeping Mode.
 - [Navigating Between Modes](#)
- Hold down (A) for at least three seconds. Release the button when the city code starts to flash.



- Press (C) twice. This causes [12H] or [24H] to flash on the display.



- Press (D) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).



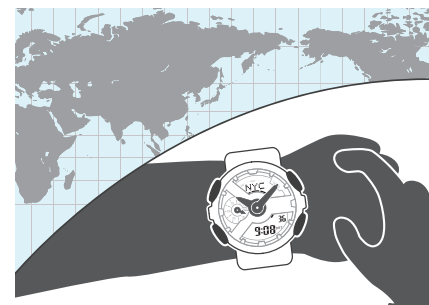
- Press (A) to complete the setting operation.

Note

- If you do not perform any operation for two or three minutes while the setting screen is displayed, the watch automatically returns to the Timekeeping Mode.

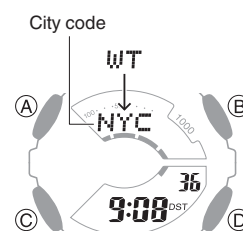
World Time

World Time lets you look up the current time in any one of 48 cities around the globe, and UTC (Coordinated Universal Time).



Checking World Time

- Enter the World Time Mode.
 - [Navigating Between Modes](#)
 Entering the World Time Mode displays the city code of the currently selected World Time city.
 - Each press of (D) scrolls through city codes.
 - Press (A) to display the World Time City date. The timekeeping display will reappear after about one second.
 - For information about city codes, see the information below.
 - [City Table](#)



Specifying a World Time City

Use the procedure in this section to select a World Time city. If you are in an area that observes summer time, you can also configure a summer time setting.

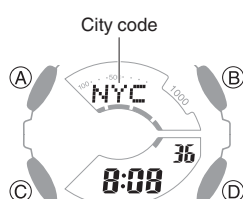
1. Enter the World Time Mode.

[Navigating Between Modes](#)

2. Press (D) to display the city code of the currently selected city.

- Holding down (D) scrolls through settings at high speed.
- For information about city codes, see the information below.

[City Table](#)



3. If you want to configure the summer time setting, hold down (A) for at least three seconds.

[DST] is displayed along with summer time.

- Each time you hold down (A) for at least three seconds, the setting toggles between standard time and summer time.

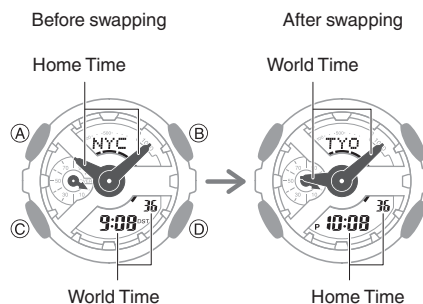


Note

- The summer time setting you configure is applied to the currently selected city only. It does not affect other cities.

Swapping Your Home Time and World Time

In the World Time mode, press (A) and (B) at the same time to swap your Home City time with your World Time.



Alarm

The watch will beep when the alarm time is reached. You can configure up to four standard daily alarms, and one daily alarm with snooze. The hourly time signal causes the watch to beep every hour on the hour.

- Snooze causes the alarm to sound up to seven times, at five-minute intervals.

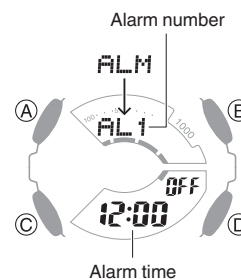


Configuring Alarm Settings

1. Enter the Alarm Mode.

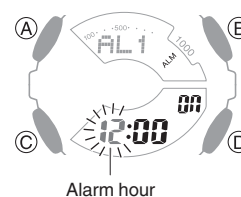
[Navigating Between Modes](#)

2. Press (D) to scroll through alarms ([AL1] to [AL4], [SNZ]) until the one you want to configure is displayed.



3. Hold down (A) for at least three seconds. Release the button when the hour digits start to flash.

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.



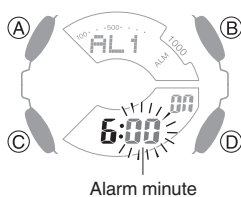
4. Use (B) and (D) to change the hour setting.

- Holding down (B) or (D) scrolls through settings at high speed.
- If you are using 12-hour timekeeping, [P] indicates p.m.



5. Press (C).

This causes the minutes digits to flash.



6. Use (B) and (D) to set the minute setting.

7. Press (A) to exit the alarm time setting screen.

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

● To stop the alarm

Pressing any button while the beeper is sounding stops it.

Snooze causes the alarm to sound up to seven times, at five-minute intervals. To cancel a snooze alarm, turn [SNZ] off.

🔍 Turning Off an Alarm or the Hourly Time Signal

Note

- A beeper sounds for 10 seconds when an alarm time is reached.
- The watch will automatically return from the Alarm Mode to the Timekeeping Mode if you do not perform any operation for about two or three minutes.

Enabling the Hourly Time Signal

1. Enter the Alarm Mode.

🔍 Navigating Between Modes

2. Use (D) to display the hourly time signal screen ([SIG]).



3. Press (A) to toggle the hourly time signal between enabled and disabled.

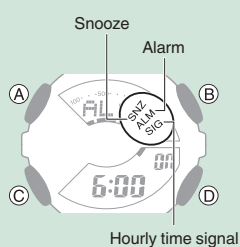
Turning Off an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

- To have an alarm or hourly time signal sound again, turn it back on.

Note

- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.

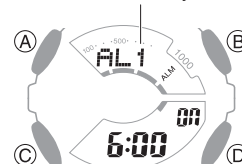


1. Enter the Alarm Mode.

🔍 Navigating Between Modes

2. Use (D) to scroll through the alarm ([AL1] to [AL4], [SNZ]) and hourly time signal ([SIG]) screens until the one you want to turn off is displayed.

Alarm number or hourly time signal



3. Press (A) to turn off the displayed alarm or the hourly time signal.

- Each press of (A) toggles between on and off.
- Turning off all alarms will cause [ALM] (alarm) to disappear from the display, while disabling the hourly time signal causes [SIG] (hourly time signal) to disappear from the display.



Note

- If [ALM] (alarm) is still displayed, it means that another alarm is still turned on. To turn off all of the alarms, repeat steps 2 and 3 until the [ALM] (alarm) indicator is no longer displayed.

Stopwatch

The stopwatch measures elapsed time in units of 1/1000 second up to 99 hours, 59 minutes, 59.999 seconds (100 hours).

When this maximum limit is exceeded, elapsed time measurement returns to 0, and timing continues from there.

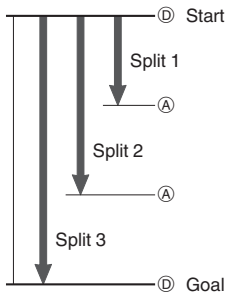
You need to specify a distance before you can perform speed measurements. If 0.0 is specified as the distance, 0 will be displayed for the speed.



Split Times and Lap Times

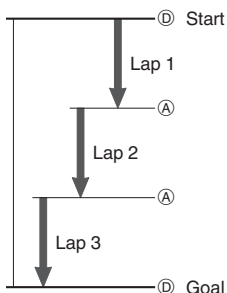
● Split time

A split time is the time elapsed from the start, up to any point along the course of an event.



● Lap time

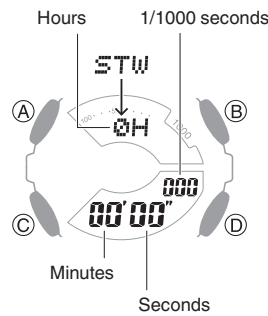
A lap time shows the time elapsed during a specific lap around a track, etc.



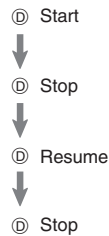
Measuring Elapsed Time

1. Enter the Stopwatch Mode.

🔍 Navigating Between Modes



2. Use the operations below to measure elapsed time.



Note

- The speed hand moves each time you stop a measurement operation. Wait until the hand stops moving before performing button operations.

3. Press (A) to reset the measurement time to all zeros.

Measuring a Split Time

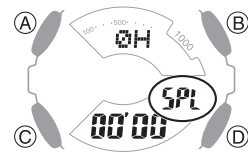
1. Enter the Stopwatch Mode.

🔍 Navigating Between Modes

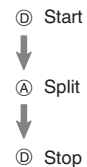
- If a stopwatch timing operation is in progress, press (D) to stop it and then press (A) to reset the stopwatch to all zeros before performing the operation in step 2.

2. Press (A) to display [SPL].

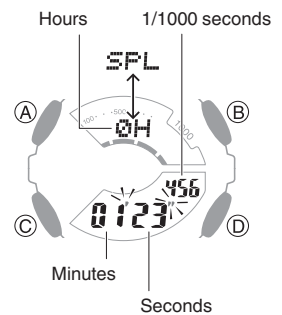
- Each press of (A) toggles between [SPL] (split time) and [LAP] (lap time).



3. Use the operations below to measure elapsed time.



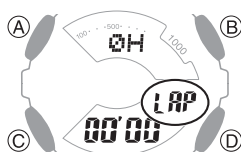
- Pressing (A) displays the hour of the elapsed time up to that point (split time), alternating with [SPL], for about 12 seconds.



4. Press (A) to reset the measurement time to all zeros.

Measuring Lap Times

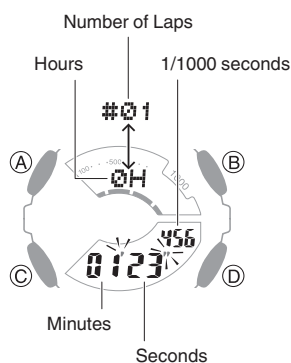
- Enter the Stopwatch Mode.
Navigating Between Modes
 - If a stopwatch timing operation is in progress, press (D) to stop it and then press (A) to reset the stopwatch to all zeros before performing the operation in step 2.
- Press (A) to display [LAP].
 - Each press of (A) toggles between [SPL] (split time) and [LAP] (lap time).



- Use the operations below to measure elapsed time.



- Each time you press (A), the watch displays the hour of the elapsed (lap time) for each lap, alternating with the lap number, for about 12 seconds.



- Press (A) to reset the measurement time to all zeros.

Specifying the Distance

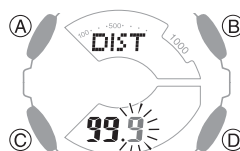
Before measuring speed, specify a distance. The distance setting range is 0.1 to 99.9. The unit of distance is not specified.

- Enter the Stopwatch Mode.
Navigating Between Modes
- Hold down (A) for at least three seconds. Release the button when the integer part of the distance value starts to flash.



- Use (B) and (D) to specify the integer part of the distance value.
- Press (C).

This causes the decimal part of the distance value to flash.



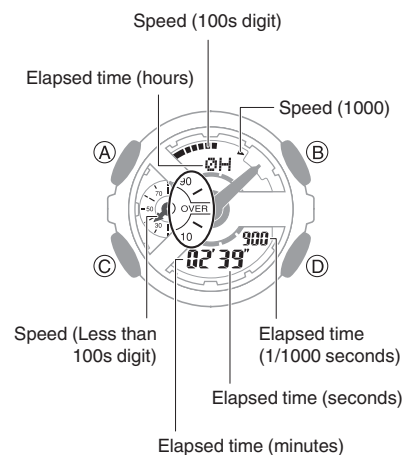
- Use (B) and (D) to specify the decimal part of the distance value.
- Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Viewing the Speed Display

When measuring the elapsed time in Stopwatch Mode, the speed value is obtained by dividing the specified distance by the measured elapsed time (in hours).



- The 100s digit is indicated by the upper speed (100s digit) graphic.
- If it exceeds 1000, the [▲] 1000 graphic is displayed.
- Values less than the 100s digit are indicated by the speed hand. Only even numbers are indicated.

Example:

When the speed is 1740, the [▲] 1000 graphic is displayed.

The upper speed (100s digit) graphic shows 700.

The speed hand points to 40.

- Speeds can be indicated in the range of 0 to 1998. [OVER] is displayed for speeds greater than 1998.

Note

- If you specify a distance of 0.0, 0 will be shown for the speed. At this time, the speed hand makes one revolution and returns to the 0 position.
- Button operations are disabled while the speed hand is moving.

Timer

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



● Using a Timer

Your watch provides you with two different types of timers. Select the timer you want to suit your needs.

● Repeat Timer

With the Repeat Timer, countdown stops and the start time setting appears when the end of the countdown is reached. The Repeat Timer comes in handy when you need to perform the same countdown operation a number of times.

● Auto Repeat Timer

With Auto Repeat Timer, the countdown operation is automatically restarted from the start time when the end of the countdown is reached. This continues until you stop the countdown operation.

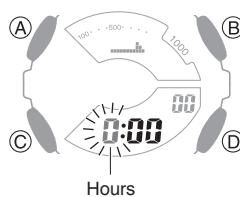
Setting the Countdown Start Time

The countdown start time can be set in 1-minute units up to 24 hours.

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

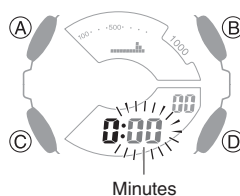
🔍 [Using the Timer](#)

1. Enter the Timer Mode.
🔍 [Navigating Between Modes](#)
2. Hold down (A) for at least three seconds. Release the button when the hour digits start to flash.



3. Use (B) and (D) to change the timer hours setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
4. Press (C).

This causes the minutes digits to flash.



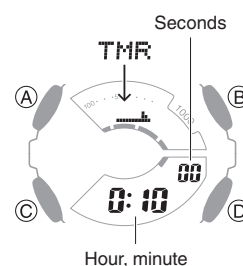
5. Use (B) and (D) to change the minutes setting.
6. Press (C).
7. Press (D) to select Repeat Timer or Auto Repeat Timer.
 - Each press of (D) toggles between [] (Repeat Timer) and [] (Auto Repeat Timer).
8. Press (A) to complete the setting operation.

Note

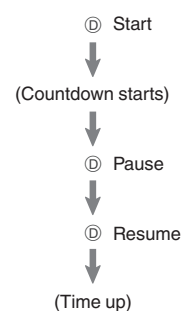
- Setting a start time of "0:00" will perform a countdown of 24 hours.
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Using the Timer

1. Enter the Timer Mode.
🔍 [Navigating Between Modes](#)



2. Use the operations below to perform a timer operation.



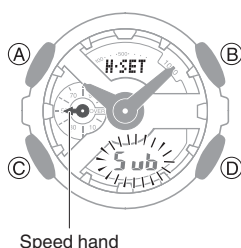
- A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.
 - You can reset a paused countdown to its start time, by pressing (A).
3. Press any button to stop the tone.

Hand Alignment Adjustment

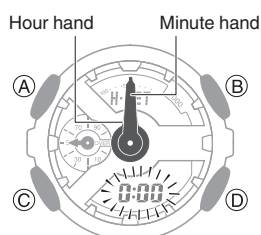
Strong magnetism or impact can cause the time indicated by the analog hands to become different from the time on the digital display. If this happens, adjust hand alignment.

Adjusting Hand Alignment

1. Enter the Timekeeping Mode.
🔍 Navigating Between Modes
2. Hold down (D) for at least three seconds. Release the button when [Sub] starts to flash.
 This enables adjustment of the speed hand.



3. If the speed hand is not aligned with 9 o'clock, use (D) to align it.
4. Press (C).
 This enables adjustment of the hour and minute hands.



5. If the hour and minute hands are not at 12 o'clock, use (B) and (D) to align them.
6. Press (A) to complete the setting operation.

Note

- During hand alignment adjustment, the watch automatically returns to the Timekeeping Mode after two or three minutes of non-operation.

Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

City Table

City	Offset
UTC	Coordinated Universal Time
LIS	Lisbon
LON	London
MAD	Madrid
PAR	Paris
ROM	Rome
BER	Berlin
STO	Stockholm
ATH	Athens
CAI	Cairo
JRS	Jerusalem
MOW	Moscow
JED	Jeddah
THR	Tehran
DXB	Dubai
KBL	Kabul
KHI	Karachi
DEL	Delhi
DAC	Dhaka
RGN	Yangon
BKK	Bangkok
SIN	Singapore
HKG	Hong Kong
BJS	Beijing
TPE	Taipei
SEL	Seoul
TYO	Tokyo
ADL	Adelaide
GUM	Guam
SYD	Sydney
NOU	Noumea
WLG	Wellington
PPG	Pago Pago
HNL	Honolulu
ANC	Anchorage
YVR	Vancouver
LAX	Los Angeles
YEA	Edmonton
DEN	Denver
MEX	Mexico City
CHI	Chicago
MIA	Miami
YTO	Toronto
NYC	New York
SCL	Santiago
YHZ	Halifax

City	Offset
YYT	St. John's
RIO	Rio de Janeiro
RAI	Praia

- The information in the above table is current as of July 2022.
- Time zones may change and UTC differentials may become different from those shown in the table above.

Specifications

Accuracy at normal temperature :

±15 seconds a month

Timekeeping :

Analog

Hour, minute (moves every 20 seconds)

Digital

Hour, minute, second, month, day, day of the week

a.m./p.m.(P)/24-hour timekeeping

Full Auto Calendar (2000 to 2099)

Summer Time

World Time :

48 cities (29 time zones) and Coordinated

Universal Time (UTC)

Summer time

Home Time swapping

Stopwatch :

Measurement unit: 1/1000 seconds

Measuring range: 99:59'59.999" (100 hours)

Measurement Functions:

Elapsed time, cumulative time, split times, lap times

Speed Display: 0 to 1998 units/hour

Timer :

Measuring unit: 1 second

Measuring range: 24 hours

Time setting unit: 1 minute

Time setting range: 1 minute to 24 hours

Repeat Timer, Auto Repeat Timer switching

10-second beeper when the end of the

countdown is reached

Alarm :

Time alarm

Number of alarms

5 alarms (with one snooze alarm)

Setting units

Hours, minutes

Alarm tone duration: 10 seconds

Hourly time signal: Beep every hour on the hour

Illumination :

LED light (Auto Light, afterglow, 1.5 or 3-second selectable illumination duration)

Other :

Auto-return

Power Supply :

CR1220 x 1

Battery life: Approximately 2 years

Conditions:

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Specifications are subject to change without notice.

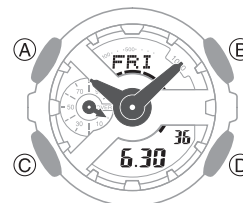
Troubleshooting

Indicators and Current Time

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

Use (C) to navigate between modes.

[🔍 Navigating Between Modes](#)



Q2 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 setting is not correct. Select the correct setting.

[🔍 Setting a Home City](#)

Q3 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.

[🔍 Setting a Home City](#)

Q4 The time indicated by the hands is different from the digital time.

Strong magnetism or impact can cause the hands to go out of alignment. Adjust hand alignment.

[🔍 Hand Alignment Adjustment](#)

World Time

Q1 The time for a World Time City is not correct.

The summer time setting (standard time/summer time) is wrong.

[🔍 Specifying a World Time City](#)

Alarm and Hourly Time Signal

Q1 An alarm does not sound.

The alarm's settings may not be configured.
Configure the alarm settings.

🔗 [Configuring Alarm Settings](#)

Q2 The hourly time signal does not sound.

The hourly time signal may be disabled.
Enable the hourly time signal.

🔗 [Enabling the Hourly Time Signal](#)

Other

Q1 I can't find the information I need here.

Visit the website below.

<https://world.casio.com/support/>