Operation Guide 3023

CASIO®

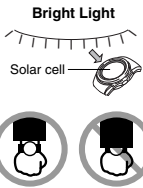## Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to read this manual carefully.
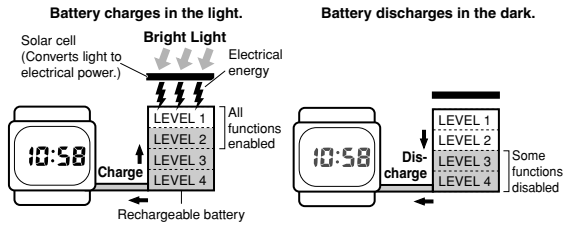
Keep the watch exposed to bright light

Bright Light

Solar cell

The electricity generated by the solar cell of the watch is stored by a built-in battery. Leaving or using the watch where it is not exposed to light causes the battery to run down. Make sure the watch is exposed to light as much as possible.
• When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
• You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is only partially covered.
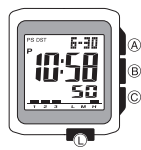
• The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will cause some watch functions to be disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep it exposed to light as much as possible.

Battery charges in the light.

Solar cell (Converts light to electrical power.)

Bright Light

Electrical energy

LEVEL 1
LEVEL 2
LEVEL 3
LEVEL 4

All functions enabled

Charge

Rechargeable battery

Battery discharges in the dark.

Dis-charge

LEVEL 1
LEVEL 2
LEVEL 3
LEVEL 4

Some functions disabled

• The actual level at which some functions are disabled depends on the watch model.
• Frequent display illumination can quickly run down the battery and require charging. The following guidelines give an idea of the charging time required to recover from a single illumination operation.
  Approximately 5 minutes exposure to bright sunlight coming in through a window
  Approximately 50 minutes exposure to indoor fluorescent lighting
• **Be sure to read "Power Supply" for important information you need to know when exposing the watch to bright light.**

If the display of the watch is blank...
If the display of the watch is blank, it means that the watch's Power Saving function has turned off the display to conserve power.
• **See "Power Saving Function" for more information.**

About This Manual

(Light)

(Light)

• Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
• Button operations are indicated using the letters shown in the illustration.
• Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.
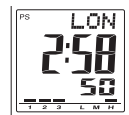
General Guide

• Press Ⓑ to change from mode to mode.
• In any mode (except when a setting screen is on the display), press Ⓛ to illuminate the display.
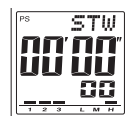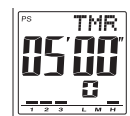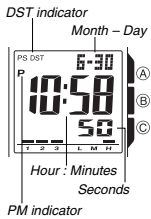
Timekeeping Mode

Press Ⓑ.

World Time Mode

LON
2:58
58

Alarm Mode

AL1
12:00

Stopwatch Mode

STW
00'00"
00

Countdown Timer Mode

TMR
05'00"
0

Radio-controlled Atomic Timekeeping

DST indicator

Month – Day

6-30
10:58
58

Hour : Minutes

Seconds

PM indicator

This watch receives a time calibration signal and updates its time setting accordingly. The time calibration signal includes both Standard Time and Daylight Saving Time (summer time) data.
• This watch is designed to pick up the time calibration signal transmitted from Fort Collins, Colorado (USA). Reception is possible within North America*.
  * *The term "North America" in this User's Guide refers to the area that consists of Canada, the continental United States, and Mexico.*

Current Time Setting
This watch adjusts its time setting automatically in accordance with a time calibration signal. You can also perform a manual procedure to set the time and date, when necessary.

• The first thing you should do after purchasing this watch is to set your Home City, which is the city where you will use the watch normally. For more information, see "To set your Home City" below.
• When using the watch outside of the range of the transmitter in Fort Collins, you need to adjust the time manually as required. See "Timekeeping" for information about manual settings.

To set your Home City
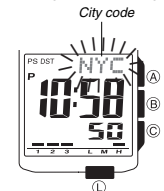
City code

NYC
10:58
58

1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Use Ⓒ (east) and Ⓛ (west) to select the city code you want to use as your Home City.
   • The following are the city codes for major cities in North America.
     YVR : Vancouver
     LAX : Los Angeles, San Francisco, Las Vegas, Seattle/Tacoma, Tijuana
     YEA : Edmonton
     DEN : Denver, El Paso, Culiacan
     MEX : Mexico City
     YWG : Winnipeg
     CHI : Chicago, Houston, Dallas/Fort Worth, New Orleans
     MIA : Miami
     YTO : Toronto
     NYC : New York, Detroit, Boston, Montreal
     YHZ : Halifax
     YYT : St. Johns
3. Press Ⓐ to exit the setting screen.

Important!
• Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You also can perform manual receive or you can set the time manually.
• If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.

Time Calibration Signal Reception
There are two different methods you can use to receive the time calibration signal: auto receive and manual receive.
• **Auto Receive**
  With auto receive, the watch picks up the time calibration signal automatically six times a day at midnight, 1:00 a.m., 2:00 a.m., 3:00 a.m., 4:00 a.m., and 5:00 a.m. For more information, see "About Auto Receive".
• **Manual Receive**
  Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see "To perform manual receive".

Important!
• When getting ready to receive the time calibration signal, position the watch as shown in the nearby illustration, with its 12 o'clock side facing towards a window. Make sure there are no metal objects nearby.

Resin Band   Metal Band

• The watch should not be on its side or facing the wrong way.
• Proper signal reception can be difficult or even impossible under the conditions listed below.

Inside or among buildings

Inside a vehicle

Near household appliances or office equipment, or a mobile phone

Near a construction site, airport, or other sources of electrical noise

Near high-tension power lines

Among or behind mountains

- Signal reception is normally better at night than during the day.
- Time calibration signal reception takes from two to five minutes. Take care that you do not perform any button operations or move the watch during this time.
- This watch is designed to pick up the time calibration signal transmitted from Fort Collins, Colorado (USA).

Reception Range

Fort Collins

- At distances further than about 600 miles (1,000 kilometers) from the transmitter, signal reception may not be possible during certain times of year or times of day. Radio interference may also cause problems with reception.
- Even when the watch is within the reception range of the transmitter, signal reception is impossible if the signal is blocked by mountains or other geological formations between the watch and signal source.
- Signal reception is affected by weather, atmospheric conditions, and seasonal changes.
- See the information under "Signal Receive Troubleshooting" if you experience problems with time calibration signal reception.

About Auto Receive
When auto receive is turned on, the watch starts to receive the time calibration signal automatically when the time in the Timekeeping Mode reaches midnight, 1:00 a.m. , 2:00 a.m., 3:00 a.m., 4:00 a.m., and 5:00 a.m. (calibration times).
When any auto receive is successful, the remaining auto receive operations are not performed.

Note
- Auto receive works only while the watch is in the Timekeeping Mode or World Time Mode. Auto receive is not performed if an auto receive time is reached while an alarm is sounding, while a countdown timer operation is in progress, or if a setting screen (a screen with a flashing setting) is on the display.
- Auto receipt of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can receive the signal easily.
- When auto receive is turned on, the watch receives the calibration signal for two to five minutes everyday when the Timekeeping Mode time reaches each of the calibration times. Do not perform any button operation within five minutes before or after any one of the calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the time kept in the Timekeeping Mode. The receive operation will be performed whenever the display shows any one of the calibration times, regardless of whether or not the Timekeeping Mode time is actually the correct time.
- If more than one auto receive is successful, the watch uses the data from the last successful receive to adjust settings. When only one reception is successful, the watch uses the data of the successful reception.

About the Receiving Indicator
The receiving indicator shows the strength of the calibration signal being received. For best reception, be sure to keep the watch in a location where signal strength is strongest.

Receiving indicator

Weak (Level 0)   Strong (Level 3)
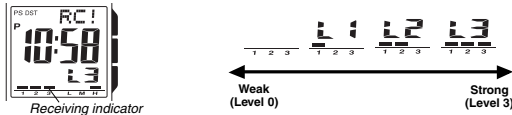
- Even in an area where signal strength is strong, it takes about 10 seconds for signal reception to stabilize enough for the receiving indicator to indicate signal strength.
- Use the receiving indicator as a guide for checking signal strength and for finding the best location for the watch during signal receive operations.
- Following reception of the time calibration signal and calibration of the watch's time setting, the Level 3 receiving indicator will remain on the display in all modes. The Level 3 receiving indicator will not be displayed if signal reception was unsuccessful or after you adjust the current time setting manually.
- The Level 3 receiving indicator is displayed only when the watch is able to receive both time and date data successfully. It does not appear when only time data is received.
- The Level 3 receiving indicator indicates that at least one of the auto calibration signal receive operations was successful. Note, however, that the Level 3 receiving indicator is cleared from the display at midnight each day.

To perform manual receive

Receiving indicator
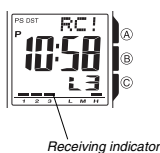
1. Place the watch on a stable surface so its top (12 o'clock side) is facing towards a window.
2. In the Timekeeping Mode, hold down Ⓒ for about two seconds until **RC!** appears on the display.
- Time calibration signal reception takes from two to five minutes. Take care that you do not perform any button operations or move the watch during this time.
- After signal reception is complete, the display of the watch changes to the Last Signal screen.

Note
- To interrupt a receive operation and return to the Timekeeping Mode, press Ⓒ.
- If the receive operation is unsuccessful, the message ERR appears on the display for about one or two minutes. After that, the watch returns to the Timekeeping Mode.
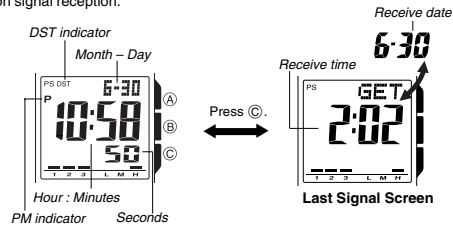- You can also change from the Last Signal or ERR screen to the normal timekeeping screen by pressing Ⓒ.

To turn auto receive on and off

On/Off status
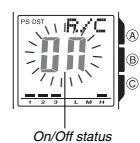
1. In the Timekeeping Mode, press Ⓒ to display the Last Signal screen.
2. Hold down Ⓐ until the current auto receive setting (**ON** or **OFF**) starts to flash. This is the setting screen.
- Note that the setting screen will not appear if the currently selected Home City is one that does not support time calibration reception.
3. Press Ⓒ to toggle auto receive on (**ON**) and off (**OFF**).
4. Press Ⓐ to exit the setting screen.
- For information about city codes that support signal receive, see "To set your Home City".

To display the Last Signal screen
In the Timekeeping Mode, press Ⓒ to display the Last Signal screen (indicated by GET). The Last Signal screen shows the date and time of the last successful time calibration signal reception.

DST indicator
Month – Day
Receive date
Receive time
Press Ⓒ.
Hour : Minutes
PM indicator   Seconds
Last Signal Screen

Signal Receive Troubleshooting
Check the following points whenever you experience problems with calibration signal reception.

Problem	Probable Cause	What you should do
Cannot perform manual receive.	• The watch is not in the Timekeeping Mode. • Your current Home City is not one of the following city codes: **YVR**, **LAX**, **YEA**, **DEN**, **MEX**, **YWG**, **CHI**, **MIA**, **YTO**, **NYC**, **YHZ**, or **YYT**.	• Enter the Timekeeping Mode and try again. • Select **YVR**, **LAX**, **YEA**, **DEN**, **MEX**, **YWG**, **CHI**, **MIA**, **YTO**, **NYC**, **YHZ**, or **YYT** as your Home City.
Auto receive is turned on, but the Level 3 receiving indicator does not appear on the display.	• You changed the time setting manually. • The watch was not in the Timekeeping or World Time Mode, or you performed some button operation during the auto receive operation. • Even if receive is successful, the Level 3 receiving indicator disappears every day at midnight. • Time data (hour, minutes, seconds) only was received during the last receive operation. The Level 3 receiving indicator appears only when time data and date data (year, month, day) are both received.	• Perform manual signal receive or wait until the next auto signal receive operation is performed. • Check to make sure the watch is in a location where it can receive the signal.
Time setting is incorrect following signal reception.	• If the time is one hour off, the DST setting may be incorrect. • The Home City code setting is not correct for the area where you are using the watch.	• Change the DST setting to Auto DST. • Select the correct Home City code.

- For further information, see "Important!" under "Time Calibration Signal Reception" and "Radio-controlled Atomic Timekeeping Precautions".

World Time

City code

Current time in selected city
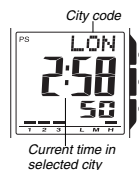
The World Time Mode shows you the current time in 48 cities (29 time zones) around the world.
- If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing Ⓑ.

To view the time in another city
While in the World Time Mode, press Ⓒ to scroll eastward through the city codes (time zones).
- For full information on city codes, see "City Code Table".

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

DST indicator

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

Alarms

Alarm number
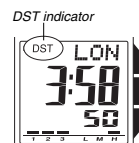
Alarm time (Hour : Minutes)

The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm.
Also use the Alarm Mode to turn the Hourly Time Signal (SIG) on and off.
- There are five alarms numbered AL1 through AL4, and SNZ. You can configure SNZ as a snooze alarm only. Alarms AL1 through AL4 can be used as one-time alarms only.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing Ⓑ.
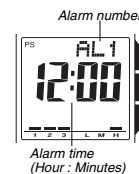
To set an alarm time

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

AL1 → AL2 → AL3
SIG ← SNZ ← AL4
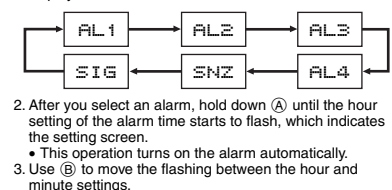
2. After you select an alarm, hold down Ⓐ until the hour setting of the alarm time starts to flash, which indicates the setting screen.
- This operation turns on the alarm automatically.
3. Use Ⓑ to move the flashing between the hour and minute settings.

2

4. While a setting is flashing, use Ⓒ (+) and Ⓛ (−) to change it.
5. Press Ⓐ to exit the setting screen.
• When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (**P** indicator).

Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off.
• Pressing any button stops the alarm tone operation.
• Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
 *Displaying the Timekeeping Mode setting screen*
  Displaying the snooze alarm setting screen

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

To turn an alarm on and off

Snooze alarm indicator

Alarm on indicator

1. In the Alarm Mode, use Ⓒ to select an alarm.
2. Press Ⓐ to toggle it on and off.
• Turning on a one-time alarm (ᴀʟ1, ᴀʟ2, ᴀʟ3, ᴀʟ4) displays the alarm on indicator on its Alarm Mode screen. Turning on the snooze alarm (ꜱɴᴢ) displays the alarm on indicator and snooze alarm indicator on its Alarm Mode screen.
• In all modes, the alarm on indicator is shown for any alarm that is turned on. When the snooze alarm is on, the snooze alarm indicator is displayed in all modes.
• The alarm on indicator flashes while the alarm is sounding.
• The snooze alarm indicator flashes during the 5-minute intervals between alarms.
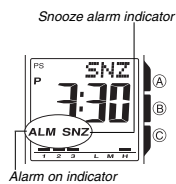
### To turn the Hourly Time Signal on and off

Hourly time signal on indicator

1. In the Alarm Mode, use Ⓒ to select the Hourly Time Signal (ꜱɪɢ).
2. Press Ⓐ to toggle it on (Hourly Time Signal on indicator displayed) and off (Hourly Time Signal on indicator not displayed).
• The Hourly Time Signal on indicator is displayed in all modes when the Hourly Time Signal is turned on.

Countdown Timer

Minutes 1/10 second Seconds
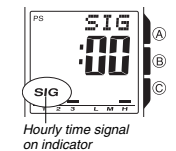
You can set the countdown timer within a range of one to 60 minutes. An alarm sounds when the countdown reaches zero.
• All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing Ⓑ.
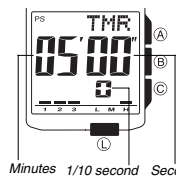
To set the countdown start time
1. While the countdown start time is on the display in the Countdown Timer Mode, hold down Ⓐ until the current countdown start time starts to flash, which indicates the setting screen.
   • If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
2. While a setting is flashing, use Ⓒ (+) and Ⓛ (−) to change it.
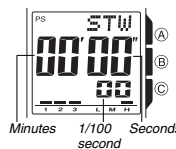3. Press Ⓐ to exit the setting screen.

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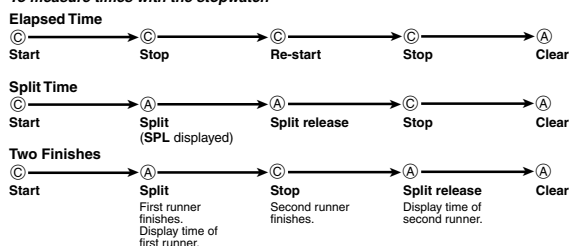
Stopwatch

Minutes 1/100 Seconds
second

The stopwatch lets you measure elapsed time, split times, and two finishes.
• The display range of the stopwatch is 59 minutes, 59.99 seconds.
• The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
• Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
• The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
• All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓑ.

To measure times with the stopwatch

Elapsed Time

Ⓒ	Ⓒ	Ⓒ	Ⓒ	Ⓐ
Start	Stop	Re-start	Stop	Clear

Split Time

Ⓒ	Ⓐ	Ⓐ	Ⓒ	Ⓐ
Start	Split (**SPL** displayed)	Split release	Stop	Clear

Two Finishes

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

Illumination

The watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.
• See "Illumination Precautions" for other important information.

To turn on illumination
In any mode (except when a setting screen is on the display), press Ⓛ to illuminate the display.
• You can specify 1.5 seconds or 2.5 seconds as the illumination duration. See "To set the time and date" for more information.

Power Supply

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

Solar cell

Example: Orient the watch so its face is pointing at a light source.
• The illustration shows how to position a watch with a resin band.
• Note that charging efficiency drops when any part of the solar cell is blocked by clothing, etc.
• You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is covered even partially.
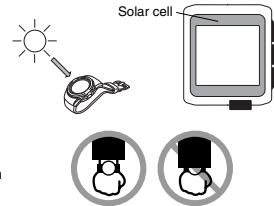
Important!
• Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Make sure that the watch is exposed normally to bright light whenever possible.
• This watch uses a special rechargeable battery to store power produced by the solar cell, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the special rechargeable battery to charge fully, contact your dealer or CASIO distributor about having it replaced.
• Never try to remove or replace the watch's special battery yourself. Use of the wrong type of battery can damage the watch.
• The current time and all other settings return to their initial factory defaults whenever battery power drops to Level 5 and when you have the battery replaced.
• Turn on the watch's Power Saving function and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.

Battery Power Indicator and Recover Indicator
The battery power indicator shows you the current power level of the rechargeable battery.

Recover indicator

Battery power indicator
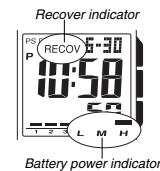
Level	Battery Power Indicator	Function Status
1	L M H	All functions enabled.
2	L M H	All functions enabled.
3	L M H	Auto and manual receive, beeper tone, and illumination disabled.
4	CHG (Charge Soon Alert) L M H	Auto and manual receive, beeper tone, illumination, and display disabled.
5	L M H	All functions, including timekeeping, disabled and initialized.

• The **LOW** indicator flashes on the display in the Timekeeping Mode when battery is at Level 3.
• The **LOW** indicator at Level 3 and the flashing charge indicator (**CHG**) at Level 4 tell you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
• At Level 5, all functions are disabled and settings return to their initial factory defaults. Functions are enabled once again after the rechargeable battery is charged, but you need to set the time and date, after the battery reaches Level 4 (indicated by the flashing charge indicator) from Level 5. You will not be able to configure any of the other settings until the battery reaches Level 3 (no charge indicator) after dropping to Level 5.
• Leaving the watch in direct sunlight or some other very strong light source can cause the battery power indicator to show a reading momentarily that is higher than the actual battery level. The correct battery power indicator should appear after a few minutes.
• If you use the light or alarms a number of times during a short period, the recover indicator (**RECOV**) appears and the following operations become disabled until battery power recovers.
  Illumination
  Beeper tone
  Time calibration signal reception
After some time, battery power will recover and the recover indicator will disappear, indicating that the above functions are enabled again.

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

Warning!
Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following conditions for long periods.
• On the dashboard of a car parked in direct sunlight
• Too close to an incandescent lamp
• Under direct sunlight

Charging Guide

After a full charge, timekeeping remains enabled for up to about 8 months.
• The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

Exposure Level (Brightness)	Approximate Exposure Time
Outdoor Sunlight (50,000 lux)	5 minutes
Sunlight Through a Window (10,000 lux)	24 minutes
Daylight Through a Window on a Cloudy Day (5,000 lux)	48 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

• Since these are the specs, we can include all the technical details.
  • Display on 18 hours per day, sleep state 6 hours per day
  • 1 illumination operation (1.5 seconds) per day
  • 10 seconds of alarm operation per day
  • 10 minutes of signal reception per day
• Stable operation is promoted by frequent charging.

Recovery Times

The table below shows the amount exposure that is required to take the battery from one level to the next.
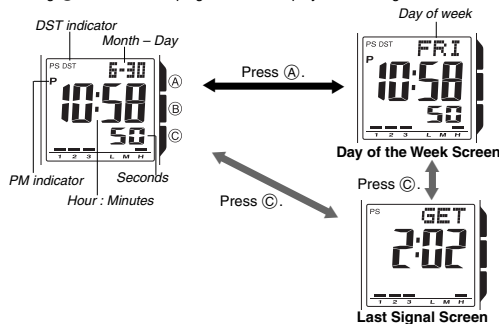
Exposure Level (Brightness)	Approximate Exposure Time				
	Level 5	Level 4	Level 3	Level 2	Level 1
Outdoor Sunlight (50,000 lux)	2 hours			35 hours	10 hours
Sunlight Through a Window (10,000 lux)	6 hours			134 hours	37 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)	9 hours			216 hours	60 hours
Indoor Fluorescent Lighting (500 lux)	98 hours			– – –	

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

Timekeeping

Use the Timekeeping Mode to set and view the current time and date.
• You can also use the Timekeeping Mode setting screen to specify the illumination duration and 12/24-hour format, to toggle power saving on and off, and to show or hide the date/day of the week on the main timekeeping screen.
• In the Timekeeping Mode, you can press Ⓐ to change the display format as shown below. For information about what the main timekeeping screen looks like when the date and day of the week are not displayed, see "Hiding the Date/Day of the Week".
• Pressing Ⓒ in the Timekeeping Mode will display the Last Signal screen.

Day of week
DST indicator
Month – Day
Press Ⓐ.
Day of the Week Screen
PM indicator   Seconds
Hour : Minutes
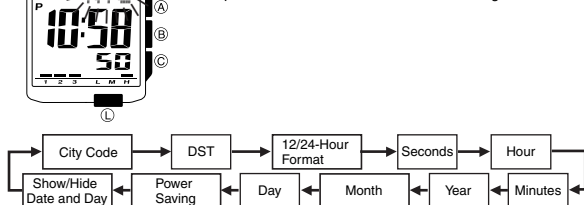Press Ⓒ.
Press Ⓒ.
Last Signal Screen

Setting the Time and Date

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

To set the time and date

City code

1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Press Ⓑ to change the flashing contents in the sequence shown below to select other settings.

City Code → DST → 12/24-Hour Format → Seconds → Hour
Show/Hide Date and Day ← Power Saving ← Day ← Month ← Year ← Minutes

3. When the setting you want to change is flashing, use Ⓒ and/or Ⓛ to change it as described below.

Screen:	To do this:	Do this:
NYC	Change the city code	Use Ⓒ (east) and Ⓛ (west).
DST AT	Cycle between auto DST (AT), Standard Time (OFF), and Daylight Saving Time (ON)	Press Ⓒ.
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press Ⓒ.
◇ 50	Reset the seconds to 00	Press Ⓒ.
	Toggle the illumination duration setting between 1.5 seconds (◇) and 2.5 seconds (❋)	Press Ⓛ.
P '06 10:58	Change the hour, minutes, or year	Use Ⓒ (+) and Ⓛ (–).
6-30 2006	Change the month or day	
PS ON	Toggle Power Saving on (ON) and off (OFF)	Press Ⓒ.
6-30	Show or hide (indicated by – – – –) the date/day of the week on the main timekeeping screen	Press Ⓒ.

• See "City Code Table" for a complete list of available city codes.
• Auto DST (AT) can be selected only while YVR, LAX, YEA, DEN, MEX, YWG, CHI, MIA, YTO, NYC, YHZ, or YYT is selected as the Home City code. For more information, see "Daylight Saving Time (DST)" below.
• For information about settings other than the time and date, see the following.
  Illumination duration: Illumination
  Power Saving: Power Saving Function
• For details about showing or hiding the date/day of the week, see "Hiding the Date/Day of the Week".
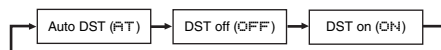4. Press Ⓐ to exit the setting screen.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.
The time calibration signal transmitted from Fort Collins includes both Standard Time and DST data. When the Auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the received time signal.
• The default DST setting is Auto DST (AT) whenever you select YVR, LAX, YEA, DEN, MEX, YWG, CHI, MIA, YTO, NYC, YHZ, or YYT as your Home City code.
• If you experience problems receiving the time calibration signal in your area, it is probably best to switch between Standard Time and Daylight Saving Time (summer time) manually.

To change the Daylight Saving Time (summer time) setting

1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Press Ⓑ and the DST setting screen appears.
3. Use Ⓒ to cycle through the DST settings in the sequence shown below.

Auto DST (AT) → DST off (OFF) → DST on (ON)

4. When the setting you want is selected, press Ⓐ to exit the setting screen.
• The **DST** indicator appears to indicate that Daylight Saving Time is turned on.

Hiding the Date/Day of the Week

You can configure the watch so the date/day of the week does not appear on the main timekeeping screen.
• Pressing Ⓐ in the Timekeeping Mode will toggle between a calendar screen (current date and day of the week) and the main timekeeping screen.
• If you leave the calendar screen displayed for two or three minutes without performing any operation, the watch will return to the main timekeeping screen automatically.

Main Timekeeping Screen
Hour : Minutes
Press Ⓐ.
Calendar Screen
Day of week
PM indicator   Seconds
Month – Day
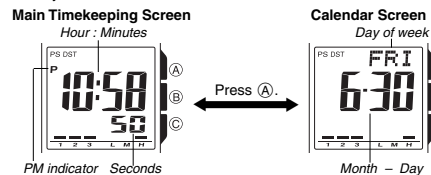
To hide the date/day of the week

1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Press Ⓑ 10 times so the current date/day of the week setting is flashing.
  • The current date will be flashing if the date/day of the week are currently shown, while – – – – will be flashing if they are hidden.
3. Press Ⓒ to toggle the date/day of the week between show (current date displayed) and hide (– – – – displayed).
4. Press Ⓐ to exit the setting screen.

CASIO

Reference

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

Button Operation Tone

MUTE indicator
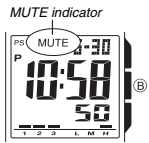
The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.
• Even if you turn off the button operation tone, the alarm, Hourly Time Signal, and Countdown Timer Mode alarm all operate normally.

To turn the button operation tone on and off
In any mode (except when a setting screen is on the display), hold down Ⓑ to toggle the button operation tone on (**MUTE** not displayed) and off (**MUTE** displayed).

• Holding down Ⓑ to turn the button operation tone on or off also causes the watch's current mode to change.
• The **MUTE** indicator is displayed in all modes when the button operation tone is turned off.

Power Saving Function
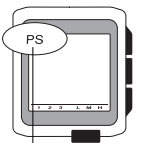
When turned on, the Power Saving function enters a sleep state automatically whenever the watch is left in an area where it is dark for a certain period. The table below shows how watch functions are affected by the Power Saving function.

Power saving indicator

Elapsed Time in Dark	Display	Operation
60 to 70 minutes	Blank, with Sleep indicator (**PS**) flashing	All functions enabled, except for the display
6 or 7 days	Blank, with Sleep indicator (**PS**) not flashing	Beeper tone, illumination, and display are disabled.

• Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
• The watch will not enter the sleep state between 6:00 AM and 10:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.

To recover from the sleep state
Perform any one of the following operations.
• Move the watch to a well-lit area.
• Press any button.

To turn Power Saving on and off
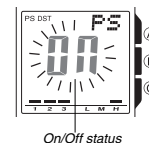
1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Press Ⓑ nine times until the Power Saving on/off screen appears.
3. Press Ⓒ to toggle Power Saving on (𝗈𝗇) and off (𝗈𝖿).
4. Press Ⓐ to exit the setting screen.
• The Power Saving indicator (**PS**) is on the display in all modes while Power Saving is turned on.

On/Off status

Auto Return Features
• If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it returns to the Timekeeping Mode automatically.
• If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch exits the setting screen automatically.

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

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

Radio-controlled Atomic Timekeeping Precautions
• Strong electrostatic charge can result in the wrong time being set.
• The time calibration signal is bounced off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
• Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
• The current time setting in accordance with the time calibration signal takes priority over any time settings you make.
• The watch is designed to update the date and day of the week automatically for the period January 1, 2000 to December 31, 2099. Setting of the date by the time calibration signal cannot be performed starting from January 1, 2100.
• This watch can receive signals that differentiate between leap years and non-leap years.
• Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to time data only.
• Normally, the signal reception date shown by the Last Signal screen is the date data included in the received time calibration signal. When only time data is received, however, the Last Signal screen shows the date as kept in the Timekeeping Mode at the time of signal reception.
• If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within ±20 seconds a month at normal temperature.

• If you have problems with proper time calibration signal reception or if the time setting is wrong after signal reception, check your current city code, DST (summer time), and auto receive settings. The following are the initial factory defaults for these settings.

Setting	Initial Factory Default
City code	𝖭𝖸𝖢 (New York)
DST (summer time)	DST 𝖠𝖳 (Auto switching)
Auto receive	**ON** (Auto receive)

Timekeeping
• Resetting the seconds to **00** while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to **00** without changing the minutes.
• The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.
• The year can be set in the range of 2000 to 2099.
• The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced or when battery power drops to Level 5.
• The times for the Timekeeping Mode and all the city codes of the World Time Mode are calculated in accordance with each city's UTC differential.
• The UTC differential is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
• The letters "UTC" is the abbreviation for "Universal Time Coordinated", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

12-hour/24-hour Timekeeping Formats
The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all other modes.
• With the 12-hour format, the PM indicator (**P**) appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
• With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.

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

City Code Table

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

• Based on data as of June 2005.

5