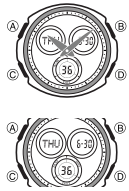


# Operation Guide 3786

## Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for later reference when necessary.

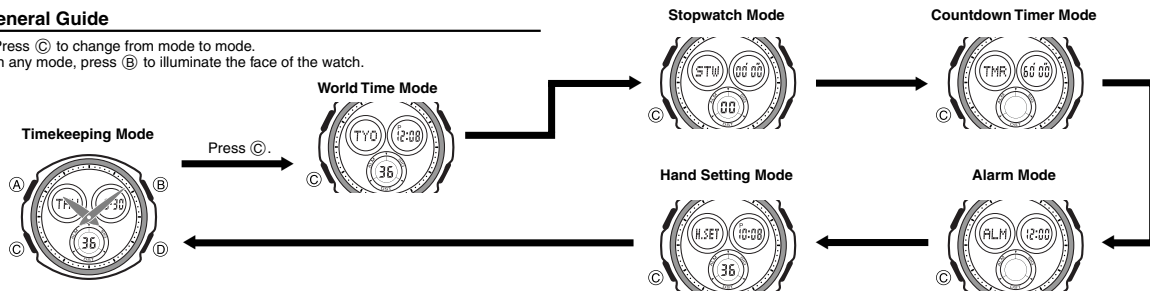
### About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Most of the display examples in this manual show only the digital display, without the analog hands.
- 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.

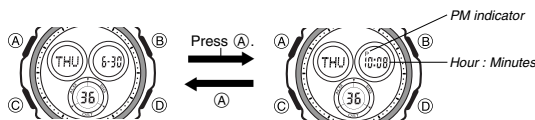
### General Guide

- Press (C) to change from mode to mode.
- In any mode, press (B) to illuminate the face of the watch.



### Timekeeping

- Use the Timekeeping Mode to set and view the current time and date.
- When setting the time, you can also configure settings for the illumination duration and the 12/24-hour format.
  - All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing (C).



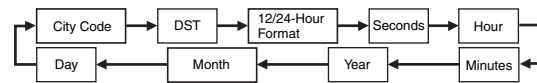
### Setting the Digital Time and Date

This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the digital time, it is important that you select the correct city code for your Home City (the city where you normally use the watch). If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

- Note that all of the times for the World Time Mode city codes are displayed in accordance with the digital time and date settings you configure in the Timekeeping Mode.

#### To set the digital time and date

1. In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
2. Press (B) or (D) to select the city code you want.
  - Make sure you select your Home City code before changing any other setting.
  - See "City Code Table" for a complete list of available city codes.
3. Press (C) to move the flashing in the sequence shown below to select other settings.



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

Screen:	To do this:	Do this:
TYO	Change the city code	Use (D) (east) and (B) (west).
ON	Cycle between Daylight Saving Time (ON), and Standard Time (OFF)	Press (D).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
00	Reset the seconds to 00	Press (D).
36	Toggle the illumination duration setting between 1.5 seconds (36) and 2.5 seconds (36)	Press (B).
10:00	Change the hour or minutes	Use (D) (+) and (B) (-).
6-30	Change the year	
20 05	Change the month or day	

- For information about settings other than the time and date, see the following.  
*Illumination duration: Illumination*

5. Press (A) to exit the setting screen.
- When you exit the setting screen, the analog hands are adjusted automatically to match the digital time. See "Analog Timekeeping" for more information.
- See "Daylight Saving Time (DST)" below for details about the DST setting.

### Daylight Saving Time (DST)

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

#### To toggle the Timekeeping Mode digital time between DST and Standard Time

1. In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
2. Press (C) once and the DST setting screen appears.
3. Press (D) to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
4. Press (A) to exit the setting screen.
  - The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.



### Analog Timekeeping

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

#### Note

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

*When you change the digital time setting*

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

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

#### To adjust the analog time

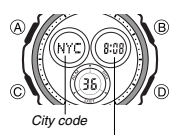
1. In the Timekeeping Mode, press (C) five times to enter the Hand Setting Mode.
2. Hold down (A) until the current digital time starts to flash, which indicates the setting screen.
3. Use (D) and (B) to adjust the analog setting as described below.



When you want to do this:	Perform this button operation:
Move the hand setting forward 30 seconds	• Press (D).
Move the hand setting a short way forward at high speed	• Hold down (D). • Release (D) when the hands reach the setting you want.
Move the hand setting a long way forward at high speed	• While holding down (D) to move the hands at high speed, press (B) to lock the high-speed hand movement. • To stop the hand movement, press any button. • Hand movement stops automatically if the hour hand makes one full (12-hour) revolution.

4. Press (A) to exit the setting screen.
- The minute hand will be adjusted slightly to match the seconds when you exit the setting screen.
- To return to the Timekeeping Mode, press (C).

## World Time



City code  
Current time in selected city

The World Time Mode digitally displays the current time in 48 cities (29 time zones) around the world.

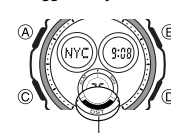
- If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing **C**.

### To view the time in another city

While in the World Time Mode, press **D** to scroll through the city codes (time zones) to the east.

- For full information on city codes, see the "City Code Table".

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

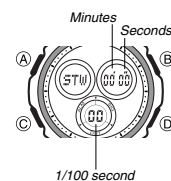


DST indicator

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

- Note that you cannot use the World Time Mode to change the DST setting of the Home City code you currently have selected in the Timekeeping Mode. See "To toggle the Timekeeping Mode digital time between DST and Standard Time" for information about turning the Home City code DST setting on and off.
- The DST indicator will appear on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

## Stopwatch



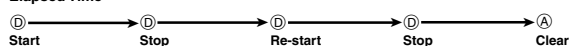
1/100 second

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

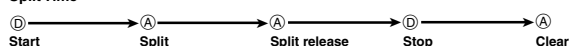
- The display range of the stopwatch is 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- 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 **C**.

### To measure times with the stopwatch

#### Elapsed Time



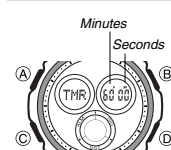
#### Split Time



#### Two Finishes



## Countdown Timer



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 **C**.

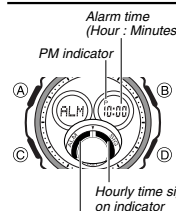
### To set the countdown start time

- While the countdown start time is on the display in the Countdown Timer Mode, hold down **A** until the current countdown start time starts to flash, which indicates the setting screen.
  - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- While a setting is flashing, use **D** (+) and **B** (-) to change it.
- Press **A** to exit the setting screen.

### To use the countdown timer

- Press **D** 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 automatically reset to its starting value after the alarm stops.
  - Press **D** while a countdown operation is in progress to pause it. Press **D** again to resume the countdown.
  - To completely stop a countdown operation, first pause it (by pressing **D**), and then press **A**. This returns the countdown time to its starting value.

## Alarm



Alarm on indicator

When the alarm is turned on, the alarm sounds when the alarm time is reached. You can also turn on an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.

- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **C**.

### To set the alarm time

- In the Alarm Mode, hold down **A** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
  - This operation automatically turns on the alarm.
- Press **C** to move the flashing between the hour and minute settings.
- While a setting is flashing, use **D** (+) and **B** (-) to change it.
  - 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).
- Press **A** to exit the setting screen.

### Alarm Operation

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

- To stop the alarm tone after it starts to sound, press any button.

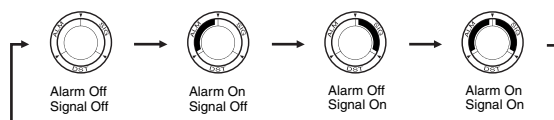
### To test the alarm

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

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

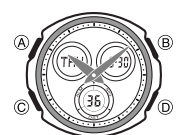
In the Alarm Mode, press **D** to cycle through the settings shown below.

#### Alarm On Indicator / Hourly Time Signal On Indicator



- The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

## Illumination



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

- See "Illumination Precautions" for other important information.

### To turn on illumination

- In any mode, press **B** to illuminate the display.
- You can specify 1.5 seconds or 2.5 seconds as the illumination duration. See "To set the digital time and date" for more information.

## 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.

### Auto Return Features

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

### Scrolling

The **B** and **D** buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

### Initial Screens

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

### Timekeeping

- Resetting the seconds to **00** while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to **00** without changing the minutes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 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.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on your Home City time setting.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC\*) data.
- UTC 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. The reference point for UTC is Greenwich, England.*

### 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

- Illumination may be hard to see when viewed under direct sunlight.
- Illumination automatically turns off whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

### City Code Table

City Code	City	GMT 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, Seattle/Tacoma, Dawson City
LAX	Los Angeles		
YEA	Edmonton	-07.0	El Paso
DEN	Denver		
MEX	Mexico City	-06.0	Houston, Dallas/Fort Worth, New Orleans
YWG	Winnipeg		
CHI	Chicago		
MIA	Miami	-05.0	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
YTO	Toronto		
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	Riua	-01.0	
LIS	Lisbon	+00.0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
BCN	Barcelona		
MAD	Madrid		
PAR	Paris	+01.0	Amsterdam, Algiers, Hamburg, Frankfurt, Vienna
MIL	Milan		
ROM	Rome		
BER	Berlin		
STO	Stockholm		
ATH	Athens	+02.0	Helsinki, Istanbul, Beirut, Damascus, Cape Town
CAI	Cairo		
JRS	Jerusalem		
MOW	Moscow	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Mate
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 December 2004.