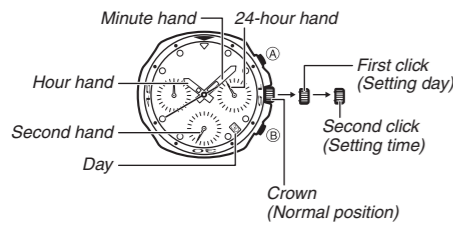


Congratulations on your purchase of this CASIO Quartz Watch. Although highly sophisticated, this watch is delightfully simple to use, and by referring to this guide you will enjoy all the features of this reliable ultra-precise timepiece.

- Be sure to keep all user documentation handy for future reference.
- Your watch may differ somewhat from the one shown in the illustration.

Setting the Time and Day



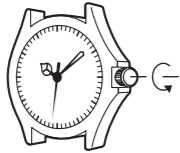
To set the time

1. Pull the crown out to the second click.
 - At this time, the second hand will move to the 12 o'clock position and stop there.
2. Set the hands by rotating the crown. Rotate the crown to move the hands clockwise. Move the minute hand four or five minutes past the time you want to set, and then back it up to the proper setting.
 - Make sure that you also set the 24-hour hand to the correct hour of the day.
3. Push the crown back in to the normal position to restart timekeeping.

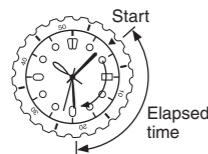
To set the day

1. Pull the crown out to the first click.
 2. Set the day by rotating the crown towards you.
 3. Push the crown back in to the normal position.
- Avoid changing the date setting while the current time is between 9:00 p.m. and 1:00 a.m.

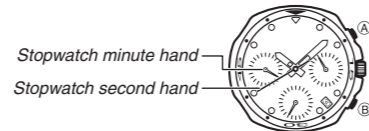
- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.



- The watch attached with a bezel can measure the elapsed time. Align the ▼ mark on the bezel with the minute hand by turning it so that the time elapsed from the ▼ mark can be measured.



Using the Stopwatch



The stopwatch lets you measure elapsed time up to 59 minutes, 59 seconds.

To measure elapsed time

1. Press **(A)** to start the stopwatch.
2. Press **(A)** to stop the stopwatch.
 - You can resume the measurement operation by pressing **(A)** again.
3. Check the elapsed time.

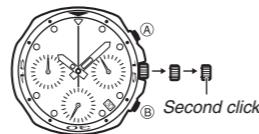
- Press **(B)** to reset the stopwatch. This will enter the Timekeeping Mode.

Notes:

- Do not try to perform stopwatch operations while the crown is pulled out either to the first or second click. If you try to press a button, you might accidentally cause the crown to rotate and change the current time or day setting.
- If the starting positions of the stopwatch minute hand and second hand become misaligned, use the following procedures to adjust the positions of the hands so they point to 12 o'clock when the stopwatch is reset.

To adjust the positions of the stopwatch hands

1. Pull out the crown to the second click.
 - Holding down **(A)** will start high-speed movement of the stopwatch second hand.
2. Press **(A)** to move the stopwatch second hand.
3. Press **(B)** to move the stopwatch minute hand.
4. After making the adjustments you want, push the crown back in to its normal position.



- Note that pulling the crown out also stops the timekeeping second hand. After performing the above procedure, you should also adjust the timekeeping setting.

Specifications

Liquid crystal operating frequency: 32,768Hz

Display: Analog display with hands

Drive: Step motor

Accuracy at normal temperature: ± 20 seconds a month

Stopwatch function: Measuring capacity: 59'59"
Measuring unit: 1 second
Measuring modes: Elapsed time

Battery: One silver oxide battery (Type: SR626SW)
Approximately 2 years on type SR626SW
(assuming one stopwatch operation 60 min./day)

Warnings and precautions that appear in the documentation for this product and, in some cases, on the display of the product itself are indicated by graphic symbols. These symbols are intended to ensure safe and correct operation, and to protect you and others against injury and loss. The following shows samples of the graphic symbols and describes what each of them means.

Examples



A figure enclosed within a triangle indicates a matter that deserves caution. The example shown here warns against electrical shock.



A figure enclosed within a circle with a line running diagonally through it indicates something you should not do. The example shown here indicates that you must never disassemble the product.



A figure enclosed within a black circle indicates something you must do. The example shown here indicates that you must unplug the product from the AC power outlet.



Danger This symbol indicates information that, if ignored or applied incorrectly, creates the danger of death or serious personal injury.



Warning This symbol alerts you to precautions about matters that, if ignored, could possibly put you at risk of serious personal injury or even death.



Caution This symbol alerts you to precautions about matters that, if ignored, could possibly cause material damage or put you at risk of serious personal injury.

Important Safety Precautions

Warning

This product is not a diver's watch. Never use it while scuba diving with air tanks. Doing so creates the risk of personal injury.



Battery Handling

Take care to ensure that the button-type battery used to power this product is not accidentally swallowed. Be especially careful to keep the battery out of the reach of small children. Keep the battery in a place where they cannot be found by small children. If the battery is accidentally swallowed, consult with a physician immediately.

Caution

Rash

The watch case and band come into direct contact with the skin, so certain conditions can cause a rash that may indicate one or more of the followings.

- Allergic reaction against the metal or leather
 - Dirt, rust, sweat, or other foreign matter on the watch case or band
 - Sickness or other physical abnormality
- Tightening the band too snugly can cause sweating and interfere with the normal passage of air. Be sure to allow some space between the watch and band, and your skin.
 - The anti-bacterial odor band inhibits the formation of odor-causing bacteria caused by sweat and other agents. It does not necessarily protect against rash.
 - Be sure to see your physician immediately whenever you notice any skin abnormality.

Operating Precautions

Water Resistance

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

Marking	On watch front or on back cover	Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
	No BAR mark	No	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

- Do not use this 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, do not operate its buttons or crown while it is submerged in water or wet.
- Even if a watch is water-resistant, avoid wearing it in the bath or in areas where detergents (soap, shampoo, etc.) are being used. Such conditions can reduce water resistance.
- After submersion in seawater, use plain water to rinse all salt and dirt from the watch.
- In order to maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).
- A trained technician will know how to check 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. If the fogging does not clear or if water has gotten into the watch, take the watch in for repair immediately.
- Continued use of the watch with water inside can result in damage to electronic and mechanical components, the face of the watch, etc.

Band

- Tightening the band too tightly can cause you to sweat and make it hard 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, or corrosion of the band can cause it to break, which may result in the watch falling off your wrist and becoming lost. Be sure to take good care of the band and keep it clean. Should you notice any breakage, discoloration, looseness or other problem with the band, immediately contact your original retailer or an authorized CASIO Service Center to have it checked, repaired, or replaced. Note that you will be charged for any repair or replacement of the band.

Temperature

- Never leave the 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 the watch where it will be exposed to very low temperatures, either. Temperature extremes can cause the watch to lose or gain time, to stop, or otherwise malfunction.

Impact

- Your watch is designed to withstand impact incurred during normal daily use and light activity such as playing catch, tennis, etc. Dropping the 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 engage in strenuous sports activities (motocross, etc.).

Caution

Using the watch

Make sure you are in a safe place before reading the display of the watch. Be especially careful to avoid causing accident or injury to yourself or others around you when reading the display while running or jogging along or near a roadway, or operating a bicycle, motorcycle, automobile, or other vehicle.

If the watch stops running, have the battery replaced as soon as possible.

Do not try to fasten or unfasten the buckle using your fingernail. Doing so can cause your fingernail to break or become injured. This is especially true for people with long fingernails.

Be sure to remove the watch before sleeping. Leaving it on while sleeping creates the risk of accidental injury to yourself or allergic reaction.

Take off the watch whenever handling or coming into contact with small children. Leaving it on creates the risk of accidental injury to a child or allergic reaction of a child's skin.

Cleaning

A dirty watch case or band can cause soiling of the cuffs and sleeves of your clothing. Be sure to take steps to keep the watch case and band clean. Take special care to rinse off seawater and allow the watch and band to thoroughly dry before using them again.

Do not try to take this product apart.

Never try to take this product apart. Doing so creates the risk of personal injury and damage to the product.



User Maintenance

Caring for Your Watch

- A dirty or rusty case or band can soil the sleeve of your clothing, cause skin irritation, and even interfere with watch performance. Be sure to keep the case and band clean at all times. Rust tends to form easily after the watch is exposed to seawater and then left without cleaning.
- 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 the band with a cloth to clean it.
- Keep a leather band clean by wiping it with a dry cloth. Both resin bands and leather band can become worn and cracked over time when subjected to normal daily use.
- Should your band become badly cracked or worn, be sure to have it replaced with a new one. Request band replacement from your original retailer or an authorized CASIO Service Center. Note that you will be charged for band replacement costs, even if your watch is still covered by its warranty.
- Remember that you wear your watch next to your skin, just like a piece of clothing. Because of this, you should always keep your watch clean. Use a soft, absorbent cloth to wipe off any dirt, sweat, water, or other foreign matter from the case and band.

Dangers of Poor Watch Care

Rust

- Though the stainless steel used for the watch is highly rust-resistant, rust can form if the watch is not cleaned after it becomes dirty. Failure of oxygen to come into contact with the metal because it is dirty causes breakdown of the oxidation layer on the metal surface, which leads to the formation of rust.
- 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 storing it in 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, or switch to a metal band. Should you ever experience a rash or other skin irritation, immediately remove the 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 by in this manual. Use of another type of battery can cause malfunction.
- When replacing the battery, also request a check for proper water resistance. Note that you will be charged separately for water resistance inspection.

Initial Battery

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

Low Battery Power

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

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 this product or its malfunction.