

Operation Guide 4754

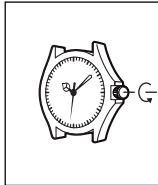
Getting Acquainted

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



Elapsed time bezel

- For watch with the elapsed time bezel
Rotate the elapsed time bezel to align the ∇ mark with the minute hand. After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



- 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.

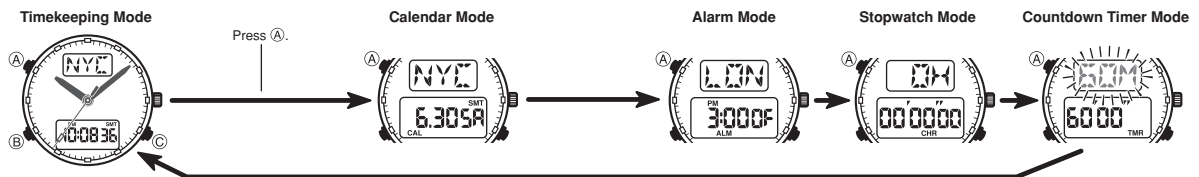
About This Manual



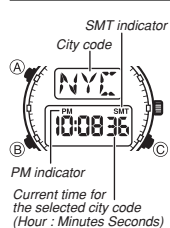
- For the sake of simplicity, the sample displays in this manual do not show the analog hands of the watch.
- All of the displays in this manual show black-on-white.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press (A) to change from mode to mode.



Timekeeping



This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different. The Timekeeping Mode digitally displays the current time in 29 cities (19 time zones) around the world.

- The same city code is displayed in the Timekeeping Mode and the Calendar Mode. The city code that appears first when you enter the Timekeeping Mode is the city code that was on the display the last time you were in the Calendar Mode.
- All of the operations in this section are performed in the Timekeeping Mode, which you enter by pressing (A).

Digital Time

Use the Timekeeping Mode to set and view a digital display of the current time. When setting the digital time, you can also configure settings for daylight saving time (Summer Time or SMT), and the 12/24-hour format.

- 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 code for 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 city codes are displayed in accordance with the digital time settings you configure in the Timekeeping Mode.
- After you correctly set your Home City time, you can set the watch up for timekeeping with a different city code simply by changing the city code in the Timekeeping Mode.

To set the digital time



- In the Timekeeping Mode, use (B) and (C) to scroll through the city codes (time zones) until the one you want to use as your Home City is displayed. Press (B) to scroll eastward through the city codes. Press (C) to scroll westward through the city codes. For full information about city codes, see the "City Code Table".
- After you select the city code, hold down (B) until the SMT (Summer Time) on/off status starts to flash, which indicates the setting screen.

- Press (B) to move the flashing in the sequence shown below to select the other settings.



- When the setting you want to change is flashing, use (C) to change it as described below.

Screen	To do this:	Do this:
ON	Toggle between Summer Time (ON) and Standard Time (OFF)	Press (C).
36	Reset the seconds to 00	
10:08:36	Change the hour or minutes	Use (C).
12 H	Toggle between 12-hour (12 H) and 24-hour (24 H) timekeeping	Press (C).

- Press (A) to exit the setting screen.
- See "Digital Time Summer Time (SMT) Setting" below for details about the SMT setting.

Digital Time Summer Time (SMT) Setting

Summer Time (daylight saving time) advances the digital time setting by one hour from Standard Time. Remember that not all countries or even local areas use Summer Time.

To toggle the Timekeeping Mode digital time between SMT and Standard Time

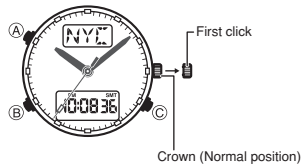
- In the Timekeeping Mode, use (B) and (C) to scroll through the city codes (time zones) until the one you want to use as your Home City is displayed. Press (B) to scroll eastward through the city codes. Press (C) to scroll westward through the city codes. For full information on city codes, see the "City Code Table".
- After you select the city code, hold down (B) until the SMT (Summer Time) on/off status starts to flash, which indicates the SMT setting screen.

- Press **(C)** to toggle between Summer Time (**(SMT)** displayed) and Standard Time (**(ST)** displayed).
- Press **(A)** to exit the setting screen.
- The SMT indicator appears on the screen to indicate that Summer Time is turned on.

Setting the Analog Time

Perform the procedure below when the time indicated by the analog hands does not match the time of your Home City time.

To adjust the analog time



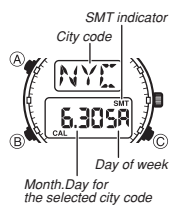
- In the Timekeeping Mode, pull the crown out when the second hand reaches the 12 o'clock position. This will stop the second hand.
- Rotate the crown to adjust the hands. When adjusting the minute hand to its final setting, move it to about four or five minutes past the time you want to set and then back it up to the final setting.
- When the digital time display reaches 00 seconds, push the crown back in to the normal position to restart analog timekeeping.

Viewing the time in another city

To view the time in another city

- In the Timekeeping Mode, use **(B)** and **(C)** to scroll through the city codes.
- Press **(B)** to scroll eastward through the city codes.
 - Press **(C)** to scroll westward through the city codes.
 - For full information about city codes, see the "City Code Table".
 - If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes.

Calendar



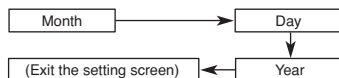
- The watch's calendar normally makes allowances for different month lengths and leap years.
- The same city code is displayed in the Calendar Mode and the Timekeeping Mode. The city code that appears first when you enter the Calendar Mode is the city code that was on the display the last time you were in the Timekeeping Mode.
 - All of the operations in this section are performed in the Calendar Mode, which you enter by pressing **(A)**.

Setting the Date

To set the date



- In the Calendar Mode, hold down **(B)** until the month starts to flash, which indicates the setting screen.
- Press **(B)** to move the flashing in the sequence shown below to select the other settings.



- When the setting you want to change is flashing, use **(C)** to change it as described below.

Screen	To do this:	Do this:
6.30	Change the month	Press (C) .
	Change the day	
2007	Change the year	

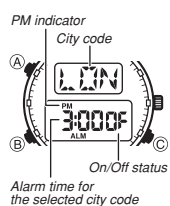
- Press **(A)** to exit the setting screen.

Viewing the calendar in another city

To view the calendar in another city

- In the Calendar Mode, use **(B)** and **(C)** to scroll through the city codes.
- Press **(B)** to scroll eastward through the city codes.
 - Press **(C)** to scroll westward through the city codes.
 - For full information about city codes, see the "City Code Table".

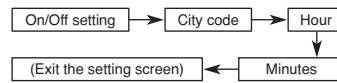
Alarm



- You can set the Daily Alarm. When the alarm is turned on, the alarm tone sounds when the alarm time is reached.
- In the Alarm Mode, you can specify a city code so the alarm sounds when the time in the city code you specify reaches the alarm time. For example, you can configure the alarm to sound at 3:00 p.m. London time even if you are in New York.
 - All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **(A)**.

To set the alarm time

- In the Alarm Mode, hold down **(B)** until the alarm on/off status starts to flash, which indicates the setting screen.
- Press **(B)** to move the flashing in the sequence shown below to select the other settings.



- When the setting you want to change is flashing, use **(C)** to change it as described below.

Screen	To do this:	Do this:
OFF	Toggle between Alarm on ((ON)) and Alarm off ((OFF))	Press (C) .
LON	Change the City code	Press (C) (east).
3:00	Change the hour or minutes	Press (C) (+).

- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (AM indicator) or p.m. (PM 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

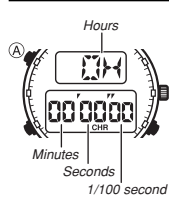
In the Alarm Mode, hold down **(C)** to sound the alarm.

To turn the alarm on and off



- In the Alarm Mode, hold down **(B)** until the alarm on/off status starts to flash, which indicates the setting screen.
 - Press **(C)** to toggle it on (**(ON)** displayed) and off (**(OFF)** displayed).
- Turning on the alarm displays the alarm on indicator on the screen.
 - The alarm on indicator flashes while the alarm is sounding.

Stopwatch



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

- The display range of the stopwatch is 11 hours, 59 minutes, 59.99 seconds.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **(A)**.

To measure times with the stopwatch

Elapsed Time



Split Time



Display split time. After about 10 seconds, the display will change automatically to elapsed time.

Countdown Timer

Countdown start time



The countdown timer can be set within a range of one minute to 60 minutes. An alarm sounds when the countdown reaches zero.

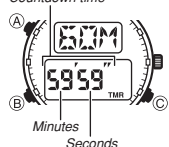
- You can set a start time in the range of 1 to 60 minutes in 1-minute increments.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing **(A)**.

To set the start time

In the Countdown Timer Mode, press **(B)** to change the start time.

To use the countdown timer

Countdown time



Press **(C)** while in the Countdown Timer Mode to start the countdown timer.

- The countdown timer operation continues even if you exit the Countdown Timer Mode.
- Press **(C)** while a countdown operation is in progress to pause it. Press **(C)** again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing **(C)**), and then press **(B)**. This returns the countdown time to its starting value.

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 Feature

- If you leave a screen with flashing digits on the display (except Countdown Timer Mode), for two or three minutes without performing any operation, the watch automatically exits the setting screen.
- 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.

Scrolling

Ⓢ is used in various modes and setting screens to scroll through data on the display. In most cases, holding down Ⓢ during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the Timekeeping, Calendar, or Alarm 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.
- With the 12-hour format, the PM indicator appears on the display for times in the range of noon to 11:59 p.m. and AM 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.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in Alarm mode.
- The times for all the city codes of the Timekeeping 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.

Calendar

- The year can be set in the range of 2006 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.

City Code Table

City Code	City	UTC Differential	Other major cities in same time zone
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
LAX	Los Angeles	-08.0	San Francisco, Las Vegas, Vancouver, Seattle/Tacoma, Dawson City
SAN	San Diego		
DFW	Dallas/Fort Worth	-06.0	Houston, New Orleans, Winnipeg
CHI	Chicago		
MEX	Mexico City	-05.0	Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
NYC	New York		
SAO	Sao Paulo	-03.0	Rio De Janeiro, Brasilia, Montevideo
BUE	Buenos Aires		
UTC		+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
LON	London	+01.0	Milan, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm
PAR	Paris		
ROM	Rome		
BER	Berlin		
MAD	Madrid	+02.0	Cairo, Jerusalem, Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JNB	Johannesburg		
MOW	Moscow	+03.0	Jeddah, Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
SIN	Singapore	+08.0	Kuala Lumpur, Taipei, Manila, Perth, Ulaanbaatar
HKG	Hong Kong		
BJS	Beijing		
TYO	Tokyo	+09.0	Seoul, Pyongyang
SYD	Sydney	+10.0	Melbourne, Rabaul
GUM	Guam		
NOU	Noumea	+11.0	Port Vila
AKL	Auckland	+12.0	Wellington, Christchurch, Nadi, Nauru Island

*Based on data as of December 2005.