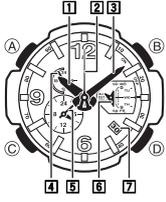


Congratulations upon your selection of this CASIO watch.

This watch does not have a city code that corresponds to the UTC offset of -3.5 hours for Newfoundland, Canada.

E-1

About This Manual



Button operations are indicated using the letters (A) through (D) shown in the illustration.

Hand Functions

- 1 Hour Hand
- 2 Second Hand
- 3 Minute Hand
- 4 24-hour Hand
- 5 Left Dial Hands
- 6 Right Dial Hand: Indicates the current mode.
- 7 Day

This User's Guide uses numbers shown above to identify watch hands and indicators.

E-2

Things to check before using the watch

1. Hold down (C) for about two seconds to enter the Timekeeping Mode, and then observe the movement of the 2 Second Hand.

```

    graph TD
      Q1[Is the 2 Second Hand moving smoothly at one-second intervals?] -- NO --> Q2[Is the 2 Second Hand moving at two-second intervals or is it stopped completely?]
      Q1 -- YES --> P1[The watch is charged sufficiently. For details about charging, see "Charging the Watch" (page E-8).]
      Q2 -- YES --> P2[Power is low. Charge the watch by placing it in a location where it is exposed to light. For details, see "Charging the Watch" (page E-8).]
      Q2 -- NO --> P3[Go to step 2.]
      P1 -- NEXT --> P3
      P2 -- NEXT --> P3
  
```

E-3

2. Check the Home City and the daylight saving time (DST) setting.

Use the procedure under "To configure Home City settings" (page E-20) to configure your Home City and daylight saving time settings.

Important!

World Time settings depend on correct Home City, time, and date settings in the Timekeeping Mode. Make sure these settings are configured correctly.

3. Set the current time.

See "Configuring Current Time and Date Settings" (page E-24).

The watch is now ready for use.

E-4

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- E-2 About This Manual
- E-3 Things to check before using the watch
- E-8 Charging the Watch
 - E-15 To recover from the sleep state
- E-16 Mode Reference Guide
 - E-17 To determine the watch's current mode
 - E-17 To return to the Timekeeping Mode from any other mode
 - E-18 To select a mode
- E-19 Timekeeping

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E-20 Configuring Home City Settings

- E-20 To configure Home City settings
- E-22 To toggle the Home City time between standard time and daylight saving time

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- E-24 To change the current time setting
- E-27 To change the current date setting

E-32 Using the Stopwatch

- E-33 To perform elapsed time measurement
- E-33 To perform an elapsed time operation
- E-33 To pause at a split time

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- E-37 To view the time in another time zone
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E-42 Using the Alarm

- E-43 To change the alarm time setting
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E-44 Adjusting the Home Positions

- E-44 To adjust the home positions

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Charging the Watch

The face of the watch is a solar panel that generates power from light. The generated power charges a built-in rechargeable battery, which powers watch operations. The watch charges whenever it is exposed to light.

Charging Guide



Whenever you are not wearing the watch, be sure to leave it in a location where it is exposed to light.

- Best charging performance is achieved by exposing the watch to light that is as strong as possible.



When wearing the watch, makes sure that its face is not blocked from light by the sleeve of your clothing.

- The watch may enter a sleep state (page E-14) if its face is blocked by your sleeve even only partially.

E-8

Warning!

Leaving the watch in bright light for charging 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.

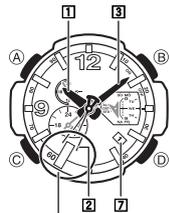
- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight

Important!

- Keep the watch in an area normally exposed to bright light when storing it for long periods. This helps to ensure that power does not run down.
- 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 power to run down. Make sure that the watch is exposed to bright light whenever possible.

E-9

Power Levels



Moving at two-second intervals.

You can get an idea of the watch's power level by observing the movement of the **[2] Second Hand** in the Timekeeping Mode.

- If the **[2] Second Hand** is moving normally at one-second intervals, power is at Level 1.
- If the **[2] Second Hand** is moving at two-second intervals, power is at Level 2, which is quite low. Expose the watch to light as soon as possible so it can charge.

E-10

Level	Hand Movement	Function Status
1	Normal.	All functions enabled.
2	[2] Second Hand moving at two-second intervals. [7] Day changes to 1 (home position).	Beeper disabled.
3	[2] Second Hand stopped. [1] Hour Hand and [3] Minute Hand stopped at 12 o'clock.	All functions disabled.

- When power drops to Level 3, all functions will be disabled but the watch will continue to keep time internally for about one week. If you recharge the battery sufficiently during this period, the analog hands will move automatically to the correct setting and regular timekeeping will resume. After one week, all settings (including timekeeping) will be cleared. Recharging the battery will reset all settings to their initial factory defaults.

E-11

Power Recovery Mode

The watch is designed to go into a power recovery mode that stops hand operation temporarily whenever power suddenly drops below a certain level due to overuse of the alarm tone over a short period. Note that all operations are disabled while the watch is in the power recovery mode.

The hands will move to the correct positions and the watch will resume normal operation after power recovers (in about 15 minutes). Putting the watch in a location where it is exposed to light will help power to recover sooner.

E-12

Charging Times

Exposure Level (Brightness)	Daily Operation *1	Level Change *2		
		Level 3	Level 2	Level 1
Outdoor sunlight (50,000 lux)	8 minutes		2 hours	27 hours
Window sunlight (10,000 lux)	30 minutes		6 hours	100 hours
Window sunlight on cloudy day (5,000 lux)	48 minutes		10 hours	---
Indoor fluorescent lighting (500 lux)	8 hours		112 hours	---

- * 1 Approximate exposure each day to generate power for normal daily operation.
- * 2 Approximate exposure to take power up one level.

- The above exposure times all are for reference only. Actual exposure times depend on lighting conditions.
- For details about the operating time and daily operating conditions, see the "Power Supply" section of the Specifications (page E-53).

E-13

Power Saving

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

- There actually are two sleep state levels: "second hand sleep" and "function sleep".

Elapsed Time in Dark	Operation
60 to 70 minutes (second hand sleep)	[2] Second Hand only is stopped at 12 o'clock, all other functions are enabled.
6 or 7 days (function sleep)	<ul style="list-style-type: none"> • All functions, including analog timekeeping, disabled • Internal timekeeping maintained.

- The watch will not enter a sleep state between 6:00 AM and 9:59 PM. If the watch is already in a sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
- The watch will not enter a sleep state while it is in the Stopwatch Mode.

E-14

To recover from the sleep state

Move the watch to a well-lit area or press any button.

Mode Reference Guide

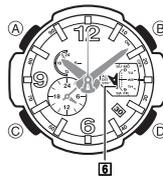
Your watch has four "modes". The mode you should select depends on what you want to do.

To do this:	Enter this mode:	See:
<ul style="list-style-type: none"> • View the current time in your Home City and in one of 29 cities around the globe • Configure Home City and daylight saving time (DST) settings • Configure time and date settings 	Timekeeping Mode	E-19
Use the stopwatch to measure elapsed time	Stopwatch Mode	E-32
View the current time in one of 29 cities (time zones) around the globe	World Time Mode	E-36
Set an alarm time	Alarm Mode	E-42

E-16

Selecting a Mode

With this watch, everything starts from the Timekeeping Mode.



To determine the watch's current mode

Check the position of the **[6] Right Dial Hand** as shown under "To select a mode" (page E-18).

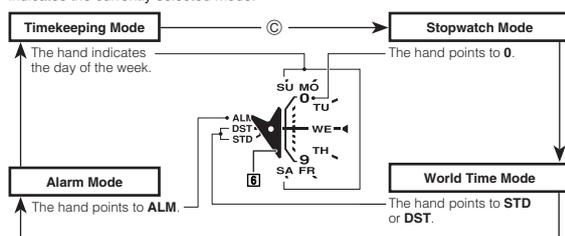
To return to the Timekeeping Mode from any other mode

Hold down **[C]** for about two seconds until the watch beeps twice.

E-17

To select a mode

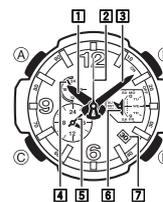
Press **[C]** to cycle between the modes as shown below. The **[6] Right Dial Hand** indicates the currently selected mode.



E-18

Timekeeping

Use the Timekeeping Mode to view the current time and date. To enter the Timekeeping Mode from any other mode, hold down **[C]** for about two seconds.



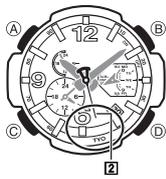
Hand Functions

- [1] Hour Hand**
- [2] Second Hand**
- [3] Minute Hand**
- [4] 24-hour Hand:** Indicates the current hour in the Home City time in 24-hour format.
- [5] Left Dial Hands:** Indicate the current time in the World Time City (page E-36) in 24-hour format.
- [6] Right Dial Hand:** Indicates the day of the week.
- [7] Day**

E-19

Configuring Home City Settings

There are two Home City settings: actually selecting the Home City and selecting either standard time or daylight saving time (DST).



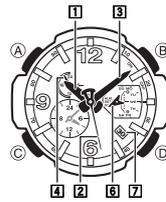
To configure Home City settings

Note

- This watch does not have a city code that corresponds to Newfoundland.

- In the Timekeeping Mode, keep (A) depressed (for about five seconds) as the (2) **Second Hand** moves to the city code of the currently selected Home City.
 - This indicates the city code setting mode.
 - The watch will exit the setting mode automatically if you do not perform any operation for about two or three minutes.
 - For details about city codes, see the "City Code Table" at the back of this manual.

E-20



- To change the Home City setting, press (D) to move the (2) **Second Hand** clockwise.
 - Keep pressing (D) until the (2) **Second Hand** is pointing at the city code you want to select as your Home City.
 - Each time you select a city code, the (1) **Hour Hand**, (3) **Minute Hand**, (4) **24-hour Hand** and (7) **Day** move to the current time and date for that city code. Do not perform the next operation until these hands stop moving.

- Press (B) to toggle the time for the currently selected city code between **STD** (standard time)/**DST** (daylight saving time).

- In the city code setting mode, the (6) **Right Dial Hand** indicates the current daylight saving time setting as **STD** (standard time) or **DST** (daylight saving time).
- Note that you cannot switch between **STD** (standard time)/**DST** (daylight saving time) while **UTC** is selected as your Home City.

- After the setting is the way you want, press (A) to return to the Timekeeping Mode. E-21

To toggle the Home City time between standard time and daylight saving time

- Perform the step 1 under "To configure Home City settings" on page E-20.
 - Each time you select a city code, the (1) **Hour Hand**, (3) **Minute Hand**, and (4) **24-hour Hand** move to the current time for that city code. Do not perform the next operation until these hands stop moving.
- Press (B) to toggle the time for the city code of the currently selected Home City between **STD** (standard time)/**DST** (daylight saving time).
 - In the city code setting mode, the (6) **Right Dial Hand** indicates the current daylight saving time setting as **STD** (standard time) or **DST** (daylight saving time).
 - Note that you cannot switch between **STD** (standard time)/**DST** (daylight saving time) while **UTC** is selected as your Home City.
- After the setting is the way you want, press (A) to return to the Timekeeping Mode.

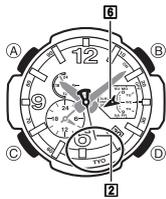
E-22

Note

- After you specify a city code, the watch will use UTC* offsets in the World Time Mode to calculate the current time for other time zones based on the current time in your Home City.
- * *Coordinated Universal Time, the world-wide scientific standard of timekeeping. The reference point for UTC is Greenwich, England.*

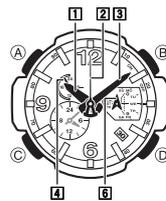
Configuring Current Time and Date Settings

You can configure current time and date settings.

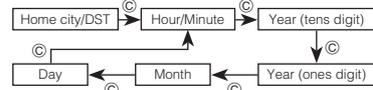


To change the current time setting

- In the Timekeeping Mode, keep (A) depressed (for about five seconds) as the (2) **Second Hand** moves to the city code of the currently selected Home City.
 - At this time, the (6) **Right Dial Hand** will indicate the Home City's current daylight saving time setting (**STD** or **DST**).



- Change the Home City and daylight saving time (DST) settings, if you want.
 - For details about these settings, see steps 2 and 3 under "To configure Home City settings" (page E-20).
 - In the following steps, each press of (C) cycles between settings as shown below.



- Press (C).
 - The watch will beep, and the (2) **Second Hand** and (6) **Right Dial Hand** will move to their 12 o'clock positions. This is the time setting mode.

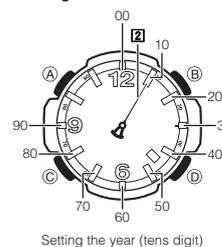
E-24

E-25

- Use (D) (+) and (B) (-) to change the time (hour and minute) setting.
 - Each press of either button will move the hands (1) **Hour Hand** and (3) **Minute Hand** one minute.
 - Holding down (D) or (B) will start high-speed (1) **Hour Hand** and (3) **Minute Hand** movement in the applicable direction. To stop high-speed hand movement, press any button.
 - The (4) **24-hour Hand** and (1) **Hour Hand** move in sync with each other.
 - When setting the time, make sure that the (4) **24-hour Hand** indicates the proper a.m./p.m. hour.
 - If you want to change the date setting at this time, press (C) and perform the procedure starting from step 3 under "To change the current date setting" (page E-27).
- After the time setting is the way you want, press (A) to return to the Timekeeping Mode.
 - This will cause the (2) **Second Hand** to move automatically to 12 o'clock and resume movement from there.

E-26

To change the current date setting

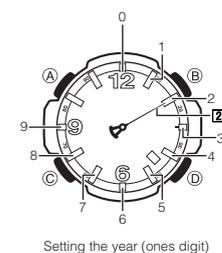


Setting the year (tens digit)

- In the Timekeeping Mode, keep (A) depressed (for about five seconds) as the (2) **Second Hand** moves to the city code of the currently selected Home City.
- Press (C) twice.
 - The watch will beep and change to the year setting mode.
 - The year can be set in the range of 2000 to 2099.
 - You can save your settings and exit the setting procedure at any time by pressing (A), which will return to the Timekeeping Mode. This will cause the (2) **Second Hand** to move automatically to 12 o'clock and resume normal movement from there.

- Use (D) to change the tens digit of the year setting.
 - Each press of (D) will move the (2) **Second Hand** and change the tens digit of the year setting.
- After the tens digit of the year setting is the way you want, press (C).
 - The watch will beep and change to the ones digit of the year setting mode.

E-28



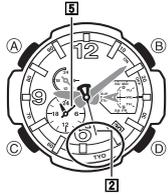
Setting the year (ones digit)

- Use (D) to change the ones digit of the year setting.
 - Each press of (D) will move the (2) **Second Hand** and change the ones digit of the year setting.
- After the ones digit of the year setting is the way you want, press (C).
 - The watch will beep and change to the month setting mode.

E-29

To swap your Home City and World Time City

- In the World Time Mode, use **(C)** to select the World Time City you want.
 - In this example, you would move the **(2) Second Hand** to **NYC** in order to select New York as the World Time City.
 - Wait until the **(5) Left Dial Hands** complete their move to the time in the currently selected World Time City. You will not be able to perform step 2 of this procedure until the hands stop moving.
- Hold down **(B)** for about three seconds until the watch beeps.
 - This will make the World Time City (**NYC** in this example) your new Home City. At the same time, it will change the Home City you had selected prior to step 2 (**TYO** in this example), to your new World Time City.



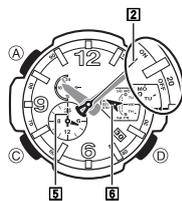
- After swapping the Home City and World Time City, the watch will stay in the World Time Mode. The **(2) Second Hand** will point to your new World Time City (**TYO** in this example).
- The **(5) Left Dial Hands** will indicate the current time in your new World Time City.

E-40

E-41

Using the Alarm

When the alarm is turned on, an alarm will sound for about 10 seconds each day when the time in the Timekeeping Mode reaches the preset alarm time. This is true even if the watch is not in the Timekeeping Mode.



Hand Functions

- (2) Second Hand:** Indicates the current alarm ON/OFF setting.
- (5) Left Dial Hands:** Indicate the current alarm time setting in 24-hour format.
- (6) Right Dial Hand:** Points to **ALM**.

To change the alarm time setting

- Use **(C)** to move the **(6) Right Dial Hand** to **ALM**.
- Use **(D)** (+) and **(B)** (-) to change the alarm time setting.
 - Each press of either button will move the **(5) Left Dial Hands** one minute.
 - Holding down **(D)** or **(B)** will start high-speed hand movement in the applicable direction. To stop high-speed hand movement, press any button.
 - The alarm always works based on the time kept in the Timekeeping Mode.
 - The watch will return to the Timekeeping Mode automatically if you do not perform any operation in the Alarm Mode for about two or three minutes.

To turn the alarm on or off

In the Alarm Mode, press **(A)** to toggle the alarm on and off. The **(2) Second Hand** will indicate the current ON/OFF setting.

To stop the alarm

Press any button.

E-42

E-43

Adjusting the Home Positions

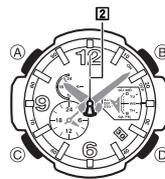
Strong magnetism or impact can cause the hands and/or date of the watch to be off. If this happens, perform the applicable home position adjustment procedures in this section.

Note

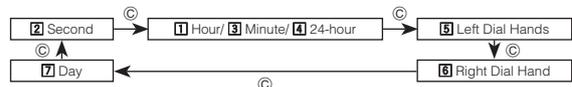
Any time after you enter the home position adjustment mode in step 1 of the following procedure, you can return to the Timekeeping Mode by pressing **(A)**. The watch also will return to the Timekeeping Mode automatically if you do not perform any operation for about two or three minutes in home position adjustment mode. In either case, any adjustments you made before the watch returned to the Timekeeping Mode will be applied.

To adjust the home positions

- Hold down **(C)** for about two seconds until the watch beeps twice and enters the Timekeeping Mode.
- Hold down **(D)** for about three seconds until the watch beeps.



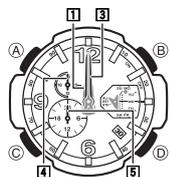
- The watch is now in the home position adjustment mode.
- The watch will exit the adjustment mode automatically if you do not perform any operation for about two or three minutes.
- First is **(2) Second Hand** home position adjustment.
- If the **(2) Second Hand** moves to 12 o'clock, it is in the correct home position. If it doesn't, use **(D)** (+) to move it to 12 o'clock.
- Each press of **(C)** in the home position adjustment mode will cycle through the adjustment settings as shown below.



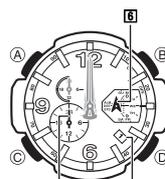
E-44

E-45

- After confirming that the **(2) Second Hand** is at the proper home position, press **(C)**. This will switch to **(1) Hour Hand** and **(3) Minute Hand** home position adjustment.
 - The **(1) Hour Hand** and **(3) Minute Hand** are at their proper home positions if they both move to 12 o'clock. The **(4) 24-hour Hand** also will move along with **(1) Hour Hand** movement, and cannot be adjusted individually. If the hands are not positioned correctly, use **(D)** (+) and **(B)** (-) to move them to their proper home positions.



- After confirming that the **(1) Hour Hand** and **(3) Minute Hand** are in their correct home positions, press **(C)**. This will switch to **(5) Left Dial Hands** home position adjustment.
 - The **(5) Left Dial Hands** are at their proper home positions if they both move to 12 o'clock. If the hands are not positioned correctly, use **(D)** (+) and **(B)** (-) to move them to 12 o'clock.



- After confirming that the **(5) Left Dial Hands** are in the correct home positions, press **(C)**. This will advance to **(6) Right Dial Hand** home position adjustment.
 - The **(6) Right Dial Hand** is in the correct home position if it is pointing at 12 o'clock. If it isn't, use **(D)** (+) and **(B)** (-) to move it to 12 o'clock.
- After confirming that the **(6) Right Dial Hand** is in the correct home position, press **(C)**. This will advance to **(7) Day** home position adjustment.
 - The **(7) Day** is in the correct home position if it shows **1**. If it doesn't, use **(D)** (+) and **(B)** (-) to change the day to **1**.

- Press **(A)** to return to the Timekeeping Mode.
 - The **(7) Day** moves to the current day, and then the **(1) Hour Hand** and the **(3) Minute Hand** move to the current time. Wait until everything stops moving.

E-46

E-47

Troubleshooting

Hand Movement and Position

- I lost track of what mode the watch is in.**
Refer to "To select a mode" (page E-18). To return directly to the Timekeeping Mode from any other mode, hold down **(C)** for about two seconds.
- The (2) Second Hand is moving at two-second intervals.**
- All the watch's hands are stopped at 12 o'clock and none of the buttons work.**
Power may be low. Expose the watch to light until the **(2) Second Hand** starts moving normally, at one-second intervals (page E-10).
- The hands of the watch suddenly start moving at high speed, even when I do not perform any operation.**
This could be due to any one of the following causes. In all cases, the hand movement does not indicate malfunction, and should stop shortly.
 - The watch is recovering from a sleep state (page E-14).

- The watch is returning to the Timekeeping Mode automatically from the Alarm Mode (page E-43).

Hands suddenly stop moving. Button operation also is disabled.
The watch may be in the power recovery mode (page E-12). Do not perform any operation until the hands return to their normal positions (in about 15 minutes). The hands should return to their correct positions when normal operation returns. To help power recover, leave the watch in a location where it is exposed to light.

The current time setting is off by hours.
Your Home City setting may be wrong. Check your Home City setting and correct it, if necessary (page E-20).

The current time setting is off by one hour.
Use the procedure under "To toggle the Home City time between standard time and daylight saving time" (page E-22) to change the **STD/DST** setting.

E-48

E-49

■ **The hands and/or day indications are off.**

This could indicate that the watch has been exposed to magnetism or strong impact, which has caused problems with proper hand and day alignment. Adjust the watch's hand and day home position alignment (page E-44).

World Time Mode

■ **The World Time indicated by the [5] Left Dial Hands in the World Time Mode is one hour off from the actual time in the selected time zone.**

The STD (standard time)/DST (daylight saving time) setting of the selected World Time City may be wrong. Select the correct STD (standard time)/DST (daylight saving time) setting (page E-38).

■ **The World Time indicated by the [5] Left Dial Hands in the World Time Mode is off.**

Your Home City setting may be wrong. Check your Home City setting and correct it, if necessary (page E-20).

E-50

Charging

■ **The watch does not resume operation after I expose it to light.**

This can happen after the power level drops to Level 3 (page E-11). Continue exposing the watch to light until the [2] Second Hand starts moving normally (at one-second intervals).

■ **The [2] Second Hand starts moving at one-second intervals, but then suddenly returns to move at two-second intervals.**

The watch probably is not sufficiently charged yet. Continue keeping it exposed to light.

E-51

Specifications

Accuracy at normal temperature: ± 15 seconds a month

Timekeeping: Hour, minutes (hand moves every 10 seconds), seconds, 24-hour, day, day of the week

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home City code (can be assigned one of 29 city codes and Coordinated Universal Time); Daylight Saving Time (summer time) / Standard Time

Stopwatch: Measuring capacity: 23'59.99"

Measuring unit: 1/100 second

Measuring mode: Elapsed time, split time

World Time: 29 cities (time zones) and Coordinated Universal Time

Other: Standard Time/Daylight Saving Time (summer time); Home City/World Time City swapping

Alarm: Daily alarm

Other: Power Saving

Power Supply: Solar panel and one rechargeable battery

Approximate battery operating time: 6 months (no exposure to light after a full charge; 10 seconds alarm beeper operation per day)

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E-53



City Code Table

L-1

City Code Table

City Code	City	UTC Offset/ GMT Differential
PAGO PAGO (PPG)	Pago Pago	-11
HONOLULU (HNL)	Honolulu	-10
ANCHORAGE (ANC)	Anchorage	-9
LOS ANGELES (LAX)	Los Angeles	-8
DENVER (DEN)	Denver	-7
CHICAGO (CHI)	Chicago	-6
NEW YORK (NYC)	New York	-5
SANTIAGO (SCL)	Santiago	-4
RIO	Rio De Janeiro	-3
F. DE NORONHA(FEN)	Fernando de Noronha	-2
PRAIA (RAI)	Praia	-1
UTC		0
LONDON (LON)	London	+1
PARIS (PAR)	Paris	+1
ATHENS (ATH)	Athens	+2

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City Code	City	UTC Offset/ GMT Differential
JEDDAH (JED)	Jeddah	+3
TEHRAN (THR)	Tehran	+3.5
DUBAI (DXB)	Dubai	+4
KABUL (KBL)	Kabul	+4.5
KARACHI (KHI)	Karachi	+5
DELHI (DEL)	Delhi	+5.5
DHAKA (DAC)	Dhaka	+6
YANGON (RGN)	Yangon	+6.5
BANGKOK (BKK)	Bangkok	+7
HONG KONG (HKG)	Hong Kong	+8
TOKYO (TYO)	Tokyo	+9
ADELAIDE (ADL)	Adelaide	+9.5
SYDNEY (SYD)	Sydney	+10
NOUMEA (NOU)	Noumea	+11
WELLINGTON (WLG)	Wellington	+12

- Based on data as of December 2010.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

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