

Congratulations upon your selection of this CASIO watch.

For details about how to use this watch and for troubleshooting information, go to the website below.

<https://world.casio.com/manual/wat/>



Important!

- This manual provides a brief overview of your watch.
- If you are going to a location where Internet access is not available, download the Operation Guide PDF from the website below to a device that you will be taking along with you.

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 your watch or its malfunction.

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This product has a Mobile Link function that lets it communicate with a Bluetooth® capable phone to perform automatic time adjustment and other operations.

- This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area where it does not conform to or where it has not been approved under applicable radio laws may be punishable under local laws. For details, visit <https://world.casio.com/ce/BLE/>.
- Use of this product inside of an aircraft is restricted by the aviation laws of each country. Be sure to obey instructions provided by flight personnel concerning use of devices such as this product.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by CASIO COMPUTER CO., LTD. is under license.

Important!

- When using the watch compass for serious trekking or climbing, always take along another compass to confirm readings. If the readings produced by the Digital Compass of this watch are different from those of the other compass, perform figure eight calibration or bidirectional calibration of the watch compass to ensure better accuracy.
- Direction readings and calibration will not be possible if the watch is near a permanent magnet (magnetic accessory, etc.), metal objects, high-voltage wires, aerial wires, or electrical appliances (TV, computer, cellphone, etc.)
- The Altimeter Mode displays relative altitude based on barometric pressure readings. Readings taken at different times at the same location may produce different values due to changes in pressure. The value displayed by the watch may be different from the actual elevation and/or sea level elevation of your location.
- When using the Altimeter Mode for mountain climbing or other activities, it is highly recommended that you check a map, local altitude indications, or some other source for your current correct altitude, and that you regularly calibrate the Altimeter Mode.
- Calibration: Operation Guide available at the CASIO website.

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Using the Watch

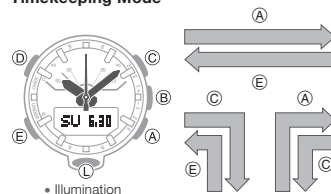
NOTE

- Depending on the model of your watch, digital display text appears either as dark figures on a light background, or light figures on a dark background. All examples in this manual are shown using dark figures on a light background.

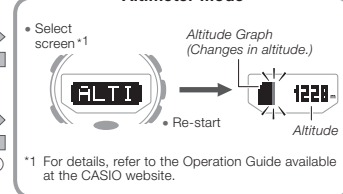
Navigating Between Modes

- To return directly to the Timekeeping Mode from any other mode, hold down (E) for at least two seconds.
- To enter the Compass Mode or Altimeter Mode, first return to the Timekeeping Mode.

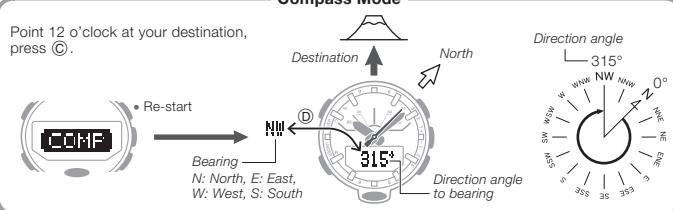
Timekeeping Mode



Altimeter Mode

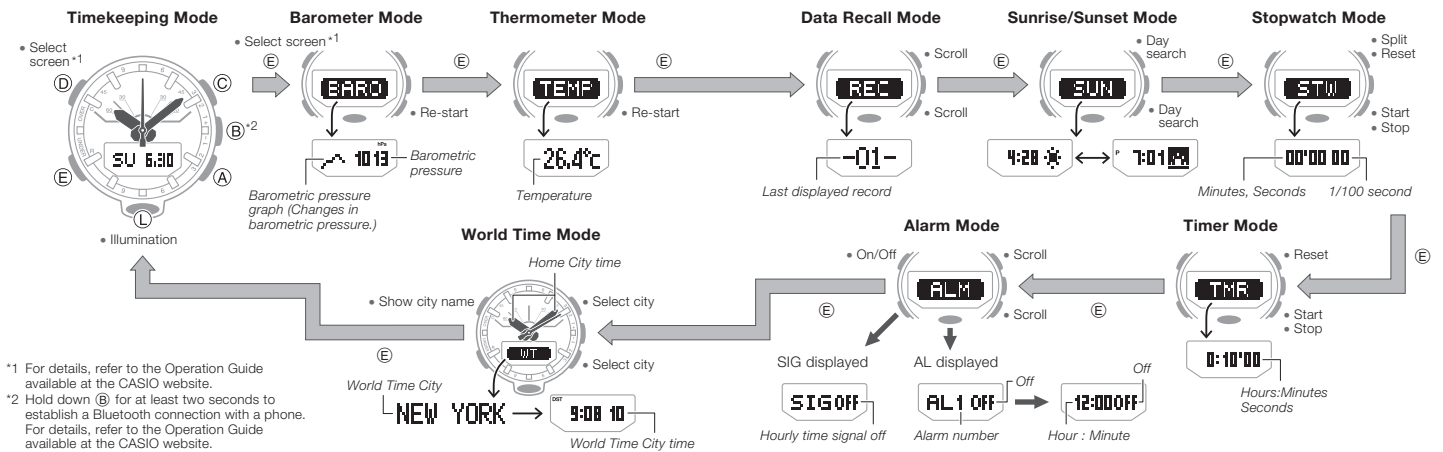


Compass Mode



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*1 For details, refer to the Operation Guide available at the CASIO website.
 *2 Hold down (B) for at least two seconds to establish a Bluetooth connection with a phone. For details, refer to the Operation Guide available at the CASIO website.

Setting the Time

- In the Timekeeping Mode hold down (D). Release the button when [SET] stops flashing and the Home City name appears.
 - Each press of (A) or (C) changes the Home City setting.
- Press (D) to display the seconds setting screen.
 - This causes the seconds count to flash.



- Press (A) to reset the seconds count to 00.
 - 30 to 59 seconds: Adds 1 to minutes.
- Press (E) to move the flashing to the hour setting.
- Use (A) and (C) to change the hour setting.
- Press (E) to move the flashing to the minute setting.
- Use (A) and (C) to change the minute setting.
- Press (E) to move the flashing to the year setting.
- Use (A) and (C) to change the year setting.
- Press (E) to move the flashing to the month setting.

- Use (A) and (C) to change the month setting.
- Press (E) to move the flashing to the day setting.
- Use (A) and (C) to change the day setting.
- After all the settings are the way you want, press (D) to exit.

Specifications

- Accuracy at Normal Temperature:** ±15 seconds a month average when time adjustment by communication with a phone is not possible.
- Digital Timekeeping:** Hour, minutes, seconds, p.m. (P), month, day, of the week
 Time format: 12-hour and 24-hour
 Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099
- Analog Timekeeping:** Hour, minutes (hand moves every 10 seconds), seconds
- Compass:** 60 seconds continuous reading; 16 directions; Angle value 0° to 359°; Measurement unit: 1° (digital display)/6° (hand); North indicated by second hand: Compass calibration (bidirectional, figure eight calibration, magnetic declination angle), auto bearing calibration
- Altimeter:**
 Measurement range: -700 to 10,000 m (or -2,300 to 32,800 ft.) without reference altitude
 Display range: -3,000 to 10,000 m (or -9,840 to 32,800 ft.)
 Negative values can be caused by readings produced based on a reference altitude or due to atmospheric conditions.
 Measurement unit: 1 m (or 5 ft.)
 Current altitude data: Every second for the first 3 minutes, followed by every 5 seconds for approximately 1 hour (0'05); every second for the first 3 minutes, followed by every 2 minutes for approximately 12 hours (2'00)

- Altitude memory data:**
 Manually saved records: 14 (altitude, date, time)
 Auto saved values: One set of high altitude and its reading date and time, low altitude and its reading date and time, total ascent and its save start date and time, total descent and its save start date and time
 Other: Reference altitude setting; Altitude differential (-100 to +100 m/-1,000 to +1,000 m); Altitude auto measurement interval (0'05 or 2'00)
- Barometer:**
 Measurement and display range: 260 to 1,100 hPa (or 7.65 to 32.45 inHg)
 Display unit: 1 hPa (or 0.05 inHg)
 Other: Barometric pressure graph; Barometric pressure differential pointer (-10 to +10 hPa/-1 to +1 hPa); Barometric pressure change indicator
- Thermometer:**
 Measurement and display range: -10.0 to 60.0°C (or 14.0 to 140.0°F)
 Display unit: 0.1°C (or 0.2°F)
 Other: Calibration
- Bearing Sensor Precision:**
 Direction: Within ±10°
 Values are guaranteed for a temperature range of 10°C to 40°C (50°F to 104°F).
 North indicated by second hand: Within ±2 segments
- Pressure Sensor Precision:**
 Measurement accuracy: Within ±3 hPa (0.1 inHg) (Altimeter accuracy: Within ±75 m (246 ft.))
 Values are guaranteed for a temperature range of -10°C to 40°C (14°F to 104°F).
 Precision is lessened by strong impact to either the watch or the sensor, and by temperature extremes.

- Temperature Sensor Precision:**
 ±2°C (±3.6°F) in range of -10°C to 60°C (14.0°F to 140.0°F)
- Pedometer:**
 Step count measurement using a 3-axis accelerometer
 Step count display range: 0 to 999,999
 Step count reset
 Auto reset at midnight each day
 Step count accuracy: ±3% (According to vibration testing)
 Power Saving
- Sunrise/Sunset Functions:** Sunrise/sunset time display, date selection
- Stopwatch:**
 Measuring unit: 1/100 seconds (first hour);
 1 second (after first hour)
 Measuring capacity: 23 hours, 59 minutes, 59 seconds
 Measuring modes: Elapsed time, split time
- Countdown Timer:**
 Measuring unit: 1 second
 Countdown range: 1 minute to 24 hours
 Setting unit: 1 minute
- Alarms:** 5 Daily alarms; Hourly time signal
 Setting units: Hour, minute
 Alarm tone duration: 10 seconds
 Hourly time signal: Beep every hour on the hour
- World Time:**
 38 cities (38 time zones) and Coordinated Universal Time (UTC)
 Other: Auto summer time setting; Home Time swapping; direct UTC recall

- Mobile Link:**
 Auto time correction
 Time setting adjusted automatically at preset time.
 One-touch time correction
 Manual connection and time adjustment
 Phone finder
 Watch operation sounds the alert sound of the mobile phone.
 World Time
 Current time for approximately 300 cities selected for the watch
 Auto summer time switching
 Automatic switching between standard time and summer time
 Mission Log
 Records your route and the altitudes of locations along the way.
 Location indicator
 Shows the bearing and distance to a location registered on the watch.
 Auto altitude calibration
 Automatic altitude calibration at a preset time
 Timer setting
 Alarm setting
 Mode sort sequence and number of modes setting
 Timekeeping Mode display item setting
 Altimeter settings
 Barometer settings
 Compass settings
 Step count data transfer
 Calories burned calculation (speed information + altitude information)
 Hand position correction

Data Communication Specifications

- Bluetooth®
- Frequency band: 2400 MHz to 2480 MHz
- Maximum transmission: 0 dBm (1 mW)
- Communication range: 2 meters max. (depends on environment)

Other: High-brightness DOUBLE LED light, Auto Light, illumination duration setting; low battery alert; operation tone on/off; hand shift feature (to view digital info)

Power Supply: One lithium battery (CR2025)

Battery life: Approximately 2 years

Conditions:

- Auto time correction: 4 times/day
- Alarm: Once (10 seconds)/day
- Illumination: Once (1.5 seconds)/day
- Direction readings: 60 seconds continuous, 20 times/month
- Climbs: 1 time/month
 - Altitude measurements: Every second for 3 minutes + every 5 seconds for 57 minutes
 - Barometric pressure trend information measurements: Every second for 3 minutes + every 2 minutes for 23 hours and 57 minutes
 - Mission log measurements: Every 2 minutes for 12 hours
 - Location indicator measurements: 10 times for 3 minutes each
- Step count: 12 hours/day
- Auto bearing calibration measurements: 10 times/day
- Barometric pressure graph measurements: 12 times/day

Specifications are subject to change without notice.