Getting Acquainted

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

The watch does not have a time zone that corresponds to the Greenwich Mean Time differential of –3.5 hours. Because of this, the radio-controlled timekeeping and World Time functions will not display the correct time for Newfoundland, Canada.

Expose the watch to bright light to charge its battery before using it. You can use this watch even as its battery is being charged by exposure to bright light.

• Be sure to read “Battery” of this manual for important information you need to know when exposing the watch to bright light.

If the display of the watch is blank...

If the sleep indicator (SLEEP) is on the display, it means that the display is blank because the watch’s Power Saving function has shut it to conserve power. Power Saving automatically turns off the display and enters a sleep state whenever your watch is left in an area where it is dark for a certain period.

• The initial factory default setting is Power Saving on.
• The watch recovers from the sleep state if you move it to a well-lit area.
• If you press any button, or if you angle the watch towards your face for reading.
• It can take up to two seconds for the display to turn on.

See “Power Saving Function” for more information.

General Guide

• Press C to change mode to mode.
• In any mode, press L, to illuminate the display.

Radio-controlled Atomic Timekeeping

This watch receives a time calibration signal and updates its time setting accordingly. The time calibration signal includes both Standard Time and Daylight Saving Time (summer time) data.

• This watch is designed to pick up the time calibration signal transmitted from Fort Collins, Colorado (USA). Reception is possible within North America.
• The term “North America” in this User’s Guide refers to the area that consists of Canada, the continental United States, and Mexico.

Current Time Setting

This watch automatically adjusts its time setting in accordance with a time calibration signal. You can also perform a manual procedure to set the time and date, when necessary.

• The first thing you should do after purchasing this watch is to set your Home City, which is the city where you will normally use the watch. For more information, see “To set your Home City” below.
• When using the watch outside of the range of the transmitter in Fort Collins, you need to manually adjust the time as required. See “Timekeeping” for information about manual settings.

To set your Home City

1. In the Timekeeping Mode, hold down B until the city code starts to flash, which indicates the setting screen.
2. Use B (east) and A (west) to select the city code you want to use as your Home City.
3. The following are the city codes for major cities in North America:

- LAF/LP (Pacific) indicator:
  - Los Angeles, San Francisco, Las Vegas, Seattle, Vancouver, Tijuana
- CEN/M (Mountain) indicator:
  - Denver, El Paso, Edmonton, Cullman
- CH/CE (Central) indicator:
  - Chicago, Houston, Dallas/Fort Worth, New Orleans, Winnipeg, Mexico City
- NYC/E (Eastern) indicator:
  - New York, Detroit, Miami, Boston, Montreal

• Note that this watch does not have a city code that corresponds to Newfoundland.
• Press B twice to exit the setting screen.
• The first press of B displays the 12/24-hour setting screen. Pressing A again exits the setting screen.

Important!

• Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You can also perform manual receive or you can set the time manually.
• If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.

Time Calibration Signal Reception

There are two different methods you can use to receive the time calibration signal: automatic and manual receive.

About This Manual

• The operational procedures for Modules 2608, 2638 and 2688 are identical. All of the illustrations in this manual show Module 2608.
• 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.
Signal Receive Troubleshooting

Check the following points whenever you experience problems with calibration signal reception.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Probable Cause</th>
<th>What you should do</th>
</tr>
</thead>
<tbody>
<tr>
<td>The watch is not in the Timekeeping Mode</td>
<td>Your Home City is not one of the following code cities: LAX, DEN, CHI, or NYC</td>
<td>Check the DST setting and try again. Use the receiving indicator as a guide for checking signal strength and for finding the best location for the watch during signal reception.</td>
</tr>
<tr>
<td>The watch is not in the Timekeeping Mode or World Time Mode, or you performed some button operation during the auto receive operation.</td>
<td>Perform manual signal reception or wait until the next auto signal reception operation is performed. Check to make sure the watch is in a location where it can receive the signal.</td>
<td></td>
</tr>
<tr>
<td>Even if receive operation is performed only if the watch is in the Timekeeping Mode or World Time Mode when one of the calibration times is reached.</td>
<td>It is not performed if a calibration time is reached while an alarm is sounding, or while you are configuring settings (while settings are flashing on the display).</td>
<td></td>
</tr>
<tr>
<td>Auto receipt of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can receive the signal.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>When auto receive is turned on, the watch receives the calibration signal for two to six minutes everyday when the Timekeeping Mode time reaches each of the calibration times. Do not perform any button operation within six minutes before or after any one of the calibration times.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Receiving indicator continues to display the last received signal even after any one of the calibration times, regardless of whether or not the Timekeeping Mode time is actually the correct time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>When two, three, or four receptions are successful, the watch uses the data of the last reception for calibration. When only one reception is successful, the watch uses the data of the successful reception.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

About Auto Receive

When auto receive is turned on, the watch automatically starts to receive the time calibration signal when the time in the Timekeeping Mode reaches 2:00 a.m., 3:00 a.m., 4:00 a.m., or 5:00 a.m. each day (calibration times). The auto receive operation is performed whenever the display shows any one of the calibration times, regardless of whether or not the Timekeeping Mode time is actually the correct time.

To interrupt a receive operation and return to the Timekeeping Mode, press D, which displays the Last Signal screen (indicated by GET). The Last Signal Screen shows the data and time of the last successful time calibration signal reception.

To turn auto receive on and off

1. In the Timekeeping Mode, hold down D until the city code starts to flash, which indicates the setting screen.
2. Press 2 twice to move the flashing to the auto receive off/on setting.
3. Press 3 to toggle auto receive on (D) and off (D). If the current Home City setting is a city that does not support signal receive, “−.” appears in place of the on/off indicator. This means you cannot turn auto receive on or off.
4. Press 4 twice to exit the setting screen.
5. For information about city codes that support signal reception, see “To set your Home City.”

To display the Last Signal screen

In the Timekeeping Mode, press D to display the Last Signal screen (indicated by GET). The Last Signal Screen shows the data and time of the last successful time calibration signal reception.

Signal Receive Troubleshooting

1. In the Timekeeping Mode, use 1 and 2 to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down 1 to toggle Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
3. The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
4. Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
5. Turn Daylight Saving Time (DST) on and off by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.
6. The watch will perform a signal receive operation even if it is in the World Time Mode when a calibration time is reached. If this happens, the World Time Mode time settings will be adjusted in accordance with the Home City time.
To recall Time Recorder times
In the Time Recorder Mode, use (B) (+) and (B) (-) to scroll through times stored in memory.
• If you recorded a new Time Recorder time since you last entered the Time Recorder Mode, the newest record appears first. If you have not recorded a new one, the record you were viewing when you last exited the Time Recorder Mode appears first.

To delete all Time Recorder times
In the Time Recorder Mode, hold down (C) to delete all Time Recorder times.

Alarms
The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm. Also use the Alarm Mode to turn the Hourly Time Signal (S G) on and off.
• There are five alarm numbers (P L 1 through P L 4). You can configure SNZ as a snooze alarm only. Alarms P L 1 through P L 4 can be used as one-time alarms only.
• Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing (C).

1. In the Alarm Mode, use (D) to scroll through the alarm screens until the one whose time you want to set is displayed.
2. After you select an alarm, hold down (A) until the time setting of the alarm time starts to flash, which indicates the setting screen.
• This operation automatically turns on the alarm.
3. Use (B) to move the flashing between the hour and minute settings.
4. While a setting is flashing, use (B) (+) and (B) (-) to change it.
5. Press (P) to exit the setting screen.
• When setting the alarm time using the 12-hour format, the Setting of the alarm time starts to flash, which indicates the setting screen.
• This operation automatically turns on the alarm.
When setting the time alarms only.
Alarms Operation
The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the Hourly Time Signal mode, the alarm tone is turned on after every five minutes, or until you turn the alarm off.
• Pressing any button stops the alarm tone operation.
• Performing any of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.

Setting/Displaying the snooze alarm setting screen
To set the alarm
In the Alarm Mode, hold down (B) to sound the alarm.

To turn an alarm on and off
In the Alarm Mode, use (B) to select an alarm.
1. Press (P) to toggle it on and off.
2. Turning on a one-time alarm (P L 1, P L 2, P L 3, P L 4) displays the alarm on indicator and snooze alarm indicators on its Alarm Mode screen. Turning on the snooze alarm (SNZ) displays the alarm on indicator and snooze alarm indicator on its Alarm Mode screen.
• In all modes, the alarm on indicator is shown for any alarm that is currently turned on. When the snooze alarm is only, the alarm on indicator is displayed in all modes.
• The alarm on indicator flashes while the alarm is sounding.
• The snooze alarm indicator flashes during the 5-minute intervals between alarms.

To turn the Hourly Time Signal on and off
In the Alarm Mode, use (B) to select the Hourly Time Signal (S G).
2. Press (P) to toggle it on (Hourly Time Signal on indicator displayed) and off (Hourly Time Signal on indicator not displayed).
• The Hourly Time Signal on indicator is displayed in all modes when the Hourly Time Signal is turned on.

Stopwatch
The stopwatch lets you measure elapsed time, split times, and two finishes.
• The display range of the stopwatch is 23 hours, 59 minutes, 59 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 Stop Watch Mode, which you enter by pressing (C).

To measure times with the stopwatch

<table>
<thead>
<tr>
<th>Elapsed Time</th>
<th>Split Time</th>
<th>Two Finishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td>Stop</td>
<td>Re-start</td>
</tr>
<tr>
<td>Start</td>
<td>Split</td>
<td>Split release</td>
</tr>
</tbody>
</table>

To turn on the backlight manually
In any mode, press (D) to illuminate the display for about one second.
The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch
Turning on the auto light switch causes the backlight to turn on for about one second, whenever you position your wrist as described below in any mode. Note that this watch features a "Full Auto EL Light," so the auto light switch operates only when available light is below a certain level. It does not turn on the backlight under bright light.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the backlight to turn on.

Warning!
• Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.
• When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn on the backlight manually
In any mode, hold down (D) for about two seconds to toggle the auto light switch on (auto light switch on indicator displayed) or off (auto light switch on indicator not displayed).
• The auto light switch on indicator is on the display in all modes while the auto light switch is turned on.

Battery
This watch is equipped with a solar cell and a rechargeable battery (secondary battery) that is charged by the electrical power produced by the solar cell. The illustration shown below shows how you should position the watch for charging.

Example:
• Orient the watch so its face is pointing at a light source.
• Note that charging efficiency drops when any part of the solar cell is blocked by clothing, etc.
• The illustration shows how to position a watch with a resin band.

Solar cell
Parallel to ground
More than 40°
Operation Guide 2608 2638 2688
Casio

Important!
- 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 rechargeable battery power to drop. It is important to wear the watch in a bright area at all times.
- This watch employs a solar cell that converts light into electricity that charges a built-in rechargeable battery. Normally, the rechargeable battery should not need replacement, but after very long use over a number of years, the rechargeable battery may lose its ability to achieve a full charge. Should you notice problems with the watch not charging properly, contact your dealer or CASIO distributor about replacing the rechargeable battery pack.
- The rechargeable battery should be replaced with a CASIO-specified CTL1616 battery only. Other rechargeable batteries can cause damage to the watch.
- All data stored in memory is deleted, and the current time and all other settings return to their initial factory defaults whenever battery power drops to Level 4 and when you have the battery replaced.
- Turn on the watch’s Power Saving function and keep it in an area normally exposed to bright light when storing it for long periods. This helps keep the rechargeable battery from going dead.

Battery Power Indicator
The battery power indicator on the display shows you the current status of the rechargeable battery’s power:

<table>
<thead>
<tr>
<th>Level</th>
<th>Battery Power Indicator</th>
<th>Function Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Module 2608 2638 2688</td>
<td>All functions enabled.</td>
</tr>
<tr>
<td>2</td>
<td>Charge Soon Alert</td>
<td>Backlight, backlight, calibration signal, reception, display, and buttons are disabled.</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>Beepper tone, backlight, calibration signal, reception, display, and buttons are disabled.</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>All functions, including timekeeping, are disabled.</td>
</tr>
</tbody>
</table>

- The Level 3 charge warning indicator tells you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 4, all functions are disabled and settings return to their initial factory defaults. Functions are enabled once again after the rechargeable battery is charged, but you need to set the time and date after the battery reaches Level 3 from Level 4.
- Leaving the watch in direct sunlight or some other very strong light source can cause the battery power indicator to temporarily show a reading that is actually higher than the battery power level. The correct battery power indicator should appear after a few minutes.
- If you use the backlight or the alarms a number of times during a short period, the backlight operation (1.5 seconds) per day and display on 18 hours per day, sleep state 6 hours per day becomes disabled until battery power recovers.
- Backlight calibration reception
- After some time, battery power will recover and the indicator will disappear.

Charging Precautions
Certain charging conditions can cause the watch to become very hot. Avoid leaving the watch in the areas described below whenever charging its rechargeable battery. Also note that allowing the watch to become very hot can cause its liquid crystal display to black out. The appearance of the LCD should become normal again when the watch returns to a lower temperature.

Warning!
Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch returns to a lower temperature.

Charging Guide
After a full charge, timekeeping remains enabled for up to about six months, while the watch is used under the conditions described below.

Operating Conditions
- Watch is not exposed to light
- Display on 18 hours per day, sleep state 6 hours per day
- 1 backlight operation (1.5 seconds) per day
- 10 seconds of alarm operation per day
- 4 times calibration reception per day

Charge Times
Exposing the watch to light for the periods shown below each day restores the power used by the above operating conditions.

<table>
<thead>
<tr>
<th>Exposure Level (Brightness)</th>
<th>Approximate Exposure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Sunlight (50,000 lux)</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Sunlight Through a Window (10,000 lux)</td>
<td>24 minutes</td>
</tr>
<tr>
<td>Daylight Through a Window on a Cloudy Day (1,000 lux)</td>
<td>48 minutes</td>
</tr>
<tr>
<td>Indoor fluorescent Lighting (500 lux)</td>
<td>6 hours</td>
</tr>
</tbody>
</table>

- Stable operation is promoted by frequent charging.

Recovery Times
The table below shows the amount of exposure that is required to take the battery from one level to the next.

<table>
<thead>
<tr>
<th>Approximate Exposure Time</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hour</td>
<td>14 hours</td>
<td>3 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 hours</td>
<td>14 hours</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 hours</td>
<td>143 hours</td>
<td>28 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>57 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- The above exposure time values are all for reference only. Actual required exposure time depends on lighting conditions.

Timekeeping
Use the Timekeeping Mode to set and view the current time and date. This section also explains how to manually set the current date and time.

- The watch is equipped with a Time Recorder feature that lets you record the current Home City time (month, day, hour, minutes, seconds, and DST on/off setting) with the touch of a button. See “To record a Time Recorder time” for more information.
- All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing C.

Setting the Time and Date Manually
Make sure you select your Home City code before you change the current time and date settings. World Time Mode times are all displayed in accordance with the Timekeeping Mode settings. Because of this, World Time Mode times will not be correct if you do not select the proper Home City code before setting the time and date in the Timekeeping Mode.

To set the current time and date manually:
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 move the flashing in the sequence shown below to select other settings.
3. When the setting you want to change is flashing, use C and/or D to change it as described.

City/Auto Receive Settings

<table>
<thead>
<tr>
<th>City Code</th>
<th>DST</th>
<th>Auto DST</th>
<th>Power Saving Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>12H/24H</td>
<td></td>
<td></td>
<td>Off (FF)</td>
</tr>
<tr>
<td>City Code</td>
<td>DST</td>
<td>Auto DST</td>
<td>Power Saving Setting</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Off (FF)</td>
</tr>
</tbody>
</table>

- See “City Code Table” for a complete list of city codes.

Timekeeping

<table>
<thead>
<tr>
<th>City Code</th>
<th>DST</th>
<th>Auto DST</th>
<th>Power Saving Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Off (FF)</td>
</tr>
</tbody>
</table>

- Use C and/or D to edit the setting screen.
- If a City/Auto Receive Setting screen is displayed, press B twice.
- If a Time/DST/Power Saving Setting screen is displayed, press D once.

Note
- Auto DST (R1G1) can be selected only when HNL, PNC, L/R/V, DEN, CH, or NY/T is selected as the Home City code. For more information, see “Daylight Saving Time (DST)” below.
- The auto receive setting is used for time calibration signal reception only. See “About Auto Receive” for details.

City/Auto Receive Settings

<table>
<thead>
<tr>
<th>City Code</th>
<th>DST</th>
<th>Auto DST</th>
<th>Power Saving Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Off (FF)</td>
</tr>
</tbody>
</table>

- Use C and/or D to edit the setting screen.
- If a City/Auto Receive Setting screen is displayed, press B twice.
- If a Time/DST/Power Saving Setting screen is displayed, press D once.

Note
- Auto DST (R1G1) can be selected only when HNL, PNC, L/R/V, DEN, CH, or NY/T is selected as the Home City code. For more information, see “Daylight Saving Time (DST)” below.
- The auto receive setting is used for time calibration signal reception only. See “About Auto Receive” for details.

4. Use C and/or D to edit the setting screen.
Daylight Saving Time (DST)

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

The time calibration signal transmitted from Fort Collins includes both Standard Time and DST data. An Auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the received time signal.

- If the DST setting is Auto DST, DST (UTC+1) whenever you select NL, HN, RH, LF, DH, CH_1, or HFC as your Home City code.
- If you experience problems receiving the time calibration signal in your area, it is probably best to switch between Standard Time and Daylight Saving Time (summer time) manually.

**To change the Daylight Saving Time (summer time) setting**

1. In the Timekeeping Mode, hold down 
2. Press and the DST setting screen appears.
3. Use to cycle through the DST settings in the sequence shown below.

- Auto DST (UTC+1) DST off (UT) DST on (UTC+1)

4. When the setting you want is selected, press twice to exit the setting screen.

**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 Time Recorder Mode or Alarm Mode for two or three minutes without performing any operation, it automatically returns to the Timekeeping Mode.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.

**Data and Setting Scrolling**

The and 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 a high speed.

**Initial Screens**

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

**Radio-controlled Atomic Timekeeping Precautions**

- Strong electrostatic charge can result in the wrong time being set.
- Signal reception is affected by weather, atmospheric conditions, and seasonal changes.
- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal takes priority due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal cannot be performed starting from January 1, 2100.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and data date (year, month, day), certain conditions can limit reception to the time data only.
- Normally, the signal reception data shown by the Last Signal screen is the data included in the received time calibration signal. When only time data is received, however, the Last Signal screen shows the data as kept in the Timekeeping Mode at the time of signal reception.
- If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within ±5 seconds a month at normal temperature.
- If you have problems with proper time calibration signal reception or if the time setting is wrong after signal reception, check your current city code, DST (summer time), and auto receive settings. The following are the initial factory default for these settings.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Initial Factory Default</th>
</tr>
</thead>
<tbody>
<tr>
<td>City code</td>
<td>UTC (New York)</td>
</tr>
<tr>
<td>DST (summer time)</td>
<td>07/08/2000</td>
</tr>
<tr>
<td>DST (auto switching)</td>
<td>07/08/2000</td>
</tr>
<tr>
<td>Auto receive</td>
<td>07/08/2000</td>
</tr>
</tbody>
</table>

**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 P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and the A (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.

**Power Saving Function**

When turned on, the Power Saving function automatically enters a sleep state when the watch is not used for six minutes. When turned off, the watch returns to normal operation.

**Auto DST setting**

- When you enter the Timekeeping Mode, hold down . This causes the city code to flash, which indicates the setting screen.
- Press again.
- Press seven times until the Power Saving on/off screen appears.
- Press to toggle Power Saving on/off.
- Press to exit the setting screen.
- The Power Saving on indicator is on the display in all modes while the Power Saving is turned on.

**Backlight Precautions**

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sound is heard.
- Frequent use of the backlight shortens the battery operating time.

**Auto light switch precautions**

- Wearing the watch on the inside of your wrist as well as movement or vibration of your arm can cause the auto light switch to activate and illuminate the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.
- Backlight more than 15 degrees too high

- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.
# City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City Code</th>
<th>GMT Differential</th>
<th>Other major cities in same time zone</th>
</tr>
</thead>
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Based on data as of December 2002.