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 and keep it on hand for later reference when necessary.

This 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 timer and Dual Time functions will not display the correct time for Newfoundland, Canada.

Exposure to bright light may cause the watch to enter a sleep state whenever the watch is left for a certain period where it is dark. The watch enters a sleep state whenever the watch is left for a certain period where it is dark. In this state, the watch will not respond to the push of any buttons or to attempts to change the time. If you suspect that the watch may be in sleep mode, move it towards your face for reading. The watch will wake up when you move it towards your face.

The analog time of this watch is synchronized with the digital time. Because of this, the watch's Power Saving function has turned it off to conserve power.

Power Saving automatically turns off the display and sets the time whether the watch is left for a certain period where it is dark. The initial factory setting is Power Saving on. The watch will resume from the sleep state if you move it towards your face for reading. If you angle the watch towards your body for reading, it can take up to two seconds for the display to turn on.

See “Power Saving” for more information.

If the digital display of the watch is blank...

If the digital display of the watch is blank, it means that the watch's Power Saving function has turned it off to conserve power.

Power Saving automatically turns off the display and sets the time whether the watch is left for a certain period where it is dark. The initial factory setting is Power Saving on. The watch will resume from the sleep state if you move it towards your face for reading. If you angle the watch towards your body for reading, it can take up to two seconds for the display to turn on.

See “Power Saving” for more information.

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 in the United States (Fort Collins, Colorado) and the time calibration signals transmitted in Japan.

The U.S. time calibration signal can be picked up by the watch while in North America.

The term “North America” in this manual refers to the region that consists of Canada, the continental United States, and Mexico.

Current Time Setting

This watch automatically adjusts its digital 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 specify your Home Time Zone, which is the time zone where you will normally use the watch. For more information, see “To specify your Home Time Zone” below.

When using the watch outside the range of the U.S. and Japanese time-signal transmitters, you have to adjust the current time setting manually as required. See “Timekeeping Mode” for more information about manual time settings.

The analog time of this watch is synchronized with the digital time. Because of this, the analog time setting is automatically updated whenever you change the digital setting. See “Analog Timekeeping” for more information.

To specify your Home Time Zone

To specify your Home Time Zone, follow the steps below.

1. In the Timekeeping Mode, hold down above until the GMT differential value starts to flash, which indicates the setting screen.

The second hand will move at high speed to the 12 o'clock position, where it will stop.

The GMT differential value indicates the time difference in hours between Greenwich Mean Time and the currently selected time zone.

The DST indicator indicates that Daylight Saving Time (summer time) is turned on for the currently selected time zone.

2. Use above and below to select the time zone you want to use as your Home Time Zone.

The following are the GMT differential values for major cities in North America and for Japan. Note that if the time zone you selected is in Daylight Saving Time and the signal receiving indicator is on the display (indicating that the watch has received a signal and that it has adjusted its GMT differential for Daylight Saving Time), you must select the GMT differential values shown in the parentheses.

- 6.0 (DST – 6.0): Los Angeles, San Francisco, Las Vegas, Seattle/Tacoma, Vancouver, Tijuana
- 7.0 (DST – 6.0): Denver, El Paso, Edmonton, Ciudad
- 6.0 (DST – 5.0): Chicago, Houston, Dallas/Fort Worth, New Orleans, Winnipeg, Minneapolis and St. Paul, Calgary
- 5.0 (DST – 4.0): New York, Detroit, Miami, Boston, Montreal
- 4.0 (DST – 3.0): All cities in Japan

Note that this watch does not have a time zone that corresponds to Newfoundland.

3. Press above to exit the setting screen.

The second hand will advance at high speed to the correct position in accordance with the digital time, and resume normal movement from there.

About This Manual

- Button operations are indicated using the letters shown in the illustration.
- Most of the display examples in this manual show only the digital display, without the analog hands.
- 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.

Entering the Stopwatch Mode causes the second hand and battery level dial hand to move to the 12 o'clock position.

Entering the Stopwatch Mode causes the second hand and battery level dial hand to move to the 12 o'clock position.

Normal operation requires that the watch has received a time calibration signal. If it does not, the watch will not function properly.

If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.

If W6O, A, J40, J60, or OFF starts to flash in place of the GMT differential value when you hold down above in step 1 of the above procedure, press above again to exit the setting screen. After that, press above and then perform step 1 again.

To display the digital time and last signal screen

- In the Timekeeping Mode, press above to cycle through the digital time screens as shown below.

Day of week Month – Day

- In the Timekeeping Mode, press above to display the last signal screen. The last signal screen shows the date and time of the last successful time calibration signal reception.

- The last signal screen remains on the display for about one or two minutes. After that, the Timekeeping Mode screen reappears.

Time Calibration Signal Reception

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

Auto Receive

With auto receive, the watch automatically picks up the time calibration signal five times a day at 0:00 a.m., 1:00 a.m., 2:00 a.m., 3:00 a.m., and 4:00 a.m. For more information, see “About Auto Receive”.

Manual Receive

Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see “To perform manual receive”.

This 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 timer and Dual Time functions will not display the correct time for Newfoundland, Canada.
Important!
• When getting ready to receive the time calibration signal, position the watch as shown in the nearby illustration, with its 12 o’clock side facing towards a window. Make sure there are no metal objects nearby.

About Auto Receive
When auto receive is turned on, the watch receives the calibration signal for two to seven minutes. In Japan, however, reception can take up to 14 minutes. Take care that you do not perform any button operations or move the watch during this time.

• When within range of the applicable transmitter, this watch can receive either the U.F.T. (Fort Collins) or Saga (Fukuoka or Fukuoka/Saga) time calibration signals. See “Transmitters” for more information.

Reception Ranges
1,000 kilometers
2,000 kilometers
500 kilometers
Fukuoka/Saga
Fukuoka
Fort Collins

Under good reception conditions, signal reception is possible within a radius of about 2,000 miles (3,000 kilometers) from the Fort Collins transmitter. At distances further than about 600 miles (1,000 kilometers) from the Fort Collins transmitter, signal reception may not be possible during certain times of year or times of day. Radio interference may also cause problems with reception.

When a receive operation starts, the second hand will stop until the receive operation is complete.

• If the receive operation is unsuccessful, the Level 4 receiving indicator is not displayed, but the Level 4 receiving indicator does not appear on the display.

To perform manual receive
1. Place the watch on a stable surface so its top (12 o’clock side) is facing towards a window.

Note
• To interrupt a receive operation and return to the Timekeeping Mode, press [ ]. If the receive operation is unsuccessful, ———— appears on the display for about one or two minutes. After that, the watch returns to the Timekeeping Mode.

You can also change from the last signal or ———— to ——— screen to the normal timekeeping screen by pressing [ ].

Signal Reception Troubleshooting
Check the following points if you experience problems with signal reception.

Problem
Cannot perform manual receive.
Time setting is incorrect following signal reception.
Auto receive is turned on, but the Level 4 receiving indicator does not appear on the display.

Probable Cause
The watch is not in the Timekeeping Mode.
You changed the time setting manually.
The watch was not in the Timekeeping or Dual Time Mode, or you performed some button operation during the auto receive operation.

What you should do
Enter the Timekeeping Mode and try again.
Change the DST setting to Auto DST.
Select ——— ——— ——— ——— ——— or ——— ——— ——— ——— as your Home Time Zone.

Important!
• Change the DST setting to Auto DST.

Stopwatch
The stopwatch lets you measure elapsed time, lap times, split times, and two finishes. Stopwatch times are also stored in memory.

The display range of the stopwatch is 55 minutes, 59.99 seconds.

• All of the operations in this section are performed in the Timekeeping Mode.

To enter the Stopwatch Mode
1. Press [ ] to start the stopwatch.

Note
• The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.

The stopwatch measurement operation continues even if you exit the Stopwatch Mode.

To measure elapsed time
1. Press [ ] to start the stopwatch.
2. Press [ ] again to stop the stopwatch.
3. Press [ ] to clear the stopwatch to zero.
To measure lap times

1. When the stopwatch display shows all zeros, press A to display the lap time screen (indicated by LAP).  
2. Press B to start a time measurement.  
3. Press A to record the time of the first lap.  
4. This freezes the current lap time on the digital display for about five seconds, while measurement of the next lap time continues internally and elapsed time continues to be indicated by the analog hands.  
5. After five seconds, the lap number of the displayed time appears for one second, and then the elapsed time display for the next lap appears.  
6. Repeat step 3 to record more lap times.

To measure split times

1. When the stopwatch display shows all zeros, press A to display the split time screen (indicated by SPL).  
2. Press B to start a time measurement.  
3. Press A to record the time of the first split.  
4. This freezes the current split time on the digital display for about five seconds, while measurement of the next split time continues internally and elapsed time continues to be indicated by the analog hands.  
5. After five seconds, the split time display for the next split appears.  
6. Repeat step 3 to record more split times.  
7. Press C to stop the stopwatch.  
8. Press A to clear the stopwatch to all zeros.

To time first and second place finishes

1. When the stopwatch display shows all zeros, press A to display the split time screen (indicated by SPL).  
2. Press B to start a time measurement.  
3. Press A when the first finisher crosses the finish line.  
4. This causes the time of the first finisher on the digital display for about five seconds. After that the display returns to elapsed time measurement.  
5. Press A when the second finisher crosses the finish line, and display the time.  
6. Press A to clear the stopwatch to all zeros.

Memory Management

Any time you start a new elapsed time measurement (from all zeros) in the Stopwatch Mode, the watch automatically deletes all of the stopwatch time records currently in memory.  

The following table shows Stopwatch Mode operations, and how they affect memory storage.

<table>
<thead>
<tr>
<th>To do this:</th>
<th>Press this button:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display stopwatch times from memory and start elapsed time measurement</td>
<td>B (if zero at zero are displayed)</td>
</tr>
<tr>
<td>Pause an elapsed time measurement without storing data in memory</td>
<td>A</td>
</tr>
<tr>
<td>Restart a paused elapsed time measurement without storing data in memory</td>
<td>B</td>
</tr>
<tr>
<td>Record a lap or split time in memory during ongoing elapsed time measurement</td>
<td>A</td>
</tr>
<tr>
<td>Record the currently paused lap, lap or split time in memory</td>
<td>B (clears display to all zero)</td>
</tr>
</tbody>
</table>

The watch has enough memory to hold up to 50 lap/split time records. Recording a lap or split time while there are already 50 records in memory deletes the oldest record to make room for the new one.  

See ‘Recall Mode’ for details on how to recall time records from memory.

Recall Mode

Use the Recall Mode to recall and delete time records stored in the Stopwatch Mode. You can use the Recall Mode to view both lap and split time records.  

All of the operations in this section are performed in the Recall Mode, which you enter by pressing C.  

Entering the Recall Mode displays the number of the last lap recorded in the Stopwatch Mode. After that, the applicable lap time appears. If there are no stopwatch time records in memory, LAP – – appears on the display.

To recall stopwatch time records

1. In the Recall Mode, press A to select the either lap time or split time format.

<table>
<thead>
<tr>
<th>Lap Time Format</th>
<th>Split Time Format</th>
</tr>
</thead>
</table>

2. Press A to scroll through the stopwatch time records from the newest to the oldest.  
3. Each press of A displays the next lap or split number for about one second, and then displays the applicable lap or split time.  
4. Regardless of whether you are viewing time records using lap time format or split time format, the lap/split number is indicated on the display as LAP 1, LAP 2, etc.

To delete all stopwatch time records

In the Recall Mode, hold down B and C for about two seconds. During that time – – will flash on the digital display. Keep B and C depressed until – – stops flashing.  

If you release B and C before – – stops, the watch will return to the stopwatch time record screen without deleting time records.  

The lap number will show LAP – – after all of the stopwatch time records are deleted.  

Note that lap and split times cannot be deleted individually.  

Stopwatch time records can be deleted only when the Stopwatch Mode elapsed time display is cleared to all zeros.

Dual Time

The Dual Time Mode lets you view the current time in 29 time zones around the world.  

Times are indicated on the digital display by their GMT differential values.  

For full information on time zones, see the “Time Zone Table.”  

The watch will perform a signal receive operation even if it is in the Dual Time Mode when a calibration time is reached. If this happens, the Dual Time Mode time settings will be adjusted in accordance with the current time in the Timekeeping Mode’s Home Time Zone.  

All of the operations in this section are performed in the Dual Time Mode, which you enter by pressing C.

To view the time in another time zone

While in the Dual Time Mode, press B to scroll westward through time zones.  

When you release C, the displayed GMT differential value is replaced by the current time in that time zone after one second.  

Pressing C causes the applicable GMT differential value of the currently selected time zone to appear on the digital display for about one second.  

If the current time shown for a time zone is wrong, check the Timekeeping Mode time setting and your Home Time Zone setting, and make the necessary changes.

To toggle a time zone between Standard Time and Daylight Saving Time

1. In the Dual Time Mode, use B to display the time zone you want to change.  
2. Hold down A to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).

The DST indicator appears on the display whenever you display a time zone for which Daylight Saving Time is turned on.  

The DST/Standard Time setting you configure affects only the currently displayed time zone. Other time zones are not affected.  

Note that you cannot use the Dual Time Mode to change the DST setting of the Home Time Zone you currently have selected in the Timekeeping Mode. See “To change the Daylight Saving Time (summer time) setting” for information about turning the Home Time Zone DST setting on and off.

The 00.0 (Greenwich Mean Time) time zone cannot be switched between Standard Time and Daylight Saving Time.

Alarms

The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm. One of the one-time alarms functions as a ‘target alarm’, which counts the time remaining from the current time in your Home Time Zone until the target alarm time.  

Also use the Alarm Mode to turn the Hourly Time Signal on and off.  

There are five alarm numbers AL1, AL2, AL3, AL4 (target alarm), and AL5 (snooze alarm). You can configure AL5 as a snooze alarm only. Alarms AL1, AL2, AL3, and AL4 can be used as one-time alarms.

All of the operations in this section are performed in the Alarm Mode, which you enter by pressing C.

To set an alarm time

1. In the Alarm Mode, use B to scroll through the alarm screens until the one whose time you want to set is displayed.

<table>
<thead>
<tr>
<th>Target Alarm Format</th>
<th>Countdown (Hours, Minutes, Seconds)</th>
</tr>
</thead>
</table>

2. After you select an alarm, hold down A until the hour setting of the alarm time starts to flash, which indicates the setting screen.  
3. This operation automatically turns on the alarm.

4. While a setting is flashing, use B (±) and C (±) to change it.  
5. When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).

6. Press C to exit the setting screen.  
7. With the target alarm (AL4), the time starts to countdown as soon as you set the alarm time.
Daylight Saving Time (DST)
Daylight Saving Time (summer time) 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 signals include both Standard Time and DST data. When the auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the signal it receives.

• The auto DST setting can be turned on only while –6.0, –6.0, –7.0, –8.0, –9.0, –10.0, +6.0, or +9.0 is selected as the Home Time Zone.
• 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. While any screen other than the last signal screen is on the display in the Timekeeping Mode, hold down \( \text{DST} \), until the GMT differential value starts to flash, which indicates the setting screen.
2. Press \( \text{DST} \), to display the DST setting screen.
3. Press \( \text{DST} \), to cycle through the DST settings in the sequence shown below.
4. Press \( \text{DST} \), to set the setting screen.
5. The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.

Analog Timekeeping
The analog time of this watch is synchronized with the digital time. The analog time setting is adjusted automatically whenever you change the digital time.

Note
The hands for the analog timepiece move to a new setting whenever any of the following occurs.
1. When you change the digital time setting manually.
2. When the digital time setting is changed by time calibration signal reception.
3. When you change the Home Time Zone and/or DST setting.
4. Whenever you need to adjust both the digital and the analog time settings manually, make sure you adjust the digital setting first.
5. Depending on how much the hands have to move in order to adjust to the digital time, it may take some time before they stop moving.

To adjust the analog time
1. In the Timekeeping Mode, press \( \text{Hands Setting} \), five times to enter the Hand Setting Mode.
2. Hold down \( \text{ON} \), until \( \text{OFF} \) starts to flash, which indicates the analog setting screen.
3. The second hand will move at high speed to the 12 o’clock position, where it will stop.
4. The second hand is not pointing precisely at 12 o’clock at this time, use \( \text{Adjust} \), to adjust its position.
5. Each press of \( \text{Adjust} \), causes the second hand to advance by one second.
6. Press \( \text{OFF} \), This will cause the Timekeeping Mode time on the digital display to flash, which indicates that adjustment of hour and minute hands is selected.
5. Use \( \text{ON} \), \( \text{OFF} \), to move the hands in 20-second units.
6. Holding down either button moves the hands at high speed.
7. Adjust the analog time so it matches the digital time. Note that the 24-hour dial hand moves in coordination with the hour and minute hands. When adjusting the analog time, keep an eye on the 24-hour dial hand to make sure that it is in the correct am/pm position.
8. To move the hands forward a long way, hold down \( \text{OFF} \), press \( \text{OFF} \), and then release both buttons.
9. To move the hands back a long way, hold down \( \text{ON} \), press \( \text{ON} \), and then release both buttons.
10. The above operations cause the hands to move at high speed until you press any button or until the hands complete one 24-hour cycle (two revolutions). Hand movement also stops if an alarm starts to sound.
11. Press \( \text{OFF} \), twice to exit the setting screen.
12. The first press of \( \text{OFF} \), causes 00:00.00 to appear on the display (indicating the stoppage 1/20 second hand dial adjustment screen). Pressing \( \text{OFF} \), the second time exits the setting screen.
13. To return to the Timekeeping Mode, press \( \text{OFF} \).

Illumination
Two LEDs (light-emitting diodes) illuminate the face of the watch for easy reading in the dark. The watch’s auto light switch automatically illuminates the face when you angle the watch towards your face.

The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
• You can specify 1.5 seconds or 2 seconds as the illumination duration.
• See “Illumination Precautions” for other important information.

To illuminate the face of the watch
In any mode (except when a setting screen is on the display), press \( \text{Illumination} \), to illuminate the face of the watch.

The above operation turns on illumination regardless of the current auto light switch setting.

To specify the illumination duration
1. While any screen other than the last signal screen is on the display in the Timekeeping Mode, hold down \( \text{Illumination} \), until the GMT differential value starts to flash, which indicates the setting screen.
2. Press \( \text{Illumination} \), three times to move the flashing to the second setting.
3. Press \( \text{Illumination} \), to toggle the illumination duration setting between 2 seconds “,” displayed in front of seconds) and 1.5 seconds “,” (not displayed).
4. Press \( \text{Illumination} \), to exit the setting screen.
About the Auto Light Switch

When the auto light switch causes the face to illuminate, whenever you position your wrist as described below in any mode. Note that this watch features a Full Auto LED Light function. The auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

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

• Wear the watch on the outside of your wrist.

Warning!

• Always make sure you are in a safe place whenever you are reading the face 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 cause an accident.

To turn the auto light switch on and off

In any mode except when a setting screen is on the display, hold down [D] for about two seconds to toggle the auto light switch on ([ ] displayed) and off ([ ] not displayed).

• The auto light switch on indicator ([ ]) is on the display in all modes while the auto light switch is turned on.

Power Supply

This watch is equipped with a solar cell and a special 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.

• The illustration shows how to position a watch with a resin band.

• Note that charging efficiency drops whenever any part of the solar cell is blocked by clothing, etc.

• Normally, you should try to keep the watch outside of your sleeve as much as possible. Charging is significantly reduced if the face is only partially covered.

Important!

• Always make sure you are in a safe place whenever you are reading the face 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 cause an accident.

• This watch features a Full Auto LED Light function. The auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

The following table shows the amount of time the watch needs to be exposed to light to charge the special rechargeable battery.

<table>
<thead>
<tr>
<th>Exposure Level (Brightness)</th>
<th>Approximate Exposure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Fluorescent Lighting (500 lux)</td>
<td>8 hours</td>
</tr>
<tr>
<td>Daylight Through a Window on a Cloudy Day (1,000 lux)</td>
<td>24 minutes</td>
</tr>
<tr>
<td>Sunlight Through a Window (5,000 lux)</td>
<td>48 minutes</td>
</tr>
<tr>
<td>Outdoor Sunlight (50,000 lux)</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>

Since these are the specs, we can include all the technical details.

• Watch is not exposed to light.

• Display on for 18 hours per day, sleep state 6 hours per day

• Auto Return Features

• If you use the illumination or alarms a number of times during a short period, the recover indicator ([ ]) appears on the display, and the following operations become disabled until battery power recovers.

• Auto Return Features

• If you use the illumination or alarms a number of times during a short period, the recover indicator ([ ]) appears on the display, and the following operations become disabled until battery power recovers.

Recovery Times

The table below shows the amount of time required to fully charge the rechargeable battery.

<table>
<thead>
<tr>
<th>Exposure Level (Brightness)</th>
<th>Approximate Exposure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Fluorescent Lighting (500 lux)</td>
<td>8 hours</td>
</tr>
<tr>
<td>Daylight Through a Window on a Cloudy Day (5,000 lux)</td>
<td>20 hours</td>
</tr>
<tr>
<td>Sunlight Through a Window (10,000 lux)</td>
<td>20 hours</td>
</tr>
</tbody>
</table>

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

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 use the watch in the Recall, Alarm (except for the target alarm countdown screen), or Hand Setting Mode for two or three minutes without performing any operation, it automatically returns to the Timekeeping Mode.

• If you have a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

The [A] and [B] 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 high speed.

Initial Screens

When you enter the Dual Time or Alarm 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.

• Even when the watch is within the reception range of the transmitter, signal reception will be impossible if the signal is blocked by mountains or other geological formations between the watch and signal source.

• Signal reception is affected by weather, atmospheric conditions, and seasonal changes.

• The time calibration signal bounces off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes 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 takes priority over any time settings you may make manually.
• The watch is designed to automatically update the date and day of the week for the period between January 1, 2000 to December 31, 2099. Settings of the date by the time calibration signal cannot be performed starting from January 1, 2100.
• This watch can receive signals that differentiate between leap years and non-leap years.
• You may notice a very faint clicking sound coming from the watch when it is shaken. This sound is caused by mechanical operation of the auto light switch whenever in operation. This does not necessarily indicate improper operation of the auto light switch. If illumination turns off after about two seconds, even if you keep the watch pointed towards your face. This does not mean that the watch is malfunctioning.
• Never try to perform stopwatch operations while you are driving an automobile, riding a bicycle, or operating any type of vehicle. Doing so is very dangerous and can result in accident.
• The illustration shows an example where it took 50 seconds to travel one kilometer (or one mile).
• The watch is designed to operate for approximately one year on a single battery. However, this time varies depending on the frequency of use and battery conditions.
• The watch is designed to automatically update the date and day of the week for the period between January 1, 2000 to December 31, 2099. Settings of the date by the time calibration signal cannot be performed starting from January 1, 2100.
• The watch is designed to operate for approximately one year on a single battery. However, this time varies depending on the frequency of use and battery conditions.
• The tachymeter can be used only when you are traveling by car or some other means that can cover one kilometer or one mile within 60 seconds.

To recover from the sleep state
Perform any one of the following operations.
• Move the watch to a well-illuminated area. It can take up to two seconds for the display to turn on.
• Press any button.
• Angle the watch towards your face for reading.

To alter the hand position
1. While any screen other than the last signal screen is on the display, move the watch toward the Fukuoka/Saga transmitter. To change transmitter, press the A key. This causes the two far left zeros of the GMT display to flash, which indicates that the battery level dial is selected for adjustment.
2. Press the B key to advance the hand of the battery level dial one step, until it is aligned with the 12 o’clock position.
3. Press the C key to exit the setting screen.
4. Selecting the transmitter mode setting starts to flash, which indicates the analog setting screen.

Setting Initial Factory Default
1. While any screen other than the last signal screen is on the display, press and hold the A key until the Power Saving on/off screen appears.
2. Press the C key to toggle Power Saving on (on) and off (OFF).
3. Press the D key to exit the setting screen.

Adjusting Dial Hand Positions
You can use the procedure in this section to adjust the position of the stopwatch 1/20 second dial and the battery level dial hand whenever they do not align with the 12 o’clock position when you enter the StopWatch Mode.

To adjust dial hand positions
1. In the Timekeeping Mode, press (B) five times to enter the Hand Setting Mode.
2. Hold down the C key until 0:00 starts, which indicates the analog setting screen.
3. Press the D key to display the dial hand setting screen.
4. The dial hand setting screen shows 00:00:00, with the two zeros on the far right flashing. This indicates that the stopwatch 1/20 second dial is selected for adjustment.
5. Press the D key to advance the hand of the stopwatch 1/20 second dial one step, until it is aligned with the 12 o’clock position.
6. After the 1/20 second dial hand is aligned properly, press (B).

To return to the Timekeeping Mode, press (D).

Illumination Precautions
• The illumination provided by the light may be hard to see when viewed under direct sunlight.
• Illumination automatically turns off whenever an alarm sounds.
• Frequent use of illumination shortens the battery operating time.

Auto light switch precautions
• Wearing the watch on your wrist, movement of your arm, or vibration of your arm can cause frequent activation of the auto light switch and illuminate the face of the watch. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the face.
• Note that wearing the watch under your sleeve while the auto light switch is turned on can cause frequent illumination of the face and can run down the battery.
• Illumination may not turn on 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.
• Illumination turns off after about two seconds, even if you keep the watch pointed towards your face. This does not mean that the watch is malfunctioning.
• Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards your face again. If this does not work, drop your arm all the way down, and lift it up again.

Operation Guide 2762

Casio
### Time Zone Table

<table>
<thead>
<tr>
<th>GMT Differential Value</th>
<th>Major Cities in Time Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Time</td>
<td>DST/Summer Time</td>
</tr>
<tr>
<td>-11.0</td>
<td>Pago Pago</td>
</tr>
<tr>
<td>-10.0</td>
<td>Honolulu, Papeete</td>
</tr>
<tr>
<td>-9.0</td>
<td>Anchorage, Mumbai</td>
</tr>
<tr>
<td>-8.0</td>
<td>Los Angeles, Sea, Honolulu, Las Vegas, Vancouver, Seattle, Tacoma, Dawson City, Tbilisi</td>
</tr>
<tr>
<td>-7.0</td>
<td>Denver, El Paso, Edmonton, Calgary</td>
</tr>
<tr>
<td>-6.0</td>
<td>Chicago, Houston, Dallas/Fort Worth, New Orleans, Mexico City, Winnipeg</td>
</tr>
<tr>
<td>-5.0</td>
<td>New York, Montevideo, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota</td>
</tr>
<tr>
<td>-4.0</td>
<td>Caracas, La Paz, Santiago, Port of Spain</td>
</tr>
<tr>
<td>-3.0</td>
<td>Rio de Janeiro, Sao Paulo, Buenos Aires, Brasilia, Montevideo</td>
</tr>
<tr>
<td>-2.0</td>
<td>GMT</td>
</tr>
<tr>
<td>-1.0</td>
<td>Paris</td>
</tr>
<tr>
<td>0.0</td>
<td>GMT</td>
</tr>
<tr>
<td>1.0</td>
<td>London, Dublin, Lisbon, Casablanca, Dakar, Abidjan</td>
</tr>
<tr>
<td>3.0</td>
<td>Cairo, Jerusalem, Athens, Helsinki, Istanbul, Beirut, Caracas, Cape Town</td>
</tr>
<tr>
<td>4.0</td>
<td>Jeddah, Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow</td>
</tr>
<tr>
<td>5.0</td>
<td>Beirut, Dubai, Muscat</td>
</tr>
<tr>
<td>6.0</td>
<td>Kabul</td>
</tr>
<tr>
<td>7.0</td>
<td>Karachi, Male</td>
</tr>
<tr>
<td>8.0</td>
<td>Delhi, Amritsar, Kohala</td>
</tr>
<tr>
<td>9.0</td>
<td>Delhi, Colombo</td>
</tr>
<tr>
<td>10.0</td>
<td>Singapore</td>
</tr>
<tr>
<td>11.0</td>
<td>Beijing, Jakarta, Phnom Penh, Hanoi, Vientiane</td>
</tr>
<tr>
<td>12.0</td>
<td>Hong Kong, Singapore, Kuala Lumpur, Beijing, Taipei, Ulaanbaatar</td>
</tr>
<tr>
<td>13.0</td>
<td>Tokyo, Seoul, Pyongyang</td>
</tr>
<tr>
<td>14.0</td>
<td>Astana, Tashkent</td>
</tr>
<tr>
<td>15.0</td>
<td>Sydney, Melbourne, Noumea, Adelaide, Jakarta, Jakarta, Phnom Penh, Hanoi, Vientiane</td>
</tr>
<tr>
<td>16.0</td>
<td>Beijing, Singapore, Kuala Lumpur, Beijing, Taipei, Ulaanbaatar</td>
</tr>
<tr>
<td>17.0</td>
<td>Tokyo, Seoul, Pyongyang</td>
</tr>
<tr>
<td>18.0</td>
<td>Astana, Tashkent</td>
</tr>
<tr>
<td>19.0</td>
<td>Sydney, Melbourne, Noumea, Adelaide</td>
</tr>
<tr>
<td>20.0</td>
<td>Auckland, New Zealand, Lord Howe Island</td>
</tr>
<tr>
<td>21.0</td>
<td>Wellington, Christchurch, Norfolk Island</td>
</tr>
</tbody>
</table>

*Based on data as of December 2003.*