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.

Applications

The built-in sensors of this watch measure direction, barometric pressure, temperature and altitude. Measured values are then shown on the display. Such features make this watch useful when hiking, mountain climbing, or when engaging in other such outdoor activities.

Keep the watch exposed to bright light

The electricity generated by the solar cell of the watch is stored by a built-in battery. Leaving or using the watch where it is not exposed to light causes the battery to run down. Make sure the watch is exposed to light as much as possible.

- When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is only partially covered.

Battery charges in the light. Battery discharges in the dark.

The actual level at which some functions are disabled depends on the watch model.

- Frequent display illumination can run down the battery quickly and require charging. The following guidelines give an idea of the charging time required to recover from a single illumination operation.
  - Approximately five minutes exposure to bright sunlight coming in through a window
  - Approximately 50 minutes exposure to indoor fluorescent lighting
- Be sure to read “Power Supply” for important information you need to know when exposing the watch to bright light.

General Guide

- The illustration below shows which buttons you need to press to navigate between modes.
- In any mode, press (L) to illuminate the display.

If the display of the watch is blank...

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

- See “Power Saving” for more information.

Warning!

- The measurement functions built into this watch are not intended for taking measurements that require professional or industrial precision. Values produced by this watch should be considered as reasonable representations only.
- When engaging in mountain climbing or other activities in which losing your way can create a dangerous or life-threatening situation, always be sure to use a second compass to confirm direction readings.
- CASIO COMPUTER CO., LTD. assumes no responsibility for any loss, or any claims by third parties that may arise through the use of this watch.

About This Manual

- 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.

You can use buttons A, B, and C to enter a sensor mode directly from the Timekeeping Mode or from another sensor mode. To enter a sensor mode from the Data Recall, World Time, Stopwatch, Countdown Timer, Alarm, or Receive Mode, first enter the Timekeeping Mode and then press the applicable button.
Radio-controlled Atomic Timekeeping

This watch receives a time calibration signal and updates its time setting accordingly.

- This watch is designed to pick up the time calibration signal transmitted in Germany (Mainflingen), England (Rugby), and the United States (Fort Collins) and the time calibration signals transmitted in Japan.

Current Time Setting

This watch adjusts its time setting automatically 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 City (the city where you normally will use the watch). For more information, see "To specify your Home City" below.
- You can disable time signal reception, if you want. See "Signal Reception Troubleshooting" for more information about manual time settings.
- 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 area that consists of Canada, the continental United States, and Mexico.

To specify your Home City

City code

1. In the Timekeeping Mode, hold down [SETTING] until the city code starts to flash, which indicates the setting screen.
2. Press [CITY] (east) and [CITY] (west) to select the city code you want to use as your Home City. For more information, see "Transmitters".
3. Press [EXIT] to exit the setting screen.

- 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.
- The watch will receive the time calibration signal automatically from the applicable transmitter (in the middle of the night) and update its settings accordingly. For information about the relationship between city codes and transmitters, see "Transmitters".
- See the maps under "Reception Ranges" for information about the reception ranges of the watch.
- You can disable time signal reception, if you want. See "To turn auto receive on and off" for more information.

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 receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive operations are not performed. 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".

- 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.

- The watch should not be facing the wrong way.
- Proper signal reception can be difficult or even impossible under the conditions listed below.

Inside or among buildings
Inside a vehicle
Near household appliances, office equipment, or a mobile phone
Near a construction site, airport, power lines or other sources of electrical noise
Near high-tension power lines
Among or behind mountains

- Signal reception normally is better at night than during the day.
- Time calibration signal reception takes from two to seven minutes, but in some cases it can take as long as 14 minutes. Take care that you do not perform any button operations or move the watch during this time.
- The time calibration signal the watch will attempt to pick up depends on its current Home City code setting as shown below.

<table>
<thead>
<tr>
<th>Home City Code</th>
<th>Time Calibration Signal</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAR, BER, ATH</td>
<td>Rugby (England)</td>
<td>60.0 kHz</td>
</tr>
<tr>
<td>TYO, SEL</td>
<td>Fukushima (Japan)</td>
<td>40.0 kHz</td>
</tr>
<tr>
<td>NYC, CHI, DEN, LAX</td>
<td>Fort Collins, Colorado</td>
<td>60.0 kHz</td>
</tr>
</tbody>
</table>

Reception Ranges

1,500 kilometers
500 kilometers
500 kilometers

1,000 kilometers
2,000 miles (3,000 kilometers)
600 miles (1,000 kilometers)

- Signal reception may not be possible at the distances noted below during certain times of the year or day. Radio interference may also cause problems with reception.
- Mainflingen (Germany) or Rugby (England) transmitters: 500 kilometers (310 miles)
- Fort Collins (United States) transmitter: 600 miles (1,000 kilometers)
- Fukushima or Fukushima/Saga (Japan) transmitters: 500 kilometers (310 miles)
- 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.
- See the information under "Signal Reception Troubleshooting" if you experience problems with time calibration signal reception.

About Auto Receive

The watch receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive operations are not performed. The reception schedule (calibration times) depends on your currently selected Home City, and whether standard time or Daylight Saving Time is selected for your Home City.

<table>
<thead>
<tr>
<th>Your Home City</th>
<th>Auto Receive Start Times</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
</tr>
<tr>
<td>LON</td>
<td>1:00 am</td>
</tr>
<tr>
<td></td>
<td>Midnight</td>
</tr>
<tr>
<td>PAR, BER</td>
<td>2:00 am</td>
</tr>
<tr>
<td></td>
<td>Midnight</td>
</tr>
<tr>
<td>A TH</td>
<td>3:00 am</td>
</tr>
<tr>
<td></td>
<td>2:00 am</td>
</tr>
<tr>
<td>TYO, SEL</td>
<td>4:00 am</td>
</tr>
<tr>
<td></td>
<td>4:00 am</td>
</tr>
<tr>
<td>NYC, CHI, DEN, LAX</td>
<td>Standard Time and Daylight Saving Time</td>
</tr>
</tbody>
</table>

Note
- When a calibration time is reached, the watch will receive the calibration signal only if it is in either the Timekeeping Mode or World Time Mode. Reception is not performed if a calibration time is reached while you are configuring settings.
- Auto receive of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode 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 easily.
• The watch receives the calibration signal for two to seven minutes everyday when the time in the Timekeeping Mode reaches each of the calibration times. Do not perform any button operation within seven minutes before or after any one of the calibration times. Doing so can interfere with correct calibration.
• Remember that reception of the calibration signal depends on the current time in the Timekeeping Mode. The receive operation will be performed whenever the display shows any one of the calibration times, regardless of whether or not the displayed time actually is the correct time.

About the Receiving Indicator
The receiving indicator shows the strength of the calibration signal being received. For best reception, be sure to keep the watch in a location where signal strength is strongest. The receiving indicator is displayed while an auto or manual receive operation is in progress.

• Even in an area where signal strength is strong, it takes about 10 seconds for signal reception to stabilize enough for the receiving indicator to indicate signal strength.
• Use the receiving indicator as a guide for checking signal strength and for finding the best location for the watch during signal reception operations.
• Following reception of the time calibration signal and calibration of the watch’s time setting, the Level 5 receiving indicator will remain on the display in all modes. The Level 5 receiving indicator will not be displayed if signal reception was unsuccessful or after you adjust the current time setting manually.
• The Level 5 receiving indicator is displayed only when the watch is able to receive both time and date data successfully. It does not appear when only time data is received.
• The Level 5 receiving indicator indicates that at least one of the auto calibration signal receive operations was successful. Note, however, that the Level 5 receiving indicator disappears from the display each day when the first auto receive operation of the day is performed.

To perform manual receive
1. Enter the Receive Mode.
2. Place the watch on a stable surface so its 12 o'clock side is facing toward a window.
3. Hold down  for about two seconds until the receive indicator starts to flash on the display.
• Time calibration signal reception takes from two to seven minutes. Take care that you do not perform any button operations or move the watch during this time.
• If the receive operation is successful, the reception date and time appear on the display, along with the GET indicator. The watch will enter the Receive Mode if you press or if you do not perform any button operation for about one or two minutes.
• If the current reception fails but a previous reception was successful, the display shows the previous reception’s date and time, and the ERR indicator. , , , indicates that none of the reception operations were successful. The watch will enter the Receive Mode without changing the time setting if you press or if you do not perform any button operation for about one or two minutes.

Note
• To interrupt a receive operation and return to the Receive Mode, press .

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

<table>
<thead>
<tr>
<th>Problem</th>
<th>Probable Cause</th>
<th>What you should do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannot perform manual receive.</td>
<td>The watch does not have the receive function.</td>
<td>Perform manual signal reception.</td>
</tr>
<tr>
<td>Auto receive is turned on, but the Level 5 receiving indicator does not appear on the display.</td>
<td>Your current Home City is not one of the following: LON, PAR, BER, ATH, TYO, SEL, NYC, CHI, DEN, or LAX.</td>
<td>Select LON, PAR, BER, ATH, TYO, SEL, NYC, CHI, DEN, or LAX as your Home City.</td>
</tr>
<tr>
<td>Time setting is incorrect following signal reception.</td>
<td>The time setting is incorrect following signal reception.</td>
<td>Change the DST setting to Auto DST. Select the correct Home City code.</td>
</tr>
</tbody>
</table>

For further information, see “Important!” under “Time Calibration Signal Reception” and “Radio-controlled Atomic Timekeeping Precautions”.

Digital Compass
A built-in bearing sensor detects magnetic north and indicates one of 16 directions on the display. Direction headings are performed in the Digital Compass Mode.
• You can calibrate the bearing sensor if you suspect the direction reading is incorrect.

To enter and exit the Digital Compass Mode
1. While in the Timekeeping Mode or in any of the other sensor modes, press to enter the Digital Compass Mode.
• At this time, the watch will start a Digital Compass operation. After about two seconds, letters appear on the display to indicate the direction that the 12 o’clock position of the watch is pointing.
• The direction reading on the display is updated each second for up to 20 seconds, after which measurement stops automatically.
• The ACT indicator flashes on the display while a measurement is in progress.
2. Press to return to the Timekeeping Mode.
To take a direction reading

1. While the watch is in the Digital Compass Mode, place it on a flat surface, or if you are wearing the watch, make sure that your wrist is horizontal (in relation to the horizon).
2. Point the 12 o’clock position of the watch in the direction you want to measure.
3. Press B to start a Digital Compass measurement operation.
4. After about two seconds, the direction that the 12 o’clock position of the watch is pointing appears on the display.
5. Also, four pointers appear to indicate magnetic north, south, east, and west.
6. After the first reading is obtained, the watch continues to take direction readings automatically each second, for up to 20 seconds.

During measurement, the watch displays an angle value, a direction indicator, and four direction pointers, which change dynamically when the watch is moved. After measurement is complete, the angle value, direction indicator, and four direction pointers are frozen in accordance with the last measurement.

The ACT indicator flashes on the display while a measurement is in progress.

Note
- Note that taking a measurement while the watch is not horizontal (in relation to the horizon) can result in large measurement error.
- The margin of error for the angle value is ±11 degrees. If the indicated direction is northwest (NW) and 315 degrees, for example, the actual direction can be anywhere from 304 to 326 degrees.
- Any ongoing direction measurement operation is paused temporarily while the watch is performing an alert operation (daily alarm, Hourly Time Signal, countdown timer alarm) or while illumination is turned on (by pressing B).
- The measurement operation resumes for its remaining duration after the operation that caused it to pause is finished.
- The following table shows the meanings of each of the direction abbreviations that appear on the display.

<table>
<thead>
<tr>
<th>Direction</th>
<th>Meaning</th>
<th>Direction</th>
<th>Meaning</th>
<th>Direction</th>
<th>Meaning</th>
<th>Direction</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>North</td>
<td>NE</td>
<td>Northeast</td>
<td>NE</td>
<td>Northeast</td>
<td>ENE</td>
<td>East-northwest</td>
</tr>
<tr>
<td>E</td>
<td>East</td>
<td>ESE</td>
<td>East-southeast</td>
<td>SE</td>
<td>Southeast</td>
<td>SSE</td>
<td>South-southeast</td>
</tr>
<tr>
<td>S</td>
<td>South</td>
<td>SSW</td>
<td>South-southeast</td>
<td>SW</td>
<td>Southwest</td>
<td>WSW</td>
<td>West-southwest</td>
</tr>
<tr>
<td>W</td>
<td>West</td>
<td>WNW</td>
<td>West-northwest</td>
<td>NW</td>
<td>Northwest</td>
<td>NNW</td>
<td>North-northeast</td>
</tr>
</tbody>
</table>

- See "Digital Compass Precautions" for other important information about taking direction readings.

Barometer/Thermometer

This watch uses a pressure sensor to measure air pressure (barometric pressure) and a temperature sensor to measure temperature. You can calibrate the pressure sensor and the temperature sensor if you suspect that readings are incorrect.

To take barometric pressure and temperature readings

Pressing B in the Timekeeping Mode or in any of other sensor modes enters the Barometer/Thermometer Mode and starts barometric pressure and temperature measurements automatically.
- It can take up to four or five seconds for the barometric pressure reading to appear after you enter the Barometer/Thermometer Mode.
- Barometric pressure is displayed in units of 1hPa (or 0.05 inHg).
- The displayed barometric pressure value changes to “- - -” (or “- -”) if a measured barometric pressure falls outside the range of 260 hPa to 1100 hPa (7.65 inHg to 32.45 inHg). The barometric pressure value will reappear as soon as the measured barometric pressure is within the allowable range.
- Temperature is displayed in units of 0.1°C (or 0.2°F).

- The displayed temperature value changes to “- - -” (or “- -”) if a measured temperature falls outside the range of -10.0°C to 60.0°C (14.0°F to 140.0°F). The temperature value will reappear as soon as the measured temperature is within the allowable range.
- In some areas, barometric pressure is expressed in millibars (mb) instead of hectopascals (hPa). It really makes no difference, because 1hPa = 1mb.
- You can select either hectopascals (hPa) or inchesHg (inHg) as the display unit for the measured barometric Pressure, and Celsius (°C) or Fahrenheit (°F) as the display unit for the measured temperature value. See "To select the temperature, barometric pressure, and altitude units".
- See "Barometer and Thermometer Precautions" for important precautions.

Barometric Pressure Graph

Barometric pressure indicates changes in the atmosphere. By monitoring these changes you can predict the weather with reasonable accuracy. This watch takes barometric pressure measurements automatically every two hours (at the top of each even-numbered hour), regardless of its current mode. Measurement results are used to produce barometric pressure graph and barometric pressure differential pointer readings.

The barometric pressure graph shows readings of previous measurements for up to 30 hours. The horizontal axis of the graph represents time, with each dot standing for two hours. The rightmost dot represents the most recent reading. The vertical axis of the graph represents barometric pressure, with each dot standing for the relative difference between its reading and that of the dots next to it. Each dot represents 1hPa.

The following shows how to interpret the data that appears on the barometric pressure graph.

A rising graph generally means improving weather.
A falling graph generally means deteriorating weather.

Note that if there are sudden changes in weather or temperature, the graph line of past measurements may run off the top or bottom of the display. The entire graph will become visible once barometric conditions stabilize.

The following conditions cause the barometric pressure measurement to be skipped, with the corresponding point on the barometric pressure graph being left blank.
- Barometric reading that is out of range (260 hPa/mb to 1,100 hPa/mb or 7.65 inHg to 32.45 inHg).
- Sensor malfunction

Barometric Pressure Differential Pointer

This pointer indicates the relative difference between the most recent barometric pressure reading indicated on the barometric pressure graph, and the current barometric pressure value displayed in the Barometer/Thermometer Mode.
- Pressure differential is indicated in the range of ±15 hPa, in 1-hPa units.
- The barometric pressure differential pointer is not displayed when the displayed current barometric pressure value is outside of the allowable measurement range (260 to 1,100 hPa).
- Barometric pressure is calculated and displayed using hPa as the standard. The barometric pressure differential can also be read in inHg units as shown in the illustration.

The displayed pressure differential value changes to “- - -” (or “- -”) if a measured pressure differential falls outside the range of ±15 hPa or ±0.44 inHg.

Pressure differential examples in the illustration are indicated in 10 hPa/0.3 inHg steps.

Current pressure greater than most recent measured pressure
Current pressure less than most recent measured pressure

Pressures shown on the display.

Pressures are shown on the display.

Barometric pressure differential pointer

Pressures shown on the display.

Current pressure greater than most recent measured pressure
Current pressure less than most recent measured pressure

Pressures shown on the display.
To determine the height of a tall building, for conversion values stored in watch memory. Data produced by the watch reference altitude specified by you. The altimeter can measure altitude based on its own preset values, or a reference altitude value set or because of certain atmospheric conditions. Normally, displayed altitude values are based on the watch’s preset conversion values. You can also specify a reference altitude, if you want. See “Specifying a Reference Altitude”.

Important!
- This watch estimates altitude based on air pressure. This means that altitude readings for the same location may vary if air pressure changes. The measurement range for altitude is 2,300 to 32,800 feet). The measured altitude may be a negative value in cases where there is a reference altitude value set or because of certain atmospheric conditions. The displayed altitude value changes to - - - - - - - meters (or feet) if a measured altitude falls outside the measurement range. The altitude value will be displayed again as soon as the measured altitude is within the allowable range.
- You can change the measurement unit for displayed altitude values to either meters (m) or feet (ft). See “To select the temperature, barometric pressure, and altitude units”.

Saving Altitude Data
The save operation described in this section creates records of altitude measurement data in watch memory. When you start a save session, measurement continues to be performed (indicated by the REG indicator flashing on the display) even if you change to another mode.

Types of Altitude Data Records
A save session stores three types of altitude records in memory: periodic records (up to 40), a current session record, and a historical record.

Periodic Records
A save session creates up to 40 altitude records at fixed intervals and stores them in memory. You can use the Data Recall Mode to view these records.

How periodic records are created and saved
Note
The following operation is performed simultaneously with the operation described under “How current session record data is updated”.
1. When you hold down \( \mathbb{C} \) to start a save session, the watch creates Periodic Record 1, which contains the current date (month and day), time, and altitude.
2. Next, the watch takes readings for Periodic Record 2 up to Periodic Record 40 at minute 00, 15, 30, and 45 of each hour.
3. Altitude measurement and periodic record storage stop automatically after Periodic Record 40 is stored.
- You can also stop the save session manually by holding down \( \mathbb{C} \). This will create a final sequential periodic record, which contains the current date (month and day), time, and altitude.
Current Session Record
The Current Session Record contains the data described below. The contents of this record are updated at regular intervals while a save session is in progress.

<table>
<thead>
<tr>
<th>Data</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Altitude</td>
<td>Highest altitude reached during the current session.</td>
</tr>
<tr>
<td>Low Altitude</td>
<td>Lowest altitude reached during the current session.</td>
</tr>
<tr>
<td>Total Ascent</td>
<td>Total cumulative ascent during the current session.</td>
</tr>
<tr>
<td>Total Descent</td>
<td>Total cumulative descent during the current session.</td>
</tr>
<tr>
<td>Relative Altitude</td>
<td>Relative change in altitude during the current session.</td>
</tr>
<tr>
<td>Change</td>
<td>Relative change in altitude during the current session.</td>
</tr>
</tbody>
</table>

• The maximum total ascent and total descent value is 99,995 meters (or 99,980 feet). Each value reverts to zero after the maximum is reached.

How current session record data is updated

Note
• The following operation is performed simultaneously with the operation described under "How periodic records are created and saved":
  1. When you hold down REC to start a save session, the watch clears any data that is already stored in the current session record.
  2. The watch measures altitude and calculates data every five seconds for the first three minutes, and updates current record data accordingly.
  3. After three minutes, the watch measures altitude and calculates data every two minutes, and updates current record data accordingly.

Historical Record
The Historical Record keeps track of high altitude, low altitude, total ascent, and total descent values across multiple save sessions. The contents of this record are updated at the end of each session.

<table>
<thead>
<tr>
<th>Data</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Altitude</td>
<td>Highest altitude reached during all of the sessions.</td>
</tr>
<tr>
<td>Low Altitude</td>
<td>Lowest altitude reached during all of the sessions.</td>
</tr>
<tr>
<td>Total Ascent</td>
<td>Total cumulative ascent during all of the sessions.</td>
</tr>
<tr>
<td>Total Descent</td>
<td>Total cumulative descent during all of the sessions.</td>
</tr>
</tbody>
</table>

• Note that the historical record does not keep track of relative altitude change.
• See "Clearing the Historical Record" for information about clearing the historical record, which restarts all data values from zero.

How the historical record is updated

The watch performs the following operations when a save session is stopped (after 40 records are stored or when you hold down REC).

To start a new save session

1. Press REC to enter the Altimeter Mode.
2. Hold down REC for about one second until REC flashes on the display, which indicates that a new session is in progress.
   • During a save session, you can press REC to toggle between the current altitude screen and the relative altitude change screen.
3. The save session will continue until Periodic Record 40 is stored, or until you hold down REC for about one second until REC disappears from the screen.
   • You can recall saved records using the Data Recall Mode.

Other Altimeter Mode Features
This section explains other features and settings that are available in the Altimeter Mode. Note that all of the information in this section applies to all types of Altimeter Mode measurements, unless specifically indicated otherwise.

Specifying a Reference Altitude
After you specify a reference altitude, the watch adjusts its air-pressure-to-altitude conversion calculation accordingly. The altitude measurements produced by this watch are subject to error caused by changes in air pressure. Because of this, we recommend that you update the reference altitude whenever one is available during your climb.

To set a reference altitude

1. In the Altimeter Mode, hold down REC until SET appears in the upper display area.
2. Release REC, and wait for four or five more seconds until either OFF or the current reference altitude value (if set) starts to flash. This is the setting screen.
3. Press A (|) or B (—) to change the current reference altitude value by 5 meters (or 20 feet).
   • You can set the reference altitude within the range of –10,000 to 10,000 meters (–32,800 to 32,800 feet).
   • Pressing A and B at the same time returns OFF (no reference altitude), so the watch performs air pressure to altitude conversions based on preset data only.
4. Press E to exit the setting screen.

Altitude graph
The altitude graph shows Altimeter Mode measurement results.
• The vertical axis of the graph represents altitude, and each dot stands for 10 meters (40 feet).
• The horizontal axis represents time, and the flashing dot in the rightmost column indicates the latest measurement result. For the first three minutes, each dot represents five seconds. After that, each dot represents two minutes.
• An out of range measurement result or a measurement error will cause the column of dots for that measurement to be blank (skipped).

Altitude Differential Pointer
While a measurement operation is being performed in the Altimeter Mode, the altitude differential pointer indicates the difference between the current altitude and the last measured altitude.

Altitude differential examples in the illustration are indicated in 10-meter/33-foot steps.

• Altitude differential is indicated in the range of ±15 meters, in 1-meter units.
• Altitude is calculated and displayed using meters as the standard. Altitude can also be read in feet units as shown in the illustration.

To turn display of the altitude differential pointer on and off

1. In the Altimeter Mode, hold down REC until SET appears in the upper display area.
2. Release REC, and wait for four or five more seconds until either OFF or the current reference altitude value (if set) starts to flash. This is the setting screen.
3. Press REC twice to display the pointer on/off setting screen.
4. Press REC (|) to toggle display of the altitude differential pointer on (OFF displayed) and off (OFF displayed).
5. When the setting is the way you want, press E to exit the setting screen.
Altitude Alarm

The altitude alarm sounds for about five seconds when the current altitude matches a preset value during an altitude measurement operation. You can press any button to stop the alarm after it starts to sound.

The altitude alarm sounds only while the Altimeter Mode’s Altitude Screen is on the display. It does not sound while the watch is in another mode or while another Altimeter Mode screen is on the display.

Example

If you set the altitude alarm at 130 meters, it sounds when you pass the 130-meter mark on your way up and on your way back down.

To set the altitude alarm

1. In the Altimeter Mode, hold down SET until SET appears in the upper display area.
2. Release SET, and wait for four or five more seconds until either OFF or the current reference altitude value (if set) starts to flash. This is the setting screen.
3. Press SET once to display the altitude alarm setting.
4. Press OFF (+) or SET (–) to change the current altitude alarm value by 5 meters (or 20 feet).
   • You can set the altitude alarm value within the range of –32,800 to 10,000 meters (–109,000 to 32,800 feet).
5. Press OFF to exit the setting screen.

To turn the altitude alarm on and off

1. In the Altimeter Mode, hold down SET until SET appears in the upper display area.
2. Release SET, and wait for four or five more seconds until either OFF or the current reference altitude value (if set) starts to flash. This is the setting screen.
3. Press SET once to display the altitude alarm setting.
4. Press OFF to toggle the altitude alarm on (OFF) and off (SET).
5. Press SET to exit the setting screen.

An altitude alarm on indicator appears on the top of the display. The altitude alarm indicator does not appear on any other screen or in any other mode.

Altitude Data Recall

Use the Data Recall Mode to view altitude periodic records currently in memory, as well as the current session record and the altitude historical record. Altitude data records are created and stored in the Altimeter Mode.

Data Screens

The following explains the contents of each of the screens that appear in the Data Recall Mode.

Note

While the periodic record, high altitude, or low altitude screen is displayed, the bottom part of the display alternates between the measurement date (month and day) and measurement time, at 1-second intervals.

Periodic record indicator

Periodic Records

Periodic records show only data for the last save session performed with the watch. There can be up to 40 periodic records in memory.

Current Session Record Contents

The following data items show the contents of the current session record.

<table>
<thead>
<tr>
<th>Data Type</th>
<th>Screen Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Altitude</td>
<td>MAX</td>
<td>Highest altitude reached during the recalled session.</td>
</tr>
<tr>
<td>Low Altitude</td>
<td>MIN</td>
<td>Lowest altitude reached during the recalled session.</td>
</tr>
<tr>
<td>Total Ascent</td>
<td>ASC</td>
<td>Total cumulative ascent during the recalled session.</td>
</tr>
<tr>
<td>Total Descent</td>
<td>DSC</td>
<td>Total cumulative descent during the recalled session.</td>
</tr>
<tr>
<td>Relative Altitude Change</td>
<td>REL</td>
<td>Relative change in altitude during the recalled session.</td>
</tr>
</tbody>
</table>

Historical Record

The historical record shows data for all save sessions performed since the last time the historical record was cleared.

To view periodic records and current session record contents

1. Enter the Data Recall Mode.
2. Use C and A to scroll through the data and display the one you want.

To view historical record contents

1. Enter the Data Recall Mode.
2. Press SET to display the historical record high altitude screen (MAX). (1)
3. Use C and A to scroll through the historical record screens as shown below.

Historical record data items

4. To return to the periodic record and current session screens, press SET again.
5. After you are finished viewing data, press SET to exit the Data Recall Mode.

Clearing the Historical Record

Use the following procedure when you want to clear the contents of the historical record and restart all values from zero.

To clear the historical record

1. In the Data Recall Mode, press SET to display the high altitude data (MAX) of the historical record.
2. Hold down CLR.
   • CLR will appear in the upper part of the display.
3. Keep CLR held down for an additional two seconds until CLR starts flashing.
   • The historical record high altitude screen will reappear when data deletion is complete.
   • If you release the CLR button part way through the above procedure, the watch will return to the historical record high altitude screen without deleting the data.
World Time

World Time digitally displays the current time in 30 cities (29 time zones) around the world.

- For full information on city codes, see the ‘City Code Table’.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing ③.
- To view the time in another city
  In the World Time Mode, use ② (east) and ④ (west) to scroll through city codes (time zones).
  - When the currently selected time zone is one that includes mostly ocean, a value indicating the zone’s Greenwich Mean Time differential appears in place of a city code.
  - If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes.

To toggle a city code time between Standard Time and Daylight Saving Time

1. In the World Time Mode, use ② (east) and ④ (west) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down ④ 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 city code for which Daylight Saving Time is turned on.
- You cannot toggle between Daylight Saving Time and Standard Time if the displayed city code is GHT.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

Stopwatch

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

- The display range of the stopwatch is 9 hours, 59 minutes, 59.99 seconds.
- 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.
- Exiting the Stopwatch Mode while a split time is displayed clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing ③.

To measure times with the stopwatch

Elapsed Time
- Start
- Stop
- Re-start
- Stop
- Clear

Split Time
- Start
- Stop
- Split release
- Stop
- Clear

Two Finishes
- Start
- Stop
- Split release
- Stop
- Clear

Countdown Timer

You can set a countdown timer start time in the range of one minute to 60 minutes, An alarm sounds when the countdown reaches zero. An auto-repeat feature causes the countdown to restart automatically when the end of a countdown is reached, and a progress beeper signals the progress of the countdown.

- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing ④.

Configuring the Countdown Timer

The following are the settings you should configure before actually using the countdown timer.

- Countdown start time
- Auto-repeat on/off
- Progress beeper on/off

Countdown start time

You can set a countdown start time in the range of one minute to 60 minutes, in one-minute increments.

Auto-repeat

Whenever zero is reached, the watch beeps and auto-repeat automatically restarts the countdown from the countdown start time you set. When the countdown reaches zero while auto-repeat is turned off, the watch will beep and then display the countdown start time (without restarting the countdown). Auto-repeat will repeat up to 10 times.

Progress Beeper

When the progress beeper is turned on, the watch beeps at minute 10, 5, 4, 3, 2, and 1 of the countdown, and at second 50, 40, 30, 20, 10, 5, 4, 3, 2, and 1 of the final minute of the countdown.

To configure countdown start time and auto-repeat settings

1. While the countdown start time is on the display in the Countdown Timer Mode, hold down ⑤ until the minute setting of the countdown start time starts to flash, which indicates the setting screen.
- If the countdown start time is not displayed, press ④ to toggle between the countdown timer display and the auto-repeat setting screen.
2. Press ④ while a countdown operation is in progress to pause it. Press ④ again to resume the countdown.
- The countdown timer operation continues even if you exit the Countdown Timer Mode.
- To stop a countdown operation completely, first pause it (by pressing ④), and then press ④. This returns the countdown time to its starting value.
- Frequent use of auto-repeat and the alarm runs down the battery.
Alarms

You can set five independent daily alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. You can also turn on an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.

- The alarm number (AL1 through AL5) indicates an alarm screen. SIG is shown when the Hourly Time Signal screen is on the display.
- When you enter the Alarm Mode, the data you were viewing when you last exited the mode appears first.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing Q.

To set an alarm time

1. In the Alarm Mode, use D and A to scroll through the alarm screens until the one whose time you want to set is displayed.
2. Hold down 3 until the hour setting of the alarm time starts to flash, which indicates the setting screen.
   - This automatically turns on the alarm.
3. Press S to move the flashing between the hour and minute settings.
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 it correctly as a.m. (no indicator) or p.m. (P indicator).
6. Press 5 to exit the setting screen.

Alarm Operation

The alarm sounds in all modes at the preset time for about 10 seconds, or while a receive operation is in progress in the Receive Mode.

- If any alarm is on, the alarm on indicator is shown on the display in all modes.

To test the alarm

In the Alarm Mode, hold down 3 to sound the alarm.

To turn an alarm and the Hourly Time Signal on and off

1. In the Alarm Mode, use D and A to select an alarm or the Hourly Time Signal.
2. When the alarm or the Hourly Time Signal you want is selected, press 3 to turn it on and off.
   - WHT indicates alarm is ON.
   - SIG indicates Alarm is ON.
   - The alarm on indicator (SIG) and the Hourly Time Signal on indicator (Q) are shown on the display in all modes while these functions are turned on.
   - If any alarm is on, the alarm on indicator is shown on the display in all modes.

Illumination

The display of the watch is illuminated using an EL (electro-luminescent) panel for easy reading in the dark. The watch’s auto light switch turns on illumination automatically 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 2.5 seconds as the illumination duration.
- See “Illumination Precautions” for other important information about using illumination.

To turn on illumination manually

Press 3 in any mode to illuminate the display.

- The above operation turns on illumination regardless of the current auto light switch setting.
- Illumination is disabled during time calibration signal reception, while configuring sensor measurement mode settings, and during bearing sensor calibration.

Questions & Answers

Question: What causes incorrect direction readings?
Answer: Incorrect bidirectional calibration. Perform bidirectional calibration.
- Nearby source of strong magnetism, such as a household appliance, a large steel bridge, a steel beam, overhead wires, etc., or an attempt to perform direction measurement on a train, boat, etc. Move away from large metal objects and try again. Note that digital compass operation cannot be performed inside a train, boat, etc.

Question: What causes different direction readings to produce different results at the same location?
Answer: Magnetism generated by nearby high-tension wires is interfering with detection of terrestrial magnetism. Move away from the high-tension wires and try again.

Question: Why am I having problems taking direction readings indoors?
Answer: A TV, personal computer, speakers, or some other object is interfering with terrestrial magnetism readings. Move away from the object causing the interference or take the direction reading outdoors. Indoor direction readings are particularly difficult inside ferro-concrete structures. Remember that you will not be able to take direction readings inside of trains, airplanes, etc.
Question: How does the altimeter work?
Answer: Barometric pressure indicates changes in the atmosphere, and by monitoring these changes you can predict the weather with reasonable accuracy. Rising atmospheric pressure indicates good weather, while falling pressure indicates deteriorating weather conditions. The barometric pressures that you see in the newspaper and on the TV weather report are measurements corrected to values measured at 0 m sea level.

Question: How does the altimeter work?
Answer: Generally, air pressure and temperature decrease as altitude increases. This watch bases its altitude measurements on International Standard Atmosphere (ISA) values stipulated by the International Civil Aviation Organization (ICAO). These values define relationships between altitude, air pressure, and temperature.

<table>
<thead>
<tr>
<th>Altitude</th>
<th>Air Pressure</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 m</td>
<td>1013 hPa</td>
<td>15°C</td>
</tr>
<tr>
<td>500 m</td>
<td>1010 hPa</td>
<td>14°C</td>
</tr>
<tr>
<td>1000 m</td>
<td>999 hPa</td>
<td>13°C</td>
</tr>
<tr>
<td>1500 m</td>
<td>989 hPa</td>
<td>12°C</td>
</tr>
<tr>
<td>2000 m</td>
<td>979 hPa</td>
<td>11°C</td>
</tr>
<tr>
<td>2500 m</td>
<td>969 hPa</td>
<td>10°C</td>
</tr>
<tr>
<td>3000 m</td>
<td>959 hPa</td>
<td>9°C</td>
</tr>
<tr>
<td>3500 m</td>
<td>949 hPa</td>
<td>8°C</td>
</tr>
<tr>
<td>4000 m</td>
<td>939 hPa</td>
<td>7°C</td>
</tr>
<tr>
<td>4500 m</td>
<td>929 hPa</td>
<td>6°C</td>
</tr>
<tr>
<td>5000 m</td>
<td>919 hPa</td>
<td>5°C</td>
</tr>
<tr>
<td>5500 m</td>
<td>909 hPa</td>
<td>4°C</td>
</tr>
<tr>
<td>6000 m</td>
<td>899 hPa</td>
<td>3°C</td>
</tr>
<tr>
<td>6500 m</td>
<td>889 hPa</td>
<td>2°C</td>
</tr>
<tr>
<td>7000 m</td>
<td>879 hPa</td>
<td>1°C</td>
</tr>
<tr>
<td>7500 m</td>
<td>869 hPa</td>
<td>0°C</td>
</tr>
<tr>
<td>8000 m</td>
<td>859 hPa</td>
<td>-1°C</td>
</tr>
<tr>
<td>8500 m</td>
<td>849 hPa</td>
<td>-2°C</td>
</tr>
<tr>
<td>9000 m</td>
<td>839 hPa</td>
<td>-3°C</td>
</tr>
<tr>
<td>9500 m</td>
<td>829 hPa</td>
<td>-4°C</td>
</tr>
<tr>
<td>10000 m</td>
<td>819 hPa</td>
<td>-5°C</td>
</tr>
</tbody>
</table>

Note that the following conditions will prevent you from obtaining accurate readings:

- When air pressure changes because of changes in the weather
- Extreme temperature changes
- When the watch itself is subjected to impact

There are two standard methods of expressing altitude: Absolute altitude and relative altitude. Absolute altitude expresses an absolute height above sea level. Relative altitude expresses the difference between the height of two different places.

Precautions Concerning Simultaneous Measurement of Altitude and Temperature

Though you can perform altitude and temperature measurements at the same time, you should remember that each of these measurements requires different conditions for best results. With temperature measurement, it is best to remove the watch from your wrist in order to eliminate the effects of body heat. In the case of altitude measurement, on the other hand, it is better to leave the watch on your wrist, because doing so keeps the watch at a constant temperature, which contributes to more accurate altitude measurements.

The following describes what you should do to give priority to either altitude or temperature.

- To give altitude measurement priority, leave the watch on your wrist or in any other location where the temperature of the watch is kept constant.
- To give temperature measurement priority, remove the watch from your wrist and allow it to hang freely from your bag or in another location where it is not exposed to direct sunlight. Note that removing the watch from your wrist can materially affect pressure sensor readings.

### 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 when any part of the solar cell is blocked by clothing, etc.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is only partially covered.

### 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 run down. Be sure that the watch is exposed to bright light whenever possible.
- This watch uses a special rechargeable battery to store power produced by the solar cell, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the special rechargeable battery to charge fully, contact your dealer or CASIO distributor about having it replaced.
- Never try to remove or replace the watch’s special battery yourself. Use of the wrong type of battery can damage 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 5 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 to keep the rechargeable battery from going dead.

### Battery Power Indicator and Recover 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>(Charge Soon Alert)</td>
<td>All functions enabled.</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>All functions enabled.</td>
</tr>
<tr>
<td>3</td>
<td>Auto and manual receive, illumination, beeper, and sensor operation disabled.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Except for timekeeping and the chronograph indicator, all functions and display indicators are disabled.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>All functions disabled.</td>
<td></td>
</tr>
</tbody>
</table>

- The flashing “LOW” indicator at Level 3 tells you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 5, all functions are disabled and settings return to their initial factory defaults. Once the battery reaches Level 2 (indicated by the “Battery Power Indicator” button) after falling to Level 4, reconfigure the current time, date, and other settings.
- Display indicators reappear as soon as the battery is charged from Level 5 to Level 2.
- Leaving the watch exposed to direct sunlight or some other very strong light source can cause the battery power indicator to show a reading temporarily that is higher than the actual battery level. The correct battery level should be indicated after a few minutes.

- Performing multiple sensor, illumination, or beeper operations during a short period may cause the “RECOV” indicator to appear on the display. Illumination, alarm, countdown timer alarm, hourly time signal, and sensor operations will be disabled until battery power recovers. After some time, battery power will recover and the “RECOV” indicator will disappear, indicating that the above functions are enabled again.
- Even if battery power is at Level 1 or Level 2, the Digital Compass Mode, Barometer/Thermometer Mode, or Altimeter Mode sensor may be disabled if there is not enough voltage available to power it sufficiently. This is indicated by the “RECOV” indicator on the display.
- If “RECOV” appears frequently, it probably means that remaining battery power is low. Leave the watch in bright light to allow it to charge.
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 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

Charging Guide
After a full charge, timekeeping remains enabled for up to about five months.
• The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

<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 (5,000 lux)</td>
<td>48 minutes</td>
</tr>
<tr>
<td>Indoor Fluorescent Lighting (500 lux)</td>
<td>8 hours</td>
</tr>
</tbody>
</table>

• Since these are the specs, we can include all the technical details.
  • Watch not exposed to light
  • Internal timekeeping
  • Display on 18 hours per day, sleep state 6 hours per day
  • 1 illumination operation (1.5 seconds) per day
  • 10 seconds of alarm operation per day
  • 10 digital compass operations per week
  • 10 hours of altimeter measurements, once per month
  • 6 minutes of signal reception per day
  • Stable operation is promoted by frequent exposure to light.

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>Exposure Level (Brightness)</th>
<th>Approximate Exposure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 5</td>
<td>Level 4</td>
</tr>
<tr>
<td>Level 4</td>
<td>Level 3</td>
</tr>
<tr>
<td>Level 3</td>
<td>Level 2</td>
</tr>
<tr>
<td>Level 2</td>
<td>Level 1</td>
</tr>
<tr>
<td>Outdoor Sunlight (50,000 lux)</td>
<td>2 hours</td>
</tr>
<tr>
<td>Sunlight Through a Window (10,000 lux)</td>
<td>4 hours</td>
</tr>
<tr>
<td>Daylight Through a Window on a Cloudy Day (5,000 lux)</td>
<td>8 hours</td>
</tr>
<tr>
<td>Indoor Fluorescent Lighting (500 lux)</td>
<td>80 hours</td>
</tr>
</tbody>
</table>

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

Timekeeping
Use the Timekeeping Mode to set and view the current time and date.
• In the Timekeeping Mode, press to toggle between the month/day and the day of the week at the top of the display.

Read This Before You Set the Time and Date!
This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the time, it is important that you select the correct city code for your Home City (the city where you normally use the watch). If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

• Note that all of the times for the World Time Mode city codes are displayed in accordance with the time and date settings you configure in the Timekeeping Mode.
• After you set your Home City time and date correctly, you can set the watch up for timekeeping with a different city code simply by changing the Home City code in the Timekeeping Mode.

To set the time and date manually
1. In the Timekeeping Mode, hold down until the city code starts to flash, which indicates the setting screen.
2. Use and to select the city code you want.
3. Press for full information on city codes, see the "City Code Table".
4. Press to move the flashing in the sequence shown below to select the other settings.

<table>
<thead>
<tr>
<th>City Code</th>
<th>DST</th>
<th>12/24-Hour Format</th>
<th>Seconds</th>
<th>Hour</th>
<th>Minutes</th>
<th>Day</th>
<th>Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barometric Pressure Unit</td>
<td>Temperature Unit</td>
<td>Power Saving</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• The following steps explain how to configure timekeeping settings only.
4. When the timekeeping setting you want to change is flashing, use or to change it as described below.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>DST</td>
<td>Change the city code</td>
<td>Use (east) and (west).</td>
</tr>
<tr>
<td></td>
<td>Cycle between Auto DST, (R), and Standard Time (FF).</td>
<td>Press .</td>
</tr>
<tr>
<td></td>
<td>Daylight Saving Time (FF) and Standard Time (FF).</td>
<td>Press .</td>
</tr>
<tr>
<td></td>
<td>Toggle between 12-hour (12H) and 24-hour (24H) timekeeping.</td>
<td>Press .</td>
</tr>
<tr>
<td></td>
<td>Reset the seconds to 00</td>
<td>Press .</td>
</tr>
<tr>
<td></td>
<td>Change the hour or minutes</td>
<td>Use (+) and (+).</td>
</tr>
<tr>
<td></td>
<td>Change the year</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Change the month or day</td>
<td></td>
</tr>
</tbody>
</table>

5. Press to exit the setting screen.

Remember that all countries or even local areas use Daylight Saving Time. The time calibration signals transmitted from Mainfingen (Germany), Rugby (England), or Fort Collins (the United States) 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 signals.

Note
• Auto DST (R) can be selected only while LON, PAR, BER, RTH, NYC, CHI, DEN, LAX, ANC, HNL, TYO, SEL, or HKG is selected as the Home City code. For more information, see "Daylight Saving Time (DST)" below.
• You also need to enter the Timekeeping Mode in order to configure the following settings.
  Display illumination duration (To specify the illumination duration) Power saving on/off (To turn Power Saving on and off)
  Temperature, barometric pressure, and altitude units (To select the temperature, barometric pressure, and altitude units)

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 transmitted from Fukushima and Fukuoka/Saga (Japan) do not include summer time data.

• The default DST setting is Auto DST (R) whenever you select LON, PAR, BER, RTH, NYC, CHI, DEN, LAX, ANC, HNL, or TYO 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 until the city code starts to flash, which indicates the setting screen.
2. Press and the DST setting screen appears.
3. Use or to cycle through the DST settings in the sequence shown below.

• If you change your Home City to one that is within the same transmitter area, the current DST setting will be retained. If you change to a city that is outside your current transmitter area, DST will be turned off automatically.

Transmitter area city codes
• HKG, SEL, and TYO
• LAX, DEN, CHI, NYC, ANC, and HNL
• LON, PAR, BER, and RTH
• All other city codes
4. When the setting you want is selected, press \( \text{E} \) to exit the setting screen.
- The DST indicator appears to indicate that Daylight Saving Time is turned on.

**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**
- The watch returns to the Timekeeping Mode automatically if you do not perform any button operation for two or three minutes in the Data Recall, Alarm, Receive, Digital Compass, or Barometer/Thermometer Mode.
- If you do not perform any button operation while in the Alltimer Mode, the watch returns to the Timekeeping Mode automatically after nine or 10 hours.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch exits the setting screen automatically.

**Scrolling**
The \( \text{A} \) and \( \text{C} \) buttons are used on the setting screen 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.

**Sensor Malfunction Indicator**
Subj ecting the watch to strong impact can cause sensor malfunction or improper contact of internal circuitry. When this happens, ERR (error) will appear on the display and sensor operations will be disabled.

<table>
<thead>
<tr>
<th>Digital Compass Measurement</th>
<th>Barometric Pressure Measurement</th>
<th>Altitude Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>E</td>
<td>E</td>
<td>E</td>
</tr>
</tbody>
</table>

- If ERR appears while a measurement operation is being performed in a sensor mode, restart the measurement. If ERR appears on the display again, it can mean there is something wrong with the sensor.
- Even if battery power is at Level 1 or Level 2, the Digital Compass Mode, Barometer/Thermometer Mode, or Alltimer Mode sensor may be disabled if there is not enough voltage available to power the sensor sufficiently. In this case, ERR will appear on the display. This does not indicate malfunction, and sensor operation should resume once battery voltage returns to its normal level.
- If ERR keeps appearing during measurement, it could mean there is a problem with the applicable sensor.

**Power Saving**
When turned on, 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 are actually two sleep state levels: “display sleep” and “function sleep”.

<table>
<thead>
<tr>
<th>Elapsed Time in Dark</th>
<th>Display</th>
<th>Operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 to 70 minutes (Display Sleep)</td>
<td>Blank, with PS flashing</td>
<td>Display is off, all functions are enabled.</td>
</tr>
<tr>
<td>6 or 7 days (Function Sleep)</td>
<td>Blank, with PS not flashing</td>
<td>All functions are disabled, but timekeeping is maintained.</td>
</tr>
</tbody>
</table>

- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state while it is in the Digital Compass, Barometer/Thermometer, Alltimer, Receive, Countdown Timer, or Stopwatch Mode. When the watch is left in any mode besides the Countdown Timer and Stopwatch Mode, the watch will return to the Timekeeping Mode automatically after a specific amount of time. Then if left in the dark for the elapsed time indicated in the table above, the watch will enter the sleep state.

**To recover from the sleep state**
Perform any one of the following operations.
- Move the watch to a well-lit 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 turn Power Saving on and off**
1. In the Timekeeping Mode, hold down \( \text{E} \) until the city code starts to flash, which indicates the setting screen.
2. Press \( \text{E} \) nine times until the Power Saving on/off screen appears.
3. Press \( \text{E} \) to toggle Power Saving on (off) and off (on).
4. Press \( \text{E} \) to exit the setting screen.
- The Power Saving on indicator (PS) is on the display in all modes while Power Saving is turned on.

**Radio-controlled Atomic Timekeeping Precautions**
- Strong electrostatic charge can result in the wrong time being set.
- 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 make manually.
- The watch is designed to update the date and day of the week automatically for the period January 1, 2001 to December 31, 2099. Setting 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.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to time data only.
- If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within ±15 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 Home City setting reverts to the initial default of BER (Berlin) whenever the battery power level drops to Level 5 or when you have the rechargeable battery replaced. If this happens, change the Home City to the setting you want.

**Transmitters**
The time calibration signal received by this watch depends on the currently selected Home City code.
- When a U.S. time zone is selected, the watch receives the time calibration signal transmitted from the United States (Fort Collins).
- When a Japanese time zone is selected, the watch receives the time calibration signal transmitted from the Japan (Fukushima and Fukuoka/Saga).
- When a European time zone is selected, the watch receives the time calibration signal transmitted from Germany (Mainflingen) and England (Rugby). The following tables show the reception priority for the European signals.

**When PAR, BER, or ATH is selected as the Home City code:**

<table>
<thead>
<tr>
<th>In this case:</th>
<th>The watch does this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>The first signal search operation after the Home City code has been changed</td>
<td>1. Checks the Mainflingen signal first.</td>
</tr>
<tr>
<td>The second and subsequent signal searches</td>
<td>2. If the Mainflingen signal cannot be received, checks the Rugby signal.</td>
</tr>
</tbody>
</table>

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<tbody>
<tr>
<td>The first signal search operation after the Home City code has been changed</td>
<td>1. Checks the signal of the transmitter of the first receive operation (Rugby or Mainflingen).</td>
</tr>
<tr>
<td>The second and subsequent signal searches</td>
<td>2. If the checked signal cannot be received, checks the other signal.</td>
</tr>
</tbody>
</table>

**When LON is selected as the Home City code:**

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<th>The watch does this:</th>
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<tbody>
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<td>The first signal search operation after the Home City code has been changed</td>
<td>1. Checks the Rugby signal first.</td>
</tr>
<tr>
<td>The second and subsequent signal searches</td>
<td>2. If the Rugby signal cannot be received, checks the Mainflingen signal.</td>
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</table>
Timekeeping
• Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
• With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
• With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
• The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
• The watch’s built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except when battery power drops to Level 5.
• The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on your Home City.
• GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

Illumination Precautions
• The electro-luminescent panel that provides illumination loses power after very long use.
• Illumination may be hard to see when viewed under direct sunlight.
• Illumination turns off automatically whenever an alarm sounds.
• 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.
• Frequent use of illumination runs down the battery.

Auto light switch precautions
• The auto light switch is turned off automatically whenever battery power is at Level 4.
• Wearing the watch on the inside of your wrist, movement of your arm, or vibration of your arm can cause frequent activation of the auto light switch and illumination of 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.
• Note that wearing the watch under your sleeve while the auto light switch is turned on can cause frequent illumination of the display and can run down the battery.

More than 15 degrees too high
• 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 the preset illumination duration (see “To specify the illumination duration”), even if you keep the watch pointed towards your face.
• 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 so it hangs at your side, and then bring it back up again.
• Under certain conditions, illumination does not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction.
• 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.

Digital Compass Precautions
This watch features a built-in magnetic bearing sensor that detects terrestrial magnetism. This means that north indicated by this watch is magnetic north, not true north. 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.

Location
• Taking a direction reading when you are near a source of strong magnetism can cause large errors in readings. Because of this, you should avoid taking direction readings while in the vicinity of the following types of objects: permanent magnets (magnetic necklaces, etc.), concentrations of metal (metal doors, lockers, etc.), high tension wires, aerial wires, household appliances (TVs, personal computers, washing machines, freezers, etc.)
• Accurate direction readings are impossible while in a train, boat, air plane, etc.
• Accurate readings are also impossible indoors, especially inside ferro-concrete structures. This is because the metal framework of such structures picks up magnetism from appliances, etc.

Storage
• The precision of the bearing sensor may deteriorate if the watch becomes magnetized. Because of this, you should be sure to store the watch away from magnets or any other sources of strong magnetism, including: permanent magnets (magnetic necklaces, etc.) and household appliances (TVs, personal computers, washing machines, freezers, etc.)
• Whenever you suspect that the watch may have become magnetized, perform one of the calibration procedures under “Calibrating the Bearing Sensor”.

Calibrating the Bearing Sensor
Whenever you suspect that direction readings produced by the watch are wrong, you should calibrate it. You can use either one of two calibration procedures: bidirectional calibration or northerly calibration.

Use bidirectional calibration when you want to take readings within an area exposed to magnetic force. This type of calibration should be used if the watch becomes magnetized for any reason.

With northerly calibration, you “teach” the watch which way is north (which you have to determine with another compass or some other means). You could use this calibration procedure, for example, to set the watch to indicate true north instead of magnetic north.

Important!
• If you want to perform both bidirectional and northerly calibration, be sure to perform bidirectional calibration first, and then perform northerly calibration. This is necessary because bidirectional calibration cancels any previously set northerly calibration setting.
• If you calibrate the watch with this watch facing east, you will get incorrect readings.

Precautions about bidirectional calibration
• You can use any two opposing directions for bidirectional calibration. You must, however, make sure that they are 180 degrees opposite each other. Remember that if you perform the procedure incorrectly, you will get wrong bearing sensor readings.
• Make sure that you do not move the watch while calibration of either direction is in progress.
• You should perform bidirectional calibration in an environment that is the same as that where you plan to be taking direction readings. If you plan to take direction readings in an open field, for example, calibrate in an open field.

To perform bidirectional calibration
1. Enter the Digital Compass Mode.
2. Hold down [E] until ‘A’ appears on the display, which indicates the setting screen.
3. Place the watch on a level surface facing any direction you want, and press [E] to calibrate the first direction.
• ‘A’ is shown on the display while calibration is being performed.
• When calibration is successful, the display will show ‘OK’ and ‘+’ appears, and the magnetic north pointer flashes at the 0 o’clock position.

4. Rotate the watch 180 degrees.
5. Press ‘A’ again to calibrate the second direction.
• ‘A’ is shown on the display while calibration is being performed.
• When calibration is successful, the display will show ‘OK’ and the Digital Compass Mode (showing the angle value) screen.

To perform northerly calibration
1. While in the Digital Compass Mode, hold down [E] until ‘A’ appears on the display, which indicates the setting screen.
2. Press [E] to start the northerly calibration procedure.
3. At this time, ‘~N~’ (north) appears on the display.
3. Place the watch on a level surface, and position it so that its 12 o’clock position points north (as measured with another compass).
4. Press \( \text{SET} \) to start the calibration operation.  
   - if \( \text{ERR} \) is shown on the display while calibration is being performed. When calibration is successful, the display will show \( \text{OFF} \) and the Digital Compass Mode (with \( \text{D} \) shown as the angle value).
   - If \( \text{ERR} \) appears and then changes to \( \text{ERR} \) (error) on the calibration screen, it means that there is something wrong with the sensor. When \( \text{ERR} \) disappears after about one second, try performing the calibration again. If \( \text{ERR} \) keeps appearing, contact your original dealer or nearest authorized CASIO distributor to have the watch checked.

Barometer and Thermometer Precautions

- The pressure sensor built into this watch measures changes in air pressure, which you can then apply to your own weather predictions. It is not intended for use as a precision instrument in official weather prediction or reporting applications.
- Sudden temperature changes can affect pressure sensor readings.
- Temperature measurements are affected by your body temperature (while you are wearing the watch), direct sunlight, and moisture. To achieve a more accurate temperature measurement, remove the watch from your wrist, place it in a well ventilated location out of direct sunlight, and wipe all moisture from the case. It takes approximately 20 to 30 minutes for the wristwatch to adjust to your body temperature.
- Sudden temperature changes can affect pressure sensor readings.
- Temperature measurements are affected by your body temperature (while you are wearing the watch), direct sunlight, and moisture. To achieve a more accurate temperature measurement, remove the watch from your wrist, place it in a well ventilated location out of direct sunlight, and wipe all moisture from the case. It takes approximately 20 to 30 minutes for the wristwatch to adjust to your body temperature.

Pressure Sensor and Temperature Sensor Calibration

The pressure sensor and temperature sensor built into the watch are calibrated at the factory and normally require no further adjustment. If you notice serious errors in the pressure readings and temperature readings produced by the watch, you can calibrate the sensor to correct the errors.

Important!
- Incorrectly calibrating the barometric pressure sensor can result in incorrect readings. Before performing the calibration procedure, compare the readings produced by the watch with those of another reliable and accurate barometer.
- Incorrectly calibrating the temperature sensor can result in incorrect readings. Carefully read the following before doing anything. Compare the readings produced by the watch with those of another reliable and accurate barometer.
- If adjustment is required, remove the watch from your wrist and wait for 20 or 30 minutes to give the temperature of the watch time to stabilize.

To calibrate the pressure sensor and the temperature sensor

1. Press \( \text{OFF} \) to enter the Barometer/Thermometer Mode.
2. Hold down \( \text{OFF} \) until \( \text{SET} \) appears in the upper display area.
3. Release \( \text{OFF} \), and wait for four or five more seconds until either \( \text{OFF} \) or the current reference temperature value (if set) starts to flash. This is the setting screen.
   - If you want to calibrate the barometric pressure sensor, press \( \text{OFF} \) to move the flashing to the middle display area. This is the pressure sensor calibration screen.
   - At this time, \( \text{OFF} \) or the barometric pressure value should be flashing on the display.
4. Use \( \text{OFF} \) to set the calibration value in the units shown below. 
   - Temperature: 0°C (0.0°F)
   - Barometric Pressure: 1 hPa (0.05 inHg)

5. Press \( \text{OFF} \) to return to the Barometer/Thermometer Mode screen.

To select the temperature, barometric pressure, and altitude units

1. Enter the Timekeeping Mode.
2. Hold down \( \text{OFF} \) until the city code starts to flash, which indicates the setting screen.
3. Use \( \text{OFF} \) to select the unit of your choice.
   - See step 2 under “To set the time and date manually” for information about how to scroll through setting screens.
4. Press \( \text{OFF} \) to change the unit setting.
   - Each press of \( \text{OFF} \) changes the selected unit setting as shown below.
   - Temperature: °C and °F
   - Barometric Pressure: hPa and inHg
   - Altitude: m and ft

5. After the settings are the way you want, press \( \text{OFF} \) to exit the setting screen.