# Operation Guide 4700

CASIO®

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.

Caution !
Your watch is shipped with it Auto Display feature (which continually changes the contents of the digital display) turned on. Calibration signal reception is disabled while Auto Display is turned on.
Press any button to turn off Auto Display and return to the Timekeeping Mode.
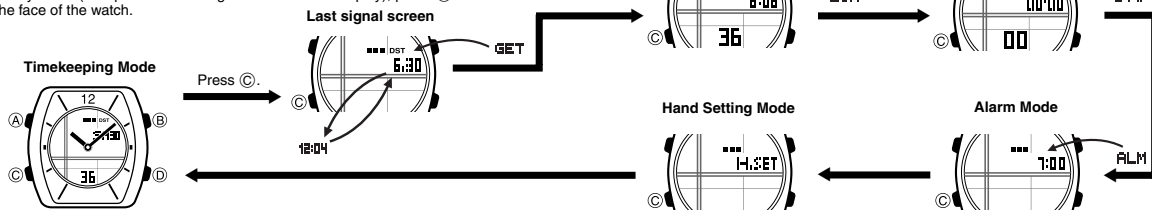
About This Manual
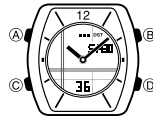
- For the sake of simplicity, the sample displays in this manual do not show the analog hands of the watch.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.
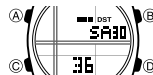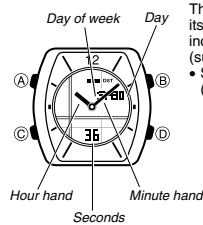
General Guide

- Press Ⓒ to change from mode to mode.
- In any mode (except when a setting screen is on the display), press Ⓑ to illuminate the face of the watch.

Last signal screen

Timekeeping Mode

Press Ⓒ.

World Time Mode

Stopwatch Mode

Hand Setting Mode

Alarm Mode

Radio-controlled Atomic Timekeeping

Day of week   Day

Hour hand   Minute hand
Seconds

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.
- Supported time calibration signals: Germany (Mainflingen), England (Rugby).

Current Time Setting

This watch automatically adjusts its time setting in accordance with a time calibration signal. You can also perform a manual procedure to set the time and date, when necessary.
- The first thing you should do after purchasing this watch is to set your Home City, which is the city where you will normally use the watch. For more information, see "To set your Home City" below.
- When using the watch in an area that is outside of the range of the transmitters in Rugby and Mainflingen, you need to manually adjust the time as required. See "Timekeeping" for information about manual settings.
- The analog time of this watch is synchronized with the digital time. Because of this, the analog time setting is automatically adjusted whenever you change the digital setting. See "Analog Timekeeping" for more information.

To set your Home City
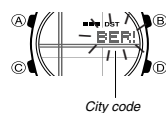
City code

1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Use Ⓓ (east) and Ⓑ (west) to scroll through the city codes until the one you want to use as your Home City is displayed.
   - The following are the city codes for major cities in the Western Europe time zones.
   LIS: Lisbon
   LON: London, Dublin, Casablanca, Dakar, Abidjan
   BCN: Barcelona
   MAD: Madrid
   PAR: Paris
   MIL: Milan
   ROM: Rome
   BER: Berlin

   STO: Stockholm, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna
   ATH: Athens,Cairo, Jerusalem, Helsinki, Istanbul, Beirut, Damascus,Cape Town
   MOW*: Moscow, Jeddah, Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
   * The area covered by the **MOW** city code is quite far from the time calibration signal transmitters, and so certain conditions may cause problems with signal reception.
3. Press Ⓐ 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 (in the middle of the night). You can also perform manual receive or you can set the time manually.
- If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.
- 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".

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

Press Ⓐ.

PM indicator   Hour : Minutes
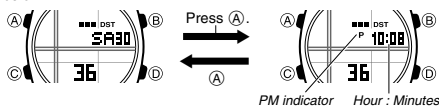
To display the last signal screen
- Press Ⓒ to display the last signal screen.
- The date and time of the last successful time calibration signal reception alternate on the display at two-second intervals.

Reception date   Reception time

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 signal reception 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.

Resin Band   Metal Band
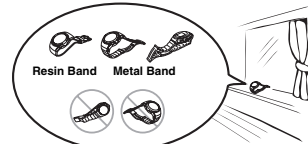
- Make sure the watch is facing the right way.
- Proper signal reception can be difficult or even impossible under the conditions listed below.

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

- Signal reception is normally 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.

Reception Ranges

1,500 kilometers

Rugby

500 kilometers

Mainflingen

1
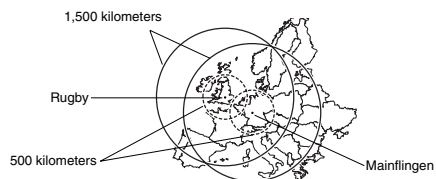
- At distances further than about 500 kilometers from a transmitter, signal reception may not be possible during certain times of year or times of day. Radio interference may also cause problems with reception.
- Even when the watch is within the reception range of the transmitter, signal reception will 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
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. The start times of the auto receive operations depend on the current Home City and DST settings.

Home City		Auto Receive Start Times					
		1	2	3	4	5	6
LIS LON	Standard Time	1:00 am	2:00 am	3:00 am	4:00 am	5:00 am	Midnight
	Daylight Saving Time	2:00 am	3:00 am	4:00 am	5:00 am	Midnight	1:00 am next day
BCN MAD PAR MIL ROM BER STO	Standard Time	2:00 am	3:00 am	4:00 am	5:00 am	Midnight	1:00 am next day
	Daylight Saving Time	3:00 am	4:00 am	5:00 am	Midnight	1:00 am next day	2:00 am next day
ATH	Standard Time	3:00 am	4:00 am	5:00 am	Midnight	1:00 am next day	2:00 am next day
	Daylight Saving Time	4:00 am	5:00 am	Midnight	1:00 am next day	2:00 am next day	3:00 am next day
MOW	Standard Time	4:00 am	5:00 am	Midnight next day	1:00 am next day	2:00 am next day	3:00 am next day
	Daylight Saving Time	5:00 am	Midnight next day	1:00 am next day	2:00 am next day	3:00 am next day	4:00 am next day

Note
- The display of the watch is blank while an auto receive operation is in progress.
- Auto receive is performed only if the watch is in the Timekeeping Mode or World Time Mode when one of the calibration times is reached. It is not performed if a calibration time is reached while an alarm is sounding, or while you are configuring settings (while settings are flashing on the display).
- Auto receive of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can easily receive the signal.
- When auto receive is turned on, the watch receives the calibration signal for two to seven minutes everyday when the time in the Timekeeping Mode reaches each of the six calibration times. Avoid performing any button operation within seven minutes before or after any of the six calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the time kept in the digital display. Reception will be performed whenever the display shows one of the six calibration times, regardless of whether or not the displayed time is actually the correct time.

To perform manual receive

1. Place the watch on a stable surface so its top (12 o'clock side) is facing towards a window.
2. In the Timekeeping Mode, hold down Ⓓ for about two seconds until the watch beeps.
3. After you release Ⓓ the display will show the letters RCV!. This indicates that signal reception is in progress.

- Time calibration signal reception normally takes from two to seven minutes. Take care that you do not perform any button operations or move the watch during this time.
- After signal reception is complete, the display of the watch changes to the last signal screen.

Note
- To interrupt a reception and return to the Timekeeping Mode, press Ⓓ.
- If reception is unsuccessful, the message ERR appears on the display for one or two minutes. After that, the watch returns to the Timekeeping Mode.
- You can also change from the last signal or ERR screen to the normal timekeeping screen by pressing Ⓓ.

About the Receiving Indicator (Manual receive)
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.

Receiving indicator

Weak (Level 0) ←————→ Strong (Level 3)
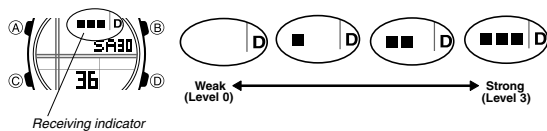
- Even in an area where signal strength is strong, it takes about 10 seconds for signal reception to stabilize enough for the receiving indicator to indicate signal strength.
- Use the receiving indicator as a guide for checking signal strength and for finding the best location for the watch during signal reception.
- The Level 3 receiving indicator remains on the display in all modes following reception of the time calibration signal and calibration of the watch's time setting. The Level 3 receiving indicator is not displayed if signal reception was unsuccessful or after manual adjustment of the current time setting.
- The Level 3 receiving indicator indicates that at least one of the six calibration signal receive operations was successful. Note, however, that the Level 3 receiving indicator is cleared from the display when the first auto receive operation of the day is performed.

To turn auto receive on and off
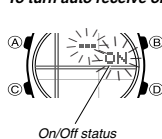
On/Off status

1. In the Timekeeping Mode, press Ⓒ to display the last signal screen.
   - The watch will automatically return to the Timekeeping Mode if you do not perform any button operation for one or two minutes after displaying the last signal screen.
2. Hold down Ⓐ until the current auto receive setting flashes on the display. This is the setting screen.
   - If the auto receive setting does not appear when you hold down Ⓐ, it means that the city code currently selected for the Home City is for an area that does not support calibration signal reception. You cannot turn auto receive on or off in this case.
3. Use Ⓓ to turn auto receive on (ON) or off (OFF).
4. Press Ⓐ to exit the setting screen.
- To return to the Timekeeping Mode from the last signal screen, press Ⓓ.
- For information about city codes that support signal reception, see "To set your Home City".

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

Note
- The display of the watch is blank while an auto receive operation is in progress.

Problem	Probable Cause	What you should do
Cannot perform manual receive.	• The watch is not in the Timekeeping Mode. • Your current Home City is not one of the following city codes: **LIS**, **LON**, **BCN**, **MAD**, **PAR**, **MIL**, **ROM**, **BER**, **STO**, **ATH**, or **MOW**	• Enter the Timekeeping Mode and try again. • Select **LIS**, **LON**, **BCN**, **MAD**, **PAR**, **MIL**, **ROM**, **BER**, **STO**, **ATH**, or **MOW** as your Home City.
Auto receive is turned on, but the Level 3 receiving indicator does not appear on the display.	• You changed the time setting manually. • You were performing some button operation during the auto receive. • Even if reception is successful, the Level 3 receiving indicator disappears every day when the first auto receive operation of the day is performed.	• Perform manual receive or wait until the next auto signal receive is performed. • Check to make sure the watch is in a location where it can receive the signal.
Time setting is incorrect following signal reception.	• If the time is one hour off, the DST setting may be incorrect. • The Home City code setting is not correct for the area where you are using the watch.	• Change the DST setting to Auto DST. • Select the correct Home City code.

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

World Time

City Code

Current time in selected city
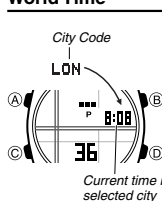
The World Time Mode digitally displays the current time in 48 cities (29 time zones) around the world.
- If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes.
- The watch will perform a signal reception even if it is in the World Time Mode when a calibration time is reached. If this happens, the World Time Mode time settings will be adjusted in accordance with the Timekeeping Mode's Home City time.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing Ⓒ.

To view the time in another city
While in the World Time Mode, press Ⓓ to scroll through the city codes (time zones) to the east.
- For full information on city codes, see the "City Code Table".

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

DST indicator

1. In the World Time Mode, use Ⓓ to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down Ⓐ to toggle Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).

- Note that you cannot use the World Time Mode to change the DST setting of the Home City code you currently have selected in the Timekeeping Mode. See "To change the Daylight Saving Time (summer time) setting" for information about turning the Home City code DST setting on and off.
- The DST indicator will appear on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

Stopwatch

Seconds

1/100 second   Minutes
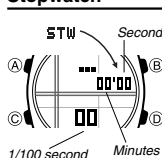
The stopwatch lets you measure elapsed time.
- The display range of the stopwatch is 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓒ.

To measure times with the stopwatch

Elapsed Time

Ⓓ →————→ Ⓓ →————→ Ⓓ →————→ Ⓓ →————→ Ⓐ
Start   Stop   Re-start   Stop   Clear

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Alarm

Alarm time (Hour : Minutes)

Ⓐ Ⓑ
Ⓒ Ⓓ

Hourly time signal on indicator

Alarm on indicator
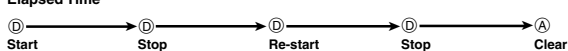
When the alarm is turned on, the alarm sounds when the alarm time is reached. You can also turn on an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.
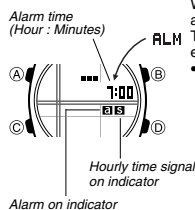• All of the operations in this section are performed in the Alarm Mode, which you enter by pressing Ⓒ.

To set the alarm time
1. In the Alarm Mode, hold down Ⓐ until the hour setting of the alarm time starts to flash, which indicates the setting screen.
   • This operation automatically turns on the alarm.
2. Press Ⓒ to move the flashing between the hour and minute settings.
3. While a setting is flashing, use Ⓓ (+) and Ⓑ (–) to change it.
   • 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).
4. Press Ⓐ to exit the setting screen.

Alarm Operation
The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.
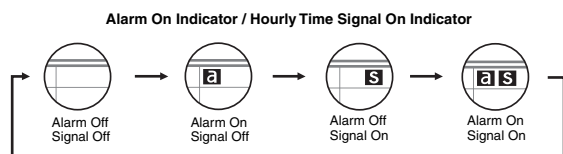• To stop the alarm tone after it starts to sound, press any button.

To test the alarm
In the Alarm Mode, hold down Ⓓ to sound the alarm.

To turn the Daily alarm and the Hourly Time Signal on and off
In the Alarm Mode, press Ⓓ to cycle through the settings shown below.

Alarm On Indicator / Hourly Time Signal On Indicator

Alarm Off Signal Off → Alarm On Signal Off → Alarm Off Signal On → Alarm On Signal On

• The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

Illumination

Ⓐ Ⓑ
Ⓒ Ⓓ

An LED (light-emitting diode) and light guide panel illuminate the digital display for easy reading in the dark.
• See "Illumination Precautions" for other important information.

To turn on illumination
In any mode, press Ⓑ to illuminate the display.

Timekeeping

Use the Timekeeping Mode to set and view the current time and date. This section also explains how to manually set the current date and time.
• All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing Ⓒ.

Day
Ⓐ Ⓑ
Ⓒ Ⓓ
Day of week

Press Ⓐ.

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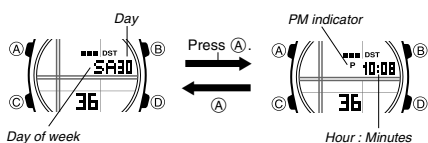
Setting the Digital Time and Date Manually
Make sure you select your Home City code before you change the current time and date settings. World Time Mode times are all displayed in accordance with the Timekeeping Mode settings. Because of this, World Time Mode times will not be correct if you do not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

To set the current digital time and date manually
Ⓐ Ⓑ
Ⓒ Ⓓ

City code

1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

City Code → DST → 12/24-Hour Format → Seconds → Hour
Day ← Month ← Year ← Minutes
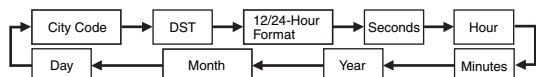
3. When the setting you want to change is flashing, use Ⓑ and/or Ⓓ to change it as described below.

Screen:	To do this:	Do this:
BER!	Change the city code	Use Ⓓ (east) and Ⓑ (west).
AUTO	Cycle between Daylight Saving Time (ON), Standard Time (OFF), and Auto DST (AUTO)	Press Ⓓ.
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press Ⓓ.
36	Reset the seconds to 00	Press Ⓓ.
P 10:08	Change the hour or minutes	Use Ⓓ (+) and Ⓑ (–).
20 07	Change the year	
6:30	Change the month or day	

• See "City Code Table" for a complete list of available city codes.
4. Press Ⓐ to exit the setting screen.
• When you exit the setting screen, the analog hands are adjusted automatically to match the digital time. See "Analog Timekeeping" for more information.

Note
• Auto DST (AUTO) can be selected only while **LIS**, **LON**, **BCN**, **MAD**, **PAR**, **MIL**, **ROM**, **BER**, **STO**, **ATH**, or **MOW** is selected as the Home City code. For more information, see "Daylight Saving Time (DST)" below.
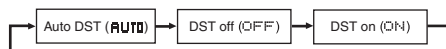
Daylight Saving Time (DST)
Daylight Saving Time (summer time) advances the digital time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.
The time calibration signal transmitted from Rugby and Mainflingen includes both Standard Time 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 received time signal.
• Auto DST (AUTO) can be selected only while **LIS**, **LON**, **BCN**, **MAD**, **PAR**, **MIL**, **ROM**, **BER**, **STO**, **ATH**, or **MOW** is selected as the Home City code.
• The default DST setting is Auto DST (AUTO) whenever you select **LIS**, **LON**, **BCN**, **MAD**, **PAR**, **MIL**, **ROM**, **BER**, **STO**, **ATH**, or **MOW** 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 Ⓒ once and the DST setting screen appears.
3. Use Ⓓ to cycle through the DST settings in the sequence shown below.

Auto DST (AUTO) → DST off (OFF) → DST on (ON)

4. When the setting you want is selected, press Ⓐ to exit the setting screen.
• The DST indicator (DST) 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 adjust to a new setting whenever any of the following occurs.
   When you change the digital time setting manually
   When the digital time setting is changed by time calibration signal reception
   When you change the Home City code and/or DST setting
• If the analog time does not match the digital time for any reason, use the procedure described under "To adjust the analog time" to match the analog setting to the digital setting.
• Whenever you need to adjust both the digital and the analog time settings manually, make sure you adjust the digital setting first.
• 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 Ⓒ five times to enter the Hand Setting Mode.
2. Hold down Ⓐ until the current digital time starts to flash, which indicates the setting screen.
3. Use Ⓓ and Ⓑ to adjust the analog setting as described below.

When you want to do this:	Perform this button operation:
Move the hand setting forward 20 seconds	• Press Ⓓ.
Move the hand setting a short way forward at high speed	• Hold down Ⓓ. • Release Ⓓ when the hands reach the setting you want.
Move the hand setting a long way forward at high speed	• While holding down Ⓓ to move the hands at high speed, press Ⓑ to lock the high-speed hand movement. • To stop the hand movement, press any button. • Hand movement stops automatically if the hour hand makes one full (12-hour) revolution.

4. Press Ⓐ to exit the setting screen.
• The minute hand will be adjusted slightly to match the seconds when you exit the setting screen.
• To return to the Timekeeping Mode, press Ⓒ.

3

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 Display

Auto Display continually changes the contents of the digital display.

To turn off Auto Display
Press any button to turn off Auto Display. This returns to the Timekeeping Mode.

To turn on Auto Display
In the Hand Setting Mode, hold down Ⓓ for about three seconds until the watch beeps.

Note

• Calibration signal reception is disabled while Auto Display is being performed.
• Auto Display cannot be performed while a setting screen is on the display.

Auto Return Features

• If you leave the watch in the Alarm or Hand Setting Mode for two or three minutes without performing any operation, it automatically returns to the Timekeeping Mode.
• If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

Ⓑ and Ⓓ 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 World Time Mode, the data you were viewing when you last exited the mode appears first.

Radio-controlled Atomic Timekeeping Precautions

• The display of the watch is blank while an auto receive operation is in progress.
• 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 automatically update the date and day of the week for the period January 1, 2000 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.
• Normally, the signal reception date shown by the last signal screen is the date data included in the received time calibration signal. When only time data is received, however, the last signal screen shows the date as kept in the Timekeeping Mode at the time of signal reception.
• If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within ±20 seconds a month at normal temperature.
• If you have problems with proper time calibration signal reception or if the time setting is wrong after signal reception, check your current city code, DST (summer time), and auto receive settings. The following are the initial factory defaults for these settings.

Setting	Initial Factory Default
City code	**BER** (Berlin)
DST (summer time)	ᴰˢᵀ **AUTO** (Auto switching)
Auto receive	**ON** (Auto receive)

Transmitters

The time calibration signal received by this watch depends on the currently selected Home City code.

When LIS, BCN, MAD, PAR, MIL, ROM, BER, STO, ATH, or MOW is selected as the Home City code:

In this case:	The watch does this:
The first signal search operation after the Home City code has been changed	1. Checks the Mainflingen signal first. 2. If the Mainflingen signal cannot be received, checks the Rugby signal.
The second and subsequent signal searches	1. Checks the signal of the transmitter of the first receive operation (Rugby or Mainflingen). 2. If the checked signal cannot be received, checks the other signal.

When LON is selected as the Home City code:

In this case:	The watch does this:
The first signal search operation after the Home City code has been changed	1. Checks the Rugby signal first. 2. If the Rugby signal cannot be received, checks the Mainflingen signal.
The second and subsequent signal searches	1. Checks the signal of the transmitter of the first receive operation (Rugby or Mainflingen). 2. If the checked signal cannot be received, checks the other signal.

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.
• The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
• The year can be set in the range of 2000 to 2099.
• 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 after you have the watch's batteries replaced.
• 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 time setting.
• GMT differential is calculated by this watch based on Universal Time Coordinated (UTC*) data.
* *UTC is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation. The reference point for UTC is Greenwich, England.*

12-hour/24-hour Timekeeping Formats

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all other modes.
• With the 12-hour format, the PM indicator (**P**) appears on the display for times in the range of noon to 10"9 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.

Illumination Precautions

• Illumination may be hard to see when viewed under direct sunlight.
• Illumination automatically turns off whenever an alarm sounds.
• Frequent use of illumination runs down the batteries.

Button Operation Tone

In any mode (except when a setting screen is on the display), hold down Ⓒ for about three seconds to toggle the button operation tone on and off. The button operation tone off indicator (**MUTE**) is displayed while the tone is turned off.
• Even if the button operation tone is turned off, the daily alarm and the hourly time signal continue to sound when required.

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
PPG	Pago Pago	−11.0	
HNL	Honolulu	−10.0	Papeete
ANC	Anchorage	−09.0	Nome
YVR	Vancouver	−08.0	San Francisco, Las Vegas,
LAX	Los Angeles		Seattle/Tacoma, Dawson City, Tijuana
YEA	Edmonton	−07.0	El Paso, Culiacan
DEN	Denver		
MEX	Mexico City		
YWG	Winnipeg	−06.0	Houston, Dallas/Fort Worth, New Orleans
CHI	Chicago		
MIA	Miami		
YTO	Toronto	−05.0	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
NYC	New York		
CCS	Caracas		
YHZ	Halifax	−04.0	La Paz, Santiago, Port Of Spain
YYT	St. Johns	−03.5	
RIO	Rio De Janeiro	−03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
RAI	Praia	−01.0	
LIS	Lisbon	+00.0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
BCN	Barcelona		
MAD	Madrid		
PAR	Paris		
MIL	Milan	+01.0	Amsterdam, Algiers, Hamburg, Frankfurt, Vienna
ROM	Rome		
BER	Berlin		
STO	Stockholm		
ATH	Athens		
CAI	Cairo	+02.0	Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem		
MOW	Moscow	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata
DAC	Dhaka	+06.0	Colombo
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+08.0	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
SEL	Seoul		Pyongyang
TYO	Tokyo	+09.0	Pyongyang
ADL	Adelaide	+09.5	Darwin
GUM	Guam	+10.0	Melbourne, Rabaul
SYD	Sydney		Melbourne, Rabaul
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

• Based on data as of December 2005.