

# Operation Guide 5057

## 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.

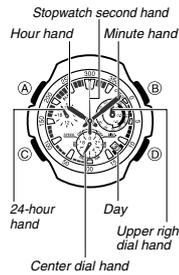
### What to do if the center dial hand is stopped

The watch is shipped from the factory with the center dial hand stopped in order to conserve battery power. Even though the center dial hand is stopped, the watch continues to maintain the current time internally. If the center dial hand is stopped when you purchase the watch, press any one of the watch's buttons to start hand movement.



Center dial hand

### About This Manual

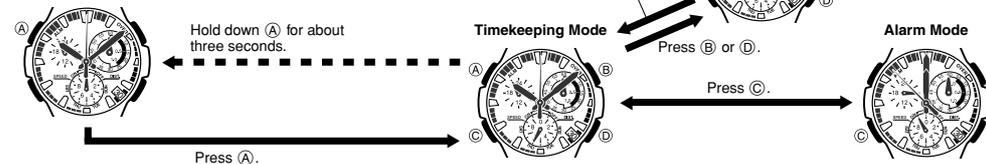


- Button operations are indicated using the letters shown in the illustration.
- The upper right and center dials indicate various types of data, depending on the currently selected mode.
- Each section of this manual provides you with the information you need in order to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of this product or its malfunction.

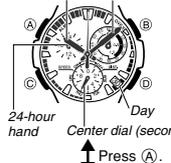
## General Guide

### Time/Date Adjustment



## Timekeeping

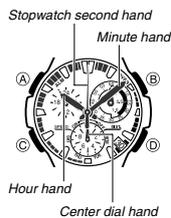
Use the Timekeeping Mode to set and view the current time and date.



- Pressing (A) in the Timekeeping Mode will cause the center dial hand to move to the current day of the week. Press (A) to return to normal timekeeping. The watch also will return to normal timekeeping if you do not perform any operation for about two seconds.



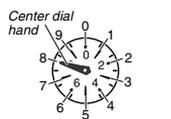
### To set the time and date



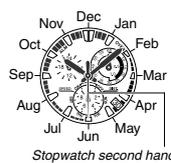
1. In the Timekeeping Mode, hold down (A) for about three seconds until the watch beeps.
  - The stopwatch second hand and center dial hand will move to 12 o'clock and stop there. This is the setting mode.
2. Use (D) (+) and (B) (-) to change the time (hour and minute) setting.
  - As you set the time, take care to ensure that the 24-hour hand also is at the correct position.
3. After the time setting is the way you want, press (C).
  - This will cause the watch to beep and change to the year setting mode.
4. Use (D) and (B) to change the year setting.
  - You can set the year within the range of 2000 to 2099.
  - Use (D) to move the stopwatch second hand clockwise to the value of the tens digit that you want to specify. To set 2012, for example, move the hand to 10.
  - Use (D) to move the center dial hand clockwise to the value of the units digit that you want to specify. To set 2012, for example, move the hand to 2.



### Setting the year (10s digit)



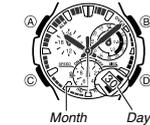
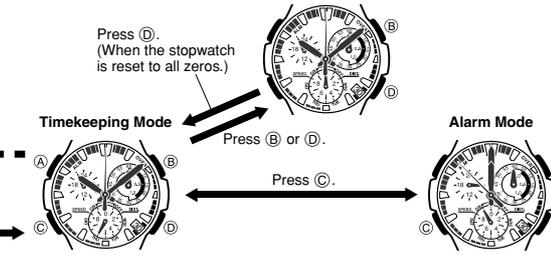
### Setting the year (units digit)



5. After the year setting is the way you want, press (C).
  - This will cause the watch to beep and change to the month setting mode.
6. Use (D) to move the stopwatch second hand clockwise to the month you want to specify. To set March, for example, move the hand to 3 (Mar).

### Setting the Month

## Stopwatch Mode



7. After the month setting is the way you want, press (C).
  - This will cause the watch to beep and change to the day setting mode.
8. Use (D) (+) and (B) (-) to change the day setting.
  - When setting the day, the watch automatically will skip days (30 and 31) that are not included in the currently selected month. If you can't select 30 or 31 when you want to, check to make sure that the proper month is selected.
  - You can return to the time setting mode after configuring the day setting by pressing (C). Pressing (C) will cause the watch to beep twice.

9. After all of the settings are the way you want and the day display is no longer changing, press (A). This will cause the center dial hand to start moving again and the other hands to start moving from their current positions.
  - You can press (A) at any time during the above procedure to return to the Timekeeping Mode.
  - 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 battery replaced.
  - The date will change automatically when the current time reaches midnight. The date change at the end of a month may take more time than normal.

## Stopwatch

You can use the stopwatch to measure elapsed time, cumulative elapsed time, and lap times. You also can input the distance of the course or a particular segment of the course of the race you are watching. That distance is used along with the elapsed time, cumulative elapsed time, or lap time measured by the watch to calculate and display the average speed for the course or segment.

- See "Average Speed" for more information.
- **Never operate the stopwatch while operating a motor vehicle. Doing so is very dangerous and can cause an accident.**
- Entering the Stopwatch Mode causes the stopwatch second hand, the upper right dial hand and center dial hand to move to the 12 o'clock position.
- You can start elapsed time measurement with the stopwatch while the watch is in the Stopwatch Mode or the Timekeeping Mode.

- The display range of the stopwatch is 59 minutes, 59.95 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- You can switch to another mode from the Stopwatch Mode only while the stopwatch is stopped and reset to all zeros.

### To start an elapsed time operation while in the Stopwatch Mode

1. In the Timekeeping Mode, press (D) to enter the Stopwatch Mode.
2. In the Stopwatch Mode, press (B) to start elapsed time measurement.
3. Press (B) to stop elapsed time measurement.
  - You can restart and stop elapsed time measurement as many times as you like by pressing (B).
  - The center dial hand rotates during the first 60 seconds only, and then stops. When elapsed time measurement is stopped (by pressing (B)), the center dial hand jumps to the 1/20 second indication (which is kept internally).
  - Stopping a timing operation will cause the stopwatch second hand to stop at the elapsed time seconds position. It will remain there if there is no distance value input. If a distance value is input, the stopwatch second hand will then move to average speed indication after about two seconds. After that it will move back to the elapsed time second position.
4. After you are finished measuring elapsed time, press (D) to reset the stopwatch to all zeros.
5. To return to the Timekeeping Mode, press (D) while the stopwatch is reset to all zeros.

### To start an elapsed time operation while in the Timekeeping Mode

- In the Timekeeping Mode, press (B) to start elapsed time measurement.
  - Elapsed time measurement will start internally when you press (B), but timing will not appear for about one second.
  - The elapsed time measurement will not start if you press (B) in the Timekeeping Mode while either of the following conditions exists.

*While an alarm is sounding*

*While the watch is changing from one date to the next (at midnight)*

- Press (B) to stop elapsed time measurement.
  - You can restart and stop elapsed time measurement as many times as you like by pressing (B).
  - The center dial hand rotates during the first 60 seconds only, and then stops. When elapsed time measurement is stopped (by pressing (B)), the center dial hand jumps to the 1/20 second indication (which is kept internally).
  - Stopping a timing operation will cause the stopwatch second hand to stop at the elapsed time seconds position. It will remain there if there is no distance value input. If a distance value is input, the stopwatch second hand will then move to average speed indication after about two seconds. After that it will move back to the elapsed time second position.
- After you are finished measuring elapsed time, press (D) to reset the stopwatch to all zeros.
- To return to the Timekeeping Mode, press (D) while the stopwatch is reset to all zeros.

### To measure lap times

Upper right dial (stopwatch minute) hand



Center dial (stopwatch 1/20 second) hand

- In the Timekeeping Mode or the Stopwatch Mode, press (B) to start an elapsed time measurement operation.
  - Each press of (C) displays the current lap time up to that point.
  - The lap time will remain displayed for about two seconds.
  - Pressing (C) to display the current lap time also will start timing of the next lap. This means that the stopwatch does not maintain the total elapsed time or total cumulative time in this case.
  - The stopwatch will continue to time the next lap internally, even while the current lap time is displayed.

- If a distance value is input, performing a lap time operation will cause the stopwatch second hand to stop at the current lap time for about two seconds. The stopwatch second hand will then move to the speed indication of the lap for about two seconds. After that it will move to the ongoing elapsed time operation position.
- Press (B) to stop the stopwatch.
    - This will cause the final lap time to appear on the display.
    - Press (D) to reset the stopwatch.

### Average Speed

You also can input the distance of the course or a particular segment of the course of the race you are watching. That distance is used along with the elapsed time, cumulative elapsed time, or lap time measured by the watch to calculate and display the average speed for the course or segment.

The average speed that appears for an elapsed time, cumulative elapsed time, or lap time is calculated based on the times described below.

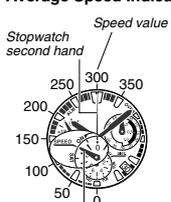
Elapsed time: Time from the point the stopwatch operation is started up until it was stopped.

Cumulative elapsed time: Total time from the point the cumulative elapsed time operation is started up until it was stopped. Does not include any time when the stopwatch operation was paused.

Lap time: Time of each particular lap.

- Never operate the stopwatch while operating a motor vehicle. Doing so is very dangerous and can cause an accident.
- The initial factory default setting for the distance value is 1.0.
- For information about inputting a distance, see "To specify a course or section distance".

### Average Speed Indication



Center dial hand  
Average Speed Indication



OVER Indication

The stopwatch second hand will indicate the average speed value after you stop an elapsed time measurement or display a lap time. The center dial hand points to **SPEED (SPD)** while the average speed is being indicated.

### Stopping an Elapsed Time or Cumulative Elapsed Time Measurement

Two seconds after you stop an elapsed time measurement operation by pressing (B), the stopwatch second hand will indicate the speed for two seconds. After that, the stopwatch second hand will move back to the elapsed time seconds position.

### Lap Time Measurement

Two seconds after you stop a lap time measurement operation by pressing (C), the stopwatch second hand will indicate the speed for two seconds. After that, the stopwatch second hand will move to the ongoing elapsed time operation.

- If the value you input for the distance was in kilometers, the indicated speed values will show kilometers per hour. If the value you input was in miles, it will show miles per hour. Note that the watch does not have a setting for specifying kilometers or miles.
- The average speed is indicated as a value from 0 to 350, in increments of 10. The ones digit is rounded off.
- Either of the following will cause the stopwatch second hand to indicate **OVER**, which indicates that speed cannot be calculated.

*When the speed calculation produces a value greater than 350*

*When a displayed elapsed time or cumulative elapsed time is 60 minutes or greater*

*When a displayed lap time is 60 minutes or greater (Average speed calculation will resume when timing of the next lap is performed.)*

### To specify a course or section distance



Distance value (left of the decimal point)

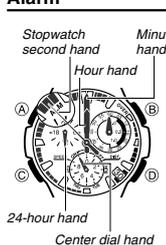


Upper right dial hand

- In the Stopwatch Mode, hold down (A) for about three seconds until the center dial hand moves to **DIST**.
  - This is the distance setting mode.
- Use (D) and (B) to specify the course or section distance.
  - Use (B) to move the stopwatch second hand and specify the value to the left of the decimal place. You can specify a value from 0 to 14.

- Use (D) to move the upper right dial hand and specify the value to the right of the decimal place. You can specify a value from 0.0 to 0.9.
  - It makes no difference whether the value you specify represents kilometers or miles.
- Press (A) to exit the setting screen.
    - To disable speed display, specify a distance value of 0.0.

### Alarm



24-hour hand

When the alarm is turned on, the alarm sounds when the alarm time is reached.

- Whenever you enter the Alarm Mode, the stopwatch second hand will move to the **ALM** position. The center dial hand will move to the alarm's current **ON/OFF** status while the hour, minute and 24-hour hands indicate the current alarm time setting.
- All of the operations in this section are performed in the Alarm Mode.

### To set an alarm time

- In the Alarm Mode, hold down (A) for about three seconds until the watch beeps and the center dial hand moves to **ON** (alarm on).
  - This is the setting mode.
  - Setting the alarm time causes the alarm to turn on automatically.
- Use (D) (+) and (B) (-) to change the alarm time setting.
  - Each press of either button changes the setting by one minute.
- After setting the alarm time, press (A) to exit the setting mode.
  - As you set the alarm time, take care to ensure that the 24-hour hand also is at the correct position.

### Alarm Operation

The alarm tone sounds at the alarm time for 10 seconds, regardless of the mode the watch is in.

- Alarm operations are performed in accordance with the Timekeeping Mode time.
- Pressing any button stops the alarm tone operation.

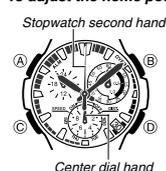
### To toggle an alarm on and off

In the Alarm Mode, press (A) to toggle the alarm setting indicated by the center dial hand **ON** or **OFF**.

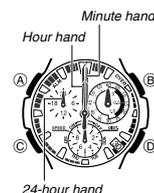
### Adjusting the Home Positions

If you notice that the watch hands are not indicating 12 o'clock, ON/OFF settings, or other indicator settings correctly, you can adjust the "home positions" of the hands manually to correct them.

### To adjust the home positions



Center dial hand  
Correct center dial hand and stopwatch second hand home positions



Correct hour and minute hand home positions

- In the Timekeeping Mode, as you hold down (A), hold down (C) for about three seconds until the watch beeps.
  - This indicates that the watch is in the time and day home position adjustment mode.
  - The center dial hand is in the proper home position if it moves to "0". If it doesn't, use (D) to move the center dial hand to "0".
  - The stopwatch second hand also is in the proper home position if it moves to 12 o'clock. If it doesn't, press (B) to move it to 12 o'clock.

- After confirming that the center dial hand and stopwatch second hand are both at the proper home positions, press (C).
  - This will switch to hour hand and minute hand home position adjustment.
  - The hour hand and minute hand are at their proper home positions if they both move to 12 o'clock, and if the 24-hour hand is pointing at hour 24. If the hands are not positioned correctly, use (D) (+) and (B) (-) to move all three hands to their proper home positions.
  - The 24-hour hand moves in accordance with the hour, minute, and second settings. As you set the time, take care to ensure that the 24-hour hand also is at the correct position.

Upper right dial hand



Correct upper right dial hand home position



Correct day home position

3. After confirming that the hands are in the correct home positions, press **(C)**. This will advance to the upper right dial hand home position adjustment.
  - The upper right dial hand is in the correct home position if it points to "60". If it doesn't, use **(D)** to move the upper right dial hand to "60".
4. After confirming that the upper right dial hand is in the correct home position, press **(C)**. This will advance to day home position adjustment.
  - The day is in the correct home position if it shows "1". If it doesn't, use **(D)** (+) and **(B)** (-) to change the day to "1".
  - Pressing **(C)** here will return the center dial hand and stopwatch second hand home position adjustment in step 1 of this procedure.
5. To return to the Timekeeping Mode, press **(A)**. Pressing **(A)** will cause the watch to beep twice.

## Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

### Auto Return Features

- If you leave the watch in the Alarm Mode or the home position adjustment mode for two or three minutes without performing any operation, it will return to the Timekeeping Mode automatically.
- If you do not perform any operation for about two or three minutes while a setting mode is selected, the watch will exit the setting mode automatically.

### Scrolling

- The **(D)** and **(B)** buttons are used to change the hand setting in various setting modes. In most cases, holding down these buttons will start high-speed movement of the applicable hand(s) and day.
- High-speed movement of the hands and day will continue until you press any button, or until the moving hand(s) and day finish one complete cycle.
  - One complete cycle for the hands is 24 hours.
  - One complete cycle for the day is 31 days.

## Specifications

**Accuracy at normal temperature:** ± 20 seconds a month

**Timekeeping:** Hour, minutes (hand moves every 10 seconds), seconds, 24-hour, day, day of the week

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

**Stopwatch:** Measuring capacity: 59'59.95"

Measuring unit: 1/20 second

Measurements: Elapsed time, cumulative elapsed time, lap time

Other: Section distance input (Input range: 0.0 to 14.9); section average speed indication

**Alarm:** Daily alarm

**Battery:** One silver oxide battery (Type: SR927W)

Approximately 3 years on type SR927W (10 seconds of alarm operation per day)