Congratulations upon your selection of this CASIO watch.

Using the Crown

This watch has a lock-type crown.

Important!

- You should normally have the crown locked during normal daily use. Leaving the crown unlocked creates the risk of unintended operations or even damage due to impact.

To lock the crown

1. Push the crown back in.
2. Rotate the crown Mark 3 is aligned with Mark 1.
3. While pushing in on the crown (a), rotate it to the right (b) until it stops and Mark 3 is aligned with Mark 2.
4. Gently pull on the crown to make sure it is securely locked and does not come out.

To unlock the crown

Rotate the crown so Mark 3 aligns with Mark 1.

Crown Operations

The crown can be pulled out to one of two (click) positions. Never apply undue force when pulling out the crown.

Important!

- In order to ensure full water resistance and to prevent damage due to impact, make sure that the crown is normally pushed in fully when using the watch.
- When pulling out the crown, avoid using undue force, which creates the risk of personal injury to your fingers and fingernails, and of watch malfunction.

High-speed Movement

When setting a time or when performing home position adjustment (page E-45), you can move the hands either forward or back at high speed. There are two high-speed levels: HS1 and HS2 (faster than HS1).

1. To start HS1 high-speed movement

While the crown is pulled out, rotate it rapidly three turns away from you (for forward movement) or towards you (for reverse movement). High-speed movement will continue even if you release the crown.

2. To start HS2 high-speed movement

While HS1 high-speed movement is progress, again rotate the crown rapidly three turns in the same direction as the current HS1 movement (away from you for forward movement or towards you for reverse movement).

3. To stop high-speed movement

Rotate the crown in the direction that is opposite to that of the current high-speed movement or press any button.

Important!

- Leaving the crown pulled out for more than two minutes (approximately 30 minutes in the case of hand home position adjustment) without performing any operation will automatically cause crown operations to become disabled. If this happens, press the crown back in, pull it out, and then start the operation over again.

Things to check before using the watch


   - Is the [2] Second Hand moving smoothly at one-second intervals?
     - NO
     - YES

   - Is the [2] Second Hand moving at two-second intervals or is it stopped completely?
     - NO
     - YES

   The watch is charged. For details about charging, see “Charging the Watch” (page E-10).

2. Check the Home City.

Use the procedure under “To configure Home City settings” (page E-24) to configure your Home City.

Important!

- Proper time calibration signal reception depends on correct Home City, time, and date settings in the Dual Time Mode. Make sure you configure these settings correctly.

Contents

E-1 About This Manual
E-2 Using the Crown
E-3 Things to check before using the watch
E-10 Charging the Watch
E-13 To recover from the sleep state
E-14 Radio Controlled Atomic Timekeeping
E-16 To get ready for a receive operation
E-18 To perform manual receive
E-19 To check the result of the latest receive operation
E-19 To turn auto receive on and off
E-21 Mode Reference Guide
E-23 Timekeeping (Dual Time Mode)
E-24 Configuring Home City Settings
E-27 To switch between standard time and summer time manually
E-28 Configuring Current Time and Date Settings Manually
E-28 To change the current time and date setting manually

3. Set the current time.

- To set the time using a time calibration signal
  See "To get ready for a receive operation" (page E-16).
  See "Configuring Current Time and Date Settings Manually" (page E-28).

The watch is now ready for use.

- For details about the watch’s radio controlled timekeeping feature, see “Radio Controlled Atomic Timekeeping” (page E-14).
Charging the Watch
The face of the watch is a solar panel that generates power from light. The generated power charges a built-in rechargeable battery, which powers watch operations. The watch charges whenever it is exposed to light.

Charging Guide
Whenever you are not wearing the watch, be sure to leave it in a location where it is exposed to light.
* Best charging performance is achieved by exposing the watch to light that is as strong as possible.

Warning!
Leaving the watch in bright light for charging 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
- Under direct sunlight wearing the watch, be sure to leave it in a location where it is exposed to light.
- When exposed to light for a while, the watch may enter a sleep state (page E-13) if its face is blocked by your sleeve even only partially.

Power Levels
You can get an idea of the watch’s power level by observing the movement of the Second Hand.
- If the Second Hand is moving normally at one-second intervals, power is at Level 1.
- If the Second Hand is moving at two-second intervals, power is at Level 2, which is quite low (Low battery alert). Expose the watch to light as soon as possible so it can charge.

Power Saving
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.

Elapse Time in Dark
Operation
Approximately 1 week
- All hands stopped at 12 o’clock.
- Day Indicator between 31 and 1.
- All functions disabled

To recover from the sleep state
Move the watch to a well-lit area or press any button.

Charging Times
<table>
<thead>
<tr>
<th>Exposure Level (Brightness)</th>
<th>Daily Operation</th>
<th>Level Change *2</th>
<th>Level 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor sunlight (5,000 lux)</td>
<td>8 minutes</td>
<td>2 hours</td>
<td>22 hours</td>
</tr>
<tr>
<td>Window sunlight (2,000 lux)</td>
<td>33 minutes</td>
<td>3 hours</td>
<td>63 hours</td>
</tr>
<tr>
<td>Window sunlight on cloudy day (5,000 lux)</td>
<td>48 minutes</td>
<td>9 hours</td>
<td>139 hours</td>
</tr>
<tr>
<td>Indoor fluorescent lighting (500 lux)</td>
<td>8 hours</td>
<td>14 hours</td>
<td>- - -</td>
</tr>
</tbody>
</table>

*1 Approximate exposure each day to generate power for normal daily operation.
*2 Approximate exposure to take power up one level.
* The above times are for reference only. Actual times depend on lighting conditions.

Radio Controlled Atomic Timekeeping
This watch receives a time calibration signal and updates its time setting accordingly. However, when using the watch outside of areas covered by time calibration signals, you will have to adjust the settings manually as required. See “Configuring Current Time and Date Settings Manually” (page E-28) for more information.

This section explains how the watch updates its time settings when the city code selected as the Home City is in Japan, North America, Europe, or China, and is one that supports time calibration signal reception.

If your Home City Code setting is this: The watch can receive the signal from the transmitter located here:
- LONDON (01) (PARI (PA), ATHENS (ATH)
- NEW YORK (11) (CHICAGO (CI), DENVER (DE), LOS ANGELES (LA), TORONTO (TO))
- TOKYO (05) (CHUKOKU (Japan), FUKUOKA/SAGA (Japan), HONOLULU (HNL))
- ANCHORAGE (ANC), HONG KONG (HKG)

Important!
- The areas covered by HONOLULU (HNL) and ANCHORAGE (ANC) are quite far from the calibration signal transmitters, so certain conditions may cause reception problems.

Approximate Reception Ranges
UK and German Signals
- 500 kilometers
- 1,000 kilometers
- 2,000 kilometers

North American Signals
- 500 kilometers
- 1,000 kilometers
- 2,000 kilometers
- 3,000 kilometers
- 5,000 kilometers
- 10,000 kilometers

Japanese Signals
- 500 kilometers
- 1,000 kilometers

Chinese Signals
- 500 kilometers
- 1,000 kilometers
- 2,000 kilometers
- 3,000 kilometers

And Important!
- The areas covered by HONOLULU (HNL) and ANCHORAGE (ANC) are quite far from the calibration signal transmitters, so certain conditions may cause reception problems.
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.

- Mönchengladbach (Germany) or Antwerp (England) transmitter: 500 kilometers (310 miles)
- Fort Collins (United States) transmitter: 600 miles (1,000 kilometers)
- Fukuoka or Fukukazajiga (Japan) transmitter: 550 kilometers (340 miles)
- Shanghai (China) transmitter: 550 kilometers (340 miles)

As of December 2012, China does not use Daylight Saving Time (DST). If China does go to the Daylight Saving Time system in the future, some functions of this watch may no longer operate correctly for the China time zones.

Using this watch in a country covered by a time calibration signal that is different from the countries it supports may result in incorrect time indication due to local application of summer time, etc.

To get ready for a receive operation

1. Place the watch in a location where signal reception is good.

- Position the watch as shown in the nearby illustration, with 12 o’clock pointed towards a window. Make sure there are no metal objects nearby.
- Signal reception normally is better at night.
- The receive operation takes from two to 10 minutes, but in some cases it can take as long as 20 minutes. Take care that you do not perform any button operation or move the watch during this time.

To perform manual receive

1. Hold down © for at least two seconds to enter the Dual Time Mode (page E-23).

- The World Time 24-hour hand will point to the latest receive operation result (see above), pull out the crown to the first click. Perform manual time calibration signal reception
- Set an alarm time Alarm Mode E-42
- Rotate the crown to move the World Time 24-hour hand to the setting you want.
- Perform manual time calibration signal reception

5. Push the crown back in to return to the Dual Time Mode.

Radio-controlled Atomic Timekeeping Precautions

- Strong electrostatic charge can result in the wrong time setting.
- Even if a receive operation is successful, certain conditions can cause the time setting to be off by up to one second.
- The watch is designed to update the date and day of the week automatically for the period from January 1, 2000 to December 31, 2099. Updating of the day by signal reception will no longer be performed starting from January 1, 2100.
- If you are in an area where signal reception is not possible, the watch keeps time with the precision noted in “Specifications” (page E-54).
- The receive operation is disabled under any of the following conditions.
  - While power is at Level 2 or Level 3 (page E-11)
  - While the watch is in the power recovery mode (page E-12)
  - While the watch is in the sleep state (power saving, page E-13).
- A receive operation is canceled if an alarm sounds while it is being performed.

Mode Reference Guide

Your watch has four “modes.” The mode you should select depends on what you want to do.
Use © to cycle between modes.

To do this:

- View the current time and date in your Home City
- Configure Home City and summer time (DST) settings
- Receive the time calibration signal automatically
- Manually adjust the time or date setting
- View the current time in one of 29 other cities around the globe
- Perform manual time calibration signal reception
- View reception results
- Turn auto time calibration signal reception on or off
- Configure World Time City and summer time settings
- Swap the Home City and World Time City
- Use the stopwatch to measure elapsed time
- Use Auto Start
- Use the countdown timer
- Set an alarm time

To enter the Dual Time Mode, hold down © for at least two seconds.

- The World Time City hour hand
- The World Time 24-hour hand
- The World Time Minute hand
- The World Time Second hand
- The Local Hour hand
- The Local Minute hand
- The Local Second hand

Timekeeping (Dual Time Mode)

- The Dual Time Mode can be entered at any time.
- The Dual Time Mode can be set for up to five times for the Chinese calibration signal between the hours of midnight and 5 a.m. When any receive operation is successful, one of the other receive operations for that day are performed.
- While the watch is in the power recovery mode (page E-12)
- If reception fails for some reason, check the surrounding area and eliminate the possible causes for failure and try again. See “To get ready for a receive operation” (page E-19).

Note

- The World Time 24-hour hand will indicate N (NO) if the latest receive operation was successful, or Y (YES) if it was not. After about ten seconds, regular timekeeping will resume.
- You can return to the Dual Time Mode manually by pressing any button while the World Time 24-hour hand is pointing to Y (YES) or N (NO).
Configuring Home City Settings

The Home City is the location where you will normally use the watch. You can choose from a selection of city codes that represent cities around the globe.

- For information on specifying a World Time City, see “Checking the Current Time in a Different Time Zone” (page E-35).

To configure Home City settings

Note

- This watch does not have a city code that corresponds to Newfoundland.

1. In any mode, pull out the crown to the second click.
   - This will cause the second hand to move to the city code of the currently selected Home City.
   - This indicates the city code setting mode.
   - Leaving the crown pulled out for more than two minutes without performing any operation will automatically cause crown operations to become disabled. If this happens, press the crown back in, pull it out, and then start the operation over again.
   - For details about city codes, see the “City Code Table” at the back of this manual.

STD/DST Switching

You can select summer time or standard time independently for each city. The initial default setting for all cities is AT (AUTO).

- Normally you should use the AT (AUTO) setting because it automatically switches between summer time and standard time. You should change the setting to STD (standard time) or DST (summer time) in the following cases.
  - When using the watch in a city not included in the City Code Table
  - When the switching dates in your location are different from those shown in the City Code Table

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.

- AT (AUTO) – The watch automatically switches between standard and daylight saving time in accordance with its calendar.
- STD – The watch always shows standard time.
- DST – The watch always shows daylight saving time.

To switch between standard time and summer time manually

1. Perform steps 1 and 2 under “To configure Home City settings” (page E-24).
   - Displaying the Home City Settings screen will cause the lower dial hand to move to AT (AUTO) (auto switching), STD (standard time), or DST (daylight saving time).

2. Hold down C for about one second to cycle through the summer time settings as shown below.

   | AT (AUTO) | STD | DST |
   |

3. After the setting is the way you want, push the crown back in.

Configuring Current Time and Date Settings Manually

You can configure current time and date settings manually when the watch is unable to receive a time calibration signal.

To change the current time and date setting manually

1. In any mode, pull out the crown to the second click.
   - This will cause the second hand to move to the city code of the currently selected Home City.
   - Leaving the crown pulled out for more than two minutes without performing any operation will automatically cause crown operations to become disabled.
   - If this happens, press the crown back in, pull it out, and then start the operation over again.

2. Change the Home City setting, if you want.
   - To change the Home City setting, perform step 2 under “To configure Home City settings” (page E-24).

3. Hold down C for about one second. This will enter the time and date setting mode.
   - The watch will beep and the second hand will move to 12 o’clock.
   - In the following steps, each press of C cycles between settings as shown below.

   - Current year (tens digit)
   - Current year (ones digit)
   - Month
   - Day
   - Hour
   - Minute
   - Second

4. Rotate the crown to adjust the minute setting.
   - A high-speed movement feature (one full cycle maximum) is available when adjusting the hands.

5. Press .
   - The hour hand will move slightly left and right to indicate the hour and day setting mode.

6. Rotate the crown to change the current hour and day settings.
   - Keep rotating the crown to move the hour hand until the day indicator shows the day you want.
   - The day indicator will change gradually between 10 p.m. and 2 a.m. During this period the number indicating the day will not be contained in the indicator window.
   - While changing the hour setting, you can determine whether the setting is a.m. or p.m. by watching the day indicator as the hour hand passes 12 o’clock.

7. Press C to enter the month setting mode.
   - The second hand will move to the currently selected month.

8. Rotate the crown to adjust the month setting.

9. Press C. This will enter the year setting mode.
   - The small hour hand indicates the number that represents the tens digit of the year and the small minute hand indicates the number that represents the ones digit.
   - The day of the week indicated by the lower dial hand changes automatically in accordance with the date (year, month, and day).

10. Rotate the crown to adjust the year setting.

11. After the settings are the way you want, push the crown back in to return to the mode you started from in step 1.
   - This causes timekeeping to resume with the currently selected Home City.
   - The day of the week indicated by the lower dial hand changes automatically in accordance with the date (year, month, and day).

Note

- 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 rechargeable battery replaced or after power drops to Level 3.
Checking the Current Time in a Different Time Zone
You can specify one other city from the watch’s 29 time zones as your World Time City. After you do, the watch will indicate the current time in that city. The currently selected city is called the “World Time City.”

Hands and Indicators
The hands below indicate the current time in the World Time City.
- Small Minute Hand
- Small Hour Hand
- Small Hour Hand (24-hour)

To enter the Dual Time Mode
Refer to the Mode Reference Guide (page E-21).
- Entering the Dual Time Mode will cause the \( \text{Lower Dial Hand} \) to move to the current day of the week.

To view the time in another time zone
1. In the Dual Time Mode, pull out the crown to the first click.
   - The \( \text{Lower Dial Hand} \) points to one of the World Time City codes.
   - The \( \text{Lower Dial Hand} \) will indicate AT (AUTO), STD (standard time), or DST (daylight saving time), which indicates the current daylight saving time setting.
   - Leaving the crown pulled out for more than two minutes without performing any operation will automatically cause crown operations to become disabled. If this happens, press the crown back in, pull it out, and then start the operation over again.

Swapping your Home City and World Time City
You can use the procedure below to swap your Home City and World Time City. This capability can come in handy when you frequently travel between two locations in different time zones.

1. The \( \text{Second Hand} \) points to the currently selected World Time City code.
2. The \( \text{Lower Dial Hand} \) will indicate AT (AUTO), STD (standard time) or DST (daylight saving time), which indicates the current daylight saving time setting.
3. After the crown is pulled out for about three seconds:
   - This will make the World Time City (\( \text{NEW YORK} \) in this example) your new Home City.
   - The \( \text{Second Hand} \) will point to the new Home City (\( \text{NEW YORK} \) in this example) for about one second.

Note
- If your current World Time City supports time calibration signal reception, making it your Home City enables calibration signal reception for that city.

To enter the Countdown Mode
Refer to the Mode Reference Guide (page E-21).
- Entering the Dual Time Mode will cause the \( \text{Lower Dial Hand} \) to move to the current day of the week.
- To interrupt the countdown and immediately start the elapsed time operation, press \( \text{Stop} \).
- If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.

Using the Stopwatch
The stopwatch measures elapsed time and split times.

Hand Functions
- Hour Hand
- Second Hand
- Minute Hand
- Hour Hand (24-hour)

To measure elapsed time
1. In the Stopwatch Mode, pull out the crown to the first click.
2. Rotate the crown to specify the Auto Start time seconds setting.
3. Hold down \( \text{Start} \) for about five seconds to set the Auto Start time.
4. Release \( \text{Start} \) and press \( \text{Start} \) again to start the stopwatch.
5. Press \( \text{Stop} \) to stop the stopwatch and specify the Auto Start time setting.
6. Press \( \text{Start} \) again to start the stopwatch.
7. Press \( \text{Stop} \) to stop the stopwatch.

Auto Start
Auto Start starts a countdown from a specified start time (Auto Start time), and automatically starts elapsed time measurement when the countdown reaches zero.

To set the Auto Start Time
1. In the Stopwatch Mode, pull out the crown to the first click.
2. If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.
3. Rotate the crown to specify the Auto Start time seconds setting.
4. Press \( \text{Start} \) and \( \text{Stop} \) to set the Auto Start time.
5. Press \( \text{Stop} \) to stop the stopwatch.

Using the Countdown Timer
The countdown timer can be configured within a range of one minute to 10 minutes. An alarm sounds for about 10 seconds when the timer reaches zero.

Hand Functions
- Hour Hand
- Second Hand
- Minute Hand
- Hour Hand (24-hour)

To measure elapsed time
1. In the Stopwatch Mode with the elapsed time reset to all zeros, press \( \text{Start} \).
2. While the Auto Start time is indicated by the hands, press \( \text{Stop} \).
3. After the Auto Start time reaches the specified time, \( \text{Stop} \) is pressed.
4. Press \( \text{Start} \) again to start the stopwatch.
5. Press \( \text{Stop} \) to stop the stopwatch.

Note
- To interrupt the countdown and immediately start the elapsed time operation, press \( \text{Stop} \).
- You can perform all normal stopwatch button operations after the elapsed time operation starts.
- Auto Start is turned off automatically when you reset the stopwatch to all zeros after the elapsed time operation. However, you can recall the last Auto Start time by setting \( \text{Stop} \).
- Using the procedure below to swap your Home City and World Time City. This capability can come in handy when you frequently travel between two locations in different time zones.

To enter the Dual Time Mode
Refer to the Mode Reference Guide (page E-21).
- Entering the Dual Time Mode will cause the \( \text{Lower Dial Hand} \) to move to the current day of the week.
- To interrupt the countdown and immediately start the elapsed time operation, press \( \text{Stop} \).
- If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.

Using the Stopwatch
The stopwatch measures elapsed time and split times.

Hand Functions
- Hour Hand
- Second Hand
- Minute Hand
- Hour Hand (24-hour)

To measure elapsed time
1. In the Stopwatch Mode, pull out the crown to the first click.
2. Rotate the crown to specify the Auto Start time seconds setting.
3. Hold down \( \text{Start} \) for about five seconds to set the Auto Start time.
4. Release \( \text{Start} \) and press \( \text{Start} \) again to start the stopwatch.
5. Press \( \text{Stop} \) to stop the stopwatch and specify the Auto Start time setting.
6. Press \( \text{Start} \) again to start the stopwatch.
7. Press \( \text{Stop} \) to stop the stopwatch.

Auto Start
Auto Start starts a countdown from a specified start time (Auto Start time), and automatically starts elapsed time measurement when the countdown reaches zero.

To set the Auto Start Time
1. In the Stopwatch Mode, pull out the crown to the first click.
2. If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.
3. Rotate the crown to specify the Auto Start time seconds setting.
4. Press \( \text{Start} \) and \( \text{Stop} \) to set the Auto Start time.
5. Press \( \text{Stop} \) to stop the stopwatch.

Using the Countdown Timer
The countdown timer can be configured within a range of one minute to 10 minutes. An alarm sounds for about 10 seconds when the timer reaches zero.

Hand Functions
- Hour Hand
- Second Hand
- Minute Hand
- Hour Hand (24-hour)

To measure elapsed time
1. In the Stopwatch Mode with the elapsed time reset to all zeros, press \( \text{Start} \).
2. While the Auto Start time is indicated by the hands, press \( \text{Stop} \).
3. After the Auto Start time reaches the specified time, \( \text{Stop} \) is pressed.
4. Press \( \text{Start} \) again to start the stopwatch.
5. Press \( \text{Stop} \) to stop the stopwatch.

Note
- To interrupt the countdown and immediately start the elapsed time operation, press \( \text{Stop} \).
- You can perform all normal stopwatch button operations after the elapsed time operation starts.
- Auto Start is turned off automatically when you reset the stopwatch to all zeros after the elapsed time operation. However, you can recall the last Auto Start time you set by pressing \( \text{Stop} \).
To specify the countdown start time

1. In the Countdown Timer Mode, pull out the crown to the first click.
   - If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.
2. Rotate the crown to set the countdown start time.
   - You can use high-speed movement (page E-3) when performing the above step.
3. To set a start time of 60 minutes, position the **Small Hour Hand** at 12 o'clock and the **Small Hour Hand (24-hour)** at 0 o'clock. To set a start time of 120 minutes, position the **Small Hour Hand** and the **Small Hour Hand (24-hour)** at 12 o'clock.
4. Push the crown back in.

To perform a countdown timer operation

- Pressing  while the Countdown Timer is stopped resets the displayed time to the start time specified by you.
- Pressing  will not perform a reset while the hands are moving to the current timer time after you enter the Countdown Timer Mode.

To change the alarm time setting

1. In the Alarm Mode, pull out the crown to the first click.
   - If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.
2. Rotate the crown to set the alarm time minute.
   - A high-speed movement feature (one full cycle maximum) is available in steps 2 and 4 when adjusting the hands. See “Crown Operations” (page E-3).
3. Press .
   - This causes the **Small Hour Hand** to move.
4. Rotate the crown to set the alarm time hour.
   - Movement of the **Small Hour Hand (24-hour)** is synchronized with movement of the **Small Hour Hand**.
   - The 12 o'clock position of the **Small Hour Hand (24-hour)** indicates 24:00, while the 0 o'clock position indicates 0:00.

To enter the Alarm Mode

Refer to the Mode Reference Guide (page E-21).
- Entering the Alarm Mode will cause the **Lower Dial Hand** to move to ON or OFF.

To change the alarm time setting

1. In the Alarm Mode, pull out the crown to the first click.
   - If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.
2. Rotate the crown to set the alarm time minute.
   - A high-speed movement feature (one full cycle maximum) is available in steps 2 and 4 when adjusting the hands. See “Crown Operations” (page E-3).
3. Press .
   - This causes the **Small Hour Hand** to move.
4. Rotate the crown to set the alarm time hour.
   - Movement of the **Small Hour Hand (24-hour)** is synchronized with movement of the **Small Hour Hand**.
   - The 12 o'clock position of the **Small Hour Hand (24-hour)** indicates 24:00, while the 0 o'clock position indicates 0:00.

Note

- Each press of the  button toggles between the alarm time minute setting and the hour setting.
- Selecting the minute setting causes the **Small Minute Hand** to move slightly. Selecting the hour setting causes the **Small Hour Hand** to move slightly.

Using the Alarm

When the alarm is turned on, an alarm will sound for about 10 seconds each day when the current time kept by the watch reaches the preset alarm time. This is true even if the watch is not in the Alarm Mode.

Hand Functions

- **Hour Hand**
- **Second Hand**
- **Minute Hand**
- **Hour Hand (24-hour)**
- **Small Hour Hand**: Indicates the currently set alarm time minute.
- **Small Minute Hand**: Indicates the currently set alarm time hour.
- **Small Hour Hand (24-hour)**: Indicates the currently set alarm time in 24-hour format.
- **Lower Dial Hand**: Indicates the current alarm ON/OFF setting.

To turn the alarm on or off

In the Alarm Mode, press  to toggle the alarm between on and off. The **Lower Dial Hand** will indicate the current ON/OFF setting.

To stop the alarm

Press any button.

Adjusting the Hand and Day Home Positions

If the watch is exposed to strong magnetism or impact, it can cause its hands and/or the date to go out of alignment. This can result in incorrect date and/or time indication even though a time calibration signal is being received.

The watch automatically adjusts the **Second Hand**, **Minute Hand**, and **Hour Hand** positions periodically. You also can trigger hand position adjustment manually. If you want

- The **Hour Hand (24-hour)** is adjusted simultaneously with the **Hour Hand**.

If you notice that the **Small Minute Hand**, **Small Hour Hand**, **Small Hour Hand (24-hour)**, **Lower Dial Hand**, or **Day Indicator** are not in the correct position, perform manual adjustment.

- The **Small Hour Hand (24-hour)** is adjusted simultaneously with the **Small Hour Hand**.

To adjust the hand and day home positions

Important!

- You do not need to perform the procedure in this section if the watch is indicating the time and/or day correctly.

1. In any mode, pull the crown out to the second click.
2. Hold down  until the watch beeps and the **Second Hand** moves to 12 o'clock. This takes about five seconds.
   - Release  when the **Second Hand** gets to 12 o'clock. At this time the watch will start automatic adjustment of the **Second Hand**, **Minute Hand**, and **Hour Hand** positions.
   - Adjustment is complete when the **Second Hand**, **Minute Hand**, and **Hour Hand** move to 12 o'clock.
3. Press .
   - This will cause the **Hour Hand** and **Day Indicator** to move.
   - Wait until the **Day Indicator** stops at a position halfway between 31 and 1.
   - If the **Day Indicator** is not halfway between 31 and 1, rotate the crown until it is.
   - Rotating the crown causes the **Hour Hand** to move in 12-hour increments, and the **Day Indicator** to move in half-day increments.
Operation Guide 5369 (MTG)

**Troubleshooting**

**Hand Movement and Position**

- I lost track of what mode the watch is in.
  
  Refer to “Mode Reference Guide” (page E-21). To return directly to the Dual Time Mode, hold down [Crow] for at least two seconds.

- The [Second Hand] is moving at two-second intervals.
  
  All the watch’s hands are stopped at 12 o’clock and none of the buttons work. [Second Hand] stopped at 57, 58, 59, or 00.
  
  Power may be low. Expose the watch to light until the [Second Hand] starts moving normally, at one-second intervals (page E-17).

- The watch has stopped moving. Button operation also is disabled.
  
  The watch may be in the power recovery mode (page E-12). Do not perform any operation until the hands return to their normal positions. The hands should return to their correct positions when normal operation returns. To help power recover, leave the watch in a location where it is exposed to light.

- The current time setting is off by hours.
  
  Your Home City setting may be wrong. Check your Home City setting and correct it, if necessary (page E-24).

**Time Calibration Signal**

The information in this section applies only when LONDON (LON), PARIS (PAR), ATHENES (ATH), HONOLULU (HNL), ANCHORAGE (ANC), LOS ANGELES (LAX), DENVER (DEN), CHICAGO (CHI), NEW YORK (NYC), HONG KONG (HKG), or TOKYO (TFO) is selected as the Home City. You need to adjust the current time manually when any other city is selected as the Home City.

- The [Second Hand] indicates N (NO) when I check the result of the latest receive operation.
  
  Possible Cause
  
  - Your watch is not in the middle of the day indicator.
  
  Possible Remedy
  
  - Check if the watch is in the sleep state. Move the watch to a well-lit area or press any button. E-13

- The [Second Hand] starts to move at one-second intervals, but then suddenly returns to moving at two-second intervals.
  
  The watch probably is not sufficiently charged yet. Continue keeping it exposed to light.

**Specifications**

- Accuracy at normal temperature: ±15 seconds a month (with no signal calibration)

**Timekeeping**

- Hours, minutes, seconds, 24-hour, day, day of the week

**Receive Time Calibration Signals**

- Mainfingen, Germany (Call Sign: DCF77, Frequency: 77.5 kHz; Anchon, England (Call Sign: MSF, Frequency: 60.0 kHz); Fukushima, Japan (Call Sign: JJJ, Frequency: 40.0 kHz); Fukuoka/Saga, Japan (Call Sign: JJJ, Frequency: 60.0 kHz); Fort Collins, Colorado, the United States (Call Sign: WWVB, Frequency: 60.0 kHz); Shanghai City, Honan Province, China (Call Sign: BPC, Frequency: 68.5 kHz)

**Stopwatch**

  
  Measuring unit: 1/100 (0.05) seconds
  
  Measuring modes: Elapsed time, Split time

**Other: Auto-Start**

**Countdown Timer**

- Measuring unit: 1 second
  
  Input range: 1 to 120 minutes (1-minute increments)

**Alarm**

- Daily alarm

**Other**

- Power Saving; Low battery alert; Auto Correction of Hand Home Positions
### City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Offset/GMT Differential</th>
<th>Summer Time Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pago Pago</td>
<td>Pago Pago</td>
<td>–11</td>
<td>None</td>
</tr>
<tr>
<td>Anchorage</td>
<td>Anchorage</td>
<td>–9</td>
<td>None</td>
</tr>
<tr>
<td>Los Angeles</td>
<td>Los Angeles</td>
<td>–8</td>
<td>02:00, second Sunday in March</td>
</tr>
<tr>
<td>Denver</td>
<td>Denver</td>
<td>–7</td>
<td>02:00, second Saturday in October</td>
</tr>
<tr>
<td>Chicago</td>
<td>Chicago</td>
<td>–6</td>
<td>02:00, second Saturday in March</td>
</tr>
<tr>
<td>Santiago</td>
<td>Santiago</td>
<td>–4</td>
<td>02:00, second Saturday in October</td>
</tr>
<tr>
<td>Rio</td>
<td>Rio De Janeiro</td>
<td>–3</td>
<td>0:00, third Sunday in October</td>
</tr>
<tr>
<td>London</td>
<td>London</td>
<td>0</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Paris</td>
<td>Paris</td>
<td>+1</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Athens</td>
<td>Athens</td>
<td>+2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Fernando de Noronha</td>
<td>Fernando de Noronha</td>
<td>–2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Praia</td>
<td>Praia</td>
<td>–1</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>London (GMT)</td>
<td>London (GMT)</td>
<td>0</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Paris (PAR)</td>
<td>Paris (PAR)</td>
<td>+1</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Athens (ATH)</td>
<td>Athens (ATH)</td>
<td>+2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Fernando de Noronha</td>
<td>Fernando de Noronha</td>
<td>–2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Praia</td>
<td>Praia</td>
<td>–1</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>UTC</td>
<td>UTC</td>
<td>0</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>London (GMT)</td>
<td>London (GMT)</td>
<td>0</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Paris (PAR)</td>
<td>Paris (PAR)</td>
<td>+1</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Athens (ATH)</td>
<td>Athens (ATH)</td>
<td>+2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Fernando de Noronha</td>
<td>Fernando de Noronha</td>
<td>–2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Praia</td>
<td>Praia</td>
<td>–1</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>UTC</td>
<td>UTC</td>
<td>0</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>London (GMT)</td>
<td>London (GMT)</td>
<td>0</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Paris (PAR)</td>
<td>Paris (PAR)</td>
<td>+1</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Athens (ATH)</td>
<td>Athens (ATH)</td>
<td>+2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Fernando de Noronha</td>
<td>Fernando de Noronha</td>
<td>–2</td>
<td>0:00, last Sunday in March</td>
</tr>
<tr>
<td>Praia</td>
<td>Praia</td>
<td>–1</td>
<td>0:00, last Sunday in March</td>
</tr>
</tbody>
</table>

Based on data as of December 2012. The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country. The summer time periods in this table are applicable to specific cities. For cities not included in the list, select the list city that is in the same time zone as the desired city and perform STD/DST settings manually.