Congratulations upon your selection of this CASIO watch.

- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.
- Do not try to remove the rechargeable battery from this watch. Always be sure to request rechargeable battery replacement from your retailer. Use of a non-specified battery type and/or incorrect replacement creates the risk of burn injury and fire due to explosion, overheating, ignition, etc.

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 your watch or its malfunction.

For information about procedures and precautions, visit the website below.
http://support.casio.com/wat/hybrid/

About This Manual
Operations are performed using the watch’s crown, and the three buttons indicated by the letters Ω, ① and ② in this manual.

Hand Functions
Ω Second Hand
① Minute Hand
② Hour Hand
③ Small Minute Hand
④ Small Hour Hand
⑤ Mode Hand
⑥ Day Indicator

This User’s Guide uses numbers shown above to identify watch hands and indicators.

Hand and Date Indicator Movement
- The movement of the ④ Minute Hand and ③ Hour Hand of this watch are coordinated. To change the ③ Hour Hand setting, you will need to move the ④ Minute Hand.

Hand Functions

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Glossary
The following explains some of the terms used in this manual.
- GPS (Global Positioning System)
  A positioning system based on satellites. Signals transmitted by GPS satellites include time information and orbit information. The distances from multiple GPS satellites are used to acquire watch position information.
- calibration signal
  Long-wave signals emitted by transmitters set up by governments or other organizations that can be used as timekeeping reference signals. Time calibration signals include time information only.
- time zone
  Global zones that are used to define the standard time at a specific location. See “City/Time Zone Indicators and Time Offset Table” (page L-2) for more information.
- summer time
  A difference of one hour or 30 minutes applied to standard time during summer. The start and end of the period during which summer time is applied differs according to country and geographic region. Also, there are countries and/or regions that do not use the summer time system.
- Home City (Time Zone)
The city and/or time zone whose date and time are normally displayed by a timepiece. When GPS position information is acquired, the current position’s city and/or time zone is the Home City (Time Zone). See “Acquiring GPS Position Information” (page E-30) and “Configuring Home City (Time Zone) Settings” (page E-39) for more information.
- World Time (Time Zone)
The city and/or time zone whose date and time are normally displayed for World Time. See “Checking the Current Time in a Different Time Zone” (page E-48).
UTC (Universal Time Coordinated)

The standard time at any particular location around the world is based on Universal Time Coordinated (UTC). UTC times are based on high-precision International Atomic Time (TAI). See “City/Time Zone Indicators and Time Offset Table” (page L-2).

**leap second**

There are very slight differences between UTC and TAI due to inequalities in the earth’s rotation. Leap seconds are added to times to make adjustments for these differences.

**Before performing any of these operations, first unlock the crown.**

Position information acquisition requires large amounts of power. Perform the acquisition operation only when it is required.

> Important!
> 
> Position information acquisition requires large amounts of power. Perform the acquisition operation only when it is required.

You can use this procedure under “To check receive operation results (acquisition results)” (page E-40) to check the latest position information acquisition result.

**Before using the watch, check its current charge level and charge it if necessary.** See “Checking the Charge Level” (page E-17).

UTC (Universal Time Coordinated)

For details, see “Automatic Timekeeping (by GPS Signal and Time Calibration Signal)” (page E-28).

- The standard time at any particular location around the world is based on Universal Time Coordinated (UTC). UTC times are based on high-precision International Atomic Time (TAI).
- Perform the acquisition operation only when it is required.
- You can use this procedure under “To check receive operation results (acquisition results)” (page E-40) to check the latest position information acquisition result.

**General Daily Operation Flow**

The operations described in this section are applicable following a position acquisition operation immediately after purchasing the watch.

**If you normally plan to use the watch in one time zone**

Performing a GPS signal receive or time calibration signal receive operation configures time and date settings.

- If you are in a location where a time calibration signal can be received, it is recommended that you use the time calibration signal to adjust the time and date.

**Important!**

- Signal reception requires large amounts of power. Be sure to keep the watch exposed to light so it can charge its battery and avoid insufficient battery power.
- Once a time calibration or GPS signal receive operation is successful, no more Auto Receive operations are performed that day.

**Acquiring GPS Position Information after Changing Time Zones**

After arriving at your destination, acquire GPS position information (page E-30).

- Time information is received along with position information.
- After the position information acquisition operation is successful, the watch will reflect your current location in its settings, and display the correct time and date for that location.

**Important!**

- Put the watch into the Airplane Mode (page E-45) whenever you are inside an aircraft or in any other area where radio wave reception is prohibited or restricted.
- After disembarking from an aircraft or leaving a restricted area, perform a position information acquisition operation to adjust the watch’s time and date settings.

**Using the Crown**

This watch has a lock-type crown.

**Important!**

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

**To lock the crown**

- **Mark 2**
  - First click Second click Rotate Push in
- **Mark 1**
  - First click Second click Rotate Push in
- **Mark 3**
  - First click Second click Rotate Push in

**To unlock the crown**

- Rotate the crown so Mark 1 aligns with Mark 2.

**High-speed Movement**

When setting a time or when performing home position adjustment (page E-67), you can move the hands either forward or back at high speed. There are two high-speed levels: HS1 and HS2 (faster than HS1).

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.

**Mark 1 with Mark 3.**

- Move the watch outside where there is a clear view of the sky above, with no obstructing buildings or trees.
- Hold down the crown for at least three seconds until the Second Hand (T+P) moves to T+P.
- Successful acquisition of position information will automatically display the time and date for the resulting location.

**In the normal (not Airplane Mode) Timekeeping Mode, the time information is received along with position information.**

- Make sure to comply with the conditions below.
- In a restricted area, perform a position information acquisition operation to adjust the watch’s time and date and set it to the correct time.

**Important!**

- Before using the watch, check its current charge level and charge it if necessary. See “Checking the Charge Level” (page E-17).
- Perform this operation in the Timekeeping Mode (not in the Airplane Mode). See “Mode Reference Guide” (page E-42).
- It can take as long as 13 minutes for position information to be acquired.

1. Move to a location that is appropriate for GPS signal reception.

- See “Appropriate Signal Reception Location (GPS Signal)” (page E-29).

2. Position the watch with its face pointed straight up and acquire position information.

- Hold down the crown for at least three seconds until the Second Hand (T+P) moves to T+P.
- Successful acquisition of position information will automatically display the time and date for the resulting location.

3. After the time and date are adjusted following a successful position information acquisition operation, adjust its time and date setting accordingly.

4. If you are in a location where a time calibration signal can be received, it is recommended that you use the time calibration signal to adjust the time and date.

**Important!**

- Signal reception requires large amounts of power. Be sure to keep the watch exposed to light so it can charge its battery and avoid insufficient battery power.
- *Once a time calibration or GPS signal receive operation is successful, no more Auto Receive operations are performed that day.*
Function Limitations Due to Temperature

The functions listed below become disabled whenever the temperature of the watch is outside the approximate range of –10ºC to 60ºC (14°F to 140°F).

- GPS signal and/or time calibration signal reception
- Operation tones, and count down timer and alarm tones
- Illumination
- Hand and Day home position correction

If time and date settings still are not correct, try performing the steps below.

1. Configure the Home City (Time Zone) setting (page E-59) and the summer time setting (page E-60).
2. Use one of the procedures below:
   - Perform the GPS position information receive operation to configure time settings (page E-34).
   - Perform the time calibration signal auto receive operation to configure time settings (page E-36).
   - Perform the GPS signal auto receive operation (page E-32).

3. Important:
   - A time calibration signal can be received in specific geographic areas only. See “Time Calibration Signal Reception Ranges and Conditions” (page E-37).

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
- Too close to an incandescent lamp
- Under direct sunlight

Important!

- Keep the watch in an area normally exposed to bright light when storing it for long periods. This helps to ensure that power does not run down.
- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause power to run down. Make sure that the watch is exposed to bright light whenever possible.

Charging Guide

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.

Important!

- This watch uses a special secondary battery. Charging will not be possible if the watch’s temperature is outside the approximate range of approximately –10ºC to 60ºC (14°F to 140°F).
- Over-discharge will occur if the watch is not charged within approximately three months after it stops operation due to low battery power. Charging may not be possible after over-discharge occurs. See “Power Levels” (page E-24).

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.

When wearing the watch, make sure that its face is not blocked from light by the sleeve of your clothing.

- The watch may enter a sleep state (page E-37) if its face is blocked by your sleeve even partially.

Configuring Time and Date Settings

Perform the procedures in this section when the time and date settings of your watch are not correct.

Important!

- Before using the watch, check its current charge level and charge it if necessary. See “Checking the Charge Level” (page E-17).

Perform this operation in the Timekeeping Mode (not in the Airplane Mode). See “Mode Reference Guide” (page E-42).

Note

- If the time and/or date setting is not correct even after you try performing the operations below, use button and crown operations to configure time and date settings manually (page E-43).
- Change to another location and try performing a GPS signal and/or time calibration signal receive operation again.
- Adjust the hand and day indicator home positions.
- Even if the above case, it is recommended that you move to a location that is appropriate for GPS signal reception and perform a position information receive operation to configure time and date settings.
- Even if you are unable to perform a GPS signal and/or time calibration signal receive operation for some reason, the watch will keep time with average monthly accuracy of ±15 seconds.
Power Levels

When position information starts to be acquired from the GPS signal, the [Second Hand] moves normally at one-second intervals. Power is at Level 1.
- Lower power level is indicated when the [Second Hand] moves at two-second intervals (Level 2) or five-second intervals (Level 3) (low battery alarm).
- Expose the watch to light as soon as possible so it can charge.

Level 1: Normal Function Status

1. Normal: All functions enabled
2. Second Hand moves at five-second intervals. (When power drops further, the Second Hand moves at two-second intervals.)
   - Bluetooth, timer, countdown timer operation, and home position reception disabled.
3. All functions disabled

Move at two-second intervals.

Charging Times

Exposure Level (Brightness) Daily Operation 1 Daily Operation 2 Daily Operation 3

Outdoor sunlight (50,000 lux) 8 minutes 8 hours 37 hours
Window sunlight (1,000 lux) 30 minutes 26 hours 139 hours
Window sunlight on cloudy day (500 lux) 46 minutes 48 hours 240 hours
Indoor fluorescent lighting (50 lux) 8 hours 449 hours

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

For details about the operating time and daily operating conditions, see the "Power Supply" section of the Specifications (page E-78).

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.
- Time is actually at two sleep state levels: Level 1 and Level 2.
- When power drops to Level 3, all settings (including timekeeping) will be cleared. Recharging the watch will reset all settings to their initial default, so you will need to configure settings again.
- If the watch is at Level 3, exposing it to light for a while will cause the [Second Hand] to move to the position of Level 5. This indicates that charging has started.

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.

Areas that Do Not Support Time Calibration Signal Reception

- Time and date settings can be configured automatically by performing a GPS signal or time calibration signal reception operation.
- Acquiring GPS Position Information
- A time calibration signal reception operation is performed between midnight and 5:00 a.m., and the time and date settings are adjusted automatically. If a time calibration signal reception is not possible for some reason, a GPS signal reception operation is performed between 6:00 a.m. and 10:00 p.m., and the time and date settings are adjusted automatically.
- Areas that Do Not Support Time Calibration Signal Reception
- When a GPS signal reception operation is successful between 6:00 a.m. and 10:00 p.m., the time and date settings are adjusted automatically.
- You can also use a button operation to trigger a GPS signal auto receive operation any time during the day, even if you are in an area where a time calibration signal is not receivable.
- See "Receiving GPS Time Information" (page E-34).

Automatic Timekeeping (by GPS Signal and Time Calibration Signal)

Successful operation results (acquisition results)

- When position information starts to be acquired from the GPS signal, the [Second Hand] starts to jump at one-second intervals.
- Important!
  - The [Second Hand] moves to 12 o'clock and stops there for some time after the watch is continuously exposed to light. It could mean that charging is not possible due to over-discharge. Contact your retailer and request replacement of the secondary battery.
  - Time Until Watch Operation Stops
  - Following a full change, with no more charging; Approximately seven months
  - Starting from an insufficient charge: Approximately 20 days

Power Recovery Mode

The watch is designed to go into a power recovery mode that stops hand operation temporarily whenever the power supply drops below a certain level due to continuous signal reception, or overuse of the alarm tone over a short period or other operations over a short period. Note that all operations are disabled while the watch is in the power recovery mode.
- The hands will move to the correct positions and the watch will resume normal operation after power recovery (in about 15 minutes). Putting the watch in a location where it is exposed to light will help power to recover sooner.

To recover from the sleep state
- Move the watch to a well-lit area or press any button.
signal reception may not be possible at the distances noted below during certain times of the year or
When the receive operation is successful, the time and date settings will be adjusted automatically.
the current time is between 6:00 a.m. and 10:00 p.m.
the face of the watch has been exposed for about one or two minutes to continuous light equivalent to
the brightness near a window on a clear day.
all time calibration signal receive operations performed during the previous night were unsuccessful.
leap second information reception is repeated until information receipt is complete.
reception normally takes anywhere from about two to ten minutes, but it can take as long as
13 minutes when leap second information is received. see "leap second reception" (page e-35).
when the receive operation is successful, the time and date settings will be adjusted automatically.
once a signal receive operation is successful, no more auto receive operations are performed that
day. see "to check receive operation results (acquisition results)" (page e-40).
leap second reception
 gps signal reception each year on june 1 or later and on december 1 or later also receives leap second
information.
note:
- it can take as long as 13 minutes to complete leap second information reception.
- leap second information reception is repeated until information receipt is complete.
- once leap second information reception is complete, the watch will not make any attempt to receive it
again until the following june 1 or december 1.
time calibration signal reception ranges and conditions
if your home city (time zone) setting is this:
the watch can receive the signal from the transmitter located here:
london (lhr), paris (paris), athens (ath)
anthem (england), manflingen (germany)
forth - atla (usa)
shanghai (china)
mainflingen, anthorn (germany)
new york (nyc), chicago (chicago)
denver (co), los angeles (la)
fort collins, colorado (united states)
- reception normally takes anywhere from about two to ten minutes, but it can take as long as
20 minutes.
- when the receive operation is successful, the time and date settings will be adjusted automatically.
- once a signal receive operation is successful, no more auto receive operations are performed that
day. see "to check receive operation results (acquisition results)" (page e-40).
timekeeping (by time calibration signal)
appropriate signal reception location (time calibration signal)
- keep the watch away from metal and position it so its
12 o’clock side is facing a window. avoid moving the
watch as much as possible and do not perform any watch
operations while a signal reception is in progress.
- you may experience time calibration signal reception problems in the areas described below:
- among or near buildings
- while riding in a vehicle
- near household appliances, office machines, mobile
phones, etc.
- on a construction site, in an airport, or any other location where radio wave interference occurs
- near high-voltage lines
- in mountainous areas or behind a mountain
normal daily time adjustment (time calibration signal)
- move to a location appropriate for signal reception and orient the watch so its display is pointed
straight up in the sky. see "appropriate signal reception location (gps signal)" (page e-29).
- hold down 1 for at least one second. release the button as soon as the
second hand points to (time).
the time information reception operation starts when the second hand
moves to (time). even if the second hand is pointed at y (yes) or n
(no), keep 1 depressed until it moves to (time).
- reception normally takes anywhere from seven seconds to one minute. it
can take as long as 13 minutes when leap second information is included.
see "leap second reception" (page e-35).
- if the receive operation is successful, the second hand will move to y
(yes) and then the time and date settings will change in accordance with
the home city (time zone) and summer time settings.
- if the receive operation fails, the second hand will move to n
(no) and then normal timekeeping will resume with settings unchanged.
triggers an immediate time adjustment operation
receiving gps time information
perform this operation when you suspect that the time normally indicated by the watch is not correct.
- this operation requires large amounts of power. perform it only when necessary.
perform this operation in the timekeeping mode (not in the airplane mode). see "mode reference
guide" (page e-42).
1. move to a location appropriate for signal reception and orient the watch so its display is pointed
straight up in the sky. see "appropriate signal reception location (time calibration signal)"
(page e-29).
- near household appliances, office machines, mobile
phones, etc.
- in mountainous areas or behind a mountain
- move to a location appropriate for signal reception and orient the watch so its display is pointed
straight up in the sky. see "appropriate signal reception location (gps signal)" (page e-29).
- hold down 1 for at least one second. release the button as soon as the
second hand points to (time).
the time information reception operation starts when the second hand
moves to (time). even if the second hand is pointed at y (yes) or n
(no), keep 1 depressed until it moves to (time).
- reception normally takes anywhere from seven seconds to one minute. it
can take as long as 13 minutes when leap second information is included.
see "leap second reception" (page e-35).
- if the receive operation is successful, the second hand will move to y
(yes) and then the time and date settings will change in accordance with
the home city (time zone) and summer time settings.
- if the receive operation fails, the second hand will move to n
(no) and then normal timekeeping will resume with settings unchanged.

note:
- you may experience location information acquisition problems when you are in the vicinity of a time
zone borderline. the watch’s time and date settings will not be correct if the home city (time zone)
is well within the time zone. or you can perform a time information reception operation to change time
and date settings after configuring home city (time zone) and summer time setting manually (using
button and crown operations). see "to configure home city (time zone) settings" (page e-59), "std/dst
switching" (page e-60), and "receiving gps time information" (page e-34).
- it can take as long as 13 minutes to complete leap second information reception.
- once a signal receive operation is successful, no more auto receive operations are performed that
day. see "to check receive operation results (acquisition results)" (page e-40).

normal daily time adjustment (gps signal)
gps signal auto receive
gps signal time information is received automatically in accordance with your current home city (time zone)
setting. perform the signal receive operation in the timekeeping mode (not in the airplane mode). see "mode
reference guide" (page e-42).

normal daily time adjustment (gps signal)
gps signal auto receive
gps signal time information is received automatically in accordance with your current home city (time zone)
setting. perform the signal receive operation in the timekeeping mode (not in the airplane mode). see "mode
reference guide" (page e-42).

triggers an immediate time adjustment operation
receiving gps time information
perform this operation when you suspect that the time normally indicated by the watch is not correct.
- this operation requires large amounts of power. perform it only when necessary.
perform this operation in the timekeeping mode (not in the airplane mode). see "mode reference
guide" (page e-42).
1. move to a location appropriate for signal reception and orient the watch so its display is pointed
straight up in the sky. see "appropriate signal reception location (time calibration signal)"
(page e-29).
- near household appliances, office machines, mobile
phones, etc.
- in mountainous areas or behind a mountain
- move to a location appropriate for signal reception and orient the watch so its display is pointed
straight up in the sky. see "appropriate signal reception location (gps signal)" (page e-29).
- hold down 1 for at least one second. release the button as soon as the
second hand points to (time).
the time information reception operation starts when the second hand
moves to (time). even if the second hand is pointed at y (yes) or n
(no), keep 1 depressed until it moves to (time).
- reception normally takes anywhere from seven seconds to one minute. it
can take as long as 13 minutes when leap second information is included.
see "leap second reception" (page e-35).
- if the receive operation is successful, the second hand will move to y
(yes) and then the time and date settings will change in accordance with
the home city (time zone) and summer time settings.
- if the receive operation fails, the second hand will move to n
(no) and then normal timekeeping will resume with settings unchanged.

note:
- you may experience location information acquisition problems when you are in the vicinity of a time
zone borderline. the watch’s time and date settings will not be correct if the home city (time zone)
is well within the time zone. or you can perform a time information reception operation to change time
and date settings after configuring home city (time zone) and summer time setting manually (using
button and crown operations). see "to configure home city (time zone) settings" (page e-59), "std/dst
switching" (page e-60), and "receiving gps time information" (page e-34).
- it can take as long as 13 minutes to complete leap second information reception.
- once a signal receive operation is successful, no more auto receive operations are performed that
day. see "to check receive operation results (acquisition results)" (page e-40).
Even though the mode changes two seconds after you depress the button, keep the button depressed for at least four seconds.

- This will switch to the Airplane Mode.

To exit the Airplane Mode

While the watch is in the Airplane Mode, hold down [C] for at least four seconds.

- Even though the mode changes two seconds after you depress the button, keep the button depressed for at least four seconds.
- This exits the Airplane Mode to the Timekeeping Mode.

Note

- You can perform the required operation on the watch to configure the Home City (Time Zone) setting manually for your destination and check the current time there without exiting the Airplane Mode. If you do, as soon as you disembark from the plane it is recommended that you exit the Airplane Mode and acquires GPS position information to configure current time settings for your new location. See “To configure Home City (time zone) settings” (page E-69) and “Acquiring GPS Position Information” (page E-30).

Mode Reference Guide

Watch operation is based on modes. The mode you should use depends on what you want to do. Use [C] to navigate between modes.

Select this mode: To do this: More info:

All modes
- View the current time in the Home City (Time Zone)
- Configure Home City (Time Zone) and summer time settings
- Manually configure time and date settings
- Adjust hand and day indicator home positions

Timekeeping
- Receive a GPS signal or time calibration signal (not in the Airplane Mode)
- Configure World Time City (Time Zone) and summer time settings
- View the current time in the World Time City (Time Zone)
- View UTC (Universal Time Coordinated) time

Stopwatch
- Measure elapsed time in units of 100 (0.05) seconds

Alarm
- Configure start time settings and start a countdown

Using the Watch in an Aircraft (Airplane Mode)

- Switch to the Airplane Mode whenever you are inside an aircraft or in any other area where radio wave reception is prohibited or restricted.
- Entering the Airplane Mode disables GPS signal and time calibration signal reception.
- As shown in the illustration above, you can tell if the watch is in the Airplane Mode by checking the position of the \( \text{Mode Hand} \) in the Timekeeping Mode. This \( \text{Mode Hand} \) points to the airplane icon while the watch is in the Airplane Mode, and to the current day of the week when not in the Airplane Mode.
- The current day of the week is not indicated in the Airplane Mode.

Important

- If you feel that the time and day of the weak hands, and/or the data indicator are not in the correct positions, you can adjust them.

See “Adjusting the Hand and Day Home Positions” (page E-67).

Radio-controlled Atomic Timekeeping Precautions

- GPS signal and time calibration signal reception will not be possible under the conditions described below.
  - When watch battery power is low
  - While the watch is in the Airplane, Stopwatch, Timer, or Alarm Mode
  - While watch battery power is at Level 2 (GPS signal reception is not possible at Level 1)
  - When the crown is pulled out
  - While a stopwatch or timer operation is in progress
  - When the temperature of the watch is less than approximately \(-10^\circ\text{C} (14^\circ\text{F})\) or greater than approximately \(60^\circ\text{C} (140^\circ\text{F})\)
- Strong electrostatic charge can result in the wrong time setting.
- After signal reception is successful, the time and date settings will be adjusted in accordance with the applicable Home City (Time Zone) and summer time settings. Note, however, that summer time will not be reflected correctly in the cases described below.
  - When the start date and time, and end date and time regulations are changed
  - When position information cannot be obtained correctly
  - When position information cannot be obtained, but it is wrong because the watch is located near a time zone boundary, etc.
- As of December 2013, 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.
- If you are in an area where signal reception is not possible, the watch keeps time with the precision noted in “Specifications” (page E-77).
Checking the Current Time in a Different Time Zone
You can specify one other city (time zone) from the watch’s 40 time zones as your World Time City (time zone). After you do, the watch will indicate display the current time in that city (time zone). The currently selected city (time zone) is called the “World Time City” (time zone).

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

Use the Timekeeping Mode to perform the operations in this section.

To view the time in another time zone
1. Pull out the crown to the first click.
   - The [Second Hand] will point to the currently selected World Time city (time zone).
   - The dot (•) marks on the watch’s bezel or dial ring correspond to the items in the “City/Time Zone Indicators and Time Offset Table” that have a hyphen (-) in the “City/Time Zone Indicator” column (page 4-2).
   - The [Mode Hand] will indicate AT (AUTO), STD (standard time) or DST (daylight saving time), as the current daylight saving time setting of the city (time zone) indicated by the [Second Hand].

2. Rotate the crown to set the countdown start time.
3. Hold down [C] for at least one second.
   - This will cause the [Small Minute Hand] and [Small Hour Hand (24-hour)] to move to the current time in the UTC time zone.
4. Push the crown back in.

Accessing the UTC (Universal Time Coordinated) Time Zone
Perform this operation in the Timekeeping Mode. See “Mode Reference Guide” (page 4-42).

1. 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, press the crown back in, pull it out, and then start the operation over again.
   - Rotate the crown to move the [Second Hand] to the city code (time zone) you want to select as the World Time City (time zone).

2. Each time you select a city code (time zone), the [Mode Hand] will change.
   - STD (Standard Time)
   - AT (Auto)
   - DST (Daylight Saving Time)
   - As the city code (time zone) indicated by the [Mode Hand].

3. While a dot (•) mark location on the watch’s bezel or dial ring is selected as the Home City (Time Zone), the only summer time setting options available are STD and DST.

4. Press any button.

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

Hand Functions
- Second Hand: Indicates the 1/20 (0.05)-second count for the first 30 seconds of a stopwatch elapsed time operation. The [Second Hand] will jump to the current value whenever [Stop] is pressed.

- Small Minute Hand: Indicates the stopwatch seconds count.
- Small Hour Hand (24-hour): Indicates the stopwatch minutes count (1 revolution = 24 minutes).
- Mode Hand: Points to ST (Stopwatch Mode).

To enter the Stopwatch Mode
Refer to the “Mode Reference Guide” (page 4-42).

- Pressing [B] to restart the stopwatch without resetting it will resume the elapsed time operation from where it was last stopped.

Using the Countdown Timer
The countdown timer start time can be configured within a range of one minute to 24 hours. An alarm sounds for about 10 seconds when the timer reaches zero.

Hand Functions
- Second Hand: Indicates countdown seconds.
- Small Minute Hand: Indicates countdown minutes.
- [Small Hour Hand (24-hour)]: Indicates countdown hours (1 revolution = 24 hours).
- Mode Hand: Points to TR

All hands used in a timer operation move counterclockwise during a countdown.

To enter the Countdown Timer Mode
Refer to the “Mode Reference Guide” (page 4-42).

- Pressing [B] to stop the alarm will cause the [Mode Hand] to move to TR.

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-15) when performing this step.

3. Push the crown back in.

To perform a countdown timer operation
- Pressing [Start] while the Countdown Timer is stopped resets the displayed time to the start time specified by you.
- Pressing [Stop] will not perform a reset while the hands are moving to the current timer time after you enter the Countdown Timer Mode.
- Before starting a countdown timer operation, check to make sure that the countdown timer is not already operating (indicated by a moving [Second Hand]). If it is, press [Stop] to stop it and then [Reset] to reset to the countdown start time.
- Pulling out the crown while a countdown operation is in progress will stop the ongoing operation so you can change the countdown start time setting.

Note
- The Stopwatch Mode can indicate elapsed time up to 23 minutes, 59.95 seconds. Elapsed time measurement will stop automatically when the maximum time is reached.
- The display illustration on page E-51 shows a stopwatch reading of 20 minutes, 45.10 seconds.
- Pressing [Stop] will not perform a reset operation while the hands are moving to elapsed timekeeping after you enter the Stopwatch Mode.

- The [Second Hand] indicates the 1/100 (0.01)-second count for the first 30 seconds of a stopwatch elapsed time operation. The [Second Hand] will jump to the current value whenever [Stop] is pressed.

- The [Mode Hand] indicates the current time setting of the indicated city (time zone). After you do, the watch will indicate the current time in that city (time zone). The currently selected city (time zone) is called the “World Time City” (time zone).

- Each time you select a city code (time zone), the [Mode Hand] will change.
- STD (Standard Time)
- AT (Auto)
- DST (Daylight Saving Time)
- As the city code (time zone) indicated by the [Mode Hand].

- While a dot (•) mark location on the watch’s bezel or dial ring is selected as the Home City (Time Zone), the only summer time setting options available are STD and DST.

- You cannot switch between STD and DST while UTC is selected as the Home City (time zone).

- Pressing [Stop] while the Countdown Timer is stopped resets the displayed time to the start time specified by you.
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
- **Second Hand**: Indicates the current alarm ON/OFF setting.
- **Small Minute Hand**: Indicates the currently set alarm time minute.
- **Small Hour Hand (24-hour)**: Indicates the currently set alarm time hour.
- **Mode Hand**: Points to AL.

To enter the Alarm Mode
Refer to the "Mode Reference Guide" (page E-42).

To change the alarm time setting
1. In the Alarm Mode, pull out the crown to the first click.
   - Pulling out the crown turns on the alarm.
   - 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.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).

   To stop the alarm
   - Press any button.

Illumination

The face of the watch is illuminated for easy reading in the dark.

To turn on illumination manually
Pressing [A] in the Timekeeping Mode or the Alarm Mode turns on illumination.
- The light gradually becomes brighter, and then, about two seconds after it turns on, it dims.
- Illumination will turn off automatically while an alarm is sounding.

Note: That illumination will not turn on during high-speed movement of the hands.

To switch between standard time and summer time manually

1. Perform steps 1 and 2 under "To configure Home City (time zone) settings" (page E-59).
2. Change the Home City (time zone) setting, if you want.
3. Push the crown back in to return to the mode you started from in step 1.

STD/DST Switching

You can select summer time or standard time independently for each city (time zone). 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. Note, however, that in the cases below you need to change the summer time setting to DST manually during the applicable summer time period.
- When the dot (+) mark on the watch’s bezel or dial ring was set manually when the dot (−) mark is set automatically, there is no need to change the setting from AT (AUTO).
- The actual applicable summer time period is different from the setting summer time period in the watch.

See "City/Time Zone Indicators and Time Offset Table" (page L-2).

Configuring Home City (Time Zone) Settings

When using the watch while on an aircraft or in some other area where you are unable to configure time or other location-specific settings using GPS signal reception, you can configure Home City (Time Zone) and summer time setting using button and crown operations.

To configure Home City (time zone) settings

This dot (+) mark on the watch’s bezel or dial ring corresponds to the items in the "City/Time Zone Indicators and Time Offset Table" that have a hyphen (−) in the "City/Time Zone Indicator" column (page L-2).

1. In any mode, pull out the crown to the second click.
   - This will cause the **Second Hand** to move to the currently selected city (time zone).
   - 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 cities (time zones), see the "City/Time Zone Indicators and Time Offset Table" (page E-42).

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

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 using the watch in an area where a GPS signal or time calibration signal cannot be received, or whenever else auto time and date adjustment is not possible for some reason.

Important:
- You do not need to perform the procedure below when the time and date settings are correct.
- After performing the procedure below, it is recommended that you move to a location that is appropriate for GPS signal reception, acquire position information, and configure time and date settings in accordance with your location.

See "Appropriate Signal Reception Location (GPS Signal)" (page E-29) and "Acquiring GPS Position Information" (page E-30).

To change the current time and date settings 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 (time zone) of the currently selected Home City (Time Zone).
   - 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 (Time Zone) setting, if you want.
   - To change the Home City (Time Zone) setting, perform step 2 under "To configure Home City (time zone) settings" (page E-60).
3. Hold down  for about ten seconds. This will enter the time and date setting mode.

4. Rotate the crown to adjust the hour/minute setting.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).
   - You can determine whether the time is a.m. or p.m. by checking the [Hour Hand (24-hour)]

5. Press .
   - The [Second Hand] will move to the currently selected year (10’s digit).
   - The [Mode Hand] will move to 12 o’clock.

6. Rotate the crown to change the current year (10’s digit) setting.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).

7. Press to enter the year (1’s digit) setting mode.
   - The [Second Hand] will move to the currently selected year (1’s digit).
   - The [Mode Hand] will move to 3 o’clock.

8. Rotate the crown to adjust the year (1’s digit) setting.

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 signal reception is possible.

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]

Hand/Day Adjustment Steps

For full details, see the procedure from page E-68 to E-69.

Pull crown out to second click.

   - This will enter the month setting mode.
   - The [Second Hand] will move to the current month.
   - The [Mode Hand] will move to 6 o’clock.

10. Rotate the crown to adjust the month setting.

11. Press .
   - This will enter the day setting mode.

12. Rotate the crown to adjust the day setting.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).
   - Press  to return to the time and date setting mode (step 4 of this procedure). If you want to adjust the hour and minute settings, return to step 4.

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.

Troubleshooting

When the time and date settings are not configured automatically

First, check the current charge level and charge if necessary. See “Checking the Charge Level” (page E-17).

- Signals are not being received normally, or the hands and/or date indicator is out of alignment.
- The watch’s year, month, and day settings are correct, 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.

- Signals are not being received normally, or the hands and/or date indicator is out of alignment.
- You can use the high-speed movement feature when adjusting the hands (page E-15).

5. Press .
   - This will cause the [Day Indicator] to move.
   - Wait until the [Day Indicator] stops at 1.
   - If the [Day Indicator] is not at 1, rotate the crown until it is.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).

6. Push the crown back in.

This exits the adjustment mode and returns to normal timekeeping.

Important!

- After completing adjustment, push the crown back in. Pushing the crown back in part way through adjustment will return to the mode you started from with any adjustments you made in effect.

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.
   - The [Mode Hand] starts moving at two-second intervals.

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.

3. Press .
   - Check if the [Small Minute Hand] and [Small Hour Hand (24-hour)] is stopped at 12 o’clock.
   - If the position of the [Small Minute Hand] and [Small Hour Hand (24-hour)] is not correct, rotate the crown to adjust it to 12 o’clock.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).

4. Press .
   - Check if the [Mode Hand] is stopped at 12 o’clock.
   - If the position of the [Mode Hand] is not correct, rotate the crown to adjust it to 12 o’clock.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).

5. Press .
   - Check if the [Day Indicator] is at 1.
   - If the [Day Indicator] is not at 1, rotate the crown until it is.
   - You can use the high-speed movement feature when adjusting the hands (page E-15).

6. Push the crown back in.

This exits the adjustment mode and returns to normal timekeeping.

Important!

- Leaving the crown pulled out for more than approximately 30 minutes without performing any operation will automatically cause the adjustment operation to become disabled. If this happens, push the crown back in and then pull it out to restart the above procedure from the beginning.

- Pushing the crown in will return to the mode you started from in step 1 with the hands and/or day in their newly adjusted positions.

Operation Guide 5410

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### Operation Guide 5410

**The hands of the watch suddenly start moving at high speed, even when I do not perform any operation.**

- This could be due to any one of the following causes. In all cases, the hand movement does not indicate malfunction, and should stop shortly.
  - The watch is recovering from a sleep state (page E-27).
  - The time setting is being adjusted following a successful auto signal reception operation (page E-28).

**Hands suddenly stop moving. Button operation also is disabled.**

The watch may be in the power recovery mode (page E-25). Do not perform any operation until the hands return to their normal positions (in about 15 minutes). 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 (Time Zone) setting may be wrong. Check your Home City (Time Zone) setting and correct it, if necessary (page E-48).
- The current time setting is off by one hour, 30 minutes, or some regular interval.
  - The summer time setting is not correct.
  - The watch may be receiving a leap second.

**Perform a GPS position information receive**

- Or configure your Home City (time zone) setting.

**The watch is in an area with poor reception**

- Perform a GPS position information receive operation.
- Or configure your Home City (time zone) setting so it is correct.

### Possible Cause

<table>
<thead>
<tr>
<th>Possible Cause</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time and date settings cannot be adjusted automatically for some reason.</td>
<td>Adjust time and date settings manually.</td>
</tr>
</tbody>
</table>

### Time Information (Time Calibration)

The time calibration signal information in this section applies only when LONDON (LON), PARIS (PAR), ATHENS (ATH), LOS ANGELES (LAX), DENVER (DEN), CHICAGO (CHI), NEW YORK (NYC), HONG KONG (HKG), or TOKYO (TYO) is selected as the city.

#### The ||\textbf{[2]} Second Hand Indications N (NO) when I check the result of the latest receive operation.

**Possible Cause**

- The time calibration signal is not being transmitted for some reason.

**Remedy**

- For details about each time calibration signal, check the website of the organization that maintains it.
- Try again later.

### The watch cannot receive the time calibration signal.

**Possible Cause**

- Your Home City (time zone) setting may be wrong.

**Remedy**

- Perform a GPS position information receive operation.
- Or configure your Home City (time zone) setting so it is correct.

---

### Time Information (GPS and Time Calibration Signals)

#### The [2] Second Hand Indicators N (NO) when I check the result of the latest receive operation.

**Possible Cause**

- You are wearing or moving the watch, or performing a button operation during the signal reception operation.
- The watch is in an area with poor reception conditions.

**Remedy**

- Keep the watch in an area where reception conditions are good while the signal reception operation is being performed.
- Try again later.

#### Auto Receive is not performed or I cannot perform Manual Receive.

**Possible Cause**

- The watch may have been exposed to magnetism or strong impact, which has caused problems with proper hand and day alignment. Adjust the watch’s hand and day home position alignment (page E-67).

**Possible Cause**

- Battery power is low.
- The alarm does not sound.

**Possible Cause**

- The alarm may have been exposed to magnetism or strong impact, which has caused problems with proper hand and day alignment. Adjust the watch’s hand and day home positions.

**Possible Cause**

- The alarm power is low.
- The alarm is not sounding.

**Possible Cause**

- The crown is pulled out.
- Crown Operation

**Possible Cause**

- Nothing happens when I rotate the crown.

**Possible Cause**

- The crown has been left pulled out for more than two minutes (30 minutes in the case of hand home position adjustment) without any operation being performed.

**Possible Cause**

- The watch is in an area with poor reception.

**Possible Cause**

- Power Supply: Solar panel and one rechargeable battery
  - Approximately 7 months
  - Not exposed to light under the conditions below:
  - GPS time information receive: 1 operation (approximately 10 seconds) every 2 days
  - GPS time position information receive: 1 operation (approximately 36 seconds/month)
  - Light: 1 operation/day
  - Alarm: 1 operation/day

### Specifications

- **Accuracy at normal temperature:** ±15 seconds a month (no adjustment by signal information)
- **Timekeeping:** Hour, minutes, seconds, 24-hour, day, day of the week
- **Calendar system:** Full Auto-calendar pre-programmed from the year 2000 to 2099
- **Other:** Home City (Time Zone) and World Time City (Time Zone) can be assigned one of 40 time zones and Coordinated Universal Time; Daylight Saving Time (summer time)/Standard Time auto switching
- **Signal reception function:** GPS signal auto receive, manual receive
- **Auto transmitter selection (for JYJ, MSF/DCF77).Receive call sign:** JYJ (40 kHz, 60 kHz), BPC (68.5 kHz), WWVB (60 kHz), MSF (60 kHz), DCF77 (77.5 kHz)
- **Last reception result display:** Manual and auto standard time/summer time switching
- **Stopwatch:** Measuring capacity: 23:59:59
- **Measuring unit:** 1/20 (0.05) seconds
- **Countdown Timer:** Measuring unit: 1 second
- **Input range:** 24 hours (1-minute increments)
- **Alarm:** Daily alarm
- **Other:** LED light; Power Saving; Low battery alert; Auto Correction of Hand Home Positions

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**City/Time Zone Indicators and Time Offset Table**

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**Power Supply:** Solar panel and one rechargeable battery

- Approximately 7 months
- Not exposed to light under the conditions below:
- GPS time information receive: 1 operation (approximately 10 seconds) every 2 days
- GPS time position information receive: 1 operation (approximately 36 seconds/month)
- Light: 1 operation/day
- Alarm: 1 operation/day

Specifications are subject to change without notice.
City/Time Zone Indicators and Time Offset Table

The table below shows the indicators marked on the watch’s bezel or dial ring, and their UTC offsets. Refer to the second hand position information provided in the table when configuring Home City (Time Zone) and World Time City (Time Zone) settings. The dot (•) marks on the watch’s bezel or dial ring correspond to the item that have a hyphen (–) in the “City/Time Zone Indicator” column. The information below applies when the summer time setting is AT (AUTO).

- The summer time setting changed in accordance with the position information of the GPS signal. See "STD/DST Switching" (page E-60).
- The contents of the above table are current as of December 2013.
- Time zones in the above table are in accordance with Universal Time Coordinated (UTC).
- When a hyphen (–) is shown for a time zone, the representative city name is in parentheses.

### City/Time Zone Indicator

<table>
<thead>
<tr>
<th>City/Time Zone Indicator</th>
<th>Second Hand Position</th>
<th>UTC Offset</th>
<th>Cities</th>
<th>Summer Time Period</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Summer Time Start</td>
</tr>
<tr>
<td>UTC</td>
<td>00</td>
<td>0</td>
<td>1</td>
<td>Coordinated Universal Time</td>
</tr>
<tr>
<td>LON / LONDON</td>
<td>Second 2</td>
<td>1</td>
<td>London</td>
<td>01:00, last Sunday in March</td>
</tr>
<tr>
<td>PAR / PARIS</td>
<td>Second 4</td>
<td>+1</td>
<td>Paris</td>
<td>02:00, last Sunday in March</td>
</tr>
<tr>
<td>ATH / ATHENS</td>
<td>Second 6</td>
<td>+2</td>
<td>Athens</td>
<td>03:00, last Sunday in March</td>
</tr>
<tr>
<td>JED / JEDDAH</td>
<td>Second 8</td>
<td>+3</td>
<td>Jeddah</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>Second 9</td>
<td>+3.5</td>
<td>(Johor)</td>
<td>None</td>
</tr>
<tr>
<td>NYC / NEW YORK</td>
<td>Second 50</td>
<td>-12</td>
<td>New York</td>
<td>02:00, second Sunday in March</td>
</tr>
<tr>
<td></td>
<td>Second 51</td>
<td>-12.75</td>
<td>(Chatham Islands)</td>
<td>02:00, last Sunday in September</td>
</tr>
<tr>
<td></td>
<td>Second 53</td>
<td>-14</td>
<td>Akron</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>Second 54</td>
<td>-16</td>
<td>Pago Pago</td>
<td>None</td>
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<td></td>
<td>Second 55</td>
<td>-18</td>
<td>Honolulu</td>
<td>None</td>
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<tr>
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<td>Second 56</td>
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<td>Second 57</td>
<td>-22</td>
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<td>02:00, second Sunday in March</td>
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<td>-24</td>
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<tr>
<td></td>
<td>Second 59</td>
<td>-26</td>
<td>Chicago</td>
<td>02:00, second Sunday in March</td>
</tr>
</tbody>
</table>

* Summer time setting is automatically configured when GPS signal position information is acquired. When setting a time zone manually, switch the summer time setting between STD and DST manually.