Congratulations upon your selection of this CASIO watch.

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General Guide

Press [ to change from mode to mode. After you perform an operation (except for [B]) in any mode, pressing [C] returns to the Timekeeping Mode.

To return to the Timekeeping Mode from any other mode, hold down [C] for about one second.

Telememo Mode  Hand Setting Mode

Auto Return Feature

The watch automatically returns to the Timekeeping Mode if you do not perform any button operation for two or three minutes in the Telememo, Alarm, or Hand Setting Mode.

If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Holding down [C] for about one second in any mode jumps directly to the Timekeeping Mode. This operation does not work while a setting screen is on the display.

Scrolling

The [ and [ buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

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Timekeeping

This watch features separate digital and analog timekeeping. The procedures for setting the digital time (page E-11) and analog time follow:

1. In the Timekeeping Mode, press and to toggle the display between the date screen and the time screen.

2. Hold down until the current digital time starts to flash, which indicates the analog setting screen.

3. Press (B) to advance the analog time setting by 20 seconds.

4. Hold down until the analog time is displayed. This locks the high-speed hand movement, so you can release the two buttons. High-speed hand movement continues until you press any button.

5. If you need to advance the analog time a long way, press and twice to enter high-speed hand movement. The high-speed hand movement continues until you press any button.

6. When the setting you want to change is flashing, use and to change the character at the cursor (—). To move the cursor, press any button. If you need to advance the analog time a long way, press and twice to enter high-speed hand movement. The high-speed hand movement continues until you press any button.

7. To toggle between 12-hour and 24-hour timekeeping, press and .

8. Press to exit the setting screen.

9. The year can be set in the range of 2000 to 2099.

10. The DST setting is turned on.

11. 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 watch the battery replaced.

Digital Time and Date

Use the Timekeeping Mode to set and view a digital display of the current time and date. When setting the digital time, you can also configure settings for summer time (Daylight Saving time or DST).

To set the digital time and date

1. In the Timekeeping Mode, hold down until the seconds start to flash, which indicates the setting screen.

2. Press (C) to move the flashing in the sequence shown below to select the other settings.

3. Press to exit the setting screen.

To toggle between Daylight Saving Time (summer time) and Standard Time (winter time), press and .

Date Screen

To create a new Telememo record

Telememo lets you store up to 30 records, each containing name and telephone number data. Records are automatically sorted based on the characters of the name. You can recall records by scrolling through them on the display.

1. In the Telememo Mode, press and at the same time to display the new data screen.

2. Hold down until the flashing cursor (—) appears in the name field of the display, which indicates that there is no text in the name field.

3. Press (B) and (D) to change the character at the cursor (—) to the character in the name field. The character changes in the following sequence:

   - A
   - B
   - C
   - D
   - E
   - F
   - G
   - H
   - I
   - J
   - K
   - L
   - M
   - N
   - O
   - P
   - Q
   - R
   - S
   - T
   - U
   - V
   - W
   - X
   - Y
   - Z

4. When the character you want is at the cursor position, press to move the cursor to the right.

5. Repeat steps 3 and 4 until the name is complete.

6. After you input the name, press and as many times as necessary to move the cursor to the number field.

   - You tell when you are in the name field because of the long cursor (—). The number field has a short cursor (—).

   - You can input up to eight characters for the name.

   - You can input spaces, alpha characters, symbols, and numbers in a name. For details, see the "Character List" at the back of this manual for details on how the watch sorts records.

   - All of this operations in this section are performed in the Telememo Mode, which you enter by pressing (E-6).
To recall Telememo records
In the Telememo Mode, press  to scroll through Telememo records on the display:
• Only name data appears when you scroll through Telememo records.
• Press  to toggle the screen between the name and number fields.
• Pressing  while the last Telememo record is on the display causes the new data screen to appear.

To edit a Telememo record
1. In the Telememo Mode, use  to scroll through the records and display the one you want to edit.
2. Hold down  until the flashing cursor appears on the display.
3. Use  to move the flashing to the character you want to change.
4. Press  to change the character.
5. After making the changes that you want, press  to store them and return to the Telememo record screen.

To delete a Telememo record
1. In the Telememo Mode, use  to scroll through the records and display the one you want to delete.
2. Hold down  until the flashing cursor appears on the display.

To set the World Time
1. In the Timekeeping Mode, press  to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down  until the DST On/Off setting of the world time starts to flash, which indicates the setting screen.
3. Press  to move the flashing in the sequence shown below to select the other settings.

To toggle a city code between Standard Time and Daylight Saving Time
1. In the Timekeeping Mode, press  to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down  until the DST On/Off setting of the world time starts to flash, which indicates the setting screen.
3. Press  to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
4. Press  to exit the setting screen.

The name field has spaces for eight characters, so you must press  to move past the 8th character in order to get to the number field.

The number field has spaces for 16 digits. Pressing  until the cursor moves past the 16th digit causes it to jump back to the first character of the name field.

Use  and  to change the character at the cursor position in the number field. The character changes in the following sequence:

8. When the character you want is at the cursor position, press  to move the cursor to the right.
9. Repeat steps 7 and 8 until you complete number input.
• You can input up to 16 digits for the number.

To create a new Telememo record
1. In the Telememo Mode, use  to scroll through the records and display the one you want to edit.
2. Hold down  until the flashing cursor appears on the display.
3. Use  to move the flashing to the character you want to change.
4. Use  and  to change the character.

For details on inputting characters, see “To create a new Telememo record” (step 3 for name input and 7 for number input).

World Time
World Time digitally displays the current time in 30 cities (29 time zones) around the world.
• All of the operations in this section are performed in the World Time Mode, which you enter by pressing  (page E-6).

To view the time in another city code
In the World Time Mode, press  to scroll through city codes.

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To set an alarm time

1. In the Alarm Mode, use to scroll through the alarm screens until the one whose time you want to set is displayed.

- To set a one-time alarm, display one of the screens indicated by an alarm number AL1 or AL2. To set the snooze alarm, display the screen indicated by SNZ.
- The snooze alarm repeats every five minutes.

2. After you select an alarm, hold down until the hour setting of the alarm time starts to flash, which indicates the setting screen.
- This operation automatically turns on the alarm.

3. Press to move the flashing between the hour and minute settings.

E-30

4. While a setting is flashing, use and to change it.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).

5. Press to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off (page E-33).

- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode digital time.
- To stop the alarm tone after it starts to sound, press any button.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm and sets a new one:
  - Displaying the Timekeeping Mode setting screen (page E-6)
  - Displaying the SNZ setting screen (page E-35)

To test the alarm

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

To turn an alarm on and off

1. In the Alarm Mode, use to select an alarm or the Hourly Time Signal.

2. Press to toggle it on and off.
- The indicators shown below appear on the display when the daily alarm and Hourly Time Signal are turned on. Each indicator disappears when the corresponding function is turned off.

- Alarm 1 on indicator
- Alarm 2 on indicator
- Snooze alarm on indicator

E-32

Countdown Timer

The countdown timer can be set within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (page E-7).

To set the countdown start time

1. In the Countdown Timer Mode, hold down until the hour setting of the countdown start time starts to flash, which indicates the setting screen.

2. Press to move the flashing between the hour and minute settings.

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

In the Alarm Mode, hold down to turn an alarm and the Hourly Time Signal on and off.

In the Alarm Mode, hold down to test the alarm.

In the Alarm Mode, hold down to set an alarm time.

E-34

4. While a setting is flashing, use and to change it.

To use the countdown timer

Press while in the Countdown Timer Mode to start the countdown timer.

- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.

- Performing any one of the following operations during a 5-minute interval between alarms cancels the current countdown and sets a new one:
  - Displaying the countdown setting screen (page E-30)

To completely stop a countdown operation, exit the Countdown Timer Mode.

Stopwatch

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

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch measurement operation continues even if you exit the StopWatch Mode.
- Exiting the StopWatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the StopWatch Mode, which you enter by pressing (page E-7).

To measure times with the stopwatch

1. 1/100 second
   - Start
   - Stop

   - Resume

   - Split

   - Split release

   - Reset

To set the starting value of the countdown time to 24 hours, set 0:00.

Stopwatch:

- Elapsed Time
- Split Time
- Two Finishes

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Specifications

Accuracy at normal temperature: ±30 seconds a month

Timekeeping: Hour, minutes, seconds, a.m./p.m. (A/P indicator), month, day, day of the week

Time format: 12-hour and 24-hour

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

Other: 2 screen formats (Date, Time); Daylight Saving Time (summer time)/Standard Time

Telememo:

- Memory capacity: Up to 30 records, each including a name (8 characters) and linked number (16 digits)
- Other: Remaining memory screen; Auto sort

World Time: 30 cities (9 time zones)

Other: Daylight Saving Time/Standard Time

Alarms: 3 daily alarms (2 one-time alarms; 1 snooze alarm); Hourly Time Signal

E-38

Countdown Timer:

- Measuring unit: 1 second
- Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)

Stopwatch:

- Measuring unit: 1/100 of a second
- Measuring capacity: 32:59/59.99
- Measuring modes: Elapsed time, split time, two finishes
- Other: 2 analog hands: hour, minutes (hand moves every 20 seconds)

Battery: One lithium battery (Type: CR2025)

Approximately 10 years on type CR2025 (assuming alarm operation 10 sec./day)
Above table data is current as of July 2015.

* This watch does not reflect the change in the Caracas, Venezuela (CCS) time offset to –4.5. For Caracas, Venezuela, please use the –4.0 offset time zone.

This table shows the city codes of this watch.

The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Offset/GMT Differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>PPG</td>
<td>Pago Pago</td>
<td>–11</td>
</tr>
<tr>
<td>HNL</td>
<td>Honolulu</td>
<td>–10</td>
</tr>
<tr>
<td>ANC</td>
<td>Anchorage</td>
<td>–9</td>
</tr>
<tr>
<td>LAX</td>
<td>Los Angeles</td>
<td>–8</td>
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<td>DEN</td>
<td>Denver</td>
<td>–7</td>
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<td>Chicago</td>
<td>–6</td>
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<td>NYC</td>
<td>New York</td>
<td>–5</td>
</tr>
<tr>
<td>CCS*</td>
<td>Caracas</td>
<td>–4</td>
</tr>
<tr>
<td>RIO</td>
<td>Rio de Janeiro</td>
<td>–3</td>
</tr>
<tr>
<td>–</td>
<td>–</td>
<td>–2</td>
</tr>
<tr>
<td>–</td>
<td>–</td>
<td>–1</td>
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<td>LON</td>
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<td>WLG</td>
<td>Wellington</td>
<td>+13</td>
</tr>
</tbody>
</table>

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