Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under “Operating Precautions” and “User Maintenance.”

Things to check before using the watch

1. Check the battery power level.

   In the Timekeeping Mode, press C to display the battery power indicator.

   Is HI or MID indicated as the battery power indicator (page E-12)?

   YES
   The watch is charged.
   For details about charging, see “Charging the Watch” (page E-9).

   NEXT
   Go to step 2.

   NO
   Power is low. Charge the watch by placing it in a location where it is exposed to light. For details, see “Charging the Watch” (page E-9).

2. Check the Home City and the daylight saving time (DST) setting.

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

   Important!
   • Proper World Time Mode data depend on correct Home City, time, and date settings in the Timekeeping Mode. Make sure you configure these settings correctly.

3. Set the current time.

   See “Configuring Current Time and Date Settings” (page E-27).

   The watch is now ready for use.

About This Manual

• Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All examples in this manual are shown using dark figures on a light background.
• Button operations are indicated using the letters shown in the illustration.
• 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.

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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, leave it in a location where it is exposed to light:
• Best charging performance is achieved by exposing the watch to the strongest light available.

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-16) if its face is blocked by your sleeve even only partially.
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 conditions below for long periods.
- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight
- Too close to an incandescent lamp
- In the window of a car parked in direct sunlight

Important! Leaving the watch to become very hot can cause the digital display to black out. The appearance of the LCD should become normal again when the watch returns to a lower temperature.
- Enable the watch’s Power Saving function (page E-16) and keep it 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 a dark area can cause power to run down. Expose the watch to bright light whenever possible.

Power Levels
In the Timekeeping Mode, press \( \odot \) to display the battery power indicator.

### Power Levels

<table>
<thead>
<tr>
<th>Level</th>
<th>Battery Power Indicator</th>
<th>Function Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (HI)</td>
<td>( \odot )</td>
<td>All functions enabled.</td>
</tr>
<tr>
<td>2 (MD)</td>
<td>( \odot )</td>
<td>All functions enabled.</td>
</tr>
<tr>
<td>3 (LD)</td>
<td>( \odot )</td>
<td>Battery Power Indicator &amp; Functions below disabled.</td>
</tr>
<tr>
<td>4 (C)</td>
<td>( \odot )</td>
<td>Hands stopped at 12 o’clock. Only C displayed.</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>All functions, including timekeeping disabled and initialized.</td>
</tr>
</tbody>
</table>

* LO and C appear in the Timekeeping Mode to indicate the battery status.

#### Charging Times

<table>
<thead>
<tr>
<th>Exposure Level (Brightness)</th>
<th>Daily Operation *1</th>
<th>Level Change *2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor sunlight (50,000 lux)</td>
<td>8 min.</td>
<td>Level 5</td>
</tr>
<tr>
<td>Window sunlight (12,000 lux)</td>
<td>30 min.</td>
<td>Level 4</td>
</tr>
<tr>
<td>Window sunlight on cloudy day (5,000 lux)</td>
<td>48 min.</td>
<td>Level 3</td>
</tr>
<tr>
<td>Indoor fluorescent lighting (300 lux)</td>
<td>8 hours</td>
<td>Level 2</td>
</tr>
<tr>
<td>30,000 lux</td>
<td>218 hours</td>
<td>Level 1</td>
</tr>
</tbody>
</table>

*1 Approximate exposure each day to generate power for normal daily operation.
*2 Approximate exposure time (in hours) required to take power up one level.

The above exposure times all are for reference only. Actual exposure times depend on lighting conditions.

### Power Saving

When enabled, Power Saving enters a sleep state automatically whenever the watch is left unused for a certain period in an area where it is dark. The table below shows how watch functions are affected by Power Saving.
- For information about enabling and disabling power saving, see “To enable or disable Power Saving” (page E-49).
- If Power Saving is enabled, the watch will display an “F” (Power Saving) symbol in the upper left corner of the display.
- The watch will not enter a sleep state while it is in the Countdown Timer Mode or Stopwatch Mode.
- The flashing LO charge alert at Level 3 and the flashing charge alert (C) at Level 4 tell you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 5, all functions are disabled and settings return to their initial factory defaults. Once the battery reaches Level 2 after falling to Level 5, reconfigure the current time, date, and other settings.
- In the Timekeeping Mode, press \( \odot \) 1 second to display the power saving mode. Move the watch to a well-lit area or press any button to recover from the sleep state.

### Recover Mode

Performing illumination, or beeper operations during a short period may cause \( \odot \) (Recover) to appear on the display. After some time, battery power will recover and \( \odot \) (Recover) will disappear, indicating that the above functions are enabled again.

For details about the operating time and daily operating conditions, see the “Power Supply” (page E-64) section of the Specifications.

### Mode Reference Guide

Your watch has six modes. The mode you should select depends on what you want to do.

#### To do this:

- View the current date in the Home City
- Configure Home City and daylight saving time (DST) settings
- Configure time and date settings
- Switch between 12-hour and 24-hour timekeeping
- Check the battery power indicator
- View the current time in one of 48 cities (31 time zones) around the globe

#### Enter this mode:

- Timekeeping Mode
- Battery Mode
- World Time Mode

#### See:

- E-23
- E-11
- E-31
- E-10
- E-09
- E-19

To do this:

- Use the countdown timer
- Use the stopwatch to measure elapsed time
- Set an alarm time
- Turn an alarm or the hourly time signal ON or OFF

Enter this mode: 

- Countdown Timer Mode
- Stopwatch Mode
- Alarm Mode

See:

- E-35
- E-36
- E-41
General Functions (All Modes)

Unless specifically noted otherwise, the information in this section is applicable to all modes.

Auto Return

• The watch returns to the Timekeeping Mode automatically if you do not perform any button operation for two or three minutes in the Alarm Mode.
• If you leave the watch with a setting screen (flashing digits) displayed for two or three minutes without performing any operation, the watch will exit the setting screen automatically.

Initial Screens

When you enter the World Time or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Scrolling

The [1] and [2] buttons are used in the setting screen to scroll through data. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Configuring Home City Settings

There are two Home City settings: actually selecting the Home City, and selecting City Code.

To configure Home City settings

1. In the Timekeeping Mode, hold down [1] for about two seconds until ADJ is displayed.
   • This will cause the currently selected city code to flash.
   • For details about city codes, see the "City Code Table" at the back of this manual.
2. Use [1] (East) and [2] (West) to scroll through the city codes until the one you want to use as your Home City is displayed.
3. After the setting is the way you want, press [3] to return to the Timekeeping Mode.

Note

• After you specify a city code, the watch will use UTC* offsets in the World Time Mode to calculate the current time for other time zones based on the current time in your Home City.

* Coordinated Universal Time, the world-wide scientific standard of timekeeping. The reference point for UTC is Greenwich, England.

To change the Daylight Saving Time (summer time) setting

1. In the Timekeeping Mode, hold down [1] for about two seconds until ADJ is displayed.
   • This will cause the currently selected city code to flash.

Configuring Current Time and Date Settings

To change the current time and date settings

1. In the Timekeeping Mode, hold down [1] for about two seconds until ADJ is displayed.
   • This will cause the currently selected city code to flash.
3. When the timekeeping setting you want to change is flashing, use [1] and/or [2] to change it as described below.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>12H</td>
<td>Change between 12-hour (12H) and 24-hour (24H) timekeeping</td>
<td>Press [3]</td>
</tr>
<tr>
<td>25</td>
<td>Reset the seconds to 00</td>
<td>Press [3]</td>
</tr>
<tr>
<td>10:08</td>
<td>Change the hour or minute</td>
<td>Use (+) and (-)</td>
</tr>
<tr>
<td>2019</td>
<td>Change the year, month, or day</td>
<td>Use (+) and (-)</td>
</tr>
</tbody>
</table>


• The watch automatically adjusts its analog setting to match the currently display digital time.
Using the Stopwatch

The stopwatch measures elapsed time, split times, and two finishes.

To enter the Stopwatch Mode

Use [A] to select the Stopwatch Mode (STW) as shown on page E-21.

Using the World Time Mode

You can use the World Time Mode to view the current time in one of 31 time zones (48 cities) around the globe. The city that is currently selected in the World Time Mode is called the “World Time City”.

To enter the World Time Mode

Use [G] to select the World Time Mode as shown on page E-20.

This will display the currently selected World Time City code. After about two seconds, the display will change to the current time in that city.

To specify standard time or daylight saving time (DST) for a city

1. In the World Time Mode, use ([East]) to scroll through the city codes until the one whose Standard Time/Daylight Saving Time setting you want to change is displayed.

   • This toggles the city code you selected in step 1 between Daylight Saving Time (DST) indicator displayed) and standard time (DST indicator not displayed).
   • Using the World Time Mode to change the DST setting of the city code that is selected as your Home City also will change the DST setting of the Timekeeping Mode time.
   • Note that you cannot switch between standard time/daylight saving time (DST) while UTC is selected as the World Time City.
   • The standard time/daylight saving time (DST) setting affects only the currently selected time zone. Other time zones are not affected.

To view the time in another city

1. Press [C]
   • This will display the currently selected World Time City code. After about two seconds, the display will change to the current time in that city.

2. While the city code is displayed, press [D] to scroll to the next city code.

To swap your Home Time and World Time Cities

1. In the World Time Mode, use ([East]) to scroll through the city codes until the one whose Standard Time/Daylight Saving Time setting you want to change is displayed.

   • This will make the World Time City you selected in step 1 (NYC (New York)) your new Home City.
   • Your previous Home City (TYO (Tokyo)) will be your new World Time City.

To specify standard time or daylight saving time (DST) for a city

   • This will display the currently selected World Time City code. After about two seconds, the display will change to the current time in that city.

To swap your Home Time and World Time Cities

1. In the World Time Mode, use ([East]) to scroll through the city codes until the one whose Standard Time/Daylight Saving Time setting you want to change is displayed.

   • This will make the World Time City you selected in step 1 (NYC (New York)) your new Home City.
   • Your previous Home City (TYO (Tokyo)) will be your new World Time City.

To view the time in another city

1. Press [C]
   • This will display the currently selected World Time City code. After about two seconds, the display will change to the current time in that city.

2. While the city code is displayed, press [D] to scroll to the next city code.

Using the Countdown Timer

The countdown timer can be set within a range of one minute to 60 minutes. An alarm sounds when the countdown reaches zero.

To enter the Countdown Timer Mode

Use [G] to select the Countdown Timer Mode (TMR) as shown on page E-21.

To specify the countdown start time

1. Enter the Countdown Timer Mode.
   • If a countdown is in progress, press [A] to stop it and then press [A] to reset to the current countdown start time.
   • If a countdown is paused, press [A] to reset to the current countdown start time.

To perform a countdown timer operation

Start Stop Resume (Stop) Reset

• Countdown is performed in one-second increments.

• Before starting a countdown timer operation, check to make sure that a countdown operation is not in progress (indicated by the seconds counting down). If it is, press [A] to stop it and then [A] to reset to the countdown start time.

• An alarm sounds for 10 seconds when the end of the countdown is reached. This alarm will sound in all modes. The countdown time is reset to its starting value automatically when the alarm sounds.

• To stop the alarm

Press any button.

Using the Stopwatch

The stopwatch measures elapsed time, split times, and two finishes.

To enter the Stopwatch Mode

Use [A] to select the Stopwatch Mode (STW) as shown on page E-21.

To perform an elapsed time operation

Start Stop Resume (Stop) Reset

• When elapsed time measurement is paused, the display alternates between a minute/second screen and a 1/100 second screen in one-second intervals.

To measure split times

Start Stop Split (SPL displayed) Split release Stop (Stop) Reset

• The split time screen cycles alternately through the split (SPL) indicator, a minute/second screen, and a 1/100 second screen.
To measure two finishes

Start Split (SPL displayed) First runner finishes Display time of first runner.
Stop Second runner finishes Split release Display time of second runner.
Reset

Note
- The Stopwatch Mode can indicate elapsed time up to 59 minutes, 59.99 seconds.
- An ongoing elapsed time measurement operation will continue internally even if you change to another mode. However, if you exit the Stopwatch Mode while a split time is displayed, the split time will not be displayed when you return to the Stopwatch Mode.

Using the Alarm

When an alarm is turned on, an alarm tone will sound for about 10 seconds each day when the time in the Timekeeping Mode reaches the preset alarm time. This is true even if the watch is not in the Timekeeping Mode. You can also enable an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.
- Pressing ADJ (alarm off) in the Alarm Mode toggles between the alarm screen and Hourly Time Signal screen.
- When the alarm is turned on, the alarm screen alternates between ALON (alarm on) and the current alarm time (hour and minutes). When the alarm is off, ALOF (alarm off) remains on the alarm screen.

To enter the Alarm Mode
Use ADJ to select the Alarm Mode as shown on page E-21.

To set the alarm time

1. In the Alarm Mode, press ADJ to display the alarm screen.
2. Hold down ADJ 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 ADJ to move the flashing between the hour and minute settings.
4. While a setting is flashing, use the + (+) and - (-) button to change it.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
5. Press ADJ to exit the setting screen.

To turn the alarm on or off

1. In the Alarm Mode, press ADJ to select the alarm or the Hourly Time Signal screen.
2. Press ADJ to toggle the displayed alarm between on and off.
- The alarm status is indicated on the display by ALON (alarm on) or ALOF (alarm off).

To stop a sounding alarm
Press any button.

To turn the hourly time signal on or off
1. In the Alarm Mode, use ADJ to select the hourly time signal.
2. Press ADJ to toggle the hourly time signal between on and off.
- The hourly time signal status is indicated on the display by OFF (hourly time signal off) or ON (hourly time signal on).

Hand Home Position Adjustment

Strong magnetism or impact can cause the analog time not to match the digital time. If this happens, perform hand alignment.

To adjust home positions
1. In the Timekeeping Mode, hold down ADJ and keep it depressed for about five seconds until H.SET is displayed.
- The hour and minute hands should all move to 12 o’clock, which is their home position.
- Though ADJ will appear about two seconds after you hold down ADJ, do not release the button yet. Keep it depressed until H.SET is displayed. When H.SET appears, release the ADJ button. This will cause the hour and minute hands to move to 12 o’clock.
- To return to the Timekeeping Mode, hold down ADJ for at least eight seconds.

Illumination

As LED light (Super Illuminator) uses a light guide panel to illuminate the face of the watch for easy reading in the dark.
- See “Illumination Precautions” below for other important information.

Illumination Precautions
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.

Other Settings

The button operation tone sounds any time you press one of the watch’s buttons. You can enable or disable the button operation tone as desired.
- Even if you disable the button operation tone, the alarm, Hourly Time Signal, and Countdown Timer Mode alarm all operate normally.

To enable or disable the button operation tone

1. In the Timekeeping Mode, hold down ADJ for about two seconds until ADJ is displayed.
- This displays the currently selected city code, and then displays the setting screen.

To enable or disable Power Saving

1. In the Timekeeping Mode, hold down ADJ for about two seconds until ADJ is displayed.
- This displays the currently selected city code, and then displays the setting screen.
2. Use ADJ to cycle through the settings until the current power saving setting (PSON or PSOF) is displayed.
- See the sequence in step 2 of the procedure under “To change the current time and date settings” (page E-27) for information about how to scroll between settings.
3. Press ADJ to toggle Power Saving between enabled (PSON) and disabled (PSOF).
4. After the setting is the way you want, press ADJ to exit the setting screen.
**Troubleshooting**

**Time Setting**

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

- The current time setting is off by one hour.
  - You may need to change your Home City’s standard time/daylight saving time (DST) setting. Use the procedure under “To change the current time and date settings” (page E-23) to change the standard time/daylight saving time (DST) setting.

- The hands are misaligned.
  - This could indicate that the watch has been exposed to magnesium or strong impact, which has caused problems with proper hand alignment. Adjust the watch’s hand home position alignment (page E-45).

- If a watch is water resistant, note the usage precautions described below.

**Specifications**

- A flashing R (Recover) or C indicator means that the charge level of the watch is extremely low. Immediately expose the watch to light to charge it.

- If the watch is in the Recover Mode. Wait until recovery is complete (about 15 minutes).

- The watch does not resume operation after I expose it to light.
  - This can happen after the power level drops to Level 5 (page E-12). Continue exposing the watch to light until the battery power indicator shows HI or MID.

- Flushing R Indicator
  - The watch is in the Recover Mode. Wait until recovery is complete (about 15 minutes).
  - The watch will recover more quickly if you place it in a brightly lit location.

---

**World Time Mode**

- The time for my World Time City is not correct in the World Time Mode.
  - This could be due to incorrect switching between standard time and daylight saving time. See “To specify standard time or daylight saving time (DST) for a city” (page E-32) for more information.

- Charging
  - The watch does not resume operation after I expose it to light.
  - This can happen after the power level drops to Level 5 (page E-12). Continue exposing the watch to light until the battery power indicator shows HI or MID.

- Flushing R Indicator
  - The watch is in the Recover Mode. Wait until recovery is complete (about 15 minutes).
  - The watch will recover more quickly if you place it in a brightly lit location.

---

**Stopwatch**

- Measuring unit: 1/100 second
- Measuring capacity: 599:59:59
- Measuring modes: Elapsed time, split time, two finishes

**Alarm**

- Daily alarm, Hourly Time Signal

**Power Supply**

- Solar panel and one rechargeable battery
- Approximate battery operating time: 11 months under the conditions below.
  - Display on 18 hours per day, sleep state 6 hours per day
  - 1 illumination operation (1.5 seconds) per day
  - 10 seconds of alarm operation per day
- Frequent use of illumination runs down the battery.

**Specifications are subject to change without notice.**

---

**Water Resistance**

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.

- If a watch is water resistant, note the usage precautions described below.

- Such types of use reduce water resistance performance and can cause fogging of the glass.

  - Do not operate the crown or buttons while your watch is submerged in water or wet.
  - Avoid wearing your watch while in the bath.
  - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
  - Do not wear your watch while washing your hands or face, while doing household, or while performing any other task that involves soaps or detergents.
  - After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
  - To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.

- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.

- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

---

**Operating Precautions**

**Water Resistance**

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.

- If a watch is water resistant, note the usage precautions described below.

- Such types of use reduce water resistance performance and can cause fogging of the glass.

  - Do not operate the crown or buttons while your watch is submerged in water or wet.
  - Avoid wearing your watch while in the bath.
  - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
  - Do not wear your watch while washing your hands or face, while doing household, or while performing any other task that involves soaps or detergents.
  - After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
  - To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

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- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

---

**Temperature**

- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.

- Leaving your watch in an area hotter than +40°C (104°F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0°C (32°F) and greater than +40°C (104°F).

---

**Impact**

- Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, BABY-G, G-MS) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaging in strenuous sports activities (motocross, etc.)
Magnetism
- The hands of analog and combination (analog-digital) watches are moved by a motor that uses magnetic force. When such a watch is close to a device (a loudspeaker, magnetic necklace, cell phone, etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or stop, resulting in the incorrect time being displayed.
- Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch and damage to electronic components.

Electrostatic Charge
- Exposures to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.
- Electrostatic charge can cause the display to go blank momentarily or cause a rainbow effect on the display.

Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leasing your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

Caring for Your Watch
- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems or the wrong time being displayed.
- Very strong electrostatic charge even can damage electronic components.

Bacteria and Odor Resistant Band
- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture.
- A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

Liquid Crystal Display
- Display figures may be difficult to read when viewed from an angle.

Leather Band
- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.

Metal Components
- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

Operation Guide 5576
CASIO
### City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Offset/GMT Differential</th>
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<tbody>
<tr>
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<td>Rio De Janeiro</td>
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<td>+3</td>
</tr>
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<tr>
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<th>UTC Offset/GMT Differential</th>
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<tbody>
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<td>+11</td>
</tr>
<tr>
<td>Wellington</td>
<td>WLG</td>
<td>+12</td>
</tr>
</tbody>
</table>

*This table shows the city codes of this watch (As of July 2017).
*The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.*