

## Contents

### Before Getting Started...

Watch Face Items

Navigating Between Modes

Mode Overview

Using the Crown

Hand and Day Indicator Movement

Shifting the Hands

Solar Charging

Viewing the Face in the Dark

Useful Features

### Time Adjustment

Time Adjustment Using a Time Signal

Overview

Appropriate Signal Reception Location

Time Calibration Signal Reception Ranges

Auto Time Calibration Signal Receive

Manual Time Signal Receive

Signal Reception Precautions

Using Watch Operations to Adjust the Time Setting

Checking the Last Time Adjustment Result

Using the Watch in a Medical Facility or Aircraft

### Using Mobile Link with a Mobile Phone

Getting Ready

Auto Time Adjustment

Viewing Diving Log Data

Specifying a Port

Configuring World Time Settings

Setting the Alarm

Configuring Timer Settings

Adjusting Hand and Day Indicator Alignment

Phone Finder

Configuring Watch Settings

Changing the Home City Summer Time Setting

Connection

Connecting with a Phone

Unpairing

If you purchase another phone

### Dual Time

Selecting a Time Zone

Configuring the Summer Time Setting (Dual Time)

Swapping the Home City Time and World Time (Dual Time)

### Using the Diving Function

Measuring Elapsed Dive Time

Measuring Elapsed Surface Interval

Exiting the Dive Mode

Viewing Diving Log Data

Deleting Diving Log Data

### Tide Level

Specifying a Port

Checking the Current Tide Level in the Specified Port

Adjusting High Tide Times

### Stopwatch

Measuring Elapsed Time

### Timer

Setting the Timer Start Time

Using the Timer

### Alarm

Configuring Alarm Settings

Turning Off the Alarm

### Adjusting Hand and Day Indicator Alignment

Adjusting Hand and Day Indicator Alignment

### Other Settings

Resetting Watch Settings

### International Travel

### Other Information

City (Time Zone) List

Supported Phones

Specifications

Mobile Link Precautions

Copyrights and Registered Copyrights

### Troubleshooting

## Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

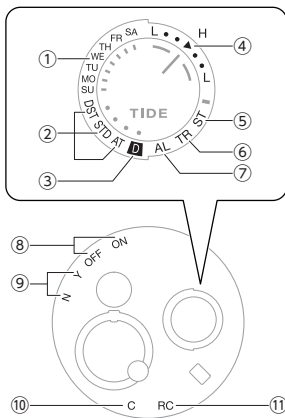
### Important!

- This watch is not a special-purpose measuring instrument. Measurement function readings are intended for general reference only.
- It can be used while skin diving, scuba diving, etc.  
 Using the Diving Function

### Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

## Watch Face Items



- 1 Day of week**  
In the Calendar Mode, the mode hand points to the day of the week in the Home City.
- 2 Summer time setting**  
The mode hand points to the current summer time setting.
- 3 [D]**  
In the Dive Mode, the mode hand points to [D].

- 4 Tide Level**  
In the Tide Graph Mode, the mode hand points to the current tide level in the specified port.
- 5 [ST]**  
In the Stopwatch Mode, the mode hand points to [ST].
- 6 [TR]**  
In the Timer Mode, the mode hand points to [TR].
- 7 [AL]**  
In the Alarm Mode, the mode hand points to [AL].
- 8 Alarm on/off setting**  
In the Alarm Mode, the second hand indicates if the alarm is enabled or disabled.  
[ON]: Alarm enabled  
[OFF]: Alarm disabled
- 9 Last receive result, phone connection status, Airplane Mode setting**

The second hand points to the letter that indicates the result of the last time adjustment operation that was performed by receipt of a time calibration signal when the watch is not paired with a phone.

[Y(YES)]: Auto time adjustment successful  
[N(NO)]: Auto time adjustment failed

The second hand indicates the connection status between the watch and a phone when the watch is paired with a phone.  
[Y(YES)]: The watch is connected to your phone.  
[N(NO)]: The watch is not connected to your phone.

The second hand indicates if auto time adjustment (Airplane Mode) is enabled or disabled.

[Y(YES)]: Auto time adjustment enabled (Airplane Mode disabled)  
[N(NO)]: Auto time adjustment disabled (Airplane Mode enabled)

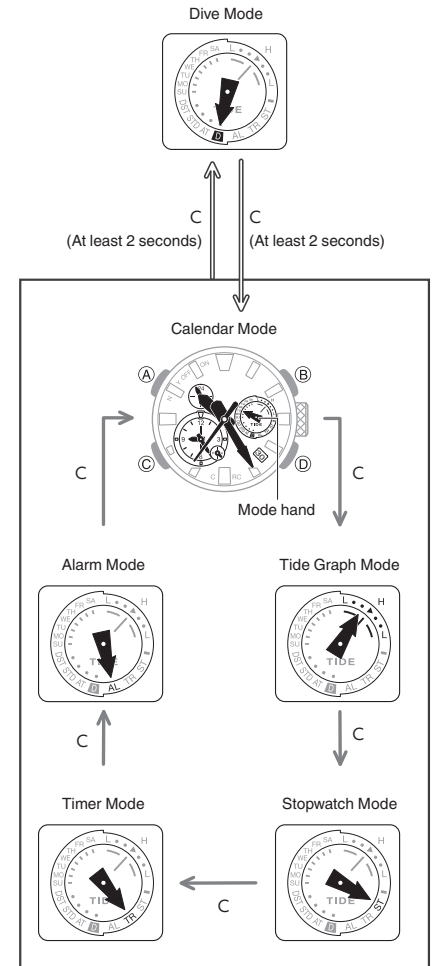
- 10 [C]**  
When connection with the phone starts, the second hand will point to [C].
- 11 [RC]**  
The second hand points to [RC] while time calibration signal reception is in progress.

## Navigating Between Modes

Press (C) to cycle between modes.

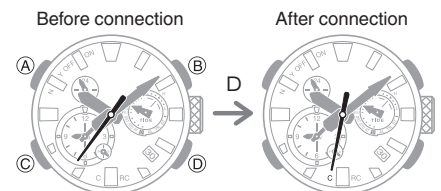
- In any mode\*, hold down (C) for at least one second to enter the Calendar Mode.
- In any mode\*, hold down (C) for at least two seconds to enter the Dive Mode.

\* Besides Dive Mode.



### ● Connecting with a Phone

Hold down (D) for at least 0.5 seconds until the second hand points to [C].

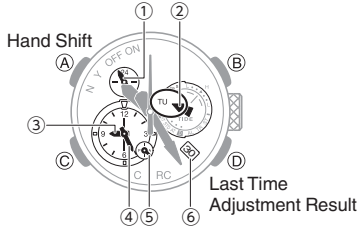


## Mode Overview

### ● Calendar Mode

The main hour, minute, and second hands indicate the current time.

The small hour and minute hands show another time (Dual Time).



- ① Current location time (24-hour time)  
One revolution every 24 hours.
- ② Day of the week at current location
- ③ Dual Time hour
- ④ Dual Time minute
- ⑤ Dual Time hour (24-hour hand)  
The hand points to the A-side for a.m. times, and to the P-side for p.m. times.
- ⑥ Current location date

### Time Adjustment Using a Time Calibration Signal

Hold down (D) for at least 0.5 seconds until the second hand points to [RC].

- A manual time calibration signal receive operation cannot be performed while the watch is paired with a phone.

### Swapping the Current Location Time and Dual Time

Hold down (B) for at least three seconds.

### Connecting with a Paired Phone to Adjust the Watch's Time

Hold down (D) for at least 0.5 seconds until the second hand points to [C].

### Searching for a Paired Phone

Hold down (D) for at least five seconds.

### ● Dive Mode

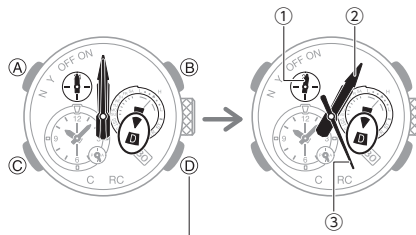
In this mode, the hour, minute, second and 24-hour hands indicate the elapsed dive time and surface interval time.

#### Dive time

- To stop dive time measurement, hold down (D) for at least two seconds.
- Stopping dive time measurement starts surface interval measurement.

Measurement Start

Measurement In Progress

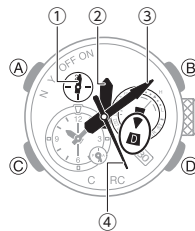


Dive Time Measurement Start

- ① Dive time hours  
This hand performs one revolution, which indicates two hours of dive time. Starting from 12 o'clock, this hand points to 6 o'clock after one hour of dive time and 12 o'clock after two hours.
- ② Dive time minutes  
The hour and minute hands move together.
- ③ Dive time seconds

#### Surface interval

- To stop surface interval measurement, press (D).
- Stopping surface interval measurement starts dive time measurement.

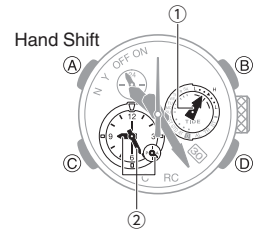


- ① Surface interval hours (24-hour time)  
This hand performs one revolution, which indicates 24 hours of surface interval time. Starting from 12 o'clock, this hand points to 6 o'clock after 12 hours of surface interval time and 12 o'clock after 24 hours.
- ② Surface interval hours
- ③ Surface interval minutes
- ④ Surface interval seconds

### ● Tide Graph Mode

The small hour and minute hands indicate the current time in the port you have specified.

- The main hour, minute, and second hands indicate the current time.

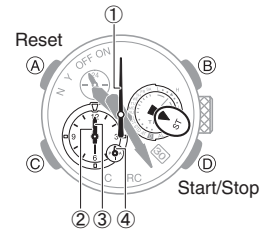


- ① Tide Level
- ② Current time in selected port

### ● Stopwatch Mode

The second hand, and the small hour and minute hands indicate the elapsed stopwatch time.

- The main hour and minute hands indicate the current time.

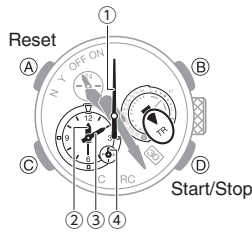


- ① Stopwatch seconds
- ② Stopwatch hours
- ③ Stopwatch minutes
- ④ Stopwatch hours (24-hour time)  
The hand points to the A-side for hours 0 through 12, and to the P-side for hours 12 through 24.

## ● Timer Mode

The second hand, and the small hour and minute hands indicate the current countdown time.

- The main hour and minute hands indicate the current time.



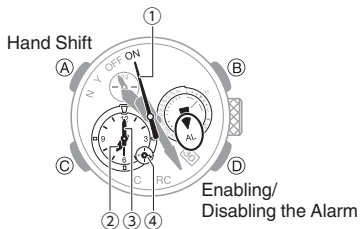
- ① Timer seconds
- ② Timer hours
- ③ Timer minutes
- ④ Timer hours (24-hour time)  
The hand points to the A-side for hours 0 through 12, and to the P-side for hours 12 through 24.

## ● Alarm Mode

The small hour and minute hands indicate the alarm time.

The second hand indicates the alarm enabled/disabled setting.

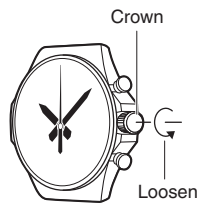
- The main hour and minute hands indicate the current time.



- ① Alarm enabled/disabled
- ② Alarm hour
- ③ Alarm minute
- ④ Alarm hour (24-hour time)  
The hand points to the A-side for a.m. times, and to the P-side for p.m. times.

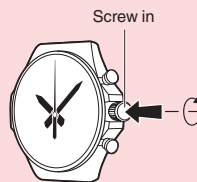
## Using the Crown

The watch's crown is a screw-in (screw lock) type. To use the crown, you first need to rotate it towards you (leftwards) to loosen it.



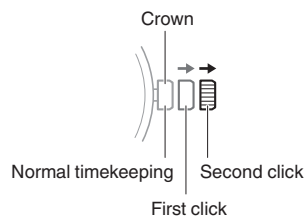
### Important!

- To prevent loss of water resistance and/or damage due to impact, be sure to screw the crown in by rotating it away from you as you push it in.



- When pushing the crown back in, take care not to apply too much force.

## ● Fast Forward/Fast Reverse



After pulling out the crown to the first or second click, rotating it quickly in succession in either direction will start a fast forward or fast reverse operation. While a fast forward operation is in progress, quickly rotating the crown in succession again will increase the speed even further.

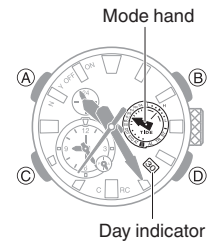
## ● Stopping Fast Forward/Fast Reverse

Rotate the crown in the direction opposite that of the ongoing operation or press any button.

### Note

- If you do not perform any operation for about two minutes after pulling out the crown, crown operations will automatically become disabled. If that happens, push the crown back in and then pull it out again.

## Hand and Day Indicator Movement



## ● Mode Hand and Day Indicator Movement

Changing the day setting of the watch will also cause the mode hand to move.

## ● Day

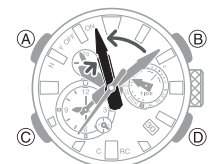
- It can take anywhere from about 10 to 40 seconds for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day may not be indicated correctly while the watch's crown is pulled out.

## Shifting the Hands

Hand shift moves the hands out of the way for easy viewing of display info.

### 1. Press (A).

- This will shift the hands to allow easier reading of face information.



2. To return the hands to their normal timekeeping positions, press (A) or (D), or press (C) to change to another mode.

### Note

- If you leave the watch with its hands shifted and do not perform any operation for about ten seconds, the hands will resume normal timekeeping automatically.

## Solar Charging

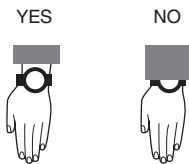
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

### ● Charging the Watch

When you are not wearing the watch, put it in a location where it is exposed to bright light.



While you are wearing the watch, make sure that its face (solar panel) is not blocked from light by the sleeve of your clothing. Power generation efficiency is reduced even when the face of the watch is blocked only partially.



### Important!

- Depending on light intensity and local conditions, the watch may become hot to the touch when exposed to light for charging. Take care to avoid burn injury after charging. Also, avoid charging the watch under high-temperature conditions like the ones described below.
  - On the dashboard of a vehicle parked in the sun
  - Near an incandescent light bulb or other source of heat
  - Under direct sunlight or in other hot areas for long periods

### ● Remaining Charge and Dead Battery

You can determine if the charge level is low by checking the hand movement. Functions become disabled as battery power goes low.

#### Important!

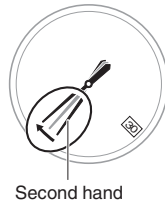
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

#### Note

- Exposing the watch face to light after the battery goes dead will cause the second hand to revolve counterclockwise until it stops at second 57. This indicates charging has started.

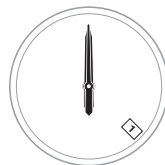
### Low Battery Power

The second hand jumps at two-second intervals.



### Dead Battery

All hands and the day indicator are stopped.



### ● Charging Time Guidelines

The table below shows guidelines for approximate charging times.

#### Charging Times Required for 1 Day of Operation

Light Intensity		Approximate Charging Time
High	①	8 minutes
	②	30 minutes
Low	③	48 minutes
	④	8 hours

#### Charge Recovery Times

Light Intensity	Approximate Charging Time		
	Charge Level 1	Charge Level 2	
High	①	2 hours	21 hours
	②	5 hours	78 hours
Low	③	8 hours	126 hours
	④	76 hours	-

Charge Level 1 :

Time from dead battery until watch operation starts.

Charge Level 2 :

Time from watch operation start until a full charge.

Light Intensity

- Sunny day, outdoors (50,000 lux)
- Sunny day, near a window (10,000 lux)
- Overcast day, near a window (5,000 lux)
- Indoor fluorescent lighting (500 lux)

#### Note

- Actual charging time depends on the charging environment, watch settings, and other factors.

## ● Power Saving

If the watch is not moved for about one hour, the connection with your phone will be terminated and the watch will enter Level 1 power saving.

Also, leaving the watch in a dark location for about one hour between the hours of 9 p.m. and 6 a.m. will cause the second hand to stop, and the watch will enter Level 2 power saving. If the watch is left in this condition for six or seven days, all hands will stop and the watch will enter Level 3 power saving.

Level 1 :

Except for communication with a phone, watch functions are operational.

Level 2 :

Basic timekeeping functions are operational.

Level 3 :

Only the day indicator is operational.

### Note

- Note that the watch also may enter the power saving state if its face is blocked from light by your sleeve while you are wearing it.
- The watch will enter power saving when it is in one of the modes below.
  - Calendar Mode
  - Tide Graph Mode
  - Stopwatch Mode (reset to all zeros)
  - Timer Mode (timer start time displayed)

## ● Recovering from Power Saving Operation

- Use one of the operations below to exit power saving.
  - Press any button.
  - Perform some crown operation.
  - Angle the watch towards your face.
- To go from Level 2 or Level 3 power saving to Level 1 power saving, place the watch in a brightly lit location.

## Viewing the Face in the Dark

The watch has an LED light that you can use to illuminate the display for about three seconds for viewing in the dark. When turned on, illumination becomes gradually brighter and then gradually dimmer.

### ● Turning On Illumination

Pressing (B) turns on the light.



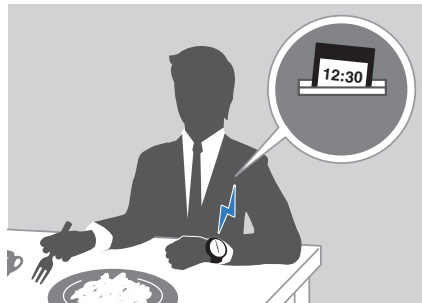
- Illumination will turn off automatically if an alarm starts to sound.
- Illumination is disabled while the hands are moving at high speed.
- The light may flicker when it turns on or off.

## Useful Features

Pairing the watch with your phone makes a number of the watch's features easier to use.

### Auto time adjustment

[Auto Time Adjustment](#)



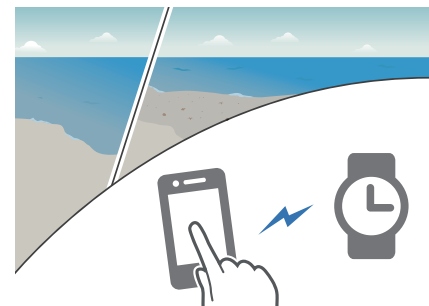
### Diving Log data transfer to your phone

[Viewing Diving Log Data](#)



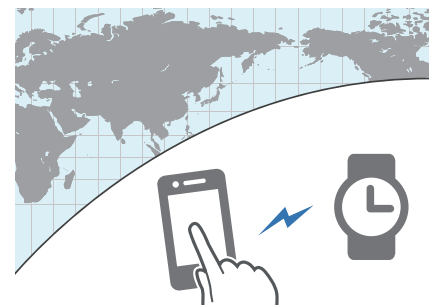
## Viewing of the tide level at a port you specify with CASIO WATCHES

[Specifying a Port](#)



## Selection of More Than 300 World Time cities

[Configuring World Time Settings](#)



In addition, a number of other watch settings can be configured using your phone.

To transfer data to a watch and to configure settings, you first need to pair the watch with your phone.

[Getting Ready](#)

- Your phone needs to have the CASIO "CASIO WATCHES" app installed to pair with the watch.

## Time Adjustment

Your watch can obtain date and time information by connecting with a phone and by receiving time signals, which it uses to adjust its settings.

### Important!

- When you are on an aircraft or in any other location where radio signals may cause problems, enable the watch's Airplane Mode to disable connection with your phone.

[Using the Watch in a Medical Facility or Aircraft](#)

Referring to the information below, configure the time setting in accordance with the method that suits your own lifestyle.

Do you use a phone?

Time adjustment by connecting with your phone is recommended.

[Auto Time Adjustment](#)

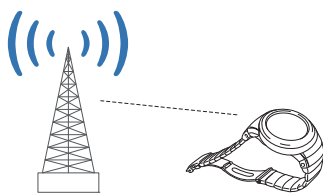


Can you receive a time signal in your area?

While the watch's Home Time City setting is one where a time signal can be received, the watch's time and day settings can be adjusted in accordance with the signal.

[Time Calibration Signal Reception Ranges](#)

[Selecting Your Home City's Time Zone](#)



Other than the above.

If you are unable to connect with a phone and are unable to receive a time signal, you can perform watch button operations to adjust its time setting.

[Using Watch Operations to Adjust the Time Setting](#)



## Time Adjustment Using a Time Signal

### Overview

The watch's time and day settings can be configured in accordance with a received time calibration signal.

### Important!

- In order to make it possible for the current time setting to be adjusted correctly based on time calibration signal reception, you need to specify the time zone where you are using the watch.
- If the watch was unable to connect with a phone even once for time adjustment during the previous day while connection with a phone is being used, it will automatically try to receive a time calibration signal.
- When you are on an aircraft or in any other location where radio signals may cause problems, enable the watch's Airplane Mode to disable connection with your phone.
  - [Using the Watch in a Medical Facility or Aircraft](#)

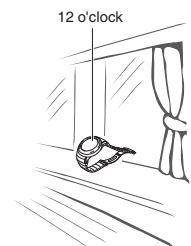
### Note

- Areas where time calibration signal reception is supported are limited. When the watch is in an area where time calibration signal reception is not possible, connect with a phone to adjust time and day settings.
  - [Time Calibration Signal Reception Ranges](#)
- If the watch does not indicate the correct time even after it receives a time calibration signal, correct the hand and day indicator positions.
  - [Using the Watch in a Medical Facility or Aircraft](#)

## Appropriate Signal Reception Location

A time calibration signal can be received while the watch is near a window.

- Position the watch so its 12 o'clock side is facing the window.
- Keep metal objects away from the watch.
- Do not move the watch.
- Do not perform any operation on the watch.



### Note

- 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

## Time Calibration Signal Reception Ranges

### ● Japan (JJY)

The Japan time signal radio stations are located on Mt. Otakadoya in Fukushima and Mt. Hagane in Fukuoka/Saga.

The reception range of the Japanese time signals is approximately 1,000 km from each transmission station.

### ● China (BPC)

The China time signal radio station is located in Shangqiu, Henan Province, China.

The reception range of the Chinese time signal is approximately 1,500 km from the transmission station.

### ● United States (WWVB)

The United States time signal radio station is located in Fort Collins, Colorado.

The reception range of the U.S. time signal is approximately 3,000 km from the transmission station.

### ● U.K. (MSF)/Germany (DCF77)

The U.K. time signal radio station is located in Anthorn, Cumbria.

The German time signal radio station is located in Mainflingen, southeast of Frankfurt.

The reception range of the U.K. and German time signals is approximately 1,500 km from each transmission station.

### Note

- Even if you are within the normal reception range of a time calibration signal, reception may be made impossible by the following factors: geographic contours, weather, the season, the time of day, wireless noise.

## Auto Time Calibration Signal Receive

An automatic time calibration signal receive operation is performed and the time and day settings are adjusted between midnight and 5:00 a.m. Once a signal receive operation is successful, no more auto receive operations are performed that day.

### Important!

- Time calibration signal auto receive is disabled while the watch is paired with a phone for auto time adjustment. However, time signal auto receive will be performed if there has been no auto time adjustment based on connection between the watch and phone for more than one day.

1. Place the watch near a window or some other location appropriate for signal reception.
  - The second hand points to [RC] while the receive operation in progress.
  - When the receive operation is successful, the time and day settings will be adjusted automatically.

### Note


- Reception takes anywhere from about two minutes to about 10 minutes. It can take as long as 20 minutes.

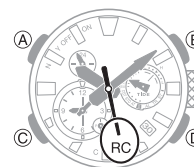
## Manual Time Signal Receive

### Important!

- A manual time calibration signal receive operation cannot be performed while the watch is paired with a phone. When you want to perform a manual time calibration signal receive operation, unpair the watch from your phone.

 [Unpairing](#)

1. Place the watch near a window or some other location appropriate for time signal reception.
2. Enter the Calendar Mode.  
 [Navigating Between Modes](#)
3. Hold down (D) for at least 0.5 seconds until the second hand points to [RC].  
This indicates that the receive operation has started. After the receive operation is complete, the watch's time and day settings will be adjusted accordingly.



### Note

- The receive operation takes anywhere from about two minutes to about 10 minutes. It can take as long as 20 minutes.
- Time calibration signal reception is better at night than during the day.
- A time calibration signal cannot be received while the city selected as your Home City is one that does not support signal reception.



## Signal Reception Precautions

- When the watch is unable to adjust its time in accordance with a calibration signal for some reason, average timekeeping accuracy is within  $\pm 15$  seconds per month.
- Note that an internal decoding process the watch performs after it receives a signal may cause the time setting to be slightly off (by less than one second).
- Time calibration signal reception is not possible under the conditions described below.
  - While battery power is low
  - In any mode besides the Calendar Mode
  - While the watch is at Level 3 power saving
  - While the crown is pulled out
  - While a timer countdown operation is in progress
  - While the Home City setting is a time zone where time signal reception is not possible
  - While the watch is outside the time signal reception range
  - While the Airplane Mode is enabled
- When the receive operation is successful, the time and/or day settings will be adjusted automatically. Summer time will not be applied correctly in the case described below.
  - When the summer time start date and time, end date and time, or other rules are changed by authorities
- If your watch is connected with a phone, settings must be configured so CASIO WATCHES can acquire location information. Even if you are in an area that is within the reception range of a time signal, reception will not be performed if settings are configured in a way that makes signal reception impossible.
- As of January 2020, China does not observe summer time. If China starts to observe summer time in the future, the time displayed by the watch for China may not be correct.

## Using Watch Operations to Adjust the Time Setting

If your watch cannot connect with a phone for some reason, you can use watch operations to adjust date and time settings.

### ● Selecting Your Home City's Time Zone

Use the procedure in this section to select the time zone of the city you want to use as your Home City.

#### Important!

- If you do not specify the time zone where you are using the watch, the current time setting will not be correct after it is adjusted based on a time calibration signal.

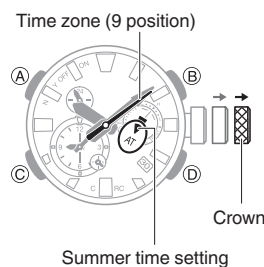
1. Loosen the crown and then pull it out to the second click.

The second hand indicates the currently selected time zone, while the mode hand indicates the current summer time setting.

- The time zone is indicated as a time offset.  $\pm 0$  hours is indicated when the second hand is at 12 o'clock, with other offsets indicated when it is to the left and right of 12 o'clock. For information about time zone positions, go to the section below.

[City \(Time Zone\) List](#)

#### Tokyo (+9 offset)



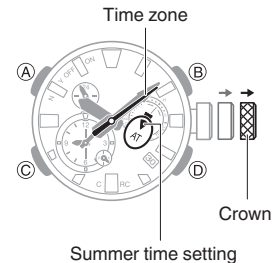
2. Rotate the crown to change the time zone.
3. Push the crown back in and then lock it.

## ● Adjusting the Time and Day Setting

1. Loosen the crown and then pull it out to the second click.

The second hand will point to the currently selected time zone.

- The mode hand will point to the summer time setting for the currently selected Home City.



2. Hold down (C) for at least one second. This causes the second hand to move to 12 o'clock, and enables the minute setting operation.

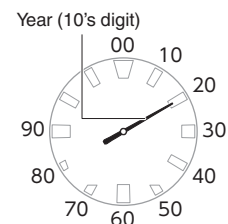
3. Rotate the crown to change the minute setting.

4. Press (C). The hour hand will move slightly, indicating that the hour setting operation is enabled.

5. Rotate the crown to change the hour setting.

6. Press (C). This enables the year ten's digit setting operation.

7. Rotate the crown to move the second hand to the desired setting for the year ten's digit.



8. Press (C). This enables the year one's digit setting operation.

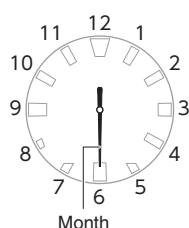
- Rotate the crown to move the second hand to the desired setting for the year one's digit.



- Press (C).

This enables the month setting operation.

- Rotate the crown to change the month.



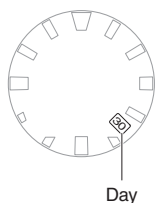
- Press (C).

The mode hand will move slightly, indicating that the day setting operation is enabled.

- Changing the day setting will cause the mode hand to rotate repeatedly.

[Hand and Day Indicator Movement](#)

- Rotate the crown to change the day.



- On a time signal at the top of a minute, push the crown back in and lock it.

## ● Configuring the Summer Time Setting (Home City)

The watch's current time setting can be changed to summer time when required.

[STD]: The watch always indicates standard time.

[DST]: The watch always indicates summer time.

### Important!

- If the Home City time zone is an area where time calibration signal reception is possible, you can select [AT] (Auto) for the summer time setting. While [AT] is specified as the summer time setting, the first time calibration signal receive operation after the Home City enters the summer time period will cause the watch's time setting to switch to summer time. The first time calibration signal receive operation after the end of the summer time period is reached will cause the watch's time setting to switch to standard time. For information about areas where time calibration signals can be received, go to the section below.

[City \(Time Zone\) List](#)

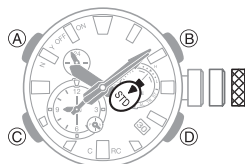
- Loosen the crown and then pull it out to the second click.

The second hand will point to the currently selected time zone.

- The mode hand will point to the summer time setting for the currently selected Home City.

- Hold down (B) for at least one second.

Each time you hold down (B) for at least one second, the summer time setting will cycle to the next available option.

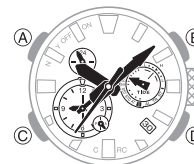


- Push the crown back in and then lock it.

## Checking the Last Time Adjustment Result

- Enter the Calendar Mode.

[Navigating Between Modes](#)

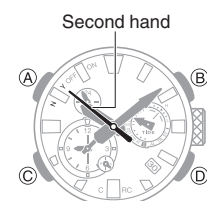


- Press (D).

The second hand will indicate the last time adjustment operation result. The watch hands will return to indicating the current time if you do not perform any operation for nine or ten seconds.

[Y(YES)]: Last time adjustment operation successful.

[N(NO)]: Last time adjustment operation failed.



### Note

- Even if there was a successful time calibration signal receive operation or connection with a phone, the second hand will point to [N(NO)] if you adjusted the time and/or date setting manually.
- The time calibration signal receive result will not be indicated after the watch is paired with a phone.

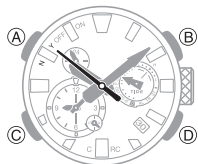
## Using the Watch in a Medical Facility or Aircraft

When you are in a hospital, on an aircraft, or in any other location where auto time signal reception or connection with a phone may cause problems, enable the watch's Airplane Mode. To disable the watch's Airplane Mode, perform the same operation again.

1. Enter the Calendar Mode.  
 Navigating Between Modes

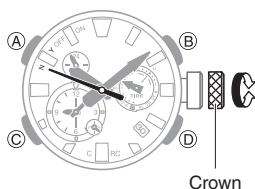


2. Press (D).  
 The second hand will indicate the last receive result for nine or ten seconds.



3. Within 10 seconds after you perform the operation in step 2, loosen the crown and then pull it out to the first click.
  - If more than 10 seconds elapse before you pull out the crown after you perform the operation in step 2, the second hand will return to indicating seconds. If this happens, perform step 2 again.

4. Rotate the crown to enable the Airplane Mode.  
 [Y(YES)]: Airplane Mode disabled (Auto time adjustment enabled)  
 [N(NO)]: Airplane Mode enabled (Auto time adjustment disabled)



5. Push the crown back in and then lock it.

## Using Mobile Link with a Mobile Phone

While there is a Bluetooth connection between the watch and phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

### Note

- This function is available only while CASIO WATCHES is running on the phone.
- This section describes watch and phone operations.
  - : Watch operation
  - : Phone operation

## Getting Ready

To use your watch in combination with a phone, you first need to pair them. Perform the steps below to pair the watch with a phone.

- ① **Install the required app on your phone.**

In Google Play or the App Store, search for the "CASIO WATCHES" phone app and install it on your phone.

- ② **Configure Bluetooth settings.**

Enable the phone's Bluetooth.

### Note

- For details about setting procedures, see your phone documentation.

- ③ **Pair the watch with a phone.**

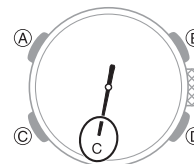
Before you can use the watch in combination with a phone, you first need to pair them.

1. Move the phone to be paired with close to (within one meter of) the watch.
2. Tap the "CASIO WATCHES" icon.
3. Tap the of the "My Watch" tab.
4. Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.

5. Hold down (D) for at least 2.5 seconds until the second hand points to [C].

When a connection is established between the watch and phone, the second hand moves to [C].

- If pairing fails, the watch returns to the state it was in before starting this procedure. Perform the pairing procedure again from the beginning.



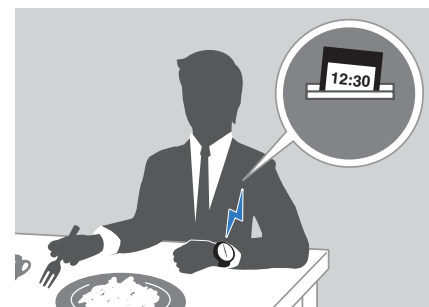
### Note

- The first time you start up CASIO WATCHES phone app, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

## Auto Time Adjustment

Your watch can connect with your phone to adjust the watch's time setting.

If you leave the watch in the Calendar Mode, it will perform the adjustment operation automatically as you go about your daily life (as shown in the illustration), without any operation required by you.



### Important!

- The watch may not be able to perform auto time adjustment under the conditions described below.
  - While the watch is too far away from its paired phone
  - While communication is not possible due to radio interference, etc.
  - While the phone is updating its system
  - While the CASIO WATCHES phone app is not running on the phone
  - While the watch is in a power saving state following approximately one hour of non-use

## Note

- If the watch does not indicate the correct time even if it is able to connect with a phone, adjust the hand and day indicator positions.

[Adjusting Hand and Day Indicator Alignment](#)

- If there is a World Time City specified with the CASIO WATCHES phone app, its time will also be adjusted automatically.
- Auto time adjustment is performed at the times described below.
  - After your phone's time zone or summer time setting is changed
  - After 24 hours or more have passed since the last time adjustment using Bluetooth connection
  - After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
  - After 24 hours or more have passed since the last home city change or time adjustment using watch operation
- Watch operation can be performed even while it is connected with your phone.

### ● Triggering Immediate Time Adjustment

The watch's time setting will be adjusted automatically whenever you establish a connection between the watch and a phone. Whenever you want to trigger immediate time adjustment, perform the procedure below to connect with a phone.

- Move the phone close to (within one meter of) the watch.
- Enter the Calendar Mode.  
[Navigating Between Modes](#)
- Hold down (D) for at least 0.5 seconds until the second hand points to [C]. Release the button as soon as the second hand points to [C].

When the watch connects with a phone, the second hand will normally move to [Y(YES)] and then the watch's time setting will be adjusted.



## Viewing Diving Log Data

You can use CASIO WATCHES to view Diving Log data.

- The items below can be viewed.
  - Dive start date and time
  - Dive time
  - Surface interval
  - Location information
- Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
- If the second hand is not pointing to [Y(YES)], refer to the information at the link below.  
[Connecting with a Phone](#)

- Tap the "CASIO WATCHES" icon.
- Perform the operation shown on the phone screen to view Diving Log data.

## Specifying a Port

After you use CASIO WATCHES to specify a port, you can use the watch to view the current time and tide level at the port.

- Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
- If the second hand is not pointing to [Y(YES)], refer to the information at the link below.  
[Connecting with a Phone](#)

## Note

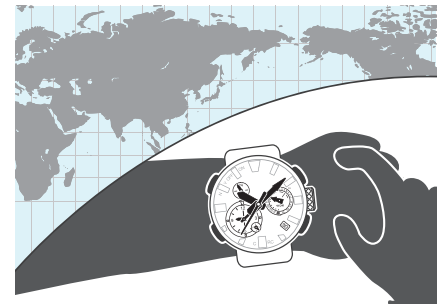
- You can use CASIO WATCHES to specify any one of 3,300 points around the world as the port.

- Tap the "CASIO WATCHES" icon.
- Perform the operation shown on the phone screen to specify a port.

## Configuring World Time Settings

Specifying a World Time City with CASIO WATCHES causes the watch's World Time City to change accordingly. The standard time/summer time setting of the World Time will be adjusted automatically without any watch operation required by you.

- Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
- If the second hand is not pointing to [Y(YES)], refer to the information at the link below.  
[Connecting with a Phone](#)

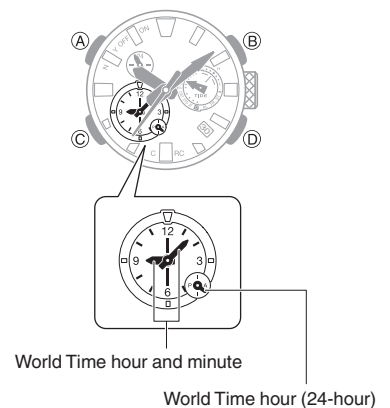


## Note

- The CASIO WATCHES phone app World Time lets you select from among approximately 300 cities as the World Time City.

### ● To select a World Time City

- Tap the "CASIO WATCHES" icon.
- Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.
  - You can determine whether a World Time is a.m. or p.m. by checking the position of the small 24-hour hand.



## ● Configuring the Summer Time Setting

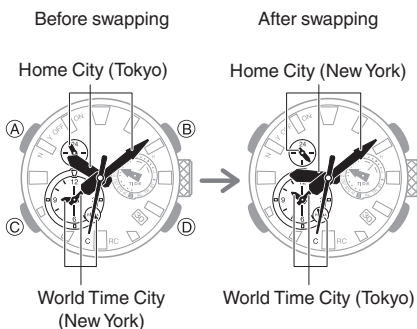
1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to select a summer time setting.
  - "Auto"  
The watch switches between standard time and summer time automatically.
  - "OFF"  
The watch always indicates standard time.
  - "ON"  
The watch always indicates summer time.

### Note

- While the summer time setting is "Auto", the watch will switch between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch's summer time setting as "Auto".
- Changing the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- CASIO WATCHES screen shows information about summer time periods.

## ● Swapping Your World Time and Home Time

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to swap your Home Time with your World Time.  
For example, if your Home City is Tokyo and the World Time City is New York, they will be swapped as shown below.



### Note

- Auto time adjustment does not work for 24 hours after swapping of the Home Time and World Time.

## Setting the Alarm

1. Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
  2. If the second hand is not pointing to [Y(YES)], refer to the information at the link below.  
[Connecting with a Phone](#)
1. Tap the "CASIO WATCHES" icon.
  2. Perform the operation shown on the phone screen to configure alarm time settings.
    - Change the alarm setting from off to on.
    - Set the hour and minute of the alarm time.

## Configuring Timer Settings

- Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
- If the second hand is not pointing to [Y(YES)], refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to configure the timer time setting.
  - Set the hours and minutes of the timer start time.

## Adjusting Hand and Day Indicator Alignment

If the hands and/or day indicator are out of alignment even though auto time adjustment is being performed, use CASIO WATCHES to adjust them.

- Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
- If the second hand is not pointing to [Y(YES)], refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to correct hand and day indicator alignment.

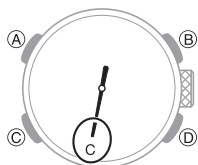
## Phone Finder

You can use phone finder to trigger a tone on the phone to make it easy to find. The tone is forced to sound even if the phone is in vibrate mode.

### Important!

- Phone finder will not sound the tone unless the CASIO WATCHES phone app is running on the phone.
- Do not use this function in areas where phone call tones are restricted.
- The tone sounds at a high volume. Do not use this function when listening to phone output over earphones.

- Hold down (C) for at least one second.  
This will cause the watch to enter the Calendar Mode.
- Hold down (D) for at least five seconds until the second hand points to [C].  
A connection will be established between the watch and phone, and then the phone's ringtone will sound.
  - It will take a few seconds before the phone tone sounds.



- Press any button to stop the tone.
  - You can press any watch button to stop the phone tone, but only during the first 30 seconds after it starts to sound.

## Configuring Watch Settings

After establishing a connection between the watch and a phone, you can use CASIO WATCHES to configure watch settings and to view information acquired by the watch.

- Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
- If the second hand is not pointing to [Y(YES)], refer to the information at the link below.
  - [Connecting with a Phone](#)

- Tap the "CASIO WATCHES" icon.
- Select the setting you want to change and then perform the operation shown on the phone screen.

## Changing the Home City Summer Time Setting

- Enter the Calendar Mode and then press (D). Next, check to make sure that the second hand is pointing to [Y(YES)].
- If the second hand is not pointing to [Y(YES)], refer to the information at the link below.
  - [Connecting with a Phone](#)

- Tap the "CASIO WATCHES" icon.
- Perform the operation shown on the phone screen to change your Home City summer time setting.

## Connection

### Connecting with a Phone

Your watch can connect with a phone that is paired with it.

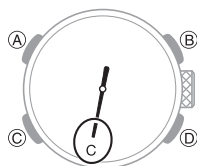
- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.
  - [Pair the watch with a phone.](#)

### Connecting with a Phone

- Move the phone close to (within one meter of) the watch.
- Hold down (D) for at least 0.5 seconds until the second hand points to [C].

This establishes a connection between the watch and phone.

- Once the watch and phone are connected, the connection is maintained.



### Important!

- If you have problems establishing a connection, it could mean that CASIO WATCHES is not running on your phone. On your phone's home screen, tap the "CASIO WATCHES" icon. After the app starts up, hold down the watch's (D) button for at least 0.5 seconds.

## Unpairing

Unpairing the watch from a phone requires both CASIO WATCHES phone app and watch operations.

### Note

- If you are using an iPhone, also delete the pairing information stored on the phone.

### Deleting Pairing Information from the CASIO WATCHES phone app

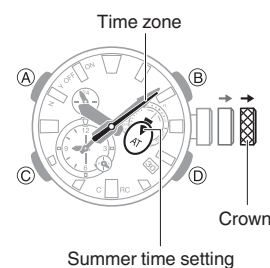
- Tap the "CASIO WATCHES" icon.
- Perform the operation shown on the phone screen to unpair.

### Deleting Pairing Information from the Watch

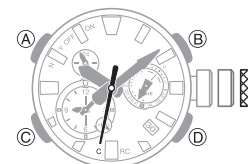
- Hold down (C) for at least one second to enter the Calendar Mode.
- Loosen the crown and then pull it out to the second click.

The second hand will point to the currently selected time zone.

- The mode hand will point to the summer time setting for the currently selected Home City.



- Hold down (D) for at least 10 seconds.  
This deletes the pairing information. The second hand will point to [C].



- Push the crown back in and then lock it.

● **iPhone Only**  
**Deleting the phone's pairing information**

For details about setting procedures, see your phone documentation.

"Settings" → "Bluetooth" → Cancel the watch's device registration.

**If you purchase another phone**

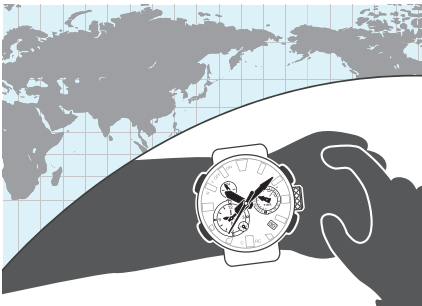
You need to perform the pairing operation whenever you want to establish a Bluetooth connection with a phone for the first time.

🔗 [Deleting Pairing Information from the Watch](#)

🔗 ③ [Pair the watch with a phone.](#)

## Dual Time

Dual Time lets you look up the current time in various time zones around the globe.



### Selecting a Time Zone

Use the procedure below to specify the time zone where the city whose time you want to use for Dual Time is located.

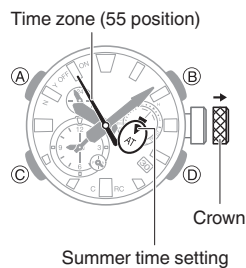
1. Enter the Calendar Mode.  
[🔗 Navigating Between Modes](#)
2. Loosen the crown and then pull it out to the first click.

The second hand indicates the current Dual Time zone, while the mode hand indicates the current Dual Time summer time setting.

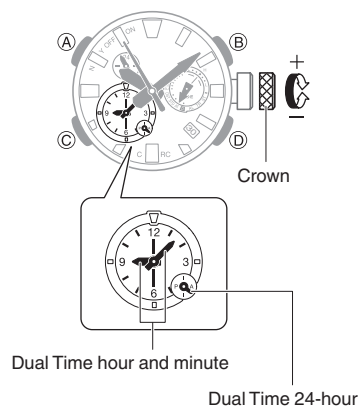
- The time zone is indicated as a time offset. ±0 hours is indicated when the second hand is at 12 o'clock, with other offsets indicated when it is to the left and right of 12 o'clock. For information about time zone positions, go to the section below.

🔗 [City \(Time Zone\) List](#)

#### New York (-5 offset)



3. Rotate the crown to change the time zone.  
 The Dual Time hour and minute hands indicate the current time in the selected time zone.



4. Push the crown back in and then lock it.

### Configuring the Summer Time Setting (Dual Time)

The watch's current time setting can be changed to summer time when required.

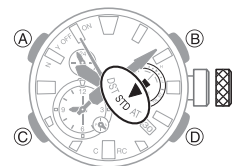
[STD]: The watch always indicates standard time.

[DST]: The watch always indicates summer time.

#### Important!

- When the time zone for your Dual Time is a region where time calibration signal reception is possible, you will be able to select [AT] (auto) for the daylight saving time setting. However, in order to have the Dual Time switch to daylight saving time, you need to swap it with your Home City time and then perform a time calibration signal receive operation.  
[🔗 Swapping the Home City Time and World Time \(Dual Time\)](#)
- For information about areas where time calibration signals can be received, see the information below.  
[🔗 City \(Time Zone\) List](#)

1. Enter the Calendar Mode.  
[🔗 Navigating Between Modes](#)
2. Loosen the crown and then pull it out to the first click.  
 The second hand will point to the currently selected time zone.  
  - The mode hand will point to the summer time setting of the Dual Time.
3. Hold down (B) for at least one second.  
 Each time you hold down (B) for at least one second, the summer time setting will cycle to the next available option.



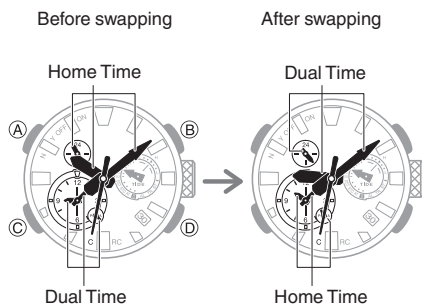
4. Push the crown back in and then lock it.

#### Note

- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.

## Swapping the Home City Time and World Time (Dual Time)

In the Calendar Mode, you can swap your Home City time with your Dual Time by holding down (B) for at least three seconds.



- If a swapping operation causes a change in the day indicator setting, the mode hand will rotate repeatedly.

[Hand and Day Indicator Movement](#)

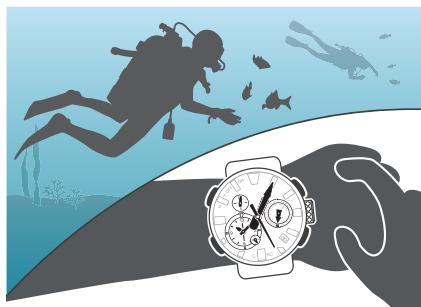
### Note

- This function comes in handy when you need to move to another time zone. For details about how to use it, go to the section below.

[International Travel](#)

## Using the Diving Function

You can use the procedures in this section to keep track of your dive time and surface interval. The watch automatically records diving log data. There is memory for up to 30 diving log data records. Recording diving log data when there are already 30 log data records in memory will automatically cause the oldest log record to be deleted to make room for the new one.



- You can use diving log data to view the items below.
  - Dive start date and time
  - Dive time
  - Surface interval
  - Location information

You can use CASIO WATCHES to view recorded diving log data.

[Viewing Diving Log Data](#)

### Important!

- Check to make sure the crown is locked before using the watch for diving.
- If the battery is low or dead, charge it before using the watch for diving.
- Before starting a dive (while still on the boat or on the water's surface), enter the Dive Mode.
- Do not operate the crown while the watch is wet.
- Should battery power go low, the watch will stop time measurement and switch to the Calendar Mode.
- Avoid over use of display illumination while diving. Overuse of illumination may cause the watch to exit the Dive Mode or may cause hand movement to stop in order to maintain watch operation. This can also cause all watch operation to be momentarily disabled.

## Measuring Elapsed Dive Time

Dive time is measured in units of one second up to 1 hour, 59 minutes, 59 seconds (2 hours).

- Even if elapsed dive time measurement continues for longer than the maximum dive time of two hours, the hands will continue to move for 24 hours.

1. Enter the Dive Mode.

[Navigating Between Modes](#)

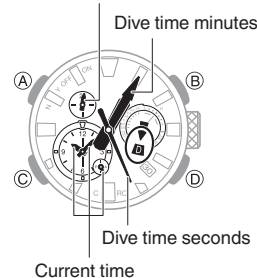
The hour hand, minute hand, second hand, and 24-hour hand will all move to 12 o'clock, which indicates that the watch is ready to start dive time measurement.

2. Press (D).

This starts dive time measurement.

Example: Dive time measurement 5 minutes 26 seconds

Dive time hours (2 hours per rotation)



- The hour and minute hands move together.

3. Hold down (D) for at least two seconds to stop dive time measurement.

This starts surface interval measurement.

### Note

- If the watch is in the Dive Mode, loosening the crown and then pulling it out to the first click will cause the current elapsed dive time to be reset to zero.
- The period from the point you enter the Dive Mode until you next enter the Calendar Mode is treated as the same dive.
- To create a separate log record for a dive such as when repetitive diving, enter the Calendar Mode and then return to the Dive Mode.
- If you do not perform any watch operation for about 24 hours after starting dive time measurement, measurement will stop and the hands will return to 12 o'clock.



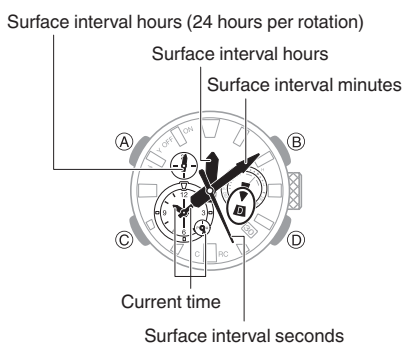
## Measuring Elapsed Surface Interval

This function measures the time since your last dive as surface interval time, which can be used in preparation for repetitive diving.

Surface interval times up to 24 hours can be measured.

1. Enter the Dive Mode.  
[🔗 Navigating Between Modes](#)
2. Use the operations below to perform a timer operation.

- ⓐ Dive 1 start
- ↓
- ⓑ Surface Interval 1 start  
(Hold down at least two seconds.)
- ↓
- ⓒ Dive 2 start
- ↓
- ⓓ Surface Interval 2 start  
(Hold down at least two seconds.)
- ⋮



- The second hand moves counterclockwise.

## Exiting the Dive Mode

Holding down (C) for at least two seconds in the Dive Mode enters the Calendar Mode.

- If you exit the Dive Mode while dive time or surface interval time measurement is in progress, the measurement operation will stop and the watch will enter the Calendar Mode.

## Viewing Diving Log Data

When a diving log is acquired, diving log data is automatically sent to CASIO WATCHES.

You can use CASIO WATCHES to view recorded diving log data.

[🔗 Using CASIO WATCHES to View Diving Log Data](#)

### Note

- The watch has memory for up to 30 diving log data records. Recording diving log data when there are already 30 log data records in memory will automatically cause the oldest log record to be deleted to make room for the new one.

### Important!

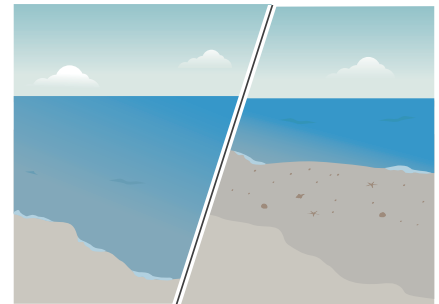
- If the watch is disconnected from the phone, diving log data will be sent to the phone's CASIO WATCHES app the next time they are re-connected.
- You can use CASIO WATCHES to view diving log data records. Note that you cannot view diving log data records using watch operations.

## Deleting Diving Log Data

1. Enter the Dive Mode.  
[🔗 Navigating Between Modes](#)
2. Loosen the crown and then pull it out to the first click.
3. Hold down (D) for at least two seconds.  
 This deletes the diving log data.
4. Push the crown back in and then lock it.

## Tide Level

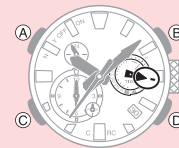
You can use the watch to check the current tide level in a port that you specify with CASIO WATCHES.



### Important!

- Displayed information is intended for reference only. Do not use it for maritime navigation, etc.
- To check a tide level, use CASIO WATCHES to select the port whose information you want to look up. Tide level information will not be displayed in the Tide Graph Mode unless you have a port specified.

When there is no port specified



## Specifying a Port

Use CASIO WATCHES to select the port whose tide level information you want to view.

[🔗 Using CASIO WATCHES to Configure Settings](#)

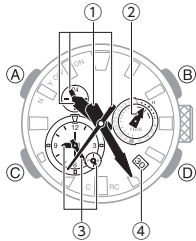
### Important!

- Use CASIO WATCHES to specify a port. Note that you cannot configure this setting using watch operations.

## Checking the Current Tide Level in the Specified Port

Entering the Tide Graph Mode displays the current time and tide conditions in the port you specified with CASIO WATCHES.

1. Enter the Tide Graph Mode.  
[🔍 Navigating Between Modes](#)



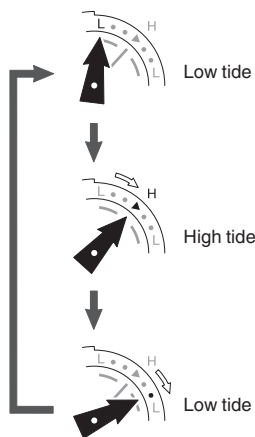
- ① Time in your current location
- ② Tide conditions in the specified port
- ③ Current time in the specified port
- ④ Current location date

### Note

- The tide level display is based on the summer time setting of the port that was specified when you enter the Tide Graph Mode.

### ● Interpreting Displayed Tide Conditions

The mode hand points to the current tide level in the specified port.



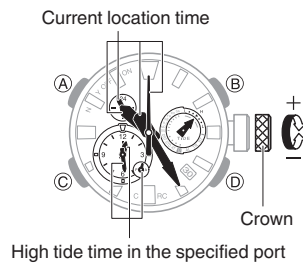
### Note

- The tide is indicated as one of six levels.
- If the tide level is not being indicated correctly, adjust the high tide time.  
[🔍 Adjusting High Tide Times](#)

## Adjusting High Tide Times

You can improve the accuracy of the displayed high tide by adjusting the high tide time in accordance with information available on the internet or in a newspaper.

1. Enter the Tide Graph Mode.  
[🔍 Navigating Between Modes](#)
2. Loosen the crown and then pull it out to the first click.
3. Rotate the crown to change the high tide time setting.



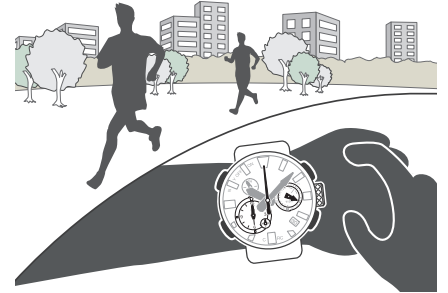
4. Push the crown back in and then lock it.

### Note

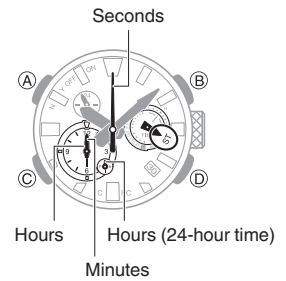
- For a location where there are two high tides per day, set the time of the first high tide. The watch will automatically calculate the time of the second high tide.
- If the specified port is in a time zone that is different from your current time zone, there may be cases when the date in the port is different from the displayed date.
- If summer time is in effect in the specified port, you should also use summer time when specifying the high tide time.

## Stopwatch

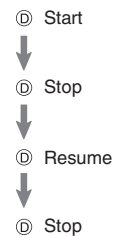
The stopwatch measures elapsed time in units of one second up to 23 hours, 59 minutes, 59 seconds (24 hours).



## Measuring Elapsed Time



1. Enter the Stopwatch Mode.  
[🔍 Navigating Between Modes](#)
2. Use the operations below to measure elapsed time.

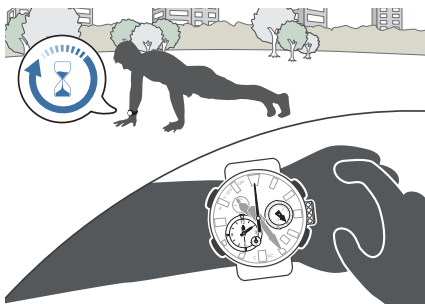


3. Press (A) to reset the elapsed time to all zeros.

## Timer

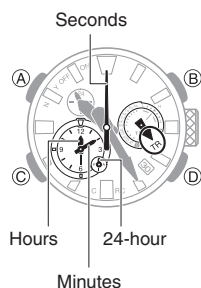
The timer counts down from a start time specified by you. A beeper sounds when the end of the countdown is reached.

- The beeper is muted when battery power is low.



### Setting the Timer Start Time

1. Enter the Timer Mode.  
[Navigating Between Modes](#)
2. Loosen the crown and then pull it out to the first click.
3. Rotate the crown to change the countdown start time setting.
  - The countdown start time can be set in 1-minute units up to 24 hours.



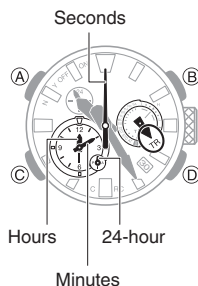
4. Push the crown back in and then lock it.

#### Note

- To specify a countdown start time of 24 hours, align the small hour and minute hands with 12 o'clock, so the small 24-hour hand aligns with 24.
- You can also use CASIO WATCHES to configure timer settings.

## Using the Timer

1. Enter the Timer Mode.  
[Navigating Between Modes](#)
2. Press (D) to start the countdown.



A beeper sounds for 10 seconds when the end of the countdown is reached.

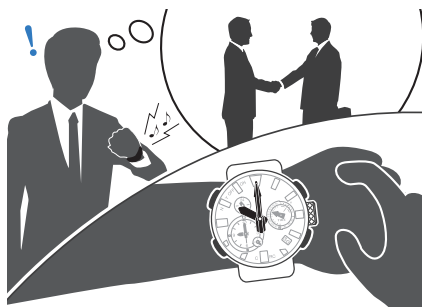
- To pause an ongoing countdown, press (D). To reset a paused countdown to the start time, press (A).
3. Press any button to stop the tone.

## Alarm

The watch will beep when the alarm time is reached.

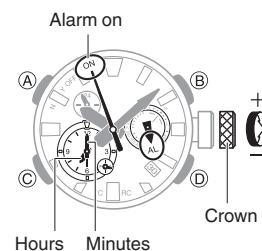
- The beeper is muted in the cases described below.
  - When battery power is low
  - While the watch is at Level 3 power saving

[Power Saving](#)



## Configuring Alarm Settings

1. Enter the Alarm Mode.  
[Navigating Between Modes](#)
2. Loosen the crown and then pull it out to the first click.  
This turns on the alarm.
3. Rotate the crown to change the alarm time setting.



4. Push the crown back in and then lock it.

#### • To stop the alarm

To stop the alarm after it starts to sound when an alarm time is reached, press any button.

#### Note

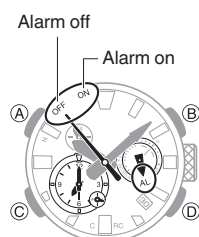
- A beeper sounds for 10 seconds when an alarm time is reached.
- You can also use CASIO WATCHES to configure alarm time settings.

## Turning Off the Alarm

To stop the alarm from sounding, perform the steps below to turn it off.

- To have the alarm sound again, turn it on.

1. Enter the Alarm Mode.  
[Navigating Between Modes](#)
2. Press (D) to move the second hand to OFF.
  - Each press of (D) toggles between on and off.



## Adjusting Hand and Day Indicator Alignment

Strong magnetism or impact can cause the hands and/or the day indicator to go out of alignment. If this happens, adjust hand and day indicator alignment.

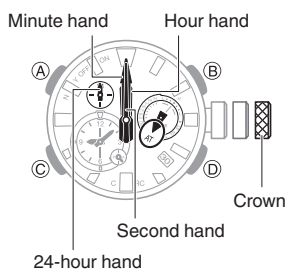
- The watch performs alignment of the hour hand, minute hand, and second hand automatically.

### Adjusting Hand and Day Indicator Alignment

- Loosen the crown and then pull it out to the second click.
- Hold down (D) for at least five seconds until the second hand points to 12 o'clock. Release the button when the second hand reaches 12 o'clock.

This will start auto alignment of the hour hand, minute hand, second hand, and 24-hour hand.

- After auto alignment is complete, the hands should be in the positions shown below.

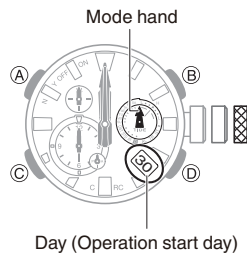


- Press (C).  
Confirm that the small hour and minute hands, and the small 24-hour hand are all stopped at 12 o'clock.



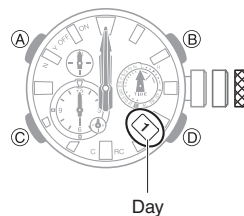
- If the small hour and minute hands, and the small 24-hour hand are not at 12 o'clock, rotate the crown to align them with 12 o'clock.

- Press (C).  
Confirm that the mode hand is stopped at 12 o'clock, and check if the day is indicated properly.



- If the mode hand and/or the day indicator is out of alignment, rotate the crown to move the mode hand to 12 o'clock and the day to the center of the indicator window.
  - The movement range of the mode hand and day indicator is limited when you rotate the crown. The maximum left-right movement of the mode hand is 180 degrees in either direction. The day indicator moves only slightly.
  - After the mode hand and day indicator are in the positions you want, advance to step 9 of this procedure. If you are unable to make the adjustments you want, go to step 7.

- Press (C).  
Confirm that the day indicator shows "1".



- Changing the date setting will cause the mode hand to rotate repeatedly. In some cases, the mode hand may continue to rotate for about 5 minutes.  
[Hand and Day Indicator Movement](#)

- If "1" is not shown for the day, rotate the crown until "1" is shown for the day.
  - The mode hand moves in conjunction with crown rotation. Move the mode hand to 12 o'clock.
- Push the crown back in and then lock it.

### Note

- 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 to its normal position and then pull it out again to restart the procedure from the beginning. Pushing the crown in to its normal position part way through the alignment procedure will cause the hands to return to their normal position. Any alignment you performed up to that point will be applied.

## Other Settings

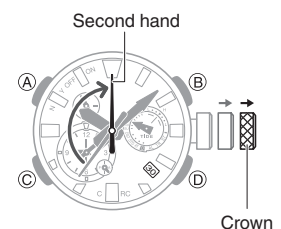
This section explains other watch settings you can configure.

### Resetting Watch Settings

This section explains how to return the watch settings below to their initial factory defaults.

- Watch Settings
- Stopwatch
- Timer
- Alarm
- Port specification
- Diving log

- Enter the Calendar Mode.  
[Navigating Between Modes](#)
- Loosen the crown and then pull it out to the second click.
- Hold down (A) for at least five seconds until the second hand points to 12 o'clock.



- Push the crown back in and then lock it.

## International Travel

When you enter another time zone, the watch will adjust its time setting to your current location in accordance with the time zone of your phone. When you reach your destination, disable the watch Airplane Mode.



1. When you reach your destination, establish a connection between the watch and your phone.

[Using the Watch in a Medical Facility or Aircraft](#)

After you disable the watch's Airplane Mode, it will adjust its time setting to the time in your current location.

- If you want to trigger immediate time adjustment, refer to the information at the link below.

[Triggering Immediate Time Adjustment](#)

## Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

### City (Time Zone) List

Time offset	Second Hand Position	Representative City	Receivable Transmitter
±0*	0	London, Dublin	MSF, DCF77
+1*	1	Paris, Rome	
+2*	2	Athens, Cairo	
+3	3	Jeddah, Moscow	-
+4	4	Dubai, Abu Dhabi	-
+5	5	Karachi	-
+6	6	Dhaka	-
+7	7	Bangkok, Jakarta	-
+8*	8	Hong Kong, Singapore	BPC
+9*	9	Tokyo, Seoul	JJY
+10	10	Sydney, Guam	-
+11	11	Noumea, Port Vila	-
+12	12	Wellington, Christchurch	-
+13	13	Nuku'alofa	-
+14	14	Kiritimati	-
-12	48	Baker Island	-
-11	49	Pago Pago	-
-10	50	Honolulu, Papeete	-
-9	51	Anchorage, Nome	-
-8*	52	Los Angeles, Vancouver	WWVB
-7*	53	Denver, Edmonton	
-6*	54	Chicago, Mexico City	
-5*	55	New York, Montreal	
-4*	56	Halifax, Caracas	
-3	57	Rio de Janeiro, Buenos Aires	-
-2	58	Fernando de Noronha	-
-1	59	Praia	-

\* Time zones where time calibration signal reception is possible.

- The second hand position will be 45 (9 o'clock) if you used your phone to specify a city whose time offset is not included in the above table.
- The information in the above table is current as of January 2020.

## Supported Phones

For information about phones that can connect with the watch, visit the CASIO website.

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

## Specifications

### Accuracy at normal temperature :

±15 seconds per month average when time adjustment by time calibration signal reception or by communication with a phone is not possible.

### Timekeeping :

Hour, minute (5-second hand movement), second, day (Full Auto Calendar 2000 to 2099), day of the week

### Signal Receive Functions :

Auto receive, manual receive  
Auto transmitter selection (for JJY, MSF/DCF77)  
Receivable Call Signs  
JJY (40kHz/60kHz), BPC (68.5kHz), WWVB (60kHz), MSF (60kHz), DCF77 (77.5kHz)  
OFF: Signal receive disabled

### Dual Time :

Hour, minute, 24-hour  
27 time zones  
Auto summer time setting  
Home City/World Time City swapping

### Tide Graph :

Tide level/high tide time selection

### Stopwatch :

Measuring unit: 1 second  
Measuring capacity: 23:59'59" (24 hours)

### Alarm :

Setting units: Hours, minutes  
Beeper: 10 seconds

### Timer :

Setting unit: 1 minute  
Countdown range: 24 hours  
Measuring unit: 1 second  
10-second beeper when the end of the countdown is reached

### Diving Function :

Dive time measurement: Up to two hours (1-second units)  
Surface interval display: Up to 24 hours  
Log memory: 30 records (dive start and end dates and times, or surface start and end dates and times)

## Mobile Link :

- Auto Time Correction
- Phone finder
  - Watch operation sounds the alert sound of the phone.
- World Time
  - Current time for a selection of approximately 300 cities
  - Home Time/World Time swapping
- Auto summer time setting
  - Automatic switching between standard time and summer time
- Tide Graph (6 levels)
  - Information on approximately 3,300 global locations
- Timer Settings
- Alarm Settings
- Hand alignment correction
- Data Communication Specifications
  - Bluetooth®
  - Frequency Band: 2400MHz to 2480MHz
  - Maximum Transmission: 0 dBm (1 mW)
  - Communication range: Up to 2 meters (depends on environment)

## Other :

- LED light (Super Illuminator, afterglow)
- Power Saving
- Auto hand alignment correction
- Hand Shift

## Power Supply :

- Solar panel and one rechargeable battery

## Approximate Battery Life :

- Approximately 5 months
- Conditions
  - Not exposed to light under the conditions below.
  - Bluetooth connection time: 10 hours/day
  - Alarm: Once (10 seconds)/day
  - Illumination: Once (3 seconds)/day
  - Second hand sleep: 6 hours/day
  - Diving: 3 dives/month
    - Dive time measurement: 45 minutes/dive
    - Surface interval measurement: 15 minutes/dive
    - Illumination: 6 seconds (3 seconds x 2)/dive

Note that battery operating time is reduced by illumination conditions, dive time duration in the Dive Mode, and Bluetooth connection time.\*

### \* Bluetooth connection time

- 16 hours/day: Approximately 4 months
- 18 hours/day: Approximately 3 months

Specifications are subject to change without notice.

## Mobile Link Precautions

### ● Legal Precautions

- This watch complies with or has received approval under the radio laws of various countries and geographical areas. Using this watch in an area where it does not comply with or has not received approval under applicable radio laws may be a criminal offense. For details, visit the CASIO Website.

<https://world.casio.com/ce/BLE/>

- Use of this watch inside of aircraft is restricted under the aviation laws of each country. Be sure to follow the instructions of airline personnel.

### ● Precautions when using Mobile Link

- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.
- This watch can be affected by other devices (electrical devices, audio-visual equipment, office equipment, etc.) In particular, it can be affected by operation of a microwave oven. The watch may not be able to communicate normally with a phone if a microwave oven is operating nearby. Conversely, this watch may cause noise in radio reception and the video image of a TV.
- Bluetooth of this watch uses the same frequency band (2.4 GHz) as wireless LAN devices, and use of such devices in close proximity of this watch may result in radio interference, slower communication speeds and noise for the watch and the wireless LAN device, or even communication failure.

### ● Stopping Radio Wave Emission by This Watch

The watch emits radio waves while it is paired with a phone.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, use the operation below to stop radio wave generation.

- Enable the watch's Airplane Mode
  - [Using the Watch in a Medical Facility or Aircraft](#)

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## Troubleshooting

### Signal Reception (Time Calibration Signal)

**Q1** The watch cannot perform a receive operation.

Is the watch's battery charged?

Signal reception is not possible while battery power is low. Keep the watch exposed to light until it recharges sufficiently.

☞ [Solar Charging](#)

Is the watch in the Calendar Mode?

The watch cannot receive time calibration signals while the Airplane Mode is enabled or while the watch is in a mode other than the Calendar Mode. Return to the Calendar Mode.

☞ [Navigating Between Modes](#)

☞ [Using the Watch in a Medical Facility or Aircraft](#)

Is your time zone setting correct for your location?

The watch will not indicate the correct time if the time zone setting is wrong. Change your time zone setting so it is correct for your location.

☞ [Selecting Your Home City's Time Zone](#)

Is the watch paired with a phone?

The time calibration signal auto receive operation is not performed while the watch is paired with a phone. (However, time signal auto receive is performed if there has been no time adjustment based on connection between the watch and phone for more than one day.) Also, a manual time calibration signal receive operation cannot be performed while the watch is paired with a phone. When you want to enable time calibration signal reception without using a phone, unpair the watch from your phone.

☞ [Unpairing](#)

After checking the above, the watch still cannot perform a receive operation.

Time calibration signal reception is not possible under the conditions described below.

- While the watch is at Level 3 power saving
- When the crown is pulled out
- Timer countdown operation in progress

If successful reception is not possible for some reason, you can adjust the time and day settings manually.

**Q2** The signal receive operation always fails.

Is the watch in a location that is appropriate for signal reception?

Check your surroundings and move the watch to a location where signal reception is better.

☞ [Appropriate Signal Reception Location](#)

Did you avoid touching the watch while the receive operation was in progress?

Minimize movement of the watch and do not perform any watch operation while a receive operation is in progress.

Is there an alarm configured to sound during the same period that the signal receive operation is performed?

Receive stops if an alarm operation starts while it is being performed. Disable the alarm.

☞ [Turning Off the Alarm](#)

Is the signal transmitter in your area transmitting a signal?

The transmitter of the time calibration may not be transmitting a signal. Try again later.

**Q3** Signal reception should have been successful, but the watch's time and/or day is wrong.

Is the indicated time off by one hour or by 30 minutes?

The watch may be using the wrong time offset. Correctly specify the time zone where you are using the watch.

☞ [Selecting Your Home City's Time Zone](#)

Is the indicated hour and/or minute wrong?

The hour hand and/or minute hand may be out of alignment. Perform the procedure under "Adjusting Hand and Day Indicator Alignment" to auto adjust hour and minute hand alignment.

☞ [Adjusting Hand and Day Indicator Alignment](#)

Is the indicated day of the week wrong?

The day of the week hand (mode hand) may be out of alignment. Perform the procedure under "Adjusting Hand and Day Indicator Alignment" to adjust mode hand alignment.

☞ [Adjusting Hand and Day Indicator Alignment](#)

Is the indicated Dual Time and/or alarm time wrong?

The Dual Time and/or alarm time hands (small hour hand, small minute hand) may be out of alignment. Perform the procedure under "Adjusting Hand and Day Indicator Alignment" to adjust small hour hand and small minute hand alignment.

☞ [Adjusting Hand and Day Indicator Alignment](#)

After checking the above, the time and/or day settings is still wrong.

Adjust time and day settings manually.

☞ [Using Watch Operations to Adjust the Time Setting](#)

## I can't pair the watch with a phone.

**Q1** I've never been able to establish a (pairing) connection between the watch and phone.

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.  
For information about supported phone models, visit the CASIO Website.

↓ [https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

Did you install the CASIO WATCHES phone app on your phone?

The CASIO WATCHES phone app needs to be installed on your phone in order to connect with the watch.

🔍 ① [Install the required app on your phone.](#)

Are your phone's Bluetooth settings configured correctly?

Configure the phone's Bluetooth settings. For details about setting procedures, see your phone documentation.

### iPhone Users

- "Settings" → "Bluetooth" → On
- "Settings" → "Privacy" → "Bluetooth" → "CASIO WATCHES" → On

### Android Users

- Enable Bluetooth.

Other than the above.

Some phones need to have BT Smart disabled to use CASIO WATCHES. For details about setting procedures, see your phone documentation.

On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

## I can't reconnect the watch and phone.

**Q1** The watch will not re-connect with the phone after they are disconnected.

Is the CASIO WATCHES phone app running?

The watch cannot re-connect with your phone unless CASIO WATCHES is running on the phone. On the phone's Home Screen, tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least 0.5 seconds until the second hand points to [C].



Have you tried turning your phone off and then back on again?

Turn the phone off and then back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least 0.5 seconds until the second hand points to [C].



Is a timer countdown operation in progress?

Connection with a phone is not possible while there is 30 seconds or less remaining on a countdown timer operation. Stop the countdown operation before connecting with the phone.

**Q2** I can't connect while my phone is in the Airplane Mode.

Connection with the watch is not possible while the phone's Airplane Mode is enabled. After disabling the phone's Airplane Mode, go to the phone's Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least 0.5 seconds until the second hand points to [C].



**Q3** I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On the phone, turn Bluetooth off and then back on, and then tap the "CASIO WATCHES" icon on the Home Screen. Next, on the watch, hold down (D) for at least 0.5 seconds until the second hand points to [C].



**Q4** I can't connect after turning off the phone.

Turn on the phone and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least 0.5 seconds until the second hand points to [C].





## Phone-Watch Connection

**Q1** I can't establish a connection between the phone and watch.

Have you tried turning your phone off and then back on again?

Turn the phone off and then back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least 0.5 seconds until the second hand points to [C].



Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

Has the watch been re-paired with the phone?

Delete the pairing information from the CASIO WATCHES phone app and your phone (iPhone only), and then re-pair them.

🔗 [Deleting Pairing Information from the CASIO WATCHES phone app](#)

🔗 [iPhone Only](#)  
[Deleting the phone's pairing information](#)

🔗 [③ Pair the watch with a phone.](#)

If you are unable to establish a connection...

After deleting pairing information from the watch, re-pair it with your phone.

🔗 [Deleting Pairing Information from the Watch](#)

🔗 [③ Pair the watch with a phone.](#)

## Changing to a Different Phone Model

**Q1** How do I connect my watch to a different phone?

Delete the pairing information from your watch and then pair it with the phone you want to connect with.

🔗 [If you purchase another phone](#)

## Auto Time Adjustment by Bluetooth Connection (Time Adjustment)

**Q1** When does the watch adjust its time?

Your watch can connect with a paired phone to adjust its time setting. Auto time adjustment is performed at the times described below.

- After your phone's time zone or summer time setting is changed
- After 24 hours or more have passed since the last time adjustment using Bluetooth connection
- After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
- After 24 hours or more have passed since the last home city change or time adjustment using watch operation

**Q2** Auto time setting is not correct.

Is there a Bluetooth connection between the watch and your phone?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Adjustment is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

Have 24 hours or more passed since the last time adjustment using Bluetooth connection?

Time adjustment using Bluetooth connection is performed once every 24 hours. Auto time adjustment will be performed when 24 hours or more have elapsed since the last time adjustment operation.

Have 24 hours or more has passed since the last manual time adjustment, city change, or city swapping operation?

Auto time adjustment is not performed for 24 hours after a manual time adjustment, city change, or city swapping operation. Auto time adjustment will resume after 24 hours or more have elapsed after either of the above operations is performed.

Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

**Q3** Even if I hold down (D) for at least 0.5 seconds, the watch does not sync its time setting with my phone.

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

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**Q4** Time is not displayed correctly.

If your phone is unable to receive a signal because you are outside its service range or for some other reason, the watch may not be able to display the correct time. If this happens, connect the phone to its network and then adjust the time setting.

**Q5** Time signal reception is not performed while watch is connected with a phone.

The watch does not receive a time signal for time correction while it is connected with a phone. However, time signal auto receive is performed if there has been no auto time adjustment based on connection between the watch and phone for more than one day.

## Diving Function

**Q1** I can't enter the Dive Mode.

The watch will not enter the Dive Mode while its charge is low or dead. Charge the watch before using it for diving.

**Q2** The watch enters the Calendar Mode when it switches from dive time measurement to surface interval measurement.

If the watch charge becomes low while it is in the Dive Mode, it will not be able to perform surface interval measurement. Charge the watch before using it for diving.

## Tide Level

**Q1** Tide level information is not displayed when I enter the Tide Graph Mode.

To check a tide level, use CASIO WATCHES to specify a port.

## Alarm

**Q1** The alarm does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

☞ [Solar Charging](#)

The crown is pulled out.

The alarm will not sound while the crown is pulled out. Push the crown back in to its normal position.

Is the alarm enabled?

Enable the alarm.

☞ [Configuring Alarm Settings](#)

## Hand Movement and Indications

**Q1** I don't know what mode the watch is in.

You can determine the current mode by checking the mode hand position. Use (C) to navigate between modes.

☞ [Navigating Between Modes](#)



**Q2** The second hand is jumping at two-second intervals.

Battery power is low. Keep the watch exposed to light until it recharges sufficiently.

☞ [Solar Charging](#)

**Q3** All hands are stopped and buttons do not work.

The battery is dead. Keep the watch exposed to light until it recharges sufficiently.

☞ [Solar Charging](#)

**Q4** The hands suddenly start moving at high speed.

This is due to the reason (or one of the reasons) below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- The watch is recovering from a power saving state.
  - ☞ [Power Saving](#)
- A time calibration signal is being received and the time setting is being adjusted.
  - ☞ [Time Adjustment Using a Time Signal](#)
- Watch is connected with a phone to adjust its time setting.
  - ☞ [Auto Time Adjustment](#)

**Q5** Hands are stopped and buttons do not work.

The watch is in the charge recovery mode. Wait until the recovery process is complete (for about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

**Q6** Why is the current time indicated by the watch is off by a certain amount of time (nine hours, three hours and 15 minutes, etc.)?

The city setting is not correct. Select the correct setting.

☞ [Selecting Your Home City's Time Zone](#)

**Q7** The current time indicated by the watch is off by one hour or 30 minutes.

The summer time setting is not correct. Select the correct setting.

☞ [Selecting Your Home City's Time Zone](#)

**Q8** The hand and/or day indicator are not aligned correctly.

Strong magnetism or impact can cause the hands and/or the indicator to go out of alignment. Adjust hand and/or day indicator alignment.

☞ [Adjusting Hand and Day Indicator Alignment](#)

- Check the information below to find out how to align the hands and/or day indicator manually.

☞ [Adjusting Hand and Day Indicator Alignment](#)

## Crown Operations

**Q1** Nothing happens when I rotate the crown.

If you do not perform any operation for about two minutes after pulling out the crown (approximately 30 minutes in the case of hand and day indicator alignment), crown operations will automatically become disabled. Push the crown back in to its normal position and then pull it out again to re-enable crown operations.

☞ [Using the Crown](#)