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Watch Operation Guide 3495

CASIO

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Precautions

Operating Precautions

● Water Resistance

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

Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	No
Windsurfing	No
Skin diving	No

Enhanced Water Resistance Under Daily Use

5 Atmospheres

Marking on watch front or on back cover	5BAR

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	No
Skin diving	No

10 Atmospheres

Marking on watch front or on back cover	10BAR

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

20 Atmospheres

Marking on watch front or on back cover	20BAR

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.
- 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.
- Even 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 submersed 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 housework, 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.

● Band

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
- Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

● 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 +60 °C (140 °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

- Though a digital watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction and damage to electronic components.

● Electrostatic Charge

- Exposure 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.

● Chemicals

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, leather, and other parts.

● Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

● Resin Components

- 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.
- 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.
- Leaving 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.

● 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 the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

  CAUTION:
  Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

● 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.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

● 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.

Note that CASIO Computer Co., Ltd. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

User Maintenance

● Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

● Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

Battery

- The special rechargeable battery used by your watch is not intended to be removed or replaced by you. Use of a rechargeable battery other than the special one specified for your watch can damage your watch.
- The rechargeable (secondary) battery is charged when the solar panel is exposed to light, so it does not require regular replacement as the primary battery requires. Note, however, that long use or operating conditions can cause the capacity or charging efficiency of the rechargeable battery to deteriorate. If you feel that the amount of operation provided by charging is too short, contact your original retailer or CASIO service center.

Before Getting Started...

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

● Watch Features

- Solar Charging

  Sunlight and artificial light generate electricity for watch operation as it charges.

- Time Signal Reception

  The watch receives a radio signal containing time information and uses it to keep its time setting accurate.

- World Time

  You can display the current time in any one of 48 cities around the globe, as well as for UTC (Coordinated Universal Time). You can select up to five cities in the World Time Mode.

- Alarm

  An alarm sounds whenever a time specified by you is reached.

- Stopwatch

  The stopwatch measures elapsed time in units of one second (1/100 second for the first hour) up to 24 hours.

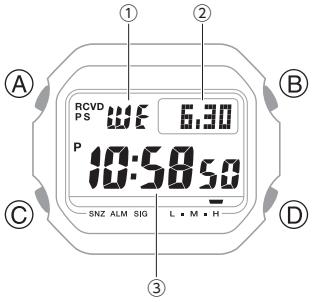
- Timer

  Countdown from a start time specified by you. An alarm sounds when the countdown reaches zero.

Note

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

General Guide



① Day of the week
② Month, day
③ Hour, minute, second

A button

Holding down this button for at least two seconds in any mode displays the setting screen.

B button

Press to turn on illumination.

C button

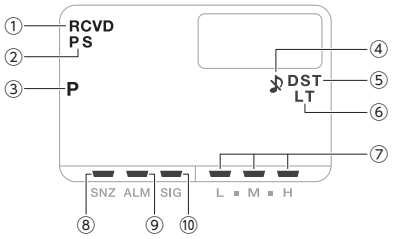
Each press cycles between watch modes.

In any mode, hold down this button for at least one second to return to the Timekeeping Mode.

D button

Pressing this button while any setting screen is displayed will change the setting.

Indicators



① Appears when the time signal receive operation is successful.

② Displayed while Power Saving is enabled.

③ Displayed during p.m. times while 12-hour timekeeping is being used.

④ Displayed while the button operation tone is disabled.

⑤ Displayed while the watch is indicating summer time.

⑥ Displayed while Auto Light is enabled.

⑦ Shows the current charge level.

⑧ Displayed while the snooze alarm is turned on.

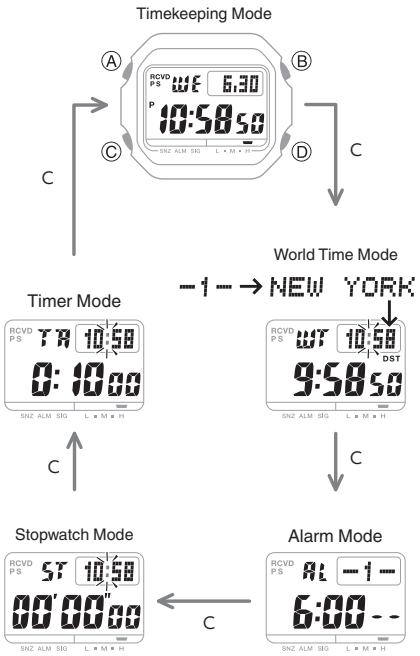
⑨ Displayed while an alarm is turned on.

⑩ Displayed while the hourly time signal is enabled.

Navigating Between Modes

Press (C) to cycle between modes.

- In any mode, hold down (C) for at least one second to return to the Timekeeping Mode.



Charging

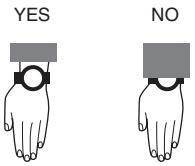
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

● 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
- The display panel may become black under very high temperatures. This is temporary, and the display will return to normal at lower temperatures.

● Checking the Charge Level

A display indicator shows the watch's current charge level.



Charge Level 1: Good

All functions enabled.



Charge Level 2: Good

All functions enabled.



Charge Level 3: Low

[L] and [LOW] flash on the display and the functions below become disabled.

- Time signal reception
- Face illumination
- Sounds (alarm, etc.)
- All functions except for the Timekeeping Mode



Charge Level 4: Low

When the battery charge drops lower than Level 3, [CHG] starts to flash on the display and all functions become disabled.



Charge Level 5: Dead

The digital display will go blank if the battery goes dead. Memory data is lost, and watch settings are returned to their initial factory defaults.

Important!

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

Note

- When [H], [M], and [L] are all flashing on the display, it means that all functions are disabled due to momentary battery power consumption.

● Charging Time Guidelines

The table below shows guidelines for approximate charging times.

Charging Times Required for 1 Day of Operation

Light Level (Lux)	Approximate Charging Time
50,000	8 minutes
10,000	30 minutes
5,000	48 minutes
500	8 hours

Charge Recovery Times

- Sunny day, outdoors (50,000 lux)

Dead battery → Medium charge	3 hours
Medium charge → High charge	34 hours
High charge → Full charge	10 hours

- Sunny day, near a window (10,000 lux)

Dead battery → Medium charge	10 hours
Medium charge → High charge	130 hours
High charge → Full charge	35 hours

- Overcast day, near a window (5,000 lux)

Dead battery → Medium charge	16 hours
Medium charge → High charge	210 hours
High charge → Full charge	57 hours

- Indoor fluorescent lighting (500 lux)

Dead battery → Medium charge	206 hours
Medium charge → High charge	-
High charge → Full charge	-

Note

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

● Power Saving Function

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause the display to go blank, and the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, the watch will enter Level 2 power saving.

Power Saving Level 1 :

Digital display goes blank to save power.

Power Saving Level 2 :

Digital display goes blank to save power. All functions are disabled.

Recovering from Power Saving Operation

Use one of the operations below to exit power saving.

- Press any button.
- Move the watch to a bright location.
- Trigger auto light by angling the watch towards your face.

Note

- The watch will not enter power saving in the cases below.
  - While in the Stopwatch Mode
  - While in the Timer Mode
- You can enable or disable Power Saving as required.
  Configuring Power Saving Function Settings
- Note that the watch also may enter power saving if its face is blocked from light by your sleeve while you are wearing it.

Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

● To illuminate the face manually

Press (B) to turn on illumination.

- Illumination will turn off automatically if an alarm starts to sound.



Important!

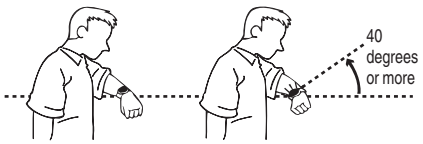
- Frequent use of illumination will run down the battery.

Note

- Display illumination is disabled when any one of the conditions below exists.
  - Alarm, timer alert, or other beeper sounding
  - Time calibration reception in progress

● To illuminate the face when Auto Light is enabled

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



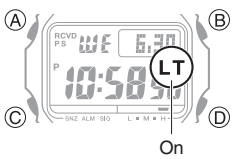
- Auto Light may operate unintentionally and run down the battery if the watch is blocked from light by your sleeve.
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

Note

- Auto Light is disabled when any one of the conditions below exists.
  - Alarm, timer alert, or other beeper sounding
  - Time calibration reception in progress

● Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (B) for at least three seconds to toggle Auto Light between enabled and disabled.
   - [LT] is displayed while Auto Light is enabled.



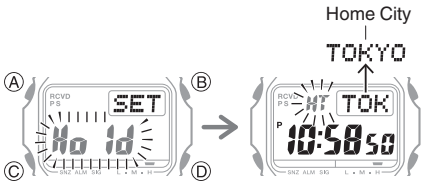
Note

- Auto Light is disabled while [CHG] is shown on the display.

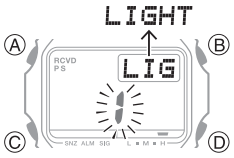
● Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

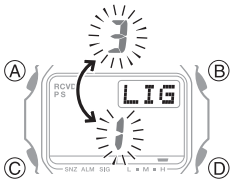
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) 12 times.
   This will cause [1] or [3] to appear on the display.



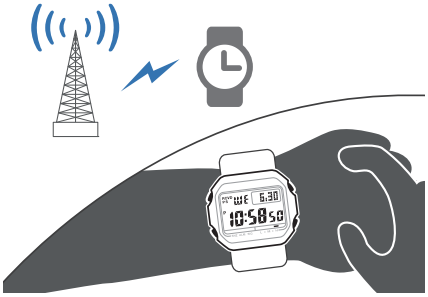
4. Press (D) to toggle between the two illumination duration settings.
   [1]: 1.5-second illumination
   [3]: 3-second illumination



5. Press (A) to complete the setting operation.

Time Adjustment

Your watch can receive time calibration signals and adjust its date and 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 area where you are using the watch.
  Setting a Home City

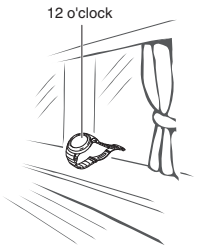
Note

- Areas where time signal reception is supported are limited. When you are using the watch in an area where time calibration signal reception is not possible, adjust time and day settings manually.
  Using Watch Operations to Adjust the Time Setting

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 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.

1. Place the watch near a window or some other location appropriate for signal reception.
   - [RCVD] flashes while time signal reception is in progress.
   - When the receive operation is successful, the time and day settings are adjusted automatically, and the [RCVD] indicator appears.

Note

- The receive operation typically takes anywhere from about three minutes to about eight minutes. It can take as long as 16 minutes.

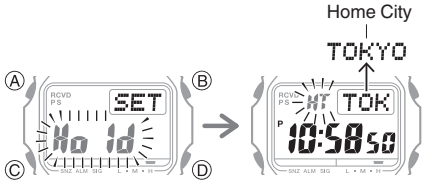
Enabling and disabling Auto Receive

You can stop auto receive by disabling the Auto Receive setting.

Note

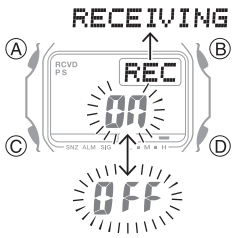
- While the Home City setting is one where time signal reception is possible, you can enable or disable auto receive as required.
  Time Signal Reception Ranges

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) 13 times.

   This causes [On] or [OFF] to flash on the display.



4. Press (D) to toggle between on and off.

   [On]: Auto Receive enabled.

   [OFF]: Auto Receive disabled.

5. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Manual Time Calibration Signal Receive

1. Place the watch near a window or some other location appropriate for time signal reception.
2. Enter the Timekeeping Mode.
   Navigating Between Modes
3. Hold down (D) for at least two seconds until [RCVD] flashes.

   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.



Receive level indicator

- The level indicator shows the signal level ([L1], [L2], [L3]) while a receive operation is in progress.
  Receive Level Indicator

Note

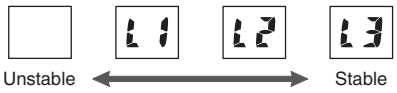
- The receive operation typically takes anywhere from about three minutes to about eight minutes. It can take as long as 16 minutes.
- Time calibration signal reception is better at night than during the day.
- A time calibration signal cannot be received while the city selected as your Home City is one that does not support signal reception.

Receive Level Indicator

While a receive operation is in progress, its current status is indicated on the display as shown below. Use the level indicator to find a location where signal reception is stable.



Receive level indicator



Note

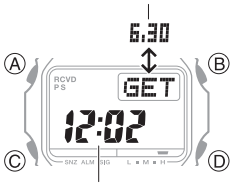
- It takes about 10 seconds for time signal reception conditions to stabilize.
- Reception conditions are affected by weather, the time of day, the surrounding environment, etc.

Checking the Last Time Adjustment Result

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Press (D).

   This displays the date and time of the last successful receive operation.

Receive month and day



Receive time

Note

- Even if there was a successful receive operation, [RCVD] will not be displayed if you subsequently adjusted the time and/or date setting manually.

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 ±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 Timekeeping Mode or World Time Mode
  - When the watch is at Level 2 power saving
  - While a timer countdown operation is in progress
  - While the Home City area setting is one where time signal reception is not possible
  - While the watch is outside the time signal reception range
- 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
- As of July 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.

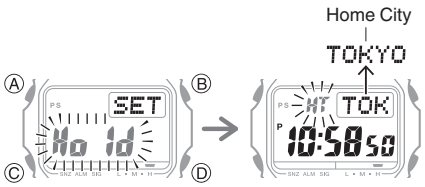
Using Watch Operations to Adjust the Time Setting

If, for some reason, you cannot use time signal reception to adjust the current time setting, you can adjust date, time, and Home City settings manually using watch button operations.

● Setting a Home City

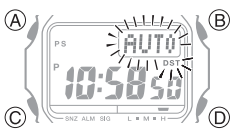
Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summer time, you can also configure a summer time setting.

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Use (B) and (D) to change the Home City setting.
   - Holding down (B) or (D) scrolls through settings at high speed.
   - For details refer to the information below.
     City Table
4. Press (C).
5. Use (D) to select a summer time setting.

   Each press of (D) cycles through available settings in the sequence shown below.
   - [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.



6. Press (A) to complete the setting operation.

Note

- The [AUTO] summer time setting is valid only when the watch's Home City is in an area where a time signal can be received.
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

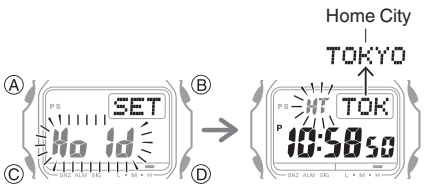
● Setting the Time/Date

You can use the procedure below to adjust the time and date settings when using the watch where signal reception is not possible.

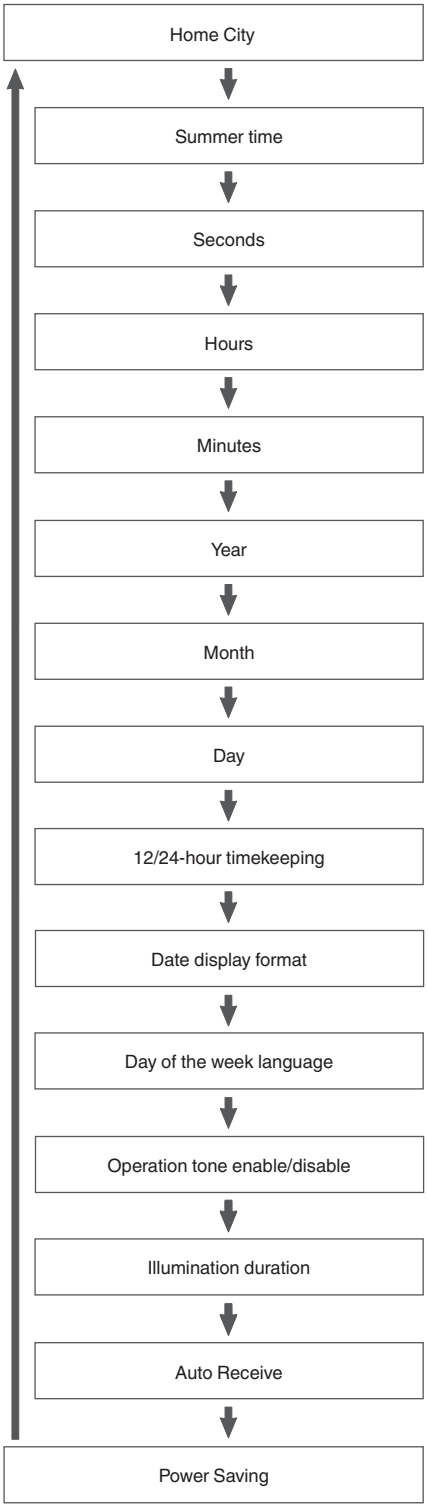
Important!

- If you are using the watch in an area where signal receive operations are possible, time and date settings using the time signal is recommended.
- Configure the Home City setting before changing the current time and date settings.
  Setting a Home City

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Keep pressing (C) until the setting you want to change is flashing.
   - Each press of (C) moves the flashing to the next setting in the sequence shown below.



4. Configure the date and time settings.
   - To reset the seconds to 00: Press (D). 1 is added to the minutes when the current count is between 30 and 59 seconds.
   - For all the other settings, use (B) and (D) to change the flashing setting. Holding down (B) or (D) scrolls through settings at high speed.
5. Repeat steps 3 and 4 to select time and date settings.
6. Press (A) to complete the setting operation.

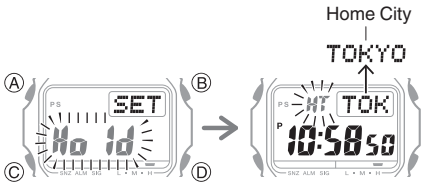
Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● Switching between 12-hour and 24-hour Timekeeping

You can specify either 12-hour format or 24-hour format for the time display.

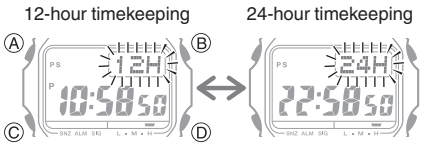
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) eight times.
   This causes [12H] or [24H] to flash on the display.



4. Press (D) to toggle the setting between [12H] (12-hour timekeeping) and [24H] (24-hour timekeeping).



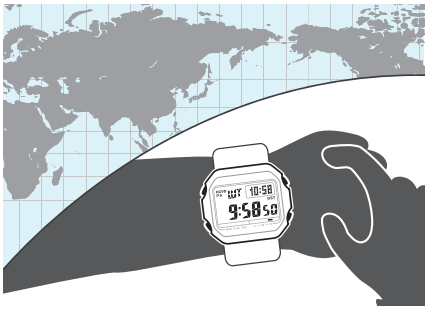
5. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

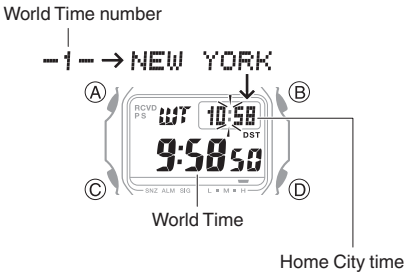
World Time

You can view the current time in 48 cities (31 time zones), and UTC (Coordinated Universal Time) time.



Checking World Time

1. Enter the World Time Mode.
   Navigating Between Modes
   Entering the World Time Mode causes a World Time number and city name to appear first. After that, the display will appear as shown below.



   - To change the selected World Time city, press (D).

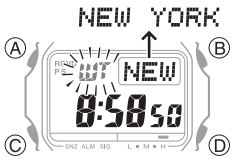
World Time City Setting

You can specify up to five cities as your World Time favorites. If you are in an area that observes summer time, you can also enable or disable summer time.

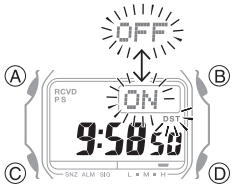
1. Enter the World Time Mode.
   Navigating Between Modes
2. Use (D) to display the World Time number whose setting you want to configure.



3. Hold down (A) for at least two seconds.
   This causes [WT] to flash on the display.



4. Use (B) and (D) to display the city you want to specify as a World Time City.
   - Holding down (B) or (D) scrolls through settings at high speed.
5. If you want to change the summer time setting, press (C).
6. Use (D) to select a summer time setting.
   - [OFF]
     The watch always indicates standard time.
   - [ON]
     The watch always indicates summer time.



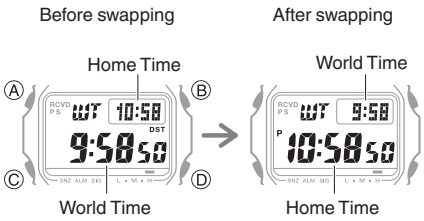
7. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.
- The summer time setting you configure is applied to the currently selected city only. It does not affect other cities.

Swapping Your Home Time and World Time

In the World Time mode, press (A) and (B) at the same time to swap your Home City time with your World Time.



Alarm

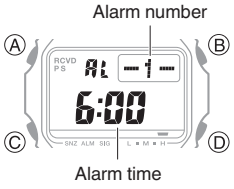
The watch will beep when the alarm time is reached. You can configure up to four standard daily alarms, and one daily alarm with snooze. The hourly time signal causes the watch to beep every hour on the hour.

- Snooze causes the alarm to sound up to seven times, at five-minute intervals.
- The alarm sound is muted in the cases described below.
  - When battery power is low
  - When watch is at Level 2 power saving
    Power Saving Function

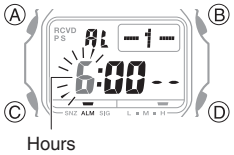


Configuring Alarm Settings

1. Enter the Alarm Mode.
   Navigating Between Modes
2. Use (D) to display the alarm screen (alarm number [1] to [4] or [SNZ]) whose setting you want to change.



3. Hold down (A) for at least two seconds.
   This causes the hours digits to flash.
   - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

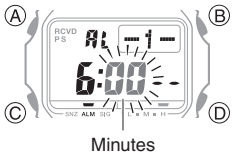


4. Use (B) and (D) to change the hour setting.
   - Holding down (B) or (D) scrolls through settings at high speed.
   - If you are using 12-hour timekeeping, [P] indicates p.m.



5. Press (C).

   This causes the minutes digits to flash.



6. Use (B) and (D) to change the minute setting.
7. Press (A) to exit the setting screen.

● To stop the alarm

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

Snooze causes the alarm to sound up to seven times, at five-minute intervals. To cancel a snooze alarm, turn [SNZ] off.

Turning Off an Alarm or the Hourly Time Signal

Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.
- The watch will automatically return to the Timekeeping Mode from the Alarm Mode after two or three minutes of non-operation.

Configuring the Hourly Time Signal Setting

1. Enter the Alarm Mode.

Navigating Between Modes

2. Press (D) to display the hourly time signal screen ([SIG]).



3. Press (A) to toggle the hourly time signal between enabled and disabled.
   - [SIG] (hourly time signal) is shown on the display while the hourly time signal is enabled.



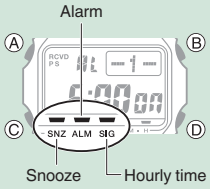
Turning Off an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

- To have an alarm or hourly time signal sound again, turn it back on.

Note

- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.



1. Enter the Alarm Mode.

Navigating Between Modes

2. Use (D) to display the item whose on/off setting you want to change: alarm number [1] to [4] or [SNZ], or the hourly time signal ([SIG]) screen.



3. Press (A) to turn off the displayed alarm or the hourly time signal.
   - Each press of (A) toggles between ON and OFF.
   - Turning off all alarms will cause [ALM] (alarm) to disappear from the display, while disabling the hourly time signal causes [SIG] (hourly time signal) to disappear from the display.



Note

- If [ALM] (alarm) is still displayed, it means that another alarm is still turned on. To turn off all of the alarms, repeat steps 2 and 3 until the [ALM] (alarm) indicator is no longer displayed.

Stopwatch

The stopwatch can measure elapsed time 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.

Ⓓ Start
↓
Ⓓ Stop
↓
Ⓓ Resume
↓
Ⓓ Stop

- Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.

First hour



Minutes, seconds, 1/100 seconds

After first hour



Hour, minute, second

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

Measuring a Split Time

1. Enter the Stopwatch Mode.
   Navigating Between Modes
2. Use the operations below to measure elapsed time.
   - Pressing (A) displays the elapsed time from the start of a race up to the point when you pressed the button (split time).

Ⓓ Start
↓
Ⓐ Split
↓
Ⓐ Split release
↓
Ⓓ Stop

   - Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.

First hour



Minutes, seconds, 1/100 seconds

After first hour



Hour, minute, second

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

Timing the First and Second Place Finishers

1. Enter the Stopwatch Mode.
   Navigating Between Modes
2. Use the operations below to measure elapsed time.

Ⓓ Start
↓
Ⓐ 1st Finisher*
↓
Ⓓ 2nd Finisher*

   * This displays the time of the first finisher.
   - Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.

First hour



Minutes, seconds, 1/100 seconds

After first hour



Hour, minute, second

3. Press (A) to display the time of the second finisher.
4. Press (A) to reset the measurement 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.

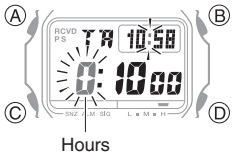


Setting the Time

The countdown start time can be set in 1-second units up to 24 hours.

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.
  Using the Timer

1. Enter the Timer Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the hours digits to flash.



3. Use (B) and (D) to change the timer hours setting.
   - Holding down (B) or (D) scrolls through settings at high speed.
4. Press (C).
   This causes the minutes digits to flash.



5. Use (B) and (D) to change the timer minutes setting.
6. Press (C).
   This causes the seconds digits to flash.



7. Use (B) and (D) to change the seconds setting.
8. Press (A) to exit the setting screen.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Setting a start time of [0:00 00] will perform a countdown of 24 hours.

Using the Timer

1. Enter the Timer Mode.
   Navigating Between Modes



2. Use the operations below to perform a timer operation.

Ⓓ Start
↓
(Countdown starts)
↓
Ⓓ Pause
↓
Ⓓ Resume
↓
(Time up)

- A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.
- To reset a paused countdown to the start time, press (A).

3. Press any button to stop the tone.

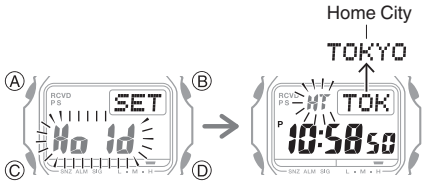
Other Settings

This section explains other watch settings you can configure.

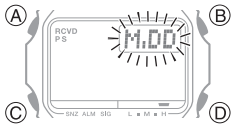
Changing the Date Display Format

You can select either month/day or day/month as the date display format.

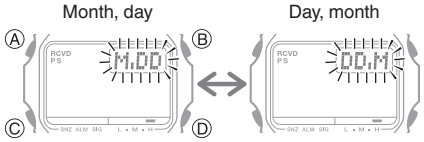
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) nine times.
   This displays a screen for selecting the date display format.



4. Use (D) to select a date display format.
   M: Month
   DD: Day



5. Press (A) to exit the setting screen.

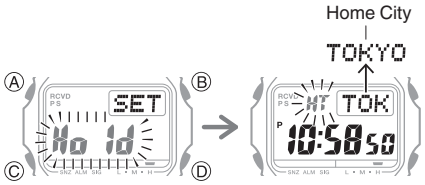
Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

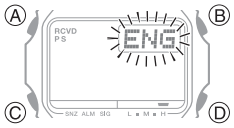
Specifying the Day of the Week Language

You can select any one of six languages for the day of the week display in the Timekeeping Mode.

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) 10 times.
   This causes the language setting to flash.



4. Use (D) to select a language.
   [ENG]: English
   [ESP]: Spanish
   [FRA]: French
   [DEU]: German
   [ITA]: Italian
   [PyC]: Russian
5. Press (A) to exit the setting screen.

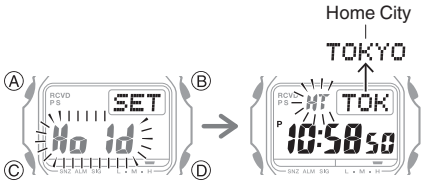
Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

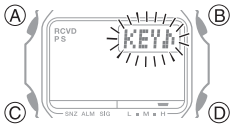
Enabling the Button Operation Tone

Use the procedure below to enable or disable the tone that sounds when you press a button.

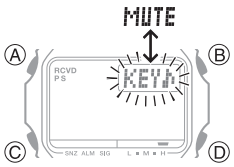
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) 11 times.
   This causes [KEY♪] or [MUTE] to flash on the display.



4. Use (D) to select [KEY♪] or [MUTE].
   [KEY♪]: Operation tone enabled.
   [MUTE]: Operation tone muted.



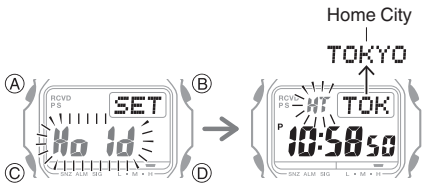
5. Press (A) to exit the setting screen.

Note

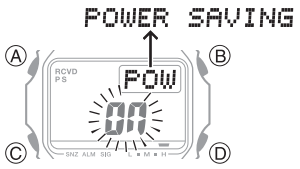
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Note that alarm and timer tones will still sound even while the operation tone is muted.

Configuring Power Saving Function Settings

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) 14 times.
   This displays [POWER SAVING].



4. Press (D) to toggle between ON and OFF.
   [On]: Power Saving enabled.
   [OFF]: Power Saving disabled.
5. Press (A) to exit the setting screen.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- For details about Power Saving, refer to the information below.
  Power Saving Function

Other Information

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

City Table

City		Offset
UTC	Coordinated Universal Time	0
LISBON *	Lisbon	
LONDON *	London	
MADRID *	Madrid	+1
PARIS *	Paris	
ROME *	Rome	
BERLIN *	Berlin	
STOCKHOLM *	Stockholm	
ATHENS *	Athens	+2
CAIRO	Cairo	
JERUSALEM	Jerusalem	
MOSCOW	Moscow	+3
JEDDAH	Jeddah	
TEHRAN	Tehran	+3.5
DUBAI	Dubai	+4
KABUL	Kabul	+4.5
KARACHI	Karachi	+5
DELHI	Delhi	+5.5
KATHMANDU	Kathmandu	+5.75
DHAKA	Dhaka	+6
YANGON	Yangon	+6.5
BANGKOK	Bangkok	+7
SINGAPORE	Singapore	+8
HONG KONG *	Hong Kong	
BEIJING *	Beijing	
TAIPEI *	Taipei	
SEOUL *	Seoul	+9
TOKYO *	Tokyo	
ADELAIDE	Adelaide	+9.5
GUAM	Guam	+10
SYDNEY	Sydney	
NOUMEA	Noumea	+11
WELLINGTON	Wellington	+12
PAGO PAGO	Pago Pago	-11
HONOLULU	Honolulu	-10
ANCHORAGE	Anchorage	-9
VANCOUVER *	Vancouver	-8
LOS ANGELES *	Los Angeles	
EDMONTON *	Edmonton	-7
DENVER *	Denver	
MEXICO CITY *	Mexico City	-6
CHICAGO *	Chicago	
NEW YORK *	New York	-5
HALIFAX *	Halifax	-4
ST. JOHN'S *	St. John's	-3.5
BUENOS AIRES	Buenos Aires	-3
RIO DE JANEIRO	Rio de Janeiro	
F. DE NORONHA	Fernando de Noronha	-2
PRAIA	Praia	-1

* Cities where time calibration signal reception is possible.

- The information in the above table is current as of July 2020.
- Time zones may change and UTC differentials may become different from those shown in the table above.

Specifications

Accuracy at normal temperature :

±15 seconds per month average when time adjustment using signal reception is not possible.

Timekeeping :

Hour, minute, second, year, month, day, day of the week
a.m./p.m.(P)/24-hour timekeeping
Full Auto Calendar (2000 to 2099) *
* Year display on setting screen only.

Signal Receive Functions :

Auto receive, manual receive
Auto transmitter selection (for JJY, MSF/DCF77)
Receivable call signs:
JJY (40 kHz/60 kHz), WWVB (60 kHz), MSF (60 kHz), DCF77 (77.5 kHz), BPC (68.5 kHz)
Automatic and manual switching between standard time and summer time.

World Time :

48 cities (31 time zones) and Coordinated Universal Time (UTC)
Summer time
Home Time swapping

Alarm :

Alarms: 5 (with one snooze alarm)
Setting units: Hours, minutes
Alarm tone duration: 10 seconds
Hourly time signal: Beep every hour on the hour

Stopwatch :

Measurement units:
1/100 seconds (first hour); 1 second (after first hour)
Measuring range:
23 hours, 59 minutes, 59 seconds (24 hours)
Measurement Functions:
Elapsed time, split times, 1st and 2nd place finisher times

Timer :

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

Other :

Full auto LED light, light duration setting, Power Saving, charge level indication, operation tone enable/disable, selectable date format, selectable day of the week language, auto time adjustment enable/disable

Power Supply :

Solar panel and one rechargeable battery
Battery operating time: Approximately 10 months
Conditions:
Not exposed to light under the conditions below.
Time signal reception: 4 minutes/day
Alarm: Once (10 seconds)/day
Illumination: Once (1.5 seconds)/day
Power Saving: 6 hours/day

Specifications are subject to change without notice.

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.

Charging

Is the watch in the Timekeeping Mode or World Time Mode?

Time signal receive is not possible unless the watch is in the Timekeeping Mode or World Time Mode. Enter the Timekeeping Mode or World Time Mode.

Navigating Between Modes

Is your Home City setting correct for your location?

The watch will not indicate the correct time if the Home City setting is wrong. Change your Home City setting so it correctly reflects your location.

Setting a Home City

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

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

- When watch is at Level 2 power saving
- 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 an Alarm or the Hourly Time Signal

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.

Adjust time and day settings manually.

Using Watch Operations to Adjust the Time Setting

World Time

Q1 The time for a World Time City is not correct.

The summer time setting (standard time/summer time) is wrong.

World Time City Setting

Alarm

Q1 The alarm does not sound.

Is the alarm setting turned on? If it isn't, turn it on so it will sound.

Configuring Alarm Settings

Charging

Q1 The watch does not work even though it is exposed to light.

The watch stops operating whenever the battery goes dead. Keep the watch exposed to light until it recharges sufficiently.

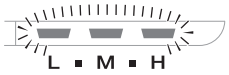
Checking the Charge Level

Q2 [H], [M], and [L] are flashing on the display.

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

- If a signal receive operation, alarm, hourly time signal, illumination and/or other power-intensive functions are used within a short period of time, the charge level of the battery will drop and cause the watch to go into a charge recovery mode. Function availability will be temporarily limited, but functionality will return after the battery recovers.

Checking the Charge Level



Q3 [CHG] is flashing on the display.

The charge level of the watch is extremely low. Immediately expose the watch to light to charge it.

Checking the Charge Level

Other

Q1 I can't find the information I need here.

Visit the website below.

https://world.casio.com/support/