

Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for later reference when necessary.

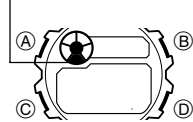
Expose the watch to bright light to charge its battery before using it.

You can use this watch even as its battery is being charged by exposure to bright light.

- Be sure to read "Battery" for important information you need to know when exposing the watch to bright light.

If the display of the watch is blank...

Power saving indicator



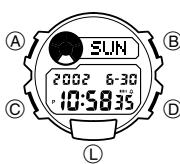
If the Power Saving indicator is on the display, it means that the display is blank because the watch's Power Saving function has turned off the display to conserve power.

- The initial factory default setting is Power Saving on.
- The watch recovers from the sleep state if you press any button (except (A)).
- See "To enter the Power Saving Mode" for more information.

General Guide

- If the digital display of your watch is continuously changing, see "To turn off Auto Display" for information on how to stop it.
- Press (C) to change from mode to mode.

Timekeeping Mode



Press (C).

World Time Mode



- In any mode, press (L) to illuminate the display.

Data Bank Mode



Alarm Mode



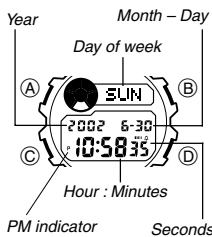
Countdown Alarm Mode



Stopwatch Mode



Timekeeping



Use the Timekeeping Mode to set and view the current time and date.

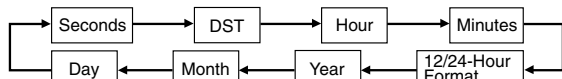
To reset the seconds count to zero

1. In the Timekeeping Mode, hold down (A) until the second digits start to flash, which indicates the setting screen.
2. Press (D) to reset the seconds count to 00.
 - Pressing (D) while the seconds count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes count is unchanged.
3. Press (A) to exit the setting screen.

To set the time and date

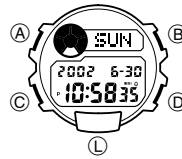


1. In the Timekeeping Mode, hold down (A) until the second digits start to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.



- See "Daylight Saving Time (DST)" for details on the DST setting.
- 3. While a setting is flashing, use (D) (+) and (B) (-) to change it.
- When the 12/24-hour setting is selected, press (D) to toggle between 12-hour (12:11) and 24-hour (24:11) timekeeping.
- 4. Press (A) to exit the setting screen.

About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

Timekeeping

Daylight Saving Time (DST)

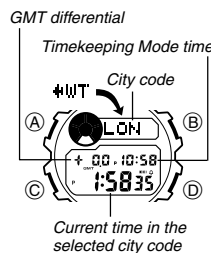
Daylight Saving Time automatically advances the time setting by one hour from Standard Time. Remember that the not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time



1. In the Timekeeping Mode, hold down (A) until the second digits start to flash, which indicates the setting screen.
2. Press (C) to move the flashing to the DST On/Off setting.
3. Press (D) to toggle between Daylight Saving Time (ON) and standard time (OFF).
4. Press (A) to exit the setting screen.
 - The DST indicator appears on the display to indicate that daylight saving time is turned on.

World Time



The World Time Mode shows you the current time in 27 cities (29 time zones) around the world.

- For full information on city codes, see the "City Code Table".
- The time settings of the Timekeeping Mode and the World Time Mode are independent from each other, so you must make separate settings for each.
- Whenever you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.
- World Time functions are available in the World Time Mode, which you can enter using (C).

To view the time in another zone

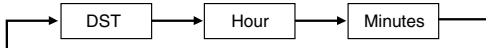
While in the World Time Mode, press **(D)** to scroll forward through the city codes (time zones) and **(B)** to scroll back.

To set the World Time



1. In the World Time Mode, use **(B)** and **(D)** to scroll through the city codes (time zones) and find the one you want.
2. Hold down **(A)** until the DST On/Off setting starts to flash, which indicates the setting screen.

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



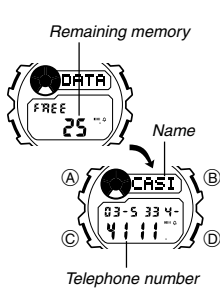
- While the hour or minutes setting is selected (flashing), use **(D)** (+) and **(B)** (-) to change it.
- While DST setting is selected (flashing), press **(D)** to toggle between Daylight Saving Time (**OFF**) and standard time (**ON**).

4. Press **(A)** to exit the setting screen.

To toggle a time zone between standard time and Daylight Saving Time

1. In the World Time Mode, use **(B)** and **(D)** to display the city code (time zone) whose standard time/Daylight Saving Time setting you want to change.
 - Note that you cannot switch between standard time and Daylight Saving Time while **OFF** is selected as the city code.
2. Hold down **(A)** until the DST On/Off setting starts to flash on the display.
3. Press **(D)** to toggle between Daylight Saving Time (**OFF**) and standard time (**ON**).
4. Press **(A)** to exit the setting screen.
 - The **DST** indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.

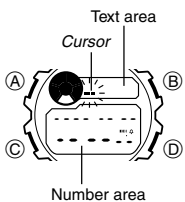
Data Bank



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

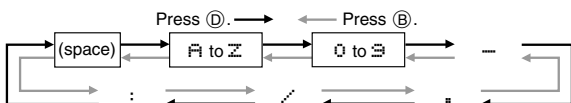
- See "Character List" for details on how the watch sorts records.
- If there is no data stored in the Data Bank Mode, the message **DATA FULL** appears following the remaining memory screen.
- Data Bank functions are available in the Data Bank Mode, which you can enter using **(C)**.

To create a new Data Bank record



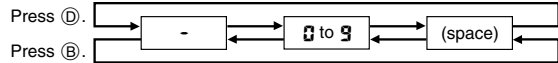
1. In the Data Bank Mode, press **(B)** and **(D)** at the same time to display the new data screen.
 - The new data screen is the one that is blank (contains no name and telephone number).
 - If the message **DATA FULL** appears on the display, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
2. Hold down **(A)** until the flashing cursor appears in the text area of the display.

3. Use **(B)** and **(D)** to change the character at the cursor position in the text area. The character changes in the following sequence.



4. When the character you want is at the cursor position, press **(C)** to move the cursor to the right.
5. Repeat the steps 3 and 4 until your text is complete.
 - You can input up to eight characters for the name.

6. After you input a name, use **(C)** to move the cursor to the number area.
 - The text area can hold up to eight characters. When the cursor is located at the eighth space of the text area, moving the cursor to the right causes it to jump down to the first digit of the number area. When the cursor is at the 14th digit of the number area, moving it to the right (by pressing **(C)**) causes it to jump back to the first character in the text area.
7. Use **(B)** and **(D)** to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.



8. When the character you want is at the cursor position, press **(C)** to move the cursor to the right.
9. Repeat steps 7 and 8 until you complete number input.
 - You can input up to 14 digits for the number.
10. After inputting your data, press **(A)** to store it.
 - When you press **(A)** to store data, the message **DATA FULL** appears on the display for a while. After the sort operation is complete, the cursor appears in the text area, ready for input a new Data Bank record.
 - Pressing **(A)** to store data after you input the 30th record causes the message **DATA FULL** to appear after the **DATA FULL** message. At this time, the watch returns to the Data Bank record screen (without the cursor).
11. Input more data (starting from step 3) or press **(A)** again to return to the Data Bank record screen (without the cursor).
 - The text area of the display can show only four characters at a time, so longer text scrolls continuously from right to left.

To recall Data Bank records

In the Data Bank Mode, press **(D)** to scroll forward through records or **(B)** to scroll in reverse.

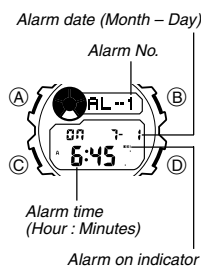
To edit a Data Bank record

1. In the Data Bank Mode, scroll through the records and display the one you want to edit.
2. Hold down **(A)** until the flashing cursor appears in the text area of the display.
3. Use **(C)** to move the flashing to the character you want to change.
4. Use **(B)** and **(D)** to change the character.
 - For details on inputting characters, see "To create a new Data Bank record" (step 3 for name input and 7 for number input).
5. After making the changes that you want, press **(A)** to store them and return to the Data Bank record screen.

To delete a Data Bank record

1. In the Data Bank Mode, scroll through the records and display the one you want to delete.
2. Hold down **(A)** until the flashing cursor appears in the text area of the display.
3. Press **(B)** and **(D)** at the same time to delete the record.
 - At this time the cursor appears in the text area, ready for input.
4. Input data or press **(A)** to return to the Data Bank record screen.

Alarms



You can set up to five independent alarms with hour, minutes, month, and day. When the alarm is turned on, the alarm tone sounds when the time is reached. You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- The alarm number (**AL-1** though **AL-5**) indicates an alarm screen. **AL-1** appears in place of the alarm number when the Hourly Time Signal screen is shown.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you can enter using **(C)**.

Alarm Types

The alarm type is determined by the settings you make, as described below.

- **Daily alarm**
Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.
- **Date alarm**
Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

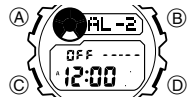
• 1-Month alarm

Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.

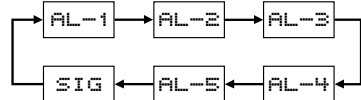
• Monthly alarm

Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

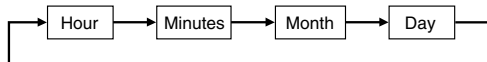
To set an alarm time



1. In the Alarm Mode, press (D) to select the alarm whose time you want to set.



- After you select an alarm, hold down (A) until the hour digits of the alarm time start to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.
- Press (C) to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - To set an alarm that does not include a month (Daily alarm, Monthly alarm), set -- for the month. Press (B) or (D) until the -- mark appears (between 12 and 1) while month setting is flashing.
 - To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set -- for the day. Press (B) or (D) until the -- mark appears (between 31 and 1) while the day setting is flashing.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
- Press (A) to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 20 seconds, or until you stop it by pressing any button.

To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

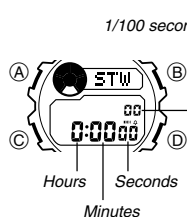
To turn an alarm and the Hourly Time Signal on and off

- In the Alarm Mode, press (D) to select an alarm or the Hourly Time Signal.
- When the alarm or the Hourly Time Signal you want to is selected, press (B) to turn it on and off.

Note

- The on/off status of an alarm is indicated on the corresponding alarm screen (AL-1 through AL-5). The symbol along with the message "OFF" indicates an alarm is turned on, while the message "OFF" without the symbol indicates the alarm is turned off.
- The on/off status of the Hourly Time Signal is indicated on the SIG screen. The symbol along with the message "OFF" indicates the Hourly Time Signal is turned on, while the message "OFF" without the symbol indicates it is turned off.
- The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.
- If any alarm is on, the alarm on indicator is shown on the display in all modes.
- An "X" mark above the alarm on indicator or Hourly Time Signal on indicator means that battery power is too low to produce the alarm tone or signal. The alarm tone or signal will sound again after normal battery power is restored.

Stopwatch

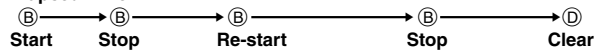


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. It also includes Auto-Start.

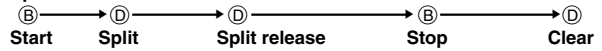
- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Stopwatch functions are available in the Stopwatch Mode, which you can enter using (C).

To measure times with the stopwatch

Elapsed Time



Split Time



Two Finishes



About Auto-Start

With Auto-Start, the watch performs a 5-second countdown, and stopwatch operation starts automatically when the countdown reaches zero.

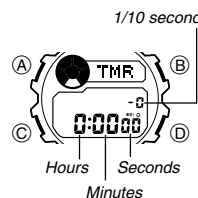
During the final three seconds of the countdown, a beeper sounds with each second.

To use Auto-Start



- While the stopwatch screen is showing all zeros in the Stopwatch Mode, press (A).
 - This displays a 5-second countdown screen.
 - To return to the all zeros screen, press (A) again.
- Press (B) to start the countdown.
 - When the countdown reaches zero, a tone sounds and a stopwatch timing operation starts automatically.
 - Pressing (B) while the Auto-Start countdown is in progress immediately starts the stopwatch.

Countdown Alarm



The countdown timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds.

- You can also select auto repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- Countdown alarm functions are available in the Countdown Alarm Mode, which you can enter using (C).

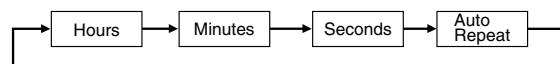
To use the countdown timer

Press (B) while in the Countdown Alarm Mode to start the countdown timer.

- When the countdown reaches zero and auto repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- Press (B) while a countdown operation is in progress to pause it. Press (B) again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing (B)), and then press (D). This returns the countdown time to its starting value.

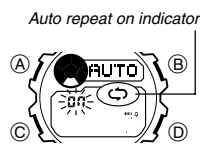
To set the countdown time

- In the Countdown Alarm Mode, hold down (A) until the hour digit of the countdown time starts to flash, which indicates the setting screen.
- Press (C) to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - To set the starting value of the countdown time to 24 hours, set 0:00.00.
 - See "To turn auto repeat on and off" below for details on the Auto Repeat setting.
- Press (A) to exit the setting screen.

To turn auto repeat on and off

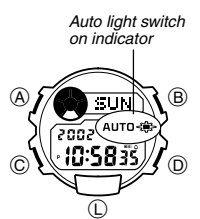


1. In the Countdown Alarm Mode, hold down (A) until the hour digit of the countdown time starts to flash, which indicates the setting screen.
2. Press (C) three times to move the flashing to the Auto Repeat setting.
3. Press (D) to turn auto repeat on (OFF displayed) and off (OFF displayed).
4. Press (A) to exit the setting screen.

Note

- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero. You can stop timing by pressing (B), and manually reset to the starting countdown time by pressing (D).
- Normally, an alarm tone sounds for about 10 seconds when the end of the countdown is reached. If you use auto repeat with start time of 10 seconds or less, the alarm tone sounds for only one second.
- Frequent use of auto repeat with a short countdown time can reduce the charge of the rechargeable battery and cause the countdown time alarm to become disabled, so it does not sound.

Backlight



- The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.
- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
 - See "Backlight Precautions" for other important information about using the backlight.

To turn on the backlight manually

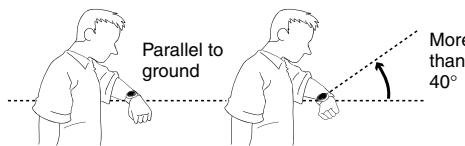
- In any mode, press (L) to illuminate the display for about two seconds.
- The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes the backlight to turn on whenever you position your wrist as described below in any mode. Note that this watch features a "Full Auto EL Light," so the auto light switch operates only when available light is below a certain level. It does not turn on the backlight under bright light.

- Be sure to wear the watch on the outside of your left wrist while using the auto light switch.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the backlight to turn on.



Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down (D) for two seconds to turn the auto light switch on (AUTO- displayed) and off (AUTO- not displayed).

- The auto light switch on indicator (AUTO-) is on the display in all modes while the auto light switch is turned on.
- Frequent use of the auto light switch greatly reduces the charge of the rechargeable battery. If you use the auto light switch often, be sure to leave the watch where it is exposed to sunlight during the daytime so it can recharge the rechargeable battery. 10 minutes exposure to sunlight provides enough of a charge for about 10 to 20 auto light switch operations.

Battery

This watch is equipped with a solar cell and a rechargeable battery (secondary battery) that is charged by the electrical power produced by the solar cell. The illustration shown below shows how you should position the watch for charging.

Example: Orient the watch so its face is pointing at a light source.

- Note that charging efficiency drops when any part of the solar cell is blocked by clothing, etc.
 - The illustration shows how to position a watch with a resin band.
-

Important!

- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Be sure that the watch is normally exposed to bright light whenever possible.
- This watch employs a solar cell that converts light into electricity, which charges a built-in rechargeable battery. Normally, the rechargeable battery should not need replacement, but after very long use over a number of years, the rechargeable battery may lose its ability to achieve a full charge. Should you notice problems with getting the rechargeable battery to a full charge, contact your dealer or CASIO distributor about having the rechargeable battery replaced.
- The rechargeable battery should be replaced with a CASIO-specified ML-2016 battery only. Other rechargeable batteries can cause damage to the watch.
- All data stored in memory is deleted, and the current time and all other settings return to their initial factory defaults whenever battery power drops to Level 5 and when you have the battery replaced.
- Turn on the watch's Power Saving function and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.

Battery Power Indicator

The battery power indicator on the display shows you the current status of the rechargeable battery's power.

Level	Battery Power Indicator	Function Status
1		All functions enabled.
2		All functions enabled.
3		All functions enabled.
4		Beeper tone, backlight, display disabled; timekeeping enabled.
5		Beeper tone, backlight, display, timekeeping disabled.

- At Level 4, the display is disabled but timekeeping and other functions continue to operate internally. Pressing any button causes the Timekeeping Mode screen to appear for two or three minutes.
- At Level 5, all functions are disabled. Functions are enabled once again after the rechargeable battery is charged, but anything previously stored in memory is lost. Because of this, you must set the current time and alarms, and re-input Data Bank records after the rechargeable battery is charged.
- Leaving the watch in direct sunlight or some other very strong light source can cause the battery power indicator to temporarily show a reading that is actually higher than the battery level. The correct battery power indicator should appear after a few minutes.
- Frequent backlight and alarm operations over a short period put a heavy load on the battery, which can cause the battery power indicator to flash, indicating that the backlight and alarm are disabled. Normal operations should return after the battery recovers from the overload condition. The above condition can occur after about consecutive 200 backlight operations or about 360 alarm operations.

Charging Precautions

Certain charging conditions can cause the watch to become very hot. Avoid leaving the watch in the areas described below whenever charging its rechargeable battery.

Warning!

Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following conditions for long periods.

- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight

Charging Guide

After a full charge, timekeeping remains enabled for up to about six months, while the watch is used under the conditions described below.

Operating Conditions

- Watch is not exposed to light
- 1 backlight operation (2 seconds) per day
- 20 seconds of alarm operation per day

Charge Times

Exposing the watch to light for the periods shown below each day restores the power used by the above operating conditions.

Exposure Level (Brightness)	Approximate Exposure Time
Outdoor Sunlight (50,000 lux)	5 minutes
Sunlight Through a Window (10,000 lux)	25 minutes
Daylight Through a Window on a Cloudy Day (5,000 lux)	50 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

- Stable operation is promoted by frequent charging.

Recovery Times

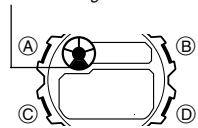
The table below shows the amount exposure that is required to take the battery from one level to the next.

Exposure Level (Brightness)	Approximate Exposure Time				
	Level 5	Level 4	Level 3	Level 2	Level 1
Outdoor Sunlight (50,000 lux)	21 hours	3 hours	18 hours	3 hours	3 hours
Sunlight Through a Window (10,000 lux)	108 hours	14 hours	94 hours	13 hours	13 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)	---	28 hours	188 hours	25 hours	25 hours

- The above exposure time values are all for reference only. Actual required exposure times depend on lighting conditions.

To enter the Power Saving Mode

Power saving indicator



Power Saving Mode

In any mode (except while figures are flashing on the display for input), hold down **C** for about two seconds.

- This enters the Power Saving Mode, which causes all figures (except Power Saving indicator) to disappear from the display. Timekeeping and other functions continue to be performed internally, however.
- Alarms, the Hourly Time Signal, and the backlight are disabled while the watch is in the Power Saving Mode.
- Pressing any button (except **A**) exits the Power Saving Mode and enters the Timekeeping Mode.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto Display

Auto Display is a demonstration feature that continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions while Auto Display is operating.

To turn off Auto Display

Hold down **A** for about two seconds until the watch beeps.

To turn on Auto Display

1. In any mode (except while figures are flashing on the display for input), hold down **C** for about two seconds to enter the Power Saving Mode.
2. Hold down **A** for about two seconds until the watch beeps. This indicates that Auto Display is on.
 - Leaving the watch in a dark area can cause Auto Display operation to stop. Normal operation should resume when the watch is again exposed to light.
 - Auto Display cannot be turned on while the rechargeable battery is at Level 4 or Level 5. Auto Display also turns off automatically whenever the rechargeable battery drops to Level 4 or Level 5.

Auto Return Features

If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.

Data and Setting Scrolling

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

Initial Screens

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

Timekeeping

- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except when battery power drops to Level 5.

12-hour/24-hour Timekeeping Formats

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all modes.

- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and the **A** (AM) indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, with **24** indicator.

World Time

- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.

Backlight Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- The backlight remains lit for about two seconds from the point you press the button, even if it is already lit when you press the button. If you keep the button depressed for two seconds or more, the backlight automatically turns off.

Auto light switch precautions

- Wearing the watch on the inside of your wrist and movement or vibration of your arm can cause the auto light switch to activate and illuminate the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.

More than 15 degrees too high



- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about two seconds, even if you keep the watch pointed towards your face.

- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

Character List

1	(space)	10	I	19	R	28	0	37	9
2	A	11	J	20	S	29	1	38	-
3	B	12	K	21	T	30	2	39	.
4	C	13	L	22	U	31	3	40	/
5	D	14	M	23	V	32	4	41	:
6	E	15	N	24	W	33	5		
7	F	16	O	25	X	34	6		
8	G	17	P	26	Y	35	7		
9	H	18	Q	27	Z	36	8		

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
---		-11	PAGO PAGO
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-9	NOME
LAX	LOS ANGELES	-8	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-7	EL PASO, EDMONTON
CHI	CHICAGO	-6	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-5	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-4	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-3	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-2	
---		-1	PRAIA
GMT		+0	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
LON	LONDON		
PAR	PARIS	+1	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
CAI	CAIRO	+2	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM		
JED	JEDDAH	+3	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+4	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+5	MALE
DEL	DELHI	+5.5	MUMBAI, KOLKATA
DAC	DHAKA	+6	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+7	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+8	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	+9	SEOUL, PYONGYANG
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAU
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

•Based on data as of December 2001.