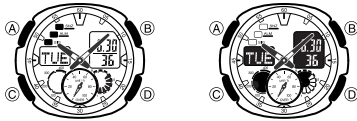


Operation Guide 5082

Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to read this manual carefully.

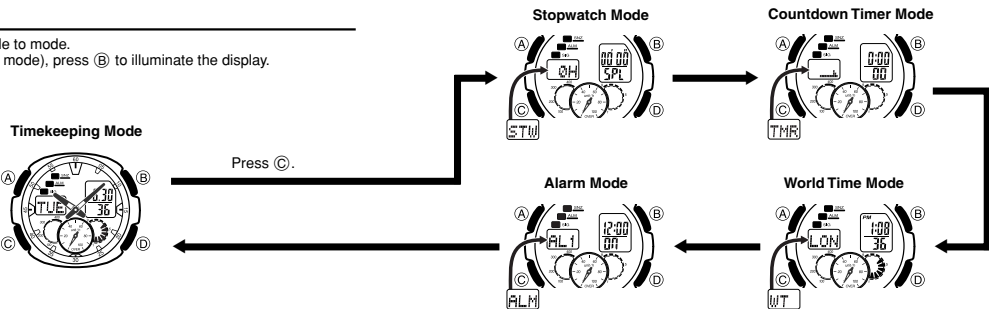
About This Manual



- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- 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.

General Guide

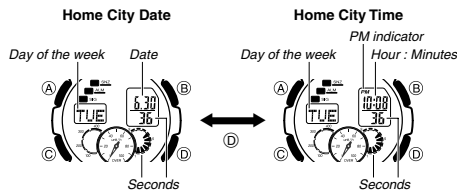
- Press (C) to change from mode to mode.
- In any mode (except a setting mode), press (B) to illuminate the display.



Timekeeping

You can adjust the Home Time city date and time in the Timekeeping Mode.

- Pressing (D) in the Timekeeping Mode will toggle upper right display between the screens shown below.

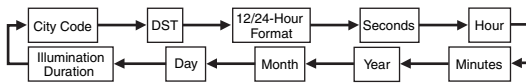


To set the time and date

- In the Timekeeping Mode, hold down (A) for about three seconds until the city code flashes on the upper left display. This is the setting mode.
 - Use (D) and (B) to select the city code you want.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table".



- Press (C) to change the flashing screen content in the sequence shown below to select the other setting.



- When the timekeeping setting you want to change is flashing, use (D) or (B) to change it as described below.

Screen:	To do this:	Do this:
TYO	Change the city code	Use (D) (east) and (B) (west).
OFF	Toggle the DST setting between Daylight Saving Time (ON) and Standard Time (OFF).	Press (D).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
50	Reset the seconds to 00	Press (D).
PM 10:08	Change the hour and minutes	Use (D) (+) and (B) (-).
2009 6.30	Change the year, month, or day	
LT1	Toggle the display illumination duration between 1.5 seconds (LT1) and three seconds (LT3)	Press (D).

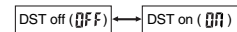
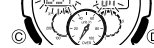
- Press (A) to exit the setting mode.
 - The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

Daylight Saving Time (DST)

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

To change the Daylight Saving Time (summer time) setting

- In the Timekeeping Mode, hold down (A) for about three seconds until the city code flashes on the upper left display. This is the setting mode.
- Press (C). This will display the DST setting screen.
- Use (D) to toggle the DST setting on and off.

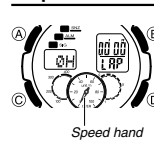


- The default DST setting is OFF (OFF).
- When the setting you want is selected, press (A) to exit the setting mode.
- The DST indicator appears to indicate that Daylight Saving Time is turned on.

12-hour and 24-hour timekeeping

- With the 12-hour format, the P (PM) indicator appears above the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears 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, without the P (PM) indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Stopwatch



You can use the stopwatch to measure elapsed time, lap times and split times. If you specify a distance value, the stopwatch also will calculate and display speeds.

- The digital display range of the stopwatch is 99 hours, 59 minutes, 59.999 seconds. The stopwatch continues to run until you stop it. If it reaches the above limit, it will restart the time measurement from zero.
- The stopwatch operation continues even if you exit the Stopwatch Mode. If you exit the Stopwatch Mode while a stopwatch operation is in progress, the segments in the lower left dial will appear and disappear sequentially as stopwatch seconds are counted. This is to let you know that a stopwatch operation is in progress.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

Important!

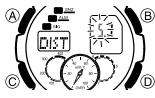
- Check to make sure that the speed hand is not moving before you perform any Stopwatch Mode button operation.

Specifying a Distance Value

You can use the procedure below to specify a distance value, if you want. If you specify a distance value, the watch will calculate and indicate speed for certain stopwatch operations.

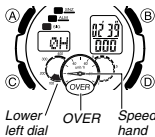
- The distance value represents kilometers, miles, or any other distance unit you want. Specifying a distance value of 10.0, for example, can mean 10.0 kilometers or 10.0 miles.
- No speed calculation is performed when 0.0 is specified as the current distance value.
- For lap time readings, you can specify either the lap distance (when all the laps are the same distance) or the total race distance.
- For split time readings, you can specify the total race distance only. Though the watch will indicate a speed each time you take a split reading, they will be based on the total race distance, and so they will not indicate actual intermediate split speeds.

To specify a distance value



- In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
 - If you need to reset the stopwatch to all zeros, press (A).
- Hold down (A) for about three seconds until the watch beeps, **DIST** (DIST) appears in the upper left display, and the left digit of the current distance value setting flashes in the upper right display.
 - This is the distance value setting mode.
- Press (C) to move the flashing between the values on the left side and right side of the distance value digit decimal point.
- While either the left or right distance value is flashing, use (D) (+) and (B) (-) to change it.
 - You can specify a distance value in the range of 0.1 to 99.9.
- After specifying the distance value you want, press (A) to exit the setting mode.

How speed is indicated



- Speed is indicated by the lower left dial and the speed hand in even-numbered units.
- The speed hand indicates speeds of 0 to 100, while the lower left dial indicates 0 to 400. When the lower left dial indicates 100 and the speed hand indicates 20, for example, the current speed is 120.
- Speed is indicated up to a maximum 498 (400 by the lower left dial, 98 by the speed hand). If the speed exceeds 498, the speed hand will point to **OVER**.

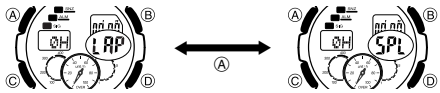
Time Measurement

You need to specify either lap time or split time measurement before you start a stopwatch operation.

- If you want to measure total elapsed time, select split time measurement.

To specify lap time or split time readings

- In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
 - Make sure that **LAP** (lap times) or **SPL** (split times) is shown in the upper right display.
 - If you need to reset the stopwatch to all zeros, press (A).
- Press (A) to toggle between **LAP** (lap times) and **SPL** (split times) in the upper right display.



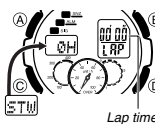
Elapsed Time Measurement

Use the following procedure to measure elapsed time, without taking lap time or split time readings.

To perform elapsed time measurement

- Select split time (**SPL**) measurement and then perform the following button operations.
- Start → (D) Stop → (A) Reset
 - If you have a distance value specified for the current elapsed time measurement, the lower left dial and speed hand will indicate the overall speed when you press (D) to stop the elapsed time operation.
 - After pressing (D) to stop an elapsed time operation, you could press (D) again to restart from the point where you left off.

Lap Time



- A lap time reading shows the time elapsed since the last lap time reading was taken.
- If you want the watch to calculate the speed of each lap (when all of the laps are the same distance), specify the lap distance for the distance setting.
 - If you want the watch to calculate the speed of the entire race, specify the race distance for the distance setting. A speed will be indicated each time you take a lap reading, but these lap speeds will not indicate actual speed of the entire race.

To set up the stopwatch to take lap time readings

- In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
 - If you need to reset the stopwatch to all zeros, press (A).
- Make sure that **LAP** (lap times) is shown in the upper right display.
 - If **SPL** (split times) is displayed, press (A) to toggle it to **LAP**.

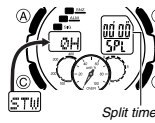
To perform a lap time measurement

Select lap time (**LAP**) measurement and then perform the following button operations.

- Start → (A) Lap* → (A) Lap* → (D) Stop → (A) Reset
- The lap time is released automatically in about 12 seconds.
 - You can press (A) to take lap readings as many times as you like.
 - A lap number (#01 through #99) alternates with the lap hour value in the upper left display while a lap time reading is displayed. If you take more than 99 lap readings, the lap number will restart from #00 following lap #99.
 - The best lap indicator (**BEST**) flashes if the displayed lap time reading is the best of all the lap readings taken during the current elapsed time measurement.

- Pressing (D) to stop elapsed time measurement displays the time (and speed if a distance is specified) of the final lap.

Split Time



- A split time reading shows the time elapsed since the beginning of the current time measurement.
- If you want the watch to calculate the speed of the race, specify the race distance for the distance setting.
 - For split time readings, you can specify the total race distance only. Though the watch will indicate a speed each time you take a split reading, they will be based on the total race distance, and so they will not indicate actual intermediate split speeds.

To set up the stopwatch to take split time readings

- In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros.
 - If you need to reset the stopwatch to all zeros, press (A).
- Make sure that **SPL** (split times) is shown in the upper right display.
 - If **LAP** (lap times) is displayed, press (A) to toggle it to **SPL**.

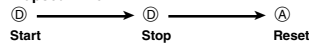
To perform a split time measurement

Select split time (**SPL**) measurement and then perform the following button operations.

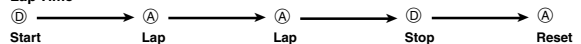
- Start → (A) Split → (A) Split Release* → (D) Stop → (A) Reset
- The split time is released automatically if you do not press (A) within about 12 seconds.
- You can press (A) to take split readings as many times as you like.
- The stopwatch continues elapsed time measurement internally while a split time reading is displayed. Pressing (A) to release the split will switch the upper right display to the elapsed time measurement, or you also could press (D) to stop elapsed time measurement instead.
- Pressing (D) to stop elapsed time measurement displays the time (and speed if a distance is specified) of the final split (which is the overall elapsed time).

To measure times with the stopwatch

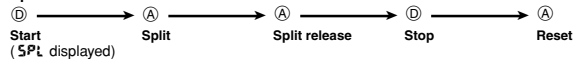
Elapsed Time



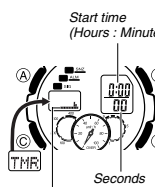
Lap Time



Split Time



Countdown Timer



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

- You also can select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C).

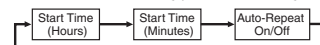
To use the countdown timer

- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached, the alarm will sound for 10 seconds or until you stop it by pressing any button.
 - The countdown time is reset to its starting value automatically after the alarm stops if auto-repeat is turned off.
 - When auto-repeat is turned on, the countdown will restart automatically without pausing when it reaches zero.
 - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
 - To stop a countdown timer operation completely, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

To configure countdown start time and auto-repeat settings

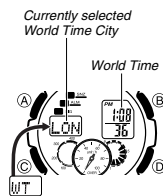
- While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) for about three seconds until the hour setting of the countdown start time starts to flash. This is the setting mode.
 - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- Press (C) to move the flashing in the sequence shown below, and select the setting you want to change.

Auto-repeat on



- Perform the following operations, depending on which setting currently is selected on the display.
 - While the start time setting is flashing, use (D) (+) and (B) (-) to change it.
 - While the auto-repeat on/off setting is flashing on the display, press (D) to toggle auto-repeat on (ON) and off (OFF).
- Press (A) to exit the setting mode.
 - The auto-repeat on (ON) is displayed on the Countdown Timer Mode screen while this function is turned on.

World Time



World Time digitally displays the current time in one of 48 cities (29 time zones) around the world. A simple operation swaps your Home City with the currently selected World Time City.

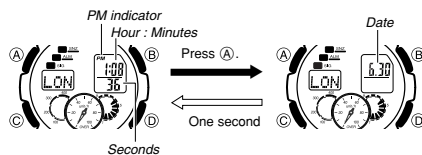
- The times kept in the World Time Mode are synchronized with the time being kept in the Timekeeping Mode. If you feel that there is an error in any World Time Mode time, check to make sure you have the correct city selected as your Home City. Also check to make sure that the current time as shown in the Timekeeping Mode is correct.
- Times in the World Time Mode are based on UTC offsets. See the "City Code Table" for information about the UTC offsets that are supported.

All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).

To view the current time in another time zone

In the World Time Mode, use (D) to scroll through available city codes (time zones). Holding down the button scrolls at high speed.

- The upper right display shows the current time in the World Time City.
- Between the noon and midnight in the World Time Mode, a PM indicator (PM) appears above the hour digits in the upper right display.
- When the city code (time zone) you want is selected, you can press (A) to display the date. After about one second, the watch will resume regular timekeeping for the currently selected city.



To toggle a city code time between Standard Time and Daylight Saving Time

1. In the World Time Mode, press (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.

2. Hold down (A) for about three seconds to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).

- The DST indicator is shown in the upper left display while Daylight Saving Time is turned on.
- You can turn on DST individually for each city code, except UTC.
- Turning on DST for the city code that is currently selected as your Home City will turn on DST for normal timekeeping.

Swapping your Home City and World Time City

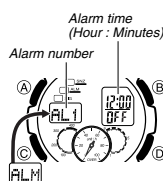
You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

To swap your Home City and World Time City

- In the World Time Mode, use (D) to select the World Time City you want.
- Hold down (A) and (B) until the watch beeps.

- This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City, and cause the content of upper right display to change accordingly.
- After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.

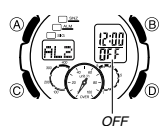
Alarms



When an alarm is turned on, the alarm tone will sound when its alarm time is reached. One of the alarms is a snooze alarm, while the other four are daily alarms. You also can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- There are five alarm screens numbered AL1, AL2, AL3, and AL4 for the daily alarm, and a snooze alarm screen indicated by SNZ. The Hourly Time Signal screen is indicated by SIG.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

To set an alarm time



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



- To set a daily alarm, display alarm screen AL1, AL2, AL3, or AL4. To set the snooze alarm, display the SNZ screen.
- SIG is the hourly time signal setting.
- The snooze alarm repeats every five minutes.

- After you select an alarm, hold down (A) for about three seconds until the hour setting of the alarm time starts to flash. This is the setting mode.
 - This operation turns on the alarm automatically.
- Press (C) to move the flashing between the hour and minute settings.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
- Press (A) to exit the setting mode.

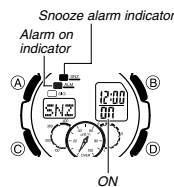
Alarm Operation

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

- Alarm and Hourly Time Signal operations are performed in accordance with the current time in your Home City, as kept in the Timekeeping Mode.
- To stop the alarm tone after it starts to sound, press any button.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.

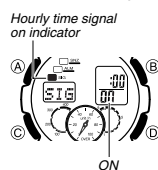
Displaying the Timekeeping Mode setting screen
Displaying the SIG setting screen

To turn an alarm on and off



- In the Alarm Mode, use (D) to select an alarm.
- Press (A) to toggle it on and off.
 - Turning on an alarm (AL1, AL2, AL3, AL4 or SNZ) displays the alarm on indicator on its Alarm Mode screen.
 - In all modes, the alarm on indicator is shown for any alarm that currently is turned on.
 - The alarm on indicator flashes while the alarm is sounding.
 - The snooze alarm indicator flashes while the snooze alarm is sounding and during the 5-minute intervals between alarms.

To turn the Hourly Time Signal on and off



- In the Alarm Mode, use (D) to select the Hourly Time Signal (SIG).
- Press (A) to toggle it on and off.
 - The Hourly Time Signal on indicator is shown on the display in all modes while this function is turned on.

Illumination



An LED (light-emitting diode) illuminates the face of the watch for easy reading in the dark.

- See "Illumination Precautions" for other important information about using illumination.

To illuminate the display

In any mode (except a setting mode), press (B) to turn on the illumination.

- You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press (B), the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.

To specify the illumination duration



- In the Timekeeping Mode, hold down (A) until the display contents start to flash. This is the setting screen.
- Press (C) nine times to display the current illumination duration LT1 (L.T.1) or LT3 (L.T.3).
- Press (D) to toggle the setting between LT1 (1.5 seconds) and LT3 (three seconds).
- Press (A) to exit the setting screen.

Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination does not startle or distract others around you.
- Sudden and unintended light can create a distraction, which can result in a traffic accident and serious personal injury.

Hand Home Position Correction

The speed hand and hour and minute hands of the watch can be thrown off by exposure to strong magnetism or impact. The watch is designed to correct speed, hour and minute hand manually.

To adjust home positions

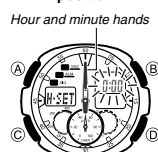


- In the Timekeeping Mode, hold down (D) for about three seconds until H-SET (H:SET) appears in the upper left display and Sub (Sub) appears in the upper right display.



Speed hand
Correct speed hand position

- This is the home position adjustment mode.
- Check the position of the speed hand.
 - The speed hand is in the correct home position if it is pointed at 50 (12 o'clock). If it isn't, use (D) to move the hand clockwise until it is.
 - After confirming that the speed hand is in its correct home position, press (C).



Hour and minute hands
Correct hour and minute hand positions

- Check the positions of the hour and minute hands.
 - The hands are in the correct home positions if they are pointed at 12 o'clock. If they aren't, use (D) (clockwise) and (B) (counterclockwise) to adjust their positions.
- When everything is the way you want, press (A) to return to regular timekeeping.
 - This will cause the hour and minute hands to move to the current Timekeeping Mode time and the speed hand to move to the 0 position.
 - Pressing (C) here will return to the setting at the beginning of step 2.

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 Return Features

- If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch will exit the setting mode automatically.
- The watch will return to the Timekeeping Mode automatically if you do not perform any operation for two or three minutes in the Alarm Mode.

High-Speed Movement

- The D and B buttons are used to change setting in various setting modes. In most cases, holding down these buttons will start high-speed movement.

Initial Screens

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

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except when battery has replaced.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Coordinated Universal Time (UTC) for each city, based on your Home City time setting.

Illumination Precautions

- Illumination may be difficult to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Illumination turns off automatically depends on the current illumination duration setting.
- Frequent use of illumination runs down the battery.

Specifications

Accuracy at normal temperature: ± 30 seconds a month

Digital Timekeeping: Hour, minutes, seconds, p.m. (P), month, day, day of the week

Time format: 12-hour and 24-hour

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

Other: Home City code (can be assigned one of 48 city codes); Standard Time / Daylight Saving Time (summer time)

Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)

Stopwatch:

Measuring unit: 1/1000 second

Measuring capacity: 99:59'59.999"

Measuring modes: Elapsed time, Lap time, Split time

Other: Speed

Countdown Timer:

Measuring unit: 1 second

Input range: 1 minute to 24 hours (1-minute increments)

Other: Auto-repeat timing

World Time: 48 cities (29 time zones)

Other: Daylight Saving Time/Standard Time, Home City/World Time City Swapping

Alarms: Four daily alarms, one snooze alarm, Hourly Time Signal

Illumination: LED (light-emitting diode), Selectable illumination duration

Battery : One lithium battery (Type: CR1220)

Approximate Battery Life: 2 years on type CR1220

(ten seconds of alarm operation per day, one illumination operation (1.5 seconds) per day)

City Code Table

City Code	City	UTC Offset/ GMT Differential	City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	-11	ATH	Athens	+2
HNL	Honolulu	-10	CAI	Cairo	
ANC	Anchorage	-9	JRS	Jerusalem	+3
YVR	Vancouver	-8	MOW	Moscow	
LAX	Los Angeles		YEA	Edmonton	+3.5
DEN	Denver	-7	THR	Tehran	+4
MEX	Mexico City	-6	DXB	Dubai	+4.5
CHI	Chicago		KBL	Kabul	+5
MIA	Miami	-5	KHI	Karachi	+5.5
YTO	Toronto		DEL	Delhi	+6
NYC	New York	-4	DAC	Dhaka	+6.5
SCL	Santiago		RGN	Yangon	+7
YHZ	Halifax	-3.5	BKK	Bangkok	+8
YYT	St. Johns	-3	SIN	Singapore	
RIO	Rio De Janeiro	-1	HKG	Hong Kong	+9
RAI	Praia	0	BJS	Beijing	
UTC		0	TPE	Taipei	+9.5
LIS	Lisbon		ADL	Adelaide	
LON	London	+1	GUM	Guam	+10
MAD	Madrid		SYD	Sydney	
PAR	Paris	NOU	Noumea	+11	
ROM	Rome	+12	WLG	Wellington	
BER	Berlin		STO	Stockholm	

• Based on data as of December 2008.

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