

# User's Guide

Watch

**3549\*EN**

Congratulations upon your selection of this CASIO watch.

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

## About This Manual

---



- Button operations are indicated using the letters shown in the illustration.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

# Contents

---

About This Manual.....	EN-1
Watch Features.....	EN-5
Selecting a Mode.....	EN-6
Timekeeping Mode.....	EN-9
About the Backlight.....	EN-12
Timer Mode .....	EN-17
Stopwatch Mode .....	EN-20
Alarm Mode.....	EN-25
Dual Time Mode.....	EN-29
Specifications .....	EN-31
Operating Precautions.....	EN-33
User Maintenance .....	EN-43

## **Procedure Lookup**

The following is a handy reference list of all the operational procedures contained in this manual.

<i>To set the time and date.....</i>	<i>EN-9</i>
<i>To switch the auto light switch function on and off.....</i>	<i>EN-14</i>
<i>To set the countdown start time .....</i>	<i>EN-17</i>
<i>To use the timer.....</i>	<i>EN-18</i>
<i>To switch auto repeat timing and the progress beeper on and off.....</i>	<i>EN-19</i>
<i>To turn the Auto-Start function on and off.....</i>	<i>EN-22</i>
<i>To set the Target Time and to turn it on and off.....</i>	<i>EN-23</i>
<i>To set the alarm time .....</i>	<i>EN-25</i>
<i>To turn the daily alarm and hourly time signal on and off .....</i>	<i>EN-27</i>

<i>To test the alarm sound.....</i>	<i>EN-28</i>
<i>To set the Dual Time .....</i>	<i>EN-29</i>

## Watch Features

- ◆ **Timer**
- ◆ **Stopwatch**
- ◆ **Alarm**
- ◆ **Dual Time**

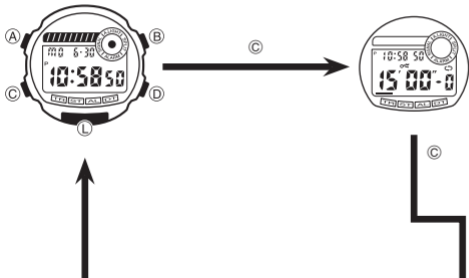
## Selecting a Mode

---

- Press **(C)** to change from mode to mode.
- After you perform an operation in any mode, pressing **(C)** returns to the Timekeeping Mode.
- If you do not press any button for a few minutes while making settings in any mode (indicated when settings are flashing), the watch automatically clears the setting screen (settings stop flashing) and returns to the normal display for the mode you are in.
- This watch returns to the Timekeeping Mode whenever you hold down the **(C)** button for one or two seconds. If you ever lose track of what mode you are in or what you should do next, hold down **(C)** to return to regular timekeeping.
- In any mode press **(L)** to illuminate the display.

### Timekeeping Mode

### Timer Mode



Ⓒ

Dual Time Mode



Alarm Mode

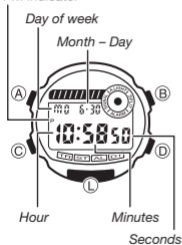


Stopwatch Mode



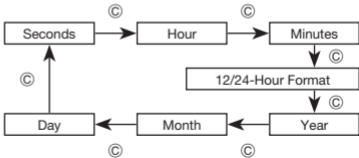
## Timekeeping Mode

PM indicator



### To set the time and date

1. Hold down (A) while in the Timekeeping Mode until the seconds digits flash on the display because they are selected.
2. Press (C) to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press **(D)** to reset the seconds to 00. If you press **(D)** while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (beside seconds) are selected (flashing), press **(D)** to increase the number or **(B)** to decrease it. While the 12/24-hour format setting is selected, press **(D)** or **(B)** to toggle it between 12 and 24.
  - Except for when adjusting the seconds or setting the 12/24-hour format, holding down a button changes the current selection at high speed.
  - When the 12-hour format is selected, the indicator **P** appears on the display to indicate "P.M." times. There is no indicator for "A.M." times.
  - When the 24-hour format is selected, the indicator **24** appears on the display.
  - 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 after you have the watch's battery replaced.
  - The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

5. After you set the time and date, press **(A)** to return to the Timekeeping Mode.

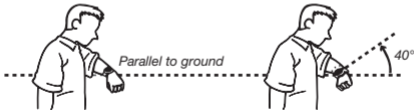
## About the Backlight

---

### About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for two seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.



- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.

*Parallel to ground*



*More than 15 degrees too high*



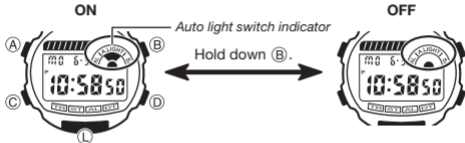
*More than 15 degrees too low*



- Static electricity or magnetic force can interfere with proper operation of the auto backlight function. If the auto backlight does not illuminate, 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 or less after turning the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

### **To switch the auto light switch function on and off**

In the Timekeeping Mode, hold down (B) for one or two seconds to turn the auto light switch function on and off.



- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately three hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.

- Pressing **(L)** while in the Timekeeping Mode illuminates the display, regardless of the auto light switch's on/off setting.

### **Caution**

- Frequent use of the backlight shortens the battery life.

### **Warning!**

- **Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.**

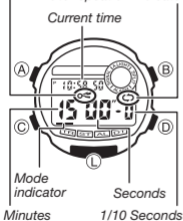
- **When you are wearing the watch, make sure that its auto light switch function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle.  
Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.**

## Timer Mode

Progress beeper on indicator

Auto repeat on indicator

Current time



The timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

### To set the countdown start time

1. Hold down (A) while in the Timer Mode. The hours digits flash on the display because they are *selected*.
2. Press (C) to change the selection in the following sequence.





3. Press **(D)** to increase the selected number or **(B)** to decrease it. Holding down either button changes the selection at high speed.
  - Press **(D)** and **(B)** at the same time to clear the starting time to 0:00' 00".
  - To set the starting value of the countdown time to 24 hours, set 0:00' 00".
4. After you set the countdown start time, press **(A)** twice to return to the Timer Mode.

### ***To use the timer***

1. Press **(D)** while in the Timer Mode to start the timer.
2. Press **(D)** again to stop the timer.
  - You can resume timer operation by pressing **(D)**.
3. Stop the timer and then press **(B)** to reset the countdown time to its starting value.
  - When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops and the countdown time is automatically reset to its starting value after the alarm stops.

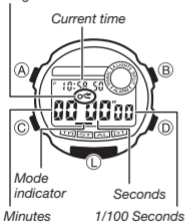
**To switch auto repeat timing and the progress beeper on and off**

1. Hold down (A) while in the Timer Mode. The hour digits flash on the display because they are *selected*. Press (A) again to move the flashing to the auto repeat ON/OFF setting.
  2. Press (D) or (B) to toggle auto repeat on () and off.
  3. Press (C) to move the flashing to the progress beeper ON/OFF setting.
  4. Press (D) or (B) to toggle the progress beeper on () and off.
  5. Press (A) to return to the Timer Mode.
- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing (D) and manually reset to the start time by pressing (B).
  - If you set a starting time of 10 seconds or less and have Auto Repeat turned on, the timer tone (which normally sounds for 10 seconds) sounds for only one second.
  - When the progress beeper is turned on, the watch beeps as the countdown time passes the 10, 5, 4, 3, 2, and 1-minute marks, and the 50, 40, 30, 20, 10, 5, 4, 3, 2, and 1-second marks.

## Stopwatch Mode

---

Target time on indicator



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hour, 59 minutes, 59.99 seconds. You can also have an alarm sound when a target time is reached. The Stopwatch Mode also features an Auto-Start function.

**(a) Elapsed time measurement**



**(b) Split time measurement**



**(c) Split time and two finishes**



## **About the Auto-Start function**

With the Auto-Start function, the watch performs a 5-second countdown. When the countdown reaches zero, stopwatch operation starts automatically. During the final three seconds of the countdown, a beeper sounds with each second.

### ***To turn the Auto-Start function on and off***

While the display is showing all zeros in the Stopwatch Mode, press (B) to toggle it on and off.

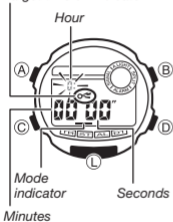
- The indicator **AUTO-ST** appears and **05** is shown in the upper display while Auto-Start is turned on. The **AUTO-ST** indicator is not shown and the upper part of the display shows the current time when Auto-Start is turned off.

## **About the Target Time function**

With the Target Time function, an alarm sounds for ten seconds whenever the time being kept by the stopwatch reaches a target time you have preset.

## To set the Target Time and to turn it on and off

Target time on indicator



1. While the display is showing all zeros in the Stopwatch Mode, hold down (A), and the hour digit of the target time starts to flash because it is selected.
2. Press (C) to change the selection in the following sequence.



3. Press (D) to increase the selected number or (B) to decrease it. Holding down either button changes the selection at high speed.
  - Press (D) and (B) at the same time to clear the setting to 0:00' 00".

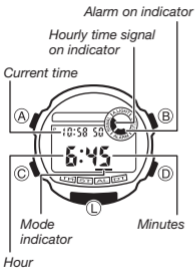
4. Press (A) to move the flashing to the target time ON/OFF setting.
5. Press (D) or (B) to toggle the target time on and off.
6. Press (A) to return to the Stopwatch Mode.

**Important!**

The alarm will not sound if you do not turn on the target time.

- Press (A), (C) or (L) to stop the alarm after it starts to sound.

## Alarm Mode



When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

### To set the alarm time

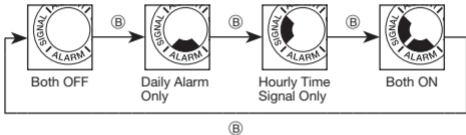
1. Hold down (A) until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
  - This operation will switch the Daily Alarm on automatically.
2. Press (C) to change the selection in the following sequence.



3. Press **(D)** to increase the selected digits and **(B)** to decrease them. Holding down either button changes the selection at high speed.
  - The format (12-hour and 24-hour) of the alarm time matches the format you select for regular timekeeping.
  - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (no indicator) or afternoon (**P**).
4. After you set the alarm time, press **(A)** to return to the Alarm Mode.

**To turn the daily alarm and hourly time signal on and off**

Press (B) while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.



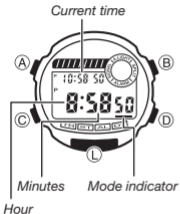
- The alarm on indicator (☾) and the Hourly Time Signal on indicator (◐) are shown on the display in all modes while these functions are turned on.

***To test the alarm sound***

Hold down (B) while in the Alarm Mode to sound the alarm.

- Note that pressing (B) also changes the alarm and the hourly time signal ON/OFF settings.

## Dual Time Mode



The Dual Time Mode lets you keep track of the time in another time zone. You can also select the timekeeping format (12-hour or 24-hour) separately from the Timekeeping Mode.

### **To set the Dual Time**

1. Hold down (A) while in the Dual Time Mode. The hour digits flash on the display because they are *selected*.
2. Press (C) to change the selection in the following sequence.



3. Press **(D)** to increase the selected digits and **(B)** to decrease them. Holding down either button changes the selection at high speed.
4. After you set the time, press **(A)** to return to the Dual Time Mode.
  - In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.
  - In the Dual Time Mode, press **(B)** to toggle between the 12-hour and 24-hour formats.

## Specifications

---

**Accuracy at normal temperature:**  $\pm 30$  seconds per month

**Timekeeping:** Hour, minutes, seconds, pm (**P**), day of the week, month, day

Time format: 12-hour and 24-hour formats

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

### Timer

Measuring unit: 1/10 second

Input range: 1 second to 24 hours

Others: Auto repeat function, progress beeper function

### Stopwatch

Measuring unit: 1/100 second

Measuring capacity: 23 hours 59 minutes, 59.99 seconds

Measuring modes: Elapsed time, split time and two finishes

Others: Target Time Alarm, Auto-Start

**Alarm:** Daily alarm, hourly time signal

## Dual Time

**Illumination:** LED (light-emitting diode)

**Battery:** One lithium battery (Type: CR1616)  
Battery nominal voltage: 3V

**Battery life:** 3 years under the following conditions

- One 2-second light operation per day
- One 20-second alarm operation per day

## 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	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
Marking	On watch front or on back cover	No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	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 may cause temporary blotching in blank areas of the LCD.

## **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 in 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 Replacement**

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the User's Guide. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

## **Initial Battery**

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life as noted in the User's Guide. Note that you will be charged for replacement of this battery, even if replacement is required within your watch's warranty period.

## **Low Battery Power**

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

**CASIO®**

**CASIO COMPUTER CO., LTD.**

6-2, Hon-machi 1-chome  
Shibuya-ku, Tokyo 151-8543, Japan