



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".

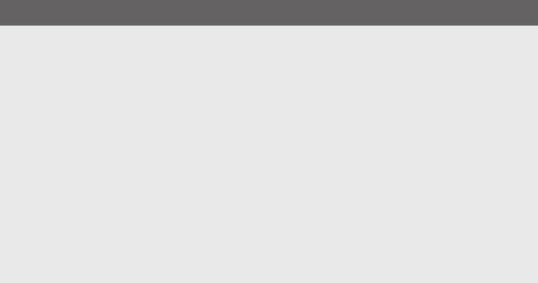


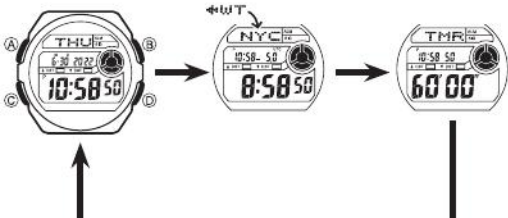
Procedure Lookup

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

<i>To specify your Home City.....</i>	<i>EN-10</i>
<i>To perform manual receive</i>	<i>EN-24</i>
<i>To turn auto receive on and off.....</i>	<i>EN-25</i>
<i>To display the Last Signal screen.....</i>	<i>EN-26</i>
<i>To view the time in another city.....</i>	<i>EN-29</i>
<i>To toggle a city code time between Standard Time and Daylight Saving Time.....</i>	<i>EN-30</i>
<i>To set the countdown start time</i>	<i>EN-31</i>
<i>To use the timer.....</i>	<i>EN-32</i>
<i>To measure times with the stopwatch.....</i>	<i>EN-34</i>
<i>To set the alarm time</i>	<i>EN-36</i>
<i>To test the alarm</i>	<i>EN-37</i>

<i>To turn the daily alarm and the Hourly Time Signal on and off.....</i>	<i>EN-37</i>
<i>To set the time and date.....</i>	<i>EN-40</i>
<i>To change the Daylight Saving Time (summer time) setting.....</i>	<i>EN-46</i>
<i>To turn off Auto Display.....</i>	<i>EN-47</i>
<i>To turn on Auto Display.....</i>	<i>EN-47</i>
<i>To turn the button operation tone on and off.....</i>	<i>EN-48</i>









- **The first thing you should do after purchasing this watch is to specify your Home City (the city where you normally will use the watch). For more information, see "To specify your Home City" (page EN-10).**
- When using the watch outside the areas covered by the time signal transmitters, you will have to adjust the current time setting manually as required. See "Timekeeping" (page EN-38) for more information about manual time settings.
- The U.S. time calibration signal can be picked up by the watch while in North America. The term "North America" in this manual refers to the area that consists of Canada, the continental United States, and Mexico.



A

B

C

D

6:30 90

10:58:50

Important!

- Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You can also perform manual receive (page EN-24) or you can set the time manually (page EN-40).
- The watch will receive the time calibration signal automatically from the applicable transmitter (in the middle of the night) and update its settings accordingly. For information about the relationship between city codes and transmitters, see “Home City Codes and Transmitters” (page EN-16).
- Under factory default settings, auto receive is turned off for all of the following city codes: **HNL** (Honolulu), **ANC** (Anchorage), **MOW** (Moscow), **HKG** (Hong Kong), and **BJS** (Beijing). For details about turning on auto receive for these city codes, see “To turn auto receive on and off” on page EN-25.
- You can disable time signal reception, if you want. See “To turn auto receive on and off” on page EN-25 for more information.
- See the maps under “Approximate Reception Ranges” (page EN-17) for information about the reception ranges of the watch.

- If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting (page EN-46).

Time Calibration Signal Reception

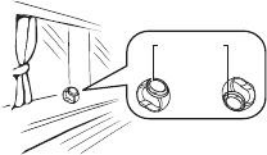
There are two different methods you can use to receive the time calibration signal: auto receive and manual receive.

- **Auto Receive**

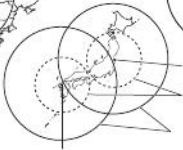
With auto receive, the watch receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive operations are not performed. For more information, see “About Auto Receive” (page EN-18).

- **Manual Receive**

Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see “To perform manual receive” (page EN-24).







- Signal reception may not be possible at the distances noted below during certain times of the year or day. Radio interference may also cause problems with reception.
 - Mainflingen (Germany) or Anthorn (England) transmitters: 500 kilometers (310 miles)
 - Fort Collins (United States) transmitter: 600 miles (1,000 kilometers)
 - Fukushima or Fukuoka/Saga (Japan) transmitters: 500 kilometers (310 miles)
- Even when the watch is within the reception range of a transmitter, signal reception may be impossible at times due to the effects of geographic contours, structures, weather, the season of the year, the time of day, radio interference, etc. Note that the signal becomes weaker at distances of approximately 500 kilometers from the transmitter, which means that the influence of the conditions listed above becomes even greater.

About Auto Receive

The watch receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive operations are not performed. The reception schedule (calibration times) depends on your currently selected Home City, and whether standard time or Daylight Saving Time is selected for your Home City.

Note

- When a calibration time is reached, the watch will receive the calibration signal only if it is in either the Timekeeping Mode or World Time Mode. Reception is not performed if a calibration time is reached while you are configuring settings.
- Auto receive of the calibration signal is designed to be performed between midnight and 5:00 a.m. , while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can receive the signal easily.
- The watch receives the calibration signal for two to ten minutes everyday when the time in the Timekeeping Mode reaches each of the calibration times. Avoid performing any button operation within ten minutes before or after any one of the calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the current time in the Timekeeping Mode. The receive operation will be performed whenever the display shows any one of the calibration times, regardless of whether or not the displayed time actually is the correct time.
- Calibration signal reception is disabled while a countdown timer operation is in progress.



- Following reception of the time calibration signal and calibration of the watch's time setting, the Level 3 receiving indicator will remain on the display in all modes. The Level 3 receiving indicator will not be displayed if signal reception was unsuccessful or after you adjust the current time setting manually.
- The Level 3 receiving indicator is displayed only when the watch is able to receive both time and date data successfully. It does not appear when only time data is received.
- The Level 3 receiving indicator indicates that at least one of the auto calibration signal receive operations was successful. Note, however, that the Level 3 receiving indicator is cleared from the display when the first auto receive operation of the day is performed.



R.C!

ALARM

TIME

ALARM

TIME

10:58



A

B

C

D







NYC

1058-40

95898



To use the timer

Press (D) while in the Timer Mode to start the countdown timer.

- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is reset automatically to its starting value after the alarm stops.
- Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
- To stop a countdown operation completely, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.
- Calibration signal reception is disabled while a countdown timer operation is in progress.









ALM

BAR GRAPH

10:58 50

12:00



A

B

C

D







A

B

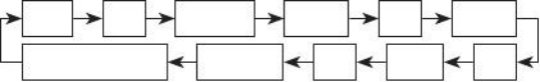
C

D

TYCO

6-30-90

10:58:50



TYO		
AUTO		
12H		
50		

10:58 ⁰⁰		
6-30 ⁰⁰		
ENG	PYC	
M/D		

- See the “Day of the Week List” at the back of this manual for information on abbreviations used.
 - Auto DST (**AUTO**) can be selected only while **HNL, ANC, YVR, LAX, YEA, DEN, MEX, YWG, CHI, MIA, YTO, NYC, YHZ, YYT, LIS, LON, MAD, PAR, ROM, BER, STO, ATH, MOW, HKG, BJS, TPE, SEL**, or **TYO** is selected as the Home City code. For more information, see “Daylight Saving Time (DST)” below.
 - 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.
4. Press **(A)** to exit the setting screen.

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.

The time calibration signals transmitted from Mainflingen (Germany), Anthorn (England), or Fort Collins (the United States) includes both Standard Time and DST data. When the Auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the received time signal.

The time calibration signals transmitted from Fukushima and Fukuoka/Saga (Japan) do not include summer time data.

- The initial default setting for DST depends on the city you have specified as your Home City.
 - The initial default DST setting is “Auto DST (**AUTO**)” when you have one of the following cities specified as your Home City: **ANC, YVR, LAX, YEA, DEN, MEX, YWG, CHI, MIA, YTO, NYC, YHZ, YYT, LIS, LON, MAD, PAR, ROM, BER, STO, ATH, MOW, TYO.**
 - The initial default DST setting is “DST off (**OFF**)” when you have one of the following cities specified as your Home City: **HNL, HKG, BJS, TPE, SEL.**
 - The initial default DST setting is “DST off (**OFF**)” when you have a city that does not support time signal reception specified as your Home City.
- If you experience problems receiving the time calibration signal in your area, it probably is best to switch between Standard Time and Daylight Saving Time (summer time) manually.





THU

11:59

11

6-30 2022

12:00 12:00 12:00

10:58:20

MUTE

A

B

C

D

Auto Return Features

- If you leave the watch with the Last Signal screen in the Timekeeping Mode for one or two minutes without performing any operation, it returns to the Current Time and Date screen in the Timekeeping Mode automatically.
- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it returns to the Timekeeping Mode automatically.
- If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch exits the setting screen automatically.

Scrolling

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

Initial Screens

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

Radio-controlled Atomic Timekeeping Precautions

- Strong electrostatic charge can result in the wrong time being set.
- The time calibration signal is bounced off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal takes priority over any time settings you make.
- The watch is designed to update the date and day of the week automatically for the period January 1, 2000 to December 31, 2099. Setting of the date by a time calibration signal cannot be performed starting from January 1, 2100.
- This watch can receive signals that differentiate between leap years and non-leap years.

- The watch's Home City code setting will change automatically to **TYO** (Tokyo) whenever the battery goes dead or is replaced. **TYO** (Tokyo) causes the watch to receive the time calibration signals of Japan. If you are using the watch in North America or Europe, you will need to change the Home City code setting to match your location after having the watch's battery replaced.

Timekeeping

- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.
- 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 times for the Timekeeping Mode and all the city codes of the World Time Mode are calculated in accordance with each city's UTC offset.
- The UTC offset is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.

- The letters “UTC” is the abbreviation for “Coordinated Universal Time”, which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth’s rotation.

12-hour/24-hour Timekeeping Formats

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

- With the 12-hour format, the PM indicator (**P**) appears on the display 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 any indicator.

Illumination

The display of the watch is illuminated for easy reading in the dark. In any mode (except when a setting screen is on the display), press (B) to illuminate the display for about three seconds.

Illumination Precautions

- The LED that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds or when time calibration reception is in progress.
- Frequent use of illumination runs down the battery.

World Time: 48 cities (29 time zones); UTC offset

Other: Standard Time/Daylight Saving Time (summer time)

Timer:

Measuring unit: 1 second

Input range: 1 minute to 60 minutes (1-minute increments)

Stopwatch:

Measuring unit: 1/100 second

Measuring capacity: 59' 59.99"

Measuring modes: Elapsed time, split time, two finishes

Alarm: Daily alarm; Hourly Time Signal

Illumination: LED light

Other: Auto Display function; Button operation tone on/off

Battery: One lithium battery (Type: CR1620)

Approximately 3 years on type CR1620 (assuming alarm operation 10 seconds per day, one illumination operation 3 seconds per day and one signal reception 6 minutes per day)

Frequent use of illumination can shorten battery operating time.

Specifications are subject to change without notice.

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
 - Do not operate the crown or buttons while your watch is submersed in water or wet.
 - Avoid wearing your watch while in the bath.
 - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
 - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

Band

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

Temperature

- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.
- Leaving your watch in an area hotter than +60°C (140°F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0°C (32°F) and greater than +40°C (104°F).

Impact

- Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, BABY-G, G-MS) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaging in strenuous sports activities (motocross, etc.)

Magnetism

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

Electrostatic Charge

- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.
- Electrostatic charge can cause the display to go blank momentarily or cause a rainbow effect on the display.

Chemicals

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

Storage

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

Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.

- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.

- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

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

Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.



- 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.



ENG	SUN	MON	TUE	WED	THU	FRI	SAT
ESP	DOM	LUN	MAR	MIE	JUE	VIE	SAB
FRA	DIM	LUN	MAR	MER	JEU	VEN	SAM
POR	DOM	SEG	TER	QUA	QUI	SEX	SAB
DEU	SON	MON	DIE	MIT	DON	FRE	SAM
ITA	DOM	LUN	MAR	MER	GIO	VEN	SAB
CHN	日	一	二	三	四	五	六
PYC	BC	ПH	BT	CP	4T	ПT	CB
JPN	日	月	火	水	木	金	土

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