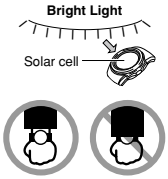
Operation Guide 5184

CASIO

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.

Keep the watch exposed to bright light

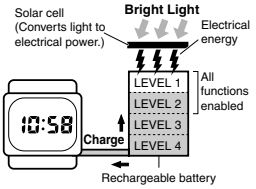


The electricity generated by the solar cell of the watch is stored by a built-in battery. Leaving or using the watch where it is not exposed to light causes the battery to run down. Make sure the watch is exposed to light as much as possible.

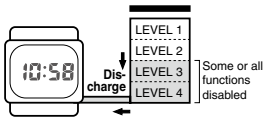
- When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is even only partially covered.

- The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will result in some watch functions to be disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep it exposed to light as much as possible.

Battery charges in the light.



Battery discharges in the dark.



- The actual level at which some functions are disabled depends on the watch model.
- Frequent display illumination can run down the battery quickly and require charging. The following guidelines give an idea of the charging time required to recover from a single illumination operation.
  Approximately 5 minutes exposure to bright sunlight coming in through a window
  Approximately about 8 hours exposure to indoor fluorescent lighting
- **Be sure to read "Power Supply" (page E-38) for important information you need to know when exposing the watch to bright light.**

If the display of the watch is blank...

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

- **See "Power Saving Function" (page E-48) for more information.**

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 this product or its malfunction.

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.

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Procedure Lookup

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

To set the time and date ***E-11***
To change the Daylight Saving Time (summer time) setting ***E-15***
To specify the Dual Time City ***E-17***
To view the current time in another time zone ***E-20***
To toggle a city code time between Standard Time and Daylight Saving Time ***E-21***
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To configure countdown start time and auto-repeat settings ***E-27***
To set an alarm time ***E-30***
To turn an alarm on and off ***E-32***
To turn the Hourly Time Signal on and off ***E-33***
To illuminate the display manually ***E-34***
To turn the auto light switch on and off ***E-37***
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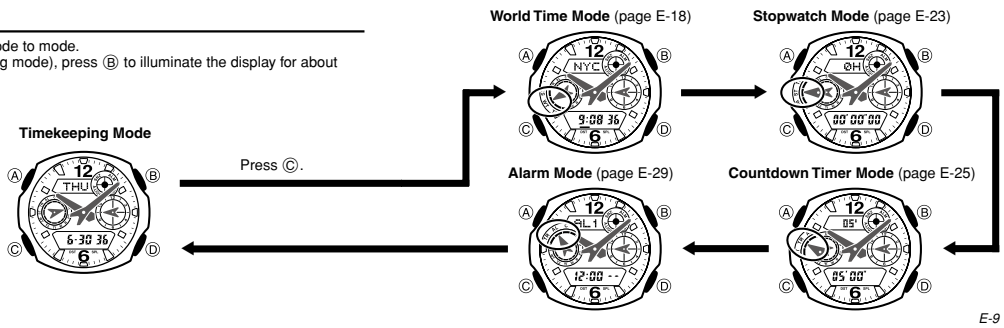
To turn Power Saving on and off ***E-50***

General Guide

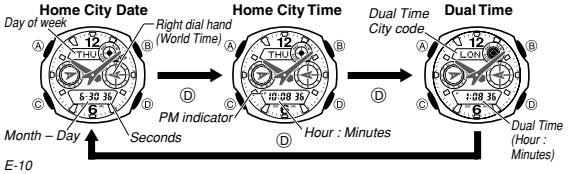
- Press Ⓒ to change from mode to mode.
- In any mode (except a setting mode), press Ⓑ to illuminate the display for about one second.



Timekeeping

You can adjust the Home Time city data and time in the Timekeeping Mode. You also can simultaneously display the current time in one other time zone, by specifying a Dual Time City.

- For information about selecting a Dual Time City, see "To specify the Dual Time City" (page E-17).
- Pressing Ⓓ in the Timekeeping Mode will cycle the lower display between the screens shown below.



Read This Before You Set the Time and Date!

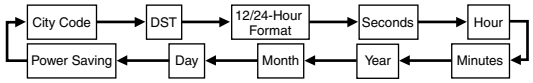
This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the time, it is important that you first select the correct city code for your Home City (the city where you normally use the watch). If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

- Note that all of the times for the World Time City codes (page E-18) and Dual Time City are displayed in accordance with the time and date settings you configure for the Timekeeping Mode.

To set the time and date

1. In the Timekeeping Mode, hold down Ⓐ for about five seconds until the left dial hand points to **T1** and the city code flashes on the upper display. This is the setting mode.
2. Use Ⓓ and Ⓑ 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" at the back of this manual.

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



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

Screen:	To do this:	Do this:
TYO	Change the city code	Use Ⓓ (east) and Ⓑ (west).
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF).	Press Ⓓ.

Screen:	To do this:	Do this:
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press Ⓓ.
50	Reset the seconds to 00	Press Ⓓ.
P 10:08	Change the hour and minutes	Use Ⓓ (+) and Ⓑ (–).
2011 6-30	Change the year, month, or day	
PSOA	Toggle between Power Saving on (OA) and off (OFF)	Press Ⓓ.

5. Press Ⓐ twice to exit the setting mode.

- For details about the Daylight Saving Time setting, see "To change the Daylight Saving Time (summer time) setting" (page E-15). For information about Power Saving, see "To turn Power Saving on and off" (page E-50).
- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

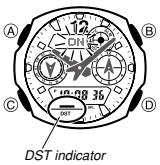
12-hour and 24-hour timekeeping

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

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



1. In the Timekeeping Mode, hold down Ⓐ for about five seconds until the left dial hand points to **T1** and the city code flashes on the upper display. This is the setting mode.
2. Press Ⓒ. This will display the DST setting screen.
3. Press Ⓓ to toggle between Daylight Saving Time (**ON** displayed) and Standard Time (**OFF** displayed).
4. When the setting you want is selected, press Ⓐ twice to exit the setting mode.

- The **DST** indicator appears to indicate that Daylight Saving Time is turned on.

Dual Time

Dual Time lets you display the current time in another time zone called your "Dual Time City", in addition your Home City's current time. This feature is very handy for business professionals and others who need to keep track of the current time in two different time zones.

- For information about how to display the current time in the Dual Time City in the lower display, see page E-10.
- You can change the Dual Time DST (summer time) setting in the World Time Mode.

To specify the Dual Time City

1. In the Timekeeping Mode, hold down Ⓐ for about five seconds until the left dial hand points to **T1** and the city code flashes on the upper display. This is the setting mode.
2. Press Ⓐ again. The left dial hand will move to **T2** and the current Dual Time City code will start to flash on the upper display. This is the Dual Time City selection screen.
3. Use Ⓓ (eastward) and Ⓑ (westward) to scroll through the available city codes.
   - See the "City Code Table" at the back of this manual for information about city codes.
4. Press Ⓐ to exit the setting mode.

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" at the back of this manual 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 Ⓒ (page E-9).

Right Dial Hand

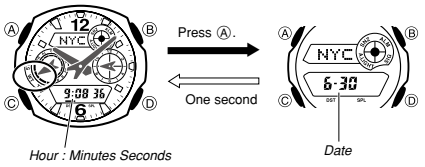
The right dial hand shows the current hour in the World Time City in all modes.

- The right dial hand moves just like the normal hour hand, completing one revolution every 12 hours.

To view the current time in another time zone

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

- When the city code (time zone) you want is selected, you can press Ⓐ to display the date. After about one second, the watch will resume regular timekeeping.



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

1. In the World Time Mode, press Ⓓ to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down Ⓐ 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 bottom (World Time) display while Daylight Saving Time is turned on.

Swapping your Home City and World Time City

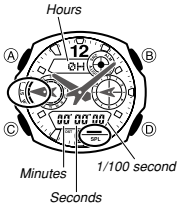
You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

To swap your Home City and World Time City

1. In the World Time Mode, use Ⓓ to select the World Time City you want.
2. Hold down Ⓐ and Ⓑ 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 upper and lower displays 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.

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The digital 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.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓒ (page E-9).

To measure times with the stopwatch

Elapsed Time

Ⓓ → Ⓓ → Ⓓ → Ⓓ → Ⓐ

Start — **Stop** — **Re-start** — **Stop** — **Clear**

Split Time

Ⓓ → Ⓐ → Ⓐ → Ⓓ → Ⓐ

Start — **Split** (**SPL** displayed) — **Split release** — **Stop** — **Clear**

Two Finishes

Ⓓ → Ⓐ → Ⓓ → Ⓐ → Ⓐ

Start — **Split** First runner finishes. Display time of first runner. — **Stop** Second runner finishes. — **Split release** Display time of second runner. — **Clear**

Countdown Timer

You can set the countdown timer start time within a range of one minute to 60 minutes. An alarm sounds when the countdown reaches zero.

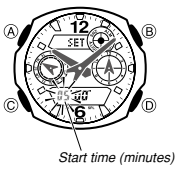
- You also can select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing Ⓒ (page E-9).

To use the countdown timer

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

- When the end of the countdown is reached and auto-repeat is turned off, 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.
- When auto-repeat is turned on, the countdown will restart automatically without pausing when it reaches zero. The alarm sounds to signal when the countdown reaches zero. The countdown is repeated up to eight times, and then stops.
- The number of the current repeat (1 to 8) is shown in the lower display.
- The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
- To stop a countdown timer operation completely, first pause it (by pressing Ⓓ), and then press Ⓐ. This returns the countdown time to its starting value.

To configure countdown start time and auto-repeat settings



1. While the countdown start time is on the display in the Countdown Timer Mode, hold down Ⓐ for about three seconds until the minute 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" (page E-26) to display it.
2. Press Ⓒ to move the flashing in the sequence shown below, and select the setting you want to change.

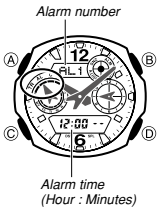
Start Time (Minutes) ⟷ Ⓒ ⟷ Auto-Repeat On/Off

3. Perform the following operations, depending on which setting currently is selected on the display.
   - While the start time setting is flashing, use Ⓓ (+) and Ⓑ (–) to change it.
   - While the auto-repeat on/off setting (**on** or **OFF**) is flashing on the display, press Ⓓ to toggle auto-repeat on (**on**) and off (**OFF**).

4. Press Ⓐ to exit the setting mode.

- The auto-repeat on indicator (↻) is displayed on the Countdown Timer Mode screen while this function is turned on.
- Frequent use of auto-repeat and the alarm can run down battery power.

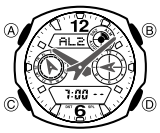
Alarms



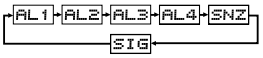
When an alarm is turned on, the alarm tone will sound when its alarm time is reached. One of the alarms is a snooze alarm, while the other four are one-time alarms. You also can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- There are five alarm screens numbered AL1, AL2, AL3 and AL4 for the one-time 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 Ⓒ (page E-9).

To set an alarm time



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



- To set a one-time 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 (page E-33).
- The snooze alarm repeats every five minutes.

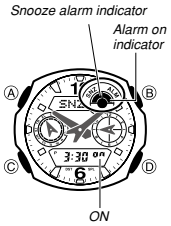
2. After you select an alarm, hold down Ⓐ for about three seconds until the hour setting of the alarm time starts to flash. This is the setting mode.
   - This operation turns on the alarm automatically.
3. Press Ⓒ to move the flashing between the hour and minute settings.
4. While a setting is flashing, use Ⓓ (+) and Ⓑ (–) to change it.
5. Press Ⓐ 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 (page E-32).

- 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 (page E-11)
  Displaying the SNZ setting screen (page E-30)

To turn an alarm on and off

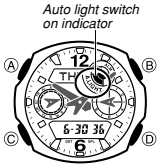


1. In the Alarm Mode, use Ⓓ to select an alarm.
2. Press Ⓐ to toggle it on and off.
   - Turning on a alarm (AL1, AL2, AL3, AL4 or SNZ) displays the alarm on indicator on its Alarm Mode screen.
   - In all modes, the alarm on indicator is shown for any alarm that currently is turned on.
   - The alarm 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

1. In the Alarm Mode, use Ⓓ to select the Hourly Time Signal (SIG) (page E-30).
2. Press Ⓐ 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. The watch's auto light switch turns on illumination automatically 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 "Illumination Precautions" (page E-52) for other important information about using illumination.

To illuminate the display manually

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

- The above operation turns on illumination regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes illumination to turn on, whenever you position your wrist as described below in any mode.

Note that this watch features a "Full Auto LED Light", so the auto light switch operates only when available light is below a certain level. It does not illuminate the display under bright light.

- The auto light switch is always disabled, regardless of its on/off setting, while an alarm is sounding.

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

- Wear the watch on the outside of your wrist.

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 startle or distract others around you.**
- **When you are wearing the watch, make sure that its auto light switch is turned off before riding 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 Ⓑ for about three seconds to toggle the auto light switch on (auto light switch on indicator displayed) and off (auto light switch on indicator not displayed).

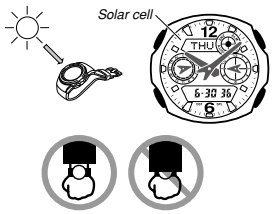
- The auto light switch on indicator is on the display in all modes while the auto light switch is turned on.

Power Supply

This watch is equipped with a solar cell and a special 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.

- The illustration shows how to position a watch with a resin band.
- Note that charging efficiency drops when any part of the solar cell is blocked by clothing, etc.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is even only partially covered.



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 exposed to bright light whenever possible.
- This watch uses a special rechargeable battery to store power produced by the solar cell, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the special rechargeable battery to charge fully, contact your dealer or CASIO distributor about having it replaced.
- Never try to remove or replace the watch's special battery yourself. Use of the wrong type of battery can damage 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 (**CHG**) (page E-40) and when you have the battery replaced.
- Turn on the watch's Power Saving function (page E-48) 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 and Power Recovery Mode indicator

The battery power indicator indicates you the current status of the rechargeable battery's power.

Battery Power indicator

Level	Battery Power Indicator	Function Status
1 (H)		All functions enabled.
2 (M)		All functions enabled.
3 (L)	LOW *(Charge Soon Alert)*	Illumination and beeper disabled.
4 (CHG)		Except for timekeeping, all functions and display indicators disabled.
5 (CHG)		All functions disabled.

- The flashing LOW indicator at Level 3 (**L**) tells you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 5 (**CHG**), all functions are disabled and settings return to their initial factory defaults. Once the battery reaches Level 2 (**M**) after falling to Level 5 (**CHG**), reconfigure the current time, date, and other settings.
- Display indicators reappear as soon as the battery is charged from Level 5 (**CHG**) to Level 2 (**M**).
- The watch's Home City code setting will change automatically to **TYO** (Tokyo) whenever the battery drops to Level 5 (**CHG**). If this happens, change the Home City to the setting you want (page E-11).
- Leaving the watch exposed to direct sunlight or some other very strong light source can cause the battery power indicator to show a reading temporarily that is higher than the actual battery level. The correct battery level should be indicated after a few minutes.

Power recovery mode indicator

- Overuse of display illumination or the beeper can cause the **R** (Recover) indicator to appear in the upper display, which indicates that the watch is in the battery power recovery mode. Face illumination, the alarm, the countdown timer alarm, and all hand operations are disabled in the power recovery mode. The watch continues to keep time internally, so normal timekeeping and function will resume as soon as battery power recovers to normal levels, which is indicated when the **R** indicator disappears.
- If **R** appears frequently, it probably means that remaining battery power is low. Leave the watch in bright light for some time to allow it to charge.

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. Also note that allowing the watch to become very hot can cause its liquid crystal display to black out. The appearance of the LCD should become normal again when the watch returns to a lower temperature.

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 eight months.
- The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

Exposure Level (Brightness)	Approximate Exposure Time
Outdoor Sunlight (50,000 lux)	8 minutes
Sunlight Through a Window (10,000 lux)	30 minutes
Daylight Through a Window on a Cloudy Day (5,000 lux)	48 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

- For details about the battery operating time and daily operating conditions, see the "Power Supply" section of the Specifications (page E-56).
- Stable operation is promoted by frequent exposure to light.

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)	3 hours			26 hours	7 hours
Sunlight Through a Window (10,000 lux)	8 hours			98 hours	26 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)	12 hours			158 hours	43 hours
Indoor Fluorescent Lighting (500 lux)	141 hours			- - - - - - - -	- - - - - - - -

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

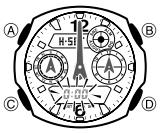
Hand Home Position Correction

The hands of the watch can be thrown off by exposure to strong magnetism or impact. If that happens, check if the home positions of the hands are correct and adjust the home positions as required.

To adjust the home positions

Correct dial hand positions

1. In the Timekeeping Mode, hold down Ⓓ for about three seconds, until **H-SET** appears on the upper display.
   - The dial hands are in their correct home positions when the left dial hand moves to **C** (**CHG**) and the right dial hand moves to **12**. If they don't, use Ⓑ to adjust the left dial hand position and Ⓓ to adjust the right dial hand position.
2. After confirming that both dial hands are in their correct home positions, press Ⓒ.
   - This will change to hour hand and minute hand home position manual correction.



Correct hour and minute hand positions

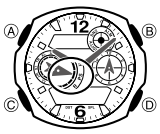
- The hour and minute hands are in their correct home positions if they are at 12 o'clock. If they are not, use Ⓓ (+) and Ⓑ (–) to adjust their positions as required.
- Pressing Ⓒ here will return to the setting at the beginning of step 2.

3. After everything is the way you want, press Ⓐ to return to 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.

Power Saving Function



When turned on, the Power Saving function enters a sleep state automatically whenever the watch is left in an area for a certain period where it is dark. The table below shows how watch functions are affected by the Power Saving function.

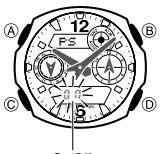
Elapsed Time in Dark	Hands and Display	Operation
60 to 70 minutes	Left dial hand: PS; Right dial hand: "12"; Other hands: Normal; Display: Blank	All functions enabled, except for displays
6 or 7 days	Left dial hand: PS; Other hands: Stopped at 12 o'clock; Display: Blank	Beeper tone, illumination, and display disabled.

- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between 6:00 AM and 9:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.

To recover from the sleep state

Perform any one of the following operations.
- Move the watch to a well-lit area.
- Press any button.
- Angle the watch towards your face for reading (page E-36).

To turn Power Saving on and off



On/Off status

1. In the Timekeeping Mode, hold down Ⓐ for about five seconds until the left dial hand points to **T1** and the city code flashes on the upper display. This is the setting mode.
2. Press Ⓒ nine times until **PS** appears in the upper display and a flashing **on** or **OFF** appears in the lower display. This is the Power Saving on/off screen.
3. Press Ⓓ to toggle Power Saving on (**on**) and off (**OFF**).
4. Press Ⓐ twice to exit the setting mode.

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 Ⓓ and Ⓑ buttons are used to change the hand setting in various setting modes. In most cases, holding down these buttons will start high-speed movement of the applicable hand(s).

Initial Screens

When you enter the 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 power drops to Level 5 (**CHG**) (page E-40).
- 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 hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Auto light switch precautions

- The auto light switch is turned off automatically whenever battery power is at Level 4 (**CHG**) (page E-40).
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

More than 15 degrees too high

- Illumination may not turn on 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.
- Illumination turns off in about one second, 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 illumination does not turn on, 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, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

Specifications

Accuracy at normal temperature: ± 15 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); Simultaneous Home Time/Dual Time indication
Analog Timekeeping: Hour, minutes (hand moves every 10 seconds)
World Time: 48 cities (29 time zones)
Other: Daylight Saving Time/Standard Time; Home City/World Time City Swapping
Stopwatch:
Measuring unit: 1/100 second
Measuring capacity: 23:59' 59.99"
Measuring modes: Elapsed time, split time, two finishes

Countdown Timer:
Measuring unit: 1 second
Input range: 1 minute to 60 minutes (1-minute increments)
Other: Auto-repeat timing
Alarms: Four one-time alarms; one snooze alarm; Hourly Time Signal
Illumination: LED (light-emitting diode); Auto Light Switch (Full Auto LED Light operates only in the dark)
Other: Power Saving

Power Supply: Solar cell and one rechargeable battery
Approximate battery operating time: 8 months (from full charge to Level 5 (**CHG**)) under the following conditions:
- Watch not exposed to light
- Internal timekeeping
- Display on 18 hours per day, sleep state 6 hours per day
- 1 illumination operation (1.5 seconds) per day
- 10 seconds of alarm operation per day

Frequent use of illumination runs down the battery. Particular care is required when using the auto light switch (page E-53).

City Code Table

City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	–11
HNL	Honolulu	–10
ANC	Anchorage	–9
YVR	Vancouver	–8
LAX	Los Angeles	
YEA	Edmonton	–7
DEN	Denver	
MEX	Mexico City	–6
CHI	Chicago	
MIA	Miami	–5
YTO	Toronto	
NYC	New York	

City Code	City	UTC Offset/ GMT Differential
SCL	Santiago	–4
YHZ	Halifax	
YYT	St. Johns	–3.5
RIO	Rio De Janeiro	–3
RAI	Praia	–1
UTC		0
LIS	Lisbon	
LON	London	
MAD	Madrid	+1
PAR	Paris	
ROM	Rome	
BER	Berlin	
STO	Stockholm	

City Code	City	UTC Offset/ GMT Differential
ATH	Athens	+2
CAI	Cairo	
JRS	Jerusalem	
MOW	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
DAC	Dhaka	+6
RGN	Yangon	+6.5

City Code	City	UTC Offset/ GMT Differential
BKK	Bangkok	+7
SIN	Singapore	+8
HKG	Hong Kong	
BJS	Beijing	
TPE	Taipei	
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5
GUM	Guam	+10
SYD	Sydney	
NOU	Noumea	+11
WLG	Wellington	+12

- Based on data as of December 2009.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.