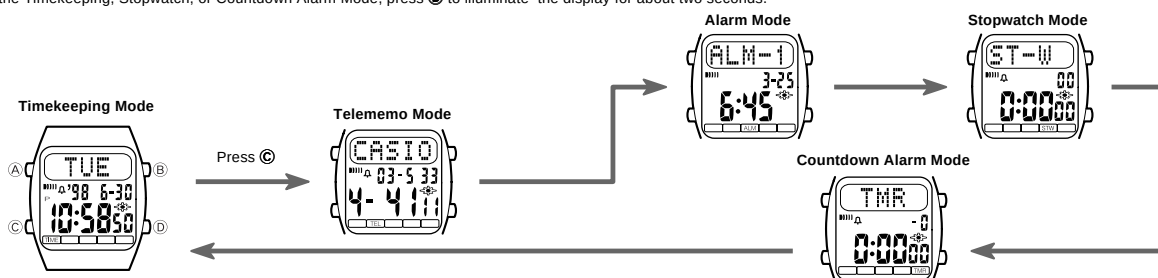
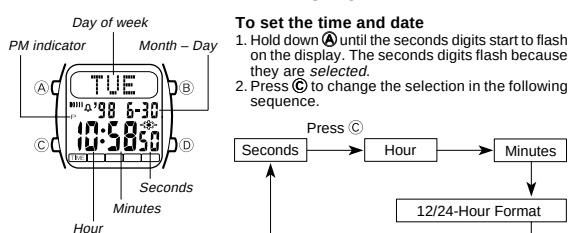


GENERAL GUIDE

- If the contents of the display seem to be continually changing, see "AUTO DISPLAY FUNCTION" for information on how to stop it.
- Press **C** to change from mode to mode. After you perform an operation in any mode, pressing **C** returns to the Timekeeping Mode.
- In the Timekeeping, Stopwatch, or Countdown Alarm Mode, press **D** to illuminate the display for about two seconds.



TIMEKEEPING MODE



To set the time and date

1. Hold down **A** until the seconds digits start to flash on the display. The seconds digits flash because they are selected.
2. Press **C** to change the selection in the following sequence.

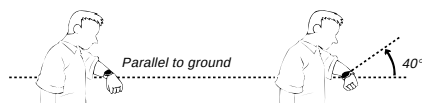
3. While the seconds digits are selected (flashing), press **B** to reset the seconds to "00". If you press **B** while the seconds count is in the range of 30 to 59, it is reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds), are selected (flashing), press **B** to increase the number or **D** to decrease it. Holding down either button changes the current number at high speed.
- While the 12/24-hour setting is selected, press **B** to switch between the two formats.
5. After you set the time and date, press **A** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

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.



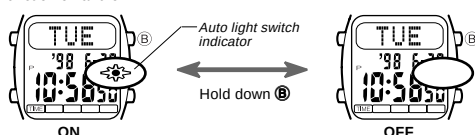
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.



- Static electricity or magnetic force can interfere with proper operation of the auto light switch function. If the 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 **D** while in the Timekeeping Mode illuminates the display, regardless of the auto light switch's on/off setting.

Caution

- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

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.

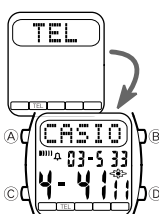
TELEMEMO MODE

Caution

The following causes all data stored in memory to be deleted. Be sure to always keep separate written copies of all important data.

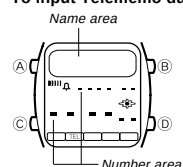
- Malfunction or repairs
- Dead battery
- Battery replacement

In no event will CASIO be liable for loss of data or any damages arising out of such loss.

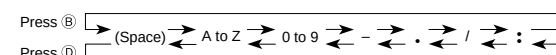


The Telememo Mode lets you store up to 30 pairs of name and telephone number data. The name can be up to 8 characters long and the number up to 12 digits. Data is automatically sorted into alphabetical order based on the name data. You can recall data by scrolling through it on the display.

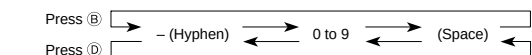
To input Telememo data



1. In the Telememo Mode, press **B** or **D** until the new data display appears.
- If the message "FULL" appears on the display, it means that memory is full. To store more data, you will first have to delete some of the data.
2. Hold down **A** until the flashing cursor appears on the name area.
3. Use **B** or **D** to input a character at the cursor position. The character changes in the following sequence. Holding down either button changes the character at high speed.



4. After you select the character you want, press **C** to advance the cursor to the right.
- Repeat steps 3 and 4 until you complete name input.
- You can input up to 8 characters in the name area.
5. After the name input is through, use **C** to move the cursor to the number area.
6. While the cursor is in the number area, use **B** or **D** to input a number you want. The character changes in the following sequence. Holding down either button changes the character at high speed.



- Note that you must input at least one character in the name area. You can skip input of telephone number.
- 7. After you select the character you want, press **C** to advance the cursor to the right.
- Repeat steps 6 and 7 until you complete number input.

8. After inputting the data you want, press **(A)** to store it into memory.
- The name area shows only 5 characters, but automatically scrolls from right to left to show all of the characters that make up the text.

To scroll through Telememo data

In the normal Telememo Mode (when the display is not flashing), press **(B)** to scroll forward or **(D)** to scroll backward through stored data.

- The data item that is displayed when you exit the Telememo Mode will be the first data to appear when you enter the Telememo Mode again.

To edit Telememo data

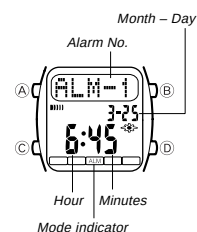
- In the Telememo Mode, use **(B)** and **(D)** to scroll through the data items and display the one you want to edit.
- Hold down **(A)** until the flashing cursor appears on the display.
- Use **(C)** to move the cursor to the character you want to change.
- Use **(B)** or **(D)** to select the character you want.
- For details, see "To input Telememo data" (steps 3 through 4 for name input, or 6 through 7 for number).
- After editing the data, press **(A)** to store it.

To delete Telememo data

- In the Telememo Mode, use **(B)** and **(D)** to scroll through the data items and display the one you want to delete.
- Hold down **(A)** until the flashing cursor appears on the display.
- Press **(B)** and **(D)** at the same time to delete the data item.
- At this time the cursor appears on the display ready for input.
- Input data or press **(A)** to return to the Telememo Mode.

To check remaining memory capacity

In the Telememo Mode, hold down **(B)** and **(D)** to display remaining memory capacity.



ALARM MODE

You can set five independent alarms with the hour, minutes, month and day. Use the Alarm Mode to turn the alarm and the Hourly Time Signal on and off.

- When an alarm is turned on, an alarm tone sounds for 20 seconds when the preset time is reached.
- When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

Alarm types

The types of alarm you get depends on the information you set.

To set a Daily Alarm

Set the hour and minutes for the alarm time. Set **-** for the month and **--** for the day (see step 4 under "To set the alarm time"). This type of setting causes the alarm to sound every day at the time you set.

To set a Date Alarm

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

To set a 1-Month Alarm

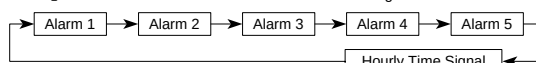
Set the month, hour and minutes for the alarm time. Set **--** for the day (see step 4 under "To set the alarm time"). This type of setting causes the alarm to sound every day at the time you set, only during the month you set.

To set a Monthly Alarm

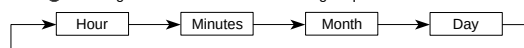
Set the day, hour and minutes for the alarm time. Set **-** for the month (see step 4 under "To set the alarm time"). This type of setting causes the alarm to sound every month at the time you set, on the day you set.

To set the alarm time

- Press **(B)** while in the Alarm Mode to select Alarm 1 through Alarm 5.



- After you select an alarm, hold down **(A)** until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
- At this time the alarm is automatically switched on.
- Press **(C)** to change the selection in the following sequence.



- Press **(B)** to increase the number or **(D)** to decrease it. Holding down either button changes the current number at high speed.
- To set an alarm that does not include a month (daily alarm, monthly alarm), set **-** for the month. Press **(B)** or **(D)** until the **-** mark appears (between 12 and 1) while the month digits are flashing.
- To set an alarm that does not include day (daily alarm, 1-month alarm), set **--** for the day. Press **(B)** or **(D)** until the **--** mark appears (between 31 and 1) while the day digits are flashing.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
- After you set the alarm time, press **(A)** to return to the Alarm Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To stop the alarm

Press any button to stop the alarm after it starts to sound.

To switch an alarm and Hourly Time Signal on and off

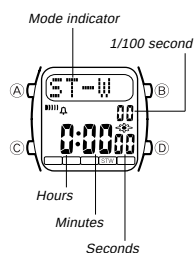
- In the Alarm Mode, press **(B)** to select an alarm or the Hourly Time Signal.
- When the alarm or Hourly Time Signal you want to be selected, press **(B)** to switch it on and off.
- If any alarm is on, the Alarm on indicator is shown on the display when you change to another mode.



To test the alarm

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

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

To measure elapsed time.

- Press **(B)** to start the stopwatch.
- Press **(B)** to stop the stopwatch.
- You can resume the measurement operation by pressing **(B)** again.
- Press **(A)** to clear the stopwatch to all zeros.

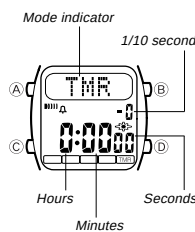
To record split times

- Press **(B)** to start the stopwatch.
- Press **(A)** to display the timing up to that point. Stopwatch timing continues internally.
- At this time, the display also shows "SPLIT" indicating that the split time is being recorded.
- Press **(A)** to clear the split time and to continue time measurement on the display.
- You can repeat step 2 and 3 as many times as you want.
- Press **(B)** to stop the time measurement.
- Press **(A)** to clear the stopwatch to all zeros.

To time first and second place finishes

- Press **(B)** to start the stopwatch.
- Press **(A)** when the first finisher crosses the line, and record the time.
- Press **(B)** when the second finisher crosses the line.
- Press **(A)** to display the finishing time of the second finisher.
- Press **(A)** again to clear the stopwatch to all zeros.

COUNTDOWN ALARM MODE



The countdown 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.

Note that you can also select auto repeat timing that automatically restarts the countdown from the original value you set whenever zero is reached. This continues until you manually stop the countdown.

To set the countdown time

- Hold down **(A)** while in the Countdown Alarm Mode until the hours digit flashes on the display. The hours digit flashes because it is *selected*.
- Press **(C)** to change the selection in the following sequence.



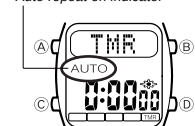
- Press **(B)** to increase the selected number. Holding down **(B)** changes the number at high speed.
- To set the starting value of the countdown time to 24 hours, set to "0:00 00".
- After you set the countdown time, press **(A)** to return to the normal Countdown Alarm Mode (the flashing stops).
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the normal Countdown Alarm Mode automatically.

To use the countdown timer

- Press **(B)** while in the Countdown Alarm Mode to start the countdown timer.
- Press **(B)** again to stop the countdown timer.
- You can continue countdown timer operation by pressing **(B)**.
- Stop the timer and then press **(A)** 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 on and off

Auto repeat on indicator



- Hold down **(A)** while in the Countdown Alarm Mode until the hours digit flashes on the display.
- Press **(B)** to switch auto repeat on and off.
- Press **(A)** to return to the Countdown Alarm 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 **(B)** and manually reset to the start time by pressing **(A)**.

AUTO DISPLAY FUNCTION

The Auto Display function of this watch continually changes the contents of the display. Note that you cannot use any of the watch's other functions while the Auto Display function is operating.

To turn the Auto Display on

Hold down **(C)** for about two or three seconds in any mode until the watch beeps.

To turn the Auto Display off

Hold down **(C)** for about two or three seconds until the watch beeps. At this time the watch is in the Timekeeping Mode.

Note

The Auto Display function cannot be performed while you are making settings (i.e. while digits or other setting are flashing on the display).