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Adjusting Hand and Day Indicator Alignment

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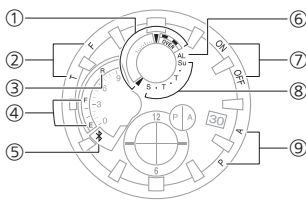
Basic Operations

This section provides an overview of the watch and its operations.

Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

Watch Face Items

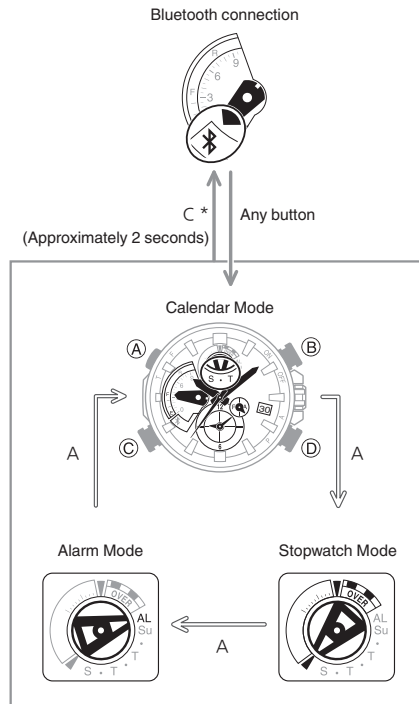


- Lap evaluation area**
When the watch is in the Stopwatch Mode, the mode hand indicates the difference between the lap time being measured and the target time.
- F / T marks**
When setting a target lap time in the Stopwatch Mode for calculating the difference between a lap time and the target value, the second hand will point to the current target lap time type.
"F": FASTEST (Fastest)
"T": TARGET (Target)
- R mark**
The retrograde dial hand points to "R" while the watch is standing by for connection with a phone.
- Charge level**
In the Calendar Mode and Alarm Mode, the retrograde dial hand indicates the current battery charge level.
- Bluetooth mark**
The retrograde dial hand points to the Bluetooth symbol while the watch is connected with a phone.
- AL mark**
In the Alarm Mode, the mode hand points to "AL".

- Alarm setting, stopwatch alert beeper setting**
In the Alarm Mode, the second hand indicates if the alarm is enabled or disabled.
"ON": Alarm enabled
"OFF": Alarm disabled
In the Stopwatch Mode the second hand indicates if the stopwatch alert beeper is enabled or disabled.
"ON": Alert enabled
"OFF": Alert disabled
- Day of week**
In the Calendar Mode, the mode hand points to the current day of the week.
- A / P marks**
When configuring time settings in your current location (Home City), the second hand indicates whether it is an a.m. time or a p.m. time.
"A": AM
"P": PM

Navigating Between Modes

Your watch has the modes shown below.



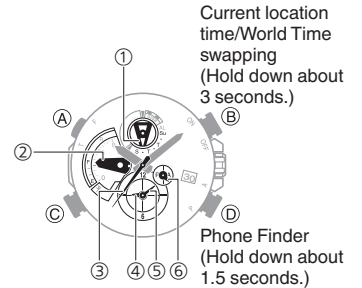
Use (A) to navigate between modes. Hold down (A) for about two seconds to enter the Calendar Mode. To connect with a phone, hold down (C) for about 2 seconds.

* The watch cannot connect with a phone while a stopwatch time measurement operation is in progress.

Mode Overview

Calendar Mode

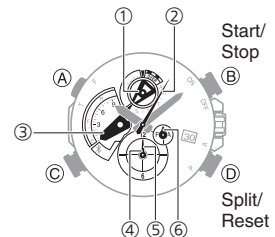
In this mode, the main hour and minute hands indicate the current time in your current location (Home City), while the dial hour and minute hands show another time (Dual Time).



- Current day of the week in your current location (Home City)
- Charge level
- Current second in your current location (Home City)
- Dual Time hour
- Dual Time minute
- Dual Time 24-hour hand
The A-side of the dial indicates an a.m. time, while the P-side indicates a p.m. time.

Stopwatch Mode

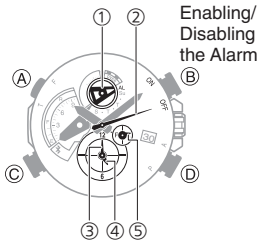
In this mode, the main hour and minute hands indicate the current time in your current location (Home City), while the other hands show elapsed time as measured by the stopwatch.



- Lap evaluation
Checking the Difference between a Lap Time and the Target Time
- Stopwatch seconds
- Stopwatch 1/20 (0.05) second
- Stopwatch hours
- Stopwatch minutes
- Stopwatch 24-hour hand
The A-side of the dial indicates hours 0 through 12, while the P-side indicates hours 12 through 24.

● Alarm Mode

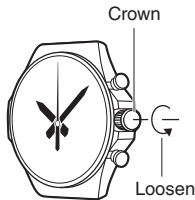
In this mode, the main hour and minute hands indicate the current time in your current location (Home City), while the small hour and minute hands show the alarm time setting.



- ① Mode
- ② Alarm enable/disable
The second hand will point to "ON" while the alarm is turned on, and to "OFF" while it is turned off.
- ③ Alarm minute
- ④ Alarm hour
- ⑤ Alarm 24-hour hand
The A-side of the dial indicates an a.m. time, while the P-side indicates a p.m. time.

Using the Crown

The watch's crown is a screw-in (screw lock) type. To use the crown, you first need to rotate it towards you (leftwards) to loosen it.



● Pulling Out and Pushing In the Crown

To perform a crown operation, pull it out to the first or second click and then rotate it. Do not pull the crown with too much force.

First click

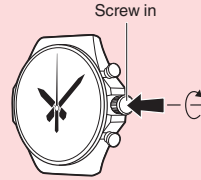


Second click



Important!

- To prevent loss of water resistance and/or damage due to impact, be sure to screw the crown in by rotating it away from you as you push it in.



- When pushing the crown back in, take care not to apply too much force.

● Fast Forward/Fast Reverse

After pulling out the crown, rotating it quickly in succession in either direction will cause the hands to move forward or back at high speed. While the hands are moving forward at high speed, quickly rotating the crown in succession again will increase the speed even further.

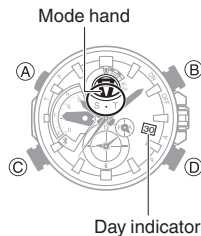
● Stopping Fast Forward/Fast Reverse

Rotate the crown in the direction opposite that of the ongoing operation or press any button.

Note

- If you do not perform any operation for about two minutes after pulling out the crown, crown operations will automatically become disabled. If that happens, push the crown back in and then pull it out again.

Hands and the Day Indicator Movement



● Mode Hand and Day Indicator Movement

Changing the day setting of the watch will also cause the mode hand to move.

● Day

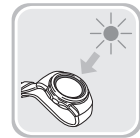
- It can take anywhere from about 15 to 30 seconds for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day indicator will not change while a stopwatch time measurement operation is in progress.

Solar Charging

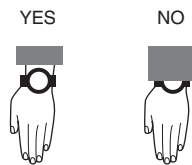
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

● Charging the Watch

When you are not wearing the watch, put it in a location where it is exposed to bright light.



While you are wearing the watch, make sure that its face (solar panel) is not blocked from light by the sleeve of your clothing. Power generation efficiency is reduced even when the face of the watch is blocked only partially.

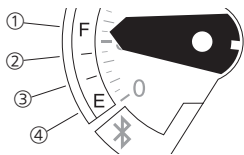


Important!

- Depending on light intensity and local conditions, the watch may become hot to the touch when exposed to light for charging. Take care to avoid burn injury after charging. Also, avoid charging the watch under high-temperature conditions like the ones described below.
 - On the dashboard of a vehicle parked in the sun
 - Near an incandescent light bulb or other source of heat
 - Under direct sunlight or in other hot areas for long periods

● Checking the Charge Level

You can determine the watch's current charge level by checking the position of the retrograde dial hand.



Charge Level①: Good (High)

Charge Level②: Good (Medium)

Charge Level③: Good (Medium)

Charge Level④: Low

● Remaining Charge and Dead Battery

You can determine if the charge level is low by checking the hand movement. Functions become disabled as battery power goes low.

Important!

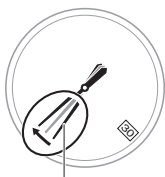
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

Note

- Exposing the watch face to light after the battery goes dead will cause the second hand to revolve counterclockwise until it stops at second 57. This indicates charging has started.

Low Battery Power

The second hand jumps at two-second intervals.



Second hand

Dead Battery

All hands and the day indicator are stopped.



● Charging Time Guidelines

The table below shows guidelines for approximate charging times.

Charging Times Required for 1 Day of Operation

Light Intensity	Approximate Charging Time	
High	①	8 minutes
	②	30 minutes
Low	③	48 minutes
	④	8 hours

Charge Recovery Times

Light Intensity	Approximate Charging Time		
	Charge Level 1	Charge Level 2	
High	①	2 hours	23 hours
	②	6 hours	85 hours
Low	③	8 hours	137 hours
	④	93 hours	-

Charge Level 1 :

Time from dead battery until watch operation starts.

Charge Level 2 :

Time from watch operation start until a full charge.

Light Intensity

- Sunny day, outdoors (50,000 lux)
- Sunny day, near a window (10,000 lux)
- Overcast day, near a window (5,000 lux)
- Indoor fluorescent lighting (500 lux)

Note

- Actual charging time depends on the charging environment, watch settings, and other factors.

● Power Saving

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause the second hand to stop, and the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, all hands will stop at 12 o'clock and the watch will enter Level 2 power saving.

Level 1 :

Second hand stops to save power.

Level 2 :

The following operations are stopped to save power: all hand movement (excluding the day indicator), Bluetooth connection, and alarm alerts.

Recovering from Power Saving Operation

Press any button or place the watch in a well-lit area to recover from power saving.

Using Mobile Link with a Mobile Phone

While there is a Bluetooth connection between the watch and phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

Note

- This function is available only while CASIO WATCHES is running on the phone.
- This section describes watch and phone operations.
 - : Watch operation
 - : Phone operation

Getting Ready

① Installing applications

In Google Play or the App Store, search for the "CASIO WATCHES" phone app and install it on your phone.

② Configuring Bluetooth Settings

Enable the phone's Bluetooth.

Note


- For details about setting procedures, see your phone documentation.

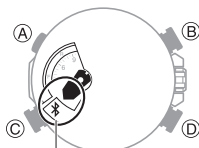
③ Pairing the watch with a phone

Before you can use the watch in combination with a phone, you first need to pair them.

- Move the phone to be paired with close to (within one meter of) the watch.
- Tap the "CASIO WATCHES" icon.
- Tap the of the "My Watch" tab.
- Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.

- Hold down (C) for about two seconds until the second hand points to 12 o'clock.

 - The retrograde dial hand will move from "R" to  when a connection is established between the watch and phone.
 - If pairing fails, the watch returns to the state it was in before starting this procedure. Perform the pairing procedure again from the beginning.



Bluetooth mark

Note

- The first time you start up the CASIO WATCHES phone app, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

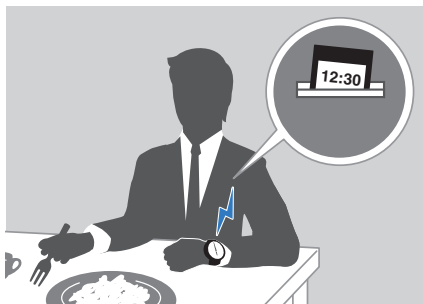
Auto Time Adjustment

You can configure watch settings to connect with a phone at preset times each day and adjust its time settings in accordance with information obtained from an online time server.

To have the watch perform auto time adjustment, put it into the Calendar Mode.

Using This Function

Your watch adjusts its time setting four times a day according to a preset schedule. It performs the adjustment operation automatically as you go about your daily life, without any operation required by you.



Important!

- Note that the watch will not perform auto time correction if it enters the Calendar Mode while any one of the conditions below exists.
 - The stopwatch is performing a time measurement operation.
 - Watch battery power is low (retrograde dial hand pointing to "E").
 - Watch is in Level 2 power saving.
 - While the watch is too far away from its paired phone
 - While communication is not possible due to radio interference, etc.
 - While the phone is updating its system

Note

- If the watch does not indicate the correct time even if it is able to connect with a phone, correct the hand and date indicator positions.
 - [Adjusting Hand and Day Indicator Alignment](#)
- If there is a World Time City specified with CASIO WATCHES, its time will also be synchronized automatically.
- The watch connects with the phone and performs auto time correction at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time correction is complete.

Summer Time

Once the watch is connected with a phone and its time is corrected with the phone time, its Home City time and World Time will automatically switch between standard time and summer time as required, even if the watch is no longer connected with the phone.


Summer Time Switching

- Adjusting the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- A CASIO WATCHES screen shows information about summer time periods.

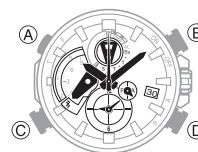
Triggering Immediate Time Correction

The watch will synchronize its time setting to that of the phone immediately when they are connected with each other. Whenever you want to adjust the watch's time setting based on your phone's time, perform the procedure below to connect with a phone.

- Press (C).

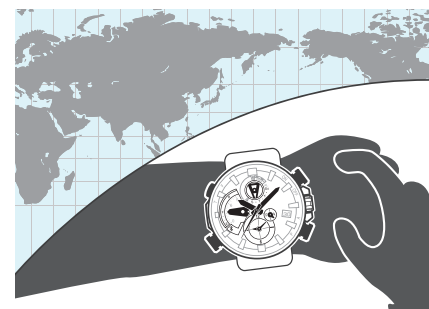
This causes the retrograde dial hand to move to "R". The retrograde dial hand will move to  when a connection is established between the watch and phone, and the time setting of the watch will synchronize with the phone's time setting.

- The watch will disconnect from the phone automatically after time synchronization is complete.



Configuring World Time Settings

Specifying a World Time City with CASIO WATCHES causes the city's time to be indicated by the small hour and minute hands. Watch settings can be configured for auto summer time switching for the World Time City.

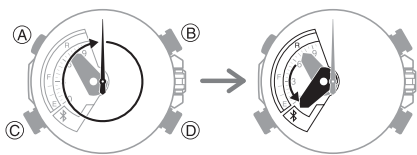


Note

- CASIO WATCHES World Time lets you select from among approximately 300 cities as the World Time City.

● To select a World Time City

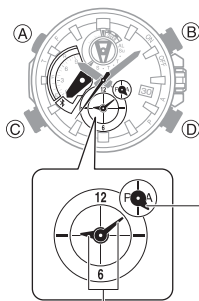
1. Tap the "CASIO WATCHES" icon.
2. Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.



3. Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.

The dial hour and minute hands, and the small 24-hour hand indicate the current time in the selected city and time zone.

- You can determine whether a World Time is a.m. or p.m. by checking the position of the small 24-hour hand.

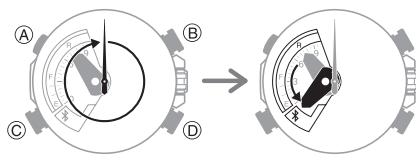


World Time hour and minute

World Time hour (24-hour)

● Configuring the Summer Time Setting

1. Tap the "CASIO WATCHES" icon.
2. Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.



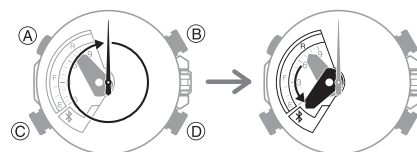
3. Perform the operation shown on the phone screen to configure the summer time setting.

Note

- When "Auto" is selected for standard/summer time switching, the watch will switch between standard time and summer time automatically. You do not need to change the time setting manually for changes between summer time and standard time. Even if you are in an area that does not observe summer time, you can leave the watch's summertime setting as "Auto".
- Changing the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- A CASIO WATCHES screen shows information about summer time periods.

● Swapping Your World Time and Home Time

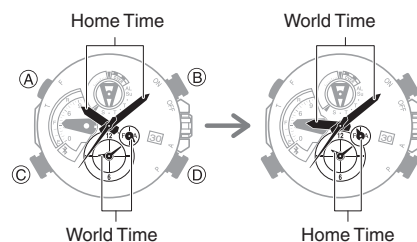
1. Tap the "CASIO WATCHES" icon.
2. Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.



3. Perform the operation shown on the phone screen to swap your Home Time with your World Time.

Before swapping

After swapping



Note

- Auto time adjustment is not performed for 24 hours after swapping of the Home Time and World Time.

Configuring Stopwatch Settings

You can specify a target value for comparison with lap times measured in the Stopwatch Mode. You can also enable or disable an alert that sounds when your current lap time matches the target value.

- 🔗 [Checking the Difference between a Lap Time and the Target Time](#)
- 🔗 [Split Times and Lap Times](#)

● Specifying the Target Value Type

You can specify one of the target values described below, which are used to calculate the difference between your target and actual lap time measurements.

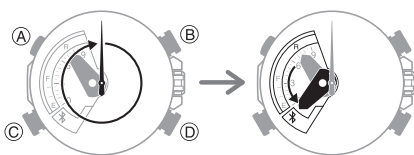
FASTEST (Fastest) :

Your fastest lap time during the current session is automatically set for this target value. This setting is refreshed each time you achieve a new fastest lap. Resetting the stopwatch to all zeros will also clear this target value.

TARGET (Target) :

This is a fixed value that you specify using CASIO WATCHES.

1. 📱 Tap the "CASIO WATCHES" icon.
2. ⌚ Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to ⌚ when a connection is established between the watch and phone.



3. 📱 Perform the operation shown on the phone screen to specify a target value type.

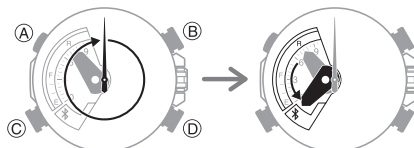
Note

- If you specified TARGET (Target) as the target value type, you should also specify the target value.
 - 🔗 [Specifying the TARGET \(Target\) Value](#)
- Changing the target value type while a stopwatch measurement operation is stopped will reset the stopwatch measurement value to all zeros.

● Specifying the TARGET (Target) Value

If you specified TARGET (Target) as the target value type, perform the procedure below to specify the target value.

- The TARGET (Target) value setting cannot be less than 15 seconds.
1. 📱 Tap the "CASIO WATCHES" icon.
 2. ⌚ Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to ⌚ when a connection is established between the watch and phone.



3. 📱 Perform the operation shown on the phone screen to specify the TARGET (Target) value.

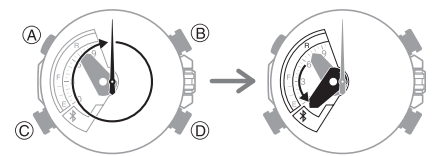
Note

- Changing the TARGET (target) value while a stopwatch measurement operation is stopped will reset the stopwatch measurement value to all zeros.

● Enabling or Disabling Alert Sounds

You can configure a setting so the watch sounds a tone when the lap time reaches the target value during measurement.

1. 📱 Tap the "CASIO WATCHES" icon.
2. ⌚ Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to ⌚ when a connection is established between the watch and phone.



3. 📱 Perform the operation shown on the phone screen to enable or disable the alert sound.

Note

- Changing the alert sound setting while a stopwatch measurement operation is stopped will reset the stopwatch measurement value to all zeros.

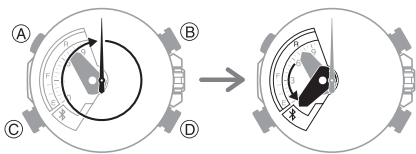
Viewing Stopwatch Data

This section explains how to send lap times and split times (up to 100 records) stored in watch memory, and other data to your phone for viewing with CASIO WATCHES.

● Sending Stopwatch Data to a Phone

Use the procedure below to send data from the watch to a phone.

1. Tap the "CASIO WATCHES" icon.
2. Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.



3. Perform the operation shown on the phone screen to transfer data measured by the watch to the phone.

After data transfer is complete, a list of the measurement data will appear on the phone display.

 - Tapping a stopwatch data item displays its details.

● Checking a Lap Time

Use CASIO WATCHES to check the data you sent to the phone.

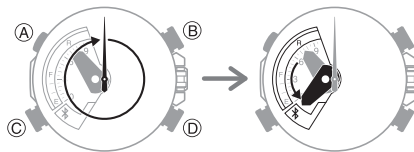
1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to view the measurement data you want.

Note

- Tapping "Edit" displays a screen that you can use to change the data item title and to delete lap time data.

Setting the Alarm

1. Tap the "CASIO WATCHES" icon.
2. Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.

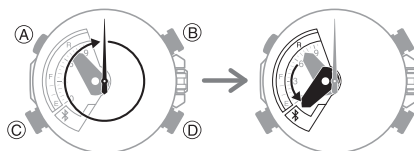


3. Perform the operation shown on the phone screen to configure alarm time settings.

Adjusting Hand and Day Indicator Alignment

If the hands and/or date indicator are out of alignment even though auto time adjustment is being performed, use CASIO WATCHES to adjust them.

1. Tap the "CASIO WATCHES" icon.
2. Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.



3. Perform the operation shown on the phone screen to correct hand alignment.

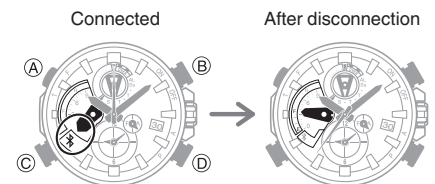
Phone Finder

You can use phone finder to trigger a tone on the phone to make it easy to find. The tone is forced to sound even if the phone is in vibrate mode.

Important!

- Do not use this function in areas where phone call tones are restricted.
- The tone sounds at a high volume. Do not use this function when listening to phone output over earphones.

1. If the watch is connected with a phone, press any button to terminate the connection.



2. Hold down the (A) button for about 2 seconds.

This will cause the watch to enter the Calendar Mode.
3. Hold down the (D) button for about 1.5 seconds until the second hand points to "R".

The retrograde dial hand will move to $\frac{1}{2}$ when a connection is established between the watch and phone, and then the phone will sound a tone.

 - It takes a few seconds before the phone tone sounds.

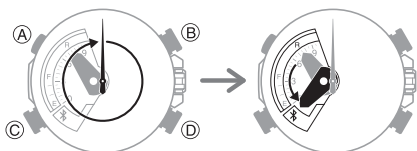


4. Press any button to stop the tone.
 - You can press any watch button to stop the phone tone, but only during the first 30 seconds after it starts to sound.

Configuring Watch Settings

You can use CASIO WATCHES to specify the amount of time until a Bluetooth connection is automatically terminated, to enable or disable the watch operation tone, and to configure other settings.

- Tap the "CASIO WATCHES" icon.
- Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.
- Select the setting you want to change and then perform the operation shown on the phone screen.

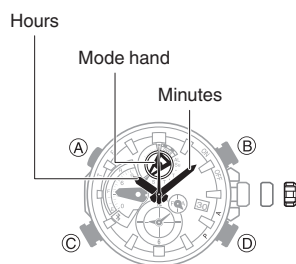


Returning the Watch to Its Factory Default Settings

Using CASIO WATCHES to reset the watch returns to the settings below.

- Stopwatch
 - TARGET (Target) value: Off
 - Target value type: FASTEST (Fastest)
 - Lap time data: All deleted
- Alarm
 - Alarm time: 12:00 midnight
 - Alarm setting: Off
- Mute setting: Off
- Connection time: 3 minutes
- Auto adjust: Off

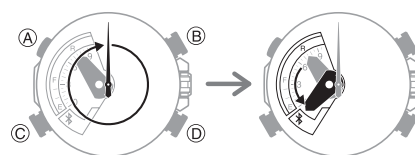
- Pull out the crown to the second click.
- Hold down (C) for about 5 seconds. This will cause the second hand to move to 12 o'clock and then to "A" or "P" and reset settings.



- Push the crown back in.

Changing the Home City Summer Time Setting

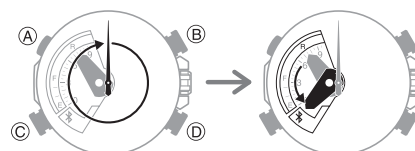
- On the Home Screen, tap the "CASIO WATCHES" icon.
- Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.
- Perform the operation shown on the phone screen to change the summer time setting.



Checking the Watch Charge Level

Use the procedure below to check the current charge level with CASIO WATCHES.

- On the Home Screen, tap the "CASIO WATCHES" icon.
- Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from "R" to $\frac{1}{2}$ when a connection is established between the watch and phone.



- Use CASIO WATCHES to check the charge level.

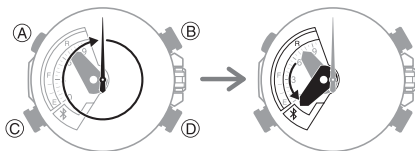
Connection

Connecting with a Phone

This section explains how to establish a Bluetooth connection with a phone that is paired with the watch.

- If the watch is not paired with the phone you want to connect with, perform the procedure under “③ Pairing the watch with a phone” to pair them.

1. Move the phone close to (within one meter of) the watch.
2. While the second hand is not pointing to , hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from “R” to when a connection is established between the watch and phone.



Important!

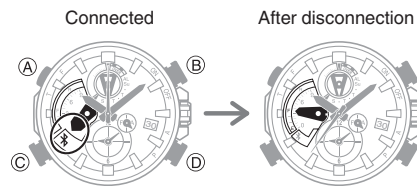
- The watch cannot connect with a phone while a stopwatch time measurement operation is in progress.
- If you have problems establishing a connection, it could mean that CASIO WATCHES is not running on the phone. On the phone's home screen, tap the “CASIO WATCHES” icon. After the app starts up, hold down the watch's (C) button for about 2 seconds.

Note

- The connection is terminated if you do not perform any operation on the watch or phone for a fixed amount of time. To specify the connection limit time, perform the following operation with the CASIO WATCHES phone app: “Watch settings” → “Connection time with the app”. Next, select a setting of 3 minutes, 5 minutes, or 10 minutes.

Disconnecting from a Phone

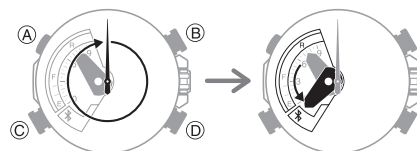
Pressing any button terminates the Bluetooth connection and returns the second hand to its normal operation.



Using the Watch in a Medical Facility or Aircraft

Whenever you are in a hospital, on an aircraft, or in any other location where auto signal receive or connection with a phone may cause problems, you can perform the procedure below to disable it. To re-enable auto time adjustment, perform the same operation again.

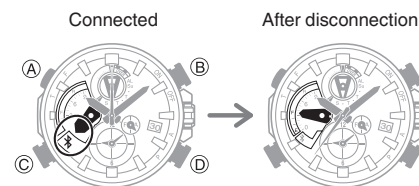
1. On the Home Screen, tap the “CASIO WATCHES” icon.
2. Hold down the (C) button for about 2 seconds.
 - This causes the second hand to move to 12 o'clock. Keep (C) depressed at this time until the second hand completes one full rotation.
 - The retrograde dial hand will move from “R” to when a connection is established between the watch and phone.



3. Perform the operation shown on the phone screen to enable or disable auto time adjustment.

Unpairing

1. If the watch is connected with a phone, press any button to terminate the connection.

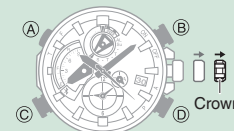


2. On the Home Screen, tap the “CASIO WATCHES” icon.
3. Perform the operation shown on the phone screen to unpair.

Note

- If you are unable to re-pair the watch with a phone after unpairing them, use the procedure below to delete pairing information from the watch and then perform the pairing operation again.

- ① Pull out the crown to the second click.



- ② Hold down (D) for about 5 seconds.

This causes the second hand to perform one revolution and deletes the pairing information.

- ③ Push the crown back in.

After Purchasing Another Phone

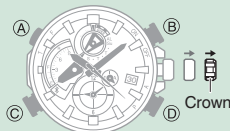
You need to perform the pairing operation whenever you want to establish a Bluetooth connection with a phone for the first time.

③ Pairing the watch with a phone

Note

- If your previous phone is near the watch while you are trying to pair with a new phone, the watch will pair with the previous phone, which makes it impossible to pair with the new phone. If this happens, use the procedure below to delete the previous pairing information from the watch. Also, unregister the watch from the CASIO WATCHES of the phone you will no longer connect with.

1. Pull out the crown to the second click.



2. Hold down the (D) button for about 5 seconds.

This deletes the pairing information. The second hand will point to "0".

3. Push the crown back in.

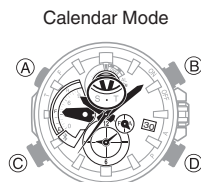
Watch Settings

Use the procedure below to configure current location time and Dual Time settings manually.

Getting ready

Perform this procedure in the Calendar Mode.

🔗 Navigating Between Modes

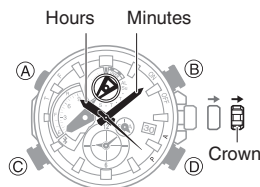


Setting the Time and Date

While the watch is connected to a phone, it will automatically correct its day and time settings to those of the phone. If the watch is not connected to a phone, use the procedure below to adjust its day and time settings.

1. Pull out the crown to the second click.

This causes the second hand to move to "A" of the watch's current time setting is a.m., or "P" if it is p.m., and enables the hour and minute setting operation.



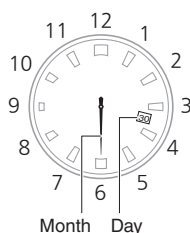
2. Rotate the crown to adjust the hour and minute settings.

- The Dual Time setting also changes in accordance with the current time setting. Crown operation is disabled while the Dual Time hour and minute hands are moving.

3. Press (A).

This enables the month and day setting operation.

4. Press (B) to change the month.

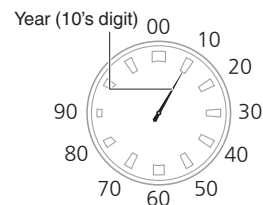


5. Rotate the crown to change the day.

6. Press (A).

This enables the year 10's digit setting operation.

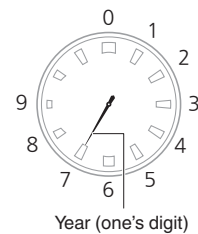
7. Rotate the crown to change the year 10's digit.



8. Press (A).

This enables the year one's digit setting operation.

9. Rotate the crown to change the year one's digit.



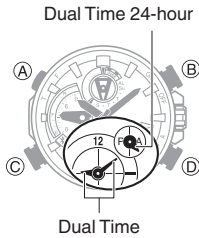
10. On a time signal at the top of a minute, push the crown back in.

Note

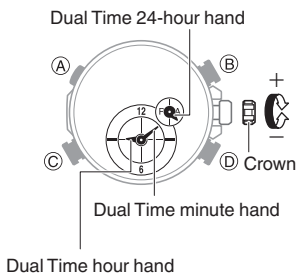
- The day of the week is set automatically in accordance with the year, month, and day settings.

Configuring Dual Time Settings

Dual Time lets you keep track of the current time in another time zone in addition your current location time.



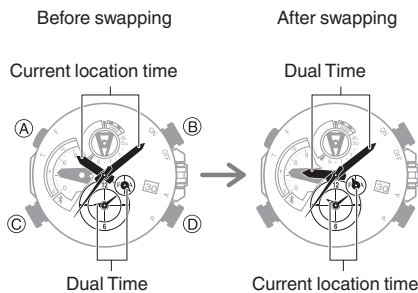
1. Pull out the crown to the first click. This causes the second hand to move to 12 o'clock.
2. Rotate the crown to change the Dual Time setting.
 - You can set the Dual Time in 15-minute increments.



3. Push the crown back in.

Swapping Your Current Location Time and Dual Time Settings

You can swap the time in your current location with the Dual Time by holding down (B) for about three seconds.



Note

- If you are using the small hour and minute hands for Dual Time, only the time in your current location will be swapped with Dual Time. Dates are not swapped.

Stopwatch

The stopwatch can measure elapsed time up to 23 hours, 59 minutes, 59.95 seconds.

In addition to normal elapsed time measurements, the stopwatch also lets you take lap time readings. You can also specify a target value and have the watch indicate the difference between a lap time reading and the target value (lap time).

Checking the Difference between a Lap Time and the Target Time

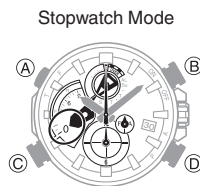
Note

- If an ongoing elapsed time measurement operation continues for 24 hours, the measurement will stop and the stopwatch will reset to all zeros automatically.

Getting ready

Perform this procedure in the Stopwatch Mode.

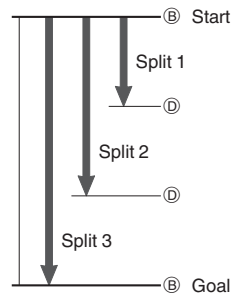
Navigating Between Modes



Split Times and Lap Times

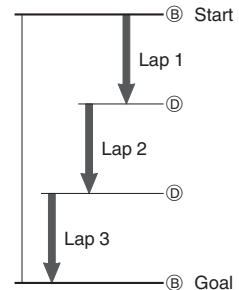
Split time

A split time is the time elapsed from the start, up to any point along the course of an event.



Lap time

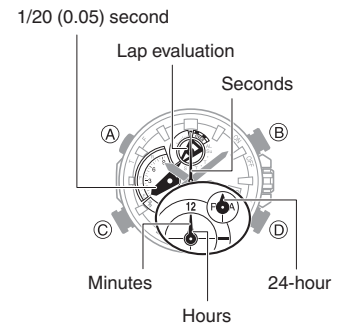
A lap time shows the time elapsed during a specific lap. As with split times, the watch continues performing elapsed time measurement internally while a lap time or split time reading is indicated. The watch calculates and indicates the difference between a lap time reading and the target value.



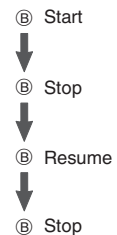
Note

- Lap times can be viewed with CASIO WATCHES after measurement is complete.
 - Viewing Stopwatch Data

Measuring Elapsed Time

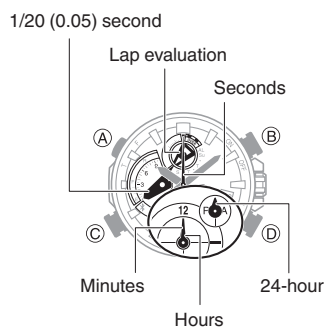


1. Use the operations below to measure elapsed time.
 - The retrograde dial acts as a second hand for about 30 seconds after a time measurement operation is started.



2. Press (D) to reset the elapsed time to all zeroes.
3. Press (A) twice to return to the Calendar Mode.

Taking a Split Time Reading



- Use the operations below to measure elapsed time.
 - Each press of (D) causes the elapsed time up to that point (split time) to be indicated for 5 seconds.
 - The retrograde dial acts as a second hand for about 30 seconds after a time measurement operation is started or after a split time is indicated.



- Press (D) to reset the elapsed time to all zeroes.
- Press (A) twice to return to the Calendar Mode.

Note

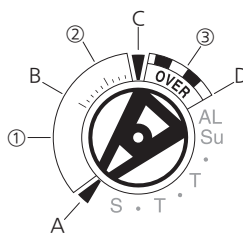
- Up to 100 split times can be measured during a single elapsed time operation.
- Starting a new elapsed time measurement operation deletes the data of the previous operation. If you want to retain the data of the previous elapsed time measurement operation, transfer it to a phone before starting the next operation.
 - [Viewing Stopwatch Data](#)
- Taking a split time reading also takes a lap time reading. You can view recorded lap times with CASIO WATCHES.

Checking the Difference between a Lap Time and the Target Time

You can view the difference between the lap time measured internally by the watch and the target value. When you start a split time reading operation, the mode hand to move as described below.

- [Split Times and Lap Times](#)
- [Using CASIO WATCHES to Change the Target Value Type](#)
- [Using Watch Operations to Change the Target Value Type](#)
- [Specifying the TARGET \(Target\) Value](#)

- The mode hand points to A before measurement starts.



- As the lap time approaches the target value, the mode hand moves towards the right from the A position. When the lap time is 10 seconds before the target value, the mode hand will point to B.
- As the lap time progresses towards the target value before the target value, the mode hand will move to the right in one-second increments. When the lap time reaches the target value, the mode hand will point to C.
 - If the alert tone is enabled, the tone will sound when the lap time reaches the target value.
- If the lap time exceeds the target value, the mode hand will move towards the right in one-second increments. If the lap time exceeds the target value by 10 seconds, it will stop at D.

Note

- During an elapsed time measurement, pressing (D) to start a split time measurement causes the mode hand to indicate the difference between the new lap time value and the target value (and return to step ① of the above procedure).
- When the target value type is FASTEST (Fastest), the mode hand will not move from the A position until the first lap time is measured.

Target Value Type

You can specify one of the target values described below, which are used to calculate the difference between your target and actual lap time measurements.

FASTEST (Fastest) :

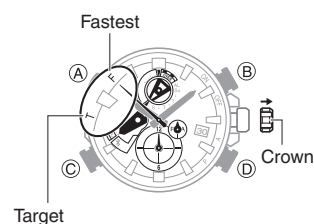
Your fastest lap time during the current session is automatically set for this target value. This setting is refreshed each time you achieve a new fastest lap. Resetting the stopwatch to all zeros will also clear this target value.

TARGET (Target) :

This is a fixed value that you specify using CASIO WATCHES.

- [Specifying the TARGET \(Target\) Value](#)

- Pull out the crown to the first click.
 - This will cause the mode hand to move "T" or "F".
 - Pulling out the crown while a measurement operation is in progress in the stopwatch mode will stop the operation and reset the stopwatch to all zeros.

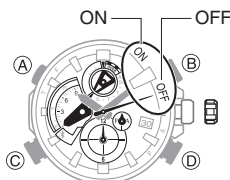


- Rotate the crown to switch between target value types.
- Push the crown back in.
- Press (A) twice to return to the Calendar Mode.

Enabling or Disabling Alert Sounds

You can configure a setting so the watch sounds a tone when the lap time reaches the target value during measurement.

1. Pull out the crown to the first click.
This will cause the mode hand to move "T" or "F".
 - Pulling out the crown while a measurement operation is in progress in the stopwatch mode will stop the operation and reset the stopwatch to all zeros.
2. Hold down (B) for about two seconds.
This will toggle alert tone between enabled and disabled.
 - Pressing (B) in place of step 2 will cause the second hand to indicate the current setting.

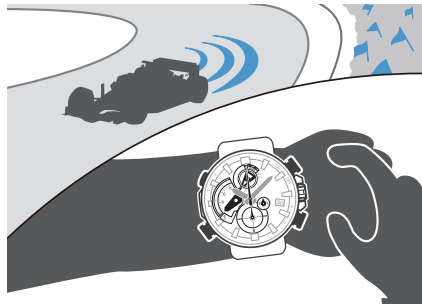


3. Push the crown back in.
4. Press (A) twice to return to the Calendar Mode.

Example: Recording a Race Lap Time

This section explains how to measure lap times in watch memory while watching a race, and check the difference between a lap time and target value. It also shows how you can view lap times with CASIO WATCHES after the race is over.

Split Times and Lap Times



Before a race

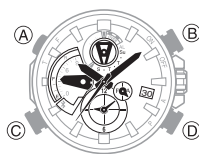
At this time, you should specify the target value type. If you specify TARGET (Target) as the target value type, you should also specify the TARGET (Target) value.

- [Using CASIO WATCHES to Change the Target Value Type](#)
- [Using Watch Operations to Change the Target Value Type](#)
- [Specifying the TARGET \(Target\) Value](#)

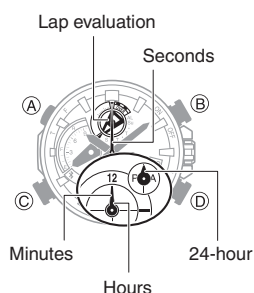
During a race

During the race, you measure split times. Lap times are also measured internally by the watch.

1. Hold down (A) for about 2 seconds.
This will cause the watch to enter the Calendar Mode.



2. Press (A) once.
This will cause the watch to enter the Stopwatch Mode.



3. Use the operations below to measure elapsed time.



Pressing (D) at the end of each lap will record each lap time in watch memory.

- Lap times are recorded in units of 1/1000 seconds.
- You can also use the mode hand to determine the difference between the lap time measured internally by the watch and the target value.

Checking the Difference between a Lap Time and the Target Time

4. Press (D) to reset the elapsed time to zero.
5. Press (A) twice to return to the Calendar Mode.

After a race

After the race is finished, you can view the measure lap times with CASIO WATCHES.

- [Sending Stopwatch Data to a Phone](#)
- [Checking a Lap Time](#)

Alarm

The watch will beep when the alarm time is reached.

- The beeper is muted in the cases described below.
 - When battery power is low
 - When watch is at Level 2 power saving

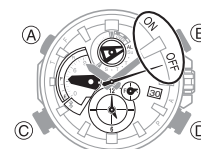
Power Saving

Getting ready

Perform this procedure in the Alarm Mode.

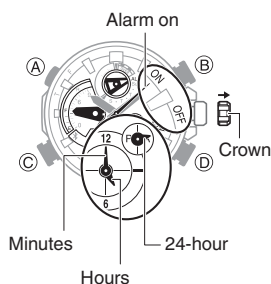
Navigating Between Modes

Alarm Mode



Configuring Alarm Settings

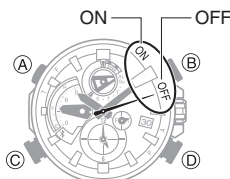
1. Pull out the crown to the first click.
This turns on the alarm.



2. Rotate the crown to change the alarm time setting.
3. Push the crown back in.
4. Press (A) once to return to the Calendar Mode.

Turning the Alarm On or Off

Each press of (B) toggles the alarm between on and off.



Stopping an Alarm

While the alarm is sounding, press any button to stop it.

Adjusting Hand and Day Indicator Alignment

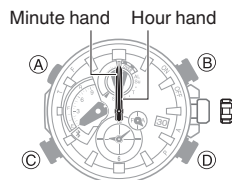
Strong magnetism or impact can cause the hands and/or the day indicator to go out of alignment. If this happens, correct hand and day indicator alignment.

Adjusting Hand and Day Indicator Alignment

1. Pull out the crown to the first click.
2. Hold down (D) for about five seconds.
This causes the second hand to perform one full revolution and enables adjustment of second hand alignment.



3. Rotate the crown to align the second hand with 12 o'clock.
4. Press (A).
This enables adjustment of hour and minute hand alignment.



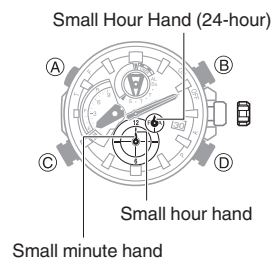
5. Rotate the crown to align the hour and minute hands with 12 o'clock.
6. Press (A).
This enables adjustment of the retrograde dial hand alignment.



7. Rotate the crown to align the retrograde dial hand with "0".

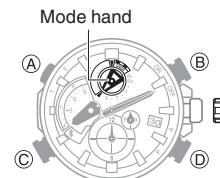
8. Press (A).

This enables adjustment of small hour hand, small minute hand, and small 24-hour hand alignment.



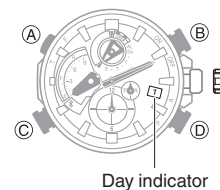
9. Rotate the crown to align the small hour hand, small minute hand, and small 24-hour hand with 12 o'clock.
10. Press (A).

This enables adjustment of mode hand alignment.



11. Rotate the crown to align the mode hand with .
12. Press (A).

This enables adjustment of day indicator alignment.



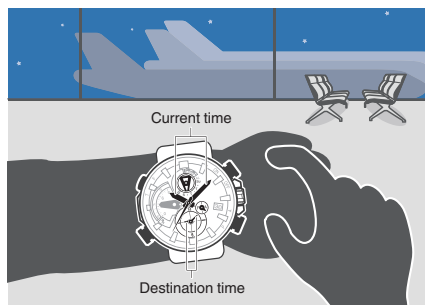
13. Rotate the crown to align "1" in the center of the day indicator.
14. Push the crown back in.

International Travel

Use the procedure below to easily change day and time settings of the watch to a destination location.

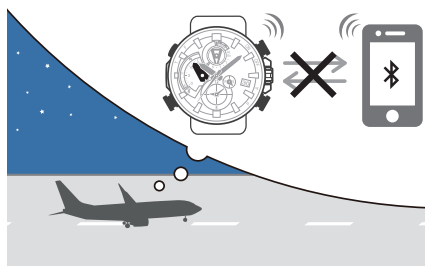
● Before Boarding

1. Configure the World Time (Dual Time) to the current time at your destination.



- 🔗 [Configuring World Time Settings](#)
- 🔗 [Configuring Dual Time Settings](#)

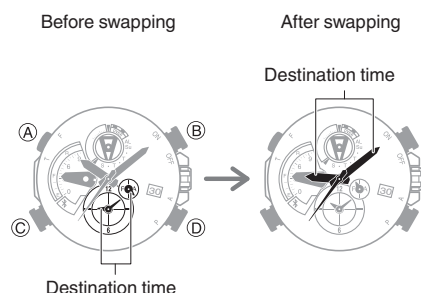
2. Disable auto time adjustment.



- 🔗 [Using the Watch in a Medical Facility or Aircraft](#)

● After Arriving

1. Swap the origin time zone time with the destination time zone time.



- 🔗 [Swapping Your Current Location Time and Dual Time Settings](#)

2. Enable auto time adjustment.

- 🔗 [Using the Watch in a Medical Facility or Aircraft](#)

Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

Summer Time Switching

● Connecting with a Phone to Switch

After the watch is connected with a phone, summer time switching of Home City time and World Time is performed in accordance with the CASIO WATCHES setting (Auto/ON/OFF) as described below.

Auto :

After the watch is connected with a phone, summer time is displayed for the current location time or World Time when it is within the summer time period. Otherwise standard time is displayed.

ON :

The watch always displays summer time.

OFF :

The watch always displays standard time.

● Auto Summer Time Switching

When the watch is connected to a phone, it is sent summer time period information for your Home City. If there is a World Time City specified with CASIO WATCHES, information for that city will also be sent. If the CASIO WATCHES summer time setting is "Auto", the watch will automatically keep track of the summer time period and perform summer time switching automatically, even if it is not connected with the phone.

Supported Phone Models

For information about supported phone models, visit the CASIO Website.

https://world.casio.com/os_mobile/wat/

Specifications

Accuracy at normal temperature :

±15 seconds per month

Timekeeping :

Hour and minute (move at 10-second intervals), second, day (2000 to 2099 full auto calendar), day of the week

Dual Time :

Hour, minute, 24-hour hand, swapping with Home City time

Stopwatch :

Measuring unit: 1/20 (0.05) second
 Measuring capacity: 23:59'59.95" (24 hours)
 Measurement functions: Elapsed time, split times, lap/target time difference

Alarm :

Daily alarm
 Setting Units: Hour, minute
 Beeper: 10 seconds

Mobile Link :

Auto Time Correction
 Time setting corrected automatically at preset time

One-touch Time Correction
 Manual connection and time correction

Phone finder
 Watch operation sounds the alert sound of the phone.

World Time
 Current time for a selection of approximately 300 cities
 Home Time/World Time swapping
 Auto Summer Time Switching
 Automatic switching between standard time and summer time

Stopwatch Settings
 Target time; difference between target time and fastest time or target time

Stopwatch data transfer
 1/1000-second Stopwatch:
 100 lap/split time records (date and time, lap/split time, lap number)

Alarm Settings
 Hand alignment correction

Data Communication Specifications
 Bluetooth®
 Frequency Band: 2400MHz to 2480MHz
 Maximum Transmission: 0 dBm (1 mW)
 Communication range: Up to 2 meters (depends on environment)

Other :

Power saving, low battery alert, battery level indication (battery indicator)

Power Supply :

Solar panel and one rechargeable battery (Type: CTL920)

Battery nominal voltage: 2.3V

Approximate Battery Life :

Approximately 5 months

Conditions

Auto Time Adjustment: 4 times/day

Alarm: Once (10 seconds)/day

Power Saving: 6 hours/day

Mobile Link Precautions

● Legal Precautions

- This watch complies with or has received approval under the radio laws of various countries and geographical areas. Using this watch in an area where it does not comply with or has not received approval under applicable radio laws may be a criminal offense. For details, visit the CASIO Website.
<https://world.casio.com/ce/BLE/>

- Use of this watch inside of aircraft is restricted under the aviation laws of each country. Be sure to follow the instructions of airline personnel.

● Precautions when using Mobile Link

- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.
- This watch can be affected by other devices (electrical devices, audio-visual equipment, office equipment, etc.) In particular, it can be affected by operation of a microwave oven. The watch may not be able to communicate normally with a phone if a microwave oven is operating nearby. Conversely, this watch may cause noise in radio reception and the video image of a TV.
- Bluetooth of this watch uses the same frequency band (2.4 GHz) as wireless LAN devices, and use of such devices in close proximity of this watch may result in radio interference, slower communication speeds and noise for the watch and the wireless LAN device, or even communication failure.

● Stopping Radio Wave Emission by This Watch

The watch is emitting radio waves whenever the second hand is pointing to B (Bluetooth connected) or "R" (Bluetooth connection standby).

Even if the second hand is not pointing at B or "R", the watch will automatically attempt to connect with a phone four times a day to adjust its time settings.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, use the operation below to stop radio wave generation.

- Disabling Auto Time Adjustment
Configure CASIO WATCHES settings to disable synchronization between the watch and phone.

[Using the Watch in a Medical Facility or Aircraft](#)

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Troubleshooting

I can't pair the watch with a phone.

Q1 I've never been able to establish a (pairing) connection between the watch and phone.

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.

For information about supported phone models, visit the CASIO Website.

https://world.casio.com/os_mobile/wat/

Is CASIO WATCHES installed on your phone?

The CASIO WATCHES needs to be installed in order to connect with the watch.

[① Installing applications](#)

Are your phone's Bluetooth settings configured correctly?

Configure the phone's Bluetooth settings. For details about setting procedures, see your phone documentation.

iPhone Users

• "Settings" → "Bluetooth" → On

• "Settings" → "Privacy" → "Bluetooth Sharing" → "CASIO WATCHES" → On

Android Users

• Enable Bluetooth.

Is the stopwatch performing a time measurement operation?

The watch cannot pair with a phone while a stopwatch time measurement operation is in progress. Stop the measurement operation and then pair with a phone.

Other than the above.

Some phones need to have BT Smart disabled to use CASIO WATCHES. For details about setting procedures, see your phone documentation.

On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

I can't reconnect the watch and phone.

Q1 The watch will not re-connect with the phone after they are disconnected.

Is CASIO WATCHES running on your phone?

The watch cannot re-connect with the phone unless CASIO WATCHES is running on the phone. On the phone's Home Screen, tap the CASIO WATCHES icon. Then on the watch, hold down the CONNECT button (C) for about 2 seconds.



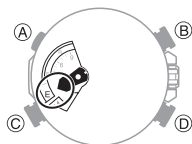
Have you tried turning your phone off and then back on again?

Turn the phone off and then back on, and then tap the CASIO WATCHES icon. Next, on the watch, hold down the CONNECT button (C) for about 2 seconds.



Is the watch's battery charged sufficiently?

The watch cannot connect with a phone while retrograde dial hand is pointing to "E". Charge the watch and then connect with the phone.



Is the stopwatch performing a time measurement operation?

The watch cannot connect with a phone while a stopwatch time measurement operation is in progress. Stop the measurement operation and then hold down the CONNECT button (C) for about two seconds.



Q2 I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On the phone, re-enable Bluetooth, and then go to the Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down the CONNECT button (C) for about two seconds.



Q3 I can't connect after turning off the phone.

Turn on the phone and tap the CASIO WATCHES icon. Then on the watch, hold down the CONNECT button (C) for about 2 seconds.



Phone-Watch Connection

Q1 I can't establish a connection between the phone and watch.

Have you tried turning your phone off and then back on again?

Turn on the phone and tap the CASIO WATCHES icon. Then on the watch, hold down the CONNECT button (C) for about 2 seconds.



Has the watch been re-paired with the phone?

After unpairing the watch and phone, re-pair them again.

[Unpairing](#)

If you are unable to establish a connection...

Delete the pairing information from the watch, and then re-pair the watch and phone.

[See "Unpairing"](#).

Changing to a Different Phone Model

Q1 Connecting the current watch to another phone.

Pair the watch with the phone.

[Pairing the watch with a phone](#)

Phone Finder

Q1 Phone Finder does not work.

Are the phone and watch disconnected?

Phone Finder does not work during Bluetooth connection.

Is CASIO WATCHES running on your phone?

Phone Finder will not work unless CASIO WATCHES is running. On the Home Screen, tap the CASIO WATCHES icon.

Other than the above.

If the phone does not respond after a few seconds, it could mean that the phone is located too far from the watch. Change to a different location and try again.

Q2 It takes some time before the phone responds.

The phone will emit a tone when a connection is established with the watch, which takes a few seconds.

Q3 The phone cannot be found even when it is close to the watch.

Since communication is performed using radio waves, the watch may not be able to find the phone even if it is within two meters. Certain environments may make the allowable communication range very short.

Auto Time Adjustment

Q1 When does the watch sync its time setting with the phone?

The watch connects with the phone and performs auto time correction at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time correction is complete.

Q2 Auto time correction is performed, but the time setting is not correct.

Is auto time correction not being performed according to its normal schedule?

Note that auto time correction is not performed for 24 hours after swapping of the Home Time and World Time, or after the time setting is corrected manually on the watch. Auto time correction will resume 24 hours after either of the above operations is performed.

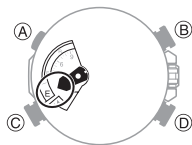
Is auto time adjustment enabled?

Auto time adjustment will not be performed at the scheduled times unless it is enabled. Establish a connection between the watch and phone, and then use CASIO WATCHES to enable auto time adjustment.

[Using the Watch in a Medical Facility or Aircraft](#)

Is the watch's battery charged sufficiently?

The watch cannot connect with a phone while retrograde dial hand is pointing to "E". Charge the watch.



Is the stopwatch performing a time measurement operation?

Auto time adjustment will not start at the scheduled times if a stopwatch time measurement operation is in progress. Stop the measurement operation.

Q3 Time is not displayed correctly.

The phone's time setting may be incorrect because it is unable to connect with its network due to being out of range, etc. If this happens, connect the phone to its network and then adjust the time setting.

World Time

Q1 The time for a World Time City is not correct.

The summer time start date and time, end date and time, or other rules were changed by authorities.

Q2 After swapping your current location (Home City) time with the World Time, the World Time City time is not correct.

Use the CASIO WATCHES to specify a World Time City.

Alarm

Q1 The alarm does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

[Solar Charging](#)

The crown is pulled out.

The alarm will not sound while the crown is pulled out. Push the crown back in to its normal position.

Is the alarm enabled?

Enable the alarm.

[Turning the Alarm On or Off](#)

Hand Movement and Indications

Q1 I don't know what mode the watch is in.

You tell which mode the watch is currently in by checking the position of the mode hand.

[Navigating Between Modes](#)

- Hold down (A) for about two seconds to enter the Calendar Mode.



Q2 Why can't I perform any button operations while high-speed hand movement is in progress?

Except for the mode navigation button, button operation is disabled while high-speed hand movement is in progress after a watch setting is changed, etc. Wait until the hands stop moving before performing button operations.

Q3 The second hand is jumping at two-second intervals.

Battery power is low. Keep the watch exposed to light until it recharges sufficiently.

[Solar Charging](#)

Q4 All hands are stopped at 12 o'clock and buttons do not work.

The battery is dead. Keep the watch exposed to light until the battery recharges sufficiently.

[Solar Charging](#)

Q5 The hands suddenly start moving at high speed.

This is due to one of the reasons below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- The watch is recovering from a power saving state.
[Power Saving](#)
- Watch is connected with a phone to correct its time setting.
[Auto Time Adjustment](#)

Q6 Hands are stopped and buttons do not work.

The watch is in the charge recovery mode. Wait until the recovery process is complete (for about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

Q7 The indicated current time and date are not correct.

Strong magnetism or impact can cause the hands and/or the indicator to go out of alignment. Correct hand and/or day indicator alignment.

[Adjusting Hand and Day Indicator Alignment](#)

Q8 The time setting is correct, but the day indicator is between days.

The day is in the process of changing. For information about how the day changes, see the section below.

[Hands and the Day Indicator Movement](#)

Crown Operations

Q1 Nothing happens when I rotate the crown.

If you do not perform any operation for about two minutes after pulling out the crown (approximately 30 minutes in the case of hand and day indicator alignment), crown operations will automatically become disabled. Push the crown back in to its normal position and then pull it out again to re-enable crown operations.

[🔍 Using the Crown](#)

Q2 Crown operation does not work.

Crown operation is disabled while high-speed hand movement is in progress after a watch setting is changed, etc. Wait until the hands stop moving before performing crown operations.

Charging

Q1 The watch does not work even though it is exposed to light.

The watch stops operating whenever the battery goes dead. Keep the watch exposed to light until it recharges sufficiently.

[🔍 Solar Charging](#)