

Operation Guide 5418

CASIO®

ENGLISH

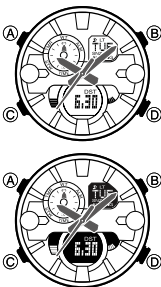
Congratulations upon your selection of this CASIO watch.

Warning!

- The measurement functions built into this watch are not intended for taking measurements that require professional or industrial precision. Values produced by this watch should be considered as reasonable representations only.
- 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.

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About This Manual



- Depending on the model of your watch, digital display text appears either as dark figures on a light background, or light figures on a dark background. All examples in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

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Things to check before using the watch

1. Check the Home City and the daylight saving time (DST) setting.

Use the procedure under "To configure Home City settings" (page E-12) to configure your Home City and daylight saving time settings.

Important!

- Proper World Time Mode data depends on correct Home City, time, and date settings in the Timekeeping Mode. Make sure you configure these settings correctly.

2. Set the current time.

See "Configuring Current Time and Date Settings" (page E-14).

The watch is now ready for use.

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Mode Reference Guide

The mode you should select depends on what you want to do.

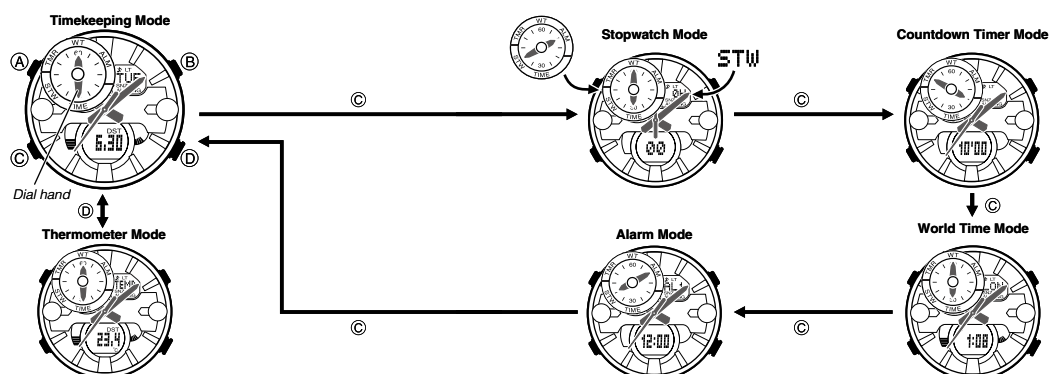
To do this:	Enter this mode:	See:
• View the current date in the Home City	Timekeeping Mode	E-11
• Configure Home City and daylight saving time (DST) settings		
• Configure time and date settings		
Determine the temperature at your current location	Thermometer Mode	E-19
Use the stopwatch to measure elapsed time	Stopwatch Mode	E-23
Use the countdown timer	Countdown Timer Mode	E-25
View the current time in one of 48 cities (31 time zones) around the globe	World Time Mode	E-27
Set an alarm time	Alarm Mode	E-30

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Selecting a Mode

- The illustration below shows which buttons you need to press to navigate between modes.
- To return to the Timekeeping Mode from any other mode, hold down (C) for about two seconds.

* The dial hand indicates the watch's current mode.



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General Functions (All Modes)

The functions and operations described in this section can be used in all of the modes.

Auto Return Features

- The watch will automatically return to the Timekeeping Mode if you do not perform any button operation for a particular amount of time in each mode.

Mode Name	Approximate Elapsed Time
Alarm	3 minutes
Thermometer	1 to 2 minutes
Setting screen (digital setting flashing)	3 minutes

Initial Screens

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

Scrolling

- The (D) and (B) buttons are used on the setting screen to scroll through data on the digital display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

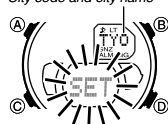
E-10

E-11

Configuring Home City Settings

There are two Home City settings: actually selecting the Home City and selecting either standard time or daylight saving time (DST).

City code and city name



DST indicator



To configure Home City settings

- In the Timekeeping Mode, hold down (A) until **ADJ** appears in the upper display.
 - When you release (A) (after **ADJ** appears), **SET** will be flashing in the lower display. This is the setting mode.
 - The watch will exit the setting mode automatically if you do not perform any operation for about two or three minutes.
- Use (D) (East) and (B) (West) to scroll through the available city codes.
 - Keep scrolling until the city code you want to select as your Home City is shown in the upper display.
 - For details about city codes, see the "City Code Table" at the back of this manual.
- Press (C).
 - This will cause the **DST** indicator to appear in the lower display and the DST setting of the currently selected Home City to appear in the upper display.
- Press (D) to toggle the DST setting between daylight saving time (**ON**) and standard time (**OFF**).
 - Note that you cannot switch between standard time and daylight saving time (DST) while UTC is selected as your Home City.

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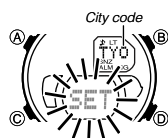
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Configuring Current Time and Date Settings

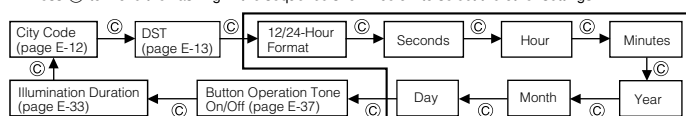
You can use the procedure below to adjust the Timekeeping Mode time and date settings if they are off. Changing the digital Home City data should cause the analog time setting to change accordingly. If the analog time does not indicate the digital time, check the home positions of the hands and make adjustments if necessary (page E-17).

To change the current time and date settings

- In the Timekeeping Mode, hold down (A) until **ADJ** appears in the upper display.
 - When you release (A) (after **ADJ** appears), **SET** will be flashing in the lower display.



- Press (C) to move the flashing in the sequence shown below to select the other settings.



- The following steps explain how to configure timekeeping settings only.

- When the timekeeping setting you want to change is flashing, use (D) and/or (B) to change it as described below.

Screen	To do this:	Do this:
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping.	Press (D).
36	Reset the seconds to 00 (If the current seconds count is between 30 and 59, one is added to the minute count).	Press (D).
P 10:08	Change the hour or minutes	Use (D) (+) and (B) (-).
20 15 6.30	Change the year, month, or day	

- After all of the settings are the way you want, press (A) to exit the setting screen.

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Note

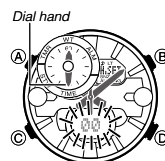
- While the 12-hour format is selected for timekeeping, a **P** (PM) indicator will appear for times from noon to 11:59 p.m. No indicator appears for times from midnight to 11:59 a.m. With 24-hour format, time is displayed from 0:00 to 23:59, without any **P** (PM) indicator.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The day of the week changes automatically when the date changes.

Hand Home Position Adjustment

Strong magnetism or impact can cause the hands of the watch to be off.

- Home position adjustment is not necessary when the analog time and digital time are the same time in the Timekeeping Mode.

To adjust home positions



- In the Timekeeping Mode, hold down **(A)** and keep it depressed for about five seconds until **H.SET** appears on the upper display.
 - When you release **(A)** after **H.SET** appears, the second hand will move to 12 o'clock. This indicates the second hand home position adjustment mode.
 - Though **ADJ** will appear in the upper display about two seconds after you hold down **(A)**, do not release the button yet. Keep it depressed until **H.SET** appears.
 - Use the **(C)** button to select a hand for adjustment. Each press of **(C)** cycles in sequences from the second hand, to the hour and minute hands, and then the dial hand. Selecting a hand causes it to move to 12 o'clock and the content of the lower display changes as shown in the table below.

Lower display	Selected hand
Flashing 00	Second hand
Flashing 0:00	Hour and minute hands
Flashing SUB	Dial hand

- If the selected hand does not move exactly to 12 o'clock, perform step 2 below to adjust it.

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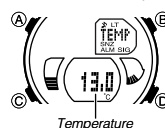
- The dial hand must point to 12 o'clock.
 - The watch will return to regular timekeeping automatically if you do not perform any operation for about two or three minutes. Any changes you have made to settings up to that point will be saved.
- Use **(D)** (+) and **(B)** (–) to adjust the position of the currently selected hand.
 - Holding down either button will cause the hand to move at high speed. Once started, high-speed hand movement will continue even if you release the button. To stop high-speed hand movement, press any button.
 - The second hand and dial hand will automatically stop high-speed movement after they complete one revolution. The minute hand will stop automatically after 12 revolutions.
 - Press **(A)** to exit home position correction and return to regular timekeeping.

Note

- After performing home position adjustment, enter the Timekeeping Mode and check to make sure that the analog hands and the lower display indicate the same time. If they do not, perform home position adjustment again.

Taking Temperature Readings

This watch uses a temperature sensor to measure temperature.

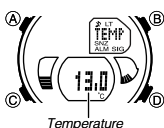


To take temperature readings

- While in the Timekeeping Mode, press **(D)** to enter the Thermometer Mode.
 - TEMP** will appear in the upper display and temperature measurement will start. After about one second, the measurement reading will appear in the lower display.
 - The watch will continue to take temperature readings every five seconds for one or two minutes.
- Press **(D)** to return to the Timekeeping Mode.
 - The watch will return to the Timekeeping Mode automatically if you do not perform any operation for about one or two minutes after entering the Thermometer Mode.

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Temperature

- Temperature is displayed in units of 0.1°C (or 0.2°F).
- The displayed temperature value changes to -- °C (or °F) if a measured temperature falls outside the range of –10.0°C to 60.0°C (14.0°F to 140.0°F). The temperature value will reappear as soon as the measured temperature is within the allowable range.

Display Units

You can select either Celsius (°C) or Fahrenheit (°F) for the displayed temperature value. See "To specify the temperature unit" (page E-22).

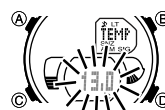
Temperature Sensor Calibration

The temperature sensor built into the watch is calibrated at the factory and normally require no further adjustment. If you notice serious errors in the temperature readings produced by the watch, you can calibrate the sensor to correct the errors.

Important!

- Incorrectly calibrating the temperature sensor can result in incorrect readings.
 - Carefully read the following before doing anything.
 - Compare the readings produced by the watch with those of another reliable and accurate thermometer.
 - If adjustment is required, remove the watch from your wrist and wait for 20 or 30 minutes to give the temperature of the watch time to stabilize.

To calibrate the temperature sensor



- Take a reading with another measurement device to determine the exact current temperature.
- With the watch in the Timekeeping Mode, press **(D)** to enter the Thermometer Mode.
- Hold down **(A)** for about two seconds until the temperature reading disappears from the lower display. Release **(A)** at this time, which will cause the temperature reading to flash, which indicates the setting mode.
- Use **(D)** (+) and **(B)** (–) to calibrate the temperature value with the reading of another instrument.
 - Each press of a button changes the temperature value in units of 0.1°C (0.2°F).
 - To return the currently flashing value to its initial factory default setting, press **(D)** and **(B)** at the same time.
- Press **(A)** to return to the Thermometer Mode.

Thermometer Precautions

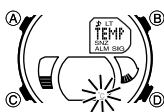
Temperature measurements are affected by your body temperature (while you are wearing the watch), direct sunlight, and moisture. To achieve a more accurate temperature measurement, remove the watch from your wrist, place it in a well ventilated location out of direct sunlight, and wipe all moisture from the case. It takes approximately 20 to 30 minutes for the case of the watch to reach the actual surrounding temperature.

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Specifying Temperature Unit

Use the procedure below to specify the temperature unit to be used in the Thermometer Mode.



Important!

When **TOKYO** is selected as the Home City, the temperature unit is set automatically to Celsius (°C). This setting cannot be changed.

To specify the temperature unit

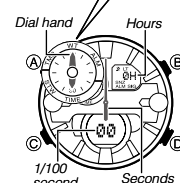
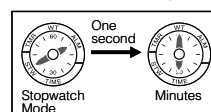
- In the Timekeeping Mode, press **(D)** to enter the Thermometer Mode.
- Hold down **(A)** for about two seconds until the temperature reading disappears from the lower display. Release **(A)** at this time, which will cause the temperature reading to flash, which indicates the setting mode.
- Press **(C)** to display the current temperature unit in the lower display.
- Press **(D)** to toggle the temperature unit between °C (Celsius) and °F (Fahrenheit).
- After the setting is the way you want, press **(A)** to exit the setting screen.

Using the Stopwatch

The stopwatch measures elapsed time, split times, and two finishes.

To enter the Stopwatch Mode

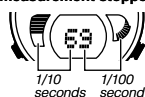
Use **(C)** to select the Stopwatch Mode as shown on page E-8.



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Elapsed time measurement stopped



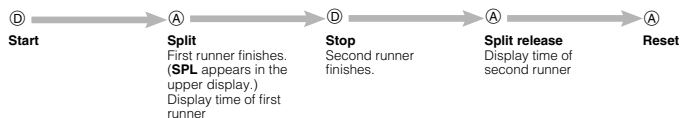
To perform an elapsed time operation



To pause at a split time



To measure two finishes



Note

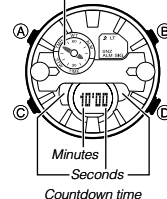
- The Stopwatch Mode can indicate elapsed time up to 23 hours, 59 minutes, 59.99 seconds.
- Once started, stopwatch timing continues until you press (D) to stop it, even if you exit the Stopwatch Mode to another mode and even if timing reaches the stopwatch limit defined above.

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Using the Countdown Timer

The countdown timer can be configured to start at a preset time and sound an alarm when the end of the countdown is reached.

Countdown Timer Mode



To enter the Countdown Timer Mode

Use (C) to select the Countdown Timer Mode as shown on page E-8.

To specify the countdown start time

- Enter the Countdown Timer Mode.
 - If a countdown is in progress (indicated by the seconds counting down), press (D) to stop it and then press (A) to reset to the current countdown start time.
 - If a countdown is paused, press (A) to reset to the current countdown start time.
- Hold down (A) until the minute setting of the current countdown start time starts to flash. This is the setting screen.
- Use (D) (+) and (B) (-) to change the minute.
 - To set the starting value of the countdown time to 60 minutes, set 60'00.
- Press (A) to exit the setting screen.

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To perform a countdown timer operation



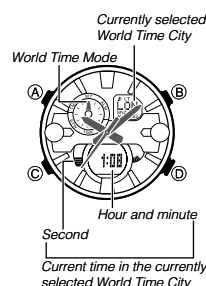
- Before starting a countdown timer operation, check to make sure that a countdown operation is not already in progress (indicated by the seconds counting down). If it is, press (D) to stop it and then (A) to reset to the countdown start time.
- An alarm sounds for ten seconds when the end of the countdown is reached. This alarm will sound in all modes. The countdown time is reset to its starting value automatically after the alarm sounds.

To stop the alarm

Press any button.

Checking the Current Time in a Different Time Zone

You can use the World Time Mode to view the current time in one of 31 time zones (48 cities) around the globe. The city that is currently selected in the World Time Mode is called the "World Time City".
* You also can swap the current World Time City and Home Time City in the World Time Mode (page E-29).



To enter the World Time Mode

Use (C) to select the World Time Mode as shown on page E-8.

- The current city code and city name will scroll across the upper display. After that, the city code will remain shown in the upper display. You can scroll the city code and city name again by pressing (A).
- The hour, minute, and second hands will indicate the current Timekeeping Mode time.

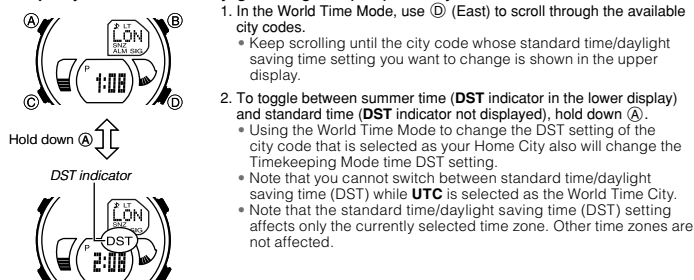
To view the time in another time zone

In the World Time Mode, use (D) (East) to scroll through city codes.
* To change the city code to UTC, press (B) and (D) at the same time.

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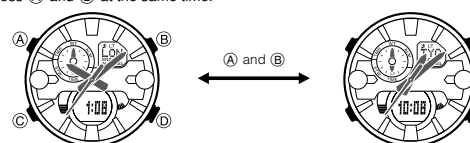
To specify standard time or daylight saving time (DST) for a city



- In the World Time Mode, use (D) (East) to scroll through the available city codes.
 - Keep scrolling until the city code whose standard time/daylight saving time setting you want to change is shown in the upper display.
- To toggle between summer time (DST indicator in the lower display) and standard time (DST indicator not displayed), hold down (A).
 - Using the World Time Mode to change the DST setting of the city code that is selected as your Home City also will change the Timekeeping Mode time DST setting.
 - Note that you cannot switch between standard time/daylight saving time (DST) while UTC is selected as the World Time City.
 - Note that the standard time/daylight saving time (DST) setting affects only the currently selected time zone. Other time zones are not affected.

To swap your Home Time and World Time Cities

- In the World Time Mode, use (D) to select the city you want to use as your new Home City.
- To swap, press (A) and (B) at the same time.

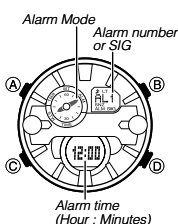


- This will make the World Time City you selected in step 1 (LON (LONDON)) your new Home City.
- Your previous Home City (TYO (TOKYO)) will be your new World Time City.

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Using the Alarm

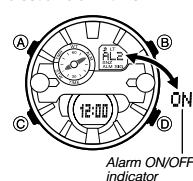


You can set five independent daily alarms. When an alarm is turned on, an alarm will sound for about 10 seconds each day when the time in the Timekeeping Mode reaches the preset alarm time. This is true even if the watch is not in the Timekeeping Mode. One of the daily alarms is a snooze alarm. The snooze alarm will sound every five minutes up to seven times or until it is turned off.
You can also turn on an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.

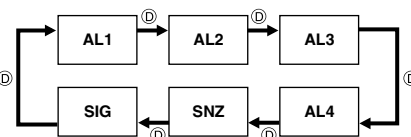
To enter the Alarm Mode

- Use (C) to select the Alarm Mode as shown on page E-8.
- The upper display will show the currently selected alarm number (AL1 to AL4, or SNZ), or the hourly time signal indicator (SIG).
- When you enter the Alarm Mode, the data you were viewing when you last exited the mode appears first.

To set an alarm time



- In the Alarm Mode, use (D) to scroll through the alarm screens in the upper display until the one you want to change is shown.



- Hold down (A) until the hour digits of the alarm setting start to flash in the lower display.
 - This is the setting screen.
- Press (C) to move the flashing between the hour and minute settings.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
- Press (A) to exit the setting screen.

To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

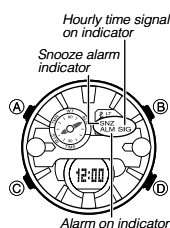
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To turn an alarm and the Hourly Time Signal on and off

1. In the Alarm Mode, use **(D)** to select an alarm or the Hourly Time Signal.

2. When the alarm or the Hourly Time Signal you want is selected, press **(A)** to turn it on and off.



- The alarm on indicator (when any alarm is on), snooze alarm indicator (when the snooze alarm is on), and the Hourly Time Signal on indicator (when the Hourly Time Signal is on) are shown on the upper display in all modes.

To stop the alarm

Press any button.

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3. Press **(D)** to toggle the illumination duration between three seconds (**LT3** displayed) and 1.5 seconds (**LT1** displayed).

4. After all of the settings are the way you want, press **(A)** to exit the setting screen.

About the Auto Light Switch

While the Auto Light Switch is enabled, illumination will turn on whenever you position your wrist as described below in any mode.

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.



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 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.

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Auto light switch precautions



- 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 after the preset illumination duration (page E-33), 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 towards your face 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.
- 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.

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Troubleshooting

Time Setting

■ Why is the current time setting off by a couple of hours?

Your Home City setting may be wrong (page E-12). Check your Home City setting and correct it, if necessary.

■ Why is the current time setting off by one hour?

You may need to change your Home City's standard time/daylight saving time (DST) setting. Use the procedure under "To change the current time and date settings" (page E-14) to change the standard time/daylight saving time (DST) setting.

Sensor modes

■ Why can't I change the temperature unit setting?

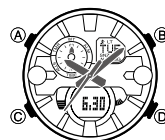
The temperature unit setting is always Celsius (°C) whenever **TOKYO** is selected as the Home City. In this case, the setting cannot be changed.

■ Why does "ERR" appear while a sensor operation is in progress?

Subjecting the watch to strong impact can cause sensor malfunction or improper contact of internal circuitry. When this happens, **ERR** (error) will appear on the upper display and sensor operations will be disabled.

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Illumination



The face of the watch is illuminated 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 enabled (page E-35) for it to operate.

To turn on illumination manually

Press **(B)** in any mode (except when a flashing setting screen is displayed) to turn on illumination.

- You can use the procedure below to select either 1.5 seconds or three seconds as the illumination duration. When you press **(B)**, the illumination will remain on for about 1.5 seconds or three seconds, depending on the current illumination duration setting.
- The above operation turn on illumination regardless of whether the auto light switch is enabled or disabled.
- Illumination is disabled while configuring sensor measurement mode settings.

To change the illumination duration

1. In the Timekeeping Mode, hold down **(A)** until **ADJ** appears in the upper display.

- When you release **(A)** (after **ADJ** appears), **SET** will be flashing in the lower display. This is the setting mode.

2. Use **(C)** to cycle through the settings on the lower display until the current illumination duration (**LT1** or **LT3**) is shown.

- See the sequence in step 2 of the procedure under "To change the current time and date settings" (page E-14) for information about how to scroll through setting screens.

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Note

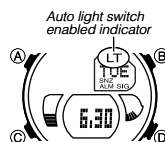
- The auto light switch is always disabled, regardless of its enabled/disabled setting, when any one of the following conditions exists.

While an alarm is sounding
During sensor measurement

To enable or disable the auto light switch

In the Timekeeping Mode, hold down **(B)** for about three seconds to toggle the auto light switch between enabled (**LT** shown in the upper display) and disabled (**LT** not displayed).

- The auto light switch enabled indicator (**LT**) is on the upper display in all modes while the auto light switch is turned enabled.
- The auto light switch remains enabled for about six hours. After that it disables automatically.



Illumination Precautions

- Illumination may be hard to see when viewed under direct sunlight.
- Illumination will not turn on while an alarm is sounding, while high-speed hand movement is in progress, while a sensor is taking a reading. Illumination will turn on if **(B)** is pressed between sensor reading operations.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

E-35

Button Operation Tone

When enabled, the button operation tone sounds any time you press one of the watch's buttons. You can enable or disable the button operation tone as desired.

- Even if you disable the button operation tone, the alarm, and Hourly Time Signal all operate normally.

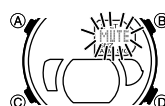
To enable or disable the button operation tone

- In the Timekeeping Mode, hold down **(A)** until **ADJ** appears in the upper display.
 - When you release **(A)** (after **ADJ** appears), **SET** will be flashing in the lower display.
- Use **(D)** to cycle through settings on the upper display until the current button operation tone setting (**MUTE** or **KEY ♪**) is shown.
 - See the sequence in step 2 of the procedure under "To change the current time and date settings" (page E-14) for information about how to scroll through setting screens.

- Press **(D)** to toggle the button operation tone setting between enabled (**KEY ♪**) and disabled (**MUTE**).
- After the setting is the way you want, press **(A)** to exit the setting screen.

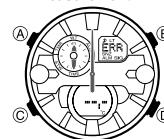
Note

- The mute indicator is displayed in all modes when the button operation tone is disabled.



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Temperature Measurement



- If **ERR** appears while a measurement operation is being performed in a sensor mode, restart the measurement. If **ERR** appears on the upper display again, it can mean there is something wrong with the sensor.
- If **ERR** keeps appearing during measurement, it could mean there is a problem with the applicable sensor.

World Time Mode

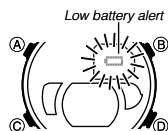
■ The time for my World Time City is off in the World Time Mode.

This could be due to incorrect switching between standard time and daylight saving time. See "To specify standard time or daylight saving time (DST) for a city" (page E-28) for more information.

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Battery

■ Why is the low battery alert flashing?



Battery power is low. Watch operations are disabled while the low battery alert is flashing on the upper display.
If the low battery alert disappears after battery power recovers but then starts to flash again after a short while, it means that you need to have the watch's battery replaced.

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: Two display formats (month, day or time); Home City code (can be assigned one of 48 city codes); standard time / daylight saving time (summer time)

Analog Timekeeping: Hour, minutes (hand moves every 10 seconds), seconds

Thermometer:

Measurement and display range: -10.0 to 60.0°C (or 14.0 to 140.0°F)

Display unit: 0.1°C (or 0.2°F)

Measurement timing: Every five seconds in the Thermometer Mode

Other: Calibration; Selectable measurement unit

Temperature Sensor Precision:

±2°C (±3.6°F) in range of -10°C to 60°C (14.0°F to 140.0°F)

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

Countdown range: 60 minutes

Setting ranges: Countdown start time (1 to 60 minutes, 1-minute increments)

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World Time: 48 cities (31 time zones)

Other: daylight saving time/standard time

Alarms: 5 daily alarms (one snooze alarm); Hourly Time Signal

Illumination: LED (light-emitting diode); Selectable illumination duration (approximately 1.5 seconds or 3 seconds); Auto Light Switch

Other: Button operation tone on/off

Battery: Two silver oxide batteries (Type: SR927W)

Approximate battery operating time: 2 years under the following conditions:

- 1 illumination operation (1.5 seconds) per day
- Alarm: 10 seconds/day
- Temperature readings: Once/week

Frequent use of illumination runs down the battery. Particular care is required when using the auto light switch (page E-36).



City Code Table



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City Code Table

City Code	City name	UTC Offset/ GMT Differential
PPG	PAGO PAGO	-11
HNL	HONOLULU	-10
ANC	ANCHORAGE	-9
YVR	VANCOUVER	-8
LAX	LOS ANGELES	-8
YEA	EDMONTON	-7
DEN	DENVER	-7
MEX	MEXICO CITY	-6
CHI	CHICAGO	-6
NYC	NEW YORK	-5
SCL	SANTIAGO	-4
YHZ	HALIFAX	-4
YYT	ST. JOHN'S	-3.5
RIO	RIO DE JANEIRO	-3
FEN	F. DE NORONHA	-2
RAI	PRAIA	-1

City Code	City name	UTC Offset/ GMT Differential
UTC		0
LIS	LISBON	0
LON	LONDON	0
MAD	MADRID	0
PAR	PARIS	+1
ROM	ROME	+1
BER	BERLIN	+1
STO	STOCKHOLM	+1
ATH	ATHENS	+2
CAI	CAIRO	+2
JRS	JERUSALEM	+2
MOW*	MOSCOW	+3
JED	JEDDAH	+3.5
THR	TEHRAN	+3.5
DXB	DUBAI	+4
KBL	KABUL	+4.5
KHI	KARACHI	+5

City Code	City name	UTC Offset/ GMT Differential
DEL	DELHI	+5.5
KTM	KATHMANDU	+5.75
DAC	DHAKA	+6
RGN	YANGON	+6.5
BKK	BANGKOK	+7
SIN	SINGAPORE	+7
HKG	HONG KONG	+8
BJS	BEIJING	+8
TPE	TAIPEI	+8
SEL	SEOUL	+9
TYO	TOKYO	+9
ADL	ADELAIDE	+9.5
GUM	GUAM	+10
SYD	SYDNEY	+10
NOU	NOUMEA	+11
WLG	WELLINGTON	+12

* As of December 2013, the official UTC offset for Moscow, Russia (MOW) was changed from +3 to +4, but this watch still uses an offset of +3 (the old offset) for MOW. Because of this, you should leave the summer time setting turned on (which advances the time by one hour) for the MOW time.

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L-3