

Contents

Precautions

Operating Precautions

User Maintenance

Battery

Before Getting Started...

General Guide

Indicators

Navigating Between Modes

Selecting a Timekeeping Mode Digital Display Format

Charging

Viewing the Face in the Dark

Time Correction

Time Correction Using a Time Signal

Overview

Appropriate Signal Reception Location

Time Signal Reception Ranges

Auto Time Calibration Signal Receive

Enabling and disabling Auto Receive

Manual Time Calibration Signal Receive

Receive Level Indicator

Checking the Last Time Correction Result

Signal Reception Precautions

Using Watch Operations to Adjust the Time Setting

World Time

Checking World Time

Setting the World Time City

Alarm

Configuring Alarm Settings

Turning the Hourly Time Signal On or Off

Stopping an Alarm or the Hourly Time Signal

Stopwatch

Measuring Elapsed Time

Measuring a Split Time

Timing the First and Second Place Finishers

Timer

Setting the Time

Using the Timer

Other Settings

Enabling the Button Operation Tone

Configuring Power Saving Function Settings

Other Information

City Table

Specifications

Troubleshooting

Precautions

Operating Precautions

● Water Resistance

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark
---	-------------

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	No
Windsurfing	No
Skin diving	No

Enhanced Water Resistance Under Daily Use

5 Atmospheres

Marking on watch front or on back cover	5BAR
---	------

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	No
Skin diving	No

10 Atmospheres

Marking on watch front or on back cover	10BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

20 Atmospheres

Marking on watch front or on back cover	20BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.

- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
 - Do not operate the crown or buttons while your watch is submersed in water or wet.
 - Avoid wearing your watch while in the bath.
 - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
 - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.

- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).
- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.

- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

● Band

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

● Temperature

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

● Impact

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

● Magnetism

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

● Electrostatic Charge

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

● Chemicals

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

● Storage

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

● Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

● Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

CAUTION:

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

● Metal Components

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

● Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

● Liquid Crystal Display

- Display figures may be difficult to read when viewed from an angle.

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 your watch or its malfunction.

User Maintenance

● Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

● Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
 - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

Battery

- The special rechargeable battery used by your watch is not intended to be removed or replaced by you. Use of a rechargeable battery other than the special one specified for your watch can damage your watch.
- The rechargeable (secondary) battery is charged when the solar panel is exposed to light, so it does not require regular replacement as the primary battery requires. Note, however, that long use or operating conditions can cause the capacity or charging efficiency of the rechargeable battery to deteriorate. If you feel that the amount of operation provided by charging is too short, contact your original retailer or CASIO service center.

Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

● Watch Features

• Solar Charging

Sunlight and artificial light generate electricity for watch operation as it charges.

• Time Signal Reception

The watch receives a radio signal containing time information and uses it to keep its time setting accurate.

• World Time

World Time displays the current time in any of 31 time zones around the globe.

• Alarm

An alarm sounds whenever a time specified by you is reached.

• Stopwatch

You can use the stopwatch to measure up to 24 hours of elapsed time in units of 1/100 of a second.

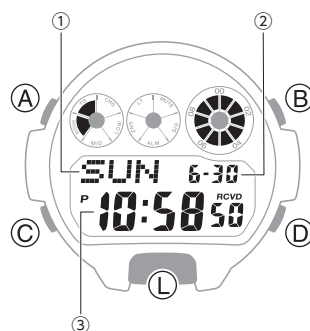
• Timer

Countdown from a start time specified by you. An alarm sounds when the countdown reaches zero.

Note

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

General Guide



- ① Day of the week
- ② Month, day
- ③ Hour, minute, second

A button

Holding down this button for at least two seconds in any mode displays the setting screen.

B button

Pressing this button while any setting screen is displayed will change the setting. Pressing this button in the Timekeeping Mode cycles between displays.

C button

Each press cycles between watch modes.

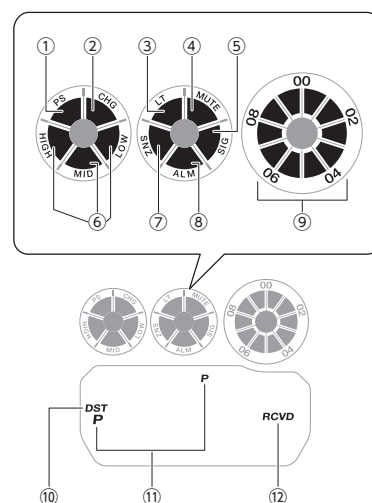
D button

Pressing this button while any setting screen is displayed will change the setting.

L button

Press to turn on illumination.

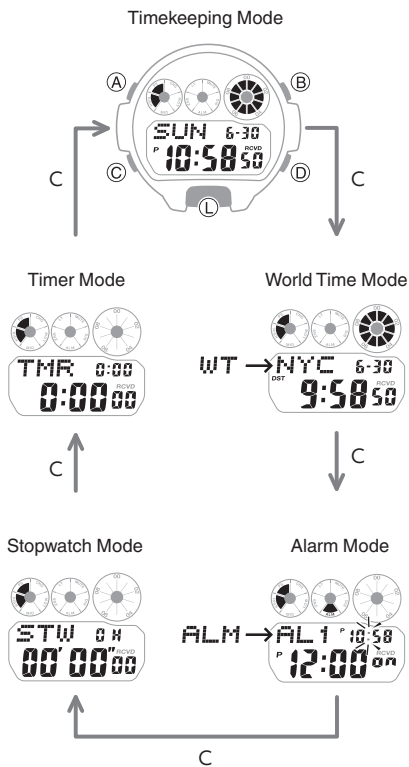
Indicators



- ① Displayed while Power Saving is enabled.
- ② Flashes when battery power is low.
- ③ Displayed while Auto Light is enabled.
- ④ Displayed while the button operation tone is disabled.
- ⑤ Displayed while the hourly time signal is enabled.
- ⑥ Shows the current charge level.
- ⑦ Displayed while the snooze alarm is turned on.
- ⑧ Displayed while an alarm is turned on.
- ⑨ Segments appear with the passage of seconds.
- ⑩ Displayed while the watch is indicating summer time.
- ⑪ Displayed during p.m. times while 12-hour timekeeping is being used.
- ⑫ Appears when the time signal receive operation is successful.

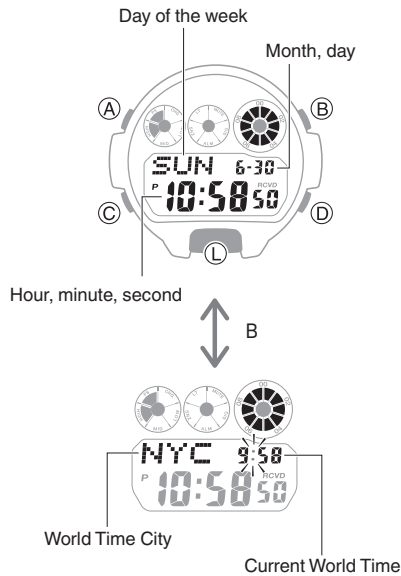
Navigating Between Modes

Each press of (C) cycles between watch modes.



Selecting a Timekeeping Mode Digital Display Format

Each press of (B) in the Timekeeping Mode cycles the display information as shown below.

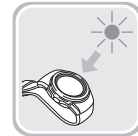


Charging

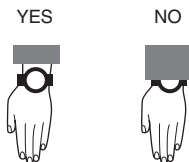
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

● 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!

- Some light sources and environments can cause the watch to become extremely hot during charging, which creates the risk of burn injury and damage to internal watch components. Avoid charging the watch under conditions like the ones described below, where the temperatures may exceed 60 °C (140 °F).
 - On the dashboard of a vehicle parked in the sun
 - Near incandescent lamps, camera lights, halogen lamps, or other sources of heat
 - In locations exposed to direct sunlight for long periods and other hot locations
- The display panel may become black (or white, depending on the LCD type) under very high temperatures. This is temporary, and the display will return to normal at lower temperatures.

● Checking the Charge Level

A display indicator shows the watch's current charge level.



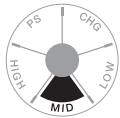
Charge Level 1: Good

All functions enabled.



Charge Level 2: Good

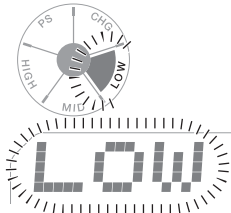
All functions enabled.



Charge Level 3: Low

[LOW] flashes on the display, and the functions below become disabled.

- Time signal reception
- Face illumination
- Sounds (alarm, etc.)



Charge Level 4: Low

When the battery charge drops lower than Level 3, [CHG] starts to flash on the display and all functions become disabled.



Charge Level 5: Dead

The digital display will go blank if the battery goes dead. Memory data is lost, and watch settings are returned to their initial factory defaults.

Important!

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

Note

- When [HIGH], [MID], and [LOW] are all flashing on the display, it means that all functions are disabled due to momentary battery power consumption.
 [HIGH], [MID], and [LOW] are flashing on the display.

● Charging Time Guidelines

The table below shows guidelines for approximate charging times.

Charging Times Required for 1 Day of Operation

Light Level (Lux)	Approximate Charging Time
50,000	5 minutes
10,000	24 minutes
5,000	48 minutes
500	8 hours

Charge Recovery Times

- Sunny day, outdoors (50,000 lux)

Dead battery → Medium charge	2 hours
Medium charge → High charge	21 hours
High charge → Full charge	6 hours

- Sunny day, near a window (10,000 lux)

Dead battery → Medium charge	8 hours
Medium charge → High charge	103 hours
High charge → Full charge	28 hours

- Overcast day, near a window (5,000 lux)

Dead battery → Medium charge	15 hours
Medium charge → High charge	210 hours
High charge → Full charge	56 hours

- Indoor fluorescent lighting (500 lux)

Dead battery → Medium charge	182 hours
Medium charge → High charge	-
High charge → Full charge	-

Note

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

● Power Saving Function

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 display to go blank, and the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, the watch will enter Level 2 power saving.

Power Saving Level 1 :

Digital display goes blank to save power.

Power Saving Level 2 :

Digital display goes blank to save power. All functions are disabled.

Recovering from Power Saving Operation

Use one of the operations below to exit power saving.

- Press any button.
- Move the watch to a bright location.
- Trigger auto light by angling the watch towards your face.

Note

- The watch will not enter power saving in the cases below.
 - While in the Stopwatch Mode
 - While in the Timer Mode
- You can enable or disable Power Saving.
 - [Configuring Power Saving Function Settings](#)
- Note that the watch also may enter power saving if its face is blocked from light by your sleeve while you are wearing it.

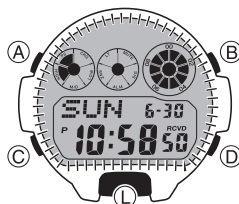
Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

● To illuminate the face manually

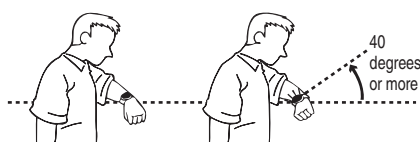
Press (L) to turn on illumination.

- Illumination will turn off automatically if an alarm starts to sound.



● To illuminate the face when Auto Light is enabled

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.
- Frequent use of illumination will run down the battery.

Note

- Auto Light is disabled when any one of the conditions below exists.
 - Alarm, timer alert, or other beeper sounding
 - While a time signal receive operation is in progress

● Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.
 - [Navigating Between Modes](#)
2. Hold down (L) for at least three seconds to toggle Auto Light between enabled and disabled.
 - [LT] is displayed while Auto Light is enabled.



Note

- Auto Light is disabled while [CHG] is flashing on the display.

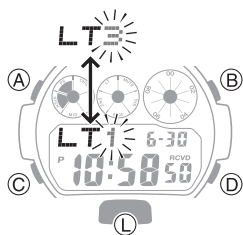
● Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

1. Enter the Timekeeping Mode.
[🔗 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
 Release the button when the city code starts to flash.



3. Press (C) 10 times.
 [LT] appears on the display with [1] or [3] flashing.
4. Press (D) to select an illumination duration.
 [LT1]: 1.5-second light
 [LT3]: 3-second light



5. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Time Correction

Your watch can receive time calibration signals and correct its date and time setting.



Time Correction Using a Time Signal

Overview

The watch's time and day settings can be configured in accordance with a received time calibration signal.

Important!

- In order to make it possible for the current time setting to be corrected based on time calibration signal reception, you need to specify the area where you are using the watch.
[🔗 Setting a Home City](#)

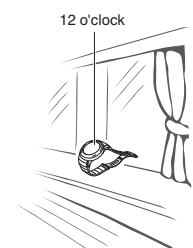
Note

- Areas where time signal reception is supported are limited. When you are using the watch in an area where time calibration signal reception is not possible, adjust time and day settings manually.
[🔗 Using Watch Operations to Adjust the Time Setting](#)

Appropriate Signal Reception Location

A time calibration signal can be received while the watch is near a window.

- Position the watch so its 12 o'clock side is facing the window.
- Keep metal objects away from the watch.
- Do not move the watch.
- Do not perform any operation on the watch.



Note

- You may experience time calibration signal reception problems in the areas described below.
 - Among or near buildings
 - While riding in a vehicle
 - Near household appliances, office machines, mobile phones, etc.
 - On a construction site, in an airport, or any other location where radio wave interference occurs
 - Near high-voltage lines
 - In mountainous areas or behind a mountain

Time Signal Reception Ranges

● Japan (JJY)

The Japan time signal radio stations are located on Mt. Otakadoya in Fukushima and Mt. Hagane in Fukuoka/Saga.

The reception range of the Japanese time signals is approximately 1,000 km from each transmission station.

● China (BPC)

The China time signal radio station is located in Shangqiu, Henan Province, China.

The reception range of the Chinese time signal is approximately 1,500 km from the transmission station.

● United States (WWVB)

The United States time signal radio station is located in Fort Collins, Colorado.

The reception range of the U.S. time signal is approximately 3,000 km from the transmission station.

● U.K. (MSF)/Germany (DCF77)

The U.K. time signal radio station is located in Anthorn, Cumbria.

The German time signal radio station is located in Mainflingen, southeast of Frankfurt. The reception range of the U.K. and German time signals is approximately 1,500 km from each transmission station.

Note

- Even if you are within the normal reception range of a time calibration signal, reception may be made impossible by the following factors: geographic contours, weather, the season, the time of day, wireless noise.

Auto Time Calibration Signal Receive

An automatic time calibration signal receive operation is performed and the time and day settings are corrected between midnight and 5:00 a.m. Once a signal receive operation is successful, no more auto receive operations are performed that day.

1. Place the watch near a window or some other location appropriate for signal reception.
 - [RCVD] flashes while time signal reception is in progress.
 - When the receive operation is successful, the time and day settings are corrected automatically, and the [RCVD] indicator appears.

Note

- Reception takes anywhere from about 2 minutes to about 7 minutes. It can take as long as 14 minutes.

Enabling and disabling Auto Receive

You can stop auto receive by disabling the Auto Receive setting.

Note

- While the Home City setting is one where time signal reception is possible, you can enable or disable auto receive as required.
 - 🔗 [Time Signal Reception Ranges](#)

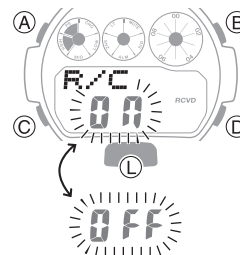
1. Enter the Timekeeping Mode.
 - 🔗 [Navigating Between Modes](#)

2. Press (D).

This displays the date and time of the last successful receive operation.



3. Hold down (A) for at least two seconds. This causes [On] or [OFF] to flash on the display.



4. Press (D) to toggle between on and off.
 - [On]: Auto Receive enabled.
 - [OFF]: Auto Receive disabled.
5. Press (A) to complete the setting operation.

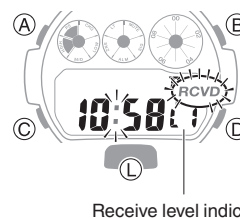
Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Manual Time Calibration Signal Receive

1. Place the watch near a window or some other location appropriate for time signal reception.
2. Enter the Timekeeping Mode.
 - 🔗 [Navigating Between Modes](#)
3. Hold down (D) for at least two seconds until [RCVD] flashes.

This indicates that the receive operation has started. After the receive operation is complete, the watch's time and day settings will be corrected accordingly.



Receive level indicator

- The level indicator shows the signal level ([L1], [L2], [L3]) while a receive operation is in progress.
 - 🔗 [Receive Level Indicator](#)

Note

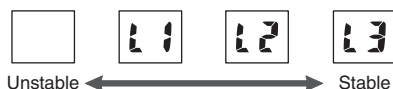
- Reception takes anywhere from about 2 minutes to about 7 minutes. It can take as long as 14 minutes.
- Time calibration signal reception is better at night than during the day.
- A time calibration signal cannot be received while the city selected as your Home City is one that does not support signal reception.

Receive Level Indicator

While a receive operation is in progress, its current status is indicated on the display as shown below. Use the level indicator to find a location where signal reception is stable.



Receive level indicator



Note

- It takes about 10 seconds for time signal reception conditions to stabilize.
- Reception conditions are affected by weather, the time of day, the surrounding environment, etc.

Checking the Last Time Correction Result

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)

2. Press (D).

This displays the date and time of the last successful receive operation.



Note

- Even if there was a successful receive operation, [RCVD] will not be displayed if you subsequently adjusted the time and/or date setting manually.

Signal Reception Precautions

- When the watch is unable to correct its time in accordance with a calibration signal for some reason, average timekeeping accuracy is within ± 15 seconds per month.
- Note that an internal decoding process the watch performs after it receives a signal may cause the time setting to be slightly off (by less than one second).
- Time calibration signal reception is not possible under the conditions described below.
 - While battery power is low
 - In any mode besides the Timekeeping Mode or World Time Mode
 - When the watch is at Level 2 power saving
 - While a timer countdown operation is in progress
 - While the Home City area setting is one where time signal reception is not possible
 - While the watch is outside the time signal reception range
- When the receive operation is successful, the time and/or day settings will be corrected automatically. Summer time will not be applied correctly in the case described below.
 - When the summer time start date and time, end date and time, or other rules are changed by authorities
- As of July 2023, China does not observe summer time. If China starts to observe summer time in the future, the time displayed by the watch for China may not be correct.

Using Watch Operations to Adjust the Time Setting

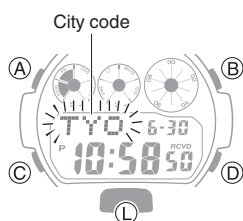
If, for some reason, you cannot use time signal reception to adjust the current time setting, you can adjust date, time, and Home City settings manually using watch button operations.

● Setting a Home City

Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summer time, you can also configure a summer time setting.

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)

2. Hold down (A) for at least two seconds. Release the button when the city code starts to flash.



3. Use (B) and (D) to change the Home City setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
 - For details refer to the information below.
[🔍 City Table](#)

4. Press (C).
5. Use (D) to select a summer time setting. Each press of (D) cycles through available settings in the sequence shown below.

- [AUTO]
The watch switches between standard time and summer time automatically.
- [OFF]
The watch always indicates standard time.
- [ON]
The watch always indicates summer time.



6. Press (A) to complete the setting operation.

Note

- The [AT (AUTO)] summer time setting is valid only when the watch's Home City is in an area where a time signal can be received.
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

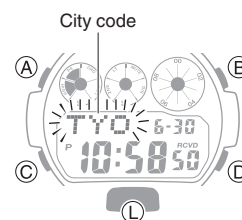
● Setting the Time/Date

You can use the procedure below to adjust the time and date settings when using the watch where signal reception is not possible.

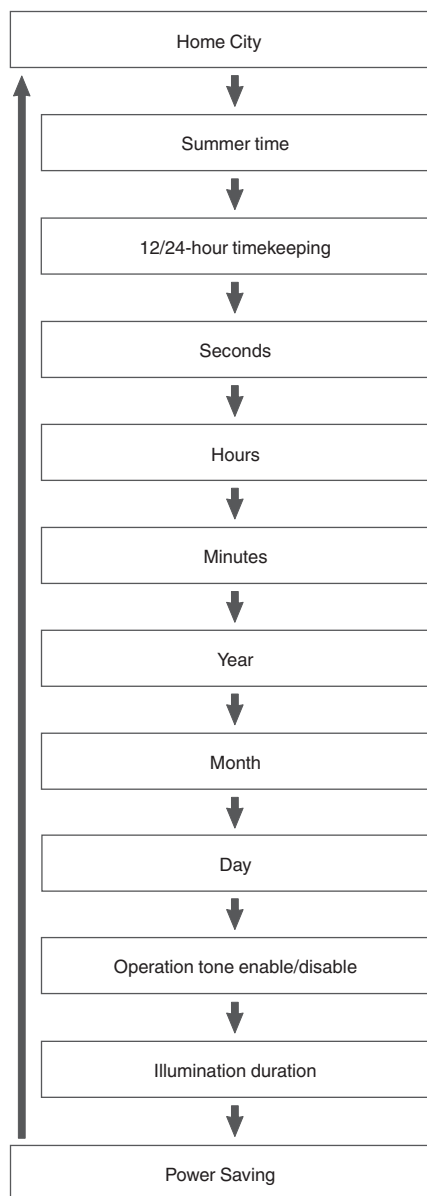
Important!

- If you are using the watch in an area where signal receive operations are possible, time and date settings using the time signal is recommended.
- Configure the Home City setting before changing the current time and date settings.
[🔍 Setting a Home City](#)

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the city code starts to flash.



- Keep pressing (C) until the setting you want to change is flashing.
 - Each press of (C) moves the flashing to the next setting in the sequence shown below.



- Configure the date and time settings.
 - To reset the seconds to 00: Press (D). 1 is added to the minutes when the current count is between 30 and 59 seconds.
 - For all the other settings, use (B) and (D) to change the flashing setting. Holding down (B) or (D) scrolls through settings at high speed.
- Repeat steps 3 and 4 to select time and date settings.
- Press (A) to complete the setting operation.

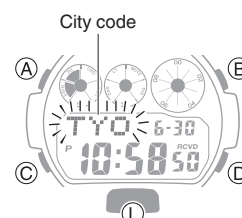
Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● Switching between 12-hour and 24-hour Timekeeping

You can specify either 12-hour format or 24-hour format for the time display.

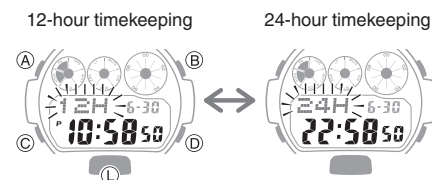
- Enter the Timekeeping Mode.
 - [Navigating Between Modes](#)
- Hold down (A) for at least two seconds. Release the button when the city code starts to flash.



- Press (C) twice. This causes [12H] or [24H] to flash on the display.



- Press (D) to toggle the setting between [12H] (12-hour timekeeping) and [24H] (24-hour timekeeping).



- Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

World Time

World Time lets you look up the current time in any of 48 cities (31 time zones) around the globe.



Checking World Time

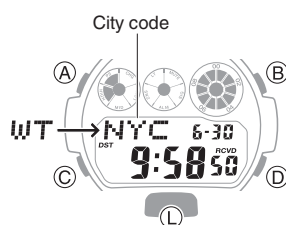
1. Enter the World Time Mode.

[Navigating Between Modes](#)

Entering the World Time Mode displays the city code of the currently selected World Time city.

- Each press of (B) or (D) scrolls through city codes.
- To select UTC (Offset: 0) as the city code, press (B) and (D) at the same time.
- For information about city codes, see the information below.

[City Table](#)



Setting the World Time City

Use the procedure in this section to select a World Time city. If you are in an area that observes summer time, you can also configure a summer time setting.

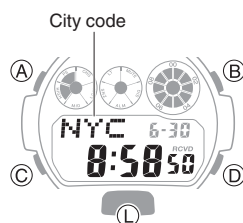
1. Enter the World Time Mode.

[Navigating Between Modes](#)

2. Use (B) and (D) to display the city you want to specify as a World Time City.

- Holding down (B) or (D) scrolls through settings at high speed.
- To select UTC (Offset: 0) as the city code, press (B) and (D) at the same time.
- For information about city codes, see the information below.

[City Table](#)



3. If you want to configure the summer time setting, hold down (A) for at least two seconds.

[DST] is displayed along with summer time.

- Each time you hold down (A) for at least two seconds, the setting toggles between standard time and summer time.



Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.
- The summer time setting you configure is applied to the currently selected city only. It does not affect other cities.

Alarm

The watch will beep when the alarm time is reached. You can configure up to four standard daily alarms, and one daily alarm with snooze. The hourly time signal causes the watch to beep every hour on the hour.

- Snooze causes the alarm to sound up to seven times, at five-minute intervals.
- The alarm sound is muted in the cases described below.
 - When battery power is low
 - When watch is at Level 2 power saving

[Power Saving Function](#)

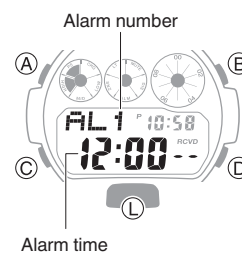


Configuring Alarm Settings

1. Enter the Alarm Mode.

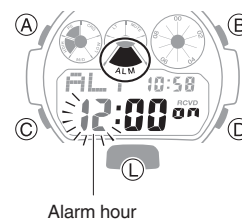
[Navigating Between Modes](#)

2. Press (D) to scroll through alarms ([1] to [4], [SNZ]) until the one you want to configure is displayed.



3. Hold down (A) for at least two seconds.

This causes the hours digits to flash.



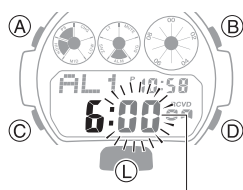
4. Use (B) and (D) to change the hour setting.

- Holding down (B) or (D) scrolls through settings at high speed.
- If you are using 12-hour timekeeping, [P] indicates p.m.



5. Press (C).

This causes the minutes digits to flash.



Alarm minute

6. Use (B) and (D) to set the minute setting.

7. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● Testing the alarm

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

● To stop the alarm

To stop the alarm after it starts to sound when an alarm time is reached, press any button.

Snooze causes the alarm to sound up to seven times, at five-minute intervals. To cancel a snooze alarm, turn [SNZ] off.

🔗 [Stopping an Alarm or the Hourly Time Signal](#)

Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.
- The watch will automatically return to the Timekeeping Mode from the Alarm Mode after two or three minutes of non-operation.

Turning the Hourly Time Signal On or Off

1. Enter the Alarm Mode.

🔗 [Navigating Between Modes](#)

2. Use (D) to display the hourly time signal screen ([SIG]).



3. Press (B) to toggle the hourly time signal between enabled and disabled.

- [SIG] (hourly time signal) is shown on the display while the hourly time signal is enabled.



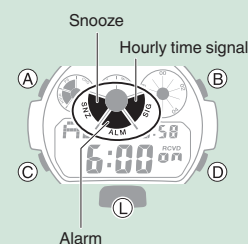
Stopping an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

- To have an alarm or hourly time signal sound again, turn it back on.

Note

- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.



1. Enter the Alarm Mode.
↻ Navigating Between Modes

2. Press (D) to scroll through alarm ([1] to [4], [SNZ]) and hourly time signal ([SIG]) screens until the one you want to configure is displayed.

Alarm number or hourly time signal



3. Press (B) to turn off the displayed alarm or the hourly time signal.
 - Each press of (B) toggles between on and off.
 - Turning off all alarms will cause [ALM] (alarm) to disappear from the display, while disabling the hourly time signal causes [SIG] (hourly time signal) to disappear from the display.



Note

- If [ALM] (alarm) is still displayed, it means that another alarm is still turned on. To turn off all of the alarms, repeat steps 2 and 3 until the [ALM] (alarm) indicator is no longer displayed.

Stopwatch

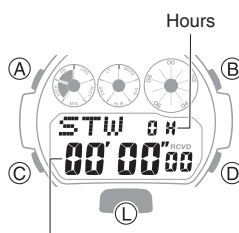
The stopwatch measures elapsed time in units of 1/100 second up to 23 hours, 59 minutes, 59.99 seconds (24 hours).

When this maximum limit is exceeded, elapsed time measurement returns to 0 and timing continues from there.



Measuring Elapsed Time

1. Enter the Stopwatch Mode.
↻ Navigating Between Modes



Minutes, seconds, 1/100 seconds

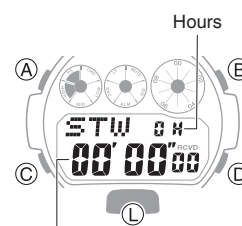
2. Use the operations below to measure elapsed time.

- Ⓧ Start
- ↓
- Ⓧ Stop
- ↓
- Ⓧ Resume
- ↓
- Ⓧ Stop

3. Press (B) to reset the stopwatch to all zeros.

Measuring a Split Time

1. Enter the Stopwatch Mode.
↻ Navigating Between Modes



Minutes, seconds, 1/100 seconds

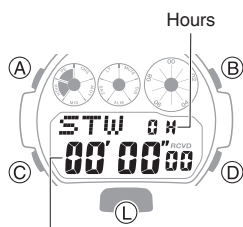
2. Use the operations below to measure elapsed time.
 - Pressing (B) displays the elapsed time from the start of a race up to the point when you pressed the button (split time).

- Ⓧ Start
- ↓
- Ⓧ Split
- ↓
- Ⓧ Split release
- ↓
- Ⓧ Stop

3. Press (B) to reset the measurement time to all zeros.

Timing the First and Second Place Finishers

1. Enter the Stopwatch Mode.
[Navigating Between Modes](#)



Minutes, seconds, 1/100 seconds

2. Use the operations below to measure elapsed time.



* This displays the time of the first finisher.

3. Press (B) to display the time of the second place finisher.
4. Press (B) to reset the measurement time to all zeros.

Timer

The timer counts down from a start time specified by you. A beeper sounds when the end of the countdown is reached.

- The beeper is muted when battery power is low.

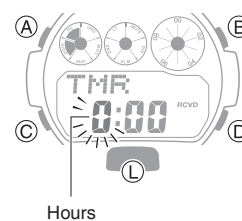


Setting the Time

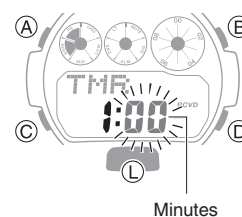
The countdown start time can be set in 1-minute units up to 24 hours.

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.
[Using the Timer](#)

1. Enter the Timer Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This causes the hours digits to flash.



3. Use (B) and (D) to change the timer hours setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
4. Press (C). This causes the minutes digits to flash.



5. Use (B) and (D) to change the timer minutes setting.
6. Press (A) to complete the setting operation.

Note

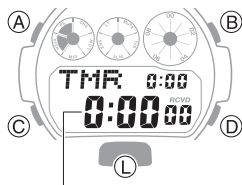
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Setting a start time of [0:00] performs a countdown of 24 hours.

Using the Timer

The timer counts down time in 1-second units.

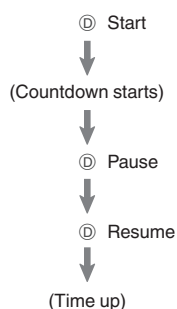
1. Enter the Timer Mode.

Navigating Between Modes



Hour, minute, second

2. Use the operations below to perform a timer operation.



- A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.
 - You can reset a paused countdown to its start time, by pressing (B).
3. Press any button to stop the tone.

Other Settings

This section explains other watch settings you can configure.

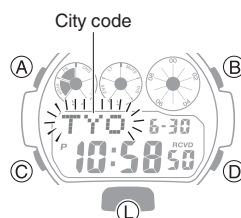
Enabling the Button Operation Tone

Use the procedure below to enable or disable the tone that sounds when you press a button.

1. Enter the Timekeeping Mode.

Navigating Between Modes

2. Hold down (A) for at least two seconds. Release the button when the city code starts to flash.



3. Press (C) nine times.

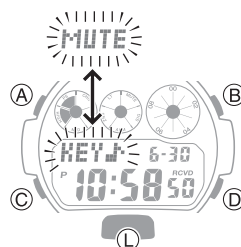
This causes [KEY↵] or [MUTE] to flash on the display.



4. Press (D) to select [KEY↵] or [MUTE].

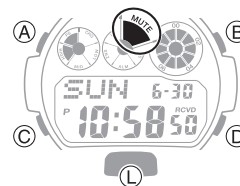
[KEY↵]: Operation tone enabled.

[MUTE]: Operation tone disabled.



5. Press (A) to complete the setting operation.

- [MUTE] is displayed while the operation tone is muted.



Note

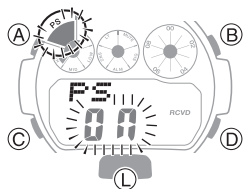
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Note that alarm and timer tones will still sound even while the operation tone is muted.

Configuring Power Saving Function Settings

- Enter the Timekeeping Mode.
[🔗 Navigating Between Modes](#)
- Hold down (A) for at least two seconds. Release the button when the city code starts to flash.



- Press (C) 11 times. This displays [PS].



- Press (D) to toggle between on and off.
 [On]: Power Saving enabled.
 [OFF]: Power Saving disabled.
- Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- For details about Power Saving, refer to the information below.
[🔗 Power Saving Function](#)

Other Information

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

City Table

City	Offset
UTC	Coordinated Universal Time
LIS*	Lisbon
LON*	London
MAD*	Madrid
PAR*	Paris
ROM*	Rome
BER*	Berlin
STO*	Stockholm
ATH*	Athens
CAI	Cairo
JRS	Jerusalem
MOW*	Moscow
JED	Jeddah
THR	Tehran
DXB	Dubai
KBL	Kabul
KHI	Karachi
DEL	Delhi
KTM	Kathmandu
DAC	Dhaka
RGN	Yangon
BKK	Bangkok
SIN	Singapore
HKG*	Hong Kong
BJS*	Beijing
TPE*	Taipei
SEL*	Seoul
TYO*	Tokyo
ADL	Adelaide
GUM	Guam
SYD	Sydney
NOU	Noumea
WLG	Wellington
PPG	Pago Pago
HNL*	Honolulu
ANC*	Anchorage
YVR*	Vancouver
LAX*	Los Angeles
YEA*	Edmonton
DEN*	Denver
MEX*	Mexico City
CHI*	Chicago
NYC*	New York
SCL	Santiago
YHZ*	Halifax

City	Offset
YYT*	St. John's
RIO	Rio de Janeiro
FEN	Fernando de Noronha
RAI	Praia

* Cities where time calibration signal reception is possible.

- The information in the above table is current as of July 2023.
- Time zones may change and UTC differentials may become different from those shown in the table above.

Specifications

Accuracy at normal temperature :

±15 seconds per month average when time correction using signal reception is not possible.

Timekeeping :

Hour, minute, second, month, day, day of the week
 a.m./p.m.(P)/24-hour timekeeping
 Full Auto Calendar (2000 to 2099)
 Summer Time

Signal Receive Functions :

Auto receive, manual receive
 Auto transmitter selection (for JJY, MSF/DCF77)
 Receivable call signs:
 JJY (40 kHz/60 kHz), WWVB (60 kHz), MSF (60 kHz), DCF77 (77.5 kHz), BPC (68.5 kHz)
 Automatic and manual switching between standard time and summer time.

World Time :

48 cities (31 time zones) and Coordinated Universal Time (UTC)
 Summer time

Alarm :

Time alarms
 Alarms: 5 (with one snooze alarm)
 Setting units: Hours, minutes
 Alarm tone duration: 10 seconds
 Hourly time signal: Beep every hour on the hour

Stopwatch :

Measuring unit: 1/100 second

Measuring range:

23 hours, 59 minutes, 59.99 seconds (24 hours)

Measurement Functions:

Elapsed time, split times, 1st and 2nd place finisher times

Timer :

Measuring unit: 1 second

Countdown range: 24 hours

Setting unit: 1 minute

Time up: 10-second beeper

Other :

High-brightness LED light (Full Auto Light, Super Illuminator, afterglow, 1.5 or 3-second illumination duration setting), Power Saving, battery power indicator, operation tone on/off, auto time correction on/off

Power Supply :

Solar panel and one rechargeable battery

Battery operating time: Approximately 10 months

Conditions:

Not exposed to light under the conditions below.

- Time signal reception: 4 minutes/day
- Illumination: Once (1.5 seconds)/day
- Alarm: Once (10 seconds)/day
- Display: 18 hours/day

Specifications are subject to change without notice.

Troubleshooting

Signal Reception (Time Calibration Signal)

Q1 The watch cannot perform a receive operation.

Is the watch's battery charged?

Signal reception is not possible while battery power is low. Keep the watch exposed to light until it recharges sufficiently.

↪ [Charging](#)

Is the watch in the Timekeeping Mode or World Time Mode?

Time signal receive is not possible unless the watch is in the Timekeeping Mode or World Time Mode. Enter the Timekeeping Mode or World Time Mode.

↪ [Navigating Between Modes](#)

Is your Home City setting correct for your location?

The watch will not indicate the correct time if the Home City setting is wrong. Change your Home City setting so it correctly reflects your location.

↪ [Setting a Home City](#)

After checking the above, the watch still cannot perform a receive operation.

Time calibration signal reception is not possible under the conditions described below.

- When watch is at Level 2 power saving
- Timer countdown operation in progress

If successful reception is not possible for some reason, you can adjust the time and day settings manually.

Q2 The signal receive operation always fails.

Is the watch in a location that is appropriate for signal reception?

Check your surroundings and move the watch to a location where signal reception is better.

↪ [Appropriate Signal Reception Location](#)

Did you avoid touching the watch while the receive operation was in progress?

Minimize movement of the watch and do not perform any watch operation while a receive operation is in progress.

Is there an alarm configured to sound during the same period that the signal receive operation is performed?

Receive stops if an alarm operation starts while it is being performed. Disable the alarm.

↪ [Stopping an Alarm or the Hourly Time Signal](#)

Is the signal transmitter in your area transmitting a signal?

The transmitter of the time calibration may not be transmitting a signal. Try again later.

Q3 Signal reception should have been successful, but the watch's time and/or day is wrong.

Adjust time and day settings manually.

↪ [Using Watch Operations to Adjust the Time Setting](#)

World Time

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

The summer time setting (standard time/summer time) is wrong.

↪ [Setting the World Time City](#)

Alarm and Hourly Time Signal

Q1 An alarm does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

↙ [Charging](#)

Other than the above.

The alarm's settings may not be configured. Configure the alarm settings.

↙ [Configuring Alarm Settings](#)

Q2 The hourly time signal does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

↙ [Charging](#)

Other than the above.

The hourly time signal may be disabled. Enable the hourly time signal.

↙ [Turning the Hourly Time Signal On or Off](#)

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.

↙ [Checking the Charge Level](#)

Q2 [HIGH], [MID], and [LOW] are flashing on the display.

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

- If a signal receive operation, alarm, hourly time signal, illumination and/or other power-intensive functions are used within a short period of time, the charge level of the battery will drop and cause the watch to go into a charge recovery mode. Function availability will be temporarily limited, but functionality will return after the battery recovers.

↙ [Checking the Charge Level](#)



Q3 [CHG] is flashing on the display.

The charge level of the watch is extremely low. Immediately expose the watch to light to charge it.

↙ [Checking the Charge Level](#)

Other

Q1 I can't find the information I need here.

Visit the website below.

<https://world.casio.com/support/>