

Operation Guide 5637

CASIO®

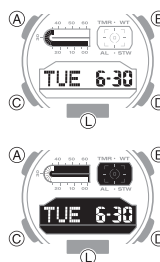
ENGLISH

Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under "Operating Precautions" and "User Maintenance".

E

About This Manual



- 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.
- Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Note that the display type of your watch is fixed for that particular model, and cannot be changed.
- The appearance of display indicators (page E-55) will depend on the display type of your watch.

E-1

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-16) 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 "Adjusting the Digital Time and Date Settings" (page E-19).

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:
• Display the current time, day of the week, and date in your Home City • Configure Home City and daylight saving time (DST) settings • Configure time and date settings • Direct timing start from the Timekeeping Mode • Change the display illumination duration setting • Enable/disable the button operation tone	Timekeeping Mode	E-15
• Use the stopwatch to measure elapsed time • Use Target Time Alarm	Stopwatch Mode	E-23
Use the countdown timer	Countdown Timer Mode	E-34

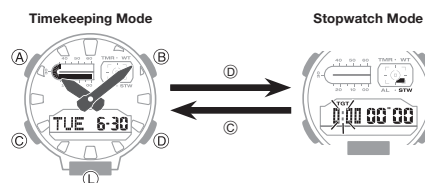
E-7

To do this:	Enter this mode:	See:
• View the current time in one of 48 cities (31 time zones) around the globe • Swap Home Time and World Time	World Time Mode	E-37
• Set an alarm time • Enable/disable the hourly time signal	Alarm Mode	E-41

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Selecting a Mode

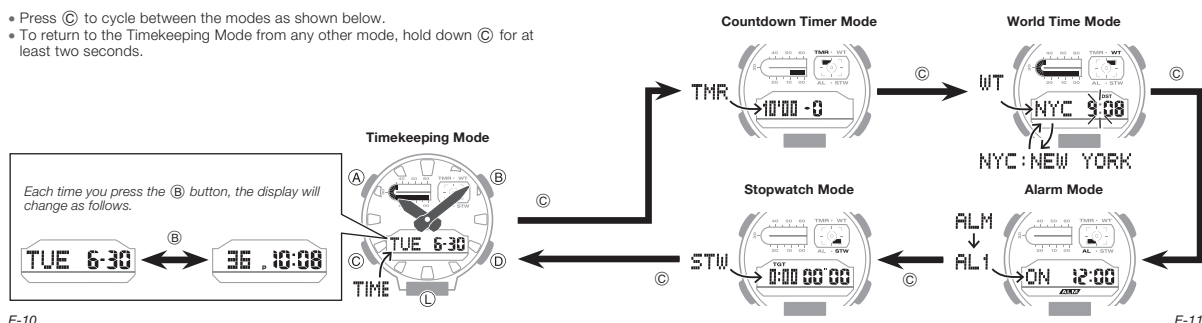
- In the Timekeeping Mode, press **(D)** to enter the Stopwatch Mode.
- For more information about using the Stopwatch Mode, see "To enter the Stopwatch Mode" (page E-24).



- In any mode (except a setting mode), press **(L)** to illuminate the display.

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- Press **(C)** to cycle between the modes as shown below.
- To return to the Timekeeping Mode from any other mode, hold down **(C)** for at least two seconds.



General Functions (All Modes)

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

Auto Return

If you do not perform any operation for about two or three minutes while configuring settings (setting flashing on the digital display) in any mode, the watch will exit the setting operation and return to normal display.

Scrolling

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

Moving the Hands Out of the Way for Better Viewing

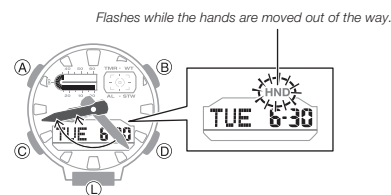
You can use the procedure below to temporarily move the hour and minute hands out of the way to better view what is on the display.

- This operation can be performed in any mode. In the case of a setting mode (setting flashing on the screen), the hands will move out of the way automatically, even if you do not perform the below operation.

1. While holding down **(L)**, press **(C)**.

- This will cause the hour and minute hands to move to a location where they do not block your view of the digital display.

Example: When the current time is 8:23



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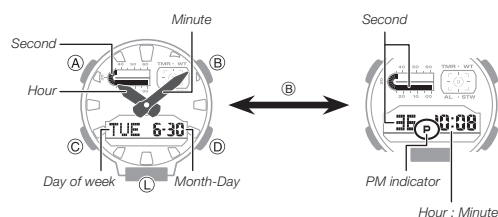
2. Holding down **(L)** again as you press **(C)** will cause the hands to return to their normal positions (normal timekeeping).

Note

- Watch button functions are the same regardless of whether the hands are moved out of the way or at their normal positions.
- Changing to another mode will cause the hands to move back to their normal positions.
- The hands also will move back to their normal positions automatically if no operation is performed for about one hour.

Timekeeping

Use the Timekeeping Mode to set and view the current time and date.



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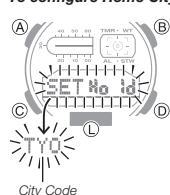
E-15

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).

To configure Home City settings

1. In the Timekeeping Mode, hold down **(A)** until the flashing **SET Hold** indicator disappears from the display and the currently selected city code flashes on the display.
 - This indicates the Home City setting mode.
2. Use **(D)** (+) and **(B)** (-) to scroll through city codes until the one you want is displayed.
 - For details about city codes, see the "City Code Table" at the back of this manual.
 - Holding down either button scrolls at high speed.



E-16

3. After the setting is the way you want, press **(A)** to return to the Timekeeping Mode.

Note

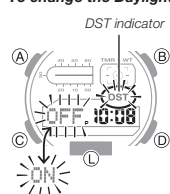
- You can check the city code and name (English) of your Home City by pressing **(A)**.
- After you specify a city code, the watch will use UTC* offsets in the World Time Mode to calculate the current time for other time zones based on the current time in your Home City.

* Coordinated Universal Time, the world-wide scientific standard of timekeeping. The reference point for UTC is Greenwich, England.

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To change the Daylight Saving Time (summer time) setting

1. In the Timekeeping Mode, hold down **(A)** until the flashing **SET Hold** indicator disappears from the display and the currently selected city code flashes on the display.
2. Press **(C)** to display the DST setting mode.
3. Press **(D)** to toggle between Daylight Saving Time (ON) and Standard Time (OFF).
 - Note that you cannot switch between daylight saving time and standard time while UTC is selected as your Home City.
4. After the setting is the way you want, press **(A)** to return to the Timekeeping Mode.
 - The **DST** indicator appears to indicate that Daylight Saving Time is turned on.



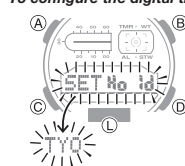
E-18

Adjusting the Digital Time and Date Settings

Use the procedure below to adjust the digital time and date settings.

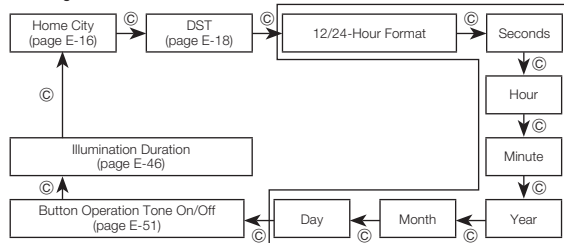
To configure the digital time and date settings

1. In the Timekeeping Mode, hold down **(A)** until the flashing **SET Hold** indicator disappears from the display and the currently selected city code flashes on the display.



E-19

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



E-20

3. When the timekeeping setting you want to change is flashing, perform the operation 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	Press (D) .
10:08	Change the hour or minute	Use (D) (+) and (B) (-) to change these settings. • Holding down either button scrolls at high speed.
2020	Change the year	
6-30	Change the month or day	

4. Press **(A)** to exit the setting mode.

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Note

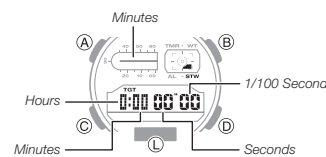
- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The day of the week changes automatically when the date changes.

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Using the Stopwatch

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

- The measurement range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. Elapsed time returns to zero automatically and timing continues from there when the maximum limit is reached.



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To enter the Stopwatch Mode

You can enter the Stopwatch Mode using any one of the methods below.

Entering Directly from the Timekeeping Mode

If the stopwatch was reset to all zeros the last time you used it, a new elapsed time operation will start as soon as you enter the Stopwatch Mode. See page E-26 for information about measuring an elapsed time.

- In the Timekeeping Mode, press **(D)**.
This will result in one of the following, depending on the status of the stopwatch the last time you exited the Stopwatch Mode.
 - If reset (stopped at 0:00 00'00): Timing starts.
One-press timing start from the Timekeeping Mode (direct timing start from the Timekeeping Mode)
 - If an ongoing timing operation is paused: Timing remains paused.
 - If an ongoing timing operation is in progress*: Timing continues to be performed.
* An ongoing stopwatch timing operation continues even if you navigate to another mode from the Stopwatch Mode.

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2. Now you can perform the same operations as those shown on page E-26.

Entering from Another Mode (including the Timekeeping Mode)

Press **(C)** as many times as necessary to navigate to the Stopwatch Mode as shown on page E-11.

- To enter from the Timekeeping Mode using this method, press **(C)** four times.
- This will display the stopwatch screen in the same status as it was the last time you exited the Stopwatch Mode. However, if you exited with a split time displayed, the split time operation will be released when you return.

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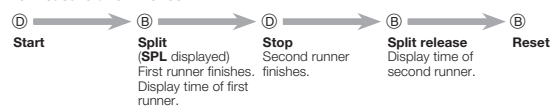
To perform an elapsed time operation



To pause at a split time



To measure two finishes



E-26

Note

- Once started, elapsed time measurement continues until you press **(D)** to stop it, even if you change to a different mode and even if the stopwatch reaches the elapsed time maximum limit.

Using the Target Time Alarm

You can set a target time in the range of one minute to 24 hours, in units of one minute.

A beeper will sound for 10 seconds when the elapsed timing of the stopwatch reaches the target time.

To set a target time

- Reset the stopwatch to all zeros.
- Hold down **(A)** until the flashing **SET Hold** indicator disappears from the display and the hour digit starts to flash. Release **(A)** after the hour digit starts to flash.
- Use **(D)** (+) and **(B)** (-) to change the hour setting.
 - Holding down either button scrolls at high speed.
 - For a target time of 24 hours, set 00 hours 00 minutes.
- Press **(C)** to switch to the minutes setting.
- Use **(D)** (+) and **(B)** (-) to change the minutes setting.
 - Holding down either button scrolls at high speed.
- Press **(C)** to display the target time alarm on/off setting.

Target Time operation in progress

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- Press **(D)** to toggle the target alarm between on (On displayed) and off (OFF displayed).
 - The indicator **TGT** will be displayed in the Stopwatch Mode while the target time is on.

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

To use the target time alarm

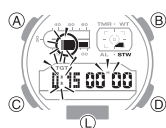
- Reset the stopwatch to all zeros and then press **(D)**.
This will cause **TGT** to flash on the display.
- Now you can perform the same operations as those in the steps on page E-26.



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- You can get an idea of time elapsed until the target time from changes in the display.

(1) From start up to half of target time



- Screen: As shown in the figure, top left indicator that indicates minutes flashes.
- TGT starts to flash.

(2) From target time half until target time is reached

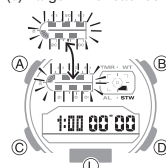


- Screen: As shown in the figure, all of the part that indicates minutes flashes.
- TGT flashes at high speed starting from one minute before the target time.

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(3) Target time reached



- Beep for 10 seconds.
- Screen: Changes as shown in the figure.
- TGT becomes unit.

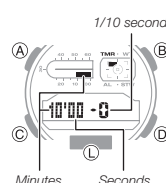
(4) After target time is expired

- Screen: The top left indicator that indicates minutes flashes (at slow speed).
- Elapsed time is measured, with TGT remaining unit.
- Resetting the elapsed stopwatch time automatically causes TGT to re-appear. You can re-use the same target time, if you want.

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E-33

Countdown Timer

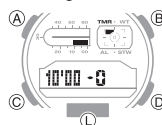


The countdown timer can be set within a range of one minute to 60 minutes. An alarm sounds when the countdown reaches zero.

To enter the Countdown Timer Mode

Use (C) to select the Countdown Timer Mode as shown on page E-11.

To configure the countdown timer



- If a countdown timer operation is in progress, press (D) to pause it and then press (B) to reset the timer to its start time.
 - If a countdown timer operation is paused, press (B) to reset the timer to its start time.
- Hold down (A) until the flashing SET Hold indicator disappears from the display and the minutes digits start to flash. Release (A) after the digits start to flash.
 - Use (D) (+) and (B) (-) to change the minutes setting.
 - Holding down either button scrolls at high speed.
 - After all the settings are the way you want, press (A) to exit the setting screen.

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E-35

To perform a countdown timer operation



Countdown in Progress



To stop the alarm

Press any button.

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Checking the Current Time in a Different Time Zone

City code of World Time City



World Time City hour and minute

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".

- The hour and minute hands indicate information for the currently selected Home City.
- When you enter the World Time Mode, the currently selected city code and city name (English) scroll once across the digital display. After that, the city code remains displayed.
- You can view the name (English) of your Home City by pressing (A).

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To enter the World Time Mode

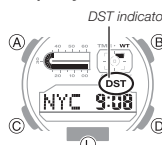
Use (C) to select the World Time Mode as shown on page E-11.

To view the time in another time zone

In the World Time Mode, press (D) to change the city code setting.

- Holding down (D) scrolls at high speed.
- To display the UTC city code (differential 0), press (B) and (D) at the same time.

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



DST indicator

- In the World Time Mode, press (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (A) for at least two seconds.
 - This toggles the city code you selected in step 1 between Daylight Saving Time (DST indicator displayed) and standard time (DST indicator not displayed).
 - Note that you cannot switch between standard time/daylight saving time (DST) while UTC is selected as the World Time City.
 - The standard time/daylight saving time (DST) setting affects only the currently displayed city. Other cities are not affected.

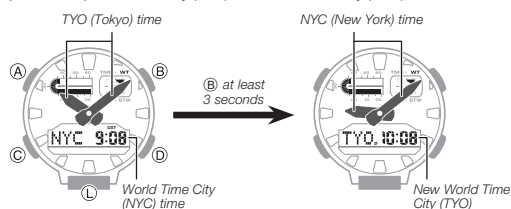
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E-39

To swap your Home City and World Time City

In the World Time Mode, hold down (B) for at least three seconds. This will cause **SWAP Hold** to flash on the display, and then your Home City and World Time City will be swapped.

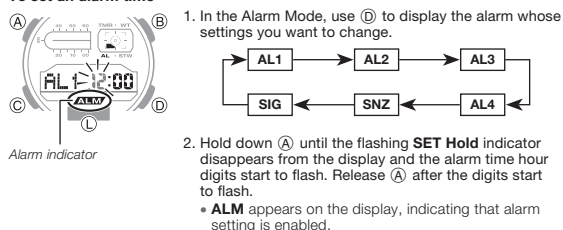
Example: To swap the Home City (TYO) and World Time City (NYC)



E-40

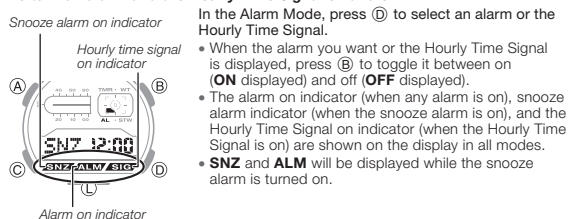
- If you do not perform any operation for about two or three minutes in the Alarm Mode, the watch will automatically return to the Timekeeping Mode.

To set an alarm time



E-42

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

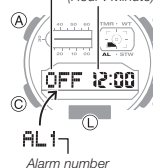


E-44

Using the Alarm

Alarm ON/OFF indicator

Alarm time (Hour : Minute)



You can set five independent daily alarms. When a daily alarm is turned on, an alarm tone will sound for about 10 seconds each day when the time in the Timekeeping Mode reaches the preset alarm time. One of the alarms is a snooze alarm that repeats every five minutes, up to seven times. 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-11.

- The snooze alarm screen is indicated by **SNZ**, while the other alarm screens are numbered **AL1** through **AL4**. The Hourly Time Signal screen is indicated by **SIG**.
- When you enter the Alarm Mode, the data you were viewing when you last exited the mode appears first.

E-41

- Press (C) to move the flashing between the hour and the minute digits.

- The selected digits are those that are flashing.

- Use (D) (+) and (B) (-) to change the hour and minute settings.

- Holding down either button scrolls at high speed.

- 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 mode.

To test the alarm

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

E-43

To stop the alarm

Press any button.

Note

- In the case of the snooze alarm, the alarm sounds seven times at five-minute intervals (snooze operation).
- **SNZ** flashes on the display while a snooze operation is in progress.
- Any one of the operations below will stop an ongoing snooze operation.
 - Turning off the snooze alarm
 - Displaying the snooze alarm setting screen
 - Displaying the Timekeeping Mode setting screen
 - Changing the summer time setting of your Home City in the World Time Mode

E-45

Illumination

The display of the watch is illuminated for easy reading in the dark.

To turn on illumination

Press (L) in any mode to illuminate the display.

- You can use the procedure below to select either 1.5 seconds or three seconds as the illumination duration.

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To change the illumination duration

- In the Timekeeping Mode, hold down (A) until the flashing **SET Hold** indicator disappears from the display and the currently selected city code flashes on the display.
- Press (C) ten times to display the illumination duration setting screen.
 - The current illumination duration setting (1 or 3) will be flashing in the display.
 - See the sequence in step 2 of the procedure under "To configure the digital time and date settings" (page E-19) for information about how to scroll through setting screens.
- Press (D) to toggle the illumination duration between three seconds (3 displayed) and 1.5 seconds (1 displayed).
- After all the settings are the way you want, press (A) to exit the setting screen.

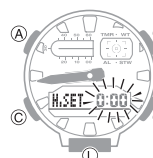
E-47

Adjusting Hand Positions

The watch hands can go out of alignment with the time on the digital display if it is exposed to strong magnetism or impact. If this happens, you should adjust the hand positions.

Important!

- You do not need to perform the operation below as long as the analog hands indicate the same time as the digital display.

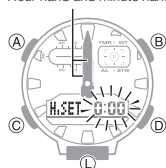


- In the Timekeeping Mode, hold down (A) for at least five seconds until **0:00** starts to flash. Release (A) after **0:00** flashes.
 - This enters the hour and minute hand adjustment mode.

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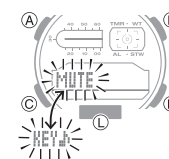
Hour hand and minute hand



- If the hour and minute hands are not at 12 o'clock, use **(D)** (+) and **(B)** (-) to adjust them until they are.
 - Holding down either button moves the hands at high speed.
- Press **(A)** to return to the Timekeeping Mode. Check to make sure that the time indicated by the hands matches the time on the digital display. If the times don't match, perform the correction procedure above again.

E-50

Button Operation Tone



You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, the Target Time Alarm, alarms, the Hourly Time Signal, and other beepers all operate normally.

To turn the button operation tone on and off

- In the Timekeeping Mode, hold down **(A)** until the flashing **SET Hold** indicator disappears from the display and the currently selected city code flashes on the left side of the lower display.
- Press **(C)** nine times to display the button operation tone On/Off screen (page E-20). The screen will show either **KEY** or **MUTE**.

E-51

- Press **(D)** to toggle the setting between **KEY** (ON) and **MUTE** (OFF).
- After all the settings are the way you want, press **(A)** to exit the setting screen.

Troubleshooting

Hand Movement and Indications

The time indicated by the hands is different from the digital time.

This could indicate that the watch has been exposed to magnetism or strong impact, which has caused problems with proper hand alignment. Adjust the watch's hand home position alignment (page E-48).

Time Setting

The current time setting is off by hours.

Your Home City setting may be wrong (page E-16). Check your Home City setting and correct it, if necessary.

The current time setting is off by one hour.

You may need to change your Home City's standard time/daylight saving time (DST) setting. Use the procedure under "Adjusting the Digital Time and Date Settings" (page E-19) to change the standard time/daylight saving time (DST) setting.

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E-53

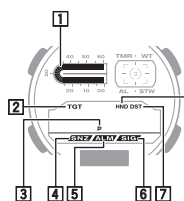
World Time Mode

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-39) for more information.

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Main Indicators



Number	Name	See
1	Graphic*	E-56
2	Target Time operation in progress	E-28
3	PM indicator	E-15
4	Snooze alarm on indicator	E-44
5	Alarm on indicator	E-42
6	Hourly time signal on indicator	E-44
7	DST indicator	E-18, E-39
8	Hands shifted indicator	E-13

E-55

* Graphic display in each mode occurs as described below.

Mode	Flashing
Timekeeping	Appears and disappears in time with the seconds of the current time.
Stopwatch	Flashes in time with the minutes.
Countdown Timer	Flashes in time with the minutes.
World Time	Appears and disappears in time with the seconds of the current time in the World Time zone.

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Specifications

Accuracy at normal temperature: ±15 seconds a month

Digital Timekeeping: Hour, minutes, seconds, p.m. (P), month, day, day of the week

Time format: 12-hour and 24-hour

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home City code (can be assigned one of 48 city codes);

Standard Time/Daylight Saving Time (summer time)

Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)

Stopwatch:

Measuring unit: 1/100 second

Measuring capacity: 23:59' 59.99"

Measuring modes: Elapsed time, split time, two finishes, Direct timing start from the Timekeeping Mode, Target Time Alarm

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Countdown Timer:

Measuring unit: 1/10 second

Countdown range: 60 minutes

Countdown start time setting range: 1 to 60 minutes (1-minute increments)

World Time: 48 cities (31 time zones)

Other: Daylight Saving Time/Standard Time; Home City/World Time City switching

Alarms: 5 Daily alarms (with 1 snooze alarm); Hourly time signal

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

Other: Button operation tone on/off; Moving the Hands to View the Digital Display

Power Supply: One lithium battery (Type: CR2016)

Approximate battery operating time: 7 years under the following conditions:

- Alarm: 10 seconds/day

- 1 illumination operation (1.5 seconds) per day

Frequent use of illumination runs down the battery.

Specifications are subject to change without notice.

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Operating Precautions

Water Resistance

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

Marking	On watch front or on back cover	Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
		No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

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

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- 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.

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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.)

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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 of 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.

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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.

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- 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).

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).

Magnetism

- The hands of analog and combination (analog-digital) watches are moved by a motor that uses magnetic force. When such a watch is close to a device (audio speakers, magnetic necklace, cell phone, etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or stop, resulting in the incorrect time being displayed.
- Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch 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.

- 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.

- 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.

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- 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.

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Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the User's Guide. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life as noted in the User's Guide. Note that you will be charged for replacement of this battery, even if replacement is required within your watch's warranty period.

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City Code Table

City Code Table

City Code	City	UTC Offset/ GMT Differential	City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	-11	FEN	Fernando de Noronha	-2
HNL	Honolulu	-10	RAI	Praia	-1
ANC	Anchorage	-9	UTC		
YVR	Vancouver	-8	LIS	Lisbon	0
LAX	Los Angeles	-8	LON	London	
YEA	Edmonton	-7	MAD	Madrid	
DEN	Denver	-7	PAR	Paris	
MEX	Mexico City	-6	ROM	Rome	+1
CHI	Chicago	-6	BER	Berlin	
NYC	New York	-5	STO	Stockholm	
YHZ	Halifax	-4	ATH	Athens	
YYT	St. John's	-3.5	CAI	Cairo	+2
BUE	Buenos Aires	-3	JRS	Jerusalem	
RIO	Rio De Janeiro	-3			

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City Code	City	UTC Offset/ GMT Differential
MOW	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	
HKG	Hong Kong	+8
BJS	Beijing	
TPE	Taipei	

City Code	City	UTC Offset/ GMT Differential
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5
GUM	Guam	+10
SYD	Sydney	
NOU	Noumea	+11
WLG	Wellington	+12

- This table shows the city codes of this watch (As of January 2020).
- The rules governing global times (GMT differential and UTC offset) and summer time are determined by each individual country.

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