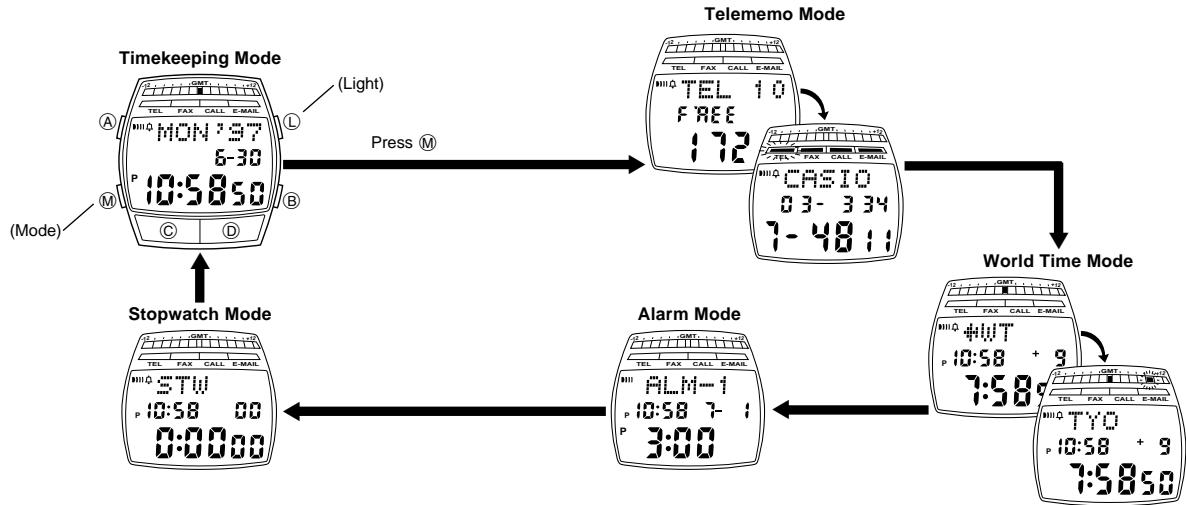


GENERAL GUIDE

- If the digital display of your watch is continually changing, see "AUTO DISPLAY FUNCTION" for information on how to stop it.

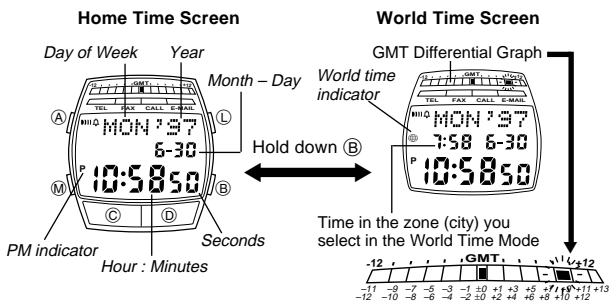
- Press **M** to change from mode to mode.
- In any mode, press **L** to illuminate the display for about one second.



TIMEKEEPING MODE

Use the Timekeeping Mode to set the current time and date. You can also view the current time in the zone (city) you select in the World Time Mode.

- The current time where you are normally located appears on a Home Time screen, while the time in the zone (city) you select in the World Time Mode appears on a World Time screen.

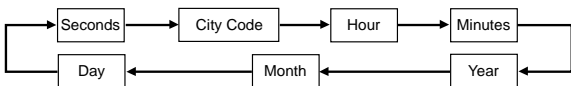


- The GMT Differential Graph shows the number of hours difference between the World Time and Greenwich Mean Time (pointer that is flashing), and the Home Time and GMT (pointer that is not flashing). A single pointer that is not flashing indicates that the GMT differential is the same for both the Home Time and World Time.
- Note that Home Time and World Time are linked. Changing the time or date setting of the Home Time also changes the corresponding World Time setting accordingly.
- See "WORLD TIME MODE" for details on using the World Time Mode.

Setting the Time and Date



1. Hold down **A** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are selected.
- At this time, the area of the display that normally shows the day of the week and year changes to show the currently selected city code.
2. Press **M** to change the selection in the following sequence. Holding down **M** changes the selection at high speed.



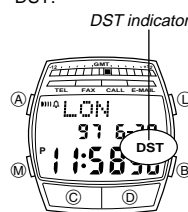
3. While the seconds digits are selected (flashing), press **D** to reset the seconds to **00**.
- If you press **D** while the seconds count is in the range of 30 to 59, the seconds are reset to **00** and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. Use **M** to select the city code setting.
5. Use **C** and **D** to scroll through the city codes until you find the one you want to set as your home city (the city where you normally use the watch).

- **D** scrolls forward, while **C** scrolls back through city codes. Holding down either button scrolls through the city codes at high speed.
- See the "CITY CODE TABLE" at the back of this manual for a complete list of available codes.
- 6. Use **M** to select the hour, minutes, year, month, and day, and make the settings you want for each.
- While hour, minutes, year, month, or day is selected (flashing), press **D** to increase the number or **C** to decrease it. Holding down either button changes the current selection at high speed.
- While any settings are selected (flashing), press **L** to switch between the 12-hour and 24-hour formats.
- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 pm. Times from midnight to 11:59 am are shown without any indicator.
- With the 24-hour format, times are indicated in the range of 00:00 to 23:59, with a **24** indicator to the left of the hour digits.
- 7. After you make the setting you want, press **A** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

Switching between Standard Time and Daylight Saving Time

Daylight saving time (DST), which is also sometimes called "summer time," advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

- The GMT city code's time cannot be switched to DST. However, the times of other cities located in the same time zone as GMT can be switched to DST.

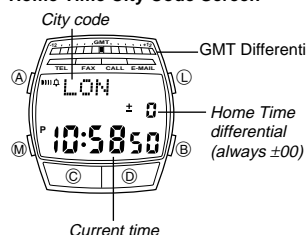


1. Hold down **A** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are selected.
2. Press **B** to toggle Daylight Saving Time on and off.
- The **DST** indicator appears on the display to indicate that daylight saving time is turned on.
3. After you make the setting you want, press **A** to return to the Timekeeping Mode.

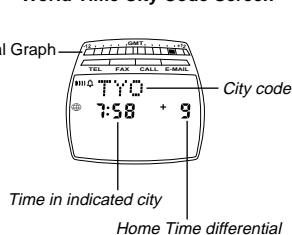
Viewing the Home Time and World Time city code settings

In the Timekeeping Mode, hold down **D** to display the Home Time city setting, and **C** to display the World Time city setting.

Home Time City Code Screen



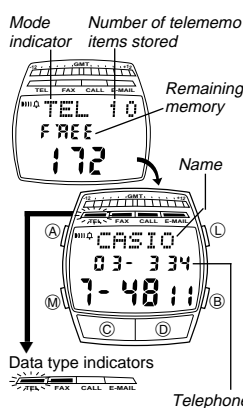
World Time City Code Screen



About the Backlight

- In any mode, press (L) to illuminate the display for about one second.
- The backlight of the watch employs an electro-luminescent (EL) panel, which loses illuminating power after very long use.
 - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
 - The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates when the EL panel lights up. It does not indicate malfunction of the watch.
 - The backlight automatically turns off whenever an alarm sounds.
 - The backlight remains lit for about one second from the point you press (L), even if it is already lit when you press (L). If you keep (L) depressed for one or two minutes, the backlight will automatically turn off.

TELEMEMO MODE



The Telememo Mode lets you store names, telephone numbers, e-mail addresses and other personal data for later recall when you need it.

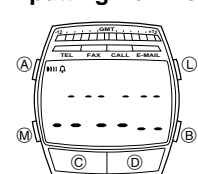
- If you do not operate any button for 2 or 3 minutes while in the Telememo Mode, the watch automatically goes back to the Timekeeping Mode.

About Telememo Data

You can input a name, telephone number, fax number, mobile phone/pager number, and an e-mail address for each Telememo data item. Memory can hold up to 200 data items, when each contains an eight-character name and a 12-digit number. Data is automatically sorted based on the characters of the name.

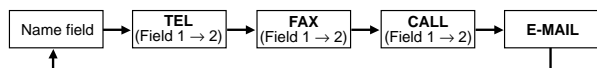
- "e-mail" is short for "electronic mail," which are messages sent over a computer network.
- You can input 8 characters for the name, 12 digits each for the telephone, fax, and mobile phone/pager number (two fields for each number), and 46 characters for the e-mail address.
- The following data type indicators show you the type of data that is stored for each data item: **TEL** (telephone number), **FAX** (fax number), **CALL** (mobile phone, pager, or other number), **E-MAIL** (e-mail address).
- When you recall a data item, marks appear above the data type indicators for each type of data input for that data item. The flashing mark is the one that indicates the data type whose data is currently on the display.
- See the "MEMORY CAPACITY TABLE" at the back of this manual for details on memory capacity.
- See the "CHARACTER LIST" at the back of this manual for details on how the watch sorts data.

Inputting New Telememo Data



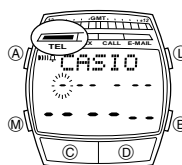
[New Data Screen]

- In the Telememo Mode, press (C) or (D) until the new data screen appears.
 - The new data screen is the one that is blank (contains no name and telephone number).
 - If there is no Telememo data stored in memory yet, the new data screen appears as soon as you enter the Telememo Mode.
- Hold down (A) until the flashing cursor appears in the text area.
- Press (B) while the cursor is in the text area or number area to jump to the next field.

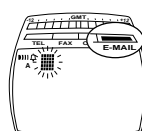


- The data type indicator mark shows the field where the cursor is currently located. No data type indicator mark means the cursor is located in the name field.
- Each number data entry has two separate fields. Pressing (B) after inputting a number in Field 1 displays Field 2. You can either input a second number in Field 2 or press (B) to skip to the next number without inputting anything.

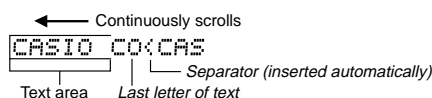
- Move the cursor to the name field (text area) and input the name.
 - See the "Text Area" for details on how to input characters in the text area.



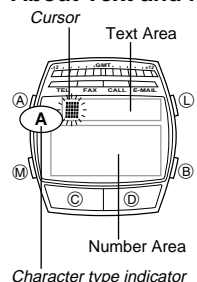
- After you input a name, press (B) to advance to the telephone number input.
 - This causes the cursor to jump to the number area and the data type indicator mark for the telephone number to appear on the display.
- Input a number in the number area.
 - See the "Number Area" for details on how to input characters in the number area.
- Repeat steps 5 and 6 to input other telephone, fax, and pager/mobile phone numbers.
 - A data type indicator mark appears on the display to indicate the type of data (telephone, fax, pager/mobile phone) being input.
- After inputting numbers, use (B) to advance to e-mail address input.
 - At this time the cursor is located in the text area, and the E-MAIL data type indicator mark appears.
- Input an e-mail address in the text area.
 - See the "Text Area" for details on how to input characters in the text area.



- After inputting your data, press (A) to store it.
 - When you press (A) to store data, the message **SHORT** appears on the display for a few seconds. After the sort operation is complete, the cursor appears in the text area (name field), ready for input a new Telememo data item.
- Input more data (starting from step 4) or press (A) again to return to the Telememo Mode data screen (without the cursor).
 - If the message **FULL** appears on the display, it means that memory is full. To store more data, you will first have to delete some of the data stored in memory.
 - If you do not perform any button operation for a few minutes while the cursor is on the display, the watch automatically returns to the Telememo Mode data screen (without the cursor).
 - The text area of the display can show only six characters at a time, so longer text scrolls continuously from right to left.



About Text and Number Input

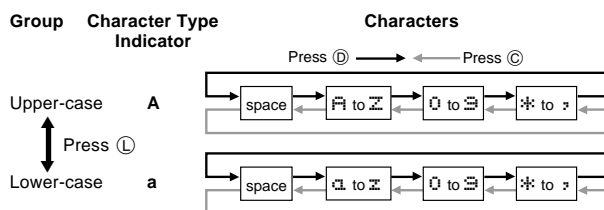


You can input characters at the flashing cursor in the Telememo Mode. There are two display areas where you can input characters: a *text area* and a *number area*.

Text Area

Use this area for the text (name and e-mail address field). You can input upper-case and lower-case alphabetical characters, numbers, and various symbols in the Text area.

- Pressing (L) shifts between upper-case and lower-case alphabetical characters.
- (C) and (D) scroll through the characters and symbols for input.

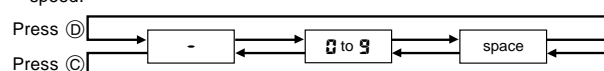


- Holding down (C) or (D) scrolls through the characters at high speed.
- Once the character you want is displayed, press (M) to move the cursor to the right.
- See the "CHARACTER LIST" at the back of this manual for details on the types of characters that can be input into the text area.

Number Area

You can input hyphens, numbers and spaces for telephone, fax, and pager/mobile phone numbers in the number area.

- Use (C) and (D) to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence. Holding down either button changes the character at high speed.



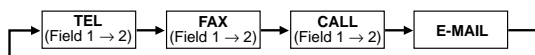
- When the character you want is at the cursor position, press (M) to move the cursor to the right.

Recalling Telememo Data

There are two methods you can use to search for Telememo data: *scroll search* and *index search*.

To use scroll search to recall data

- In the Telememo Mode, press **(D)** to scroll forward through stored data items or **(C)** to scroll in reverse.
- Holding down either button scrolls through the data at high speed.
- When the data item you want is on the display, you can press **(B)** to search through the other fields (numbers or e-mail address) that make up the data item.



- Only the field that contain data appear on the display. Empty fields are skipped.
- The name of the data item also appears in the text area while any field beside E-MAIL is displayed.
- If the e-mail address is longer than six characters, it scrolls across the display from right to left when you first display the E-MAIL field screen. Pressing **(A)** stops the scrolling and displays the first six characters of the e-mail address. Each subsequent press of **(A)** (while the scrolling is stopped) displays the next six characters of the e-mail address.

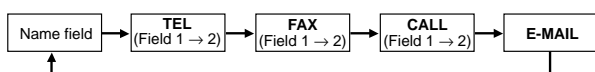
To use index search to recall data



- In the Telememo Mode, hold down **(B)** until the **SEARCH** (search) message appears on the display.
- Input the first character of the name field of the data you want to recall.
 - See the "Text Area" for details on how to input characters in the text area.
 - Performing the next step to start the search operation without inputting a character here causes the new data screen to appear.
- Press **(B)** to jump to the first data item whose name data starts with the character you input in step 2.
- If there is no data in memory that starts with the character you input in step 2, the message **NO DATA** appears for a few seconds, followed by the **SEARCH** screen in step 1. From there you can proceed with step 2 to perform another search or press **(M)** to return to the Telememo Mode data screen.
- Use scroll search to recall other data items before and after the one you found using index search.
- Press **(B)** to display other fields within the displayed data item.

Editing Telememo Data Items

- In the Telememo Mode, scroll through the data items and display the one you want to edit.
- Hold down **(A)** until the flashing cursor appears in the text area of the display.
- The contents of the data item's name field appear with the flashing cursor located at the first character.
- Each press of **(B)** causes the cursor to jump to the first character of the next field in the following sequence.



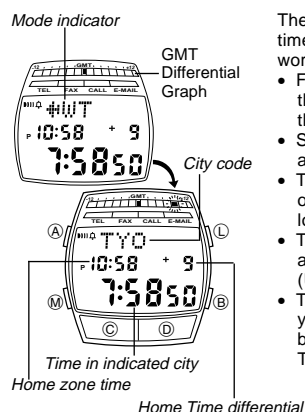
- Use **(M)** to move the cursor to the character you want to change.
- Use **(C)** and **(D)** to change the character.
- For details on inputting characters, see "About Text and Number Input".
- After making the changes you want, press **(A)** to store them and return to the Telememo Mode data screen.

Deleting Telememo Data

Use the following procedure to delete a specific Telememo data item. This procedure deletes all the data in the data item.

- In the Telememo Mode, scroll through the data items and display the one you want to delete.
- Hold down **(A)** until the flashing cursor appears in the text area of the display.
 - The contents of the data item's name field appear with the flashing cursor located at the first character.
- Hold down **(L)** about four seconds until the name data disappears from the display.
 - When you hold down **(L)** the message **CLR** (clear) first appears flashing in the text area. Keep **(L)** pressed until the message stops flashing.
 - After the data is deleted the cursor is located in the text area ready for more input.
- Input data or press **(A)** to return to the Telememo Mode data screen.

WORLD TIME MODE



The World Time Mode shows the current time in 29 time zones (27 cities) around the world.

- For full information on city codes, see the "CITY CODE TABLE" at the back of this manual.
- See "TIMEKEEPING MODE" for details about the GMT Differential Graph.
- The GMT differential is the time difference of the time zone where the city code is located from Greenwich Mean Time.
- The GMT differentials used by this watch are based on Universal Time Coordinated (UTC) data.
- The time zone that is displayed when you leave the World Time Mode will still be displayed when you enter the World Time Mode again.

Timekeeping in the World Time Mode

The current time in all the World Time zones is calculated in accordance with the Greenwich Mean Time (GMT) differential for each zone, based on the current Home Time setting in the Timekeeping Mode.

You can also turn Daylight Saving Time (DST) on or off separately for each time zone. Turning on daylight saving time automatically advances the corresponding time setting by one hour.

A simple operation switches between the Home Time and the World Time, so you can quickly and easily change times when travelling from one time zone to another.

- The seconds count of the World Time is synchronized with the seconds count in the Timekeeping Mode.
- The 12-hour/24-hour format of the World Time matches the format you select in the Timekeeping Mode.
- With daylight saving time, clocks are set one hour later in order to better take advantage of daylight hours during the summer, when days are longer. Whether or not daylight saving time is used depends on the country you are in.

Viewing the Time in Another Zone

While in the World Time Mode, press **(D)** to scroll forward through the city codes (time zones) and **(C)** to scroll back.

- Holding down either button scrolls through the city codes at high speed.

Switching a Zone between Standard Time and Daylight Saving Time



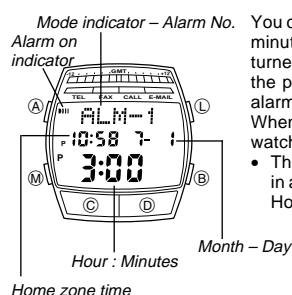
DST indicator

- In the World Time Mode, display the time zone (city code) whose standard time/daylight saving time setting you want to change.
 - You can make separate settings for each zone (city).
- Hold down **(B)** for about one second to toggle daylight saving time on and off.
 - The **DST** indicator appears whenever daylight saving time is turned on for the zone (city) whose time is currently on the display.

Making a Zone Your Home Zone

- In the World Time Mode, display the zone (city code) that you want to make your home zone.
- To make the displayed zone (city) your home zone, hold down **(A)** for about one second.
 - The time displayed in the Timekeeping Mode changes in accordance with the zone you select with the above procedure.

ALARM MODE



You can set five independent alarms with hour, minutes, month, and day. When the alarm is turned on, the alarm sounds for 20 seconds at the preset time. Press any button to stop the alarm after it starts to sound.

When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- The alarms and Hourly Time Signal sound in accordance with the Timekeeping Mode's Home Time.

Alarm Types

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

- **To set a Daily alarm**

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

- **To set a Date alarm**

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

- **To set a 1-Month alarm**

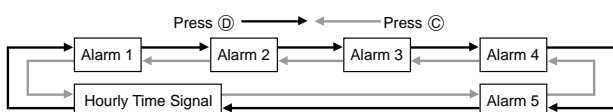
Set the month, hour and minutes for the alarm time. Set -- for the day (see step 4 under "Setting Alarms"). This type of setting causes the alarm to sound every day at the time you set, only during the month you set.

- **To set a Monthly alarm**

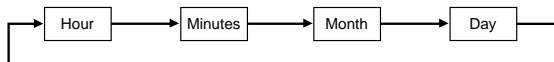
Set the day, hour and minutes for the alarm time. Set - for the month (see step 4 under "Setting Alarms"). This type of setting causes the alarm to sound every month at the time you set, on the date you set.

Setting Alarms

1. Press (C) or (D) while in the Alarm Mode to select Alarm 1 through Alarm 5.



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



4. Press (D) to increase the selected digits and (C) to decrease them. Holding down either button changes the selection at high speed.
- To set an alarm that does not include a month (daily alarm, monthly alarm), set - for the month. Press (D) or (C) until the - mark appears (between 12 and 1) while the month digits are flashing.
- To set an alarm that does not include day (daily alarm, 1-month alarm), set -- for the day. Press (D) or (C) until the -- mark appears (between 31 and 1) while the day digits are flashing.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (no indicator) or afternoon (P).
5. After you set the alarm, press (A) to return to the Alarm Mode.

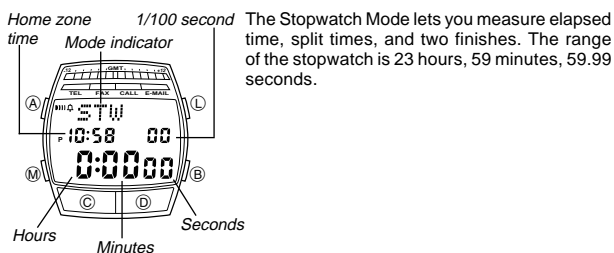
Switching an Alarm and Hourly Time Signal on and off

1. In the Alarm Mode, press (C) or (D) to select an alarm or the Hourly Time Signal.
 2. When the alarm or Hourly Time Signal you want to is selected, press (B) to turn it on and off.
- IIII Indicates alarm is ON.
 - A Indicates Hourly Time Signal is ON.
 - The alarm on indicator (IIII) and the Hourly Time Signal on indicator (A) are shown on the display in all modes while these functions are turned on.

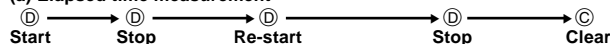
Testing the alarm

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

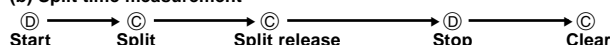
STOPWATCH MODE



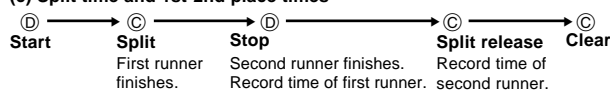
(a) Elapsed time measurement



(b) Split time measurement



(c) Split time and 1st-2nd place times



AUTO DISPLAY FUNCTION



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

Turning the Auto Display On

Hold down (M) for about three seconds in any mode until the watch beeps.

Turning the Auto Display Off

Hold down (M) for about three seconds until the watch beeps.

Note

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

ABOUT THE BATTERY

Should battery power drop below a certain level, display characters will appear dim, the backlight may fail to light, and the alarm may fail to sound. Also, the message EFTT will appear and further operation will be impossible when you try to input or recall data in the Telememo Mode. Should any or all of this happen, have the battery replaced as soon as possible. Using the watch while the battery is low can result in abnormal operation.

ALWAYS LEAVE BATTERY REPLACEMENT UP TO THE DEALER WHERE YOU BOUGHT THE WATCH OR TO AN AUTHORIZED CASIO DISTRIBUTOR. BE SURE TO SHOW THE FOLLOWING INFORMATION TO THE PERSON REPLACING THE BATTERY.

Attention dealer or CASIO distributor

Be sure to use the following procedure when replacing the battery.

1. Open and remove the back cover.
 - If CLOSE appears on the display when you open the back cover, replace the back cover. Wait for a few minutes and try again.
2. Remove the battery holder.
3. Remove the old battery and load a new one.
4. Replace the battery holder.
5. Touch the AC contact and the battery (+) side with metallic tweezers.
 - The AC (all clear) operation DOES NOT delete data stored in memory.
 - 6. Close the back cover.
- The message EFTT appears on the display about 20 seconds after you perform the AC (all clear) operation in step 5 of the above procedure, indicating that the watch is performing an internal self-check for data errors.
- The EFTT indicator remains on the display up to 6 minutes while the watch performs an internal check of data in memory. Though you can change the time setting of the watch while the EFTT indicator is on the display, other operations are disabled.

CITY CODE TABLE

City Code	City	GMT Differential	Other major cities in same time zone
---		-11	PAGO PAGO
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-09	NOME
LAX	LOS ANGELES	-08	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-07	EL PASO, EDMONTON
CHI	CHICAGO	-06	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-05	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-04	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-03	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-02	
---		-01	AZORES, PRAIA
GMT		+00	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
LON	LONDON		
PAR	PARIS	+01	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
CAI	CAIRO	+02	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM		
JED	JEDDAH	+03	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+04	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+05	
DEL	DELHI	+5.5	MUMBAI, CALCUTTA
DAC	DHAKA	+06	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+07	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+08	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	+09	SEOUL, PYONGYANG
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAU
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

* Based on data as of September 1997.

CHARACTER LIST

1	(space)	17	F	33	f	49	v	65	-
2	A	18	@	34	g	50	w	66	_
3	B	19	R	35	h	51	x	67	~
4	C	20	S	36	i	52	y	68	/
5	D	21	T	37	j	53	z	69	#
6	E	22	U	38	k	54	0	70	.
7	F	23	V	39	l	55	1	71	:
8	G	24	W	40	m	56	2	72	'
9	H	25	X	41	n	57	3	73	,
10	I	26	Y	42	o	58	4		
11	J	27	Z	43	p	59	5		
12	K	28	a	44	q	60	6		
13	L	29	b	45	r	61	7		
14	M	30	c	46	s	62	8		
15	N	31	d	47	t	63	9		
16	O	32	e	48	u	64	*		

MEMORY CAPACITY TABLE

Number of Characters Per Field			Number of Data Items *1	Memory Capacity *2
Name	Numbers	E-mail address		
8	--	--	1	200
8	12	--	1	200
8	12x2	--	2	100
8	12x3	--	2	100
8	12x4	--	3	66
8	12x5	--	3	66
8	12x6	--	4	50
8	12x6	7	4	50
8	12x6	15	5	40
8	12x6	23	5	40
8	12x6	31	6	33
8	12x6	39	6	33
8	12x6	46	7	28

*1 8 text characters and 12 numbers are equivalent to one data item.

*2 Maximum number of data items that can be stored in memory if all data items are the same size.