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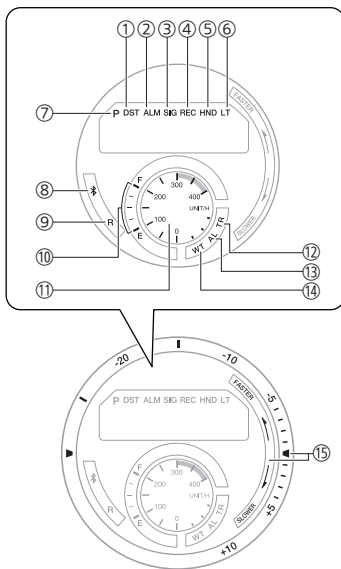
## Before Getting Started...

This section provides an overview of your watch and explains how to connect with a phone. While there is a connection with a phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

### Note

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

## Watch Face and Display Indicators



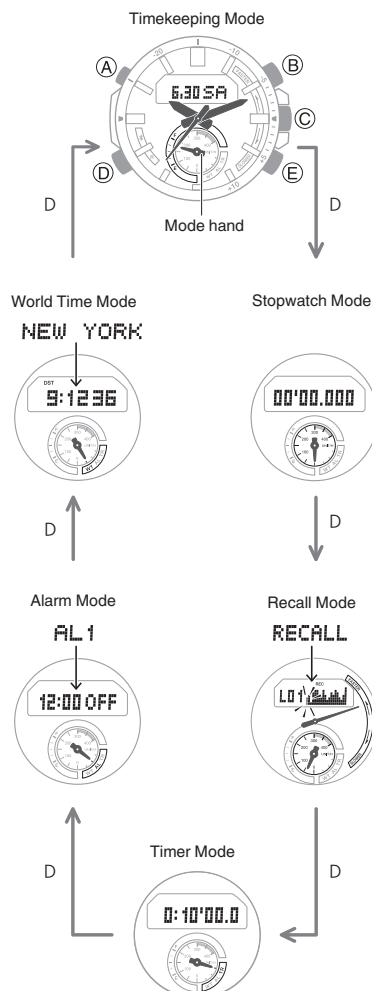
- Displayed while the watch is indicating summer time.
- Displayed while an alarm is turned on.
- Displayed while the hourly time signal is enabled.
- Displayed while in the Recall Mode.
- Displayed while the watch's hands are shifted for easier reading.
- Displayed while Auto Light is enabled.
- Displayed during p.m. times while 12-hour timekeeping is being used.
- When the watch is connected with a phone, the second hand points to

- When the watch is standing by for connection with a phone, the second hand points to [R].
- Battery level**  
In the Timekeeping Mode, the current charge level is indicated by the mode hand.
- In the Stopwatch Mode, the mode hand indicates the average speed of the lap being timed.
- In the Timer Mode, the mode hand points to [TR].
- In the Alarm Mode, the mode hand points to [AL].
- In the World Time Mode, the mode hand points to [WT].
- After you measure a lap time, the second hand indicates the difference between it and the target time in this area.

## Navigating Between Modes

Press (D) to cycle between modes.

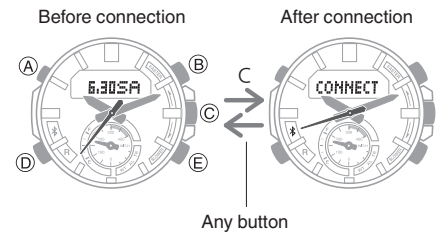
- In any mode, hold down (D) for at least two seconds to enter the Timekeeping Mode.



## Connecting with a Phone

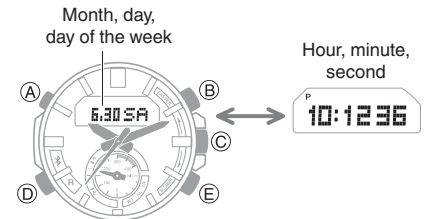
Hold down (C) for at least 1.5 seconds to establish a connection with a phone.

- To disconnect, press any button.



## Cycling Between Timekeeping Mode Digital Display Contents

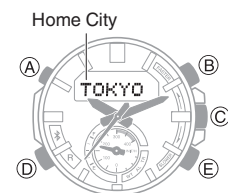
Each press of (A) in the Timekeeping Mode toggles between the display information as shown below.



## Displaying the Current Home City

In the Timekeeping Mode, pressing (E) will display the name of the currently selected Home City for a short while.

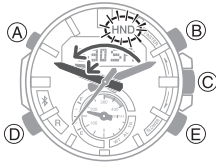
- To return manually to what was shown before the Home City, press (E).



## Shifting the Hands

Hand shift moves the hands out of the way for easy viewing of display information.

- While holding down (B), press (D).
  - This will shift the analog hands to allow easy viewing of display information.



- To return the hands to their normal timekeeping positions, hold down (B) as you press (D) again, or press (D) to change to another mode.

### Note

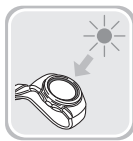
- If you leave the watch with its hands shifted and do not perform any operation for about one hour, the hands will resume normal timekeeping automatically.

## Solar Charging

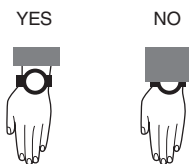
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

### Charging the Watch

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



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

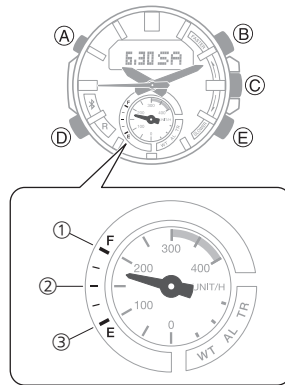


### Important!

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

### Checking the Charge Level

In the Timekeeping Mode, the current charge level is indicated by the mode hand.



- Good (high charge)
- Good (medium charge)
- Low Battery

### Remaining Charge and Dead Battery

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

### Important!

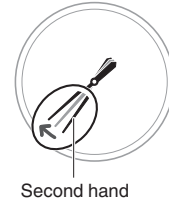
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

### Note

- Exposing the watch face to light after the battery goes dead will cause the [CHARGE] indicator to appear and the second hand to rotate counterclockwise until it stops at second 57. This indicates charging has started.

### Low Battery Power

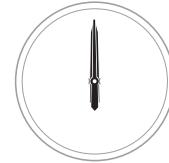
The second hand jumps at two-second intervals.



Second hand

### Dead Battery

All hands are stopped.



### 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	8 minutes
10,000	30 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	20 hours
High charge → Full charge	6 hours

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

Dead battery → Medium charge	6 hours
Medium charge → High charge	75 hours
High charge → Full charge	20 hours

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

Dead battery → Medium charge	10 hours
Medium charge → High charge	121 hours
High charge → Full charge	33 hours

- Indoor fluorescent lighting (500 lux)

Dead battery → Medium charge	115 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 :

The second hand stops at 12 o'clock and the digital display goes blank to save power. The watch can connect with a phone at this level.

#### Power Saving Level 2 :

All hands stop and the 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

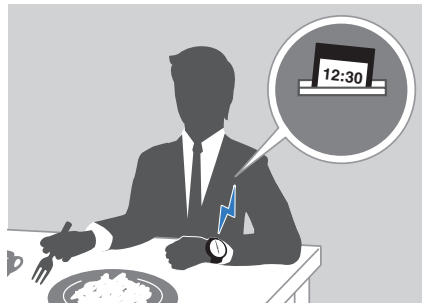
- The watch will not enter power saving in the cases below.
  - Alarm Mode
  - While in the Stopwatch Mode
  - While in the Timer Mode
- You can enable or disable Power Saving.
  - [Configuring Power Saving Function Settings](#)
- Note that the watch also may enter power saving if its face is blocked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

## Useful Features

Pairing the watch with your phone makes a number of the watch's features easier to use.

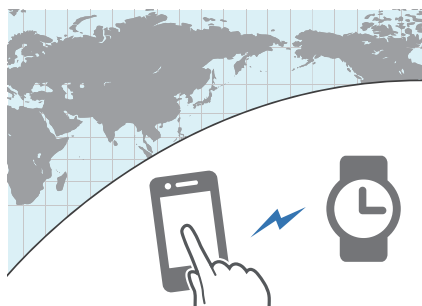
### Auto time correction

[Auto Time Adjustment](#)



### Selection of More Than 300 World Time cities

[Configuring World Time Settings](#)



### Stopwatch Data Transfer to the Phone

[Viewing Stopwatch Data](#)



In addition, a number of other watch settings can be configured using your phone.

**To transfer data to a watch and to configure settings, you first need to pair the watch with your phone.**

[Getting Ready](#)

## Using Mobile Link with a Mobile Phone

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

## Note

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

## Getting Ready

### ① Install the required app on your phone.

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

### ② Configure Bluetooth settings.

Enable the phone's Bluetooth.


## Note


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

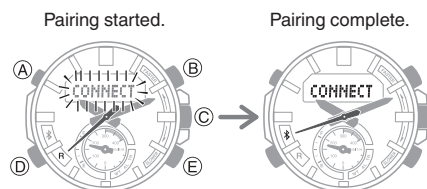
### ③ Pair the watch with a phone.

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

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

5.  Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When pairing starts, the second hand will point to [R]. When pairing is complete, the second hand will move to .



### Note

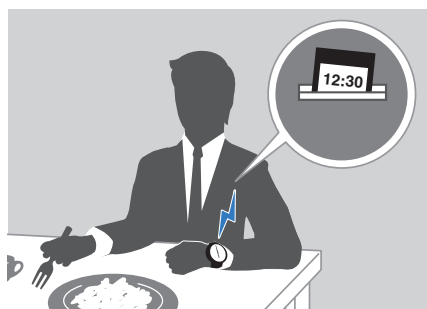
- The first time you start up CASIO WATCHES phone app, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

## Auto Time Adjustment

Your watch will connect with a phone at preset times each day and adjust its time settings automatically.

### ● Using This Function


Your watch adjusts its time setting four times a day according to a preset schedule. If you leave your watch in the Timekeeping Mode, it will perform the adjustment operation automatically as you go about your daily life, without any operation required by you.



### Important!


- The watch may not be able to perform auto time correction under the conditions described below.
  - While the watch is too far away from its paired phone
  - While communication is not possible due to radio interference, etc.
  - While the phone is updating its system

### Note

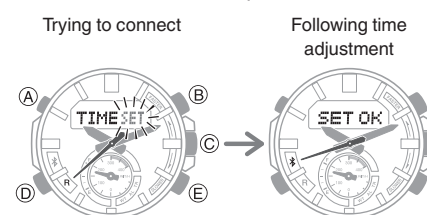
- If the watch does not indicate the correct time even if it is able to connect with a phone, adjust the hand and date indicator positions.
  -  [Adjusting Hand Alignment](#)
- If there is a World Time City specified with CASIO WATCHES, its time will also be adjusted automatically.
- The watch will connect with the phone and perform auto time correction at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time correction is complete.
- The watch cannot connect with a phone for time adjustment while a stopwatch measurement or timer operation is in progress.

### ● Triggering Immediate Time Correction

The watch's time setting will be adjusted automatically whenever you establish a connection between the watch and a phone. Whenever you want to trigger immediate time correction, perform the procedure below to connect with a phone.

1. Move the phone close to (within one meter of) the watch.
2.  Press (C).

[SET] flashes to indicate that the watch has started the connection operation. Once the watch and phone are connected, [OK] will appear, and then the watch will adjust its time setting based on information from the phone.



### Note

- You can perform the above operation for time adjustment from any watch mode.
- The connection is terminated automatically after time adjustment is complete.
- If time adjustment fails for some reason, [ERR] will appear.

## Configuring Stopwatch Settings

You can use the CASIO WATCHES phone app to configure the lap time measurement function settings shown below.

### ● Specifying the Target Time Type

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

#### FASTEST :

Following start of a stopwatch elapsed time measurement session, the fastest measured lap time of the current session is automatically set as the target time. Resetting the stopwatch to all zeros will clear this target time.

#### TARGET :

You can use CASIO WATCHES to specify a desired target time.

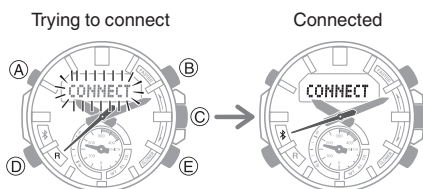
#### LAST :

Following start of a stopwatch elapsed time measurement session, the last measured time of the current session is automatically set as the target time. Resetting the stopwatch to all zeros clear this target time.

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\text{⌘}$ .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



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

### Note

- If you specified TARGET as the target time type, you should also specify the target time.

Configuring TARGET Time Settings

- Changing the target time type while a stopwatch measurement operation is stopped will reset the stopwatch time to all zeros.

### ● Configuring TARGET Time Settings

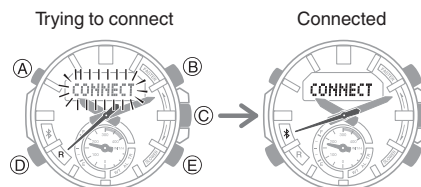
If you specified TARGET as the target time type, perform the procedure below to specify the target time.

- The TARGET time value must be 30 seconds or greater.

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\text{⌘}$ .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



3. Perform the operation shown on the phone screen to specify the TARGET time.

### Note

- Changing the TARGET time while a stopwatch measurement operation is stopped will reset the stopwatch time to all zeros.

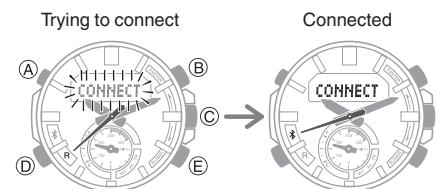
### ● Enabling or Disabling Alert Sounds

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

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\text{⌘}$ .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



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

### Note

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

## ● Specifying the Measurement Interval Distance

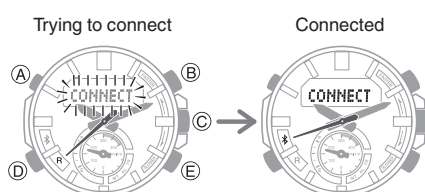
You can specify a measurement interval distance, which will cause the average speed of the lap being timed to be indicated by the mode hand of the watch.

- The initial default setting of the measurement interval distance is 1 km (or 1 mile).

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\infty$ .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



3. Perform the operation shown on the phone screen to specify the measurement interval distance.

## Viewing Stopwatch Data

This section explains how to send lap times (up to 200 records) that are stored in watch memory, as well as other data to your phone for viewing with CASIO WATCHES.

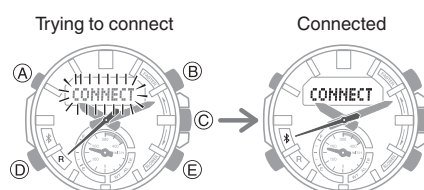
### ● Sending Stopwatch Data to a Phone

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

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\infty$ .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



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

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

- Tapping a stopwatch data item displays its details.

### ● Checking a Lap Time

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

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

#### Note

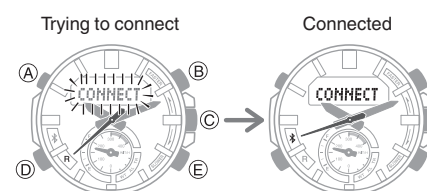
- Tapping "Edit" displays a screen that you can use to change the data item title and to delete lap time data.

## Setting the Alarm

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\infty$ .

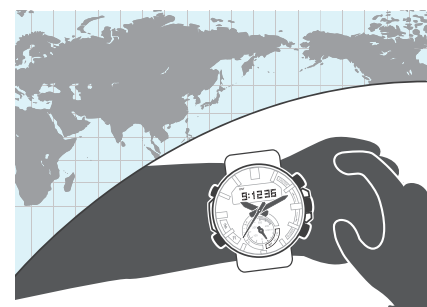
- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



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

## Configuring World Time Settings

Specifying a World Time City with CASIO WATCHES causes the watch's World Time City to change accordingly. Watch settings can be configured to perform auto summer time switching for the World Time City.

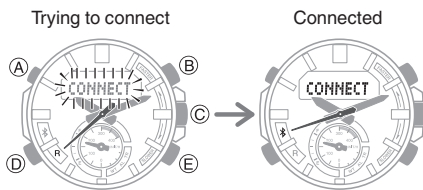


#### Note

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

## ● To select a World Time City

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.  
When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\text{X}$ .  
  - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



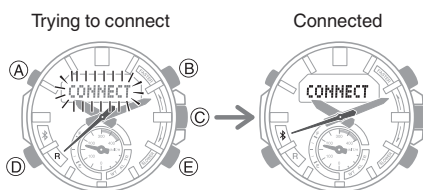
3. Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.

### Note

- You can use CASIO WATCHES to select from among World Time cities in addition to those built into the watch. The additional cities can be selected only by using CASIO WATCHES.

## ● Configuring the Summer Time Setting

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.  
When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\text{X}$ .  
  - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



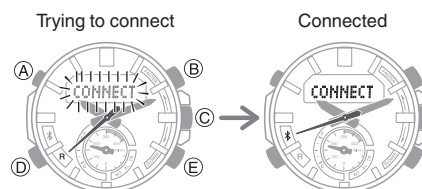
3. Perform the operation shown on the phone screen to select a summer time setting.
  - "Auto"  
The watch switches between standard time and summer time automatically.
  - "OFF"  
The watch always indicates standard time.
  - "ON"  
The watch always indicates summer time.

### Note

- While the summer time setting is "Auto", the watch will switch between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch's summer time setting as "Auto".
- For information about summer time periods, refer the "Summer Time Table" or CASIO WATCHES.

## ● Swapping Your World Time and Home Time

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.  
When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\text{X}$ .  
  - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



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

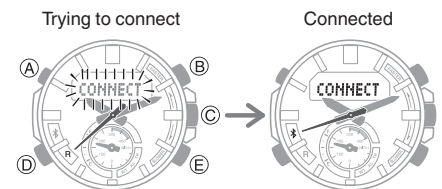
### Note

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

## Adjusting Hand Alignment

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

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.  
When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to  $\text{X}$ .  
  - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



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

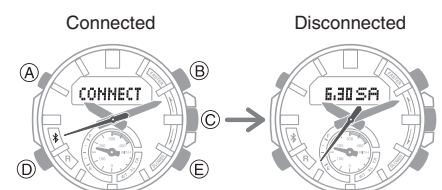
## Phone Finder

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

### Important!

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

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

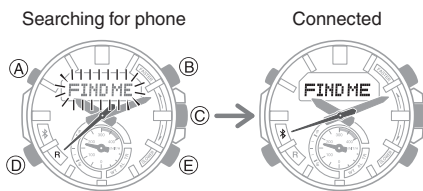


2. If the watch is in any mode besides the Timekeeping Mode, hold down (D) for at least two seconds to enter the Timekeeping Mode.

3. Hold down (E) for at least 1.5 seconds until the second hand moves to [R].

The phone will sound a tone when it establishes a connection with the watch.

- It will take a few seconds before the phone tone sounds.



4. Press any button to stop the tone.

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

## Configuring Watch Settings

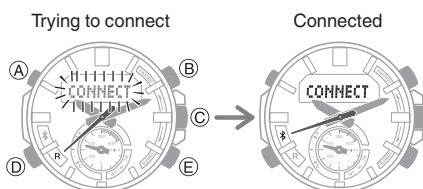
Timer start time and other settings can also be configured using CASIO WATCHES.

1. Tap the “CASIO WATCHES” icon.

2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



3. Select the setting you want to change and then perform the operation shown on the phone screen.

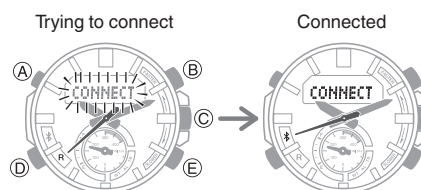
## Changing the Home City Summer Time Setting

1. Tap the “CASIO WATCHES” icon.

2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



3. Perform the operation shown on the phone screen to change your Home City summer time setting.

## Checking the Watch Charge Level

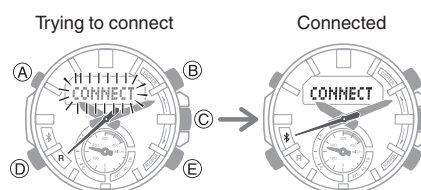
Use the procedure below to check the current charge level with CASIO WATCHES.

1. Tap the “CASIO WATCHES” icon.

2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



3. Use CASIO WATCHES to check the charge level.

## Connection

### Connecting with a Phone

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

- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.

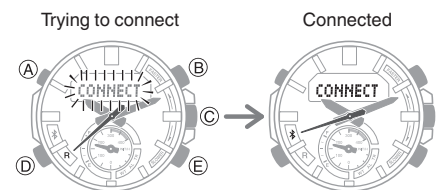
[Pair the watch with a phone.](#)

1. Move the phone close to (within one meter of) the watch.

2. Hold down (C) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to .

- If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



### Important!

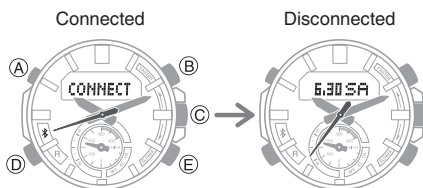
- If you have problems establishing a connection, it could mean that CASIO WATCHES is not running on the phone. On the phone's home screen, tap the “CASIO WATCHES” icon. After the app starts up, hold down the watch's (C) button for at least 1.5 seconds.

### Note

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

## Disconnecting from a Phone

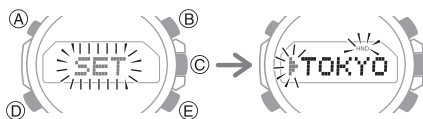
Pressing any button will terminate a Bluetooth connection and return to the Timekeeping Mode.



## Using the Watch in a Medical Facility or Aircraft

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

1. If the watch is in any mode besides the Timekeeping Mode, hold down (D) for at least two seconds to enter the Timekeeping Mode.
2. Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



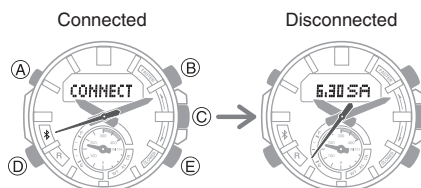
3. Press (D) 14 times. This displays [RCV].



4. Press (E) to select the auto time adjustment setting you want.  
[OFF]: Auto time adjustment disabled.  
[ON]: Auto time adjustment enabled.
5. Press (A) to exit the setting screen.

## Unpairing

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



2. Tap the "CASIO WATCHES" icon.
3. Perform the operation shown on the phone screen to unpair.

## If you purchase another phone

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

3. Pair the watch with a phone.

## Stopwatch

The stopwatch measures elapsed time in 1/1000-second units for the first hour, and in 1/10-second units after that for up to 24 hours.

In addition to normal elapsed time measurements, the stopwatch also lets you measure lap times. You can also set a target time and monitor your progress in reaching it. You can configure settings so the watch beeps when you reach your target time.

### Note

- Up to 200 lap time records can be stored in watch memory. You will not be able to store any more lap times when there are already 200 records in memory.
- You can use the Recall Mode to view the latest measurement data.  
[Viewing Measured Data Records](#)
- You can use CASIO WATCHES to view past measurement data.

## Getting ready

Enter the Stopwatch Mode.

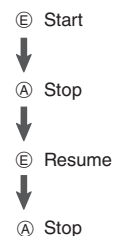
1. [Navigating Between Modes](#)



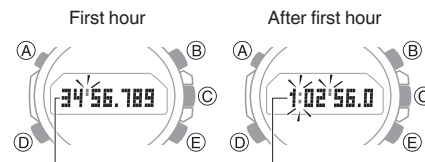
## Measuring Elapsed Time



1. Use the operations below to measure elapsed time.



- Elapsed time is shown in 1/1000-second units for the first hour of the measurement session. After the first hour, elapsed time is shown in 1/10-second units.



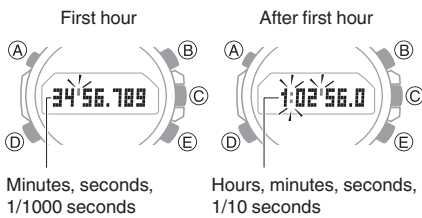
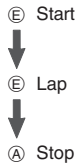
Minutes, seconds, 1/1000 seconds      Hours, minutes, seconds, 1/10 seconds

2. Press (A) to reset the elapsed time to all zeros.

## Measuring Lap Times



- Use the operations below to measure elapsed time.
  - Each press of (E) causes the elapsed time of the section (lap time) to be shown for eight seconds.



- Press (A) to reset the elapsed time to all zeros.

## Performing a Stopwatch Measurement with a Target Time

You can perform lap time measurement operations while checking the difference between the lap time and a target time.

### Using a Stopwatch Target Time

#### Specifying a Target Time

You can specify one of three target times.

#### FASTEST :

Following start of a stopwatch elapsed time measurement session, the fastest measured lap time of the current session is automatically set as the target time.

#### TARGET :

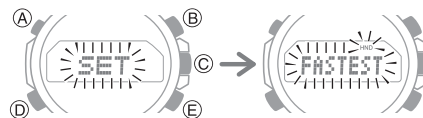
You can use CASIO WATCHES to specify a desired target time.

If you use the watch without connection with a phone, the target time is automatically set to 15 minutes.

#### LAST :

Following start of a stopwatch elapsed time measurement session, the last measured time of the current session is automatically set as the target time.

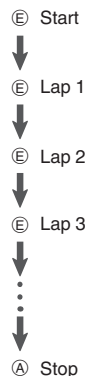
- Hold down (A) for at least two seconds.



- Press (E) to cycle through the target time types.
- Press (A) to exit the setting screen.

### Measuring Elapsed Time

Each time you press (E) to measure a lap time, the second hand indicates the difference between the lap time and the target time.



#### [TARGET] Target Time Type :

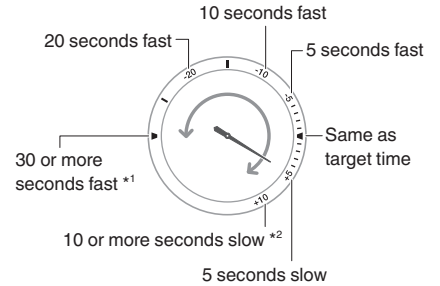
You can check the difference between the measured lap time and the target time from the first lap onwards.

#### [FASTEST] or [LAST] Target Time Type :

You can check the difference between the measured lap time and the target time from the second lap onwards.

### Interpreting the Difference with the Target Time

The difference between a lap time and the target time is indicated by the second hand. The time difference is indicated in the area from 9 o'clock to 5 o'clock.



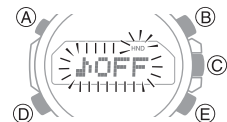
\*1 If the lap time is 30 or more seconds faster than the target time, the second hand will be at the 9 o'clock position.

\*2 If the lap time is 10 or more seconds slower than the target time, the second hand will be at the 5 o'clock position.

### Target Time Beep Alert

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

- Hold down (A) for at least two seconds.
  - This displays the target time setting screen.
- Press (D).
  - This displays the beep alert setting screen.

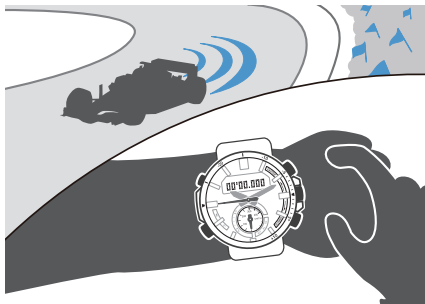


- Press (E) to change the beep alert setting.
  - [ON]: Beep alert enabled.
  - [OFF]: Beep alert disabled.
- Press (A) to exit the setting screen.

## Example: Recording a Race Lap Time

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

[Lap Times](#)



### Before a race

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

[Using CASIO WATCHES to Change the Target Time Type](#)

[Using Watch Operations to Change the Target Time Type](#)

[Configuring TARGET Time Settings](#)

You can use the CASIO WATCHES phone app to specify a measurement interval distance. Doing so will cause the mode hand to indicate the average time of the lap being timed.

[Specifying the Measurement Interval Distance](#)

### Note

- You cannot use watch operations to specify a measurement interval distance. Use the CASIO WATCHES phone app.

### During a race

Measure lap times.

1. Hold down (D) for at least two seconds.

This will cause the watch to enter the Timekeeping Mode.



2. Press (D) once.

This will cause the watch to enter the Stopwatch Mode.

Minutes, seconds, 1/1000 seconds



Average speed of lap being timed  
Lap evaluation

3. Use the operations below to measure lap times.



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

- Lap times are recorded in 1/1000-second units during the first hour of an elapsed time measurement session. After one hour, times are recorded in 1/10-second units.

- The difference between a lap time and a target time specified by you is indicated by the second hand.

[Interpreting the Difference with the Target Time](#)

4. Press (A) to reset the stopwatch time to all zeros.

5. Hold down (D) for at least two seconds to return to the Timekeeping Mode.

### After a race

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

[Sending Stopwatch Data to a Phone](#)

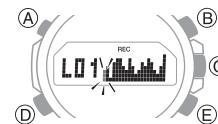
[Checking a Lap Time](#)

## Viewing Measured Data Records

You can use the procedure below to view lap time records.

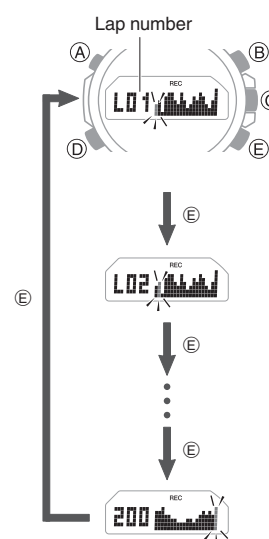
1. Enter the Recall Mode.

[Navigating Between Modes](#)

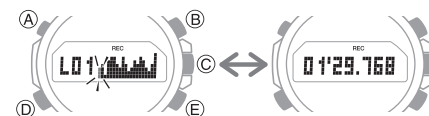


2. Use (E) to cycle through lap numbers.

- Each press of (E) advances sequentially through the lap numbers from [L01] to [200].



3. Press (A) to display the lap time of the currently displayed lap number.

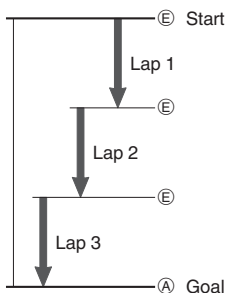


### Note

- Lap time records in watch memory are lap time measurements taken during a single stopwatch elapsed time measurement session (start of time measurement from all zeros, up to the point stopwatch time is reset to all zeros). Records are assigned numbers in the sequence the lap time measurements are performed.

## Lap Times

A lap time shows the time elapsed during a specific lap. The stopwatch normally shows the ongoing elapsed time measurement from the beginning of the race. The current lap time is kept internally by the watch, and is not displayed until you press (E). The difference between the current lap time and the target time is also indicated.



### Note

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

[Viewing Stopwatch Data](#)

## 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 in the cases described below.
  - When battery power is low

### Getting Ready

Enter the Timer Mode.

[Navigating Between Modes](#)

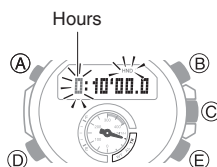


## Setting the Countdown Start Time

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

- Hold down (A) for at least two seconds. Release the button when the hour digits start to flash.

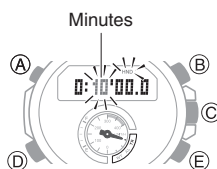
This causes the hours digit to flash.



- Use (B) and (E) to change the timer hours setting.

- Press (D).

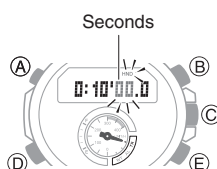
This causes the minutes digits to flash.



- Use (B) and (E) to change the timer minutes setting.

- Press (D).

This causes the seconds digits to flash.



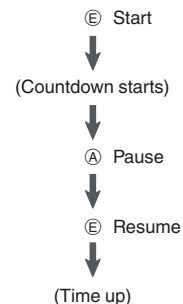
- Use (B) and (E) to change the timer seconds setting.

- Press (A) to exit the setting screen.

## Using the Timer



- 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.
- To reset a paused countdown to the start time, press (A).

- Press any button to stop the tone.

## Alarms and Hourly Time Signal

The watch will beep when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

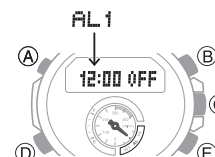
- The alarm sound is muted in the cases described below.
  - When battery power is low
  - When watch is at Level 2 power saving

[Power Saving Function](#)

### Getting ready

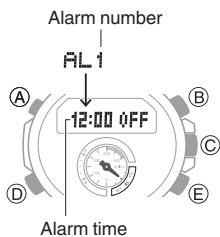
Enter the Alarm Mode.

[Navigating Between Modes](#)

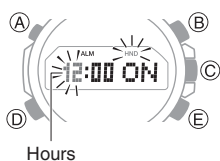


## Configuring Alarm Settings

- Press (E) to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to configure is displayed.



- Hold down (A) for at least two seconds. Release the button when the hours digits start to flash.



- Use (B) and (E) to change the hour setting.
  - If you are using 12-hour timekeeping, [P] indicates p.m.



- Press (D). This causes the minutes digits to flash.



- Use (B) and (E) to change the minute setting.

- Press (D). This causes the alarm type to flash.



- Use (E) to select the alarm type.
  - [DAILY]: Alarm sounds every day at the alarm time.
  - [1TIME]: Alarm sounds only once at the alarm time.
  - [SCHEDULE]: Alarm sounds on the specified date.
- Press (A) twice to exit the setting screen.
- Hold down (D) for at least two seconds to return to the Timekeeping Mode.

### Setting a Schedule Alarm

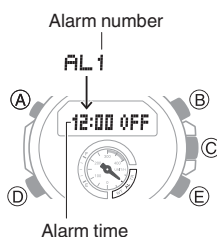
With [SCHEDULE], you can specify the year, month, and day that you want an alarm to sound.

#### Creating a Schedule Alarm

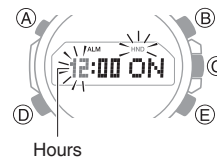
There are various schedule alarm variations, and the variation that is set depends on the year, month, and day settings you configure. Three typical setting configurations are shown below, but other configurations are also possible.

- Year, month, day all specified  
The alarm sounds once at the specified time on the specified date.
- Year, month, day partially specified
  - Specifying only the year will cause the alarm to sound at the specified time every day of the specified year.
  - Specifying only the month and day will cause the alarm to sound at the specified time on the specified date every year.
- Year, month, day not specified (Display: [----.--.--])  
In this case, the alarm will sound at the specified time every day.

- Press (E) to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to configure is displayed.



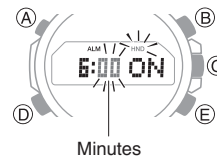
- Hold down (A) for at least two seconds. Release the button when the hours digits start to flash.



- Use (B) and (E) to change the hour setting.
  - If you are using 12-hour timekeeping, [P] indicates p.m.



- Press (D). This causes the minutes digits to flash.



- Use (B) and (E) to change the minute setting.

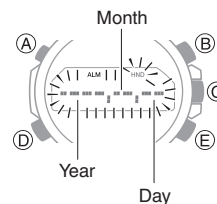
- Press (D). This causes the alarm type to flash.

- Press (E) to display [SCHEDULE].



- Press (A). This displays a screen for setting the year, month, and day.

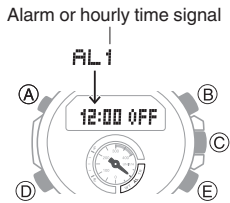
- Use (B) and (E) to change the currently selected setting item.
- Use (D) to move between setting items (year, month, day).



- Press (A) to exit the setting screen.
- Hold down (D) for at least two seconds to return to the Timekeeping Mode.

## Enabling/Disabling an Alarm or the Hourly Time Signal

- Press (E) to scroll through alarm numbers ([AL1] to [AL5]) and the hourly time signal ([SIGNAL]) screens until the one you want to configure is displayed.



- Press (A) to toggle the displayed alarm or the hourly time signal between on and off.

### Note

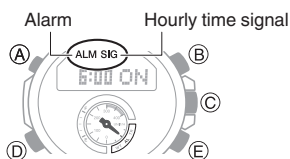
- Note that you will not be able to turn on a [SCHEDULE] alarm whose date has already passed.

## Stopping an Alarm

Pressing any button while the beeper is sounding stops it.

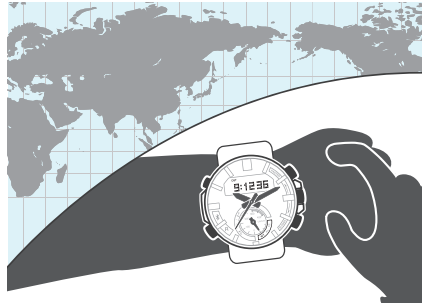
## Determining an Alarm's On/Off Status

Indicators are displayed while any of the alarms or the hourly time signal is turned on.



## World Time

World Time lets you look up the current time in any one of 39 cities around the globe, and UTC (Coordinated Universal Time).



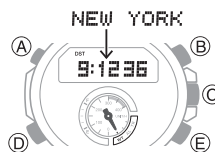
### Note

- World Time cities that can be selected only by using CASIO WATCHES cannot be selected using watch operations.  
[Configuring World Time Settings](#)

### Getting Ready

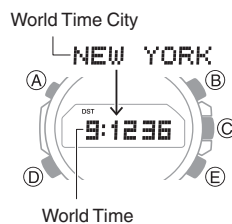
Enter the World Time Mode.

[Navigating Between Modes](#)



## Checking World Time

Entering the World Time Mode will initially display the name of the currently selected World Time City, followed by the current time in that city.



- To display the World Time City while in the World Time Mode, press (A).

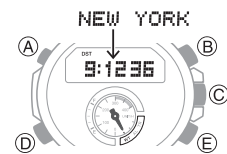
## World Time City Setting

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 enable or disable summer time.

### Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, the [AUTO] setting lets you use the watch without switching between summer time and standard time.

- Use (E) to display the city you want.



- To change the summer time setting, hold down (A) for at least two seconds. Release the button when [AUTO] starts to flash.



- Use (E) to select a summer time setting. Each press of (E) 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.

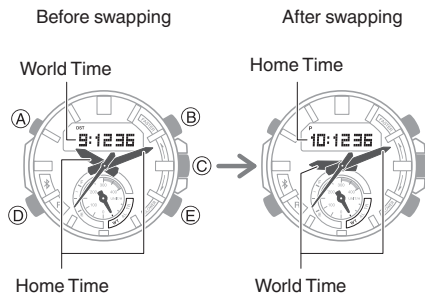
- Press (A) to exit the setting screen.

### Note

- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.
- If you select a World Time City with CASIO WATCHES and then change to a different city with a watch operation, the CASIO WATCHES city information will be deleted from the watch.  
[Configuring World Time Settings](#)

## Swapping Your Home Time and World Time

Press (A) and (B) at the same time to swap your Home Time and World Time.



### Note

- This function comes in handy when you need to move to another time zone. For details about how to use it, go to the section below.  
[Moving to Another Time Zone](#)

## Adjusting Time Settings Manually

When there is no communication with a mobile phone, the time and date can be adjusted with the procedure below.

### Getting Ready

Enter the Timekeeping Mode.

[Navigating Between Modes](#)



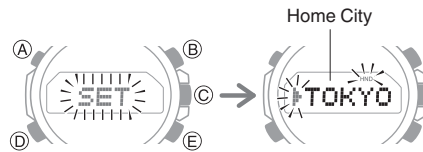
## Setting a Home Time City

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 enable or disable summer time.

### Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, the [AUTO] setting lets you use the watch without switching between summer time and standard time.

- Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



- Use (B) and (E) to change the Home City.

- For details refer to the information below.

[City Table](#)

- Press (D).

- Use (E) to select a summer time setting.

Each press of (E) cycles through available settings in the sequence shown below.

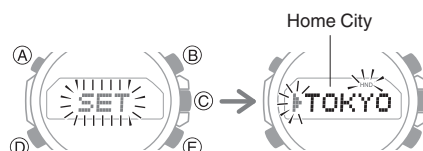
- [AUTO]  
The watch switches between standard time and summer time automatically.
- [OFF]  
The watch always indicates standard time.
- [ON]  
The watch always indicates summer time.



- Press (A) to exit the setting screen.

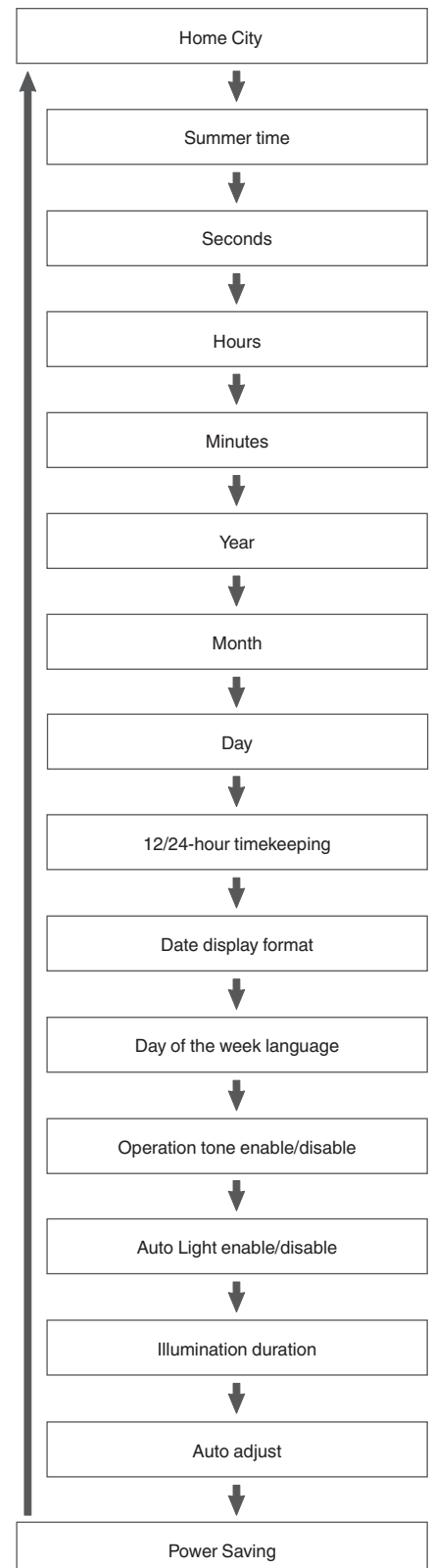
## Setting the Time/Date

- Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



- Keep pressing (D) until the setting item you want to change is selected.

- Each press of (D) moves to the next setting item in the sequence shown below.

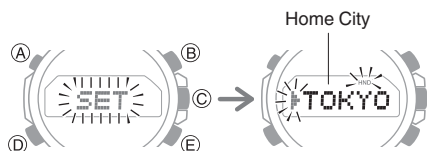


- Configure the date and time settings.
  - To reset the seconds to 00: Press (E). 1 is added to the minutes when the current count is between 30 and 59 seconds.
  - Use (B) and (E) to change the other settings.
- Repeat steps 2 and 3 to configure the other settings.
- Press (A) to exit the setting screen.

## Switching between 12-hour and 24-hour Timekeeping

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

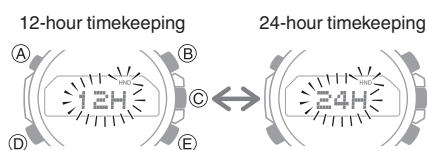
- Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



- Press (D) eight times. This causes [12H] or [24H] to flash on the display.



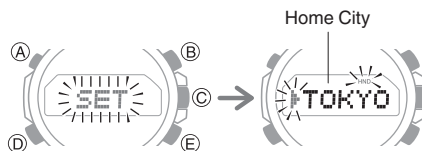
- Press (E) to toggle the setting between [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).



- Press (A) to exit the setting screen.

## Changing the Date Display Format

- Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



- Press (D) nine times. This displays a screen for selecting the date display format.

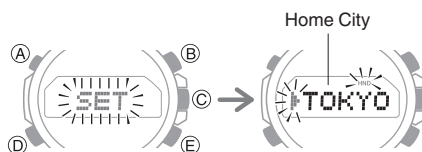


- Use (E) to select a date display format.
  - YYYY: Year
  - M: Month
  - DD: Day
- Press (A) to exit the setting screen.

## Specifying the Day of the Week Language

You can select any one of six languages for the day of the week display in the Timekeeping Mode.

- Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



- Press (D) 10 times. This causes the language setting to flash.



- Use (E) and (B) to select a language.
  - [ENG]: English
  - [ESP]: Spanish
  - [FRA]: French
  - [DEU]: German
  - [ITA]: Italian
  - [PyC]: Russian
- Press (A) to exit the setting screen.

## Light

The watch has an LED light that you can turn on for viewing in the dark.

The watch also has an auto light function that automatically illuminates the display whenever the watch is angled for reading in the dark.

## Illuminating the Display Manually

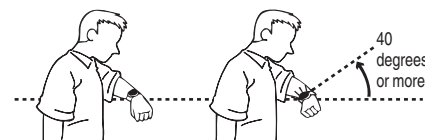
Pressing (B) turns on illumination.



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

## Auto Light

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



### 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.



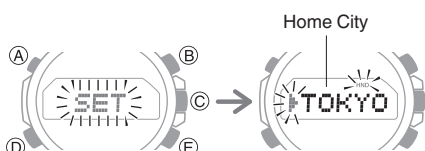
- Auto Light may operate unintentionally and run down the battery if the watch is blocked from light by your sleeve.
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the 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.

## Note

- Auto Light is disabled when any one of the conditions below exists.
  - Alarm, timer alert, or other beeper sounding

## Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.  
 ◉ [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



3. Press (D) 12 times to display [AUTO].



4. Press (E) to toggle Auto Light between enable and disable.
  - [ON]: Illumination turns on when the watch is angled towards the face.
  - [OFF]: Illumination does not turn on when the watch is angled towards the face.

5. Press (A) to exit the setting screen.

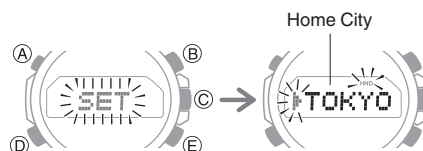
## Specifying the Illumination Duration

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 until the name of the currently selected Home City is displayed.



3. Press (D) 13 times to display [LIGHT].



4. Press (E) to toggle between the two illumination duration settings.
  - [1]: 1.5-second illumination
  - [3]: 3-second illumination



5. Press (A) to exit the setting screen.

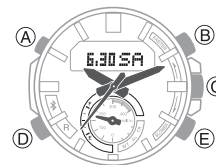
## Hand Alignment Adjustment

Strong magnetism or impact can cause the time indicated by the analog hands to become different from the time on the digital display. If this happens, adjust hand alignment.

### Getting Ready

Enter the Timekeeping Mode.

- ◉ [Navigating Between Modes](#)



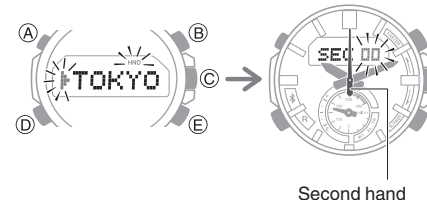
## Adjusting Hand Alignment

1. Enter the Timekeeping Mode.  
 ◉ [Navigating Between Modes](#)
2. Hold down (A) for at least five seconds. Release the button when [00] starts to flash.

This enables adjustment of second hand alignment.

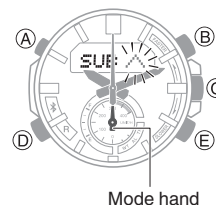
After two seconds

After five seconds



3. If the second hand is not at 12 o'clock, use (B) and (E) to align it.
4. Press (D).

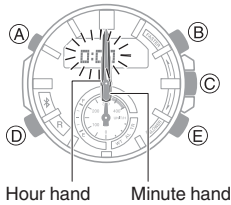
This enables adjustment of mode hand alignment.



5. If the mode hand is not at 12 o'clock, use (B) and (E) to align it.

6. Press (D).

This enables adjustment of the hour and minute hands.



7. If the hour hand and minute hand are not at 12 o'clock, use (B) and (E) to align them.

8. Press (A) to exit the setting screen.

## Other Settings

### Getting Ready

Enter the Timekeeping Mode.

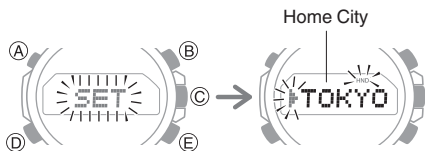
[Navigating Between Modes](#)



### Enabling the Button Operation Tone

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

1. Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



2. Press (D) 11 times.

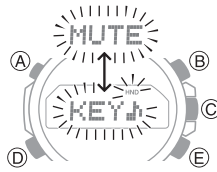
This causes [KEY♪] or [MUTE] to flash on the display.



3. Use (E) to select [KEY♪] or [MUTE].

[KEY♪]: Operation tone enabled.

[MUTE]: Operation tone muted.



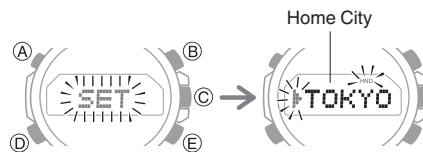
4. Press (A) to exit the setting screen.

#### Note

- Note that alarm and timer tones will still sound even while the operation tone is muted.

### Configuring Power Saving Function Settings

1. Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



2. Press (D) 15 times.

This displays [P.SAVE].



3. Press (E) to toggle the setting between enabled (on) and disabled (off).

[ON]: Power Saving enabled.

[OFF]: Power Saving disabled.

4. Press (A) to exit the setting screen.

#### Note

- For details about Power Saving, refer to the information below.

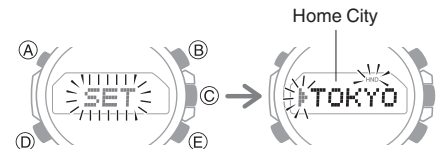
[Power Saving Function](#)

### Resetting Watch Settings

This section explains how to return the watch settings below to their initial factory defaults.

- Watch Settings
- Stopwatch
- Timer
- Alarm

1. Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



2. Press (D) twice.

This causes the seconds to flash.



3. Hold down (B) for at least five seconds. Release the button when [RESET] stops flashing.



#### Note

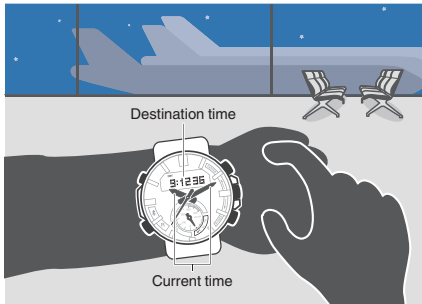
- Resetting the watch will also delete information for pairing the watch with a phone, and unpair them.

## Moving to Another Time Zone

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

### ● Before Boarding

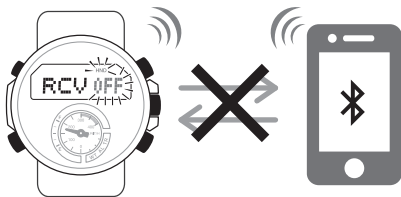
1. Configure the World Time to the current time at your destination.



🔗 [Using CASIO WATCHES to Configure Settings](#)

🔗 [Using Watch Operations to Configure Settings](#)

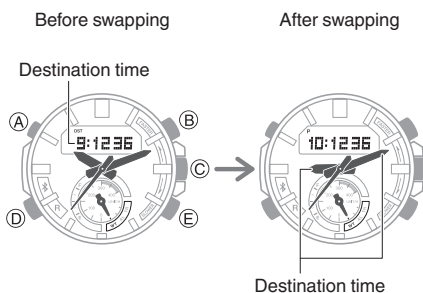
2. Disable auto time adjustment.



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

### ● In the aircraft, before arriving at your destination

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



🔗 [Using CASIO WATCHES to Configure Settings](#)

🔗 [Using Watch Operations to Configure Settings](#)

### ● After Arriving

1. Enable auto time adjustment.  
🔗 [Using the Watch in a Medical Facility or Aircraft](#)
2. Adjust the time setting.  
🔗 [Triggering Immediate Time Correction](#)

## 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 0
LONDON	London 0
PARIS	Paris +1
ATHENS	Athens +2
JEDDAH	Jeddah +3
TEHRAN	Tehran +3.5
DUBAI	Dubai +4
KABUL	Kabul +4.5
KARACHI	Karachi +5
DELHI	Delhi +5.5
KATHMANDU	Kathmandu +5.75
DHAKA	Dhaka +6
YANGON	Yangon +6.5
BANGKOK	Bangkok +7
HONG KONG	Hong Kong +8
PYONGYANG	Pyongyang +8.5
EUCLA	Eucla +8.75
TOKYO	Tokyo +9
ADELAIDE	Adelaide +9.5
SYDNEY	Sydney +10
LORD HOWE ISLAND	Lord Howe Island +10.5
NOUMEA	Noumea +11
WELLINGTON	Wellington +12
CHATHAM ISLAND	Chatham Islands +12.75
NUKU'ALOFA	Nuku'alofa +13
KIRITIMATI	Kiritimati +14
BAKER ISLAND	Baker Island -12
PAGO PAGO	Pago Pago -11
HONOLULU	Honolulu -10
MARQUESAS ISLANDS	Marquesas Islands -9.5
ANCHORAGE	Anchorage -9
LOS ANGELES	Los Angeles -8
DENVER	Denver -7
CHICAGO	Chicago -6
NEW YORK	New York -5
HALIFAX	Halifax -4
ST. JOHN'S	St. John's -3.5
RIO DE JANEIRO	Rio de Janeiro -3
F. DE NORONHA	Fernando de Noronha -2
PRAIA	Praia -1

- The information in the above table is current as of January 2018.
- Time zones may change and UTC differentials may become different from those shown in the table above. If this happens, connect the watch with a phone to update the watch with the latest time zone information.

### Summer Time Table

When [AUTO] is selected for a city that observes summer time, switching between standard time and summer time will be performed automatically at the timing shown in the table below.

#### Note

- Summer time start and end dates for your current location may be different from those shown below. If this happens, you can have new summer time information for your Home City and World Time City sent to the watch by connecting the watch with a phone. If the watch is not connected with a phone, you can change the summer time setting manually.

City Name	Summer Time Start	Summer Time End
London	01:00, last Sunday in March	02:00, last Sunday in October
Paris	02:00, last Sunday in March	03:00, last Sunday in October
Athens	03:00, last Sunday in March	04:00, last Sunday in October
Tehran	00:00, March 22 or 21	00:00, September 22 or 21
Sydney, Adelaide	02:00, first Sunday in October	03:00, first Sunday in April
Lord Howe Island	02:00, first Sunday in October	02:00, first Sunday in April
Wellington	02:00, last Sunday in September	03:00, first Sunday in April
Chatham Islands	02:45, last Sunday in September	03:45, first Sunday in April
Anchorage	02:00, second Sunday in March	02:00, first Sunday in November
Los Angeles	02:00, second Sunday in March	02:00, first Sunday in November
Denver	02:00, second Sunday in March	02:00, first Sunday in November
Chicago	02:00, second Sunday in March	02:00, first Sunday in November
New York	02:00, second Sunday in March	02:00, first Sunday in November
Halifax	02:00, second Sunday in March	02:00, first Sunday in November
St. John's	02:00, second Sunday in March	02:00, first Sunday in November
Rio de Janeiro	00:00, third Sunday in October	00:00, third Sunday in February or 00:00, fourth Sunday in February

• The information in the above table is current as of January 2018.

## Supported Phone Models

For information about phones that can connect with the watch, visit the CASIO website.

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

## Specifications

### Accuracy at normal temperature :

±15 seconds per month average when time adjustment by communication with a phone is not possible.

### Timekeeping :

#### Analog

Hour, minute (moves every 10 seconds), second

#### Digital

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

### Stopwatch/Data Recall :

Measurement unit:

1/1000 seconds (first hour)

1/10 seconds (after first hour)

Measuring range: 23 hours 59 minutes 59.9 seconds

Measurement Functions:

Normal elapsed time; cumulative time; lap times; 200-record data memory

Target time beeper:

3 target time setting types (FASTEST, TARGET, LAST); 1-second beep when the target time is reached

### Timer :

Unit: 1/10 seconds

Range: 24 hours

Time setting unit: 1 second

Time setting range: 1 second to 24 hours

10-second beeper when the end of the countdown is reached

### Alarm :

Time alarms: 5

Selectable: DAILY, 1TIME, SCHEDULE (DAILY/1TIME)

Setting units: Hours, minutes

(SCHEDULE)

Setting units: Years, months, days, hours, minutes

Alarm tone duration: 10 seconds

Hourly time signal: Beep every hour on the hour

### World Time :

39 cities (39 time zones) and Coordinated Universal Time (UTC)

Summer time

Home Time swapping

### Mobile Link :

Auto Time Correction

Time setting adjusted automatically at preset time

One-touch Time Correction

Manual connection and time adjustment

Phone finder

Watch operation sounds the alert sound of the mobile phone

### World Time

A selection of more than 300 World Time cities

Home Time/World Time swapping

Stopwatch data transfer

200 lap time records (date and time, lap time, lap number)

Auto Summer Time Switching

Automatic switching between standard time and summer time

Timer Settings

Alarm Settings

Hand alignment correction

Data Communication Specifications

Bluetooth®

Frequency Band: 2400MHz to 2480MHz

Maximum Transmission: 0 dBm (1 mW)

Communication range: Up to 2 meters (depends on environment)

### Other :

High-brightness DOUBLE LED light, illumination duration setting, Full Auto Light, Power saving, Battery power indicator, operation tone on/off, Hand shift

### Power Supply :

Solar panel and one rechargeable battery

Battery operating time: Approximately 6 months

Conditions:

Auto time correction: 4 times/day

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Specifications are subject to change without notice.

## Mobile Link Precautions

### ● Legal Precautions

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

<https://world.casio.com/ce/BLE/>

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

### ● Precautions when using Mobile Link

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

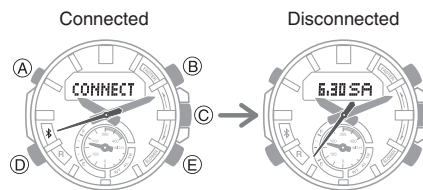
### ● Stopping Radio Wave Emission by This Watch

The watch is emitting radio waves whenever the second hand is pointing to [R] or . In addition, the watch also connects phone automatically four times a day to adjust its time setting.

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

#### ● Stopping Radio Wave Generation

Press any button to terminate the Bluetooth connection.



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

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

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## Troubleshooting

### I can't pair the watch with a phone.

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

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.  
For information about supported phone models, visit the CASIO Website.

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

Did you install CASIO WATCHES on your phone?

CASIO WATCHES needs to be installed on your phone in order to connect with the watch.

**1** [Install the required app on your phone.](#)

Are your phone's Bluetooth settings configured correctly?

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

#### iPhone Users

- "Settings" → "Bluetooth" → On
- "Settings" → "Privacy" → "Bluetooth" → "CASIO WATCHES" → On

#### Android Users

- Enable Bluetooth.

Other than the above.

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

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

## I can't reconnect the watch and phone.

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

Is CASIO WATCHES running?

The watch cannot re-connect with the phone unless CASIO WATCHES is running on the phone. On the phone's Home Screen, tap the "CASIO WATCHES" icon. Then on the watch, hold down (C) for at least 1.5 seconds.



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

Turn the phone off and then back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least 1.5 seconds.



**Q2** I can't connect while my phone is in the Airplane Mode.

Connection with the watch is not possible while the phone is in the Airplane Mode. After exiting the phone's Airplane Mode, go to its Home Screen and tap the "CASIO WATCHES" icon. Then on the watch, hold down (C) for at least 1.5 seconds.



**Q3** I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On the phone, re-enable Bluetooth, and then go to the Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least 1.5 seconds.



**Q4** I can't connect after turning off the phone.

Turn on the phone and tap the "CASIO WATCHES" icon. Then on the watch, hold down (C) for at least 1.5 seconds.



## Phone-Watch Connection

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

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

Turn the phone off and then back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least 1.5 seconds.



Has the watch been re-paired with the phone?

After deleting pairing information from CASIO WATCHES, re-pair them.

Unpairing

If you are unable to establish a connection...

Use the procedure below to delete the pairing information from the watch, and then re-pair the watch and phone.

- ① Hold down (D) for at least two seconds to enter the Timekeeping Mode.
- ② Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.
- ③ Press (D) twice so the seconds digits are flashing.
- ④ Hold down (B) for at least two seconds. Release the button when [CLR] stops flashing. This deletes the pairing information from the watch and returns to the timekeeping display.

## Changing to a Different Phone Model

**Q1** Connecting the current watch to another phone.

Pair the watch with the phone.

🔗 [If you purchase another phone](#)

## Auto Time Correction by Bluetooth Connection (Time Correction)

**Q1** When does the watch adjust its time?

The watch will connect with the phone and perform auto time adjustment at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time adjustment is complete.

**Q2** Auto time adjustment is not performed at a scheduled time.

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

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

Is a stopwatch or timer operation being performed?

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

🔗 [Stopwatch](#)

🔗 [Timer](#)

Is auto time adjustment enabled?

Auto time adjustment will not be performed at the scheduled times unless it is enabled. Enable auto time adjustment.

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

**Q3** The watch does not connect with a phone and adjust its time when I press (C).

The watch will not adjust its time if you press (C) while a stopwatch or timer operation is in progress. Stop the stopwatch or timer operation and then press (C) again.

**Q4** Time is not displayed correctly.

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

## Alarms

**Q1** The alarm does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

🔗 [Solar Charging](#)

Is the alarm enabled?

Enable the alarm.

🔗 [Enabling/Disabling an Alarm or the Hourly Time Signal](#)