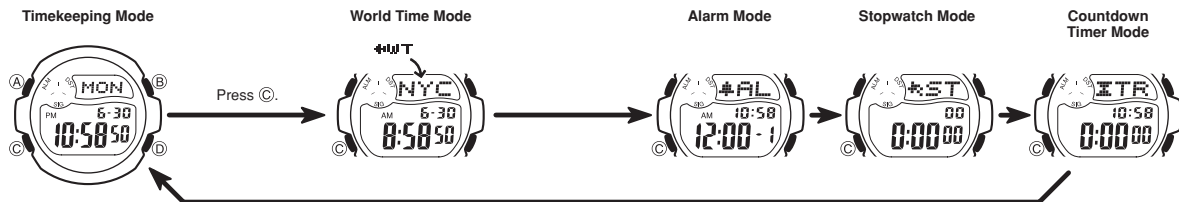# Operation Guide 3137

CASIO®

About This Manual

- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.
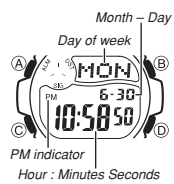
General Guide

- Press Ⓒ to change from mode to mode.
- In any mode (except when a setting screen is on the display), press Ⓑ to illuminate the display for about two seconds.

- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch exits the setting screen automatically.
- If you do not perform any operation for a few minutes in the Alarm Mode, the watch reverts to the normal timekeeping screen automatically.

| Timekeeping Mode | World Time Mode | Alarm Mode | Stopwatch Mode | Countdown Timer Mode |

Press Ⓒ.

Timekeeping

Month – Day
Day of week
PM indicator
Hour : Minutes Seconds

Use the Timekeeping Mode to set and view the current time and date.
- Pressing Ⓐ in the Timekeeping Mode will display the currently selected Home City.
- Press Ⓓ to toggle between 12-hour and 24-hour formats.
- With 12-hour format, times between midnight and noon are indicated by **AM**, while times between noon and midnight are indicated by **PM**.
- The **AM** and **PM** indicators do not appear when you are using 24-hour format.

To set the time and date
1. While in the Timekeeping Mode, hold down Ⓐ until the second's digits flash on the display, which indicates the setting screen.
2. Press Ⓒ to move the flashing in the sequence shown below.

| Seconds | → | DST | → | City code | → | Hour |
| Day | ← | Month | ← | Year | ← | Minutes |
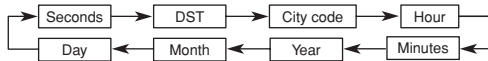
3. While the seconds setting is selected (flashing), press Ⓓ to reset it to 00. If you press Ⓓ while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the DST* setting is selected (DST on indicator is flashing), press Ⓓ to toggle it on (**On**) and off (**OF**).
- The DST on/off setting you select for the Timekeeping Mode affects the World Time Mode.
- While the city code setting is selected, use Ⓓ and Ⓑ to scroll through the available codes until the one you want to use as your home time city is displayed.
- For full information on city codes, see the "City Code Table".
4. While any other setting is selected (flashing), press Ⓓ to increase it or press Ⓑ to decrease it. Holding down Ⓓ or Ⓑ scrolls at high speed.
5. Press Ⓐ to exit the setting screen.
- The day of the week is set in accordance with the date automatically.
- The date can be set within the range of January 1, 2000 to December 31, 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years automatically. Once you set the date, there should be no reason to change it except after replacement of the watch's battery.
* See "Daylight Saving Time (DST) Setting" for details about the DST setting.

Illumination Precautions
Your watch uses two LEDs to illuminate the display for easy reading in the dark. In any mode (except when the setting screen is on the display), press Ⓑ to turn on illumination for about two seconds.
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination shortens the battery life.

World Time

Mode indicator
City code
Current time in the zone of the selected city code
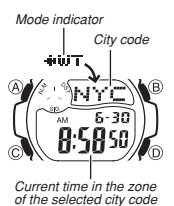
World Time shows the current time in 30 cities (29 time zones) around the world.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing Ⓒ.

To view the time in another city code
In the World Time Mode, press Ⓓ to scroll through city codes (time zones).
- For full information about city codes, see the "City Code Table".
- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.

Daylight Saving Time (DST) Setting
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle a city code time between Standard Time and Daylight Saving Time

DST indicator

1. In the World Time Mode, use Ⓓ to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down Ⓐ for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
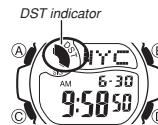
- The DST indicator will appear on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

Alarms

Mode indicator
Alarm time (Hour : Minutes)
Alarm number
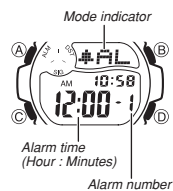
You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached.
You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are six screens in the Alarm Mode. Five are for daily alarms (indicated by numbers from - ┇ through - ⑤), and one is for the Hourly Time Signal (indicated by ⑤IG).
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing Ⓒ.

To set an alarm time
1. In the Alarm Mode, use Ⓓ to scroll through the alarm screens until the one whose time you want to set is displayed.

| Alarm 1 | → | Alarm 2 | → | Alarm 3 | → | Alarm 4 |
| :00 (Hourly Time Signal) | ← | | | | ← | Alarm 5 |

- To set a one-time alarm, display one of the screens indicated by an alarm number from - ┇ through - ⑤.
2. After you select an alarm, hold down Ⓐ until the hour setting of the alarm time starts to flash, which indicates the setting screen.
- This operation turns on the alarm automatically.
3. Press Ⓒ to move the flashing between the hour and minute settings.
4. While a setting is flashing, use Ⓓ (+) and Ⓑ (–) to change it.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (**AM** indicator) or p.m. (**PM** indicator).
5. Press Ⓐ to exit the setting screen.

Alarm Operation
The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.
- To stop the alarm tone after it starts to sound, press any button.

To test the alarm
In the Alarm Mode, hold down Ⓓ to sound the alarm.

To turn an alarm on and off

Alarm on indicator

1. In the Alarm Mode, use Ⓓ to select an alarm.
2. Press Ⓐ to toggle it on (the alarm on indicator displayed) and off (the alarm on indicator not displayed).
• Turning on a daily alarm (⁻1 through ⁻5) displays the alarm on indicator on its Alarm Mode screen.
• In all modes, the alarm on indicator is shown for any alarm that is currently turned on.

To turn the Hourly Time Signal on and off

Hourly time signal on indicator

1. In the Alarm Mode, use Ⓓ to select the Hourly Time Signal (SIG).
2. Press Ⓐ to toggle it on (the hourly time signal on indicator displayed) and off (the hourly time signal on indicator not displayed).
• The Hourly Time Signal on indicator is shown on the display in all modes while the Hourly Time Signal is turned on.

Stopwatch

1/100 second
Mode indicator
Hours
Seconds
Minutes
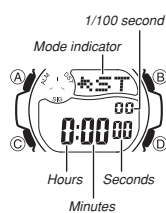
The stopwatch lets you measure elapsed time, split times, and two finishes.
• The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
• The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
• The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
• Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
• All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓒ.
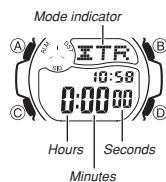
Elapsed time measurement

Ⓓ → Ⓓ → Ⓓ → Ⓓ → Ⓐ
Start — Stop — Re-start — Stop — Clear

Split time measurement

Ⓓ → Ⓐ → Ⓐ → Ⓓ → Ⓐ
Start — Split — Split release — Stop — Clear
(SPL displayed)

Split time and 1st-2nd place times

Ⓓ → Ⓐ → Ⓐ → Ⓐ → Ⓐ
Start — Split — Stop — Split release — Clear
First runner finishes. Display time of first runner. / Second runner finishes. / Display time of second runner.

Countdown Timer

Mode indicator
Hours
Seconds
Minutes

The countdown timer can be set within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.
• The countdown operation continues even if you exit the Countdown Timer Mode.
• All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing Ⓒ.

To use the countdown timer
Press Ⓓ while in the Countdown Timer Mode to start the countdown timer.
• When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is reset to its starting value automatically after the alarm stops.
• Press Ⓓ while a countdown operation is in progress to pause it. Press Ⓓ again to resume the countdown.
• To stop a countdown operation completely, first pause it (by pressing Ⓓ), and then press Ⓐ. This returns the countdown time to its starting value.

To set the countdown start time

1. In the Countdown Timer Mode, hold down Ⓐ until the hours of the countdown start time start to flash, which indicates the setting screen.
2. Press Ⓒ to move the flashing between the hours and minutes.
3. While a setting is flashing, use Ⓓ (+) or Ⓑ (–) to change it.
• To set the starting value of the countdown time to 24 hours, set 0:00.
4. Press Ⓐ to exit the setting screen.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Button Operation Tone

Mute indicator

The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.
• Even if you turn off the button operation tone, the alarm, Hourly Time Signal, and Countdown Timer Mode alarm all operate normally.

To turn the button operation tone on and off
In any mode (except when a setting screen is on the display), hold down Ⓒ for about three seconds to toggle the button operation tone on (mute indicator not displayed) and off (mute indicator displayed).

• Holding down Ⓒ to turn the button operation tone on or off also causes the watch's current mode to change.
• The mute indicator is displayed in all modes when the button operation tone is turned off.

Scrolling

The Ⓑ and Ⓓ buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls at high speed.

Initial Screens

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

World Time

• The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
• The current time in all World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
• The GMT differential is the time difference of the time zone where the city is located from Greenwich Mean Time.
• GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
PPG	Pago Pago	−11.0	
HNL	Honolulu	−10.0	Papeete
ANC	Anchorage	−09.0	Nome
LAX	Los Angeles	−08.0	San Francisco, Las Vegas, Vancouver, Seattle, Dawson City
DEN	Denver	−07.0	El Paso, Edmonton
CHI	Chicago	−06.0	Houston, Dallas/Fort Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	−05.0	Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
CCS	Caracas	−04.0	La Paz, Santiago, Port Of Spain
YYT	St. Johns	−03.5	
RIO	Rio De Janeiro	−03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
RAI	Praia	−01.0	
LON	London	+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
PAR	Paris	+01.0	Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm
CAI	Cairo	+02.0	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem		
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata, Colombo
DAC	Dhaka	+06.0	
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+08.0	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
TYO	Tokyo	+09.0	Seoul, Pyongyang
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Melbourne, Guam, Rabaul
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

*Based on data as of June 2007.