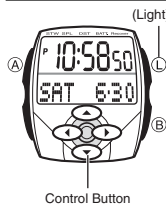


About This Manual



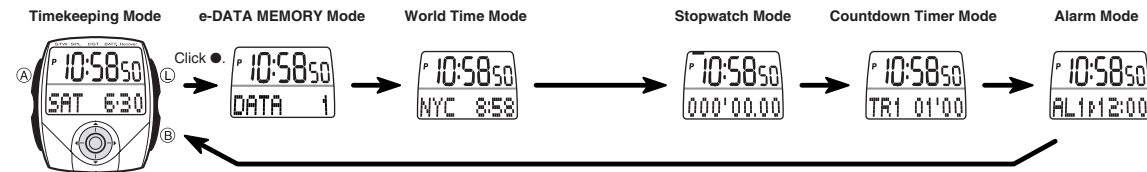
- Button operations are indicated using the letters shown in the illustration.
- The following shows how control button operations are described in this manual.

When you see this:	You should do this:
Click ●	Press straight down on the control button.
Rock ▲	Place your finger on the control button and slide upwards.
Rock ▼	Place your finger on the control button and slide downwards.
Rock ◀	Place your finger on the control button and slide to the left.
Rock ▶	Place your finger on the control button and slide to the right.

General Guide

- Click ● to change from mode to mode.
- In any mode, press (L) to illuminate the display.

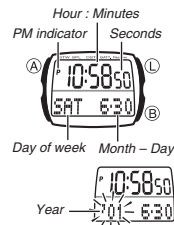
- In all modes, the watch always shows the current Timekeeping Mode time in the upper display area.



Timekeeping

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

To set the time and date



1. In the Timekeeping Mode, hold down (A) until the second's setting starts to flash, which indicates the setting screen.
2. Click ● to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, use ▼ and ▲ to change it as described below.

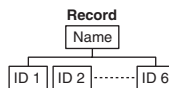
To change this setting	Perform this button operation
Seconds	Rock ▼ to reset to 00.
12/24-Hour Format	Rock ▼ to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
Hour, Minutes, Year, Month, Day	Use ▼ (+) and ▲ (-) to change the setting.

- Rocking ▼ while the second's count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes count is unchanged.
- 4. Press (A) to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

To toggle between 12-hour and 24-hour timekeeping

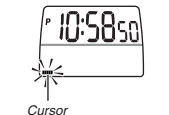
- In the Timekeeping Mode, press (B) to toggle between 24-hour timekeeping (indicated by 24 on the display), or 12-hour timekeeping.
- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
 - With the 24-hour format, times are displayed in the range of 0:00 to 23:59, with 24 indicator.
 - The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

e-DATA MEMORY

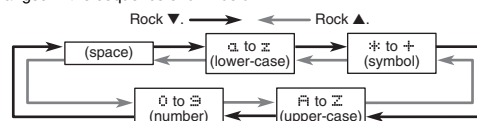


To create a new e-DATA MEMORY record

1. In the e-DATA MEMORY Mode, use ▼ and ▲ to scroll through record names until one that does not contain any data is on the display.
 - Default record names are DATA 1 through DATA 10.
 - You can leave these record names as they are, or you can input other names, if you want. It is a good idea to use names that describe the type of data stored in a record.
2. Hold down (A) until the flashing cursor (L) appears on the display, which indicates the setting screen.

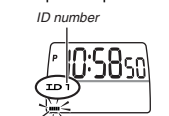


3. Use ▼ and ▲ to change the character at the cursor position. The character changes in the sequence shown below.



- See the "Character List" at the back of this manual for information about the characters you can input.

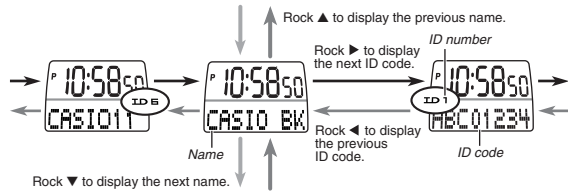
4. When the character you want is at the cursor position, click ● to move the cursor to the right.
5. Repeat steps 3 and 4 until the record name is complete.



6. After you are finished inputting the record name, rock ▶ to change to the ID 1 code input screen.
 - The ID code input screen shows a cursor and the ID number (ID 1 through ID 6) of the currently displayed ID code.
7. Repeat steps 3 and 4 until input of the ID 1 code is complete.
 - If you do not want to input any more ID codes, skip step 8 after you finished inputting the ID 1 code.
8. After inputting the ID 1 code, rock ▶ to change to the ID 2 code input screen, and input the ID 2 code.
 - Repeat steps 3 and 4 for the ID 2 code.
 - After inputting an ID code, rock ▶ to advance to the next ID code input screen. You can input up to six ID codes per record. Rocking ▶ after inputting the sixth ID code returns to the record name input screen. Repeat steps 3 and 4 to input data for each ID code.
 - Rocking ◀ returns to the previous ID code. Rocking ◀ while the ID 1 code input screen is on the display returns to the record name input screen.
9. Press (A) to store your data and return to the e-DATA MEMORY record screen (without the cursor).

To recall e-DATA MEMORY records

- In the e-DATA MEMORY Mode, rock ▼ to scroll forward through e-DATA MEMORY record names or ▲ to scroll in reverse.
- Rocking ► displays the contents of the ID 1 code whose name you displayed in step 1 of this procedure.
 - Each rock of ► scrolls ID codes in the sequence ID 2 → ID 3 → ID 4, and so on. Rocking ◀ scrolls in reverse sequence.



To edit an e-DATA MEMORY record

- In the e-DATA MEMORY Mode display the data (record name or ID code) you want to edit.
- Hold down (A) until the flashing cursor appears on the display.
- Click ● to move the flashing to the character you want to change.
- Use ▲ and ▼ to change the character.
- After making the changes you want, press (A) to store them and return to the e-DATA MEMORY record screen (without the cursor).

To delete an e-DATA MEMORY record

- In the e-DATA MEMORY Mode, display the data you want to delete.
 - If you want to delete an entire record, display the name of the record. If you want to delete a single ID code, display the ID code.
- Hold down (A) until the flashing cursor appears on the display.
- Hold down (B) for about two seconds until the data disappears and the cursor reappears on the display.
- Input data or press (A) to return to the e-DATA MEMORY record screen.

Using a Password to Protect e-DATA MEMORY Data

You can register a 4-digit password to keep e-DATA MEMORY data secure.

Important!

Use a 4-digit password that is easy for you to remember, but difficult for others to decipher. If you forget the password, you will not be able to access the e-DATA MEMORY data without having the watch initialized, which deletes all data in its memory. To have the watch initialized, contact the store or dealer where you purchased it, and ask to have the AC operation performed.

To register a new password

- In the e-DATA MEMORY Mode, press (B).
 - This displays a screen that shows PASS:****, with the first asterisk flashing. This is the new password setting screen.
- Use ▲ and ▼ to scroll through numbers at the first digit.
 - When the number you want in the first digit is displayed, click ● to advance to the next digit.
 - To exit the new password setting screen, press (B).
- Repeat steps 2 and 3 to input all four digits of the password you want.
- After all four of the password digits are the way you want, click ● to register the password.
 - The e-DATA MEMORY record screen appears after you register a new password. At this time, you can input, recall, edit and delete data, if you want. After you exit the e-DATA MEMORY Mode, you will have to input your password before you can enter it again.

To input the password

- Enter the e-DATA MEMORY Mode.
- On the password input screen (PASS:****), input the password.
 - Use ▲ and ▼ to scroll through numbers at each digit.
 - Click ● to advance to the next digit.
- After the password is the way you want, click ●.
 - The e-DATA MEMORY record screen appears if the password you input matches the one you registered.
 - The password input screen reappears if the passwords do not match.

To change the password

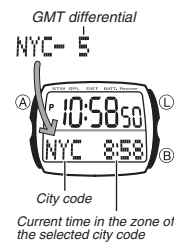
- Enter the e-DATA MEMORY Mode.
- When the password input screen appears, press (B).
 - This displays CLD:**** for input of the current password.
- Input the current password.
 - Use ▲ and ▼ to scroll through numbers at each digit.
 - Click ● to advance to the next digit.
- After the password is the way you want, click ●.
 - If the password you input matches the current password, NEW:**** appears for input of the new password.
 - The password input screen reappears if the passwords do not match.
- Input the new password.
 - Use ▲ and ▼ to scroll through numbers at each digit.
 - Click ● to advance to the next digit.
- After the new password is the way you want, click ● to register it and return to the password input screen.
 - While the CLD or NEW input screen is on the display, you can press (B) to return to the password input screen in step 2.

To delete the password

- Enter the e-DATA MEMORY Mode.
- When the password input screen appears, press (B).
 - This displays CLD:**** for input of the current password.
- Input the current password.
 - Use ▲ and ▼ to scroll through numbers at each digit.
 - Click ● to advance to the next digit.

- After the password is the way you want, click ●.
 - If the password you input matches the current password, NEW:**** appears for input of the new password.
 - The password input screen reappears if the passwords do not match.
- While NEW:**** is on the display, hold down (A) until FREE CLR and then the e-DATA MEMORY record screen appears. Keep (A) depressed after FREE CLR appears.

World Time



World Time shows the current time in 40 cities (29 time zones) around the world.

- The time settings of the Timekeeping Mode and the World Time Mode are independent from each other, so you must make separate settings for each.
- Whenever you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.
- For full information on city codes, see the "City Code Table" at the back of this manual.
- The GMT differential indicates time difference between the selected city and GMT (Greenwich Mean Time).
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.
- All of the operations in this section are performed in the World Time Mode, which you can enter by clicking ●.

To set the World Time



- In the World Time Mode, rock ▼ to scroll through cities to the east or ▲ to scroll to the west, until the one you want is on the display.
- Hold down (A) until the hour setting of the world time starts to flash, which indicates the setting screen.
- Click ● to move the flashing between the hour and minutes.
- While a setting is flashing, rock ▼ (+) and ▲ (-) to change it.
 - When setting the world time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (p indicator).
- Press (A) to exit the setting screen.

To view the time in another city code

- In the World Time Mode, rock ▼ to scroll through cities to the east or ▲ to scroll to the west, until the one you want is on the display.
- When you scroll to another city, its GMT differential appears first, followed later by the current time in that city.

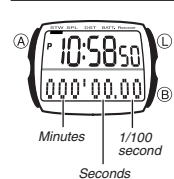
Daylight Saving Time (DST)

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

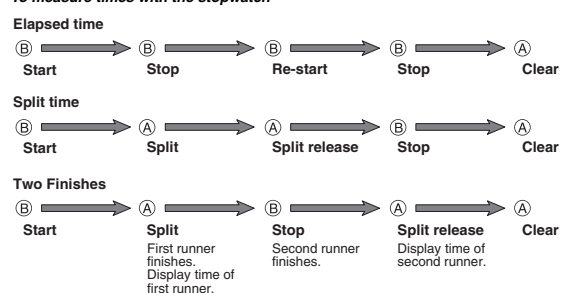
- In the World Time Mode, rock ▼ to scroll through cities to the east or ▲ to scroll to the west, until the one you want is on the display.
- Press (B) to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
 - The DST indicator is on the display 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.
 - Note that you cannot switch between standard time and Daylight Saving Time while GMT is selected as the city code.

Stopwatch

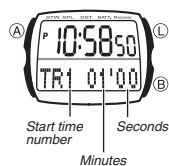


- The stopwatch lets you measure elapsed time, split times, and two finishes.
- The display range of the stopwatch is 999 minutes, 59.99 seconds.
 - The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
 - The stopwatch measurement operation continues even 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 can enter by clicking ●.

To measure times with the stopwatch



Countdown Timer

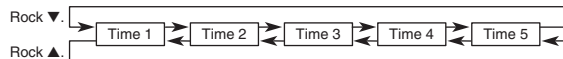


The 60-minute countdown timer has five countdown start time memories. You can set the minutes in 1-minute increments and the seconds in 10-second increments. The alarm sounds when the countdown reaches zero.

- The starting times of the countdown timers are preset to 1, 3, 5, 10 and 60 minutes when you purchase the watch. You can use these settings as they are, or you can change to different starting times if you want.
- Countdown timer functions are available in the Countdown Timer Mode, which you can enter by clicking ●.

To use the countdown timer

- In the Countdown Timer Mode, use ▼ and ▲ to select the start time you want to use.



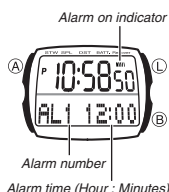
- Though Time 5 shows a start time of 00:00, it counts down up to 60 minutes.
- Press ● to start the countdown timer.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- Press ● while a countdown operation is in progress to pause it. Press ● again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing ●), and then press (A). This returns the countdown time to its starting value.

To change a countdown start time



- In the Countdown Timer Mode, use ▼ and ▲ to select the start time you want to use.
- Hold down (A) until the minutes setting of the countdown start time starts to flash, which indicates the setting screen.
- Click ● to move the flashing between the minutes and seconds.
- While a setting is flashing, rock ▼ (+) and ▲ (-) to change it.
 - You can set the seconds in 10-second increments.
 - To perform a 60-minute countdown, set a start time of 00:00.
- Press (A) to exit the setting screen.

Alarm



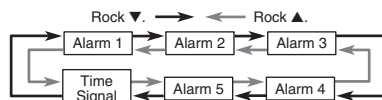
You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the time is reached. You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- The alarm time (hour and minutes) and alarm number (AL1 through AL5) indicate an alarm screen. SIG is shown in place of the alarm number on the Hourly Time Signal screen.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you can enter by clicking ●.

To set an alarm time



- In the Alarm Mode, use ▼ and ▲ to select the alarm whose time you want to set.



- After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.
- Click ● to move the flashing between the hour and minutes.
- While a setting is flashing, rock ▼ (+) and ▲ (-) to change it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
- Press (A) to exit the setting screen.

Daily Alarm Operation

The alarm sounds at the preset time each day for about 20 seconds, or until you stop it by pressing any button.

To test the alarm

In the Alarm Mode, hold down ● to sound the alarm.

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

- In the Alarm Mode, use ▼ and ▲ to select an alarm or the Hourly Time Signal.
- When the alarm or the Hourly Time Signal you want is selected, press ● to turn it on and off.
 - indicates alarm is on.
 - ▲ indicates Hourly Time Signal is on.
- The alarm on indicator (■) and the Hourly Time Signal on indicator (▲) are shown on the display in all modes while these functions are turned on.
- If any alarm is on, the alarm on indicator is shown on the display when you change to another mode.

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.

Auto Display



Auto Display continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions (except for the backlight) while Auto Display is turned on.

To turn off Auto Display

Press (A) or (B) to turn off Auto Display. This returns to the Timekeeping Mode.

To turn on Auto Display

In the Timekeeping Mode, hold down ● for about one to two seconds until the watch beeps.

Auto Return Features

- After you perform an operation in any mode, clicking ● returns to the Timekeeping Mode.
- If you leave the watch in the e-DATA MEMORY Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen. If you leave the e-DATA MEMORY Mode setting screen with the cursor flashing for about two or three minutes, the watch automatically exits the setting screen and switches to the Timekeeping Mode.

Data and Setting Scrolling

In various modes and setting screens, you rock ▲ and ▼ to scroll through data on the display. In most cases, holding the control button in either direction during a scroll operation scrolls through the data at high speed.

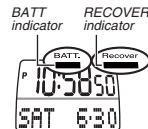
Initial Screens

When you enter the e-DATA MEMORY, World Time, Countdown Timer, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Backlight Precautions

- In any mode, press (L) to illuminate the display for about two seconds.
- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

About the Battery



The BATT indicator appears on the display whenever battery power is below a certain level. No alarms sound and the backlight does not light while battery power is low.

- Normal watch operation will return after the BATT indicator disappears. If it does not disappear, have the battery replaced.

ALWAYS LEAVE BATTERY REPLACEMENT UP TO THE DEALER WHERE YOU PURCHASED THE WATCH OR TO AN AUTHORIZED CASIO DISTRIBUTOR.

RECOVER Indicator

Certain functions consume large amounts of battery power, and using them too much can cause a sudden momentary drop in battery power. The watch monitors how much you use these high consumption functions, and displays the RECOVER indicator whenever it determines you are using them too much.

- Backlight and alarm operations are disabled while the RECOVER indicator is on the display.
- The following are the trigger values for functions that are monitored for battery usage.

High Power Consumption	Trigger Value
Backlight	100 operations
Alarm*	200 operations
Button Input Tone	1,000 operations

*Daily alarm, hourly time signal, countdown alarm

- The RECOVER indicator appears whenever any of the above operations is performed individually in succession for the number of times indicated by its trigger value.
- The RECOVER indicator also appears when a combination of functions reaches a trigger value. Examples: 50 backlight operations +100 alarm operations, 25 backlight operations +30 alarm operations +600 button input tone operations, etc.
- The RECOVER indicator disappears from the display after the battery recovers its normal power level after it has a chance to "rest."