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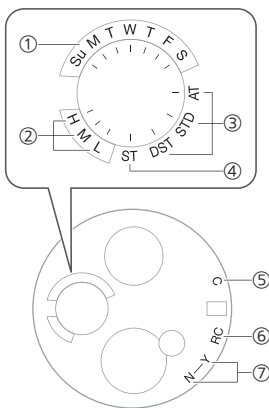
## Basic Operations

This section provides an overview of the watch and its operations.

### 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 Items

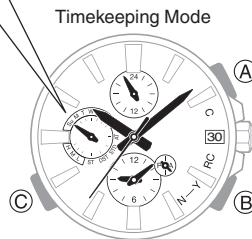
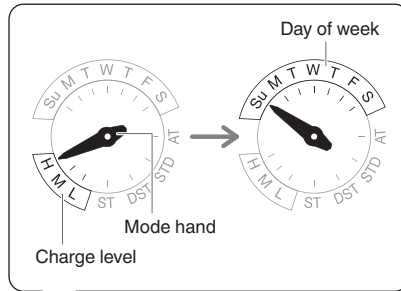


- Day of week**  
In the Timekeeping Mode, the mode hand points to the day of the week in the Home City.
- Battery level**  
The current charge level is indicated by the mode hand after you enter the Timekeeping Mode.
- Summer time setting**  
The mode hand points to the current summer time setting.
- [ST]**  
In the Stopwatch Mode, the mode hand points to [ST].
- [C]**  
The second hand points to this mark while there is a connection between the watch and a phone.
- [RC]**  
The second hand points to this mark while calibration signal reception is in progress.
- Last auto time adjustment result**  
The second hand points to [Y(YES)] or [N(NO)] to indicate the result of the last auto time adjustment operation based on time signal reception or connection with a phone.  
[Y(YES)]: Last time adjustment operation successful.  
[N(NO)]: Last time adjustment operation failed.

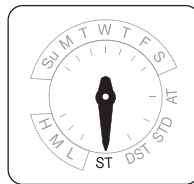
## Navigating Between Modes

Press (C) to cycle between modes.

- In any mode, hold down (C) for about two seconds to enter the Timekeeping Mode.



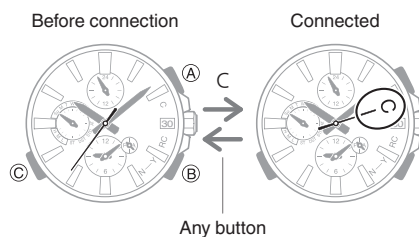
### Stopwatch Mode



### Connecting with a Phone

Hold down (C) for about four seconds to establish a connection with a phone.

- To disconnect, press any button.

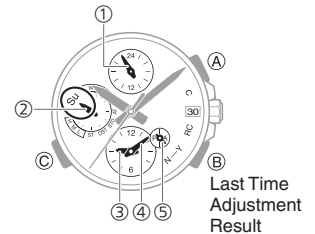


## Mode Overview

### Timekeeping Mode

The main hour, minute, and second hands indicate the current time.

The small hour and minute hands show another time (Dual Time).



- Current location time (24-hour time)  
One revolution every 24 hours.
- Day of the week at current location
- Dual Time hour
- Dual Time minute
- Dual Time hour (24-hour hand)  
The hand points to the A-side for a.m. times, and to the P-side for p.m. times.

### Checking the Last Time Adjustment Result

Press (B).

[Checking the Last Time Adjustment Result](#)

### Connecting with a Phone to Adjust the Watch's Time

Hold down (B) for about 0.5 seconds. Release the button as soon as the second hand moves from [Y/N] to [C].

### Time Adjustment Using a Time Calibration Signal

Hold down (B) for about 1.5 seconds. Release the button as soon as the second hand moves from [C] to [RC].

### Phone Finder

Hold down (B) for about 3.5 seconds. Release the button as soon as the second hand moves from [RC] to [C].

### Swapping the Current Location Time and Dual Time

Hold down (A) for about three seconds.

### Checking the Charge Level

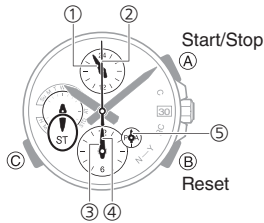
Immediately after you press (C) to return to the Timekeeping Mode, you can check the battery charge level by noting the mode hand position.

[Checking the Charge Level](#)

## ● Stopwatch Mode

The main hour and minute hands indicate the current time.

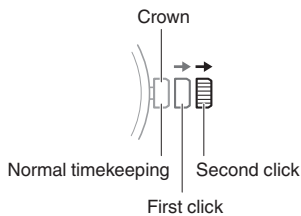
The second hand, and the small hour and minute hands indicate the elapsed stopwatch time.



- ① Current location time (24-hour time)  
One revolution every 24 hours.
- ② Stopwatch seconds
- ③ Stopwatch hours
- ④ Stopwatch minutes
- ⑤ Stopwatch hours (24-hour time)  
The hand points to the A-side for hours 0 through 12, and to the P-side for hours 12 through 24.

## Using the Crown

### ● Fast Forward/Fast Reverse



### Important!

- To prevent loss of water resistance and/or damage due to impact, be sure to push the crown in to its normal position after you are finished using it.
- When pushing the crown back in, take care not to apply too much force.

After pulling out the crown to the first or second click, rotating it quickly in succession in either direction will start a fast forward or fast reverse operation. While a fast forward operation is in progress, quickly rotating the crown in succession again will increase the speed even further.

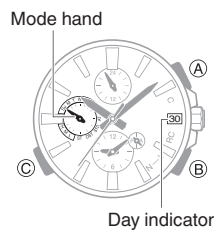
## ● Stopping Fast Forward/Fast Reverse

Rotate the crown in the direction opposite that of the ongoing operation or press any button.

### Note

- If you do not perform any operation for about two minutes after pulling out the crown, crown operations will automatically become disabled. If that happens, push the crown back in and then pull it out again.

## Hand and Day Indicator Movement



### ● Mode Hand and Day Indicator Movement

Changing the day setting of the watch will also cause the mode hand to move.

### ● Day

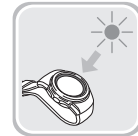
- It can take anywhere from about 10 to 40 seconds for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day may not be indicated correctly while the watch's crown is pulled out.

## Solar Charging

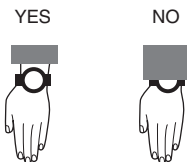
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

### ● 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.

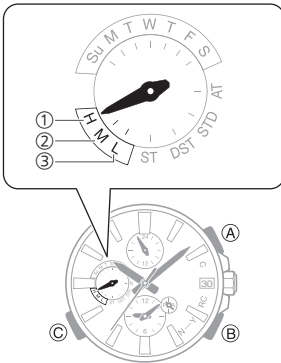


### Important!

- 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

Immediately after you press (C) to return to the Timekeeping Mode, the mode hand will indicate the battery charge level. After a short while, the mode hand will indicate the current day of the week.



- ① Good (high charge)
- ② Good (medium charge)
- ③ 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!

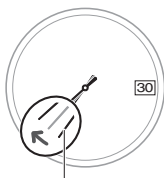
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

### Note

- Exposing the watch face to light after the battery goes dead will cause the second hand to revolve 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 and the day indicator 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	18 hours
High charge → Full charge	5 hours

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

Dead battery → Medium charge	6 hours
Medium charge → High charge	68 hours
High charge → Full charge	19 hours

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

Dead battery → Medium charge	9 hours
Medium charge → High charge	110 hours
High charge → Full charge	30 hours

- Indoor fluorescent lighting (500 lux)

Dead battery → Medium charge	97 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

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 5:50 a.m. will cause the second hand to stop, and the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, all hands will stop and the watch will enter Level 2 power saving.

Level 1 :

Basic timekeeping functions are operational.

Level 2 :

Only the day indicator is operational.

### Note

- Note that the watch also may enter the power saving state if its face is blocked from light by your sleeve while you are wearing it.
- The watch will enter power saving from the Timekeeping Mode only.

## ● Recovering from Power Saving Operation

Press any button, perform a crown operation, or place the watch in a well-lit area to recover from power saving.

## Connecting with a Phone

To connect the watch with a phone, first install the CASIO “CASIO WATCHES” app on the phone and then use Bluetooth to pair the watch with the phone.

### ● ① Install the 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.

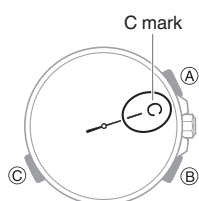
### ● ③ Pair the watch with a phone.

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

1. Move the phone to be paired with close to (within one meter of) the watch.
2. Tap the “CASIO WATCHES” icon.
  - Tap **+** on the “My Watch” tab. Next, select the applicable product name.
3. Hold down (C) for about four seconds until the second hand points to [C].
4. Perform the operation shown on the screen of the phone to be paired with.
 

When a connection is established between the watch and phone, the second hand moves to [C].

  - If pairing fails for some reason, perform the procedure again from step 1.



#### 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.

## Adjusting the Time Setting

Your watch can receive time signals and connect with a phone to obtain information that it uses to adjust its date and time setting.

#### Important!

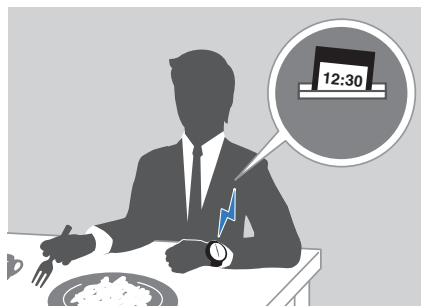
- Disable auto time adjustment whenever you are inside an aircraft or in any other area where radio wave reception is prohibited or restricted.
  - Using CASIO WATCHES to Configure Settings
  - Using Watch Operations to Configure Settings

## Connecting with a Phone to Adjust the Watch’s Time

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 adjustment 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 day indicator positions.
  - Adjusting Hand and Day Indicator Alignment
- If there is a World Time City specified with CASIO WATCHES, its time will also be synchronized automatically.
- 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.

### ● Triggering Immediate Time Adjustment

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 adjustment, perform the procedure below to connect with a phone.

1. Hold down (B) for about 0.5 seconds. Release the button as soon as the second hand points to [C].
 

When the watch connects with a phone, the second hand will normally move to [Y(YES)] and then the watch’s time setting will be adjusted.

  - The connection is terminated automatically after time adjustment is complete.



## Time Adjustment Using a Time Signal

### Overview

The watch's time and day settings can be adjusted in accordance with a received time signal.

### Important!

- In order to make it possible for the current time setting to be adjusted correctly based on time calibration signal reception, you need to specify the time zone where you are using the watch.
- If the watch was unable to connect with a phone even once for time adjustment during the previous day while connection with a phone is being used, it will automatically try to receive a time calibration signal.

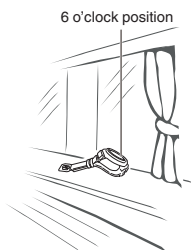
### Note

- Areas where time calibration signal reception is supported are limited. When the watch is in an area where time calibration signal reception is not possible, connect with a phone to adjust time and day settings.
  - 🔗 [Time Calibration Signal Reception Ranges](#)
- If the watch does not indicate the correct time even after it receives a time calibration signal, correct the hand and day indicator positions.
  - 🔗 [Using CASIO WATCHES to Correct Hand Positions](#)
  - 🔗 [Using Watch Operations to Make Adjustments](#)

## Appropriate Signal Reception Location

A time calibration signal can be received while the watch is near a window.

- Position the watch so its 6 o'clock side is facing the window.
- Keep metal objects away from the watch.
- Do not move the watch.
- Do not perform any operation on the watch.



### Note

- You may experience time calibration signal reception problems in the areas described below.
  - Among or near buildings
  - While riding in a vehicle
  - Near household appliances, office machines, mobile phones, etc.
  - On a construction site, in an airport, or any other location where radio wave interference occurs
  - Near high-voltage lines
  - In mountainous areas or behind a mountain

## Time Calibration Signal Reception Ranges

### ● Japan (JJY)

The Japan time signal radio stations are located on Mt. Otakadoya in Fukushima and Mt. Hagane in Fukuoka/Saga. The reception range of the Japanese time signals is approximately 1,000 km from each transmission station.

### ● China (BPC)

The China time signal radio station is located in Shangqiu, Henan Province, China. The reception range of the Chinese time signal is approximately 1,500 km from the transmission station.

### ● United States (WWVB)

The United States time signal radio station is located in Fort Collins, Colorado. The reception range of the U.S. time signal is approximately 3,000 km from the transmission station.

### ● U.K. (MSF)/Germany (DCF77)

The U.K. time signal radio station is located in Anthorn, Cumbria. The German time signal radio station is located in Mainflingen, southeast of Frankfurt. The reception range of the U.K. and German time signals is approximately 1,500 km from each transmission station.

### Note

- Even if you are within the normal reception range of a time calibration signal, reception may be made impossible by the following factors: geographic contours, weather, the season, the time of day, wireless noise.

## Auto Time Calibration Signal Receive

An automatic time calibration signal receive operation is performed and the time and day settings are adjusted between midnight and 5:00 a.m. Once a signal receive operation is successful, no more auto receive operations are performed that day.

### Getting Ready

Enter the Timekeeping Mode.

 [Navigating Between Modes](#)




Place the watch near a window or some other location appropriate for signal reception.

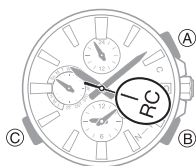
- The second hand points to [RC] while the receive operation in progress.
- When the receive operation is successful, the time and day settings will be adjusted automatically.

### Note

- The receive operation takes anywhere from about two minutes to about 10 minutes. It can take as long as 20 minutes.
- If the watch connects with a phone and adjusts its time setting, the watch will not perform auto receive of a time calibration signal for the rest of that day or the next day.

## Manual Time Calibration Signal Receive

1. Place the watch near a window or some other location appropriate for time signal reception.
2. Enter the Timekeeping Mode.  
 [Navigating Between Modes](#)
3. Hold down (B) for about 1.5 seconds until the second hand points to [RC].  
  
This indicates that the receive operation has started. After the receive operation is complete, the watch's time and day settings will be adjusted accordingly.




### Note

- The receive operation takes anywhere from about two minutes to about 10 minutes. It can take as long as 20 minutes.
- Time calibration signal reception is better at night than during the day.

## Signal Reception Precautions

- When the watch is unable to adjust its time in accordance with a calibration signal for some reason, average timekeeping accuracy is within  $\pm 15$  seconds per month.
- Note that an internal decoding process the watch performs after it receives a signal may cause the time setting to be slightly off (by less than one second).
- Time calibration signal reception is not possible under the conditions described below.
  - While battery power is low
  - While in the Stopwatch Mode
  - At Power Saving Level 2
  - While the crown is pulled out
- As of January 2018, China does not observe summer time. If China starts to observe summer time in the future, the time displayed by the watch for China may not be correct.

## Checking the Last Time Adjustment Result

1. Enter the Timekeeping Mode.  
 [Navigating Between Modes](#)

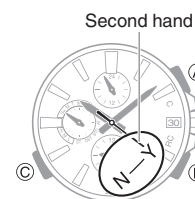


2. Press (B).

The second hand will indicate the last time adjustment operation result. The watch hands will return to indicating the current time if you do not perform any operation for nine or ten seconds.

[Y(YES)]: Last time adjustment operation successful.

[N(NO)]: Last time adjustment operation failed.



### Note

- Even if there was a successful time calibration signal receive operation or connection with a phone, the second hand will point to [N(NO)] if you adjusted the time and/or date setting manually.

## Using the Watch in a Medical Facility or Aircraft

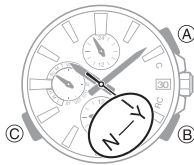
Whenever you are in a hospital, on an aircraft, or in any other location where auto time calibration signal receive or connection with a phone may cause problems, you can perform the procedure below to disable such operations. To re-enable auto time adjustment, perform the same operation again.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)

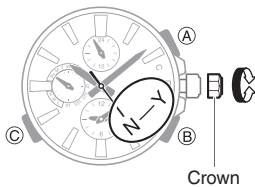


2. Press (B).

The second hand will indicate the last receive result for nine or ten seconds.



3. Within 10 seconds after pressing (B) above, pull out the crown to the first click.
  - If more than 10 seconds elapse before you pull out the crown after you perform the operation in step 2, the second hand will return to indicating seconds. If this happens, perform step 2 again.
4. Rotate the crown to disable auto time adjustment.  
 [Y(YES)]: Auto time adjustment enabled.  
 [N(NO)]: Auto time adjustment disabled.



5. Push the crown back in.

### Note

- If the watch is paired with a phone, CASIO WATCHES can be used to disable auto time adjustment.  
[Using CASIO WATCHES to Disable Auto Time Adjustment](#)

## 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

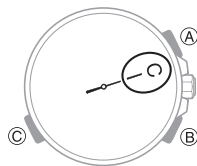
## Connection

### 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.  
 ③ [Pair the watch with a phone.](#)

1. Move the phone close to (within one meter of) the watch.
2. While the second hand is not pointing to [C], hold down (C) for about four seconds. This causes the second hand to move to [C] and establishes a connection between the watch and phone.



### Important!

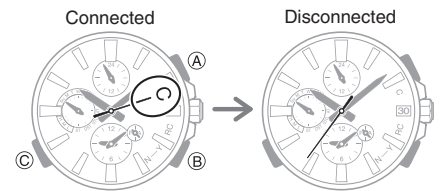
- If you have problems establishing a connection, it could mean that CASIO WATCHES is not running on the phone. On the phone's home screen, tap the "CASIO WATCHES" icon. After the app starts up, hold down the watch's (C) button for about four seconds.

### 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.

### Canceling a Connection with a Phone

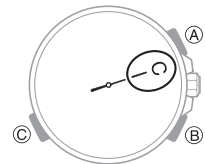
Pressing any button terminates the Bluetooth connection and returns the second hand to its normal operation.



### 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 time calibration signal receive or connection with a phone may cause problems, you can perform the procedure below to disable such operations. To re-enable auto time adjustment, perform the same operation again.

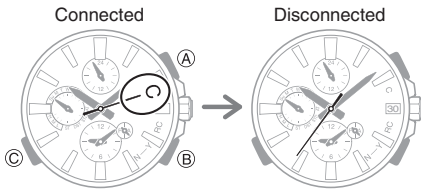
1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for about four seconds. This causes the second hand to move to [C] and establishes a connection between the watch and phone.



3. Perform the operation shown on the phone screen to enable or disable auto time adjustment.

## 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.

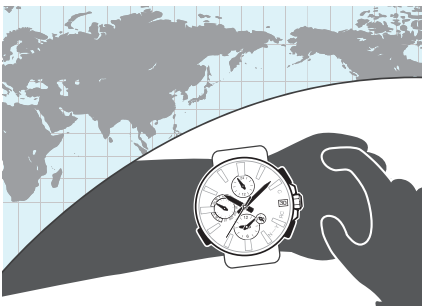
## If you purchase another phone

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.

## Configuring World Time Settings

Specifying a World Time City with CASIO WATCHES causes the watch's World Time City to change accordingly. The standard time/summer time setting of the World Time will be adjusted automatically without any watch operation required by you.

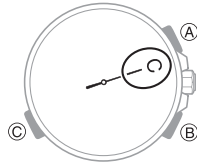


### Note

- 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 about four seconds.  
This causes the second hand to move to [C] and establishes a connection between the watch and phone.



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

- You can determine whether a World Time is a.m. or p.m. by checking the position of the small 24-hour hand.

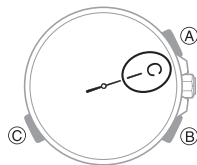


World Time hour and minute

World Time hour (24-hour)

### Configuring the Summer Time Setting

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for about four seconds.  
This causes the second hand to move to [C] and establishes a connection between the watch and phone.



3. Perform the operation shown on the phone screen to select a summer time setting.

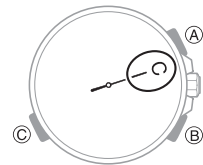
- "Auto"  
The watch switches between standard time and summer time automatically.
- "OFF"  
The watch always indicates standard time.
- "ON"  
The watch always indicates summer time.

### 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".
- Changing the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- A CASIO WATCHES screen shows information about summer time periods.

### Swapping Your World Time and Home Time

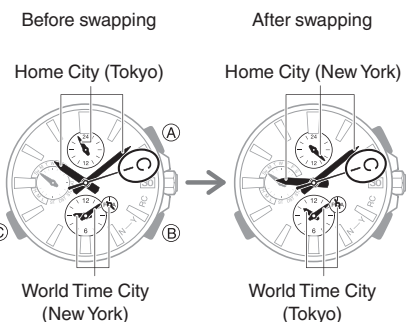
1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for about four seconds.  
This causes the second hand to move to [C] and establishes a connection between the watch and phone.



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

For example, if your Home City is Tokyo and the World Time City is New York, they will be swapped as shown below.

- The second hand will point to the time zone of the currently selected World Time City for a few seconds after you swap times.



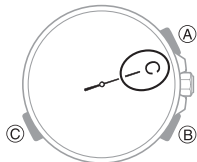
## Note

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

## Adjusting Hand and Day Indicator Alignment

If the hands and/or date indicator 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 about four seconds. This causes the second hand to move to [C] and establishes a connection between the watch and phone.



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

## Note

- The movement of some hands are linked with other hands. When correcting the alignment of such a hand, you will have to correct the alignment of the linked hand(s) at the same time.

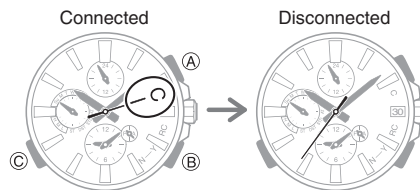
## Phone Finder

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.

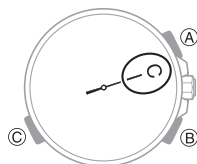
## Important!

- 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. Hold down (C) for about two seconds. This will cause the watch to enter the Timekeeping Mode.
3. Hold down (B) for about 3.5 seconds until the second hand points to [C]. A connection will be established between the watch and phone, and then the phone's ringtone will sound.
  - It will take a few seconds before the phone tone sounds.

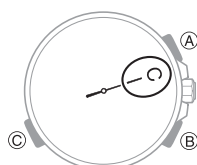


4. Press any button to stop the tone.
  - You can press any watch button to stop the phone tone, but only during the first 30 seconds after it starts to sound.

## Configuring Watch Settings

You can use CASIO WATCHES to specify the amount of time until the Bluetooth connection is automatically terminated, and to configure other watch settings.

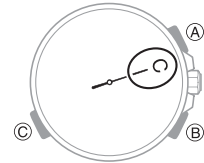
1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for about four seconds. This causes the second hand to move to [C] and establishes a connection between the watch and phone.



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 about four seconds. This causes the second hand to move to [C] and establishes a connection between the watch and phone.

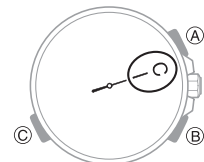


3. Perform the operation shown on the phone screen to change your Home City summer time setting.

## 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 about four seconds. This causes the second hand to move to [C] and establishes a connection between the watch and phone.



3. Use CASIO WATCHES to check the charge level.

## Adjusting Time Settings Manually

You can use the procedure below to adjust the watch's time and day settings when time calibration signal reception or communication with a phone is not possible for some reason.

### Selecting Your Home City's Time Zone

Use the procedure in this section to select the time zone of the city you want to use as your Home City.

#### Important!

- If you do not specify the time zone where you are using the watch, the current time setting will not be correct after it is adjusted based on a time calibration signal.

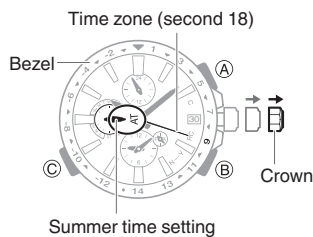
- Pull out the crown to the second click.

The second hand indicates the currently selected time zone, while the mode hand indicates the current summer time setting.

- Starting from the ▼ mark (second 0) on the bezel, time zones are arranged in minus and plus time offsets to the left and right. Align the second hand with the position of the time zone you want to specify. For information about time zone positions, see the section below.

[City \(Time Zone\) List](#)

#### Tokyo (+9 offset)



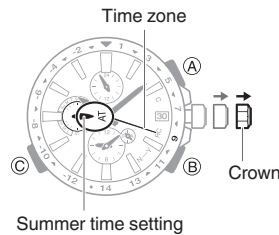
- Rotate the crown to change the time zone.
- Push the crown back in.

### Adjusting the Time and Day Setting

- Pull out the crown to the second click.

The second hand will point to the currently selected time zone.

- The mode hand will point to the summer time setting for the currently selected Home City.



- Hold down (C) for about one second.

This causes the second hand to move to 12 o'clock, and enables the minute setting operation.

- Rotate the crown to change the minute setting.

- Press (C).

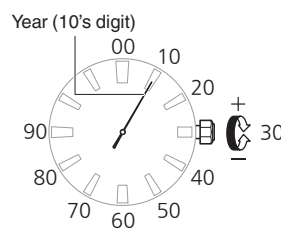
The hour hand will move slightly, indicating that the hour setting operation is enabled.

- Rotate the crown to change the hour setting.

- Press (C).

This enables the year ten's digit setting operation.

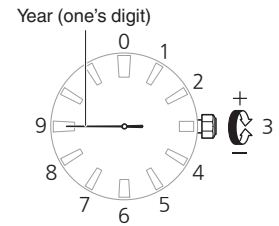
- Rotate the crown to move the second hand to the desired setting for the year ten's digit.



- Press (C).

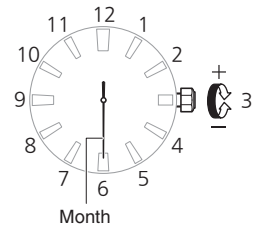
This enables the year one's digit setting operation.

- Rotate the crown to move the second hand to the desired setting for the year one's digit.



- Press (C).

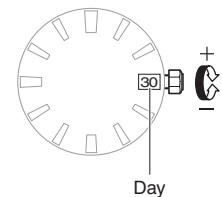
This enables the month setting operation.



- Rotate the crown to change the month.

- Press (C).

The mode hand will move slightly, indicating that the day setting operation is enabled.



- Changing the day setting will cause the mode hand to rotate repeatedly.

[Hand and Day Indicator Movement](#)

- Rotate the crown to change the day.

- On a time signal at the top of a minute, push the crown back in.

#### Note

- If the watch does not indicate the correct time even after you adjust it, adjust the hand and day indicator positions.

[Using CASIO WATCHES to Correct Hand Positions](#)

[Using Watch Operations to Make Adjustments](#)

## Configuring the Summer Time Setting (Home City)

The watch's current time setting can be changed to summer time when required.

[STD]: The watch always indicates standard time.

[DST]: The watch always indicates summer time.

### Important!

- If the Home City time zone is an area where time calibration signal reception is possible, you can select [AT] (Auto) for the summer time setting. While [AT] is specified as the summer time setting, the first time calibration signal receive operation after the Home City enters the summer time period will cause the watch's time setting to switch to summer time. The first time calibration signal receive operation after the end of the summer time period is reached will cause the watch's time setting to switch to standard time. For information about areas where time calibration signals can be received, go to the section below.
  - 🔗 [City \(Time Zone\) List](#)

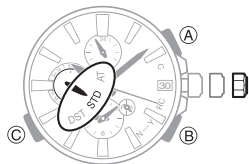
1. Pull out the crown to the second click.

The second hand will point to the currently selected time zone.

- The mode hand will point to the summer time setting for the currently selected Home City.

2. Hold down (A) for about one second.

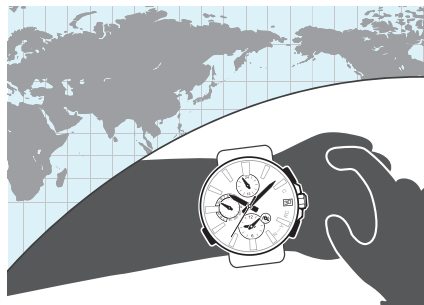
Each time you hold down (A) for about one second, the summer time setting will cycle to the next available option.



3. Push the crown back in.

## Dual Time

Dual Time lets you look up the current time in various time zones around the globe.



### Getting Ready

Enter the Timekeeping Mode.

🔗 [Navigating Between Modes](#)



## Selecting a Time Zone

Use the procedure below to specify the time zone where the city whose time you want to use for Dual Time is located.

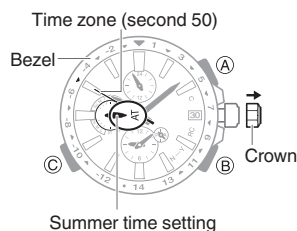
1. Pull out the crown to the first click.

The second hand indicates the current Dual Time zone, while the mode hand indicates the current Dual Time summer time setting.

- Starting from the ▼ mark (second 0) on the bezel, time zones are arranged in minus and plus time offsets to the left and right. Align the second hand with the position of the time zone you want to specify. For information about time zone positions, see the section below.

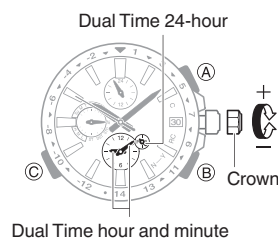
🔗 [City \(Time Zone\) List](#)

### New York (-5 offset)



2. Rotate the crown to change the time zone.

The Dual Time hour and minute hands indicate the current time in the selected time zone.



3. Push the crown back in.

## Configuring the Summer Time Setting (Dual Time)

The watch's current time setting can be changed to summer time when required.

[STD]: The watch always indicates standard time.

[DST]: The watch always indicates summer time.

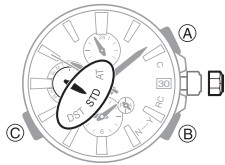
### Important!

- When the time zone for your Dual Time is a region where time calibration signal reception is possible, you will be able to select [AT] (auto) for the daylight saving time setting. However, in order to have the Dual Time switch to daylight saving time, you need to swap it with your Home City time and then perform a time calibration signal receive operation.
  - 🔗 [Swapping the Home City Time and World Time \(Dual Time\)](#)
- For information about areas where time calibration signals can be received, see the information below.
  - 🔗 [City \(Time Zone\) List](#)

1. Pull out the crown to the first click.

The second hand will point to the currently selected time zone.

- Hold down (A) for about one second.  
Each time you hold down (A) for about one second, the summer time setting will cycle to the next available option.



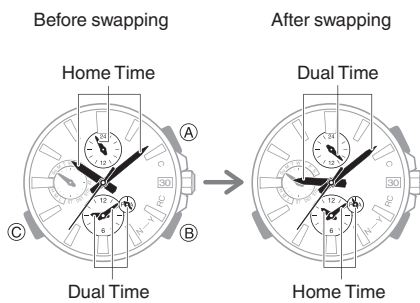
- Push the crown back in.

### Note

- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.

## Swapping the Home City Time and World Time (Dual Time)

Holding down (A) for about three seconds will swap your Home City time with your Dual Time.



- If a swapping operation causes a change in the day indicator setting, the mode hand will rotate repeatedly.

[Hand and Day Indicator Movement](#)

### 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](#)

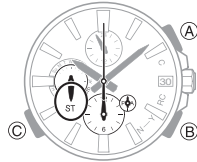
## Stopwatch

The stopwatch measures elapsed time in units of one second up to 23 hours, 59 minutes, 59 seconds (24 hours).

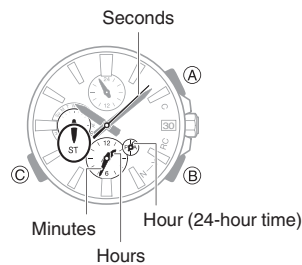
### Getting Ready

Enter the Stopwatch Mode.

[Navigating Between Modes](#)



## Measuring Elapsed Time



- Use the operations below to measure elapsed time.

- (A) Start
- ↓
- (A) Stop
- ↓
- (A) Resume
- ↓
- (A) Stop

- Press (B) to reset the elapsed time to all zeros.
- Press (C) to return to the Timekeeping Mode.

## Adjusting Hand and Day Indicator Alignment

Strong magnetism or impact can cause the hands and/or the day indicator to go out of alignment. If this happens, adjust hand and day indicator alignment.

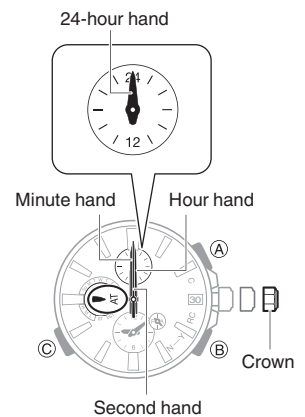
- The watch performs alignment of the hour hand, minute hand, second hand, and 24-hour hand automatically.

## Adjusting Hand and Day Indicator Alignment

- Pull out the crown to the second click.
- Hold down (B) for about five seconds, until the second hand moves to 12 o'clock. Release the button when the second hand reaches 12 o'clock.

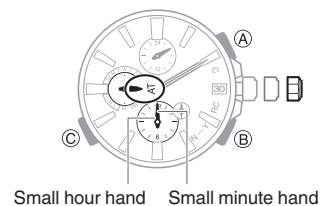
This will start auto alignment of the hour hand, minute hand, second hand, and 24-hour hand.

- After auto alignment is complete, the hands should be in the positions shown below.

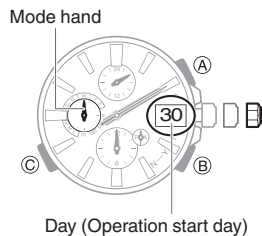


- Press (C).

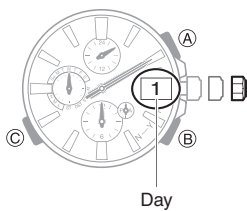
Confirm that the small hour and minute hands, and the small 24-hour hand are all stopped at 12 o'clock.



- If the small hour and minute hands, and the small 24-hour hand are not at 12 o'clock, rotate the crown to align them correctly.
- Press (C).  
Confirm that the mode hand is stopped at 12 o'clock, and check if the day is indicated properly.



- If the mode hand and/or the day indicator is out of alignment, rotate the crown to move the mode hand to 12 o'clock and the day to the center of the indicator window.
  - The movement range of the mode hand and day indicator is limited when you rotate the crown. The maximum left-right movement of the mode hand is 180 degrees in either direction. The day indicator moves only slightly.
  - After the mode hand and day indicator are in the positions you want, advance to step 9 of this procedure. If you are unable to make the adjustments you want, go to step 7.
- Press (C).  
Confirm that the day indicator shows "1".



- Changing the date setting will cause the mode hand to rotate repeatedly. In some cases, the mode hand may continue to rotate for about 5 minutes.  
[Hand and Day Indicator Movement](#)
- If "1" is not shown for the day, rotate the crown until "1" is shown for the day.
    - The mode hand moves in conjunction with crown rotation. Move the mode hand to 12 o'clock.
  - Push the crown back in.

## Note

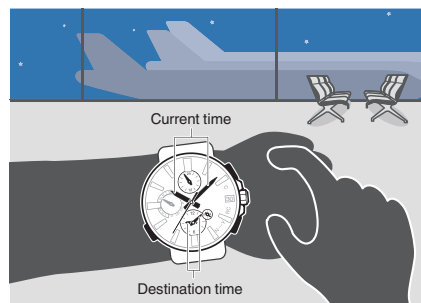
- Leaving the crown pulled out for more than approximately 30 minutes without performing any operation will automatically cause the adjustment operation to become disabled. If this happens, push the crown back in to its normal position and then pull it out again to restart the procedure from the beginning. Pushing the crown in to its normal position part way through the alignment procedure will cause the hands to return to their normal position. Any alignment you performed up to that point will be applied.

## Moving to Another Time Zone

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

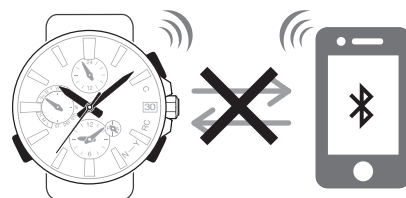
### ● Before Boarding

- Configure the World Time (Dual Time) setting to the current time at your destination.



- [Using CASIO WATCHES to Configure Settings](#)
- [Using Watch Operations to Configure Settings](#)

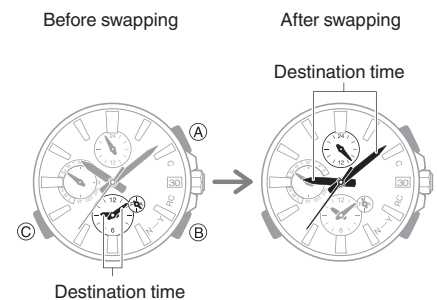
- Disable auto time adjustment.



- [Using CASIO WATCHES to Configure Settings](#)
- [Using Watch Operations to Configure Settings](#)

### ● After Arriving

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



[Using CASIO WATCHES to Configure Settings](#)

[Using Watch Operations to Configure Settings](#)

- Enable auto time adjustment.

[Using CASIO WATCHES to Configure Settings](#)

[Using Watch Operations to Configure Settings](#)

## Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

### City (Time Zone) List

Time offset	Bezel Marking	Second Hand Position	Representative City	Receivable Transmitter
±0*	▼	0	London, Dublin	MSF, DCF77
+1*	1	2	Paris, Rome	
+2*	▼	4	Athens, Cairo	
+3	3	6	Jeddah, Moscow	-
+4	▼	8	Dubai, Abu Dhabi	-
+5	5	10	Karachi	-
+6	▼	12	Dhaka	-
+7	7	14	Bangkok, Jakarta	-
+8*	▼	16	Hong Kong, Singapore	BPC
+9*	9	18	Tokyo, Seoul	JJY
+10	▼	20	Sydney, Guam	-
+11	11	22	Noumea, Port Vila	-
+12	▼	24	Wellington, Christchurch	-
+13	13	26	Nuku'alofa	-
+14	14	30	Kiritimati	-
-12	-12	35	Baker Island	-
-11	▼	38	Pago Pago	-
-10	-10	40	Honolulu, Papeete	-
-9	▼	42	Anchorage, Nome	-
-8*	-8	44	Los Angeles, Vancouver	WWVB
-7*	▼	46	Denver, Edmonton	
-6*	-6	48	Chicago, Mexico City	
-5*	▼	50	New York, Montreal	
-4*	-4	52	Halifax, Caracas	
-3	▼	54	Rio de Janeiro, Buenos Aires	-
-2	-2	56	Fernando de Noronha	-
-1	▼	58	Praia	-

\* Time zones where time calibration signal reception is possible.

- 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 time calibration signal reception or by communication with a phone is not possible.

### Timekeeping :

Hour, minute, second, day (2000 to 2099 full auto calendar), day of the week

### Dual Time :

Hour, minute, 24-hour  
Home Time swapping  
Summer time

### Signal Receive Functions :

Time calibration: Auto Receive, manual receive

Auto transmitter selection (for JJY, MSF/DCF77)

### Receivable Call Signs :

JJY (40kHz/60kHz), BPC (68.5kHz), WWVB (60kHz), MSF (60kHz), DCF77 (77.5kHz)

### Last reception result display

Automatic and manual switching between standard time and summer time.

### 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 phone.

#### Home Time swapping

#### Auto Summer Time Switching

Automatic switching between standard time and summer time

#### 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)

### Stopwatch :

Measuring unit: 1 second

Measuring capacity: 23:59'59" (24 hours)

Measurement function: Elapsed time

### Other :

Auto Correction of Hand Home Positions,  
Power Saving, Battery indicator

### Power Supply :

Solar panel and one rechargeable battery

### Approximate Battery Life :

Approximately 5 months

Conditions

Auto adjust: 4 times/day

Power Saving: 6 hours/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

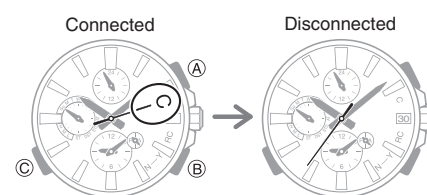
- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.
- This watch can 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 [C]. Even if the second hand is not pointing at [C], the watch will automatically attempt to connect with a phone four times a day to adjust its time settings.

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 (C) to terminate the Bluetooth connection.



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

🔗 [Using CASIO WATCHES to Disable Auto Time Adjustment](#)

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## Troubleshooting

### Signal Reception (Time Calibration Signal)

**Q1** The watch cannot perform a receive operation.

Is the watch's battery charged?

Signal reception is not possible while battery power is low. Keep the watch exposed to light until it recharges sufficiently.

☞ [Solar Charging](#)

Is the watch in the Timekeeping Mode?

Time signal receive is performed only while the watch is in the Timekeeping Mode. Return to the Timekeeping Mode.

☞ [Navigating Between Modes](#)

Is auto time adjustment enabled?

Time signals cannot be received while auto time adjustment is disabled. Enable auto time adjustment to perform receive operations.

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

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

Is your Home City setting correct for your location?

The watch will not indicate the correct time if the Home City setting is wrong. Change your Home City setting so it correctly reflects your location.

☞ [Selecting Your Home City's Time Zone](#)

After checking the above, the watch still cannot perform a receive operation.

Time calibration signal reception is not possible under the conditions described below.

- When watch is at Level 2 power saving
- When the crown is pulled out

If successful reception is not possible for some reason, you can adjust the time and day settings manually.

**Q2** The signal receive operation always fails.

Is the watch in a location that is appropriate for signal reception?

Check your surroundings and move the watch to a location where signal reception is better.

☞ [Appropriate Signal Reception Location](#)

Did you avoid touching the watch while the receive operation was in progress?

Minimize movement of the watch and do not perform any watch operation while a receive operation is in progress.

Is the signal transmitter in your area transmitting a signal?

The transmitter of the time calibration may not be transmitting a signal. Try again later.

**Q3** Signal reception should have been successful, but the watch's time and/or day is wrong.

Is the time zone where you are using the watch specified correctly?

Specify the time zone where you are using the watch.

☞ [Configuring the Summer Time Setting \(Home City\)](#)

☞ [Configuring the Summer Time Setting \(Dual Time\)](#)

Is the hand and/or day indicator alignment correct?

Adjust hand and/or day indicator alignment.

☞ [Adjusting Hand and Day Indicator Alignment](#)

After checking the above, the time and/or day settings is still wrong.

Adjust time and day settings manually.

☞ [Adjusting Time Settings Manually](#)

### 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 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

#### 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 the MODE button (C) for about four 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 the MODE button (C) for about four 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 the phone's Home Screen and tap the "CASIO WATCHES" icon. Then on the watch, hold down the MODE button (C) for about four seconds.



**Q3** I can't establish a connection after disabling the watch's auto time adjustment feature.

On the watch, enable auto time adjustment, and then hold down the MODE button (C) for about four seconds.

[Using CASIO WATCHES to Configure Settings](#)

[Using Watch Operations to Configure Settings](#)



**Q4** 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 the MODE button (C) for about four seconds.



**Q5** 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 the MODE button (C) for about four 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 the MODE button (C) for about four seconds.



Has the watch been re-paired with the phone?

After unpairing the watch and phone, 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 Pull out the crown to the second click.
- ② Hold down (B) for about 10 seconds.

This deletes the pairing information. The second hand will point to [C].

- ③ Push the crown back in.

## 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 Adjustment by Bluetooth Connection (Time Adjustment)

**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 performed, but the time setting is not correct.

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

Note that auto time adjustment 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 adjustment will resume 24 hours after either of the above operations is performed.

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 CASIO WATCHES to Configure Settings](#)

[Using Watch Operations to Configure Settings](#)

**Q3** 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.

## Hand Movement and Indications

**Q1** I don't know what mode the watch is in.

You can determine the current mode by checking the mode hand position. Use (C) to navigate between modes.

[Navigating Between Modes](#)



**Q2** The second hand is jumping at two-second intervals.

Battery power is low. Keep the watch exposed to light until it recharges sufficiently.

[Solar Charging](#)

**Q3** All hands are stopped and buttons do not work.

The battery is dead. Keep the watch exposed to light until it recharges sufficiently.

[Solar Charging](#)

**Q4** The hands suddenly start moving at high speed.

This is due to the reason (or one of the reasons) below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- The watch is recovering from a power saving state. [Power Saving](#)
- A time calibration signal is being received and the time setting is being adjusted. [Adjusting the Time Setting](#)
- Watch is connected with a phone to adjust its time setting. [Connecting with a Phone to Adjust the Watch's Time](#)

**Q5** Hands are stopped and buttons do not work.

The watch is in the charge recovery mode. Wait until the recovery process is complete (for about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

**Q6** Why is the current time indicated by the watch is off by a certain amount of time (nine hours, three hours and 15 minutes, etc.)?

The city setting is not correct. Select the correct setting.

[Selecting Your Home City's Time Zone](#)

**Q7** The current time indicated by the watch is off by one hour or 30 minutes.

The summer time setting is not correct. Select the correct setting.

[Selecting Your Home City's Time Zone](#)

**Q8** The hand and/or day indicator are not aligned correctly.

Strong magnetism or impact can cause the hands and/or the indicator to go out of alignment. Adjust hand and/or day indicator alignment.

[Adjusting Hand and Day Indicator Alignment](#)

- Check the information below to find out how to align the hands and/or day indicator manually.

[Adjusting Hand and Day Indicator Alignment](#)

## Crown Operations

**Q1** Nothing happens when I rotate the crown.

If you do not perform any operation for about two minutes after pulling out the crown (approximately 30 minutes in the case of hand and day indicator alignment), crown operations will automatically become disabled. Push the crown back in to its normal position and then pull it out again to re-enable crown operations.

[Using the Crown](#)