CASIO.

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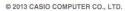
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Module No. 5325



User's Guide
Bedienungsanleitung
Mode d'emploi
Guía del usuario
Guida dell'utilizzatore



Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, be sure to carefully read and follow the instructions in this manual, especially the information under "Operating Precautions" and "User Maintenance".

Be sure to keep all user documentation handy for future reference.

 Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

This watch does not have a city code that corresponds to the UTC offset of -3.5 hours. Because of this, the radio-controlled atomic timekeeping function will not display the correct time for Newfoundland, Canada.

Warning!

- The measurement functions built into this watch are not intended for taking measurements that require professional or industrial precision. Values produced by this watch should be considered as reasonable representations only.
- To ensure correct direction readings by this watch, be sure to perform bidirectional calibration before using it. The watch may produce incorrect direction readings if you do not perform bidirectional calibration. For more information, see "To perform bidirectional calibration" (page E-37).
- Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of this product or its malfunction.

About This Manual



Hands and Indicators

- 1 Hour Hand
- 2 Second Hand
- 3 Minute Hand
- 4 Upper Dial Hand: Indicates a time, in 24-hour format, depending on the current mode.
- [5] Lower Dial Hand: Indicates the current mode.
- 6 Day Indicator

This User's Guide uses numbers shown above to identify watch hands and indicator.

Using the Crown



The crown of this watch is a screw in lock crown. Before using the crown, you must first rotate it towards you to loosen it.

Important!

 To maintain water resistance and avoid impact damage to the crown, be sure to screw it back in when you are not using it.

The illustrations below show the different crown operations.

Pull out	Rotate	Push in
•	C	

High-speed Movement

When rotating the crown to move the hands of the watch, you can use the operations described below to move the hands at high speed, either forward or back. There are two high-speed levels: HS1 and HS2 (faster than HS1).

To start HS1 high-speed movement



While the crown is pulled out, rotate it rapidly three turns away from you (for forward movement) or towards you (for reverse movement). High-speed movement will continue even if you release the crown.

To start HS2 high-speed movement



While HS1 high-speed movement is progress, again rotate the crown rapidly three turns in the same direction as the current HS1 movement (away from you for forward movement or towards you for reverse movement).

To stop high-speed movement



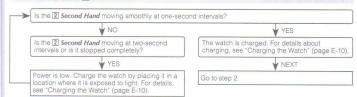
Rotate the crown in the direction that is opposite that of the current high-speed movement or press any button.

Note

- If you do not perform any operation for more than two minutes after pulling out the crown, crown operations will become disabled automatically. If this happens, push the crown back in and then pull it out again to re-enable crown operations.
- You can use high-speed hand movement when configuring time settings in the Timekeeping Mode, Alarm Mode, or Countdown Timer Mode.
- Button operations become disabled after you perform a crown operation. If this happens, rotate the crown slightly. This should restore button operations.

Things to check before using the watch

1. Hold down © at least two seconds to enter the Timekeeping Mode, and then observe the movement of the [2] Second Hand.



2. Check the Home City.

Use the procedure under "To configure Home City settings" (page E-25) to configure your Home City.

Important!

 Proper time calibration signal reception depends on correct Home City, time, and day settings in the Timekeeping Mode. Make sure you configure these settings correctly.

3. Set the current time.

 To set the time using a time calibration signal See "To get ready for a receive operation" (page E-17).

. To set the time manually

See "Configuring Current Time and Day Settings Manually" (page E-28).

The watch is now ready for use.

• For details about the watch's radio controlled timekeeping feature, see "Radio Controlled Atomic Timekeeping" (page E-15).

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Charging the Watch

The face of the watch is a solar panel that generates power from light. The generated power charges a built-in rechargeable battery, which powers watch operations. The watch charges whenever it is exposed to light.

Charging Guide



Whenever you are not wearing the watch, be sure to leave it in a location where it is exposed to light.

 Best charging performance is achieved by exposing the watch to light that is as strong as possible.



When wearing the watch, makes sure that its face is not blocked from light by the sleeve of your clothing.

 The watch may enter a sleep state (page E-14) if its face is blocked by your sleeve even only partially.

Warning!

Leaving the watch in bright light for charging can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following conditions for long periods.

- . On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- · Under direct sunlight

Important!

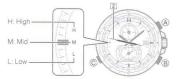
- Keep the watch in an area normally exposed to bright light when storing it for long periods. This helps to ensure that power does not run down.
- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause power to run down. Make sure that the watch is exposed to bright light whenever possible.

Checking the Current Power Level

You can use the procedure below to determine the watch's current power level. Certain functions will be disabled when the power level is low. If the power level is low, leave the watch in a location where its face (solar panel) is exposed to light.

To check the current power level

1. In the Timekeeping Mode, press (B). The (2) Second Hand will move to H (High), M (Mid), or L (Low) to indicate the power level.



- 2. If about two seconds elapse without any operation being performed, the 2 Second Hand will then move to the latest time calibration signal receive operation result.
 - See "To check the result of the latest receive operation" (page E-20).
- 3. Press (B) to return to regular timekeeping.
 - The watch will also return to regular timekeeping if you do not perform any operation for about 10 seconds.

Low Power



Moves at two-second intervals.

Low power conditions are indicated by the movement of the 2 Second Hand in the Timekeeping Mode.

- If the 2 Second Hand is moving normally at one-second intervals, power is
- at Level 1.

 If the [2] Second Hand is moving at two-second intervals, power is at Level 2, which is quite low. Expose the watch to light as soon as possible so it can charge.

Low Battery Alert (Hand Movement and Function Status)

Level	Hand Movement	Function Status	
1	Normal.	All functions enabled	
2	2 Second Hand moves at two-second intervals.	Beeper and time calibration signal reception disabled.	
2	2 Second Hand stopped	All functions disabled	

 When power drops to Level 3, all settings (including timekeeping) will be cleared. Recharging the battery will reset all settings to their initial factory defaults. When the watch is at Level 3, exposing it to light for a while will cause the 2 Second Hand to move to the position of second 57. This indicates that charging has started.

Power Recovery Mode

The watch is designed to go into a power recovery mode that stops hand operation temporarily whenever power suddenly drops below a certain level due to continuous signal reception or other operations over a short period. Note that all operations are disabled while the watch is in the power recovery mode. The hands will move to the correct positions and the watch will resume normal operation after power recovers (in about 15 minutes). Putting the watch in a location where it is exposed to light will help power to recover sooner.

Charging Times

Exposure Level (Brightness)	Daily Operation *1	Level Change *2		
		Level 3	Level 2	Level 1
Outdoor sunlight (50,000 lux)	8 minutes	2 h	ours	27 hours
Window sunlight (10,000 lux)	30 minutes	6 hours		99 hours
Window sunlight on cloudy day (5,000 lux)	48 minutes	10 h	nours	161 hours
Indoor fluorescent lighting (500 lux)	8 hours	111	hours	

- * 1 Approximate exposure each day to generate power for normal daily operation.
- * 2 Approximate exposure to take power up one level.
- The above times are for reference only. Actual times depend on lighting conditions.
- For details about the operating time and daily operating conditions, see the "Power Supply" section of the Specifications (page E-65).

Power Saving

Power Saving enters a sleep state (second hand sleep or function sleep) whenever the watch is left for a certain period in an area where it is dark.

Elapsed Time in Dark	Operation
60 to 70 minutes (second hand sleep)	2 Second Hand only stopped at 12 o'clock, all other functions enabled
6 or 7 days (function sleep)	All functions, including analog timekeeping, disabled Internal timekeeping maintained

- The watch will not enter a sleep state between 6:00 AM and 9:59 PM. If the watch is already in a sleep state when 6:00 AM arrives, however, it will remain there.
- The watch will not enter a sleep state while it is in the Stopwatch Mode or Countdown Timer Mode.

To recover from the sleep state

Move the watch to a well-lit area or press any button.

Radio Controlled Atomic Timekeeping

This watch receives a time calibration signal and updates its time setting accordingly. However, when using the watch outside of areas covered by time calibration signals, you will have to adjust the settings manually as required. See "Configuring Current Time and Day Settings Manually" (page E-28) for more information.

This section explains how the watch updates its time settings when the city code selected as the Home City is in Japan, North America, Europe, or China, and is one that supports time calibration signal reception.

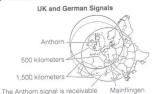
If your Home City Code setting is this:	The watch can receive the signal from the transmitter located here:
LON (LONDON), PAR (PARIS), ATH (ATHENS)	Anthorn (England), Mainflingen (Germany)
HKG (HONG KONG)	Shangqiu City (China)
TYO (TOKYO)	Fukushima (Japan), Fukuoka/Saga (Japan)
HNL (HONOLULU), ANC (ANCHORAGE), LAX (LOS ANGELES), DEN (DENVER), CHI (CHICAGO), NYC (NEW YORK)	Fort Collins, Colorado (United States)

Important!

 The areas covered by HNL (HONOLULU) and ANC (ANCHORAGE) are quite far from the calibration signal transmitters, so certain conditions may cause reception problems.

Approximate Reception Ranges

within this area.



Japanese Signals



North American Signal



Chinese Signal



- Signal reception may not be possible at the distances noted below during certain times of the year or day. Radio interference may also cause problems with reception.
- Mainflingen (Germany) or Anthorn (England) transmitters: 500 kilometers (310 miles)
- Fort Collins (United States) transmitter: 600 miles (1,000 kilometers)
- Fukushima or Fukuoka/Saga (Japan) transmitters: 500 kilometers (310 miles)
- Shangqiu (China) transmitter: 500 kilometers (310 miles)
- As of December 2012, China does not use Daylight Saving Time (DST). If China does go to the Daylight Saving Time system in the future, some functions of this watch may no longer operate corrective.
- Using this watch in a country covered by a time calibration signal that is different from the countries it supports may result in incorrect time indication due to local application of daylight saving time (summer time), etc.

To get ready for a receive operation

- Confirm that the watch is in the Timekeeping Mode. If it isn't, hold down © for at least two seconds to enter the Timekeeping Mode.
- 2. Place the watch in a location where signal reception is good.



- Position the watch as shown in the nearby illustration, with 12 o'clock pointed towards a window. Make sure there are no metal objects nearby.
- · Signal reception normally is better at night.
- The receive operation takes from two to 10 minutes, but in some cases it can take as long as 20 minutes. Take care that you do not perform any button operation or move the watch during this time.

• Signal reception may be difficult or even impossible under the conditions described below.











Inside or among Inside a vehicle buildings

Near household appliances. equipment, or a mobile phone

Near a site, airport, or other sources of electrical noise

high-tension power lines

Among or behind mountains

- 3. What you should do next depends on whether you are using Auto Receive or Manual Receive.
 - · Auto Receive: Leave the watch over night in the location you selected in step 2. See "Auto Receive" on page E-18 for details.
- Manual Receive: Perform the operation under "To perform manual receive" on page E-19.

Auto Receive

- . With Auto Receive, the watch performs the receive operation each day automatically up to six times (up to five times for the Chinese calibration signal) between the hours of midnight and 5 a.m. (according to the Timekeeping Mode time). When any receive operation is successful, none of the other receive operations for that day are performed.
- . When a calibration time is reached, the watch will perform the receive operation only if it is in the Timekeeping Mode. The receive operation is not performed if a calibration time is reached while you are configuring settings.

To perform manual receive

- 1. In the Timekeeping Mode (page E-24), keep (B) depressed (for about two seconds) as the 2 Second Hand goes through the following sequence.
- Moves to H (High), M (Mid), or L (Low) to indicate the power level and then moves to R (READY).
- 2. The 2 Second Hand indicates the operations the watch is currently performing.



When the 2 Second Hand is pointed here:	It means this:
R (READY)	Watch is setting up for reception.
W (WORK)	Reception is in progress.

- If signal reception is unstable, the 2 Second Hand may move between W (WORK) and R (READY).
- . When the receive operation is successful, the watch adjusts the time setting accordingly, and then resumes regular timekeeping. It does not adjust the setting if the operation failed.
- Signal reception is not performed when the power level is L (Low).

Note

To interrupt a receive operation and return to the Timekeeping Mode, press any button.

To check the result of the latest receive operation



In the Timekeeping Mode, press ③. The ② Second Hand will move to H (High), M (Mid), or L (Low) to indicate the power level, and then it will indicate the latest time calibration signal receive operation result.

- The Second Hand will move to YES (Y) if the latest receive operation
 was successful, or NO (N) if it was not. After about 10 seconds, regular
 timekeeping will resume.

Note

 The 2 Second Hand will indicate NO (N) if you have adjusted the time or day setting manually since the latest receive operation.

To turn auto receive on and off



- In the Timekeeping Mode, press
 B. The 2 Second Hand will move to H (High), M (Mid), or L (Low) to indicate the power level, and then it will indicate the latest time calibration signal receive operation result.
- 2. Pull out the crown.
 The [2] Second Hand will perform one full revolution and then stop at the current on/off setting.
- 3. Rotate the crown to move the 2 Second Hand to the setting you want.
- To turn on auto receive, select YES (Y).
- To turn off auto receive, select NO (N).

4. Push the crown back in to return to the Timekeeping Mode.

Radio-controlled Atomic Timekeeping Precautions

- Strong electrostatic charge can result in the wrong time setting.
- Even if a receive operation is successful, certain conditions can cause the time setting to be off by up to one second.
- The watch is designed to update its day setting automatically for the period from January 1, 2000 to December 31, 2099. Updating of the day setting by signal reception will no longer be performed starting from January 1, 2100.
- If you are in an area where signal reception is not possible, the watch keeps time with the precision noted in "Specifications" (page E-64).
- The receive operation is disabled under any of the following conditions.
- While power is at Level 2 or lower (page É-12)
- While the watch is in the power recovery mode (page E-13)
- While the watch is in the function sleep state (power saving, page E-14)
- While the watch is not in the Timekeeping Mode
- While a direction reading or Countdown Timer operation is in progress (even if the watch is in the Timekeeping Mode)
- · A receive operation is cancelled if an alarm sounds while it is being performed.

Mode Reference Guide

Your watch has five "modes". The mode you should select depends on what you want to do.

To do this:	Enter this mode:	See:
Configure Home City and DST (daylight saving time) settings Perform a time calibration signal receive operation or view the last receive result Change the Auto Receive on/off setting Configure time and day settings manually Check the current power level Determine magnetic north	Timekeeping Mode	E-24 E-32
View the current time in one of 29 cities around the globe Configure World Time City and summer time settings Swap the Home City and World Time City	World Time Mode	E-42 E-43 E-45
Measure elapsed time and lap times, and recall lap times	Stopwatch Mode	E-46
Use the countdown timer	Countdown Timer Mode *	E-49
Set an alarm time Turn the alarm ON or OFF	Alarm Mode	E-52 E-54

Selecting a Mode

With this watch, everything starts from the Timekeeping Mode.



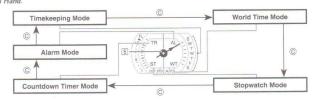
To determine the watch's current mode

Check what the [5] Lower Dial Hand is indicating as shown under "To select a mode" (page E-23).

To return to the Timekeeping Mode from any other mode Hold down \circledcirc for at least two seconds.

To select a mode

Each press of © will cycle between modes. The currently selected mode is indicated by the 5 Lower Dial Hand.



Timekeeping

To enter the Timekeeping Mode, hold down © at least two seconds.



Hand Functions

- 1 Hour Hand
- 3 Minute Hand
- Upper Dial Hand: Indicates the current hour in the Home City time in 24-hour format.
- 5 Lower Dial Hand: Points to the day of the week.
- 6 Day Indicator

Configuring Home City Settings

The Home City is location where you will normally use the watch. You can choose from a selection of city codes that represent 29 cities around the globe.



To configure Home City settings

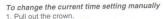
Note

- This watch does not have a city code that corresponds to Newfoundland.
- 1. Pull out the crown.
- This will cause the 2 Second Hand to move to the city code of the currently selected Home City.
- This indicates the city code setting mode.
- If you do not perform any operation with the crown for about two
 minutes after pulling it out, crown operations will become disabled and
 the hand will not move if you rotate the crown. If this happens, push the
 crown back in and then pull it out again.
- For details about city codes, see the "City Code Table" at the back of this manual
- Rotate the crown to move the 2 Second Hand to the city code you want to select as your Home City.
- Each time you select a city code, the ① Hour Hand, ③ Minute Hand and ⑤ Day Indicator move to the current time and day for that city code.
- 3. Push the crown back in to return to the Timekeeping Mode.

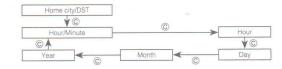


Configuring Current Time and Day Settings Manually

You can configure current time and day settings manually when the watch is unable to receive a time calibration signal.



- This will cause the 2 Second Hand to move to the city code of the currently selected Home City.
- If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the hand will not move if you rotate the crown. If this happens, push the crown back in and then pull it out again.
- 2. Change the Home City settings, if you want.
 - For details about these settings, see step 2 under "To configure Home City settings" (page E-25).
- 3. Hold down © for about one second until the watch beeps and the [2] Second Hand moves to 12 o'clock.
 - This indicates the manual time setting mode.
 - In the following steps, each press of © cycles between settings as shown below.



- 4. Rotate the crown to adjust the time (hour and minute) setting.
- See "Using the Crown" (page E-3) for information about high-speed hand movement.
- The 4 Upper Dial Hand is synchronized with the 1 Hour Hand.
- When adjusting the setting, check to make sure that the Upper Dial Hand correctly indicates an a.m. time or p.m. time.
- If you want to change the day setting at this time, press © and perform the procedure starting from step 3 under "To change the current day setting manually" (page E-30).
- 5. After the settings are the way you want, push the crown back in to return to the Timekeeping Mode.
 - This causes timekeeping to resume with the 2 Second Hand starting from 12 o'clock.



TYO (TOKYO)

1 4 2 3

To change the current day setting manually





- 1. Pull out the crown.
- This will cause the 2 Second Hand to move to the city code of the currently selected Home City.
- 2. Hold down © for about one second until the watch beeps and the [2] Second Hand moves to 12 o'clock.
- This indicates the manual time setting mode.
- 3. Press © twice. This will enter the day setting mode.
- The 6 Day Indicator will move slightly to indicate the setting mode.
- 4. Rotate the crown to adjust the day setting.
- After the Day Indicator stops moving, press . This will enter the month setting mode.
- The 2 Second Hand will move to the currently selected month.
- 6. Rotate the crown to adjust the month setting.
- 7. Press ©. This will enter the year setting mode.
 - The ① Hour Hand will move to the number that represents the
 tens digit of the year and the ③ Minute Hand will move to the
 number that represents the ones digit. The ② Second Hand will
 move to 12 o'clock and stop there.

- 8. Rotate the crown to adjust the year setting.
 - If you want to change the time setting at this time, press © and then perform the procedure starting from step 4 under "To change the current time setting manually" (page E-28).



90 80 80 40 Year setting (tens digit)

Year setting (ones digit)

- 9. After the settings are the way you want, push the crown back in to return to the Timekeeping Mode.
 - This causes timekeeping to resume with the 2 Second Hand starting from 12 o'clock.

Note

 The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the day, there should be no reason to change it except after you have the watch's rechargeable battery replaced or after power drops to Level 3.



Taking Direction Readings

The watch has a magnetic sensor that makes it possible to take digital compass readings. You can use the digital compass to find the direction to a specific objective and to determine your current position.

 See "Magnetic North and True North" (page E-40) for information about the two types of north. For information about maximizing digital compass accuracy, see "Calibrating Direction Readings" (page E-36) and "Digital Compass Precautions" (page E-40).



Hand Indicators

- Hour Hand
 Second Hand: Points to magnetic north.
- 3 Minute Hand
- 5 Lower Dial Hand: Points to the day of the week.

To take a direction reading



- 1. Point the 12 o'clock position of the watch in the direction you want to read.
- 2. In the Timekeeping Mode, keep the watch horizontal as you press (A).

 The [2] Second Hand will move to 0 and the direction reading operation will start. After about two seconds, the [2] Second Hand will move to indicate

north.

- If the [2] Second Hand is indicating the wrong direction, it could mean that
 the hand is out of position. Use the procedure under "To adjust home
 positions" (page E-56) to correct the hand position.
- The 2 Second Hand indicates magnetic north.
- The 2 second Hand will continue to move for about 20 seconds after you start the digital compass operation as it adjusts its magnetic north reading. After that, the hand will stop at the final reading.
- To take another direction reading, press (A) again.
- To stop an ongoing direction reading operation and return to the Timekeeping Mode, press ②.
- If you do not perform any operation, the watch will return to normal timekeeping after about one or two minutes.

3. Press © to return to the Timekeeping Mode.

 If the 1 Hour Hand stops at 6 o'clock during a direction reading, it could mean that the watch has detected abnormal magnetism. For more information, see "Abnormal magnetism detection is indicated." (page E-59).



North indicated by north pointer

Example: Determining your current position and your objective on a map

Having an idea of your current location and the direction to your destination is important when mountain climbing or hiking. In this example, we show you how to plot directions on a map and determine your current location using direction measurements taken by the watch.

- 1. In the Timekeeping Mode, press (A).
- 2. Rotate the map (without moving the watch) until north on the map is aligned with north as indicated by the watch's second hand.
- Depending on how the watch is set up, it may be indicating magnetic north or true north.
- Magnetic north: Indicates north in accordance with the Earth's magnetic field.

True north: Indicates the direction to the North Pole.

- For information about setting the watch up to indicate magnetic north or true north, see "Magnetic North and True North" (page E-40).
- 3. Determine your location and destination by checking the map and the geographic contours around you.

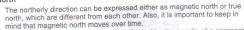
Digital Compass Precautions

Magnetic North and True North

True north

Magnetic north

Earth



- Magnetic north is the north that is indicated by the needle of a compass.
- True north, which is the location of the North Pole of the Earth's axis, is the north that is normally indicated on maps.
- The difference between magnetic north and true north is called the "declination". The closer you get to the North Pole, the greater the declination angle.

Location

- Taking a direction reading when you are near a source of strong magnetism can cause large errors in readings. Because of this, you should avoid taking direction readings while in the vicinity of the following types of objects: permanent magnets (magnetic necklaces, etc.), concentrations of metal (metal doors, lockers, etc.), high tension wires, aerial wires, household appliances (TVs, personal computers, washing machines, freezers, etc.).
- * Accurate direction readings are impossible while in a train, boat, air plane, etc.
- Accurate readings are also impossible indoors, especially inside ferroconcrete structures. This is because the metal framework of such structures picks up magnetism from appliances, etc.

Storage

- The precision of the bearing sensor may deteriorate if the watch becomes magnetized. Because of this, you should store the watch away from magnets or any other sources of strong magnetism, including: permanent magnets (magnetic necklaces, etc.) and household appliances (TVs, personal computers, washing machines, freezers, etc.).
- Whenever you suspect that the watch may have become magnetized, perform the procedure under "To perform bidirectional calibration" (page E-37).

Checking the Current Time in a Different Time Zone

You can use World Time to view the current time in one of 29 time zones around the globe. The currently selected city is called the "World Time City".



Hands and Indicators

- 1 Hour Hand: Indicates the hour of the current time in the World Time City.
- 2 Second Hand: Indicates the current World Time City for about three seconds after the World Time mode is entered.
- 3 Minute Hand
- 5 Lower Dial Hand: Points to WT.
- 6 Day Indicator
- Pressing (A) causes the (2) Second Hand to move to the current World Time City for about three seconds.

Important!

 Time calibration signal reception is disabled while the watch is in the World Time Mode.

To view the time in another time zone

- 1. In the Timekeeping Mode, press © once to enter the World Time Mode.
- The 5 Lower Dial Hand will move to WT.

2 Pull out the crown.

- * The 2 Second Hand points to the currently selected World Time city code.
- The S Lower Dial Hand will indicate AUTO, STD (standard time) or DST (daylight saving time), which indicates the current daylight saving time setting.
- If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the
- crown. If this happens, push the crown back in and then pull it out again.

 3. Rotate the crown to move the 2 Second Hand to the city code you want to select as the World Time City.
- Each time you select a city code, the [] Hour Hand, [] Minute Hand, and [6] Day Indicator move to the current time and day for that city code. For details about city codes, see the "City Code Table" at the back of this manual.
- If you think that the time indicated for the selected World Time City is not correct, it probably means
 that there is something wrong with your Home City settings. Use the procedure under "To configure
 Home City settings" (page E-25) to correct the Home City settings.

4. Hold down (A) for about one second to cycle through the summer time settings as shown below.



5. After selecting the city you want, push the crown back in to return to the World Time Mode.

Swapping your Home City and World Time City You can use the procedure below to swap your Home City and World Time City. This capability can come in handy when you frequently travel between two locations in different time zones.



The following example shows what happens when the Home City and World Time City are swapped while the Home City originally is TYO (Tokyo) and the

World Time City is N'	YC (New York).	
	Home City	World Time City
Before swapping	Tokyo 10:08 p.m. (Standard time)	New York 9:08 a.m. (Daylight saving time)
After swapping	New York 9:08 a.m.	Tokyo 10:08 p.m. (Standard time)

To swap your Home City and World Time City



- 1. In the World Time Mode, pull out the crown,
- 2. Rotate the crown to move the 2 Second Hand to the city you want to select as your World Time City.

• In this example, you would move the 2 Second Hand to NYC in order to select New York as the World Time City.

- Wait until the 1 Hour Hand and 3 Minute Hand complete their move to the time in the currently selected World Time City. You will not be able to perform step 4 of this procedure until the hands stop moving.
- 3. Push the crown back in.
- 4. Hold down (A) for about three seconds until the watch beeps.
 - This will make the World Time City (NYC in this example) your new Home City. At the same time, it will change the Home City you had selected prior to step 4 (TYO in this example), to your World Time City.
- After swapping the Home City and World Time City, the watch will stay in the World Time Mode. The 2 Second Hand will point to your new World Time City (TYO in this example).

• If your current World Time City supports time calibration signal reception, making it your Home City enables calibration signal reception for that city.

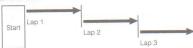
Using the Stopwatch

You can use the Stopwatch Mode to measure elapsed time and lap times, and to recall lap times. Up to 10 lap times can be stored in memory. There is also memory to record the fastest lap time. Though no more lap times are stored after 10 times are in memory, the fastest lap time continues to be updated as required. Starting a new elapsed time operation clears all of the memories (including fastest lap time).

What is a lap time?

A lap time is the time elapsed over a specific segment of a race.

Example: Car race on an oval track





Hands and Indicators

- Hour Hand: Indicates the stopwatch minute count
 (1 revolution = 60 minutes).
 Second Hand: Indicates the 1/20 (0.05)-second count during stopwatch
- operation.
- Minute Hand: Indicates the stopwatch seconds count.Lower Dial Hand: Indicates the current lap.

To enter and exit the Stopwatch Mode

In the Timekeeping Mode, press © twice to enter the Stopwatch Mode.

• The 5 Lower Dial Hand will move to 1 (Lap 1).

To perform an elapsed time operation



To perform lap time measurement



Each press of
 (B) records a lap time. You can record up to 10 lap times. After that, you can still perform lap time operations, but they will not be recorded.

 After 10 lap times are recorded, the ⑤ Lower Dial Hand will point to the ▲ mark. This indicates that no more lap times will be recorded.

 If you perform a lap time operation that is not recorded (because 10 times are already in memory) and that lap is the fastest lap, it will be recorded as the fastest lap.

 Performing a new elapsed time operation after resetting the stopwatch will delete previously recorded lap times.

An ongoing elapsed time measurement operation is not affected by pulling out the crown.

The [2] Second Hand, which indicates the 1/20 (0.05)-second count during stopwatch operation, moves
only 30 seconds after an elapsed time measurement operation is started or restarted, or after a lap time
is cleared. After that, the [2] Second Hand stops.

When elapsed time passes 60 minutes, the 1 Hour Hand and 4 Upper Dial Hand will perform one full rotation.

To recall lap data

- 1. While in the Stopwatch Mode, pull out the crown to enter the Data Recall Mode.
- 2. Rotate the crown to select other laps.
 - The 5 Lower Dial Hand will indicate the lap number of currently shown time.
 - The 5 Lower Dial Hand will indicate FL (fastest lap) when the fastest lap time is shown.
- 3. To return to the Stopwatch Mode, push the crown back in.

Using the Countdown Timer

The countdown timer can be configured within a range of one minute to 60 minutes. An alarm sounds for about 10 seconds when the timer reaches zero.



Hands and Indicators

- 2 Second Hand: Indicates countdown or elapsed seconds.
- Minute Hand: Indicates countdown or elapsed minutes.Lower Dial Hand: Points to TR.
- All hands move counterclockwise during a countdown.

To specify the countdown start time



- In the Timekeeping Mode, press © three times to enter the Countdown Timer Mode.
- . The 5 Lower Dial Hand will move to TR.
- In the Countdown Timer Mode, pull out the crown. This enters the countdown start time setting mode.
 - If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the hand will not move if you rotate the crown. If this happens, push the crown back in and then pull it out again.
- 3. Rotate the crown to set the countdown start time.

movement.

The maximum countdown start time setting is 60 minutes. To set a
countdown start time of 60 minutes, move the 31 Minute Hand to 12 o'clock.
 See "Using the Crown" (page E-3) for information about high-speed hand

To perform a countdown timer operation



- A time-up alert sounds for 10 seconds when the countdown reaches 0, and then the timer displays the start time.
- The alarm will not sound if battery power is low.
- Pulling out the crown while a countdown is in progress will stop the countdown and enter the countdown start time setting mode.

Important!

• Time calibration signal reception is disabled while the watch is in the Countdown Timer Mode.

To stop the alarm

Press any button.

Using t

Using the Alarm

When the alarm is turned on, an alarm will sound for about 10 seconds each day when the time in the Timekeeping Mode reaches the preset alarm time. This is true even if the watch is not in the Timekeeping Mode.



Hands and Indicators

- 1 Hour Hand: Indicates the currently set alarm time hour.
- 2 Second Hand: Indicates the current alarm ON/OFF setting.
- 3 Minute Hand: Indicates the currently set alarm time minute.
- 4 Upper Dial Hand: Indicates the hour setting of the current alarm time in 24-hour format.
- 5 Lower Dial Hand: Points to AL.

To change the alarm time setting

- In the Timekeeping Mode, press © four times to enter the Alarm Mode.
- . The 5 Lower Dial hand will move to AL.
- 2. Pull out the crown to enter the alarm setting mode.
 - If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and the watch hands will no longer move when you rotate the crown. If this happens, push the crown back in and then pull it out again.
- You can toggle between the hour and minute setting mode, and the hour only setting mode by pressing ©.



- 3. Rotate the crown to set the alarm time.
 - The 1 Hour Hand will also move.
- See "Using the Crown" (page E-3) for information about high-speed hand movement.
- 4. Press © to switch to the hour setting mode.
 - The 1 Hour Hand will move slightly left and right to indicate the 1 Hour Hand setting mode.
 - Check the 24-hour time indicated by the 4 Upper Dial Hand to see if the current setting is a.m. or p.m.
- 5. Rotate the crown to adjust the hour setting only.
 - See "Using the Crown" (page E-3) for information about high-speed hand movement.

- 6. After the setting is the way you want, push the crown back in to exit the alarm setting mode.
- The alarm always works based on the time kept in the Timekeeping Mode.
- The watch will return to the Timekeeping Mode automatically if you do not perform any operation in the Alarm Mode for about two or three minutes.

To turn the alarm on or off

In the Alarm Mode, press (A) to toggle the alarm between on and off. The (2) Second Hand will indicate the current ON/OFF setting.

Note

- . The alarm will not sound if battery power is low.
- The alarm will not sound if the watch is in the Power Saving sleep state.

To stop the alarm

Press any button.

Adjusting Home Positions

Strong magnetism or impact can cause the hands and/or day indicator setting to be off, even if the watch is able to perform the time calibration signal receive operation.

Auto Home Position Adjustment

Auto correction of hand home positions corrects the hand position automatically.

- Auto correction is performed in the Timekeeping Mode only.
- Auto correction corrects the positions of all hands. For the day Indicator, you must perform the manual adjustment procedure under "To adjust home positions" (page E-56).
- If the 4 Upper Dial Hand is 12 hours off of the current correct time, correct the setting using the procedure under "To adjust home positions" (page E-56).

Manual Home Position Adjustment

Perform the procedure in this section if auto home position adjustment is not possible for some reason.

Hand home position adjustment is not required if the time and day settings are correct.

Note

- Any time after you enter the home position adjustment mode in step 2 of the following procedure, you
 can return to the Timekeeping Mode by pushing the crown back in. In this case, any adjustments you
 made before the watch returned to the Timekeeping Mode will be applied.
- If you do not perform any operation with the crown for about two minutes after pulling it out, crown operations will become disabled and hands will not move if you rotate the crown. If this happens, push the crown back in and then pull it out again.

To adjust home positions



B



- 1. Pull out the crown.
- 2. Hold down (B) for at least five seconds until the watch beeps and the [2] Second Hand moves to 12 o'clock.
- Automatic home position adjustment of all of the hands (but not the [6] Day Indicator) will start.
- If all hands are at 12 o'clock (the proper home hand home position), advance directly to step 3.
 If the 4 Upper Dial Hand is not pointing at 24 o'clock, which is its home
- position, hold down (a) for about two seconds to move it there.
- 3. Press ©.This enters the 6 Day Indicator home position adjustment mode.
- If the 1 is not in the center of the 6 Day Indicator, rotate the crown to center it.
- Rotating the crown three full consecutive turns clockwise will cause the [6] Day Indicator to start changing in a forward direction (increment).
- To stop 6 Day Indicator movement, press any button.
- Push the crown back in to return to the Timekeeping Mode.
- This will cause the hands to return to their normal positions and resume regular timekeeping. Wait until everything stops moving before performing any other operation.

Troubleshooting

Hand Movement and Position

- I lost track of what mode the watch is in.
- Refer to "Mode Reference Guide" (page E-22). To return directly to the Timekeeping Mode, hold down © at least two seconds.
- The 2 Second Hand is moving at two-second intervals.
- All the watch's hands are stopped at 12 o'clock and none of the buttons work (② Second Hand stopped at 57, 58, 59, or 00).

 Power may be low. Expose the watch to light until the ② Second Hand starts moving normally, at one-
- second intervals (page E-12).
- The hands of the watch suddenly start moving at high speed, even when I do not perform any operation.
- This could be due to any one of the following causes. In all cases, the hand movement does not indicate malfunction, and should stop shortly.
- The watch is recovering from a sleep state (page E-14).
- The time setting is being adjusted following a successful auto time calibration signal receive operation (page E-15).
- Hands suddenly stop moving, Button operation also is disabled.
- The watch may be in the power recovery mode (page E-13). Do not perform any operation until the hands return to their normal positions (in about 15 minutes). The hands should return to their correct positions when normal operation returns. To help power recover, leave the watch in a location where it is exposed to light.

■ The current time setting is off by hours.

 Your Home City setting may be wrong. Check your Home City setting and correct it, if necessary (page E-25).

The current time setting is off by one hour.

- If you are using the watch in an area where time calibration signal reception is possible, see "To configure Home City settings" (page E-25).
- The period when summer time is applied in the location where you are using the watch may be
 different from the period set for your currently selected Home City. Use the procedure under "To switch
 between standard time and summer time manually" (page E-27) to switch from AUTO to STD (for standard
 time) or DST (for summer time).

■ The time and date settings are off.

This could indicate that the watch has been exposed to magnetism or strong impact, which has caused problems with proper hand and day indicator alignment. Adjust the watch's hand and day indicator home position alignment (page E-55).

Sensor modes

An error is indicated during sensor operation.

Subjecting the watch to strong impact can cause sensor malfunction or improper contact of internal coultry. When this happens an error is indicated and the sensor operation cannot be performed. The instrations below how sensor mode errors are indicated.

Digital Compass Mode



- During digital compass operations, nearby strong magnetism can cause an error to be indicated.
- If the error is indicated during a measurement, restart the measurement. If an error is indicated when you restart the measurement, it probably means that there is a problem with the sensor or internal circuitry.

Abnormal magnetism detection is indicated.



- Move the watch away from magnetic accessories, electric devices, computers, and any other devices that generate strong magnetism, and try performing the sensor operation again.
- If abnormal magnetism detection is indicated again, it may mean that the watch case may have become magnetized or that magnetism conditions are completely different from those where you last performed bidirectional calibration. Perform bidirectional calibration using the procedure under "To perform bidirectional calibration" (page E-37).

Whenever you have a sensor malfunction, take the watch to your original dealer or nearest authorized CASIO distributor as soon as possible.

■ What causes incorrect direction readings?

- The watch may have been exposed to magnetism. Calibrate the direction sensor.
- A nearby source of strong magnetism, such as a household appliance, a large steel bridge, a steel beam, overhead wires, etc., or an attempt to perform direction measurement on a train, boat, etc. Move away from such objects and try again.

■ What causes different direction readings to produce different results at the same location?

Magnetism generated by nearby digital noise sources (such as high-tension power lines) can interfere
with the detection of terrestrial magnetism. Move away from the source of the digital noise and try
again.

■ Why am I having problems taking direction readings indoors?

A TV, personal computer, speakers, or some other object is interfering with terrestrial magnetism readings. Move away from the object causing the interference or take the direction reading outdoors. Indoor direction readings are particularly difficult inside ferro-concrete structures. Remember that you will not be able to take direction readings inside of trains, airplanes, etc.

Charging

■ The watch does not resume operation after I expose it to light.

This can happen after the power level drops to Level 3 (page E-12). Continue exposing the watch to light until the 2 Second Hand starts moving normally (at one-second intervals).

The 2 Second Hand starts to move at one-second intervals, but then suddenly returns to moving at two-second intervals.

The watch probably is not sufficiently charged yet. Continue keeping it exposed to light.

Time Calibration Signal

The information in this section applies only when LONDON (LON), PARIS (PAR), ATHENS (ATH), HONOLULU (HNL), ANCHORAGE (ANC), LOS ANGELES (LAX), DENVER (DEN), CHICAGO (CHI), NEW YORK (NYC), HONG KONG (HKG), or TOKYO (TYO) is selected as the Home City. You need to adjust the current time manually when any other city is selected as the Home City.

■ The 2 Second Hand indicates NO (N) when I check the result of the latest receive operation.

Possible Cause	Remedy	Page
You are wearing or moving the watch, or performing a button operation during time calibration signal receive operation. The watch is in an area with poor reception conditions.	Keep the watch in an area where reception conditions are good while time calibration signal receive operation is being performed.	E-17
You are in an area where signal reception is not possible for some reason.	See "Approximate Reception Ranges".	E-16
The alarm time was reached during time calibration signal reception.	The alarm sounded during time calibration signal reception, causing reception to be canceled.	-
The calibration signal is not being transmitted for some reason.	Check the website of the organization that maintains the time calibration signal in your area for information about its down times. Try again later.	_



You may have the watch configured for Auto Receive of the time calibration signal (page E-18), which will cause the time to be adjusted automatically according to your currently selected Home City. If this results in the wrong time setting, check your Home City setting and correct it, if necessary (page E-25).

■ The current time setting is off by one hour.

Possible Cause	Remedy	Page
The period when summer time is applied in the location where you are using the watch may be different from the period set for your currently selected Home City.	Use the procedure under "To switch between standard time and summer time manually" to switch from AUTO to STD (for standard time) or DST (for summer time).	E-27

Auto Receive is not performed or I cannot perform Manual Receive.

Possible Cause	Remedy	Page
The watch is in the World Time Mode. The watch is in the Stopwatch Mode.	Auto Receive is not performed while the watch is in the World Time Mode or Stopwatch Mode. Hold down ② at least two seconds to enter the Timekeeping Mode.	E-18 E-23
Your Home City setting is wrong.	Check your Home City setting and correct it, if necessary.	E-15 E-25
Auto time calibration signal reception is OFF.	Check the auto time calibration signal reception setting.	E-20
A direction reading or countdown timer operation is in progress.	Stop the ongoing operation.	E-32 E-49
There is not enough power for signal reception.	Expose the watch to light to charge it.	E-10

Signal reception is being performed successfully, but the time and/or day is wrong.

Possible Cause	Remedy	Page
Home City setting is wrong.	Check your Home City setting and correct it, if necessary.	E-15 E-25
watch may have been exposed to magnetism strong impact, which has caused problems with proper hand and day indicator alignment.	Adjust the watch's hand and day indicator home positions.	E-55

World Time

The indicated World Time is wrong.

There is a problem with your Home City settings. Check your Home City settings.

See "To configure Home City settings" (page E-25).

■ The indicated World Time is one hour off.

The daylight saving time (summer time) setting for the World Time city is wrong. See "To view the time in another time zone" (page E-43).

Alarm

■ The alarm does not sound.

- Power may be low. Expose the watch to light until the 2 Second Hand starts moving normally, at one-second intervals (page E-12).
- The time setting is wrong in terms of a.m. and p.m.
- . The crown may be pulled out. Push the crown back in.

Specifications

Accuracy at normal temperature: ±15 seconds a month (with no signal calibration)

Timekeeping: Hour, minutes (hand moves every 10 seconds), seconds, day

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099
Other: Home City code (can be assigned one of 29 city codes and Coordinated Universal Time):

Daylight Saving Time (summer time) auto switching / Standard time, Day of the week

Time Calibration Signal Reception: Auto receive up to six times a day (5 times a day for the Chinese calibration signal; Remaining auto receives cancelled as soon as one is successful); Manual receive

Receivable Time Calibration Signals:

Mainflingen, Germany (Call Sign: DCF77, Frequency: 77.5 kHz); Anthorn, England (Call Sign: MSF, Frequency: 60.0 kHz); Fukushima, Japan (Call Sign: JJY, Frequency: 40.0 kHz); Fukuska/Saga, Japan (Call Sign: JJY, Frequency: 60.0 kHz); Fort Collins, Colorado, the United States (Call Sign: WWVB, Frequency: 60.0 kHz); Shangqiu City, Henan Province, China (Call Sign: BPC, Frequency: 68.5 kHz)

Compass: 20 seconds continuous reading; North indication by hand; Calibration (bidirectional, northerly);
Manual reading

World Time: 29 cities (29 time zones) and Coordinated Universal Time Other: Daylight Saving Time (summer time) / Standard Time

Stopwatch: Measuring capacity: 59'59.95"

Measuring unit: 1/20 (0.05) seconds Measuring mode: Elapsed time

Lap time (Memories: 10, Fastest lap memory)

Countdown Timer:

Measuring unit: 1 second

input range: 1 to 60 minutes (1-minute increments)

Marm: Daily alarm

Simer: Power Saving; Battery level indication; Auto Correction of Hand Home Positions

Fower Supply: Solar panel and one rechargeable battery

Approximate battery operating time: 6 months (no exposure to light after a full charge; 10 seconds beeper operation, one signal reception of approximately 4 minutes per day; 20 direction reading operations per month)

Operating Precautions

Water Resistance

 The following applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

		Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
Marking	On watch front or on back cover	No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

- Do not use this watch for scuba diving or other types of diving that requires air tanks.
- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct solashing with water.
- Even if a watch is water-resistant, do not operate its buttons or crown while it is submersed in water or wet
- Even if a watch is water-resistant, avoid wearing it in the bath or in areas where detergents (soap, shampoo, etc.) are being used. Such conditions can reduce water resistance.
- . After submersion in seawater, use plain water to rinse all salt and dirt from the watch.

- maintain water resistance, have the gaskets of your watch replaced periodically (about once every or three years).
- Lained technician will know how to check your watch for proper water resistance whenever you have be battery replaced. Battery replacement requires the use of special tools. Always request battery epiacement from your original retailer or from an authorized CASIO Service Center.

Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any
other activity that causes direct exposure of a leather band to water.

The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in the inside surface of the watch glass may fog when the watch is exposed to a sudden drop in the present in the property of the p

 Continued use of the watch with water inside can result in damage to electronic and mechanical components, the face of the watch, etc.

Your water-resistant watch has been tested in accordance with the International Organization for Standardization regulations ISO2281 and FTC (USA) "GUIDE FOR THE WATCH INDUSTRY." Guide 5.

Band

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, or corrosion of the band can cause it to break, which may result in the watch falling off your wrist and becoming lost. Be sure to take good care of the band and keep it clean. Should you notice any breakage, discoloration, looseness or other problem with the band, immediately contact your original retailer or an authorized CASIO Service Center to have it checked, repaired, or replaced. Note that you will be charged for any repair or replacement of the band.

Temperature

Never leave the watch on the dashboard of a car, near a heater, or in any other location that is subject
to very high temperatures. Do not leave the watch where it will be exposed to very low temperatures,
either. Temperature extremes can cause the watch to lose or gain time, to stop, or otherwise
malfunction

Impact

 Your watch is designed to withstand impact incurred during normal daily use and light activity such as playing catch, tennis, etc. Dropping the watch or otherwise subjecting it to strong impact, however, can lead to malfunction.

Note that watches with shock-resistant designs (G-SHOCK, Baby-G, G-ms) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaged in strenuous sports activities (motocross, etc.).

Magnetism

- The hands of analog and combination (analog-digital) watches are moved by a motor that uses
 magnetic force. When such a watch is close to a device (audio speakers, magnetic necklace, cell phone,
 etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or
- stop, resulting in the incorrect time being displayed.

 Though operation of your watch normally is not affected by magnetism, its accuracy may be affected if the watch itself becomes magnetized. Also, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of the watch and damage to electronic components.

Electrostatic Charge

 Exposure to very strong electrostatic charge can cause the watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.

Chemicals

Do not allow the watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the case, resin band, leather band, and other parts.

Storage

• If you do not plan to use the watch for a long time, wipe it thoroughly free of all dirt, sweat, and moisture, and store it in a cool, dry place.

Resin Components

- Allowing the watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the other items to transfer to the resin components of the watch. Be sure to dry off the watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving the watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to
 clean dirt from the watch for long periods can cause it to become discolored.
 Friction caused by certain conditions (frequent external force, sustained rubbing, impact, etc.) can cause
- discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Failure to clean dirt from the watch for long periods can cause fluorescent color to fade. Wash dirt off with water as soon as possible and then dry the watch.

- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures for long periods.
- Contact an authorized CASIO Service Center to have resin components replaced. Note that you will be charged for replacement costs.

Natural Leather and Imitation Leather Bands

- Allowing the watch to remain in contact with other items or storing it together with other items while it is
 wet for long periods can cause the color of the other items to transfer to the natural leather or imitation
 leather band of the watch. Be sure to dry off the watch thoroughly before storing it and make sure it is
 not in contact with other items
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure
 to clean dirt from a leather band for long periods can cause it to become discolored.

Important!

 Subjecting a natural leather or imitation leather band to rubbing or dirt can cause color transfer and discoloration.

Metal Components

- Failure to clean dirt from a metal band can lead to formation of rust, even if the band is stainless steel or plated. If the watch is exposed to sweat or water, wipe it thoroughly with a soft, absorbent cloth and then store it in a well-ventilated location to dry.
- To clean the band, use a soft toothbrush or similar tool to scrub it with a weak solution of water and a mild neutral detergent. Take care to avoid getting solution on the watch case.

Bacteria and Odor Resistant Band

The bacteria and odor resistant band protects against odor generated by the formation of bacteria but sweat, which ensures good comfort and hygiene. In order to ensure maximum bacteria and odor esistance, keep the band clean. Use an absorbent soft cloth to wipe the band clean of dirt, sweat, and mosture. The bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

Data Protection

Abowing the battery to go dead, replacing the battery, or having the watch repaired can cause all data in the watch's memory to be lost. Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss caused by data lost due to malfunction or repair of the watch, replacement of the battery, etc. Be sure to keep separate written copies of all important data.

Sensors

The sensors of this watch are precision instruments. Never try to take them apart. Never try to insert any objects into the openings of sensors, and take care to ensure that dirt, dust, or other foreign matter does not get into sensors. After using the watch where it is immersed in saltwater, rinse it thoroughly with fresh water

User Maintenance

Caring for Your Watch

- A dirty or rusty case or band can soil the sleeve of your clothing, cause skin irritation, and even interfere
 with watch performance. Be sure to keep the case and band clean at all times. Rust tends to form easily
 after the watch is exposed to seawater and then left without cleaning.
- Sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any
 affect on your skin or clothing. Wipe the band with a cloth to clean it.
- Keep a leather band clean by wiping it with a dry cloth. Both resin bands and leather band can become
 worn and cracked over time when subjected to normal daily use.
- Should your band become badly cracked or worn, be sure to have it replaced with a new one. Request band replacement from your original retailer or an authorized CASIO Service Center. Note that you will be charged for band replacement costs, even if your watch is still covered by its warranty.
- Remember that you wear your watch next to your skin, just like a piece of clothing. Because of this, you should always keep your watch clean. Use a soft, absorbent cloth to wipe off any dirt, sweat, water, or other foreign matter from the case and band.

Dangers of Poor Watch Care Rust

- Though the stainless steel used for the watch is highly rust-resistant, rust can form if the watch is not cleaned after it becomes dirty. Failure of oxygen to come into contact with the metal because it is dirty causes breakdown of the oxidization layer on the metal surface, which leads to the formation of rust.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

 Leaving sweat or water on a resin band or storing it an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

• Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean, or switch to a metal band. Should you ever experience a rash or other skin irritation, immediately remove the watch and contact a skin care professional.

Battery

- The special rechargeable (secondary) battery used by your watch is not intended to be removed or replaced by you. Use of a rechargeable battery other than the special one specified for this watch can damage the watch.
- The rechargeable battery is charged when the solar panel is exposed to light, and so regular periodic replacement is not required. However, charging and discharging of the battery over time leads naturally to a loss in its ability to sustain a charge and shortens its operating time. If this happens, contact your original retailer or authorized CASIO Service Center.