

GETTING ACQUAINTED

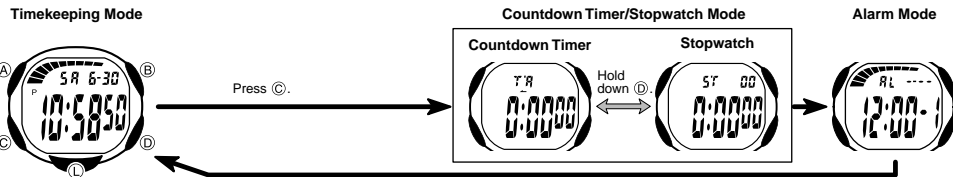
Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for later reference when necessary.



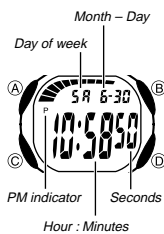
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "REFERENCE" section.

GENERAL GUIDE

- Press (C) to change from mode to mode.
- In any mode, press (L) to illuminate the display.
- Pressing (C) in the Timekeeping Mode displays either the Countdown Timer or Stopwatch screen. The screen that appears first is the one that was last on the display when you exited the Countdown Timer/Stopwatch Mode.



TIMEKEEPING



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

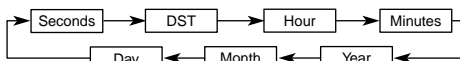
To reset the second's count to zero

1. In the Timekeeping Mode, hold down (A) until the second's digits start to flash, which indicates the setting screen.
2. Press (D) to reset the second's count to 00.
 - Pressing (D) while the second's count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minute's count is unchanged.
3. Press (A) to exit the setting screen.

To set the time and date



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



- See "Daylight Saving Time (DST)" for details on the DST setting.
3. While a setting is flashing, press (D) to increase it.
 4. Press (A) to exit the setting screen.

Note

- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.
- The Watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the Watch's battery replaced.

To toggle between the 12-hour/24-hour timekeeping formats

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

Daylight Saving Time (DST)

Daylight Saving Time automatically advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time



1. In the Timekeeping Mode, hold down (A) until the second's digits start to flash, which indicates the setting screen.
2. Press (C) to move the flashing to the DST On/Off setting.
3. Press (D) to toggle between Daylight Saving Time (ON) and standard time (OFF).
4. Press (A) to exit the setting screen.
 - The DST indicator appears on the display to indicate that daylight saving time is turned on.

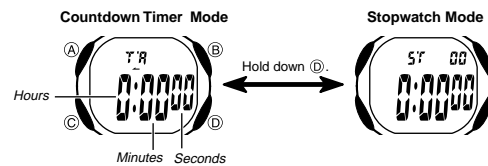
COUNTDOWN TIMER

The start time of the countdown timer can be set within a range of 1 minute to 24 hours. The operation of the countdown timer is configured to make it useful for timing yacht races.

- All of the operations in this section are performed in the Countdown Timer Mode. Use the procedure below to switch between the Countdown Timer and Stopwatch.

To switch between the Countdown Timer and Stopwatch

1. Enter the Countdown Timer/Stopwatch Mode.
2. Hold down (D) for about two seconds to toggle the Countdown Timer Mode and Stopwatch Mode.



- Note that the above steps work only when the currently displayed screen is initialized (reset). The Countdown Timer is initialized when its start time is displayed, while the Stopwatch is initialized when it shows all zeros.
- See "STOPWATCH" for information about using the Stopwatch.

Countdown Timer Operation

The countdown timer counts down the displayed time in one-second increments, starting from a countdown start time set by you. A progress beeper beeps each minute, and each second for the last 10 seconds of the countdown. The operation of the beeper is very useful for match race and ocean race timing.

- Before using the Countdown Timer, you should set the countdown start time and select either match race timing or ocean race timing as the timing method.

Match Race Timing

When you set up the countdown timer for match race timing, the countdown automatically restarts from the countdown start whenever zero is reached. This type of timing is best for match races, with start at regular intervals (every five minutes, for example).

Ocean Race Timing

With ocean race timing, the stopwatch starts timing automatically as soon as the countdown reaches zero. This type of timing is best for ocean racing, which is conducted based on accumulated time following the start.

To set the countdown time



1. In the Countdown Timer Mode, hold down (A) until the hour digit of the countdown time starts to flash, which indicates the setting screen.
2. Press (C) to move the flashing between the hours and minutes.
3. While a setting is flashing, press (D) to increase it.
 - To set the countdown start time to 24 hours, set 0:00.
4. Press (A) to exit the setting screen.

To select the timing method



1. In the Countdown Timer Mode, hold down (A) until the hour digit of the countdown time starts to flash, which indicates the setting screen.
2. Press (B) to toggle the timing method between match race timing (M indicator) and ocean race timing (O indicator).
3. Press (A) to exit the setting screen.

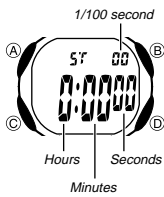
To use the countdown timer

- Press (B) while in the Countdown Timer Mode to start the countdown timer.
- Press (B) while a countdown operation is in progress to pause it. Press (B) again to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing (B)), and then press (D). This returns the countdown time to its starting value.

Note

- Match race timing continues until you stop it. Note that the progress beeper can drain the battery power after long periods, so you should stop the timing operation when you are not using the countdown timer.
- In the case of ocean race timing, stopwatch operation that starts at the end of the countdown is the same as that for normal Stopwatch Mode timing. See "To measure times with the stopwatch" for more information. Note that initializing the stopwatch (clearing it to all zeros) after an ocean race timing operation also initializes the countdown timer by returning it to its starting value.

STOPWATCH



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 199 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode. See "To switch between the Countdown Timer and Stopwatch" for information about entering the Stopwatch Mode.

To measure times with the stopwatch

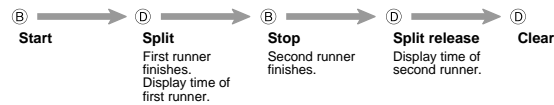
Elapsed Time



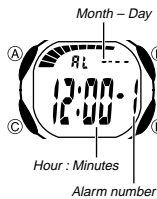
Split Time



Two Finishes



ALARM



You can set up to five independent alarms with hour, minutes, month, and day. When the alarm is turned on, the alarm tone sounds when the time is reached. You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- The alarm time (hour and minutes) and alarm number (1 through 5) indicates an alarm screen. :00 is shown in place of the alarm time on the Hourly Time Signal screen.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you can enter using (C).

Alarm Types

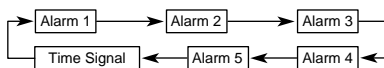
The alarm type is determined by the settings you make, as described below.

- **Daily alarm**
Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.
- **Date alarm**
Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.
- **1-Month alarm**
Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.
- **Monthly alarm**
Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

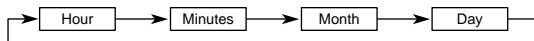
To set an alarm time



1. In the Alarm Mode, press (D) to select the alarm whose time you want to set.

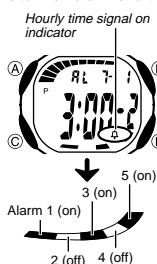


2. After you select an alarm, hold down (A) until the hour digits of the alarm time start to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.
3. Press (C) to move the flashing in the sequence shown below to select other settings.



4. While a setting is flashing, press (D) to increase.
 - To set an alarm that does not include a month (Daily alarm, Monthly alarm), set -- for the month. Press (D) until the -- mark appears (between 12 and 1) while month setting is flashing.
 - To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set -- for the day. Press (D) until the -- mark appears (between 31 and 1) while the day setting is flashing.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
5. Press (A) to exit the setting screen.

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



1. In the Alarm Mode, press (D) to select an alarm or the Hourly Time Signal.
2. When the alarm or the Hourly Time Signal you want is selected, press (B) to turn it on and off.
 - The lower graphic area shows the current on/off status of each of the five alarms.
 - The (P) indicator appears on the display whenever the Hourly Time Signal is turned on.
 - The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

Alarm Operation

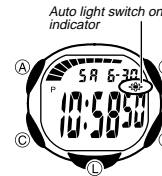
The alarm sounds at the preset time for about 20 seconds, or until you stop it by pressing any button.

- The corresponding alarm on indicator flashes in the lower graphic area while the alarm is sounding.

To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

BACKLIGHT



The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Backlight Precautions" for other important information about using the backlight.

To turn on the backlight manually

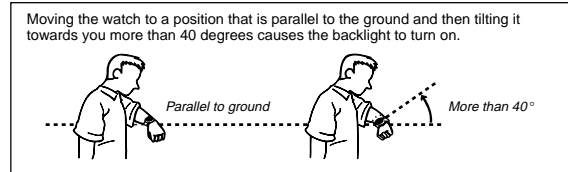
In any mode, press (L) to illuminate the display for about two seconds.

- The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes the backlight to turn on for about two seconds, whenever you position your wrist as described below in any mode.

- Be sure to wear the watch on the outside of your left wrist while using the auto light switch.



Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down (D) for about two seconds to toggle the auto light switch on (P displayed) or off (P not displayed).

- The auto light switch on indicator (P) is on the display in all modes while the auto light switch is turned on.

REFERENCE

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

Auto Return Features

If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.

Data and Setting Scrolling

The (D) button is used to scroll through setting screen data on the display. In most cases, holding down this button during a scroll operation scrolls through the data at high speed.

Backlight Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- The backlight remains lit for about two seconds from the point you press the button, even if it is already lit when you press the button. If you keep the button depressed for two seconds or more, the backlight automatically turns off.
- Frequent use of the backlight shortens the battery life.

Auto light switch precautions

- In order to protect against running down the battery, the auto light switch automatically turns off approximately six hours after you turn it on.
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.



- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about two seconds, even if you keep the watch pointed towards your face.

- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.