Watch Operation Guide 3522

CASIO®

Contents

Precautions

Operating Precautions

● **Water Resistance**

• The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	No
Windsurfing	No
Skin diving	No

Enhanced Water Resistance Under Daily Use
5 Atmospheres

Marking on watch front or on back cover	5BAR

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	No
Skin diving	No

10 Atmospheres

Marking on watch front or on back cover	10BAR

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

20 Atmospheres

Marking on watch front or on back cover	20BAR

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

• Do not use your 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 splashing with water.

• Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
  – Do not operate the crown or buttons while your watch is submersed in water or wet.
  – Avoid wearing your watch while in the bath.
  – Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
  – Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.

• After submersion in seawater, use plain water to rinse all salt and dirt from your watch.

• To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

• A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement 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 temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

• Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

● **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, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.

• Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

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● **Temperature**

• Never leave your 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 your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.

• Leaving your watch in an area hotter than +60 °C (140 °F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0 °C (32 °F) and greater than +40 °C (104 °F).

● **Impact**

• Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your 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 engaging in strenuous sports activities (motocross, etc.)

● **Magnetism**

• Though a digital watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction and damage to electronic components.

● **Electrostatic Charge**

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

• Electrostatic charge can cause the display to go blank momentarily or cause a rainbow effect on the display.

● **Chemicals**

• Do not allow your 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 resin case, resin band, leather, and other parts.

● **Storage**

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

● **Resin Components**

• Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.

• Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.

• Friction caused by certain conditions (strong 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.

• Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.

• Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.

• Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

● **Leather Band**

• Allowing your 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 leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth 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.

CAUTION:
Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

● **Metal Components**

• Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

• Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

● **Bacteria and Odor Resistant Band**

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

● **Liquid Crystal Display**

• Display figures may be difficult to read when viewed from an angle.

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 your watch or its malfunction.

User Maintenance

● Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

● Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- 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 bezel, or storing your watch 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. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the "Specifications". Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

● Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life noted in the "Specifications". Note that you will be charged for replacement of this battery, even if replacement is required within your watch's warranty period.

● Low Battery Power

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

Watch Operation Guide 3522

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Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

● **Watch Features**

• Tide Level and Moon Age

You can look up the tide level and Moon age on a date and time you specify.

• World Time

World Time displays the current time in any one of 29 time zones around the globe.

• Alarm

An alarm sounds whenever a time specified by you is reached.

• Stopwatch

You can use the stopwatch to measure up to 24 hours of elapsed time in units of 1/100 of a second.

• Timer

Countdown from a start time specified by you. An alarm sounds when the countdown reaches zero.

> **Note**
>
> • The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

General Guide
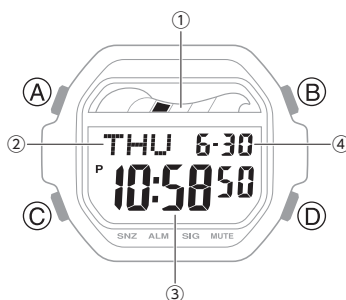
① Tide Graph
② Day of the week
③ Hour, minute, second
④ Month, day

A button

Holding down this button for at least one second in any mode displays the setting screen.
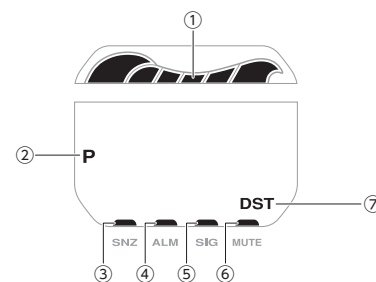
B button

Press to turn on illumination.

C button

Each press cycles between watch modes.

D button

Pressing this button while any setting screen is displayed will change the setting.

Indicators

① Shows a Tide Graph (tide level) at the current time.

② Displayed during p.m. times while 12-hour timekeeping is being used.

③ Displayed while the snooze alarm is turned on.

④ Displayed while an alarm is turned on.

⑤ Displayed while the hourly time signal is enabled.

⑥ Displayed while the button operation tone is disabled.

⑦ Displayed while the watch is indicating summer time.

Navigating Between Modes

Press (C) to cycle between modes.

Timekeeping Mode

Alarm Mode

Tide/Moon Mode

Timer Mode

World Time Mode

Stopwatch Mode
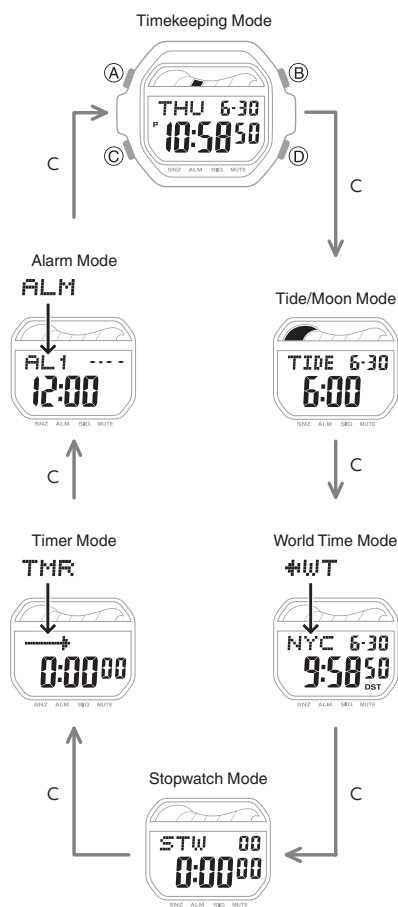
Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

● **Turning On Display Illumination**

Press (B) to turn on illumination.

• Illumination will turn off automatically if an alarm starts to sound.

Important!

• Frequent use of illumination will run down the battery.

Note

• Display illumination is disabled when any one of the conditions below exists.
  – Alarm, timer alert, or other beeper sounding

● **Specifying the Illumination Duration**

You can select either 1.5 seconds or three seconds as the illumination duration.
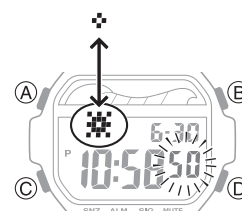
1. Enter the Timekeeping Mode.
   🔎 Navigating Between Modes

2. Hold down (A) for at least one second. Release the button when the seconds start to flash.

Seconds

3. Press (B) to select an illumination duration.

   [✦]: 1.5-second illumination

   [✸]: 3-second illumination

4. Press (A) twice to complete the setting operation.

Note

• While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

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Time Adjustment

Use the procedures in this section to adjust the date and time settings.
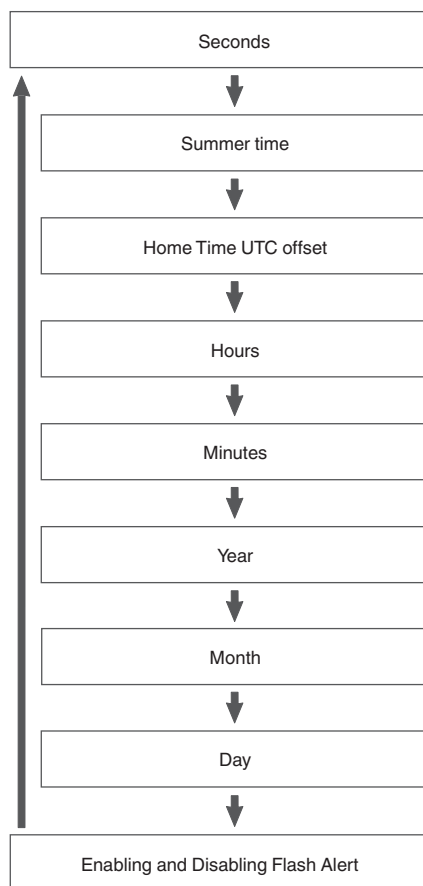

Adjusting the Current Time Setting

Use the procedures in this section to adjust the date and time settings.

● **Setting the Time/Date**

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least one second. Release the button when the seconds start to flash.

Seconds

3. Use (C) to display the setting you want to change.
   - Each press of (C) cycles through settings in the sequence shown below.

Seconds

↓

Summer time

↓

Home Time UTC offset

↓

Hours

↓

Minutes

↓

Year

↓

Month

↓

Day

↓

Enabling and Disabling Flash Alert

4. Configure the date and time settings.
   - While the seconds are flashing, pressing (D) will reset them to 00. 1 is added to the minutes when the current seconds count is between 30 and 59 seconds.
   - For all the other settings, use (B) and (D) to change the flashing setting. Holding down (B) or (D) scrolls through settings at high speed.

5. Repeat steps 3 and 4 to select time and date settings.

6. Press (A) twice to complete the setting operation.

> **Note**
>
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● **Configuring the Summer Time Setting**

If you are in an area that observes summer time, you can also configure a summer time setting.

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least one second. Release the button when the seconds start to flash.

Seconds

3. Press (C).

4. Use (D) to change the summer time setting.
   - [OFF]
     The watch always indicates standard time.
   - [On]
     The watch always indicates summer time.

5. Press (A) twice to complete the setting operation.

> **Note**
>
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● **Switching between 12-hour and 24-hour Timekeeping**

You can specify either 12-hour format or 24-hour format for the time display.

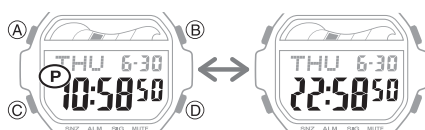1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Press (D) to select 12-hour or 24-hour timekeeping.

   Each press of (D) toggles between 12-hour and 24-hour timekeeping.

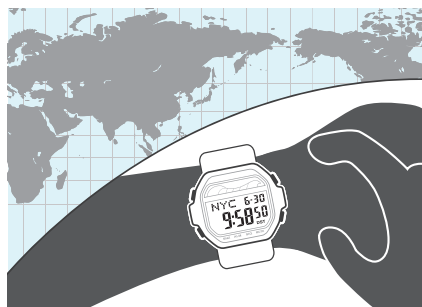   • [P] is displayed during p.m. times while 12-hour timekeeping is being used.

12-hour timekeeping   24-hour timekeeping

World Time

World Time lets you look up the current time in any one of 48 cities (29 time zones) around the globe.

Checking World Time

1. Enter the World Time Mode.
   🔍 Navigating Between Modes

   Entering the World Time Mode displays the city code of the currently selected World Time city.

   • Each press of (D) scrolls through city codes.

   • For information about city codes, see the information below.
     🔍 City Table

City code
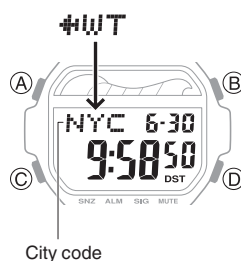
Setting the World Time City

Use the procedure in this section to select a World Time city. If you are in an area that observes summer time, you can also configure a summer time setting.

1. Enter the World Time Mode.
   🔍 Navigating Between Modes

2. Press (D) to display the city code of the currently selected city.

   • Holding down (D) scrolls through settings at high speed.

   • For information about city codes, see the information below.
     🔍 City Table

City code

3. If you want to configure the summer time setting, hold down (A) for at least one second.

   [DST] is displayed along with summer time.

   • Each time you hold down (A) for at least one second, the setting will toggle between standard time and summer time.

> **Note**
>
> • While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
>
> • The summer time setting you configure is applied to the currently selected city only. It does not affect other cities.

Alarm

The watch beeps when a specified alarm time is reached. You can configure up to two standard daily alarms, and one daily alarm with snooze. The hourly time signal causes the watch to beep every hour on the hour.

- Snooze causes the alarm to sound up to seven times, at five-minute intervals.

- If flash alert is enabled, display illumination will flash along with the alarm beeper and the hourly time signal.
  🔎 Configuring Flash Alert Settings

Configuring Alarm Settings

There are various alarm variations, and the variation that is set depends on the hour, minute, month, and day settings you configure.

- **Configuring Some of the Settings (hour, minute, month, day)**
  - Hour and Minute Settings Only
    The alarm sounds every day at the specified time.
  - Month, Hour and Minute Settings Only
    The alarm sounds every day of the specified month at the specified time.
  - Day, Hour and Minute Settings Only
    The alarm sounds every month at the specified time on the specified day.
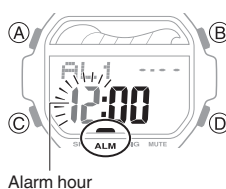- **All Settings: Hour, Minute, Month, Day**

  The alarm sounds once at the specified time on the specified date.

1. Enter the Alarm Mode.
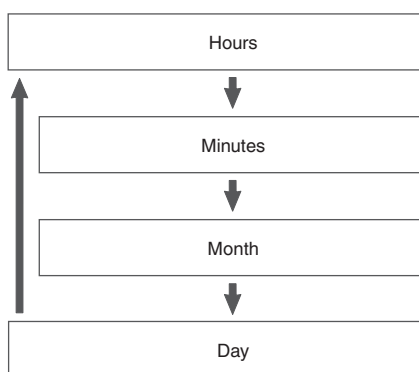   🔎 Navigating Between Modes

2. Press (D) to scroll through alarms ([1], [2], [SNZ]) until the one you want to configure is displayed.
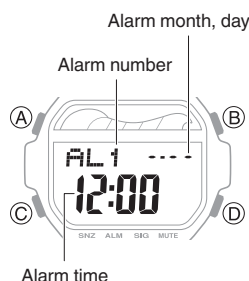
3. Hold down (A) for at least one second.

   This causes the hours digits to flash.

4. Use (C) to display the setting you want to change.
   - Each press of (C) cycles through settings in the sequence shown below.

5. Use (B) and (D) to change the selected setting.
   - Holding down (B) or (D) scrolls through settings at high speed.
   - [-] is displayed for the month and [- -] is displayed for the day if nothing is specified for these settings.
   - If you are using 12-hour timekeeping, [P] indicates a p.m. time when you are setting the hour.

6. Repeat steps 4 and 5 to configure time and date settings.

7. Press (A) to complete the setting operation.

> **Note**
>
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● **Testing the alarm**

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

● **To stop the alarm**

To stop the alarm after it starts to sound when an alarm time is reached, press any button.

Snooze causes the alarm to sound up to seven times, at five-minute intervals. To cancel a snooze alarm, turn [SNZ] off.
🔎 Turning Off an Alarm or the Hourly Time Signal

> **Note**
>
> - A beeper will sound for 10 seconds to let you know when the alarm time is reached.
> - The watch will automatically return to the Timekeeping Mode from the Alarm Mode after two or three minutes of non-operation.

Configuring the Hourly Time Signal Setting

1. Enter the Alarm Mode.
   🔍 Navigating Between Modes

2. Use (D) to display the hourly time signal screen ([SIG]).

3. Press (A) to toggle the hourly time signal between enabled and disabled.
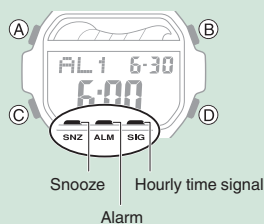   - [SIG] (hourly time signal) is shown on the display while the hourly time signal is enabled.

Turning Off an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

- To have an alarm or hourly time signal sound again, turn it back on.

Note

- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.

   Snooze   Hourly time signal
   Alarm

1. Enter the Alarm Mode.
   🔍 Navigating Between Modes

2. Press (D) to scroll through alarms ([1], [2], [SNZ]) until the one you want to configure is displayed.

   Alarm or hourly time signal

3. Press (A) to turn off the displayed alarm or the hourly time signal.
   - Each press of (A) toggles between on and off.
   - Turning off all alarms will cause [ALM] (alarm) to disappear from the display, while disabling the hourly time signal causes [SIG] (hourly time signal) to disappear from the display.
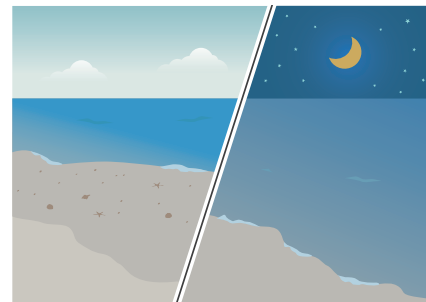

Note

- If [ALM] (alarm) is still displayed, it means that another alarm is still turned on. To turn off all of the alarms, repeat steps 2 and 3 until the [ALM] (alarm) indicator is no longer displayed.

Tide Level and Moon Age

You can use the procedures in this section to check the tide level and Moon age in your currently selected Home Time city.


Important!

- Displayed information is intended for reference only. Do not use it for maritime navigation, etc.
- Before viewing a tide level or Moon age, you need to configure settings (UTC offset, longitude, lunitidal interval) for the location where you are using the watch.
  🔍 Specifying Where You are Using the Watch

Checking the Current Tide Level

The Tide Graph for the current time is shown in the Timekeeping Mode.
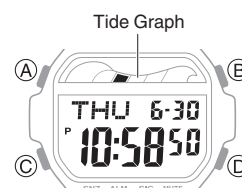
   Tide Graph

Interpreting Tide Graph Information

   High tide
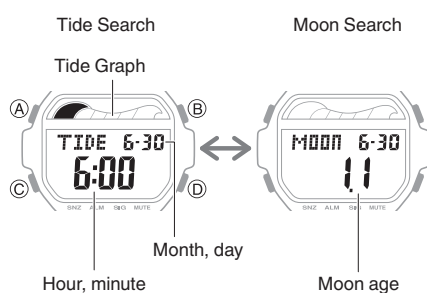   Low tide

   Falling tide   Rising tide
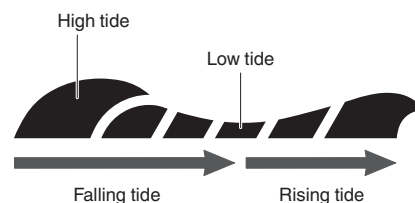
Checking the Tide Level and Moon Age for a Specific Date and Time

You can use the procedures in this section to look up the tide level (Tide Graph) and Moon age for a date or time you specify.

1. Enter the Tide/Moon Mode.
   🔍 Navigating Between Modes

   Entering the Tide/Moon Mode displays a Tide Search screen or Moon Search screen.

2. Press (A) to toggle between Tide Search and Moon Search.

   Tide Search   Moon Search

   Tide Graph

   [TIDE 6:30 / 6:00] ↔ [MOON 6:30 / 1.1]

   Hour, minute   Month, day   Moon age

   - The screen (Tide Search or Moon Search) that appears first will be the one that was displayed the last time you exited the Tide/Moon Mode.
   - The initial setting of Tide Search is 6:00 a.m.

● **To check the Tide Graph at the top of each hour of the current day**

1. Enter the Tide/Moon Mode.
   🔍 Navigating Between Modes

2. Press (A) to display the Tide Search screen.

3. Use (D) to select the time whose Tide Graph you want to view.
   - Each press of (D) advances the time by one hour.
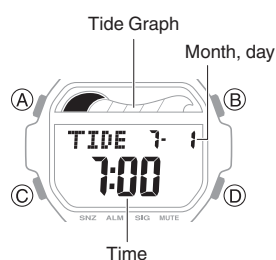   - Holding down (D) scrolls through settings at high speed.

   Tide Graph

   [TIDE 6:30 / 7:00]

   Time
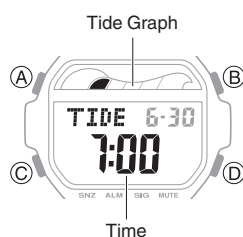
● **To scroll the day and check information**

1. Enter the Tide/Moon Mode.
   🔍 Navigating Between Modes

2. Press (A) to display the Moon Search screen.

3. Use (D) to select the day whose Moon age you want to view.
   - Each press of (D) advances by one day.
   - Holding down (D) scrolls through settings at high speed.

   Month, day

   [MOON 7- 1 / 2.1]

   Moon age
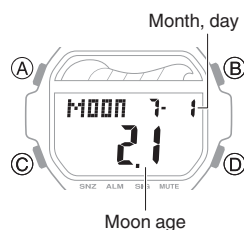
4. Press (A) to display the Tide Search screen.

5. Use (D) to select the time whose Tide Graph you want to view.
   - Each press of (D) advances the time by one hour.
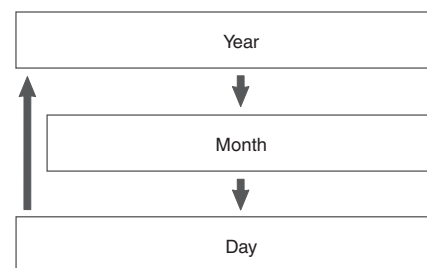   - Holding down (D) scrolls through settings at high speed.

   Tide Graph

   Month, day

   [TIDE 7- 1 / 7:00]

   Time

● **To check information for a specific date**

1. Enter the Tide/Moon Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least one second.

   This causes the current year setting to flash on the display.
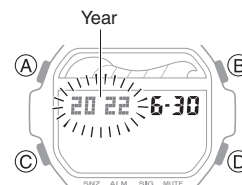
   Year

   [20 22 / 6-30]

3. Use (C) to display the setting you want to change.
   - Each press of (C) cycles through settings in the sequence shown below.

Year
↓
Month
↓
Day

4. Use (B) and (D) to change the selected setting.
   - Holding down (B) or (D) scrolls through settings at high speed.

5. Repeat steps 3 and 4 to specify the date.

6. Press (A) to complete the setting operation.

> **Note**
>
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Specifying Where You are Using the Watch

Use the procedures below to specify a longitude and lunitidal interval to specify the location where you are using the watch to check the Tide Graph and Moon age.

Note

- The watch records the location you specify here in memory. However, you should re-configure this setting any time you move to a different location that is far from your current location.
- Note that the initial factory default location setting is shown below.
  - Tokyo (UTC offset: +9, Longitude: 140°E)
  - Lunitidal interval: 5 hours, 20 minutes

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least one second. Release the button when the seconds start to flash.

Seconds

3. Press (C) twice.

   This causes the UTC offset digits to flash.

Time offset
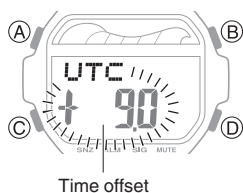
4. Use (B) and (D) to change the Universal Time UTC offset.
   - Holding down (B) or (D) scrolls through settings at high speed.
   - The UTC offset can be set in 0.5-hour units within a range of -12 to 0 to +14 hours.

5. Press (A).

   This causes the longitude value to flash.

Longitude value

6. Use (C) to select the setting item you want to change.
   - Each press of (C) cycles through setting items in the sequence shown below.

Longitude value

East longitude, west longitude

Lunitidal interval (hours)

Lunitidal interval (minutes)
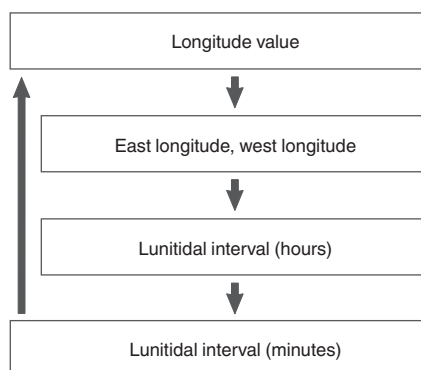
7. Configure the settings.

   - **To configure the longitude setting**

   ① Use (B) and (D) to change the value.
      - Holding down (B) or (D) scrolls through settings at high speed.
      - You can specify a setting within the range of 0° to 180° in 1° units. For fractional values less than 1°, round off to the nearest whole degree.
        Example: For a longitude value of 50°40', input 51°.
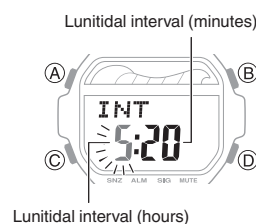   - [LONG]
        Indicates longitude (Longitude)

- **To specify east longitude or west longitude**

  ① Press (D) to toggle between [E] (east longitude) and [W] (west longitude).
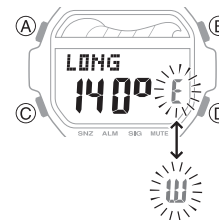
- **To specify the lunitidal interval**

  ① Use (B) and (D) to change the value.
     - Holding down (B) or (D) scrolls through settings at high speed.
     - Use information available on the internet and from other sources when specifying the lunitidal interval.
     - [INT]
       Indicates the lunitidal interval (Lunitidal Interval)

Lunitidal interval (minutes)

Lunitidal interval (hours)

8. Repeat steps 6 and 7 to configure the longitude and lunitidal interval settings.

9. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● **Lunitidal Interval**

Theoretically, it is said that high tide (peak tide) occurs when the moon reaches the meridian (Figure 1), and low tide (ebb tide) occurs about six hours later. However, in the real world, the effects of seawater viscosity, friction, and sea floor topography delay the high tide to some point after the meridian (Figure 2). This time differential is the "lunitidal tide interval".
The lunitidal interval differs from one region (port) to another, even within the same country or geographic area.
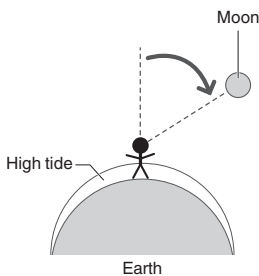
Figure 1

Tidal force is at its peak when the Moon is at the meridian.
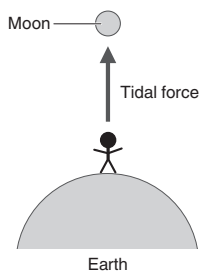
Figure 2

The actual high tide occurs a number of hours after the Moon meridian.

Stopwatch

The stopwatch measures elapsed time in units of 1/100 second up to 23 hours, 59 minutes, 59.99 seconds (24 hours).
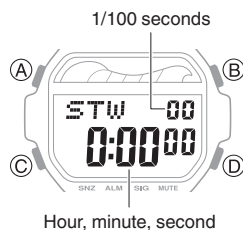
When this maximum limit is exceeded, elapsed time measurement returns to 0 and timing continues from there.

Measuring Elapsed Time

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

   Hour, minute, second

2. Use the operations below to measure elapsed time.

   Ⓓ Start
   ↓
   Ⓓ Stop
   ↓
   Ⓓ Resume
   ↓
   Ⓓ Stop

3. Press (A) to reset the stopwatch to all zeros.

Measuring a Split Time

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

   Hour, minute, second
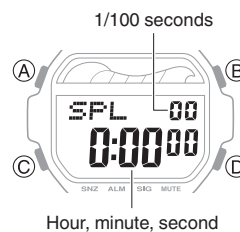
2. Use the operations below to measure elapsed time.
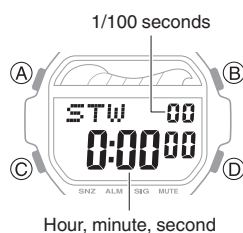   • Pressing (A) displays the elapsed time from the start of a race up to the point when you pressed the button (split time).

   Ⓓ Start
   ↓
   Ⓐ Split
   ↓
   Ⓐ Split release
   ↓
   Ⓓ Stop

3. Press (A) to reset the stopwatch to all zeros.

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Timing the First and Second Place Finishers

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

   1/100 seconds

   (A) (B) (C) (D)
   STW 00
   0:0000
   SNZ ALM SIG MUTE

   Hour, minute, second

2. Use the operations below to measure elapsed time.

   Ⓓ Start
   ⬇
   Ⓐ 1st Finisher*
   ⬇
   Ⓓ 2nd Finisher*

   * This displays the time of the first finisher.

3. Press (A) to display the time of the second finisher.

4. Press (A) to reset the elapsed time to all zeros.

Using Auto Start

With Auto Start, a countdown begins five seconds before the start of timing, and the watch beeps from second 3 to second 1 of the countdown.

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

2. While the stopwatch is reset to all zeros, press (A).

   This displays the Auto Start screen.

   • Each press of (A) toggles between the normal screen and the Auto Start screen.

   Countdown seconds

   (A) (B) (C) (D)
   −5" 00
   0:0000
   SNZ ALM SIG MUTE

3. Press (D) to start an Auto Start operation.

   A countdown will begin five seconds before the start of timing. Three seconds before the start of timing, the watch will beep at one-second intervals.

> **Note**
>
> • Pressing (D) while the countdown is in progress cancels the countdown and starts the stopwatch elapsed time measurement operation.
> • Stopwatch start and stop can be executed using the same buttons as a normal stopwatch elapsed time measurement operation.
> • Quitting an elapsed time measurement operation and resetting the stopwatch to all zeros clears Auto Start.

Timer

The timer counts down from a start time specified by you. A beeper sounds when the end of the countdown is reached.

● Using a Timer

Your watch provides you with two different types of timers. Select the timer you want to suit your needs.

• **Repeat Timer**

  With the Repeat Timer, countdown stops and the start time setting appears when the end of the countdown is reached.
  The Repeat Timer comes in handy when you need to perform the same countdown operation a number of times.

• **Auto Repeat Timer**

  With Auto Repeat Timer, the countdown operation is automatically restarted from the start time when the end of the countdown is reached. This continues until you stop the countdown operation.

● Time Up Beeper

The watch beeps at various points in the countdown starting from five minutes before the end of a countdown.

• You can disable the beep, if you want.

The watch beeps at the points shown in the table below while the beep is enabled.

Remaining time	Beep
5 minutes, 10 seconds to 5 minutes	Every second
4 minutes to 1 minute	Every minute
30 seconds	1 second
10 seconds to 0 seconds (Time Up)	Every second

• If the start time is under five minutes, the beep operations will be performed part way through the above sequence.
  An alarm will sound for one second to let you know when the end of a countdown is reached.

Watch Operation Guide 3522

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Setting the Time

The countdown start time can be set in 1-minute units up to 24 hours.

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.
  🔍 Using the Timer

1. Enter the Timer Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least one second.

   This causes the hours digits to flash.
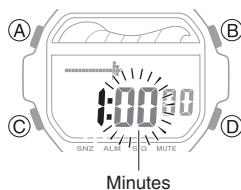

   Hours

3. Use (B) and (D) to change the timer hours setting.
   - Holding down (B) or (D) scrolls through settings at high speed.

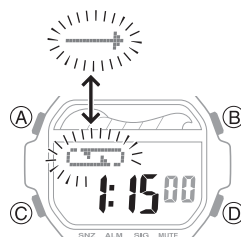4. Press (C).

   This causes the minutes digits to flash.

   Minutes

5. Use (B) and (D) to change the timer minutes setting.

6. Press (C).

   This causes [——————▪] (Repeat Timer) or [▭▭▭▭] (Auto Repeat Timer) to flash on the display.

7. Press (D) to select Repeat Timer or Auto Repeat Timer.
   - Each press of (D) toggles between [——————▪] (Repeat Timer) and [▭▭▭▭] (Auto Repeat Timer).
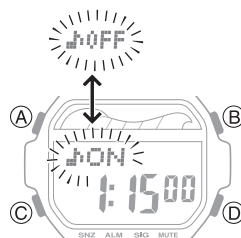

8. Press (C).

9. Press (D) to select [♪ON] or [♪OFF] as the beep setting.

   [♪ON]: Tone enabled.
   [♪OFF]: Tone disabled.

10. Press (A) to complete the setting operation.

    Note

    - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
    - Setting a start time of [0:00 00] will perform a countdown of 24 hours.
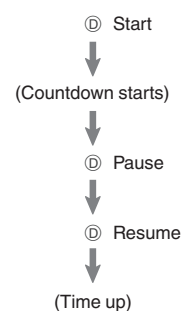
Using the Timer

1. Enter the Timer Mode.
   🔍 Navigating Between Modes

   Hour, minute, second

2. Use the operations below to perform a timer operation.

   Ⓓ Start
   ↓
   (Countdown starts)
   ↓
   Ⓓ Pause
   ↓
   Ⓓ Resume
   ↓
   (Time up)

   - A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.
   - You can reset a paused countdown to its start time, by pressing (A).

3. Press any button to stop the tone.

   Note

   - If flash alert is enabled, display illumination will flash along with the beeper at the end of the countdown. To stop the time up beeper (and flash alert if enabled) after it starts to sound, press any button.
     🔍 Configuring Flash Alert Settings

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Other Settings

This section explains other watch settings you can configure.

Configuring Flash Alert Settings

If flash alert is enabled, display illumination will automatically flash along with the alarm, timer, and other beepers.

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least one second. Release the button when the seconds start to flash.
   - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Seconds

3. Press (C) eight times.
   [♪LT] appears on the display with [- - - -] or [SYNC] flashing.
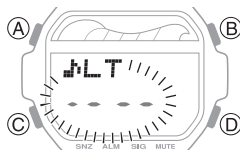
4. Press (D) to toggle flash alert between enabled and disabled.
   [SYNC]: Flash alert enabled.
   [- - - -]: Flash alert disabled.
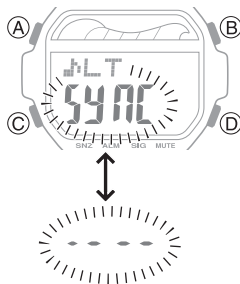

5. Press (A) twice to complete the setting operation.

Enabling the Button Operation Tone

Use the procedure below to enable or disable the tone that sounds when you press a button.

- If a setting screen (flashing setting) is displayed or if an alarm or other beeper operation is in progress, exit the setting screen or wait until the beeper operation is finished before trying to configure this setting.

1. Hold down (C) for at least three seconds to toggle the operation tone between enabled and disabled.
   - [MUTE] is displayed while the button operation tone is disabled.
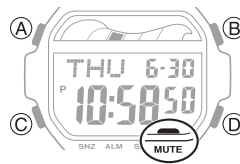
   - Pressing (C) to perform this operation also changes the watch mode.

Note

- Note that alarm, timer, and stopwatch Auto Start tones will continue to sound even if you disable the operation tone.

Other Information

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

City Table

City code	City Name	Time Zone
LIS	Lisbon	0
LON	London	
BCN	Barcelona	+1
PAR	Paris	
MIL	Milan	
ROM	Rome	
BER	Berlin	
ATH	Athens	+2
JNB	Johannesburg	
IST	Istanbul	
CAI	Cairo	
JRS	Jerusalem	
MOW	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
MLE	Male	
DEL	Delhi	+5.5
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	+8
HKG	Hong Kong	
BJS	Beijing	
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5
GUM	Guam	+10
SYD	Sydney	
NOU	Noumea	+11
WLG	Wellington	+12
PPG	Pago Pago	-11
HNL	Honolulu	-10
ANC	Anchorage	
YVR	Vancouver	-8
SFO	San Francisco	
LAX	Los Angeles	
DEN	Denver	-7
MEX	Mexico City	-6
CHI	Chicago	
MIA	Miami	-5
NYC	New York	
CCS	Caracas	-4

City code	City Name	Time Zone
YYT	St. John's	-3.5
RIO	Rio de Janeiro	-3
RAI	Praia	-1

- The information in the above table is current as of July 2021.
- Time zones may change and UTC differentials may become different from those shown in the table above.

Specifications

Accuracy at normal temperature :
±30 seconds a month

Timekeeping :
Hour, minute, second, year, month, day, day of the week
a.m./p.m.(P)/24-hour timekeeping
Full Auto Calendar (2000 to 2099) *
* Year display on setting screen only.
Summer Time

Tide Graph/Moon Age Display :
Tide Graph, Moon Age, Time/Date Search

World Time :
Current time display for 48 cities (29 time zones) around the globe
Summer time

Alarm :
Alarms: 3 (with one snooze alarm)
Setting units: Hour, minute, month, day
Alarm tone duration: 10 seconds
Hourly time signal: Beep every hour on the hour

Stopwatch :
Measurement units
1/100 seconds
Measuring range
23 hours, 59 minutes, 59.99 seconds (24 hours)
Measurement Functions:
Elapsed time, split times, 1st and 2nd place finisher times, Auto Start

Timer :
Measuring unit: 1 second
Countdown range: 24 hours
Time setting unit: 1 minute
Repeat Timer, Auto Repeat Timer switching
Time up beeper enable/disable
10-second beeper when the end of the countdown is reached

Other :
LED backlight (afterglow, 1.5 or 3-second selectable illumination duration), flash alert, operation tone enable/disable

Power Supply :
CR1616 x 1
Battery operating time: Approximately 3 years
Conditions:
Illumination: 1.5 seconds/day
Alarms
10 seconds/day (Flash alert used)
Timer with alerts (1 time up)
Once/week (Flash alert used)
Auto Start Stopwatch Measurement
Once/week (Flash alert used)

Specifications are subject to change without notice.

World Time

Q1 The time for a World Time City is not correct.

The summer time setting (standard time/ summer time) is wrong.
🔍 Setting the World Time City

Tide Level

Q1 There are errors in the tide information.

Since the high tide and low tide times and tide levels of the Tide Graph are calculated based on past data, the calculated data may be different from actual tide information.

Also note that the degree of the error can be affected by terrain, weather, and other conditions. Use the tide information of this watch for reference only.

Be sure to check accurate tide forecast information issued by various organizations, and do not use the tide information of this watch to determine tide levels used for navigation or any other purpose where there is the risk of danger.

Alarm and Hourly Time Signal

Q1 An alarm does not sound.

The alarm's settings may not be configured. Configure the alarm settings.
🔍 Configuring Alarm Settings

Q2 The hourly time signal does not sound.

The hourly time signal may be disabled. Enable the hourly time signal.
🔍 Configuring the Hourly Time Signal Setting

Other

Q1 I can't find the information I need here.

Visit the website below.

https://world.casio.com/support/