

Contents

Precautions

Operating Precautions

User Maintenance

Battery Replacement

Before Getting Started...

General Guide

Watch Face and Display Indicators

Navigating Between Modes

Cycling Between Timekeeping Mode Digital Display Contents

Shifting Hands to Read the Digital Display

Viewing the Face in the Dark

Time Adjustment

Adjusting the Current Time Setting

Configuring Dual Time Settings

Swapping Current Local Time and Dual Time

Alarm

Configuring Alarm Settings

Enabling the Hourly Time Signal

Turning Off an Alarm or the Hourly Time Signal

Stopwatch

Lap Times

Starting Time Measurement Directly From the Timekeeping Mode

Measuring Elapsed Time

Measuring Lap Times

Watch Memory

Recalling Measurement Data

Timer

Setting the Countdown Start Time

Using the Timer

Hand Alignment Adjustment

Adjusting Hand Alignment

Other Settings

Enabling the Button Operation Tone

Other Information

Specifications

Troubleshooting

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).

● 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

- 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.
- Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch 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.

● Watch with Data Memory

- Allowing the battery to go dead, replacing the battery, or having your watch repaired can cause all data in watch memory to be lost. Note that CASIO Computer Co., Ltd. assumes no responsibility for any damages or losses caused by data lost due to malfunction or repair of your watch, replacement of the battery, etc. Be sure to keep separate written copies of all important data.

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 in 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.

Before Getting Started...

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

Watch Features

- **Dual Time**

Dual Time lets you keep track of the current time in another time zone in addition to your current location's time.

- **Alarm**

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

- **Stopwatch**

Use the Stopwatch Mode to measure elapsed time. You can also start a stopwatch elapsed time measurement operation with one press from the Timekeeping Mode. Up to 120 lap time records can be recorded in watch memory.

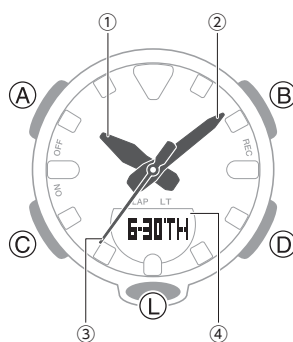
- **Timer**

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 Hour hand
- ② Minute hand
- ③ Second hand
- ④ LCD

A button

Pressing this button in the Timekeeping Mode cycles between displays.

Holding down this button for at least two seconds in the Timekeeping Mode displays the setting screen.

Pressing this button while any setting screen is displayed exits the setting screen.

B button

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

C button

Each press cycles between watch modes.

In any mode, hold down this button for at least two seconds to return to the Timekeeping Mode.

D button

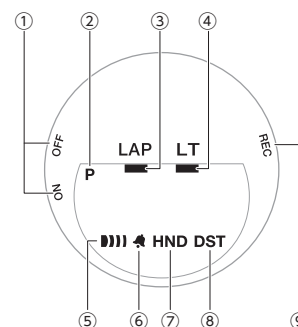
Pressing this button while any setting screen is displayed will change the setting.

In the Timekeeping Mode, press this button to enter the Stopwatch Mode.

L button

Press to turn on illumination.

Watch Face and Display Indicators

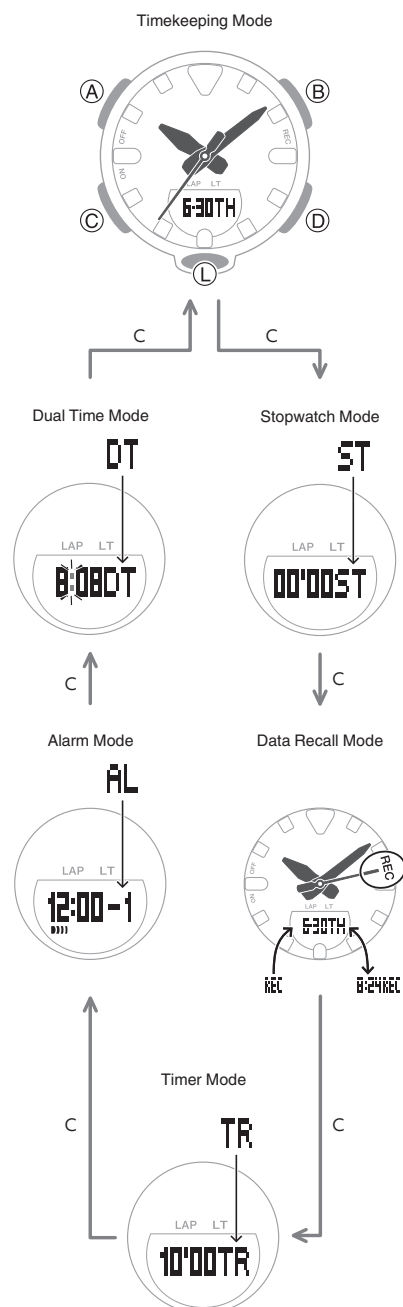


- ① In the Alarm Mode, the second hand points to [ON] while an alarm or the hourly time signal is turned on, and to [OFF] while they are turned off.
- ② Displayed during p.m. times while 12-hour timekeeping is being used.
- ③ Displayed while a Stopwatch Mode lap time measurement operation is in progress.
- ④ Displayed while Auto Light is enabled.
- ⑤ Displayed while an alarm is turned on.
- ⑥ Displayed while the hourly time signal is enabled.
- ⑦ Flashes while the watch's hands are shifted for easier reading.
- ⑧ Displayed while the watch is indicating summer time.
- ⑨ In the Data Recall Mode, the second hand points to [REC].

Navigating Between Modes

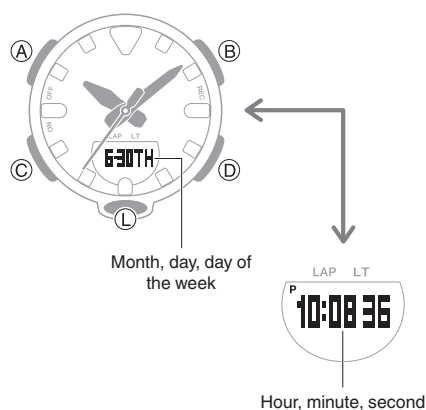
Each press of (C) cycles between watch modes.

- In any mode, hold down (C) for at least two seconds to return to the Timekeeping Mode.
 - Pressing (D) in the Timekeeping Mode starts a Stopwatch Mode elapsed time measurement operation.
- 🔗 [Starting Time Measurement Directly From the Timekeeping Mode](#)



Cycling Between Timekeeping Mode Digital Display Contents

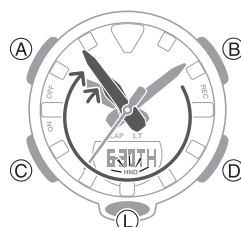
Each press of (A) in the Timekeeping Mode cycles the display information as shown below.



Shifting Hands to Read the Digital Display

Hand shift moves the hands out of the way for easy viewing of display information.

1. Press (L) and (C) at the same time.
 - This will shift the analog hands to allow easy viewing of display information.



2. To return the hands to their normal timekeeping positions, press (L) and (C) at the same time again.

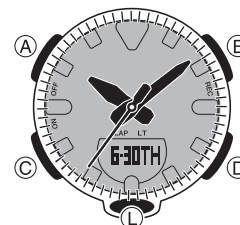
Note

- If you leave the watch with its hands shifted and do not perform any operation for about one hour, the hands will resume normal timekeeping operation automatically.

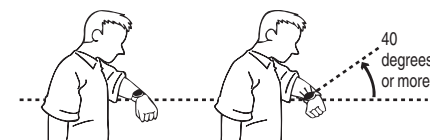
Viewing the Face in the Dark

The watch has an LED light that you can turn on for reading in the dark.

- **To illuminate the face manually**
Press (L) to turn on illumination.



- Illumination will turn off automatically if an alarm starts to sound.
- **To illuminate the face when Auto Light is enabled**
If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



Important!

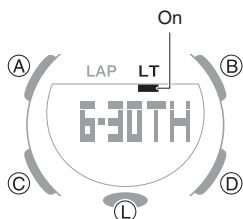
- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.
-
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
 - When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

Note

- Auto Light is disabled when any one of the conditions below exists.
 - Alarm, timer alert, or other beeper sounding

● Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.
 ◉ [Navigating Between Modes](#)
2. Hold down (L) for at least three seconds to toggle Auto Light between enabled and disabled.
 - [LT] is displayed while Auto Light is enabled.
 - If you do not disable it manually, Auto Light remains enabled for approximately six hours. After that, it becomes disabled automatically.



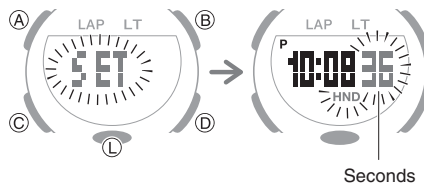
Note

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

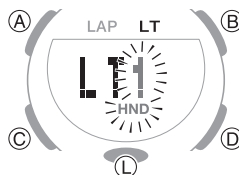
● Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

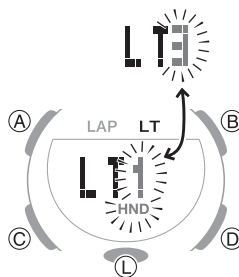
1. Enter the Timekeeping Mode.
 ◉ [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the seconds start to flash.
 - This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.



3. Press (C) nine times.
 This causes [LT1] or [LT3] to flash on the display.



4. Press (D) to select an illumination duration.
 - [LT1]: 1.5-second light
 - [LT3]: 3-second light



5. Press (A) to exit the setting screen.

Time Adjustment

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

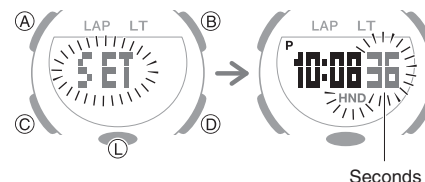


Adjusting the Current Time Setting

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

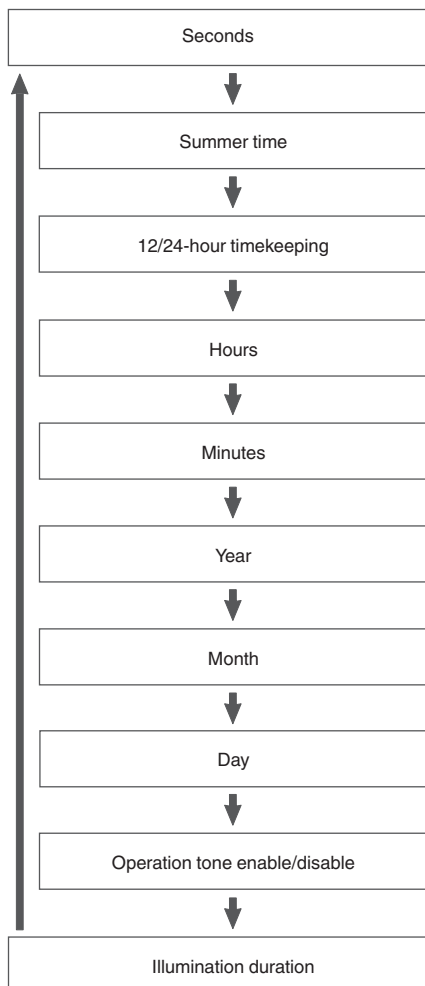
● Setting the Time/Date

1. Enter the Timekeeping Mode.
 ◉ [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the seconds start to flash.
 - This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.



3. Keep pressing (C) until the setting you want to change is flashing.

- Each press of (C) moves the flashing to the next setting in the sequence shown below.



4. Configure the date and time settings.

- To reset the seconds to 00: Press (D). 1 is added to the minutes when the current 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.

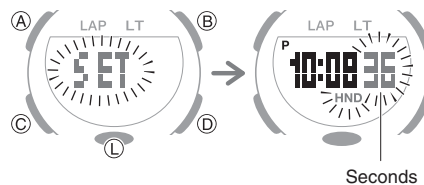
6. Press (A) to complete the setting operation.

Note

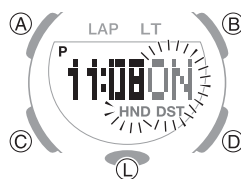
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

• Configuring the Summer Time Setting

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the seconds start to flash.
 - This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.



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) to complete the setting operation.

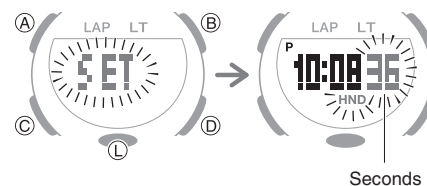
Note

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

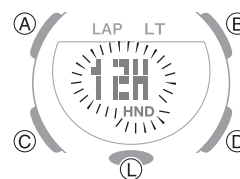
• Switching between 12-hour and 24-hour Timekeeping

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

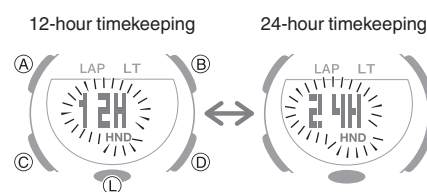
1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the seconds start to flash.
 - This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.



3. Press (C) twice.
This causes [12H] or [24H] to flash on the display.



4. Press (D) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).



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

Note

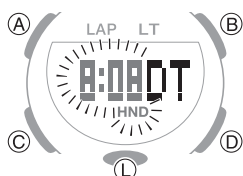
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Configuring Dual Time Settings

In addition to the current time in your location, you can use Dual Time to set a time in another zone, etc.

- Dual Time seconds are synced with the Timekeeping Mode seconds.

1. Enter the Dual Time Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the hour and minute setting starts to flash.
 • This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.



3. Use (B) and (D) to change the hour and minute setting.
 - Each press of either button changes the setting in 15-minute units.
 - Holding down (B) or (D) scrolls through settings at high speed.
 - If you are using 12-hour timekeeping, [P] indicates p.m.
4. Press (C).
5. Press (D) to toggle summer time between on and off.
 - [OFF]
The watch always indicates standard time.
 - [ON]
The watch always indicates summer time.



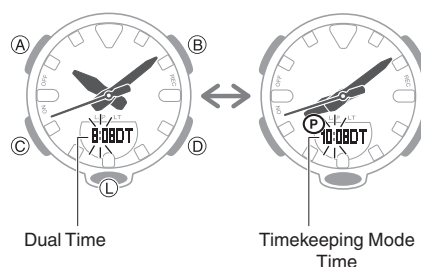
6. Press (A) to exit the setting screen.
 - [DST] appears whenever the display current time is summer time.

Note

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

Swapping Current Local Time and Dual Time

1. Enter the Dual Time Mode.
[Navigating Between Modes](#)
2. Hold down (D) for at least two seconds. Holding down (D) for at least two seconds toggles between the Timekeeping Mode time and the Dual Time.



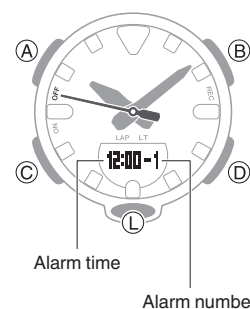
Alarm

The watch will beep when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

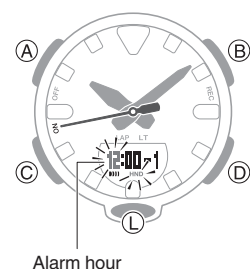


Configuring Alarm Settings

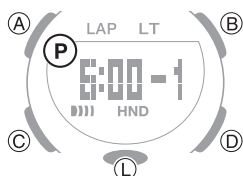
1. Enter the Alarm Mode.
[Navigating Between Modes](#)
2. Use (B) and (D) to select the alarm ([1] to [5]) whose setting you want to change.



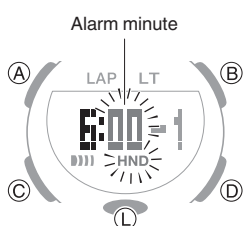
3. Hold down (A) for at least two seconds. Release the button when the hour setting starts to flash.
 - This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.
 - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.



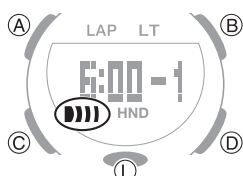
- Use (B) and (D) to change the hour setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
 - If you are using 12-hour timekeeping, [P] indicates p.m.



- Press (C).
This causes the minutes digits to flash.



- Use (B) and (D) to set the minute setting.
- Press (A) to complete the setting operation.
 - ▄▄▄▄ (alarm) is shown on the display while an alarm is turned on.



● Testing the alarm

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

● To stop the alarm

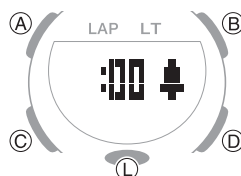
Pressing any button while the beeper is sounding stops it.

Note

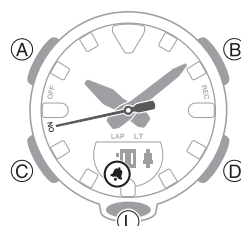
- A beeper sounds for 10 seconds when an alarm time is reached.
- The watch will automatically return from the Alarm Mode to the Timekeeping Mode if you do not perform any operation for about two or three minutes.

Enabling the Hourly Time Signal

- Enter the Alarm Mode.
[Navigating Between Modes](#)
- Press (B) or (D) to display the hourly time signal screen ([]).



- Press (A) to toggle the hourly time signal between enabled (on) and disabled (off).
 - This causes the mode hand to move [ON] or [OFF].
 - 🔔 (hourly time signal) is shown on the display while the hourly time signal is enabled.



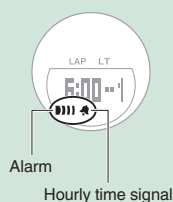
Turning Off an Alarm or the Hourly Time Signal

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

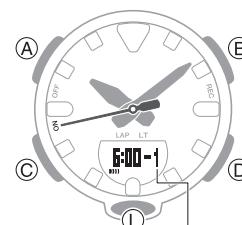
- To have an alarm or hourly time signal sound again, turn it back on.

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.

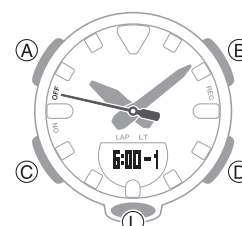


- Enter the Alarm Mode.
[Navigating Between Modes](#)
- Use (B) and (D) to scroll through the alarm ([1] to [5]) and hourly time signal ([] screens until the one you want to turn off is displayed.



Alarm number or hourly time signal

- 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 causes ▄▄▄▄ (alarm) to disappear from the display. Turning off the hourly time signal causes 🔔 (hourly time signal) to disappear.



Note

- If ▄▄▄▄ (alarm) is still displayed after you turn off an alarm, it means that at least one of the other alarms is still turned on. To turn off all of the alarms, repeat steps 2 and 3 until the ▄▄▄▄ (alarm) indicator is no longer displayed.

Stopwatch

The stopwatch measures elapsed time in 1/100-second units for the first hour, and in 1-second units after that for up to 23 hours 59 minutes 59 seconds.

In addition to normal elapsed time measurements, the stopwatch also lets you measure lap times.

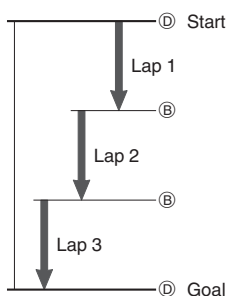


Note

- Up to 120 lap time records can be stored in watch memory. Performing a split time operation while there are already 120 records in memory causes the oldest record to be deleted automatically to make room for the new one.
- You can use the Data Recall Mode to view past measurement data.
[Recalling Measurement Data](#)

Lap Times

A lap time is the time elapsed during a specific lap or segment. Lap times are recorded internally by the watch. The watch displays the elapsed time of the current lap.



Note

- After measurement is complete, you can use the Data Recall Mode to view lap times.
[Recalling Measurement Data](#)

Starting Time Measurement Directly From the Timekeeping Mode

If the stopwatch is reset to all zeros, performing the operation below in the Timekeeping Mode immediately starts a stopwatch elapsed time measurement operation.

- In the Timekeeping Mode, press (D).

This enters the Stopwatch Mode.

What happens when you perform the above step depends on the current status of the stopwatch timing operation as described below.

[Measuring Elapsed Time](#)

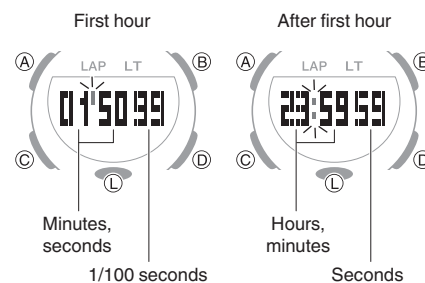
- When the stopwatch is reset to all zeros
A new elapsed time measurement operation will start. (One Press Start from the Timekeeping Mode)
- When a previous measurement operation is paused
The measurement operation remains paused and does not restart.
- When an ongoing measurement is in progress*
The measurement operation will continue.
* An ongoing elapsed time operation continues even if you switch from the Stopwatch Mode to another mode.

Measuring Elapsed Time

- Enter the Stopwatch Mode.
[Navigating Between Modes](#)
- Use the operations below to measure elapsed time.



- Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.



- Press (B) to reset the stopwatch to all zeros.

Measuring Lap Times

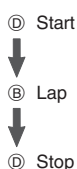
1. Enter the Stopwatch Mode.

[Navigating Between Modes](#)

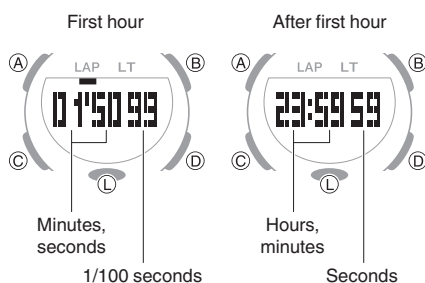
- If a stopwatch timing operation is in progress, press (D) to stop it and then press (B) to reset the stopwatch to all zeros before performing the operation in step 2.

2. Use the operations below to measure elapsed time.

- Each press of (B) displays, for about eight seconds, the time elapsed (lap time) since the last lap time operation. At this time, the second hand points to the lap number. From lap number 60, the second hand points to the 0 seconds position.



- Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.



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

Note

- Each press of (B) records the current lap time. Up to 120 lap time records can be stored in watch memory.
- If you exceed 120 recorded lap times, each newly recorded lap time automatically replaces the oldest lap time currently in memory.
- The final lap time (the lap time when you stop elapsed time measurement) is recorded when you reset the stopwatch to all zeros.

Watch Memory

There are 121 lap time memory records, which are used to record the start date and time and the lap times. Up to 120 lap time records can be stored in watch memory.

- The date and time uses one memory record for each measurement (from start to reset).
- Each lap time uses one memory record.

Example 1:

Single measurement (from start to reset)

Date/Time + 120 laps = 121 Records

Example 2:

Multiple measurements

Measurement 1: Date/Time + 60 Laps = 61 Records

Records

Measurement 2: Date/Time + 59 Laps = 60 Records

Records

Total: 121 records

Note

- You can recall stored data using the Data Recall Mode.
[Recalling Measurement Data](#)

Recording Timing

Pressing a button records the timing data as described below.

This operation:	Does this:
Pressing (D) to start time measurement while the stopwatch is reset to all zeros.	Starts a new elapsed time measurement and records the date and time.
Pressing (D) to stop time measurement.	Stops time measurement. Time not recorded.
Pressing (D) to restart time measurement.	Resumes timing. Time not recorded.
Pressing (B) to measure a lap time.	Records a lap time.
Pressing (B) to reset the stopwatch to all zeros.	Records the final lap time.

Memory Full

Recording new data after memory is full automatically deletes the oldest data record in memory to make room for the new measurement data.

Example 1:

Single measurement operation (more than 121 measurement records for a single measurement operation)

The oldest lap time record is deleted.

Example 2:

Multiple measurement operations (multiple date and times)

All of the records contained in the oldest measurement operation (date, time) are deleted.

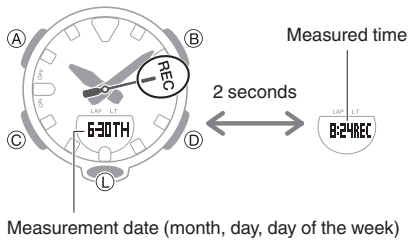
Note

- You can also manually delete data you no longer need in measurement operation (date, time) units.
[Deleting Individual Data](#)

Recalling Measurement Data

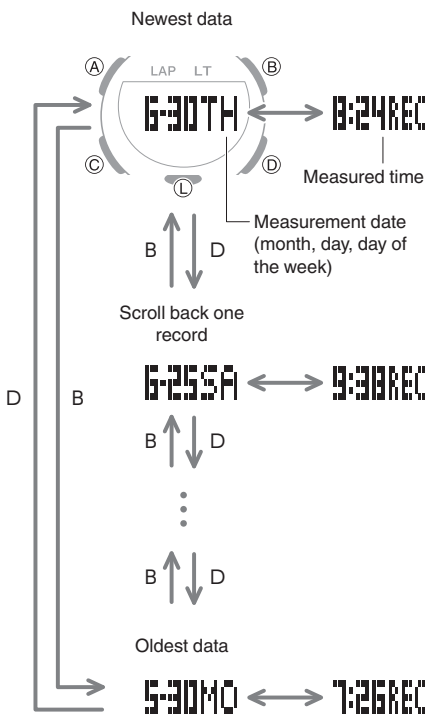
You can recall stored data using the Data Recall Mode.

Entering the Data Recall Mode displays the measurement date (month, day, day of the week) of the newest data.



To view measurement data

1. Enter the Data Recall Mode.
[Navigating Between Modes](#)
2. Use (B) and (D) to navigate to the date and time of the measurement data you want to view.

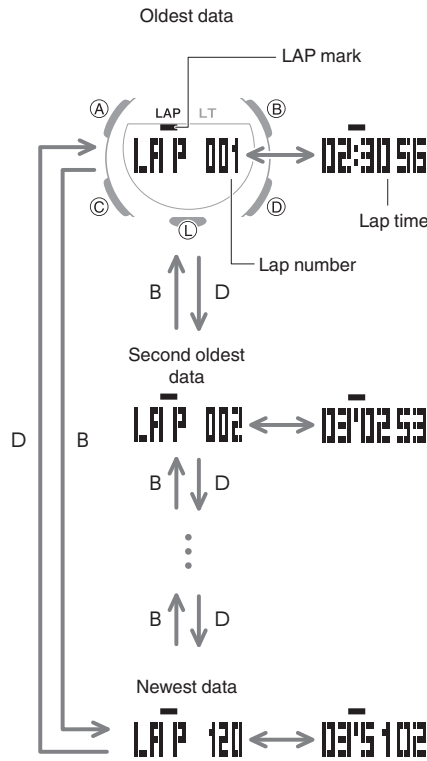


- The data measurement date and time alternate on the display at two-second intervals.

3. Press (A).

This displays the lap data for the date and time you selected in step 2.

4. Each press of (B) or (D) displays a lap number and lap time.



- Lap number and lap times alternate at two-second intervals.

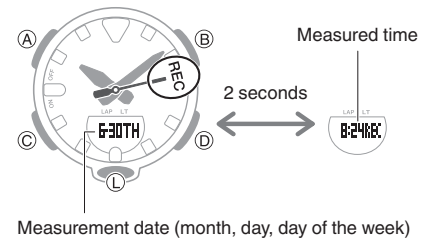
5. Press (A) to return to the measurement date and time display.

Deleting Measurement Data

Deleting Individual Data

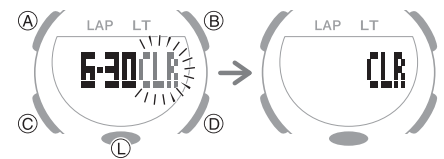
You can manually delete data you no longer need in measurement operation (date time) units. You cannot delete an individual lap time record from within a measurement (date, time) operation.

1. Enter the Data Recall Mode.
[Navigating Between Modes](#)
2. Use (B) and (D) to navigate to the date and time of the measurement operation you want to delete.



3. Hold down (A) for at least two seconds. Release the button when [CLR] stops flashing.

This deletes the data.



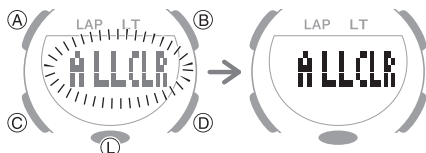
Note

- You cannot delete data while an elapsed time measurement operation is in progress.

Deleting All Records

1. Enter the Data Recall Mode.
[🔍 Navigating Between Modes](#)

2. Hold down (A) for at least five seconds.
 When [CLR] stops flashing, it means that the data of the date and time you specified has been deleted. If you keep the button depressed, [ALLCLR] will flash for about 1.5 seconds and then stop, which indicates that all data was deleted.



Note

- You cannot delete data while an elapsed time measurement operation is in progress.

Timer

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

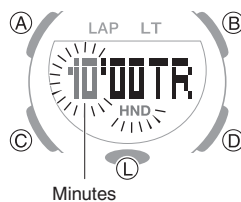


Setting the Countdown Start Time

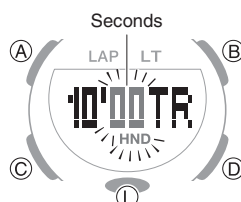
The start time can be set in 1-second units up to 100 minutes.

- If a timer operation is in progress, press (D) to stop it and then press (B) to reset the stopwatch to all zeros before performing the operation in step 2.

1. Enter the Timer Mode.
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the minutes setting starts to flash.
 - This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.



3. Use (B) and (D) to change the minutes setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
4. Press (C).
 This causes the seconds digits to flash.



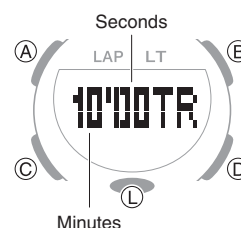
5. Use (B) and (D) to change the seconds setting.
6. Press (A) to complete the setting operation.

Note

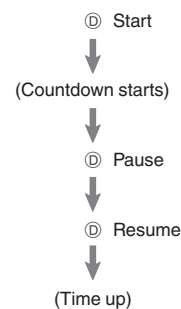
- Setting a start time of [00'00] will perform a countdown of 100 minutes.
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Using the Timer

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



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



- 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 (B).
3. Press any button to stop the tone.

Hand Alignment Adjustment

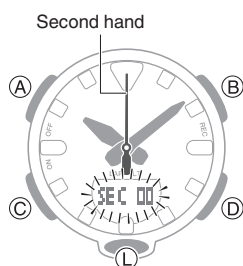
Strong magnetism or impact can cause the time indicated by the analog hands to become different from the time on the digital display. If this happens, adjust hand alignment.

Adjusting Hand Alignment

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

2. Hold down (A) for at least five seconds. Release the button when [H-S] stops flashing and [SEC 00] starts to flash.

This enables adjustment of second hand alignment.



3. If the second hand is not aligned with the 0 second position, use (B) and (D) to align it.

- Holding down (B) or (D) moves the hand at high speed.

4. Press (C).

This enables adjustment of the hour and minute hands.

5. If the hour and minute hands are not at 12 o'clock, use (B) and (D) to align them.

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

Other Settings

This section explains other watch settings you can configure.

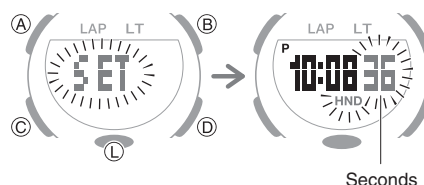
Enabling the Button Operation Tone

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

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

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

- This enters the setting mode. The hands automatically shift out of the way for easy viewing of the screen.



3. Press (C) eight times.

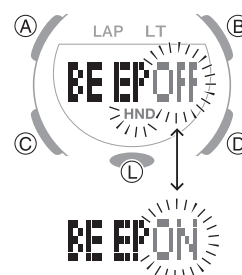
This causes [BEEP ON] or [BEEP OFF] to flash on the display.



4. Press (D) to select [BEEP ON] or [BEEP OFF].

[BEEP ON]: Operation tone enabled.

[BEEP OFF]: Operation tone muted.



5. 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.
- Note that alarm and timer tones will still sound even while the operation tone is muted.

Other Information

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

Specifications

Accuracy at normal temperature :

±15 seconds a month

Timekeeping :

Analog

Hour, minute (moves every 10 seconds), second

Digital

Hour, minute, second, month, day, day of the week

a.m./p.m.(P)/24-hour timekeeping

Full Auto Calendar (2000 to 2099)

Summer Time

Stopwatch/Data Recall :

Measurement unit:

1/100 seconds (first hour)

1 second (after first hour)

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

Measurement Functions:

Normal elapsed time; cumulative time;

lap times; 120-record data memory, One

Press Start from the Timekeeping Mode

Timer :

Measuring unit: 1 second

Measuring range: 100 minutes

Time setting unit: 1 second

Time setting range: 1 second to 100

minutes

10-second beeper when the end of the countdown is reached

Alarm :

Time alarms

Number of alarms

5

Setting units

Hours, minutes

Alarm tone duration: 10 seconds

Hourly time signal: Beep every hour on the hour

Dual Time :

Display Items: hours, minutes

Setting unit: 15 minute

Summer Time

Double LED light :

Face LED light and LCD LED backlight

(Auto Light, Super Illuminator, afterglow, selectable afterglow duration: 1.5 seconds or 3 seconds)

Other :

Alarm testing, Operation tone enable/disable, hand shift

Power Supply :

CR2016 x 1

Battery life: Approximately 3 years

Conditions:

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Specifications are subject to change without notice.

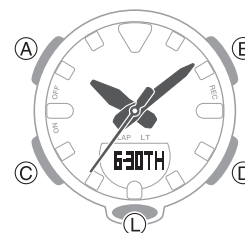
Troubleshooting

Indicators and Current Time

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

To return to the Timekeeping Mode, hold down (C) for at least two seconds.

[Navigating Between Modes](#)



Q2 The current time indicated by the watch is off by one hour or 30 minutes.

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

[Configuring the Summer Time Setting](#)

Q3 The time indicated by the hands is different from the digital time.

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

[Hand Alignment Adjustment](#)

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.

[Enabling the Hourly Time Signal](#)

Other

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

Visit the website below.

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