

User's Guide

Watch

3556*EN

Congratulations upon your selection of this CASIO watch.

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

About This Manual



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

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Procedure Lookup

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Watch Features

- ◆ **Stopwatch**
- ◆ **Preset Timer**
- ◆ **Countdown Timer**
- ◆ **World Time**
- ◆ **Alarm**

Selecting a Mode

- Press (C) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press (B) to illuminate the display.



©

Alarm Mode



World Time Mode



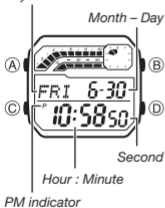
#WT

Countdown Timer Mode



Timekeeping

Day of week



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

Read This Before You Set the Time and Date !

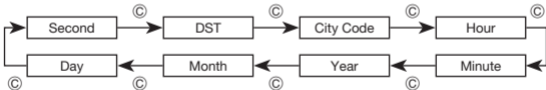
The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch) before you set the time and date.

- For full information on city codes, see the “City Code Table” at the back of this manual.

To set the time and date



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



3. When the setting you want to change is flashing, use **(D)** and **(B)** to change it as described below.

Screen	To do this:	Do this:
50	Reset the second to 00	Press (D) .
OFF	Toggle between Daylight Saving Time (On) and Standard Time (OFF)	
TYO	Change the city code	Use (D) (east) and (B) (west).
' 10:58	Change the hour or minute	Use (D) (+) and (B) (-).
' 23	Change the year	
6-30	Change the month or day	

- See “Daylight Saving Time (DST)” on page EN-12 for details about the DST setting.
4. Press **(A)** to exit the setting screen.

Daylight Saving Time (DST)

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

To toggle the Timekeeping Mode time between DST and Standard Time



DST indicator

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
 2. Press (C) to display the DST setting screen.
 3. Press (D) to toggle between Daylight Saving Time (**On** displayed) and Standard Time (**OFF** displayed).
 4. Press (A) to exit the setting screen.
- The **DST** indicator is on the display while Daylight Saving Time is turned on.

To toggle between 12-hour and 24-hour timekeeping

In the Timekeeping Mode, press **(D)** to toggle between 12-hour timekeeping and 24-hour timekeeping.

- With the 12-hour format, the **P** (PM) indicator appears for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.
- The **P** indicator is not displayed with the Timekeeping Mode time on the Preset Timer Mode, Countdown Timer Mode, World Time Mode, and Alarm Mode screens.

Stopwatch

Initial Stopwatch Mode Screen



Timekeeping Mode time

The stopwatch lets you measure elapsed time. The upper display and lower display can be used for official timing of an event or game.

- The measurement range of the upper display is 59 minutes 59 seconds.
- The measurement range of the lower display is 99 minutes 59 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C) (page EN-7).

Elapsed Time Screen

Minutes Seconds

- This time measurement cannot be paused. It shows the total elapsed time since the timing operation started.



Minutes Seconds

- Press (D) to pause and resume elapsed time measurement.

- This time measurement (1/100 second) cannot be paused.

To measure times with the stopwatch

Elapsed Time



*1 Elapsed time measurement in the lower display continues.

Using the Watch for Official Timing of a Sport Event

After you set a game or event time, the watch will sound an alarm when the time in the lower display reaches that time.

If the event is interrupted for some reason, you can press **(D)** to pause and resume timing in the upper display. The lower display shows the total elapsed time since the start of the timing operation. You can calculate the total amount of time that play was interrupted (lost time or injury time) by subtracting the upper display time from the lower display time.

To set the event time



1. In the Stopwatch Mode, hold down (A) until the current event time setting starts to flash in the lower display. This is the setting screen.
 - If the current event time is not displayed, use the procedure under “To reset elapsed time measurement to zero” (page EN-18) to display it.
2. While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - You can set the event time in the range of 1 minute to 60 minutes, in 1-minute units.
 - “- -” indicates there is no event time set.
3. Press (A) to exit the setting screen.

To start timing at the beginning of an event

When the current time in the lower display reaches the event start time, press (D) to start timing.

- This will display elapsed time measurement in the upper and lower displays.

To pause timing

1. Press **(D)**.

This stops elapsed time measurement in the upper display.

- Elapsed time measurement in the lower display continues.

2. To resume elapsed time measurement in the upper display, press **(D)** again.

When the preset event time is reached

- The watch will sound an alarm when the elapsed time measurement in the lower display (total elapsed time since timing started) reaches the preset event time.
- Elapsed time measurement continues to be performed even after the preset event time is reached.

To reset elapsed time measurement to zero

1. Press **(D)**. This stops elapsed time measurement in the upper display.

- Elapsed time measurement in the lower display continues.

2. Hold down **(A)** until the initial Stopwatch Mode screen appears.

Preset Timer

Timekeeping Mode time



Preset timer time

The watch includes a number of different preset times that you can select for the countdown start time.

An alarm sounds when the countdown reaches zero.

- The following are the preset start times, all in minutes: 10, 12, 15, 20, 25, 30, 35, 40, 45.
- You can also select auto-repeat, which automatically restarts from the preset start time you selected, whenever zero is reached.
- All of the operations in this section are performed in the Preset Timer Mode, which you enter by pressing (C) (page EN-7).

To perform a preset timer operation



1. In the Preset Timer Mode, use (A) to scroll through the preset times until the one you want to use is displayed.



Auto-repeat on indicator



Number of repeats



- To turn on auto-repeat, hold down (A) while a start time selection screen is displayed. The number of repeats will appear in the lower display.
- Frequent use of auto-repeat and the alarm can run down battery power.

2. Press (D) to start the countdown timer.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.

- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button.
- When the end of the countdown is reached while auto-repeat is turned off, the watch will go into an elapsed time operation and display how much time has elapsed since the end of the countdown was reached. The elapsed time operation will stop automatically when it reaches 60 minutes. At that time the countdown timer start time selection screen will appear.
- When the end of the countdown is reached while auto-repeat is turned on, a new countdown starts from the selected preset start time. The number of repeats is displayed in the lower display. The number of repeats display changes to “- -” when the count reaches 100.
- To stop a countdown operation completely, first pause it (by pressing **(D)**), and then press **(A)**. This will display the initial Preset Timer Mode screen.

Countdown Timer



With the countdown timer, you can set up to nine start times, which are counted down in sequence one after the other.

The countdown timer can be used for interval training (for example, three minutes running with **INT 1**, 1 minute rest with **INT 2**, five minutes running with **INT 3**) or for timing an multi-period event (for example, 45 minutes of play with **INT 1**, 15 minutes rest with **INT 2**, 45 minutes play with **INT 3**).

- The watch performs an alert operation (beeper) when any timer reaches zero.
- An alert operation (about one second) is performed when any countdown timer (except for the last one in the series) reaches zero. When the last countdown timer in the series reaches zero, an alert operation is performed for about five seconds.

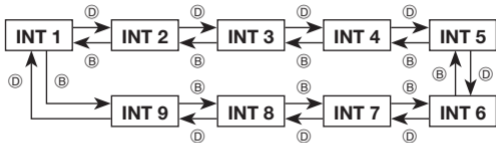
- You can turn on an auto-repeat feature that restarts the timer sequence from the beginning when the end of the last timer is reached.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing **(C)** (page EN-8).

To configure countdown timer settings



1. In the Countdown Timer Mode, hold down **(A)** until the countdown timer number starts to flash. This is the setting screen.




2. Use **ⓓ** (+) and **ⓑ** (-) to scroll through the countdown timer numbers until the one you want to set is displayed.



3. Press © to move the flashing in the sequence shown below to select other settings.



4. While a setting is flashing, use **(D)** and **(B)** to change it as described below.

Screen	To do this:	Do this:
<i>INT 1</i>	Change the countdown timer number	Use (D) (+) and (B) (-).
<i>3'00"</i>	Change the minutes (00-59)	
	Change the seconds (00-55 , 5-second units)	
	Toggle auto-repeat on () and off ()	Press (D) .

- Any timer whose start time is **00' 00"** will not be used during the countdown timer operation.
- There is no auto-repeat for individual countdown timers. In the Countdown Timer Mode, auto-repeat repeats the entire set of timers.

Auto-repeat on indicator



Number of repeats

5. Set the times of all of the timers that you want.

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

- When auto-repeat is turned on, the number of repeats will appear in the lower display.
- Frequent use of auto-repeat and the alarm can run down battery power.

To perform a countdown timer operation

In the Countdown Timer Mode, press (D) to start the countdown of the lowest numbered countdown timer that has a start time setting that is not zero.

- To pause the countdown timer that is currently counting down, press (D). Press (D) again to resume the countdown.
- During a countdown timer operation, any countdown timer whose start time is zero (00' 00") is skipped.

- The first countdown timer of the series is the lowest numbered one with a start time that is not zero. The final countdown timer of the series is the highest numbered one with a start time that is not zero.
- While auto-repeat is turned off, the watch beeps when each countdown timer reaches zero. An alarm will sound for about five seconds when the final countdown timer reaches zero.
- While auto-repeat is turned on, the watch beeps once when each countdown timer reaches zero. A five-second alert operation is performed when the final countdown timer reaches zero, unless the start time of the final countdown timer is 10 seconds or less. In such a case, the alert operation for the final countdown timer is only one second long.
- Timing restarts from the first timer when the final countdown timer reaches zero. The number of repeats is displayed in the lower display. The number of repeats display changes to “- -” when the count reaches 100.
- An ongoing countdown timer operation continues to be performed even if you exit the Countdown Timer Mode.
- To stop a countdown timer operation, first press **(D)** to pause the countdown of the current timer, and then press **(A)**. This will display Countdown Timer 1 (**INT 1**).

World Time

Timekeeping Mode time

City code



Current time in the zone of the selected city code

World Time shows the current time in 48 cities (29 time zones) around the world.

- When you enter the World Time Mode, the data you were viewing when you last exited the mode appears first.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C) (page EN-8).

To view the time for another city code

In the World Time Mode, press (D) to scroll eastward through city codes.

- For full information about city codes, see the “City Code Table” at the back of this manual.
- If the current time for a city is wrong, check your Timekeeping Mode time and Home city code settings and make necessary changes.

To toggle a city code time between Standard Time and Daylight Saving Time

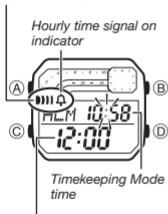


DST indicator

1. In the World Time Mode, use (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
 2. Hold down (A) for about one second to toggle between Daylight Saving Time (**DST** displayed) and Standard Time (**DST** not displayed).
- The **DST** indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
 - Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

Alarm

Alarm on indicator



Alarm time (Hour : Minute)

When the Daily Alarm is turned on, the alarm sounds for 10 seconds at the preset time each day. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **(C)** (page EN-8).

To set the alarm time

1. Hold down **(A)** while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
 - This operation automatically turns on the alarm.

2. Press **(C)** to change the selection in the following sequence.



3. While a setting is flashing, use **(D)** and **(B)** to change it as described below.

Screen	To do this:	Do this:
12:00	Change the hour and minute	Use (D) (+) and (B) (-). <ul style="list-style-type: none">• With the 12-hour format, set the time correctly as a.m. or p.m. (P indicator).

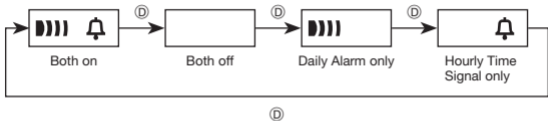
4. After you set the alarm time, press **(A)** to return to the Alarm Mode.

To stop the alarm tone after it starts to sound

Press any button.

To switch the Daily Alarm and Hourly Time Signal on and off

Press (D) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



To test the alarm

Hold down (D) while in the Alarm Mode to sound the alarm.

Illumination



This watch has an LED (light-emitting diode) panel that causes the entire display to glow for easy reading in the dark.

- See “Illumination Precautions” (page EN-41) for more important information.

To illuminate the display

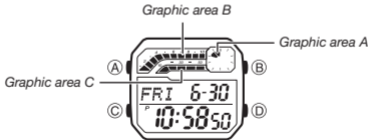
In any mode, press (B) to turn on illumination.

Reference

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

Graphic Areas

The following describes the information indicated by the three graphic areas in each mode.



Mode	Graphic Area A	Graphic Area B	Graphic Area C
Timekeeping	Timekeeping Mode minutes	Timekeeping Mode seconds	Timekeeping Mode 10-seconds
Stopwatch	Stopwatch Time minutes	Stopwatch Time 1/20-second	Stopwatch Time 10-seconds
Preset Timer	Preset Time minutes	Preset Time 1/20-second	Preset Time 10-seconds
Countdown Timer	Countdown Time minutes	Countdown Time 1/20-second	Countdown Time 10-seconds
World Time	World Time Mode minutes	World Time Mode seconds	World Time Mode 10-seconds
Alarm	No indication	No indication	No indication

Button Operation Tone



Mute indicator

The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, the alarm, the Hourly Time Signal, the countdown timer alarm, and the event time alarm all operate normally.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down (C) to toggle the button operation tone on (🔊 not displayed) and off (🔊 displayed).

- Holding down (C) to turn the button operation tone on or off also causes the watch's current mode to change.
- 🔊 is displayed in all modes when the button operation tone is turned off.

Scrolling

The **(B)** and **(D)** buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls at high speed. This is true except when the countdown timer number is flashing on the Countdown Timer Mode screen (page EN-24).

Auto Return Features

- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it changes to the Timekeeping Mode automatically.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch exits the setting screen automatically.

Timekeeping

- Resetting the seconds to **00** while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to **00** without changing the minutes.
- The year can be set in the range of 2000 to 2099.

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

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time differential values.
- The UTC differential is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Universal Time Coordinated", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

Illumination Precautions

- Illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Specifications

Accuracy at normal temperature: ± 30 seconds a month

Timekeeping: Hour, minute, second, p.m. (P), month, day, day of the week

Time format: 12-hour and 24-hour

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home City code (can be assigned one of 48 city codes); Daylight Saving Time (summer time)/Standard Time

Stopwatch

Measuring units: Upper display: 1 second; Lower display: 1 second

Measuring capacities: Upper display: 59'59"; Lower display: 99'59.99"

Measuring modes: Elapsed time, event time

Preset Timer

Measuring unit: 1 second

Preset Start Times: 10, 12, 15, 20, 25, 30, 35, 40, 45 minutes

Timer modes: Elapsed time, Auto-repeat

Measurement of elapsed time for up to 60 minutes after the countdown reaches zero

Countdown Timer

Number of Timers: Up to 9

Measuring unit: 1 second

Input range: 59'55" (1-minute increments and 5-second increments)

Other: Auto-repeat timing

World Time: 48 cities (29 time zones)

Other: Daylight Saving Time/Standard Time

Alarm: Daily alarm, Hourly time signal

Illumination: LED (light-emitting diode)

Other: Button operation tone on/off

Battery: One lithium battery (Type: CR2025)

Approximately 10 years on type CR2025 (1 stopwatch elapsed time operation per week (10-second alarm when timing reaches preset event time); 1 preset timer operation per week (10-second alarm when countdown reaches zero); 1 countdown timer operation per week (8 1-second beeps when any countdown timer reaches zero, 5-second alarm when last countdown timer reaches zero), daily alarm operation 10 seconds per day, 1.5 seconds of illumination per day)

Specifications are subject to change without notice.

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

- Do not use 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

- 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 User's Guide. 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 as noted in the User's Guide. 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.



City Code Table



City Code Table

City Code	City	UTC Differential	Other major cities in same time zone
PPG	Pago Pago	-11	
HNL	Honolulu	-10	Papeete
ANC	Anchorage	-9	Nome
YVR	Vancouver	-8	Las Vegas, Seattle/Tacoma, Dawson City
SFO	San Francisco		
LAX	Los Angeles		
DEN	Denver	-7	El Paso, Edmonton
MEX	Mexico City	-6	Winnipeg, Houston, Dallas/Fort Worth, New Orleans
CHI	Chicago		
MIA	Miami	-5	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
NYC	New York		
CCS	Caracas	-4	La Paz, Santiago, Port Of Spain
YYT	St. Johns	-3.5	
RIO	Rio De Janeiro	-3	Sao Paulo, Buenos Aires, Brasilia, Montevideo
RAI	Praia	-1	

City Code	City	UTC Differential	Other major cities in same time zone
LIS	Lisbon	0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
BCN	Barcelona	+1	Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm, Madrid
PAR	Paris		
MIL	Milan		
ROM	Rome		
BER	Berlin		
ATH	Athens	+2	Helsinki, Beirut, Damascus, Cape Town
JNB	Johannesburg		
IST	Istanbul		
CAI	Cairo		
JRS	Jerusalem		
MOW	Moscow	+3	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
THR	Tehran	+3.5	Shiraz

City Code	City	UTC Differential	Other major cities in same time zone
DXB	Dubai	+4	Abu Dhabi, Muscat
KBL	Kabul	+4.5	
KHI	Karachi	+5	
MLE	Male		
DEL	Delhi	+5.5	Mumbai, Kolkata
DAC	Dhaka	+6	Colombo
RGN	Yangon	+6.5	
BKK	Bangkok	+7	Jakarta, Phnom Penh, Hanoi, Vientiane
SIN	Singapore	+8	Kuala Lumpur, Taipei, Manila, Perth, Ulaanbaatar
HKG	Hong Kong		
BJS	Beijing		
SEL	Seoul	+9	Pyongyang
TYO	Tokyo		
ADL	Adelaide	+9.5	Darwin

City Code	City	UTC Differential	Other major cities in same time zone
GUM	Guam	+10	Melbourne, Rabaul
SYD	Sydney		
NOU	Noumea	+11	Port Vila
WLG	Wellington	+12	Christchurch, Nadi, Nauru Island

- Based on data as of June 2005.
- This table shows the city codes of this watch.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

CASIO®

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