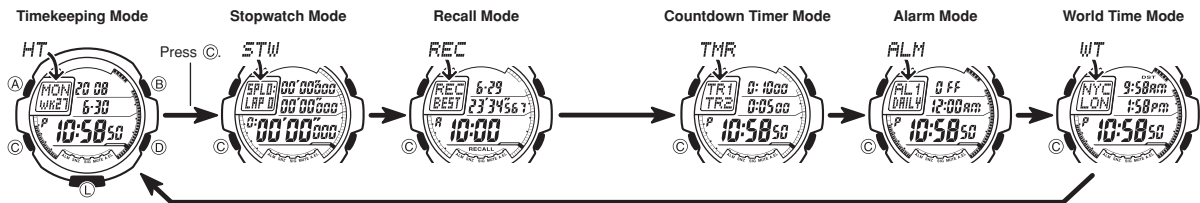# Operation Guide 3095

CASIO

About This Manual

- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press Ⓒ to change from mode to mode.
- In any mode, press Ⓛ to illuminate the display for about one second.

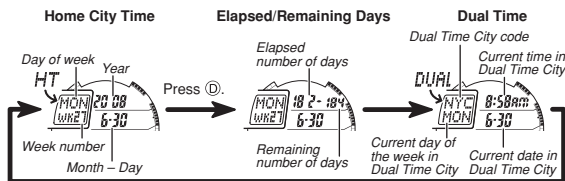| Timekeeping Mode	Stopwatch Mode	Recall Mode	Countdown Timer Mode	Alarm Mode	World Time Mode
HT	STW	REC	TMR	ALM	WT

Press Ⓒ.

Timekeeping

Use the Timekeeping Mode to set and view the current time and date. You can select from among the three different Timekeeping Mode screens shown below.

- Whenever you enter the Timekeeping Mode from another mode, the indicator in the upper left corner of the screen will show **DUAL** if the Dual Time screen is selected. If the Home City Time screen or Elapsed/Remaining Day screen is selected, the indicator will show **HT**.

PM indicator

Hour : Minutes Seconds

Home City Time

Day of week
Year
HT
Week number
Month – Day

Press Ⓓ.

Elapsed/Remaining Days

Elapsed number of days
Remaining number of days

Dual Time

Dual Time City code
Current time in Dual Time City
DUAL
Current day of the week in Dual Time City
Current date in Dual Time City

- You can use Ⓓ in the Timekeeping Mode to cycle through the different screens shown above, which changes the information in the top of the screen.
- The Elapsed/Remaining Days screen shows the number of days that have elapsed from January 1 of the current year (Elapsed Days), and the number of days remaining until December 31 of the current year (Remaining Days).
- The Dual Time screen shows the current time in your Home City and another city (Dual Time City).

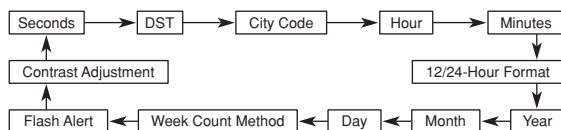### Read This Before You Set the Time and Date!

The time setting of the Dual Time City as well as all of the times in the World Time Mode are based on the current time you set for your Home City in the Timekeeping Mode. 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".
- For more information about Dual Time, see "Using Dual Time".

To set the time and date

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

Seconds

Seconds	→	DST	→	City Code	→	Hour	→	Minutes
↑								↓
Contrast Adjustment							12/24-Hour Format	
↑								↑
Flash Alert	←	Week Count Method	←	Day	←	Month	←	Year

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

Screen	To do this:	Do this:
50	Reset the seconds to 00	Press Ⓓ.
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	
TYO	Change the city code	Use Ⓓ (east) and Ⓑ (west).
ᴾ 10:58	Change the hour or minutes	Use Ⓓ (+) and Ⓑ (–).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press Ⓓ.
2008	Change the year	Use Ⓓ (+) and Ⓑ (–).
6-30	Change the month or day	

- See "Daylight Saving Time (DST)" for details about the DST setting.
- The following shows where you should go in order to find more information about the above settings.
  - Week count method: "Week Number"
 - Flash alert: "Flash Alert"
  - Contrast adjustment: "Contrast Adjustment"
4. Press Ⓐ twice to exit the setting screen.
- The first press of Ⓐ will display the Dual Time setting screen.
- 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 day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

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

On/Off status

DST indicator

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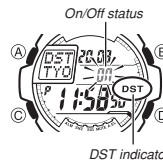
Week Number

The week number shows the number of the current date in the current year. You can select from among the following three types of week counting methods.

To count like this:	Select this counting method:
Start each week from Monday, and count the week that contains the first Thursday as the first week of the year. • This counting method is specified by ISO8601. • Due to the ways that weeks are counted, the year of a particular week may be different from a date that occurs during that week. *Example: January 1, 2005 is Week 53 of 2004.*	ISO
Start each week from Monday, and count the week that contains January 1 as the first week of the year.	MON
Start each week from Sunday, and count the week that contains January 1 as the first week of the year.	SUN

To specify the week counting method

Week number

Week counting method

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓒ nine times to display the week count method screen.
3. Use Ⓓ and Ⓑ to cycle through the week counting methods in the sequence shown below.

Press Ⓓ.
SUN → ISO → MON
Press Ⓑ.

4. Press Ⓐ twice to exit the setting screen.

Using Dual Time

Dual Time City code

Current time in Dual Time City

Current date in Dual Time City

Current day of the week in Dual Time City

In the Timekeeping Mode, you can display a Dual Time screen that shows the current time and date in your Home City and in one other city (Dual Time City). You can select the city you want to use as your Dual Time City. You also can specify Standard Time or Daylight Saving Time for the Dual Time City.

• The initial factory default Dual Time City setting is **NYC** (New York City).
• For information about display the Dual Time screen.
• Whenever you enter the Timekeeping Mode from another mode, the indicator in the upper left corner of the screen will show **DUAL** if the Dual Time screen is selected. If the Home City Time screen or Elapsed/ Remaining Day screen is selected, the indicator will show **HT**.

To switch the Dual Time City between Daylight Saving Time and Standard Time

DST indicator

On/Off status

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓐ again.
   • This will display the Dual Time City DST setting screen.
3. Press Ⓓ to toggle the Dual Time between Daylight Saving Time (**ᴼ̃N** displayed) and Standard Time (**OFF** displayed).
4. Press Ⓐ to exit the setting screen.
   • The **DST** indicator appears on the display to indicate that Daylight Saving Time is turned on.

To change the Dual Time City code

Dual Time City code

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓐ again.
3. Press Ⓒ once to display the Dual Time City selection screen.
4. Use Ⓓ (east) and Ⓑ (west) to scroll through the available city codes.
   • For full information on city codes, see the "City Code Table".
5. Press Ⓐ to exit the setting screen.

Stopwatch

The 1/1000-second stopwatch measures elapsed time, as well as lap/split times, and has an Auto-Start feature. Measurements taken using the stopwatch can be stored in memory for later recall with the Recall Mode.
• "Lap time" is the time spent to cover a specific segment of a race, such as one lap around a track. "Split time" is the time spent from the beginning of a race up to a certain point.
• For information about how data recorded with the stopwatch is stored in memory, see "Memory Management".
• The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
• The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
• All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓒ.
• While the stopwatch is stopped and reset to all zeros, you can press Ⓑ to switch between the elapsed time and lap time screens.

Elapsed Time Screen   **Lap Time Screen**

Split time   *Split time*

Press Ⓑ.

Lap number   *Lap time*   *Lap number*   *Lap time*

Elapsed time   *Current lap time*

• The Elapsed Time screen is recommended when you want to view the elapsed time during split/lap time readings.
• The Lap Time screen is recommended when you want to view the current lap time during split/lap time readings.
• The measurement range of the Elapsed Time Screen elapsed time (bottom of the screen) and split time (top of the screen) is 9 hours, 59 minutes, 59.999 seconds. The measurement range of the lap time (center of the screen) is 59 minutes, 59.999 seconds.
• The measurement range of the Lap Time Screen lap time (bottom of the screen) and split time (top of the screen) is 9 hours, 59 minutes, 59.999 seconds. The display range of the previous lap time (center of the screen) is 59 minutes, 59.999 seconds.

Measuring Elapsed Time

Use the following procedure to perform a basic elapsed time operation with the stopwatch.

To measure elapsed time

Split time

Lap number

Elapsed time   *Lap time*

Elapsed Time Screen

1. While the stopwatch is stopped and reset to all zeros, press Ⓑ to display the Elapsed Time screen.
   • If the stopwatch is not reset to all zeros, stop the stopwatch and then press Ⓑ to reset to all zeros.
2. Press Ⓓ to start the stopwatch elapsed time operation.
3. Press Ⓓ to stop the elapsed time operation.
   • You can restart the elapsed time operation by pressing Ⓓ again.
   • After stopping the elapsed time operation, press Ⓑ to reset to all zeros.

Measuring Split Times and Lap Times

You can use the stopwatch Elapsed Time screen or the Lap Time screen to measure split times and lap times.
• The Elapsed Time screen is recommended when you want to view the elapsed time during split/lap time readings.
• The Lap Time screen is recommended when you want to view the current lap time during split/lap time readings.

To take split time and lap time readings

Split time

Lap number

Current lap time   *Lap time*

Lap Time Screen

1. While the stopwatch is stopped and reset to all zeros, press Ⓑ to toggle between the Elapsed Time screen and Lap Time screen.
   • If the stopwatch is not reset to all zeros, stop the stopwatch and then press Ⓑ to reset to all zeros.
2. Press Ⓓ to start the stopwatch elapsed time operation.
3. Press Ⓑ when you want to take a lap and split time reading.
   • Each press of Ⓑ will display the lap/split time at that point. You can take up to 999 lap/split readings during a single elapsed time operation.
4. Press Ⓓ when you want to stop the elapsed time operation.
   • You can press Ⓓ to re-start the stopwatch elapsed time operation, if you want.

• The watch's memory can store up to 99 lap times. If you stop an elapsed time operation during which you recorded more than 99 lap times, any lap times past Lap 99 will not be stored in watch memory. If you restart the elapsed time operation in this case, the display will show --'--"--- for the last lap time until you record then next lap time.
• After stopping the elapsed time operation, press Ⓑ to reset to all zeros.
• One-digit lap numbers (1 to 9) are displayed using the format "**LAP 1**".
   Example: Lap time number 8: **LAP 8**
   Two- and three-digit lap numbers (10 to 999) are displayed using the format "**L.100**" or "**L.50**".
   Example: Lap time number 150: **L.150**

About Auto-Start

With Auto-Start, the watch performs a 5-second countdown, and the elapsed time operation starts automatically when the countdown reaches zero. Beeper and flash alert operations are performed for each of the final four seconds of the countdown.
• When the end of the countdown is reached, a beeper operation is performed followed by a flash alert operation. The alerts are performed separately to avoid putting too much load on the battery at the same time.
• When Flash Alert is turned on, the red and green LEDs at the bottom of the display will flash in time with the Auto-Start countdown beeper.

To use Auto-Start

1. While the stopwatch screen is showing all zeros in the Stopwatch Mode, press Ⓐ.
   • This displays a 5-second countdown screen.
   • To return to the all zeros screen, press Ⓐ again.
2. Press Ⓓ to start the countdown.
   • A stopwatch elapsed time operation will start automatically when the end of the countdown is reached.

• To terminate an ongoing countdown and start the elapsed time operation, press Ⓓ.
• To cancel an ongoing countdown and return to the 5-second countdown screen, press Ⓑ.

Memory Management

Your watch has memory for two "elapsed time records". Each elapsed time record contains the data (elapsed time, lap times, split times, etc.) recorded from the beginning to the end of an elapsed time measurement.
While an elapsed time operation is in progress in the Stopwatch Mode, the two elapsed time records in memory are one for the data being produced by the elapsed time operation you are performing and one for the data produced by the last elapsed time operation you completed.
When there is no elapsed time operation in progress in the Stopwatch Mode (when the stopwatch is reset to all zeros), the two elapsed time records in memory consist of one for the data produced by the last elapsed time operation you completed and one more record for the elapsed time operation before the last one.
• Whenever you start a new elapsed time operation, the older record currently in memory is deleted automatically to make room for the new elapsed time data.
• You can use the Recall Mode to view the elapsed time records that currently are in the watch's memory.

Elapsed Time Record Data

Each elapsed time record contains the following data.
   Total elapsed time
   Up to 99 lap/split time records
   Start date (month, day) and time of elapsed time measurement
   Best lap time and number record
• Each elapsed time record can contain up to 99 lap/split times. The watch will not store any more lap/split times after the 99th, but the best lap record will continue to be updated whenever a new lap time betters the time of the current best lap record.
• If there are multiple lap times in an elapsed time record that are the same as the time of the best lap, the earliest time is used as the best lap time.
• -- is shown for the best lap time if no lap/split time operation was performed during the elapsed time operation.

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Using Auto-start
- If you use Auto-start to start a stopwatch operation, the watch will interpret the beginning of the Auto-start countdown as the starting point of the elapsed time operation and will start recording elapsed time record data from there.
- If you press Ⓑ to stop the Auto-start countdown, all of the data in the elapsed time record will show -- to indicate that no data was stored.
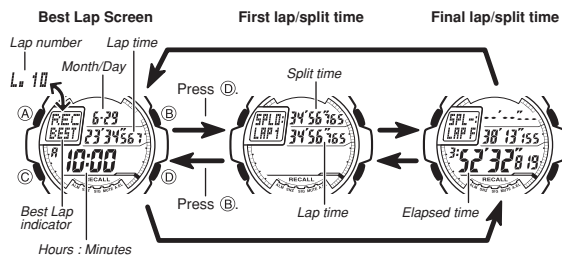
Recall Mode

You can use the Recall Mode to view the elapsed time record data (elapsed time, lap times, split times, etc.) that you measure with the Stopwatch Mode.
- When you enter the Recall Mode, the newest elapsed time record appears first.
- All of the operations in this section are performed in the Recall Mode, which you enter by pressing Ⓒ.

To view elapsed time record data
1. Press Ⓒ to enter the Recall Mode.
   - The Best Lap screen of the newer record that currently is in memory will appear first.
   - Press Ⓐ when you want to switch to the other (older) record. Each press of Ⓐ toggles between the two records.
   - The data that appears on the Best Lap screen depends on whether you are viewing the data of a completed elapsed time operation or an ongoing elapsed time operation.
   - In the case of a completed elapsed time operation, the Best Lap screen will display information like that shown.
   - If an elapsed time operation is in progress in the Stopwatch Mode, what is shown for the time on the Best Lap screen will depend on whether you have the elapsed time screen or lap time screen selected in the Stopwatch Mode. If you have the Elapsed Time screen selected in the Stopwatch Mode, the elapsed time will appear on the Best Lap screen. If you have the Lap Time screen selected, the lap/split time will appear on the Best Lap screen.
2. When the Best Lap screen of the elapsed time record you want to view is displayed, use Ⓓ and Ⓑ to scroll through the lap/split times in the record.

Best Lap Screen   **First lap/split time**   **Final lap/split time**

Lap number   Lap time
Month/Day
Split time
Press Ⓓ.
Best Lap indicator
Press Ⓑ.
Lap time
Elapsed time
Hours : Minutes

Countdown Timer

TR1 countdown time (hours, minutes, seconds)
Timekeeping Mode time
TR2 countdown time (hours, minutes, seconds)

Your watch comes with two countdown timers named **TR1** (Timer 1) and **TR2** (Timer 2). The setting range for the countdown timers is from one second to 99 hours, 59 minutes, 59 seconds. The **TR2** countdown starts automatically when the **TR1** countdown reaches zero. The countdown timers can be used for interval training (for example, three minutes running with **TR1**, 1 minute rest with **TR2**) or for timing an multi-period event (for example, 45 minutes of play with **TR1**, 15 minutes rest with **TR2**).
- The initial factory default settings are 10 minutes for **TR1** and 5 minutes for **TR2**.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing Ⓒ.

To configure countdown timer settings

1. In the Countdown Timer Mode, hold down Ⓐ until the hour setting of the **TR1** countdown time starts to flash. This is the setting screen.
2. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

TR1 Hours → TR1 Minutes → TR1 Seconds
↑ ↓
TR2 Seconds ← TR2 Minutes ← TR2 Hours
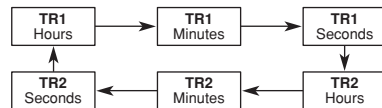
3. While a setting is flashing, use Ⓓ (+) and Ⓑ (−) to change it.
   - Any timer whose start time is **0:00 00** will not be used during the countdown timer operation.
4. Set the times of all of the timers that you want.
5. Press Ⓐ to exit the setting screen.

To perform a countdown timer operation
In the Countdown Timer Mode, press Ⓓ to start the **TR1** countdown.
- When the **TR1** countdown reaches zero, the **TR2** countdown will start automatically.
- To pause the countdown timer that currently is counting down, press Ⓓ. Press Ⓓ again to restart.
- If start time of a countdown timer is zero (**0:00 00**), that timer will be skipped.
- The watch will continue cycling the countdown automatically between **TR1** and **TR2** for five countdowns or until you stop the countdown by pressing Ⓓ.
- When the countdown of either **TR1** or **TR2** reaches zero, a beeper sounds for about 10 seconds. If a countdown start time is 10 seconds or less, the beeper will sound for only about one second when the end of the countdown is reached.
- Regardless of the start time for timer **TR2**, the beeper will sound for about 10 seconds when **TR2** reaches the end of its fifth countdown.
- When Flash Alert is turned on, the red and green LEDs at the bottom of the display will flash in time with the beeper that sounds when the **TR1** or **TR2** countdown reaches zero.
- 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 Ⓓ to pause the countdown of the current timer, and then press Ⓑ. This will reset the countdown timers to their starting times.

Alarms

Alarm time (Hour : Minutes)
On/Off status
Timekeeping Mode time
AM indicator
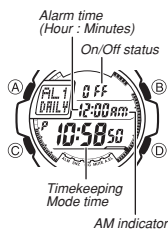
Your watch has five independent multi-function alarms. You can set the hour and minute for the alarm time, and you can select one of four repeat patterns (week day, weekend, Daily, One-time). One of the alarms is a snooze alarm.
You also can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour. You can specify the Hourly Time Signal repeat pattern, and a start time and end time.
- There are five alarm screens, each of which shows an alarm name: **AL1** to **AL4**, and **SNZ**. The Hourly Time Signal is indicated by **SIG**.
- When you enter the Alarm 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 Alarm Mode, which you enter by pressing Ⓒ.

Repeat Patterns
You can select from among four repeat patterns for the multi-function alarms, and three repeat patterns for the Hourly Time Signal.

To set an alarm time

1. In the Alarm Mode, use Ⓓ to scroll through the alarm screens until the one whose settings you want to configure is displayed.
   - Select alarm screen **AL1** through **AL4** to configure a normal alarm. Select the **SNZ** alarm screen to configure the snooze alarm.
   - The snooze alarm repeats every five minutes.
2. After you select an alarm, hold down Ⓐ until the hour setting of the alarm time starts to flash, which indicates the setting screen.
   - This operation turns on the alarm automatically.
3. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

Hour (**HR**) → Minutes (**MIN**) → Repeat Pattern (**REP**)

4. While a setting is flashing, use Ⓓ (+) and Ⓑ (−) to change it.
   - You can select any one of the four alarm repeat patterns described below.

To configure the alarm to sound:	Select this setting:
Daily	**DAILY**
Once on the specified date only	**ONCE**
Daily on Saturday and Sunday	**wEND**
Daily from Monday through Friday	**wDAY**

5. Press Ⓐ to exit the setting screen.
- With the 12-hour format, set the time correctly as a.m. or p.m.

Alarm Operation
The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off.
- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.
- To stop the alarm tone after it starts to sound, press any button.
- When Flash Alert is turned on, the red and green LEDs at the bottom of the display will flash in time with the alarm beeper.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
   Displaying the Timekeeping Mode setting screen
   *Displaying the **SNZ** setting screen*

To test the alarm
In the Alarm Mode, hold down Ⓓ to sound the alarm.

To turn an alarm on and off

On/Off status
Snooze alarm indicator
Alarm on indicator

1. In the Alarm Mode, use Ⓓ to select an alarm.
2. Press Ⓑ to toggle it on (**on**) and off (**OFF**).
   - Turning on an alarm (**AL1** to **AL4**, or **SNZ**) displays the alarm on indicator on its Alarm Mode screen.
   - In all modes, the alarm on indicator is shown for any alarm that currently is turned on.
   - The alarm on indicator flashes while the alarm is sounding.
   - The snooze alarm indicator flashes while the snooze alarm is sounding and during the 5-minute intervals between alarms.

3

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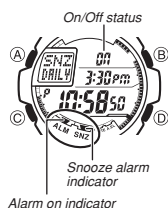
To configure Hourly Time Signal settings
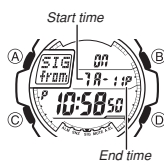
Start time

End time

1. In the Alarm Mode, use Ⓓ to display the Hourly Time Signal (**SIG**) screen.
2. Hold down Ⓐ until the Hourly Time Signal start time starts to flash. This is the setting screen.
   • This also will turn on the Hourly Time Signal.
3. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

Start Time (**from**) → End Time (**to**) → Repeat Pattern (**REP**)
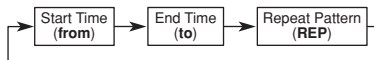
4. While a setting is flashing, use Ⓓ (+) and Ⓑ (–) to change it.
   • When the start time and end time settings specify a period that is 24 hours long (such as a start time of 7:00 a.m. and an end time of 6:00 a.m.), **ALL** is displayed for both the start time and the end time.

• You can select any one of the three Hourly Time Signal repeat patterns described below.

To configure the Hourly Time Signal to sound:	Select this setting:
Daily	**DAILY**
Daily on Saturday and Sunday	**wEND**
Daily from Monday through Friday	**wDAY**

5. Press Ⓐ to exit the setting screen.
• With the 12-hour format, set the time correctly as a.m. (**A**). or p.m.(**P**).

To turn the Hourly Time Signal on or off
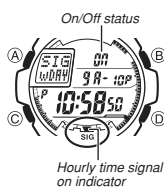
On/Off status

Hourly time signal on indicator

1. In the Alarm Mode, use Ⓓ to display the Hourly Time Signal (**SIG**) screen.
2. Press Ⓑ to toggle the Hourly Time Signal on (**on**) and off (**OFF**).
   • An Hourly Time Signal on indicator is on the Alarm Mode Hourly Time Signal screen while the Hourly Time Signal is on.
   • The Hourly Time Signal on indicator is on the display in all modes while the Hourly Time Signal is turned on.

World Time

Dual Time City code

Dual Time

World Time

Timekeeping Mode time

World Time City code
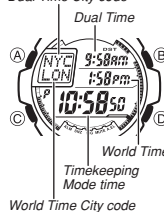
World Time shows the current time in 48 cities (28 time zones) around the world.
• All of the operations in this section are performed in the World Time Mode, which you enter by pressing Ⓒ.

To view the time for another city code

In the World Time Mode, press Ⓓ to scroll eastward through city codes or Ⓑ to scroll westward.
• For full information about city codes, see the "City Code Table".
• If the current time for a city is wrong, check your Timekeeping Mode time and Home City code settings and make necessary changes.
• You can change your Home City code in the Timekeeping Mode. For more information, see "To set the time and date".

• You also can change your Dual Time City code in the Timekeeping Mode. For more information, see "To change the Dual Time City code".

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

DST indicator
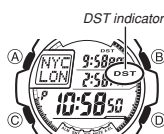
1. In the World Time Mode, use Ⓓ and Ⓑ to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down Ⓐ for about one second to toggle between Daylight Saving Time (**DST** displayed) and Standard Time (**DST** not displayed).
   • The **DST** indicator 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.
   • You can use this operation to toggle the DST/Standard Time setting for the city code selected for your Dual Time City.

Illumination

Auto light switch indicator

This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch turns on illumination automatically when you angle the watch for reading towards your face.
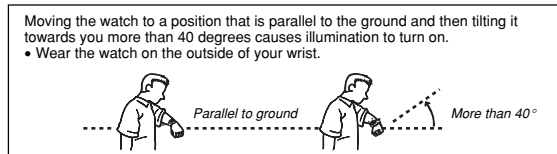• The auto light switch must be turned on (indicated by the auto light switch indicator) for it to operate.
• See "Illumination Precautions" for more important information.

To illuminate the display manually

In any mode, press Ⓛ to turn on illumination for about one second.
• The above operation turns on illumination regardless of the current auto light switch setting.

About the Auto Light Switch

While the auto light switch is enabled, illumination turns on whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes illumination to turn on.
• Wear the watch on the outside of your wrist.

Parallel to ground   *More than 40°*

Warning!

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

To turn the auto light switch on and off

In the Timekeeping Mode, hold down Ⓛ for about three seconds to toggle the auto light switch on (auto light switch indicator displayed) or off (auto light switch indicator not displayed).
• The auto light switch indicator is on the display in all modes while the auto light switch is turned on.
• In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on.

Reference

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

Auto Display

Auto Display cycles automatically through the screen of each mode.

To turn off Auto Display

Press Ⓐ or Ⓒ.

To turn on Auto Display

In the Timekeeping Mode, hold down Ⓑ and Ⓓ for about two seconds.
• Note that Auto Display cannot be turned on while a setting screen is on the display.

Graphic Area

Graphic area

The graphic area indicates different types of data, depending on the mode you are in, as described below.

Mode	Graphic Area
Timekeeping	Timekeeping Mode seconds
Stopwatch (Elapsed Time Screen)	Stopwatch elapsed time seconds
Stopwatch (Lap Time Screen)	Stopwatch lap time seconds
Recall	Elapsed time seconds
Countdown Timer	Countdown time seconds
Alarm	Timekeeping Mode seconds
World Time	Timekeeping Mode seconds

Flash Alert

When Flash Alert is on, the red and green LEDs under the display will flash in time with stopwatch Auto Start, the countdown alarm, alarms, and the Hourly Time Signal.

To turn Flash Alert on and off

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓒ ten times to display the Flash Alert setting screen.
3. Press Ⓓ to toggle Flash Alert on (**SYNC** displayed) and off (**OFF** displayed).
4. Press Ⓐ twice to exit the setting screen.
• The Flash Alert setting you select with the above procedure is applied in all modes.
• You also can use the above procedure to check the current Flash Alert on/off setting.

To test Flash Alert

In the Timekeeping Mode, hold down Ⓑ to cause the red and green LEDs to flash alternately.

Contrast Adjustment

You can adjust the contrast of the watch to make its display figures darker or lighter.

To adjust contrast

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓒ 11 times to display the contrast adjustment (**CNT**) screen.
3. Use Ⓓ (+) and Ⓑ (–) to scroll through the available display format numbers (**1** through **7**).
4. Press Ⓐ twice to exit the setting screen.

Button Operation Tone

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 alarms, the Hourly Time Signal, the countdown alarm, and stopwatch Auto Start all operate normally.

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To turn the button operation tone on and off
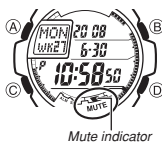
Mute indicator

In any mode (except when a setting screen is on the display), hold down Ⓒ to toggle the button operation tone on (mute indicator not displayed) and off (mute indicator displayed).
• Holding down Ⓒ to turn the button operation tone on or off also causes the watch's current mode to change.
• The mute indicator is displayed in all modes when the button operation tone is turned off.

Auto Return Feature
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.

Scrolling
The Ⓑ and Ⓓ 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.

Initial Screens
When you enter the Stopwatch, Alarm or World Time Mode, the data you were viewing when you last exited the mode appears first.

Timekeeping
• 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
• All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time differential values.
• The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
• 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 "Coordinated Universal Time", 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
• The electro-luminescent panel that provides illumination loses power after very long use.
• Illumination may be hard to see when viewed under direct sunlight.
• The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
• Illumination turns off automatically whenever an alarm sounds.
• Frequent use of illumination runs down the battery.

Auto light switch precautions
• Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

• Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
• Illumination turns off in about one second, even if you keep the watch pointed towards your face.
• Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.

• Under certain conditions, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
• You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

City Code Table

City Code	City	UTC Differential	Other major cities in same time zone
PPG	Pago Pago	−11.0	
HNL	Honolulu	−10.0	Papeete
ANC	Anchorage	−09.0	Nome
LAX	Los Angeles	−08.0	Las Vegas, San Francisco, Vancouver, Seattle/Tacoma, Dawson City
DEN	Denver	−07.0	El Paso, Edmonton
MEX	Mexico City	−06.0	Winnipeg, Houston, Dallas/Fort Worth, New Orleans
CHI	Chicago		
NYC	New York	−05.0	Montreal, Detroit, Boston, Miami, Panama City, Havana, Lima, Bogota
CCS	Caracas	−04.0	La Paz, Santiago, Port Of Spain
RIO	Rio De Janeiro	−03.0	Sao Paulo, Brasilia, Montevideo
BUE	Buenos Aires		
RAI	Praia	−01.0	
LIS	Lisbon	+00.0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
MAD	Madrid	+01.0	Algiers, Hamburg, Frankfurt, Vienna, Barcelona, Milan
PAR	Paris		
AMS	Amsterdam		
MCM	Monte Carlo		
ROM	Rome		
BER	Berlin		
PRG	Prague		
STO	Stockholm		
ATH	Athens	+02.0	Beirut, Damascus, Cape Town, Johannesburg, Istanbul
ANK	Ankara		
NIC	Nicosia		
HEL	Helsinki		
CAI	Cairo		
JRS	Jerusalem		
MOW	Moscow	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
DOH	Doha		
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata, Colombo
DAC	Dhaka	+06.0	
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
KUL	Kuala Lumpur	+08.0	Singapore, Taipei, Manila, Ulaanbaatar
HKG	Hong Kong		
BJS	Beijing		
PER	Perth		
TYO	Tokyo	+09.0	Seoul, Pyongyang
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Guam, Melbourne, Rabaul
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

*Based on data as of December 2006.