

Watch Operation Guide 5550

CASIO®

Applicable Products

- MSG-S600
- MSG-S600G

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● 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
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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
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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
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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 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 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

- The special rechargeable battery used by your watch is not intended to be removed or replaced by you. Use of a rechargeable battery other than the special one specified for your watch can damage your watch.
- The rechargeable (secondary) battery is charged when the solar panel is exposed to light, so it does not require regular replacement as the primary battery requires. Note, however, that long use or operating conditions can cause the capacity or charging efficiency of the rechargeable battery to deteriorate. If you feel that the amount of operation provided by charging is too short, contact your original retailer or CASIO service center.

Before Getting Started...

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

● Watch Features

• Solar Charging

Sunlight and artificial light generate electricity for watch operation as it charges.

• World Time

Display the current time in any one of 48 cities around the globe.

• Stopwatch

Measure up to 60 minutes of elapsed time in units of 1/100 of a second.

• Timer

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

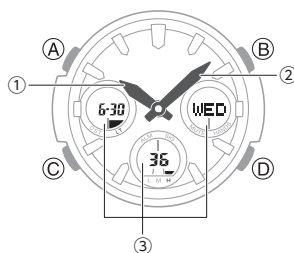
• Alarm

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

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 LCD

A button

Pressing this button in the Timekeeping Mode cycles between displays. In other modes, pressing this button returns to the Timekeeping Mode.

B button

Press to turn on illumination.

C button

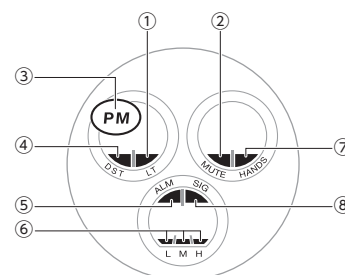
Each press cycles between watch modes. Hold down this button for at least two seconds to shift the hands.

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

D button

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

Watch Face and Display Indicators

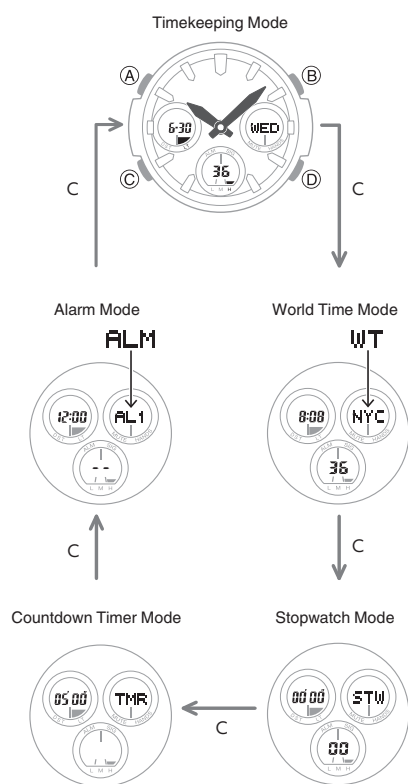


- ① [LT]
Displayed while Auto Light is enabled.
- ② [MUTE]
Displayed while the button operation tone is disabled.
- ③ [PM]
Displayed during p.m. times while 12-hour timekeeping is being used.
- ④ [DST]
Displayed while the watch is indicating summer time.
- ⑤ [ALM]
Displayed while an alarm is turned on.
- ⑥ [H], [M], [L]
Shows the current charge level.
- ⑦ [HANDS]
Flashes while the watch's hands are shifted for easier reading.
- ⑧ [SIG]
Displayed while the hourly time signal is enabled.

Navigating Between Modes

Press (C) to cycle between modes.

- Holding down (C) for at least four seconds in any mode enters the Timekeeping Mode.



Auto-return

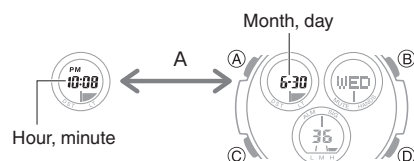
While a time or other setting screen is displayed (digital display flashing), the watch will exit the setting screen automatically after about two or three minutes of non-operation.

High-speed Scrolling

In all modes, (B) and (D) are used to change the currently selected setting. Holding down (B) or (D) scrolls through settings at high speed.

Cycling Between Timekeeping Mode Digital Display Contents

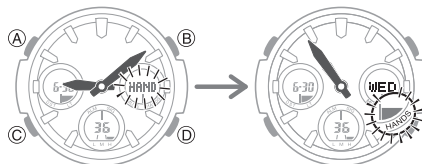
Each press of (A) in the Timekeeping Mode cycles display contents as shown below.



Shifting the Hands

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

1. Hold down (C) for at least two seconds. Release the button when [HAND] appears on the display.
 - This will shift the analog hands to allow easy viewing of display information.



2. Hold down (C) for at least two seconds again. Release the button when [HAND] appears on the display. This returns the hands to their normal timekeeping positions.

Note

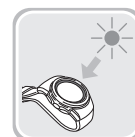
- If you leave the watch with its hands shifted and do not perform any operation for about one hour, the hands will resume normal timekeeping automatically.
- The hands will shift automatically whenever you display a setting screen while in the Timekeeping Mode, Countdown Timer Mode, or Alarm Mode. They will automatically return to their normal timekeeping positions when you exit the setting screen. However, if the hands were already shifted before you displayed the setting screen, they will remain shifted when you exit the setting screen.

Solar Charging

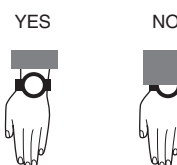
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

Charging the Watch

When you are not wearing the watch, put it in a location where it is exposed to bright light.



While you are wearing the watch, make sure that its face (solar panel) is not blocked from light by the sleeve of your clothing. Power generation efficiency is reduced even when the face of the watch is blocked only partially.

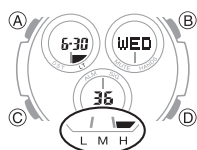


Important!

- Depending on light intensity and local conditions, the watch may become hot to the touch when exposed to light for charging. Take care to avoid burn injury after charging. Also, avoid charging the watch under high-temperature conditions like the ones described below.
 - On the dashboard of a vehicle parked in the sun
 - Near an incandescent light bulb or other source of heat
 - Under direct sunlight or in other hot areas for long periods
- The display panel may become black under very high temperatures. This is temporary, and the display will return to normal at lower temperatures.

● Checking the Charge Level

A display indicator shows the watch's current charge level.



Charge Level 1: Good

All functions enabled.



Charge Level 2: Good

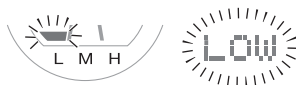
All functions enabled.



Charge Level 3: Low

[L] and [LOW] flash on the display and the functions below become disabled.

- Face illumination
- Sounds (alarms, etc.)
- All functions except for the Timekeeping Mode



Charge Level 4: Low

When the battery charge drops lower than Level 3, [CHG] starts to flash on the display and all functions become disabled. Also, all hands are stopped at 12 o'clock.



Charge Level 5: Dead

All hands are stopped and digital displays are blank. Memory data is lost, and watch settings are returned to their initial factory defaults.



Important!

- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

Note

- When [H], [M], and [L] are all flashing on the display, it means that all functions are disabled due to momentary battery power consumption.

● Charging Time Guidelines

The table below shows guidelines for approximate charging times.

Charging Times Required for 1 Day of Operation

Light Level (Lux)	Approximate Charging Time
50,000	8 minutes
10,000	30 minutes
5,000	48 minutes
500	8 hours

Times Required to Achieve Next Charge Level

- Sunny day, outdoors (50,000 lux)

Dead battery → Medium charge	3 hours
Medium charge → High charge	29 hours
High charge → Full charge	8 hours

- Sunny day, near a window (10,000 lux)

Dead battery → Medium charge	9 hours
Medium charge → High charge	108 hours
High charge → Full charge	29 hours

- Overcast day, near a window (5,000 lux)

Dead battery → Medium charge	13 hours
Medium charge → High charge	174 hours
High charge → Full charge	47 hours

- Indoor fluorescent lighting (500 lux)

Dead battery → Medium charge	185 hours
Medium charge → High charge	-
High charge → Full charge	-

Note

- Actual charging time depends on the local charging environment.

● Power Saving Function

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause the display to go blank, and the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, the watch will enter Level 2 power saving.

Power Saving Level 1 :

Digital display goes blank to save power.

Power Saving Level 2 :

All hands stop and the digital display goes blank to save power. All functions are disabled.

Recovering from Power Saving Operation

Use one of the operations below to exit power saving.

- Press any button.
- Move the watch to a bright location.
- Trigger auto light by angling the watch towards your face.

Note

- The watch will not enter power saving in the cases below.
 - While in the Stopwatch Mode
 - While in the Countdown Timer Mode
- You can enable or disable Power Saving as required.
 - 🔍 [Configuring Power Saving Function Settings](#)
- Note that the watch also may enter power saving if its face is blocked from light by your sleeve while you are wearing it.

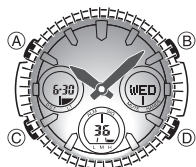
Viewing the Face in the Dark

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

● To illuminate the face manually

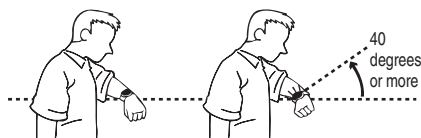
Press (B) to turn on illumination.

- 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.



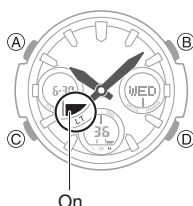
- Auto Light may operate unintentionally and run down the battery if the watch is blocked from light by your sleeve.
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the 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 (B) for at least three seconds to toggle Auto Light between enabled and disabled.
 - [LT] is displayed while Auto Light is enabled.



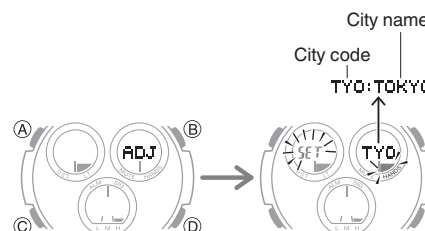
Note

- Auto Light is disabled while [CHG] is shown on the display.

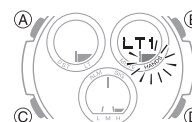
● Specifying the Illumination Duration

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

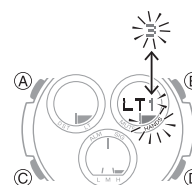
1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when [ADJ] appears on the display.
 Releasing the button will cause the city code and city name to appear on the display.



3. Press (C) 10 times.
 This will cause [LT1] or [LT3] to appear on the display.



4. Press (D) to toggle between the two illumination duration settings.
 [LT1]: 1.5-second illumination
 [LT3]: 3-second illumination



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

Time Adjustment

You can use the watch operations in this section to adjust current date and time settings.



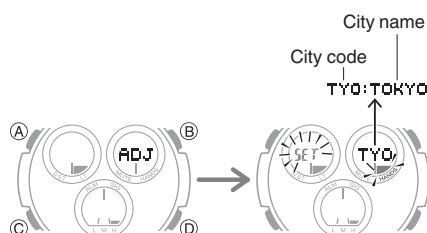
Using Watch Operations to Adjust the Time Setting

You can use the watch operations below to adjust current date and time settings, and to set your Home City.

● Setting a Home City

Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summer time, you can also configure a summer time setting.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when [ADJ] appears on the display.
Releasing the button will cause the city code and city name to appear on the display.



3. Use (B) and (D) to change the Home City setting.
• For details refer to the information below.
[City Table](#)

4. Press (C).
5. Use (D) to select a summer time setting.
Each press of (D) cycles through available settings in the sequence shown below.

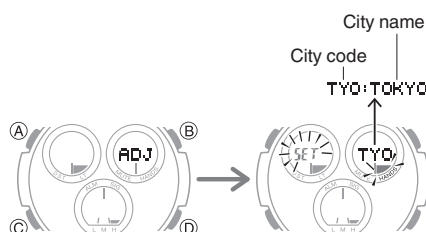
- [OFF]
The watch always indicates standard time.
- [ON]
The watch always indicates summer time.



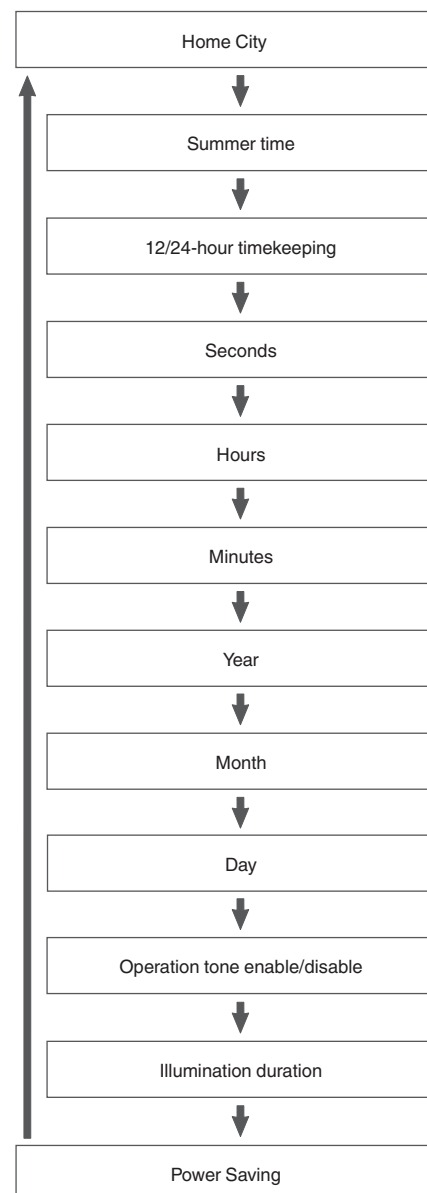
6. Press (A) to complete the setting operation.

● 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 [ADJ] appears on the display.
Releasing the button will cause the city code and city name to appear on the display.



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.

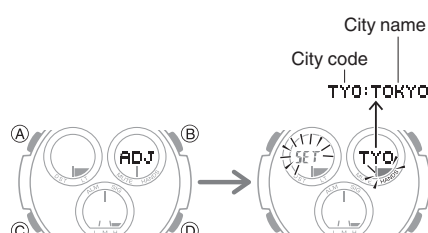
5. Repeat steps 3 and 4 to select time and date settings.

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

● Switching between 12-hour and 24-hour Timekeeping

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

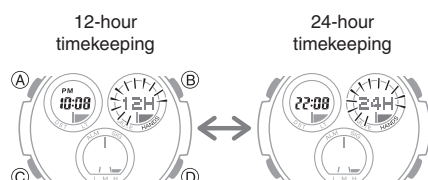
1. Enter the Timekeeping Mode.
[⌚ Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when [ADJ] appears on the display.
 Releasing the button will cause the city code and city name to appear on the display.



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



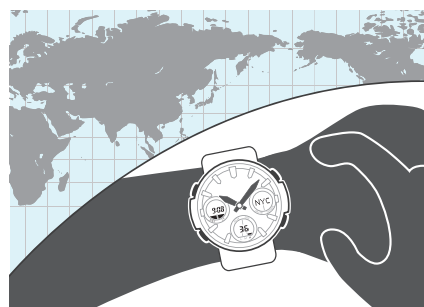
4. Press (D) to toggle the setting between [12H] (12-hour timekeeping) and [24H] (24-hour timekeeping).



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

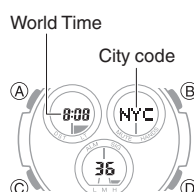
World Time

You can view the current time in 48 cities (31 time zones), and UTC (Coordinated Universal Time) time.



Checking World Time

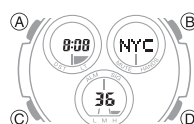
1. Enter the World Time Mode.
[⌚ Navigating Between Modes](#)
 This displays your currently selected World Time City and the current time there.
 - You can display the city code and city name again by pressing (A).



World Time City Setting

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

1. Enter the World Time Mode.
[⌚ Navigating Between Modes](#)
2. Use (D) to display the city you want.



3. To change the summer time setting, hold down (A) for about two seconds.

- Each time you hold down (A) for at least two seconds, the setting will toggle between summer time and standard time.
- [DST] appears whenever the display current time is summer time.

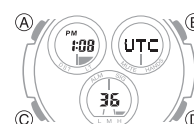


Note

- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.
- The summer time setting you configure is applied to the currently selected city only. It does not affect other cities.

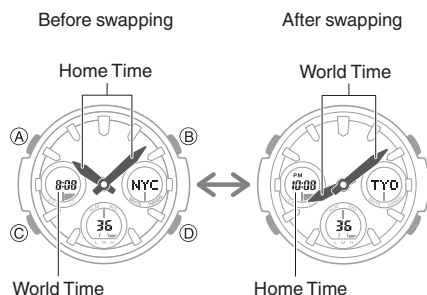
Specifying UTC (Coordinated Universal Time) as Your World Time City

In the World Time Mode, pressing (B) and (D) at the same time will set UTC (Coordinated Universal Time) as the World Time City and display its current time.



Swapping Your Home Time and World Time

In the World Time mode, press (A) and (B) at the same time to swap your Home City time with your World Time.



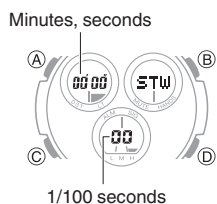
Stopwatch

Measure up to 59 minutes, 59.99 seconds of elapsed time in units of 1/100 of a second.

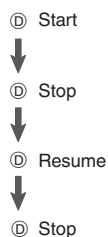


Measuring Elapsed Time

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



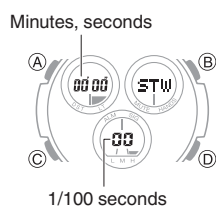
2. Use the operations below to measure elapsed time.



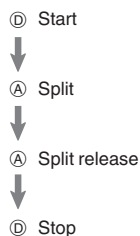
3. Press (A) to reset the stopwatch to all zeros.

Measuring a Split Time

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



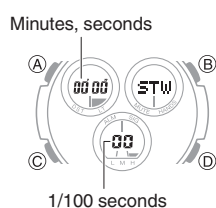
2. Use the operations below to measure elapsed time.
 - Pressing (A) displays the elapsed time from the start of a race up to the point when you pressed the button (split time).



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

Timing the First and Second Place Finishers

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



2. Use the operations below to measure elapsed time.



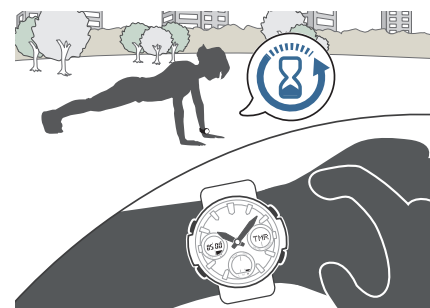
* Displays the time of the first finisher.

3. Press (A) to display the time of the second place finisher.
4. Press (A) to reset the stopwatch to all zeros.

Timer

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

- The beeper is muted when battery power is low.



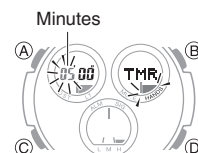
Setting the Countdown Start Time

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

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

[Using the Timer](#)

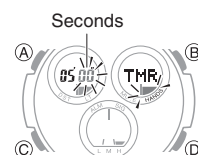
1. Enter the Countdown Timer Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when the minutes setting starts to flash.



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

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.

Using the Timer

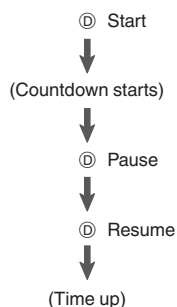
1. Enter the Countdown Timer Mode.

🔍 [Navigating Between Modes](#)

Minutes, seconds



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

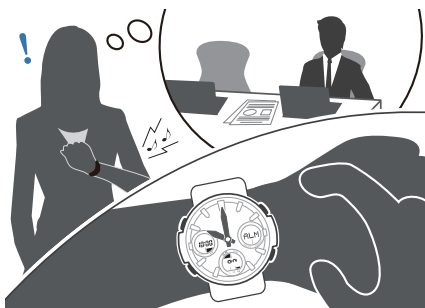


- A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.
 - You can reset a paused countdown to its start time, by pressing (A).
3. Press any button to stop the tone.

Alarms and Hourly Time Signal

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.

- The alarm sound is muted in the cases described below.
 - When battery power is low
 - When watch is at Level 2 power saving
- 🔍 [Power Saving Function](#)

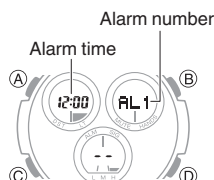


Configuring Alarm Settings

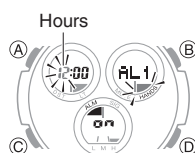
1. Enter the Alarm Mode.

🔍 [Navigating Between Modes](#)

2. Press (D) to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to configure is displayed.



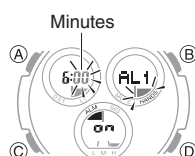
3. Hold down (A) for at least two seconds. Release the button when the hour setting starts to flash.



4. Use (B) and (D) to set the alarm hour.
 - If you are using 12-hour timekeeping, [PM] indicates p.m.



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



6. Use (B) and (D) to set the alarm minute.
7. Press (A) to complete the setting operation.
8. Hold down (C) for at least four seconds to return to the Timekeeping Mode.

● To stop the alarm

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

Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.

Configuring the Hourly Time Signal Setting

1. Enter the Alarm Mode.

🔍 [Navigating Between Modes](#)

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



3. Press (A) to toggle the hourly time signal between enabled (on) and disabled (off).

- [SIG] (hourly time signal) is shown on the display while the hourly time signal is enabled.



4. Hold down (C) for at least two seconds to return to the Timekeeping Mode.

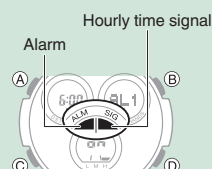
Turning Off an Alarm or the Hourly Time Signal

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

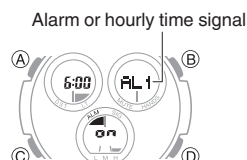
- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.



1. Enter the Alarm Mode.

🔍 [Navigating Between Modes](#)

2. Use (D) to scroll through the alarm ([AL1] to [AL5]) and hourly time signal ([SIG]) screens until the one you want to turn off is displayed.



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



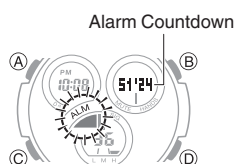
4. Hold down (C) for at least four seconds to return to the Timekeeping Mode.

Note

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

Alarm Countdown Display

In the Timekeeping Mode, the watch will display a countdown to the next upcoming alarm when there are 60 or fewer minutes remaining until its alarm time.



Note

- Pressing (A) switches to the day of the week display. The alarm countdown will return to the display after about two seconds.
- If an alarm comes to within 60 minutes before its time is reached while the countdown of another alarm is displayed, the remaining countdown of the second alarm will start when the end of the previous countdown is reached.

Hand Home Position 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.

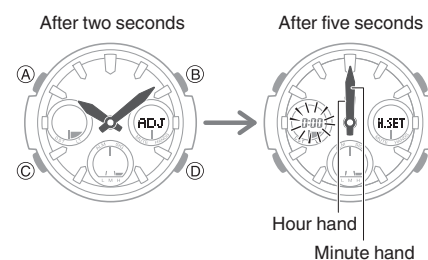
Adjusting Hand Alignment

1. Enter the Timekeeping Mode.

🔍 [Navigating Between Modes](#)

2. Hold down (A) for at least five seconds. Release the button when [H.SET] appears on the display.

This causes the hour and minute hands to move to 12 o'clock, and [0:00] to flash on the display.



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

Note

- The hour hand moves in accordance with minute hand movement. Your button operations control movement of the minute hand only.

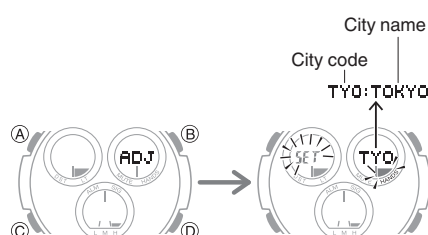
4. Press (A) to complete the setting operation.

Enabling the Button Operation Tone

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

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when [ADJ] appears on the display.

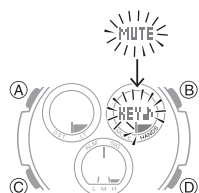
Releasing the button will cause the city code and city name to appear on the display.



3. Press (C) nine times.
This causes [KEY ♪] or [MUTE] to flash on the display.



4. Use (D) to select [KEY ♪] or [MUTE].
[KEY ♪]: Operation tone enabled.
[MUTE]: Operation tone muted.



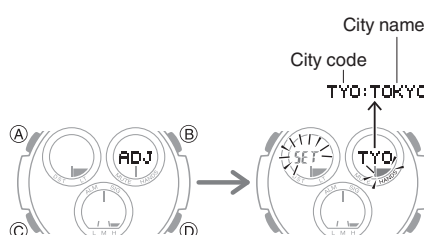
5. Press (A) to complete the setting operation.

Note

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

Configuring Power Saving Function Settings

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when [ADJ] appears on the display.
Releasing the button will cause the city code and city name to appear on the display.



3. Press (C) 11 times.
This causes [PSON] or [PSOF] to flash on the display.



4. Press (D) to toggle between ON and OFF.
[PSON]: Power Saving enabled.
[PSOF]: Power Saving disabled.
5. Press (A) to exit the setting screen.

Note

- For details about Power Saving, refer to the information below.
[Power Saving Function](#)

City Table

City	Offset
UTC	Coordinated Universal Time
LISBON	Lisbon
LONDON	London
MADRID	Madrid
PARIS	Paris
ROME	Rome
BERLIN	Berlin
STOCKHOLM	Stockholm
ATHENS	Athens
CAIRO	Cairo
JERUSALEM	Jerusalem
MOSCOW	Moscow
JEDDAH	Jeddah
TEHRAN	Tehran
DUBAI	Dubai
KABUL	Kabul
KARACHI	Karachi
DELHI	Delhi
KATHMANDU	Kathmandu
DHAKA	Dhaka
YANGON	Yangon
BANGKOK	Bangkok
SINGAPORE	Singapore
HONG KONG	Hong Kong
BEIJING	Beijing
TAIPEI	Taipei
SEOUL	Seoul
TOKYO	Tokyo
ADELAIDE	Adelaide
GUAM	Guam
SYDNEY	Sydney
NOUMEA	Noumea
WELLINGTON	Wellington
PAGO PAGO	Pago Pago
HONOLULU	Honolulu
ANCHORAGE	Anchorage
VANCOUVER	Vancouver
LOS ANGELES	Los Angeles
EDMONTON	Edmonton
DENVER	Denver
MEXICO CITY	Mexico City
CHICAGO	Chicago
NEW YORK	New York
SANTIAGO	Santiago
HALIFAX	Halifax

City		Offset
ST. JOHN'S	St. John's	-3.5
RIO DE JANEIRO	Rio de Janeiro	-3
F. DE NORONHA	Fernando de Noronha	-2
PRAIA	Praia	-1

- The information in the above table is current as of July 2020.
- Time zones may change and UTC differentials may become different from those shown in the table above.

Specifications

Accuracy at normal temperature :

±15 seconds a month

Timekeeping :

Analog
Hour, minute
Digital
Hour, minute, second, year, month, day, day of the week
a.m./p.m. (PM)/24-hour timekeeping
Full Auto Calendar (2000 to 2099)
Summer Time

World Time :

48 cities (31 time zones) and Coordinated Universal Time (UTC)
Summer time
Home Time swapping

Stopwatch :

Measuring unit: 1/100 second
Measuring range: 59'59.99" (60 minutes)
Measurement Functions:
Elapsed time, split times, 1st and 2nd place finisher times

Timer :

Measuring unit: 1 second
Measuring range: 100 minutes
Time setting unit: 1 second
10-second beeper when the end of the countdown is reached

Alarm :

Time alarms: 5
Setting units: Hours, minutes
Alarm tone duration: 10 seconds
Hourly time signal: Beep every hour on the hour

Other :

Auto-return, 12/24-hour display switching, full-auto LED illumination, illumination duration setting, alarm testing, power saving, charge level indicator, operation tone enable/disable, hand shift, alarm countdown

Power Supply :

Solar panel and one rechargeable battery
Battery operating time: Approximately 8 months
Conditions
Alarm: Once (10 seconds)/day
Illumination: Once (1.5 seconds)/day
Display: 18 hours/day
Hand Shift: Once/day

Specifications are subject to change without notice.

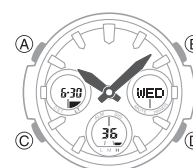
Troubleshooting

Hand Movement and Indications

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

Hold down (C) for at least four seconds to return to the Timekeeping Mode.

[🔗 Navigating Between Modes](#)



Q2 All hands are stopped and buttons do not work.

The battery is dead. Keep the watch exposed to light until the battery recharges sufficiently.

[🔗 Checking the Charge Level](#)

Q3 The hands suddenly start moving at high speed.

This is due to one of the reasons below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- The watch is recovering from a power saving state.

[🔗 Power Saving Function](#)

Q4 Hands are stopped and buttons do not work.

The watch is in the charge recovery mode. Wait until the recovery process is complete (for about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

Q5 The current time displayed by the watch is off by a few hours.

The city (time zone) setting is not correct. Select the correct setting.

[🔗 Setting a Home City](#)

Q6 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.

🔗 [Setting a Home City](#)

Q7 The time indicated by the hands is different from the digital time.

Strong magnetism or impact may cause the hands of the watch to go out of alignment. Correct hand position alignment.

🔗 [Adjusting Hand Alignment](#)

World Time

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

The summer time setting (standard time/summer time) is wrong.

🔗 [World Time City Setting](#)

Alarms

Q1 The alarm does not sound.

Is the alarm setting turned on? If it isn't, turn it on so it will sound.

🔗 [Configuring Alarm Settings](#)

Charging

Q1 The watch does not work even though it is exposed to light.

The watch stops operating whenever the battery goes dead. Keep the watch exposed to light until it recharges sufficiently.

🔗 [Checking the Charge Level](#)

Q2 [H], [M], and [L] are flashing on the display.

The watch is in the charge recovery mode. Wait until the recovery process is complete (about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

- If an alarm, hourly time signal, illumination and/or other power-intensive functions are used within a short period of time, the charging capacity of the battery will drop and cause the watch to go into a charge recovery mode. Function availability will be temporarily limited, but functionality will return after the battery recovers.

🔗 [Checking the Charge Level](#)



Q3 [CHG] is flashing on the display.

The charge level of the watch is extremely low. Immediately expose the watch to light to charge it.

🔗 [Checking the Charge Level](#)

Other

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

Visit the website below.

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