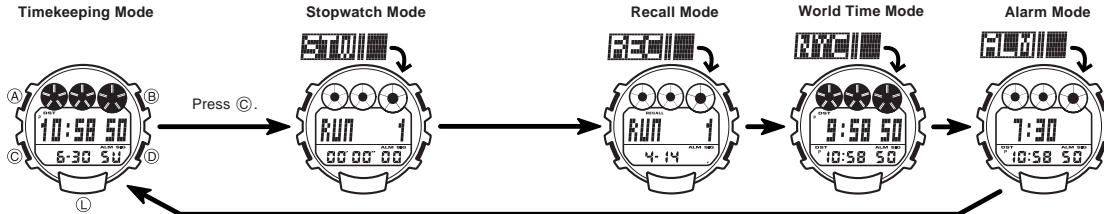
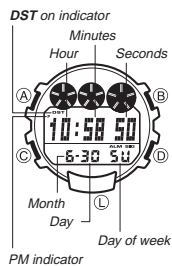


GENERAL GUIDE

- Press **C** to change from mode to mode.
- Pressing **L** in any mode (except Stopwatch Mode) illuminates the display for about 2 seconds.
- Pressing **D** in the Stopwatch Mode illuminates the display for about 2 seconds.
- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch automatically exits the setting screen.



TIMEKEEPING MODE

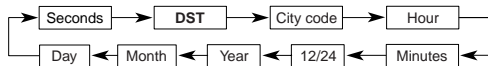


- With 12-hour timekeeping, times between noon and midnight are indicated by **P** (pm), while no indicator appears for times between midnight and noon.
- No indicator appears for any time while 24-hour timekeeping is selected.

To set the time and date

1. While in the Timekeeping Mode, hold down **A** until the seconds digits flash on the display, indicating the setting screen.

2. Press **C** to move the flashing in the sequence shown below.



3. While the seconds setting is selected (flashing), press **D** to reset it to 00. If you press **D** while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- This watch lets you select one of 27 city codes as your home time city.
 - Note that if you want to change your home time city, you must change the city code first, and then change the **DST** setting.
 - While the **DST** setting is selected, press **D** to toggle it on (**PM**) and off (**AM**).
 - The **DST** on/off setting you make for the city code that is currently selected in the Timekeeping Mode (your home time city) is also applied to that city code in the World Time Mode.
 - While the city codes setting is selected, use **D** (+) and **B** (-) to scroll through the available codes until the one you want to use as your home time city is displayed.
 - For full information on city codes, see the "CITY CODE TABLE".
 - While the 12/24-hour setting is selected, press **D** to toggle it between 12 and 24.
 - While any other setting is selected (flashing), press **D** (+) or **B** (-) to change it. Holding down either button changes the setting at high speed.
4. After you make the settings you want, press **A** to exit the setting screen.
- The day of the week is automatically set in accordance with the date.
 - The date can be set within the range of January 1, 2000 to December 31, 2039.
 - The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.
- * Daylight Saving Time (**DST**), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

ABOUT THE BACKLIGHT

- Pressing **L** in any mode (except Stopwatch Mode) illuminates the display for about 2 seconds.
- Pressing **D** in the Stopwatch Mode illuminates the display for about 2 seconds.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

STOPWATCH MODE

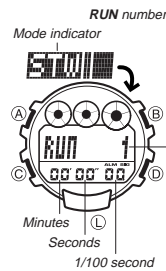
About Laps and Splits

Lap Times

A lap time is the amount of time it takes for you to get from one point to another during a race. When running on a track, for example, you can time how long it takes you to complete each lap.

Split Times

A split time is the time from the start of a race until the point that the split is measured. For example, you could measure split times to determine how long it takes for you to get from the starting line to the 5-kilometer mark, the 10-kilometer mark, etc.

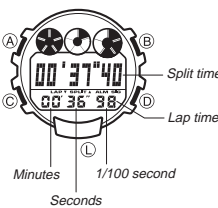


The Stopwatch Mode lets you measure elapsed time, lap times, and split times. The range of stopwatch is 99 hours, 59 minutes, 59 seconds. You can use the EL backlight by pressing **D** at any time while the stopwatch is operating. The Stopwatch Mode also lets you store the lap times for multiple laps in memory for later recall when you need them.

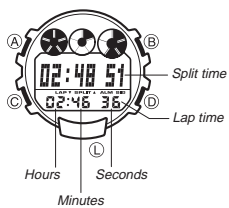
This watch manages data according to **RUN**, which are made up of multiple data records. All data stored from the start of the stopwatch operation to the end of the stopwatch operation makes up one **RUN**. Within a **RUN**, each lap/split operation stores one record. The watch can hold up to 500 data records in memory. The final time recorded when you stop the stopwatch operation is recorded as the final lap time.

The first hour of a stopwatch operation is measured in units of 1/100 second. After that, elapsed time is measured in units of one second.

[Up to 1 hour]

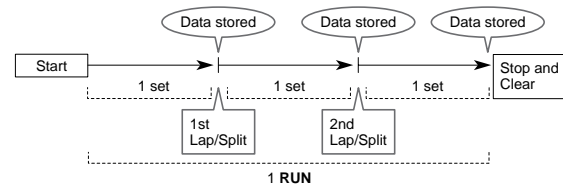


[After 1 hour]



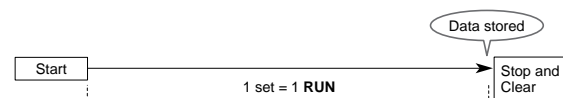
<Example 1>

The following operation causes one **RUN**, which consists of three data records, to be stored into memory.



<Example 2>

If you do not perform a lap/split operation, the **RUN** is made up of a single data record.



To measure elapsed time

1. Press **L** to start the stopwatch.
2. Press **B** to stop the stopwatch.
- You can resume the elapsed time measurement operation by pressing **L** again.
- You can stop the elapsed time measurement operation by pressing **B** again.
3. While the elapsed time is stopped on the display, press **B** to clear the stopwatch to all zeros.

To measure lap and split times

- Press (L) to start the stopwatch.
 - Press (L), the split time and lap time for the lap whose time you just measured appears for about five seconds in the display. Stopwatch timing continues internally.
 - After the above, the display automatically switches back to the normal stopwatch (elapsed time) display. You can repeat the above step as many times as you like, until 500 records are stored.
 - When memory becomes full (after 500 records are stored), the next store operation causes the message "FULL" to appear on the display. The watch does not record the new data. Always check how much memory capacity you have left before you start recording important time data. (Though there are no way to display how much memory is left.)
 - Press (B) to stop elapsed time measurement. The time on the display is stored as the final lap time.
 - Press (B) again to reset the stopwatch to all zeros.
- What you should do after you complete a RUN depends on what you want to do with the data from the just-completed RUN, as described below.

To save the data of a just-completed RUN

After resetting the stopwatch to all zeros, hold down (B) until the RUN number increases by one. This indicates that the next stopwatch operation will be stored as a different RUN, leaving the data of the previous RUN in memory as well.

To delete the data of a just-completed RUN

You do not need to do anything. The next time you start a stopwatch operation, the new RUN data will replace the data of the currently displayed RUN number.

To delete the data of a just-completed RUN and one RUN before it

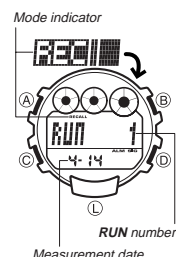
While the stopwatch is reset to all zeros, hold down (A) until the RUN number decreases by one. The next time you start a stopwatch operation, the new RUN data will replace the data of the currently displayed RUN number.

Deleting Data

Note that you can delete the data for the newest RUN only. If there is data for five RUN in memory, for example, you could delete the data for RUN 5 only. Then you could delete the data for RUN 4, RUN 3, and so on. You can use the Recall Mode to delete all RUN data.

- Holding down (A) in the Stopwatch Mode causes the RUN number to decrease by one. The next time you start a stopwatch operation, the new RUN data will replace the data of the currently displayed RUN number.

It may take a rather long time to perform delete or recall operations in the Stopwatch Mode or Recall Mode when there is a lot of data stored in memory.

RECALL MODE

The Recall Mode is used to recall and delete data that is stored by Stopwatch Mode operations.

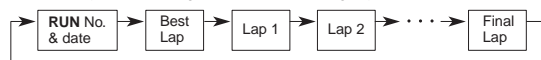
Recalling Laps and Splits

- In the Recall Mode, press (B) to scroll through RUN numbers, from the newest to the oldest (number 1). The data includes the measurement date. (If the elapsed time operation extends over two different days, only the start date is recorded.)



- RUN numbers are assigned automatically to each RUN, in sequence with the oldest RUN being 1, the next oldest 2, etc.

- When the RUN number for the data you want to see is on the display, press (D) to switch to its Best Lap display. Now, each press of (D) scrolls the data in lap/split number sequence. Holding down (D) scrolls at high speed.



- The watch can record up to 341 best laps. The data for any RUN after the 341st is displayed without best lap data.

To delete all RUN data

Hold down (A) until the watch emits a beep and the message "CLR" flashes on the display. That indicates that all of data is cleared.

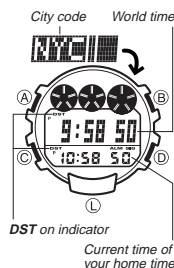
- You cannot delete data for a particular record or RUN in the Recall Mode. You only can delete all data currently stored in memory.

Important!

- You cannot delete data in the Recall Mode unless the stopwatch is reset to all zeros. If it isn't, enter the Stopwatch Mode, reset to all zeros, and then return to the Recall Mode to delete the data.

ERROR Message

The message **ERROR** flashing on the display indicates that the battery is about to go dead. When this happens, request battery replacement from your original retailer or from an authorized CASIO distributor. You will not be able to enter the Stopwatch Mode and Recall Mode while **ERROR** is flashing on the display.

WORLD TIME MODE

The World Time Mode shows you the current time in 27 cities (30 time zones) around the world.

- For full information on city codes, see the "CITY CODE TABLE".
- The time setting of the Timekeeping Mode and the World Time Mode are synchronized. Whenever you change the time setting for any city in the Timekeeping Mode, the settings of all World Time cities are changed accordingly.
- The DST on/off setting, however, must be specified individually for each World Time city.
- The format (12-hour and 24-hour) of the World Time matches the format you select for Timekeeping Mode.

To select a World Time City and view its time

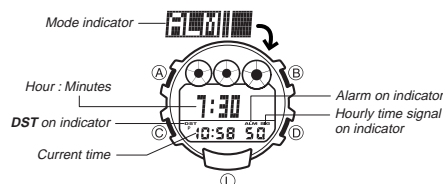
In the World Time Mode, press (D)(+) or (B)(-) to scroll through the city codes (time zones). Holding down either button scrolls at high speed.

Daylight Saving Time (DST)

Daylight Saving Time automatically advances the time setting by one hour from Standard Time. You can make individual Daylight Saving Time settings for each city code (time zone). Remember that not all countries or even local areas use Daylight Saving Time.

To switch between Standard Time and Daylight Saving Time

- In the World Time Mode, use (D)(+) or (B)(-) to display the city code (time zone) whose standard time/daylight saving time setting you want to change.
 - Hold down (A) to toggle between Daylight Saving Time and Standard Time.
- The DST indicator appears on the display whenever you display a city code for which daylight saving time is turned on.

ALARM MODE

When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

To set the alarm time

- Hold down (A) until the hour digits flash on the display, indicating the setting screen.
- At this time, the alarm is turned on automatically.

Press (C) to move the flashing in the sequence shown below.



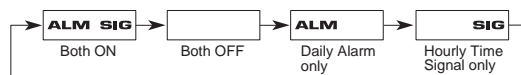
- Use (D)(+) and (B)(-) to change the setting. Holding down either button changes the setting at high speed.
- After you set the alarm time, press (A) to exit the setting screen.
- The format (12-hour and 24-hour) of the alarm time matches the format you select in the Timekeeping Mode.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.

To stop the alarm

Press any button to stop the alarm after it starts to sound.

To turn the Daily Alarm or the 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**

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

- Holding down (D) to test the alarm also changes the Daily Alarm and Hourly Time Signal on/off settings.

CITY CODE TABLE

GMT differential	City Code	City	Other major cities in the same time zone
-11	- - -	- -	PAGO PAGO
-10	HNL	HONOLULU	PAPEETE
-9	ANC	ANCHORAGE	NOME
-8	LAX	LOS ANGELES	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
-7	DEN	DENVER	EL PASO, EDMONTON
-6	CHI	CHICAGO	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
-5	NYC	NEW YORK	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
-4	CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
-3	RIO	RIO DE JANEIRO	SÃO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
-2	- - -	- -	
-1	- - -	- -	PRAIA
+0	GMT		
+0	LON	LONDON	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+1	PAR	PARIS	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
+2	CAI JRS	CAIRO JERUSALEM	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
+3	JED	JEDDAH	MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
+3.5	THR	TEHRAN	SHIRAZ
+4	DXB	DUBAI	ABU DHABI, MUSCAT
+4.5	KBL	KABUL	- -
+5	KHI	KARACHI	MALE
+5.5	DEL	DELHI	MUMBAI, CALCUTTA
+6	DAC	DHAKA	COLOMBO
+6.5	RGN	YANGON	- -
+7	BKK	BANGKOK	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
+8	HKG	HONG KONG	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
+9	TYO	TOKYO	SEOUL, PYONGYANG
+9.5	ADL	ADELAIDE	DARWIN
+10	SYD	SYDNEY	MELBOURNE, GUAM, RABAUL
+11	NOU	NOUMEA	PORT VILA
+12	WLG	WELLINGTON	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of December 1999.

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