

## Contents

### Precautions

Operating Precautions

User Maintenance

Battery Replacement

### Before Getting Started...

General Guide

Watch Face and Display Indicators

Navigating Between Modes

Cycling Between Timekeeping Mode Digital Display Contents

### Time Adjustment

Adjusting the Current Digital Time Setting

Adjusting the Current Analog Time Setting

### World Time

Checking World Time

Configuring the World Time Setting

### Alarm

Configuring Alarm Settings

Enabling the Hourly Time Signal

Turning Off an Alarm or the Hourly Time Signal

### Stopwatch

Measuring Elapsed Time

Measuring a Split Time

Timing the First and Second Place Finishers

### Timer

Setting the Countdown Start Time

Using the Timer

### Telememo

To input Telememo data

To view Telememo data

To correct Telememo data

To delete Telememo data

### Other Information

City Table

Character List

Specifications

### Troubleshooting

## Precautions

### Operating Precautions

#### ● Water Resistance

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

#### Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark
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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
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#### 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 of or damage to the resin case, resin band, leather, and other parts.

## ● Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

## ● Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

## ● Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.

- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

### CAUTION:

Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

## ● Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

## ● Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

## ● Liquid Crystal Display

- Display figures may be difficult to read when viewed from an angle.

## ● Watch with Data Memory

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

Note that CASIO Computer Co., Ltd. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

## User Maintenance

### ● Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

### ● Dangers of Poor Watch Care

#### Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

#### Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch an area subject to high moisture can lead to premature wear, cuts, and breaks.

#### Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

## Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the “Specifications”. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

### ● Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life noted in the “Specifications”. Note that you will be charged for replacement of this battery, even if replacement is required within your watch’s warranty period.

### ● Low Battery Power

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

## Before Getting Started...

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

### Watch Features

- **Telememo**

The watch can store up to 30 records that include a name (8 characters) and a phone number (16 digits).

- **World Time**

Displays the current time in any one of 30 cities around the globe.

- **Alarm**

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

- **Stopwatch**

Measures elapsed time up to 24 hours in 1/100 of a second units.

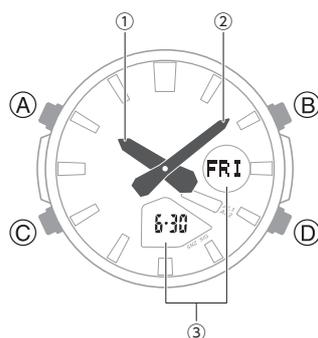
- **Timer**

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

### Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

## General Guide



- ① Hour hand
- ② Minute hand
- ③ LCD

### A button

Pressing this button in the Timekeeping Mode cycles between displays.

Holding down this button for at least one second in the Timekeeping Mode displays the setting screen.

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

### B button

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

### C button

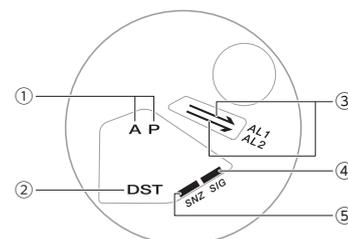
Each press cycles between watch modes.

In any mode, hold down this button for at least one second 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

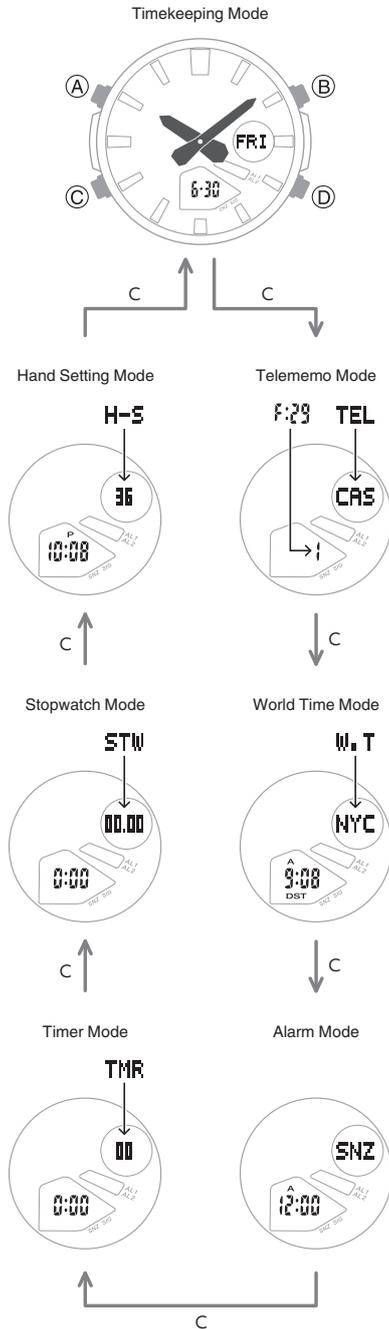


- ① Shows [A] (a.m.) or [P] (p.m.) for times displayed using 12-hour timekeeping.
- ② Displayed while the watch is indicating summer time.
- ③ Displayed while an alarm is turned on.
- ④ Displayed while the hourly time signal is enabled.
- ⑤ Displayed while the snooze alarm is turned on.

## Navigating Between Modes

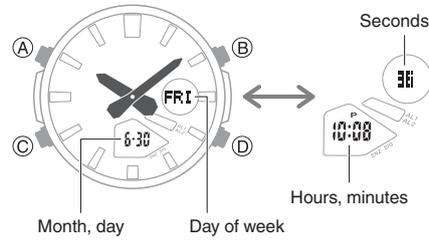
Each press of (C) cycles between watch modes.

- In any mode, hold down (C) for at least one second to return to the Timekeeping Mode.



## Cycling Between Timekeeping Mode Digital Display Contents

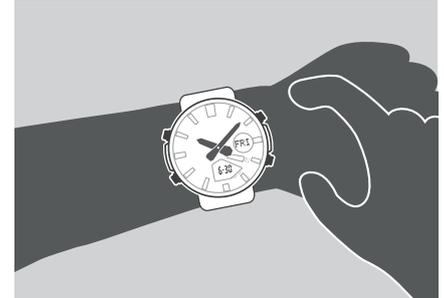
Each press of (A) in the Timekeeping Mode cycles the display information as shown below.



## Time Adjustment

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

You can configure your watch to display different analog and digital times.

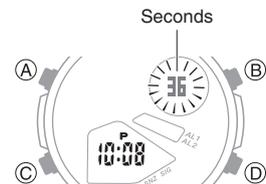


## Adjusting the Current Digital Time Setting

You can use the procedure below to adjust the digital date and time settings.

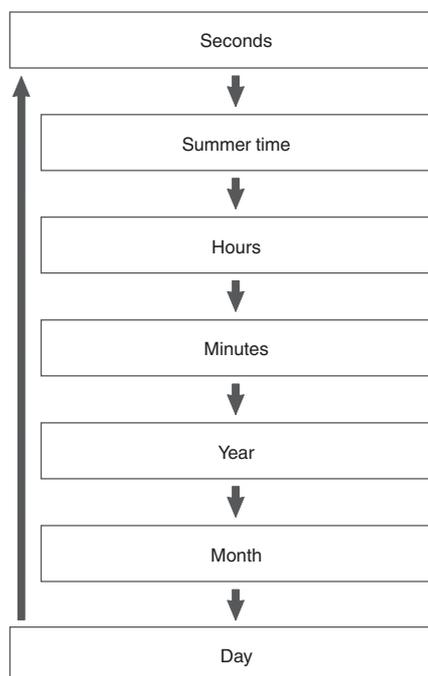
- **To configure the digital date and time settings**

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least one second. Release the button when the seconds start to flash.



3. Use (C) to display the setting you want to change.

- Each press of (C) cycles through settings in the sequence shown below.



4. Configure the date and time settings.

- While the seconds are flashing, pressing (D) will reset them to 00. 1 is added to the minutes when the current seconds count is between 30 and 59 seconds.
- For all the other settings, use (B) and (D) to change the flashing setting. Holding down (B) or (D) scrolls through settings at high speed.

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

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

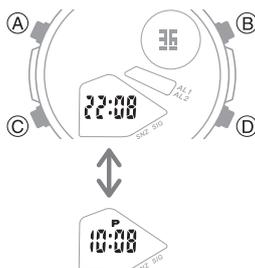
### Note

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

### ● To switch the digital time between 12-hour and 24-hour timekeeping

You can select either 12-hour or 24-hour timekeeping for the digital time.

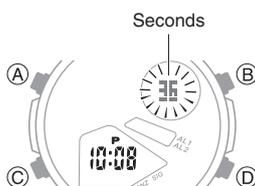
1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Each press of (D) toggles between 12-hour and 24-hour timekeeping.
  - [A] (a.m.) or [P] (p.m.) is displayed for times when 12-hour timekeeping is being used.



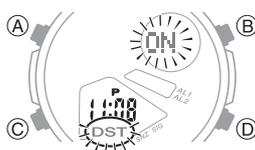
### ● To configure the digital time summer time setting

If you are in an area that observes summer time, you can also enable or disable summer time.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least one second. Release the button when the seconds start to flash.



3. Press (C).
4. Use (D) to change the summer time setting.
  - [OFF]  
The watch always indicates standard time.
  - [ON]  
The watch always indicates summer time.



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

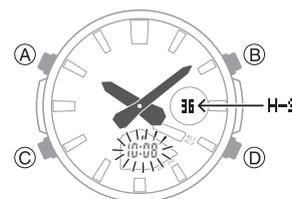
- [DST] is shown on the display to indicate summer time.

### Note

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

## Adjusting the Current Analog Time Setting

1. Enter the Hand Setting Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least one second. Release the button when the current time starts to flash on the digital display.



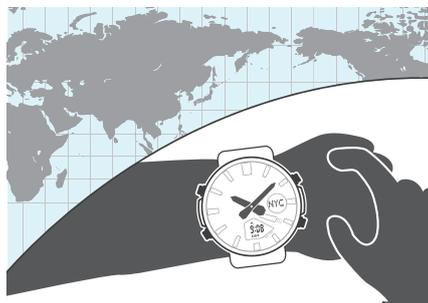
3. Press (D).
  - Each press advances the time setting 1/3 of a minute (20 seconds).
  - Holding down (D) advances the hands at high speed.
  - Pressing (B) and (D) at the same time advances the time setting up to 12 hours at high speed. To stop the high-speed operation at any time, press any button.
4. Press (A) to complete the setting operation.

### Note

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

## World Time

World Time lets you look up the current time in any one of 30 cities (29 time zones) around the globe.



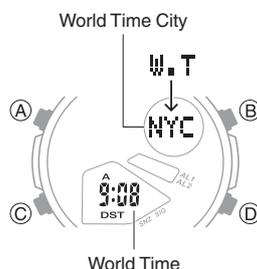
### Important!

- The current times in the Timekeeping mode and World Time mode are not synced. You need to adjust each mode's current time setting individually.
- The seconds of the World Time Mode and Timekeeping Mode seconds are synced.
- Adjusting the current time setting for the displayed World Time City causes all other World Time cities to be adjusted accordingly.

## Checking World Time

1. Enter the World Time Mode.  
[🔗 Navigating Between Modes](#)

The World Time City that appears first is the one that was displayed the last time you exited the World Time Mode.



2. Press (D).
  - Each press of (D) changes the World Time City.
  - Holding down (D) scrolls through settings at high speed.

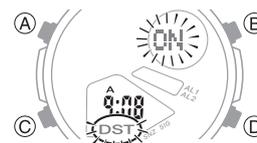
## Configuring the World Time Setting

Adjusting the current time setting for the displayed World Time City causes all other World Time cities to be adjusted accordingly. 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 whose current time setting you want to adjust.
  - Holding down (D) scrolls through settings at high speed.



3. Hold down (A) for at least one second. Release the button when [DST] [ON] or [DST] [OFF] starts to flash.
  - Each press of (D) toggles between standard time and summer time.
    - [OFF]  
The watch always indicates standard time.
    - [ON]  
The watch always indicates summer time.



4. Press (C).  
This causes the hours digits to flash.
5. Use (B) and (D) to change the hour setting.
  - Holding down (B) or (D) scrolls through settings at high speed.
6. Press (C).  
This causes the minutes digits to flash.
7. Use (B) and (D) to set the minute setting.
8. Press (A) to exit the setting screen.
  - [DST] appears whenever the display current time is summer time.

### Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- The summer time setting you configure is applied to the currently selected city only. It does not affect other cities.

## Alarm

The watch beeps when a specified alarm time is reached. You can configure up to two standard daily alarms, and one daily alarm with snooze. The hourly time signal causes the watch to beep every hour on the hour.

- Snooze causes the alarm to sound up to seven times, at five-minute intervals.

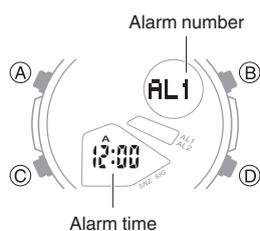


### Note

- The alarm and hourly time signal times are synced with the watch's digital time.

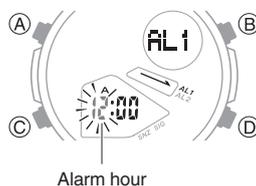
## Configuring Alarm Settings

1. Enter the Alarm Mode.  
[Navigating Between Modes](#)
2. Use (D) to scroll through alarms ([AL1], [AL2], [SNZ]) until the one you want to configure is displayed.



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

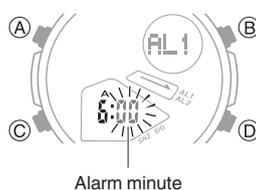
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.



4. Use (B) and (D) to change the hour setting.
  - Holding down (B) or (D) scrolls through settings at high speed.

5. Press (C).

This causes the minutes digits to flash.



6. Use (B) and (D) to set the minute setting.
7. Press (A) to complete the setting operation.

### ● Testing the Alarm

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

### ● To stop the alarm

Pressing any button while the beeper is sounding stops it.

Snooze causes the alarm to sound up to seven times, at five-minute intervals. To cancel a snooze alarm, turn [SNZ] off.

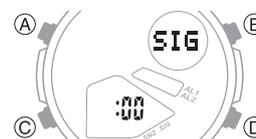
- [Turning Off an Alarm or the Hourly Time Signal](#)

### Note

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

## Enabling the Hourly Time Signal

1. Enter the Alarm Mode.  
[Navigating Between Modes](#)
2. Use (D) to display the hourly time signal screen ([SIG]).



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

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



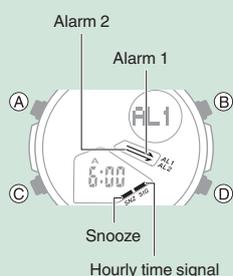
## Turning Off an Alarm or the Hourly Time Signal

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

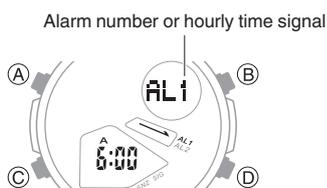
- To have an alarm or hourly time signal sound again, turn it back on.

### Note

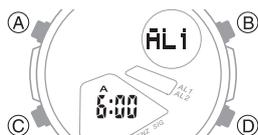
- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.



- Enter the Alarm Mode.  
[Navigating Between Modes](#)
- Use (D) to scroll through the alarm numbers ([AL1], [AL2], [SNZ]) and hourly time signal ([SIG]) screens until the item you want to turn off is displayed.



- Press (A) to turn off the displayed alarm or the hourly time signal.
  - Each press of (A) toggles between ON and OFF.



## Stopwatch

The stopwatch measures elapsed time in units of 1/100 second up to 23 hours, 59 minutes, 59.99 seconds (24 hours).

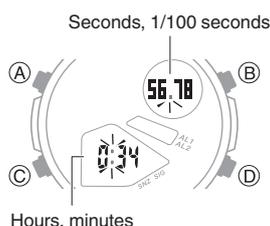
When this maximum limit is exceeded, elapsed time measurement returns to 0 and timing continues from there.



## Measuring Elapsed Time

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

- ⓓ Start
- ↓
- ⓓ Stop
- ↓
- ⓓ Resume
- ↓
- ⓓ Stop

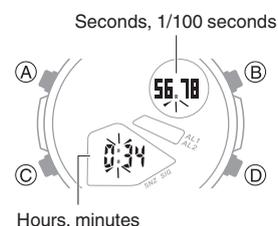


- Press (A) to reset the stopwatch to all zeros.

## Measuring a Split Time

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

- ⓓ Start
- ↓
- ⓐ Split
- ↓
- ⓐ Split release
- ↓
- ⓓ Stop



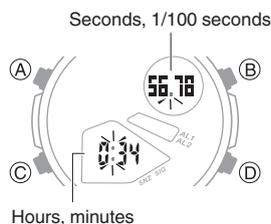
- Press (A) to reset the stopwatch to all zeros.

## Timing the First and Second Place Finishers

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



- \*1  
Displays the time of the first finisher.
- \*2  
Displays the time of the second finisher.



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

## Timer

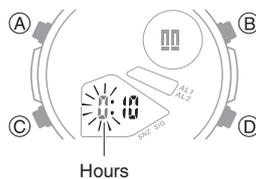
The timer counts down from a start time specified by you. A beeper sounds when the end of the countdown is reached.



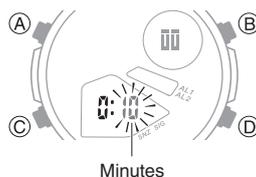
## Setting the Countdown Start Time

- The countdown start time can be set in 1-minute units up to 24 hours.
  - 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 Timer Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least one second. Release the button when the hour setting starts to flash.



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



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

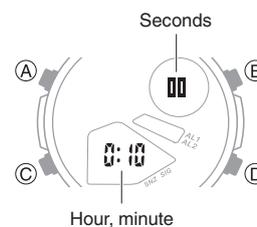
### Note

- Setting a start time of "0:00" will perform a countdown of 24 hours.
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

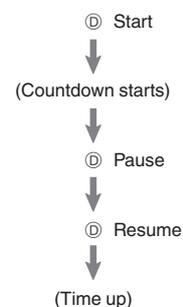
## Using the Timer

The timer counts down time in 1-second units.

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



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



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

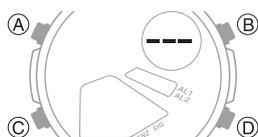
## Telememo

The watch can store up to 30 records that include a name (8 characters) and a phone number (16 digits). Records are automatically sorted alphabetically on the names.



### To input Telememo data

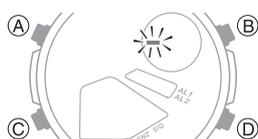
- Enter the Telememo Mode.  
[Navigating Between Modes](#)
- Press (B) and (D) at the same time.
  - This displays [- - -].



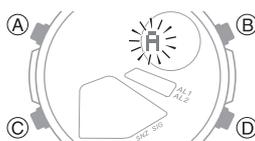
#### Note

- If [- - -] is not displayed it means that Telememo memory is full. Delete records you no longer need.  
[To delete Telememo data](#)

- Hold down (A) for at least one second.
  - This causes the first character of the name to flash.



- Use (B) and (D) to display the character you want to input.



#### [Character List](#)

- Press (C).
  - This causes the flashing to move to the right.
  - From the 8th character of the name, the flashing moves to the first digit of the phone number.
- Repeat steps 4 and 5 to input data.

#### Note

- You can enter up to eight characters for the name. Allowable input characters for the name are: spaces, alpha characters (A to Z), symbols (@!?',,,: () / +-), and numbers (0 to 9).
- You can enter up to 16 digits for the phone number. Allowable input characters for the phone number are: spaces, numbers (0 to 9), and symbols ( () +-).

- Press (A) to complete the setting operation.

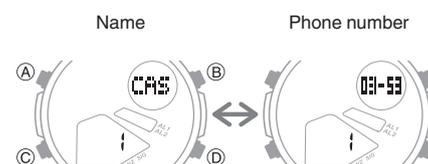
#### Note

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

### To view Telememo data

Records are automatically sorted alphabetically on the names.

- Enter the Telememo Mode.  
[Navigating Between Modes](#)
- Press (D).
  - Each press of (D) scrolls through records in alphabetical order on the name.
  - Holding down (D) scrolls through settings at high speed.
  - If a name has more than three characters, it scrolls from right to left. ◀ indicates the end of a name.
- Press (A).
  - Each press of (A) toggles between name and phone number.



- If a phone number has more than five digits, it scrolls from right to left. ◀ indicates the end of a phone number.

## To correct Telememo data

1. Enter the Telememo Mode.  
[🔍 Navigating Between Modes](#)
2. Use (D) to display the data you want to correct.
3. Hold down (A) for at least one second.
  - This causes the first character of the name to flash.
4. Use (C) to select the character you want to change.
5. Use (B) and (D) to change the flashing character.
6. Repeat steps 4 and 5 to correct the data.
7. Press (A) to complete the setting operation.

### Note

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

## To delete Telememo data

1. Enter the Telememo Mode.  
[🔍 Navigating Between Modes](#)
2. Use (D) to display the data you want to delete.
3. Hold down (A) for at least one second.
  - This causes the first character of the name to flash.
4. Press (B) and (D) at the same time.
  - [CLR] appears on the display, indicating that one record was deleted.
  - After deleting data, you can input new data.
5. Press (A) to complete the delete operation.

## Other Information

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

### City Table

City code	City Name	Offset
PPG	Pago Pago	-11
HNL	Honolulu	-10
ANC	Anchorage	-9
LAX	Los Angeles	-8
DEN	Denver	-7
CHI	Chicago	-6
NYC	New York	-5
CCS	Caracas	-4
RIO	Rio de Janeiro	-3
- - -		-2
- - -		-1
LON	London	0
PAR	Paris	+1
BER	Berlin	+1
CAI	Cairo	+2
JRS	Jerusalem	+2
JED	Jeddah	+3
MOW	Moscow	+3
THR	Tehran	+3.5
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
HKG	Hong Kong	+8
TYO	Tokyo	+9
ADL	Adelaide	+9.5
SYD	Sydney	+10
NOU	Noumea	+11
WLG	Wellington	+12

- The information in the above table is current as of January 2022.
- Time zones may change and UTC differentials may become different from those shown in the table above.

## Character List

1	(space)	26	Y
2	A	27	Z
3	B	28	0
4	C	29	!
5	D	30	?
6	E	31	'
7	F	32	,
8	G	33	.
9	H	34	;
10	I	35	:
11	J	36	(
12	K	37	)
13	L	38	/
14	M	39	+
15	N	40	-
16	O	41	0
17	P	42	1
18	Q	43	2
19	R	44	3
20	S	45	4
21	T	46	5
22	U	47	6
23	V	48	7
24	W	49	8
25	X	50	9

## Specifications

### Accuracy at normal temperature :

±30 seconds a month

### Timekeeping :

Analog

Hour, minute (moves every 20 seconds)

Digital

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

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

Full Auto Calendar (2000 to 2099)

Summer Time

### Telememo :

Records: Up to 30

(Name: Up to 8 characters, Phone

number: Up to 16 digits)

Name Auto Sort

### World Time :

Current time display for 30 cities (29 time

zones) around the globe

Summer time

### Alarm :

Alarms: 3 (with one snooze alarm)

Setting units: Hours, minutes

Alarm tone duration: 10 seconds

Hourly time signal: Beep every hour on the hour

### Timer :

Measuring unit: 1 second

Measuring range: 24 hours

Time setting unit: 1 minute

Time setting range: 1 minute to 24 hours

10-second beeper when the end of the

countdown is reached

### Stopwatch :

Measuring unit: 1/100 second

Measuring capacity: 23:59'59.99" (24 hours)

Measurement Functions:

Elapsed time, cumulative time, split

times, 1st and 2nd place finisher times

### Power Supply :

CR2025 x 1

Battery life: Approximately 10 years

Conditions:

Alarm: Once (10 seconds)/day

Specifications are subject to change without notice.

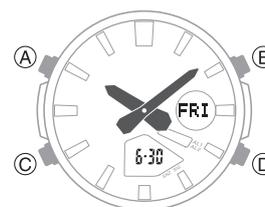
## Troubleshooting

### Indicators and Current Time

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

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

[Navigating Between Modes](#)



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

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

[To configure the digital time summer time setting](#)

### Alarm and Hourly Time Signal

**Q1** An alarm does not sound.

The alarm's settings may not be configured. Configure the alarm settings.

[Configuring Alarm Settings](#)

**Q2** The hourly time signal does not sound.

The hourly time signal may be disabled. Enable the hourly time signal.

[Enabling the Hourly Time Signal](#)

### Other

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

Visit the website below.

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