# Operation Guide 3425 

## Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to read this manual carefully
Keep the watch exposed to bright light
The electricity generated by the solar panel of the watch is
stored by a rechargeable battery. Leaving or using the
watch where it is not exposed to light causes the battery
to run down. Make sure the watch is exposed to light as
much as possible.

- When you are not wearing the watch on your wrist,
position the face so it is pointed at a source of bright
light.
You should try to keep the watch outside of your sleeve
as much as possible. Charging is reduced significantly if
the face is covered only partially.
- The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will result in some watch watch in the dark can cause the battery to run down, which will result in some watch
functions to be disabled. If the battery goes dead, you will have to re-configure watch functions to be disabled. If the battery goes dead, you will have to re-contigure
settings after recharging. To ensure normal watch operation, be sure to keep it exposed to light as much as possible.


## Battery charges in the light.



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- The actual level at which some functions are disabled depends on the watch model - Be sure to read "Power Supply" (page E-40) for important information you need to know when exposing the watch to bright light.

If the display of the watch is blank..
If the display of the watch is blank, it means that the watch's Power Saving function has turned off the display to conserve power. - See "Power Saving Function" (page E-53) for more information.

## About This Manual

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

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Procedure Lookup
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General Guide

- Press (© to change from mode to mode.
- In any mode, press (L) to illuminate the display



Demo Mode
In the Timekeeping Mode, holding down © for about three seconds will enter the demo mode. In the demo mode, the screen cycles through the normal timekeeping, stopwatch, and World Time screens in five-second intervals.

## To exit the demo mode

Press any button.

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Timekeeping
Use the Timekeeping Mode to set and view the current time and date
PM indicator

Read This Before You Set the Time and Date!
This watch is preset with a number of city codes, each of which represents the time zelect the correct city code for your Home City (the city where you normally use th watch). If your location is not included in the preset city codes, select the preset city
code that is in the same time zone as your location.

- Note that all of the times for the World Time Mode city codes (page E-30) are displayed in accordance with the time and date settings you configure in the Timekeeping Mode.

To set the time and date


1. In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen. 2. Use (D) and (B) to select the city code you want. - Make sure you select your Home City code before changing any other setting

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

3. Press (C) to move the flashing in the sequence shown below to select the other settings.


- The following steps explain how to configure timekeeping settings only. 4. When the timekeeping setting you want to change is flashing, use (D) or (B) to change it as described below.

| Screen: | To do this: | Do this: |
| :---: | :---: | :---: |
| T 'rim | Change the city code | Use (D) (east) and (B) (west). |
|  | Toggle between Daylight Saving Time (ON) and Standard Time ( $\mathrm{\square FF}$ ) | Press (D). |
| 1 mm | Toggle between 12-hour ( $\mathbf{\Sigma} \boldsymbol{\Xi}$ ) and 24hour ( $\mathbf{\Sigma} 4 \mathrm{H}$ ) timekeeping | Press (D). |
| 57 | Reset the seconds to 0f | Press (D). |
| 97f:58 | Change the hour and minutes | Use (D) (+) and (B) (-). |


| Screen: | To do this: | Do this: |
| :---: | :---: | :---: |
| 2il 12.30 | Change the year, month, or day | Use (D) (+) and (B) (-). |
| MIITE / HE'M | Toggle the button operation tone between HETH (on) and FIIITE (off) | Press (D). |
| L"11 | Toggle the illumination duration between LTI (approximately 1.5 seconds) and LTE (approximately 3 seconds). | Press (D). |
|  | Toggle between Power Saving on ( $\boldsymbol{( f f )}$ ) and off ( $\boldsymbol{A}$ FF) | Press (D). |

5. Press (A) to exit the setting screen

- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

12-hour and 24-hour timekeeping

- With the 12-hour format, the $\mathbf{P}(\mathrm{PM})$ indicator appears to the left of the hour digits for
times in the range of noon to $11: 59 \mathrm{p} . \mathrm{m}$. and no indicator appears to the left of the
hour digits for times in the range of midnight to 11.59 m.
- With the 24 -hour format, times are displayed in the range of $0: 00$ to $23: 59$, without
- The 12 -hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

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


## Stopwatch

The 1/100-second stopwatch can measure elapsed time
and lap/split times. Stopwatch times are stored in memory.
if you stopwatch measurement operation continues even Stopwatch Mode.
if Exiting the Stopwatch Mode while a lap/split time is
frozen on the display clears the lap/split time and returns
(o elapsed time measurement.

- All of the operations in this section are performed in the
Stopwatch Mode, which you enter by pressing © (page
E-8).
Note

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## Note

- Pressing (D) to perform a lap/split time operation freezes the lap/split time at that point on the display for about eight seconds. After that, the display returns to normal stopwatch time measurement
- During a stopwatch time measurement operation, the current lap/split number is shown at the top of the display, and the lap time and split time are shown in the middle and at the bottom. You can change the positions of the lap time and split time by pressing (A) while a stopwatch operation is in progress or stopped. For details, refer to "To position the lap time and split time on the display" (page E-20).


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To position the lap time and split time on the display
Each press of (A) cycles the lap time and split time positions in the sequence shown
below.

- You can perform the above operation while stopwatch operation is ongoing or stopped.
Remaining memory

- A graphic animation plays on the display while a stopwatch timing operation is being performed $Y$ yur can togete animation on and off by holding down (A) while the stopwatch is reset to all zeros.

More than 10 hours


- Whenever the elapsed time exceeds 10 hours, the measurement changes from $1 / 100$-second units to 1 -second units.

Recall Mode


Use the Recall Mode to recall and delete records stored by the Stopwatch Mode.

- Stopwatch records are stored in "logs" that are created automatically by the watch. See "Memory Management" on page $\mathrm{E}-48$ for more information
- The title screen of the newest log appears first whenever you enter the Recall Mode
- Log numbers are automatically assigned in sequence - All of the operation

Recall Mode, which in this section are performed in the Recall Mode, which you enter by pressing (C) (page E-9)

## To recall stopwatch records

In the Recall Mode, use (A) to scroll through the log title screens, starting from the newest one, as shown below. (D) $(+)$ and $(B)(-)$ to cycle through the records contained in (D) $(+)$ and (B) $(-)$ to cycle through the records contained in


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- The locations of the lap time and split time in the Stopwatch Record screen are determined by the display format you last selected in the Stopwatch Mode (page E-17)
- The BEST indicator identifies the record that contains the best lap time in the log. - If a best lap time record is deleted automatically when the log becomes full, the EST indicator will not be transferred to the record with the next best lap time. See Memory Management" on page E-48 for more information about automatic deletion of records.

To delete all logs
While holding down (B), hold down (D) for about five seconds until the watch beeps
once and then a second time

- CLR" will flash on the display for two seconds and then the watch will beep once. and then the watch will bed and "ALL will flash on the display for three seconds,
- You cannot delete logs while an elapsed timing operation is in progress.

To delete a log

1. In the Recall Mode, display the title screen or one of the records of the log you want While ho
2. While holding down (B), hold down (D) for about two seconds until the watch beeps.

- "CLR" will flash on the display for two seconds and then the watch will beep.

都

Countdown Timer
Minutes Timer 1

Dual timers can be set with two different starting times. The watch can be configured so the two timers alternate so when one reaches the end of its countdown, the other timer starts. You can specify a "number of repeats" value, which controls how many times the two-timer countdown operation is performed ( $1=$ once, $2=$ twice, etc.). The starting time of each timer can be set in five-second steps up to 99 minutes, 55 seconds.
You can specify up to 10 repeats. The watch emits a short beep whenever either of the timers reaches the end of its
countdown during an ongoing timer operation. The watch emits a 5 -second beep when the end of the final timer operation (specified by the number of repeats) is reached.

Countdown End Beeper
The countdown end beeper lets you know when the countdown reaches zero. The
beeper stops after about 5 seconds or when you press any button.
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## To configure the countdown time



While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the current countdown start time starts to flash, which indicates the setting screen.

- If the countdown start time is not displayed, use the procedure under "To use the countdown timer" (page E-29) to display it.

2. Press (C) to move the flashing in the sequence shown below to select other settings.

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

| Setting | Screen | Button Operation |
| :---: | :---: | :---: |
| Minutes, Seconds | ffity' | Use (D) (+) and (B) (-) to change the setting. |
| Number of Repeats | $\text { : } 1$ | Use (D) (+) and (B) (-) to change the setting. |

- To disable either timer, set $00^{\prime} 00$ " as its countdown start time.

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

To use the countdown timer


Press (D) while in the Countdown Timer Mode to start the countdown timer

- The countdown is performed by alternating between Timer 1 and Timer 2. A short beep is emitted to signal a changeover from one timer to the other.
- Press (D) to pause a countdown. Press (D) again to resume.
- Pressing (B) while a countdown timer is stopped resets it to the start time specified
by you.
(specified emits a 5 -second beep when the end of the final timer operation
- Even if you the number of repeats) is reached.
- Even if you exit the Countdown Timer Mode,


## World Time

World Time shows the current time in 48 cities (31 time
zones) around the world.

- The times kept in the World Time Mode are
synchronized with the time being kept in the
Timekeeping Mode. If you feel that there is an error in
any World Time Mode time, check to make sure you
have the correct city selected as your Home City. Also
check to make sure that the current time as shown in
the Timekeeping Mode is correct.
Select a city code in the World Time Mode to display the
current time in any particular time zone around the
globe. See the "City Code Table" at the back of this
manual for information about the UTC differential
settings that are supported.
A All of the operations it this section are performed in the
World Time Mode, which you enter by pressing ©
(page E-9).

To view the time in another city
While in the World Time Mode, use (D) (eastward) and (B) (westward) to scroll through codes (time zones).

- Pressing (D) and (B) at the same time will jump to the UTC time zone.

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


DST indicator

1. In the World Time Mode, use (D) and (B) to display the city code (time zone) whose Standard Time/Daylight 2. Hold down (A) to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).

- The DST indicator is shown on the World Time Mode screen while Daylight Saving Time is turned on.
- Note that the Standard Time/Daylight Saving Time setting affects only the currently displayed city code
Note that you cannot switch betw
and Daylight Saving Time while UTC is selard Time and Daylight Saving Time while UTC is selected as the
city code. city code.


## Alarms



To set an alarm time


In the Alarm Mode, use (D) to scroll through the alarm screens until the one whose time you want to set is displayed.

## 

- To set an alarm time, display the applicable alarm screen (FL. I through FL. 4 , or $=\mathbb{Z}$
The snooze alarm operation repeats every five minutes

2. After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen
3. Press © to move the flashing between the hour and minute settings.
4. While a setting is flashing, use (D) (+) and (B) (-) to change it.

- With the 12 -hour format, set the time correctly as a.m. or p.m. (P indicator)

5. Press (A) to exit the setting screen

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## Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total the alarm off (page E-36)

- Alarm and Hourly Time Signal operations are performed in accordance with the

To stop ing Mode time.

- Performin alarm tone after it starts to sound, press any button.
snooze alarms one of the operations below during a 5 -minute interval between
snooze alarms cancels the current snooze alarm operation.
Displaying the Timekeeping Mode setting screen (page E-12)
Displaying the $=1 \mathrm{Y}$ : setting screen (page E-34)
To test the alarm
In the Alarm Mode, hold down (D) to sound the alarm

To turn an alarm on and off
Alarm on indicator 1. In the Alarm Mode, use (D) to select an alarm.
 Snooze alarm
indicator $\quad$ Turning on a alarm ( $\because=1$ ) displays the alarm on indicator on its Alarm Mod screen.

- In all modes, the alarm on indicat.
alarm that currently is turned on.
- The alarm
sounding.
The snooze alarm indicator flashes while the snooze alarm is sounding and during the 5 -minute intervals between alarms.

Alarm on/off
On : Alarm on

To turn the Hourly Time Signal on and off


Illumination Precautions

- The illumination provided by the light may be hard to see when viewed under direct sunligh.
sounds. sounds.
.
To illuminate the display manually
In any mode, press (L) to turn on illumination.
- You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press (L), the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.

To specify the illumination duration

1. In the Timekeeping Mode, hold down (A) until the
display contents start to flash. This is the setting screen
mination duration setting ( LTi or LT $\boldsymbol{T}$ ) appears
2. Press (D) to toggle the setting between LTi
(approximately 1.5 seconds) and LTE (approximately 3 seconds)
3. Press (A) to exit the setting screen.

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## Power Supply

This watch is equipped with a solar panel and a rechargeable battery that is charged by the electrical power produced by the solar panel. The illustration shown below shows how you should position the watch for charging
Example: Orient the watch so its face is pointing at a light source.

- The illustration shows how to position a watch with a resin band.
- Note that charging efficiency drops when any part of the solar panel is blocked by clothing, etc.
- You should try to keep the watch outside of your sleeve as much as possible. Charging covered only partially.


Important!

- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Be sure that the watch is exposed to bright light whenever
- This watch uses a rechargeable battery to store power produced by the solar panel, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the rechargeable battery to charge fully, contact your dealer or
Never try to remove or replace the watch's
Neve type of the
is deleted, and the current time and all other settings號 5 (page -42 and $\mathrm{E}-43$ ) and when you have the battery replaced.
Turn on the watch's Power Saving function (page $\mathrm{E}-53$ ) and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.

Battery Power Indicator and Recover Indicator
The battery power indicator on the display shows you the current status of the The battery power indicator on the display shows you the current status of the
rechargeable battery's power.

| Battery power indicator | Level | Battery Power Indicator | Function Status |
| :---: | :---: | :---: | :---: |
|  | 1 | $\square$ | All functions enabled. |
|  | 2 | E: | All functions enabled. |
|  | 3 |  | Illumination, and beeper disabled. |
|  | 4 | $\begin{gathered} 11 / \\ -c H G< \end{gathered}$ | Except for timekeeping and the CHG (charge) indicator, all functions and display indicators disabled. |
|  | 5 | R | All functions disabled. |

- The flashing $\mathbf{L}$ and LOW indicators at level 3 tell you that battery power is very low, and that exposure to bright light for charging is required as soon as possible. - defaults. Once the battery reaches Level 2 after falling to Level 5, reconfigure the current time, date, and other settings. - The watch's Home City code setting will whenever the battery drops to Level 5 .
- Display indicators reappear as soon as the battery is charged from Level 5 to Level 2 - Leaving the watch exposed to direct sunlight or some other very strong light source can cause the battery power indicator to show a reading temporarily that is higher than the actual battery level The correct battery level should be indicated after a few minutes.

- Performing illumination, or beeper operations during a short period may cause (recover) to appear on the short per
display.
After some time, battery power will recover and (recover) will disappear, indicating that the above functions are enabled again.
- If (recover) appears frequently, it probably means that remaining battery power is low. Leave the watch in bright light to allow it to charge.


## Charging Precautions

Certain charging conditions can cause the watch to become very hot. Avoid leaving the watch in the areas described below whenever charging its rechargeable batter display to black out The appearance of the LCD should become normal again when the watch returns to a lower temperature.
Warning!
Warning
Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following
conditions for long periods.

- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight

Charging Guide
The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

| Exposure Level (Brightness) | Approximate <br> Exposure Time |
| :--- | :--- |
| Outdoor Sunlight (50,000 lux) | 5 minutes |
| Sunlight Through a Window (10,000 lux) | 24 minutes |
| Daylight Through a Window on a Cloudy Day (5,000 lux) | 48 minutes |
| Indoor Fluorescent Lighting (500 lux) | 8 hours |

- For details about the battery operating time and daily operating conditions, see the "Power Supply" section of the Specifications (page E-58).
- Stable operation is promoted by frequent exposure to light.

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Recovery Times
The table below shows the amount exposure that is required to take the battery from one level to the next

| Exposure Level (Brightness) | Approximate Exposure Time |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Level 5 | Level 4 | Level 3 | Level 2 | Level 1 |
| $\begin{aligned} & \text { Outdoor Sunlight } \\ & (50,000 \text { lux) } \end{aligned}$ | 3 hours |  |  | 23 hours | 7 hours |
| $\begin{aligned} & \text { Sunlight Through a } \\ & \text { Window }(10,000 \text { lux) } \end{aligned}$ | 9 hours |  |  | 115 hours | 31 hours |
| Daylight Through a Window on a Cloudy Day (5,000 lux) | 17 hours |  |  | 234 hours | 63 hours |
| Indoor Fluorescent Lighting (500 lux) | 202 hours |  |  | ------- | -------- |

- The above exposure time values are all for reference only. Actual required exposure times depend on lighting conditions.


## Reference

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

## Stopwatch

- You can use lap time measurement to time how long it takes to complete a specific
portion (such as a single lap) of a race.
- You can use split time measurement to time how long it takes to get from the start to a specific point in a race.


## Memory Management

Each time you press (D) to start a new elapsed time or lap/split operation in the Stopwatch Mode (page E-17), the watch automatically creates a new "log" in its memory. The log remains open for data storage until you permanently close it by The watch has enough memory to hold up to 121 records. Each log title screen (start date and time) and lap/split time uses up one record. E-48

- A log title screen identifies a single elapsed time operation, from the start up to the point the stopwatch is reset to all zeros
A lap/split time record is stored under a log title screen each time you perform a lap split operation.


## Example 1

Single elapsed time measurement
Log title screen + 120 lap records = 121 records
Example 2
Multiple elapsed time measurements
Measurement 1 log title screen +60 lap records $=61$ records
U Use RecaI Mode view

- Use the Recall Mode to view stopwatch records (page E-22).
- If watch memory is already full when you perform a stopwatch button operation that creates a new log, the oldest log in memory and all of its records are deleted
automatically to make room for the new log.
- If you are adding records to the only log in memory and watch memory becomes
full, adding another record causes the oldest record in the log to automatically to make room for the new record.
- If you are adding records to a log when there are multiple logs in memory and watch memory becomes full, adding another record causes the oldest log in memory and all of its records to be deleted automatically to make room for new records.

How Stopwatch Data is Stored
The following table describes how data is stored when you perform the various button operations described on page $\mathrm{E}-18$.

| Stopwatch Button Operation | Data Store Operation |
| :--- | :--- |
| (D) Start (from all zeros) | Creates a new log for the current date. (The log <br> is updated as timing progresses.) |
| (B) Stop | Time measurement stops, without storing data in <br> memory. |
| (D) Resume | Time measurement resumes, without storing <br> data in memory. |
| (D) Lap/Split | Creates new record: displayed lap/split times |
| (B) Reset | Creates new record: displayed lap/split times <br> (Stopwatch display is reset to all zeros.) |

Button Operation Tone

## Mute indicator

The button operation tone sounds any time you press on of the watch's buttons. You can turn the button operation one on or off as desired
Even if you turn off the button operation tone, alarms, the Hourly Time Signal, and other beepers all operate normally.

## To turn the button operation tone on and off



1. In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
tone setting ( $H$ Eimes until the current button operation
2. Press (D) to toggle the setting between $H E Y^{k}$ ( (tone on) and kill TE (tone off).
3. Press (A) to exit the setting screen. button operation tone is turned off

## Power Saving Function



When turned on, the Power Saving function enters a leep state automatically whenever the watch is left in an rea for a certain period where it is dark. The table below Saving function.

| Elapsed Time <br> in Dark | Display | Operation |
| :---: | :--- | :--- |
| 60 to 70 minutes | Blank, with Power Saving <br> indicator flashing | All functions enabled, except for the <br> display |
| 6 or 7 days | Blank, with Power Saving <br> indicator not flashing | Beeper tone, illumination, and display <br> are disabled. |

- The watch will not enter the sleep state between 6.00 AM and 9.59 PM If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
To recover from the sleep state
Perform any one of the following operations.
- Move the watch to

To turn Power Saving on and off

1. In the Timekeeping Mode, hold down (A) until the city
code starts to flash which indicates the setting screen
2. Press (C) 11 times until the Power Saving on/off screen appears.
3. Press (D) to toggle Power Saving on ( $\boldsymbol{f} \boldsymbol{f}$ ) and off ( $\boldsymbol{f} \boldsymbol{F F}$ ).
4. Press (A) to exit the setting screen.

- The Power Saving indicator is on the display in all modes while Power Saving is turned on.


On/Off status

## Auto Return

If you do not perform any operation for about two or three minutes while a setting screen (with a flashing setting) is on the display, the watch will exit the setting screen automatically.

## Scrolling

The (B) and (D) are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls at high speed.

## Initial Screens

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

## Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1 . In the range of 00 to 29 , the seconds are reset to 00 without changing the minutes
- The watch's built in full automatic cale

The whs and engths and leap years. Once you set the date, there should be no reason to change The current time for all city watch's battery replaced. based on your Home City time setting

## World Time

The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.

## Specifications

Accuracy at normal temperature: $\pm 30$ seconds a month
Timekeeping: Hour, minutes, seconds, p.m. (P), year, month, day, day of the week Time format: 12 -hour and 24 -hour
Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099 Other: Home City code (can be assigned one of 48 city codes); Standard Time / Daylight Saving Time (summer time)
Stopwatch: Time measurements
Measuring unit: $1 / 100$ for the first 10 hours, and then 1 second after 10 hours Measuring accuracy: $\pm 0.0012 \%$
Measuring modes: Elapsed time, lap/split times
Memory capacity: 121 records (used by lap/split time records and log title screens)
Countdown Timer:
Number of timers: 2 (one set)
Setting unit: 5 seconds
Range. 9 minutes unit: 1 second sends each timer
Number of repeats: 1 to 10
Other: 5 -second time up beeper

World Time: 48 cities ( 31 time zones
Other: Daylight Saving Time/Standard Time
Alarms: 5 daily alarms (with 1 snooze alarm); Hourly Time Signal
Illumination: LED (light-emitting diode); Selectable illumination duration
Other: Button operation tone on/off
Power Supply: Solar panel and one rechargeable battery
Approximate battery operating time: 11 months (from full charge to Level 4) unde
Watch not exposed to lig

- Watch not exposed to lig
- Display on 18 hours per day, sleep state 6 hours per day
- 1 illumination operation( 1.5 second) per day
- 10 seconds of alarm operation per day

Frequent use of illumination runs down the battery.


City Code Table


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| City <br> Code | City | UTC Offset/ <br> GMT Differential |
| :---: | :---: | :---: |
| RIO | Rio De Janeiro | -3 |
| FEN | Fernando de Noronha | -2 |
| RAI | Praia | -1 |
| UTC |  | 0 |
| LIS | Lisbon |  |
| LON | London |  |
| MAD | Madrid |  |
| PAR | Paris | +1 |
| ROM | Rome |  |
| BER | Berlin |  |
| STO | Stockholm |  |
| ATH | Athens | +2 |
| CAI | Cairo |  |
| JRS | Jerusalem |  |


| $\begin{array}{\|l\|} \hline \text { City } \\ \text { Code } \end{array}$ | City | UTC Offset/ <br> GMT Differential | $\begin{aligned} & \text { City } \\ & \text { Code } \end{aligned}$ | City | UTC Offset/ GMT Differential |
| :---: | :---: | :---: | :---: | :---: | :---: |
| MOW* | Moscow | +3 | SIN | Singapore | +8 |
| JED | Jeddah |  | HKG | Hong Kong |  |
| THR | Tehran | +3.5 | BJS | Beijing |  |
| DXB | Dubai | +4 | TPE | Taipei |  |
| KBL | Kabul | +4.5 | SEL | Seoul | +9 |
| KHI | Karachi | +5 | TYO | Tokyo |  |
| DEL | Delhi | +5.5 | ADL | Adelaide | +9.5 |
| KTM | Kathmandu | +5.75 | GUM | Guam | +10 |
| DAC | Dhaka | +6 | SYD | Sydney |  |
| RGN | Yangon | +6.5 | NOU | Noumea | +11 |
| BKK | Bangkok | +7 | WLG | Wellington | +12 |
| * The above is current as of June 2013. This watch does not reflect the change in the Moscow (MOW) time offset to +4 . Because of this, you should leave the summer time setting turned on (which advances the time by one hour) for Moscow (MOW). <br> - This table shows the city codes of this watch. <br> - The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country. |  |  |  |  |  |

