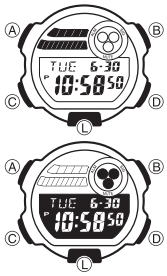
MA1405-EA © 2014 CASIO COMPUTER CO., LTD.

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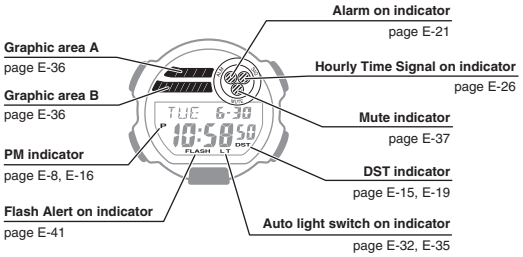
CASIO

About This Manual



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

Indicators



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Indicators **E-2**
General Guide **E-6**
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Alarms **E-21**
Countdown Timer **E-27**
Stopwatch **E-30**
Illumination **E-32**
Reference **E-36**
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Procedure Lookup

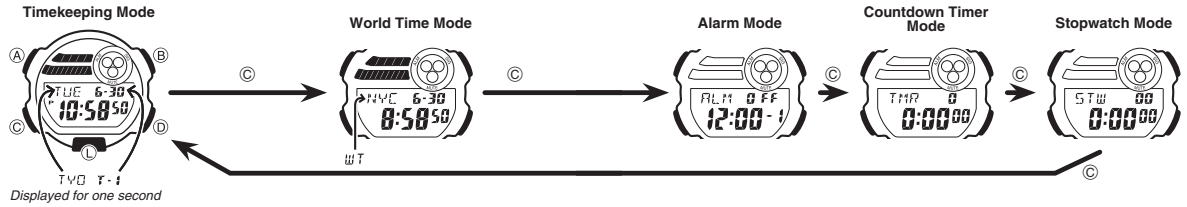
The following is a handy reference list of all the operational procedures contained in this manual.

To toggle the Timekeeping Mode time between DST and Standard Time ***E-15***
To view the time for another city code ***E-18***
To toggle a city code time between Standard Time and Daylight Saving Time ***E-19***
To change your Home Time city to the current World Time city ***E-20***
To set an alarm time ***E-22***
To test the alarm ***E-24***
To turn an alarm on and off ***E-25***
To turn the Hourly Time Signal on and off ***E-26***
To configure the countdown timer ***E-28***
To use the countdown timer ***E-29***

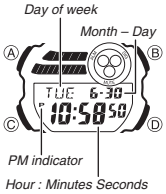
To measure times with the stopwatch ***E-31***
To turn on illumination ***E-33***
To specify the illumination duration ***E-33***
To turn the auto light switch on and off ***E-35***
To turn the button operation tone on and off ***E-38***
To turn Flash Alert on and off ***E-41***

General Guide

- Press Ⓒ to change from mode to mode.
- In any mode (except when a setting screen is on the display), press Ⓛ to illuminate the display.



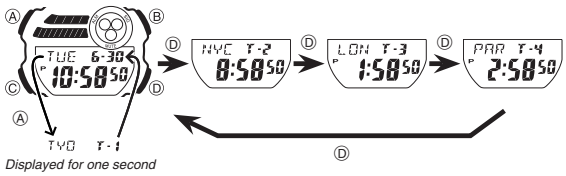
Timekeeping



The Timekeeping Mode’s Multi Time feature gives you quick and easy access to the current time and date in four different cities, numbered from T-1 (Time 1) through T-4 (Time 4). T-1 is your Home City Time, and T-2, T-3, and T-4 are Local Times. Local Times are kept in synchronization with your Home City Time (T-1).

Switching Between Time Screens

Each press of Ⓓ cycles the time screens in the sequence shown below.



- While the Home City Time (T-1) screen is displayed, pressing Ⓐ will switch the day of the week / month-day indication to the currently selected Home City code and the T-1 indicator for about one second.
- You can change the current time setting for your Home City Time (T-1) only.
- For Local Times (T-2, T-3, T-4), you only can change the city code and DST setting.

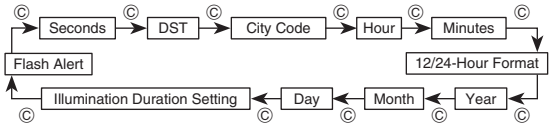
Scrolling through the Time Screens

- In the Timekeeping Mode (page E-6), holding down Ⓓ for about three seconds will cycle the time screens in sequence, from T-1 through T-4.
- Pressing any button will display the Home City Time (T-1) screen.

Changing the Current Home City Time and Date Settings



1. Use Ⓓ to display the current Home City Time (T-1) screen.
2. Hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
3. Press Ⓒ to move the flashing in the sequence shown below to select other settings.



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

Screen	To do this:	Do this:
50	Reset the seconds to 00.	Press Ⓓ.
0 FF DST	Toggle between Daylight Saving Time (0 n) and Standard Time (0 FF).	
TYO	Change the city code.	Use Ⓓ (east) and Ⓑ (west).
10:58	Change the hour or minutes.	Use Ⓓ (+) and Ⓑ (–).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping.	Press Ⓓ.
20 15	Change the year.	Use Ⓓ (+) and Ⓑ (–).
6-30	Change the month or day.	
LT 1	Toggle the setting between 1.5 seconds (1) and 3 seconds (3).	Press Ⓓ.
FL 0 n FLASH	Toggle between Flash Alert on (0 n) and off (0 FF).	

- See “Daylight Saving Time (DST)” on page E-14 for details about DST setting.
- For information about Flash Alert, see “Flash Alert” (page E-41).

5. Press Ⓐ to exit the setting screen.

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

Daylight Saving Time (DST)

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

To toggle the Timekeeping Mode time between DST and Standard Time



DST indicator

1. Use Ⓓ to display the current Home City Time (T-1) screen.
2. Hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
3. Press Ⓒ to display the DST setting screen.
4. Press Ⓓ to toggle between Daylight Saving Time (0 n displayed) and Standard Time (0 FF displayed).
5. Press Ⓐ to exit the setting screen.

- The **DST** indicator appears on the Timekeeping screen to indicate that Daylight Saving Time is turned on.

12/24-Hour Format

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

Changing the City Setting of a Local Time

You can select any one of the city codes in the table at the back of this manual as a Local Time city.

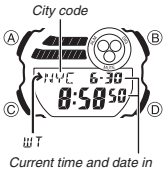
1. Display the Local Time whose city setting you want to change, and then hold down Ⓐ for about one second until the current city code starts to flash.
2. Use Ⓓ (east) and Ⓑ (west) to select the city code you want.
3. Press Ⓒ to display the DST setting screen.
4. Press Ⓓ to toggle between Daylight Saving Time (0 n displayed) and Standard Time (0 FF displayed).
5. After the settings are the way you want, press Ⓐ.

Swapping the Home City Time with a Local Time

You can use the procedure below to swap the current Home City Time (T-1) with one of the Local Times (T-2, T-3, T-4).

1. In the Timekeeping Mode, use Ⓓ to display the Local Time that you want to swap with the Home City Time.
2. Press Ⓐ and Ⓑ at the same time.

World Time



Current time and date in the zone of the selected city code

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

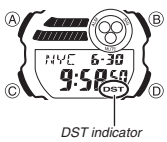
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing Ⓒ (page E-6).

To view the time for another city code

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

- For full information about city codes, see the “City Code Table” at the back of this manual.
- If the current time for a city is wrong, check your Timekeeping Mode time and time zone settings and make the necessary changes.

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



DST indicator

1. In the World Time Mode, use Ⓓ and Ⓑ to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down Ⓐ for about one second to toggle Daylight Saving Time (**DST** displayed) and Standard Time (**DST** not displayed).

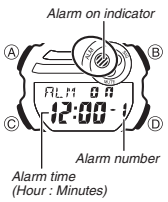
- The **DST** indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
- Note that you cannot switch between Standard Time and Daylight Saving Time while UTC is selected as the city code.

To change your Home Time city to the current World Time city

1. In the World Time Mode, use Ⓓ and Ⓑ to display the city you want to make your new Home Time city.
2. Press Ⓐ and Ⓑ at the same time.

• This makes the World Time city you selected in step 1 your new Home Time city.

Alarms



Your watch has a total of five alarms, each of which you can configure as a daily alarm or one-time alarm.

• Daily Alarm: Sounds at the preset time each day.
• One-time Alarm: Sounds once at the preset time and then is disabled automatically.

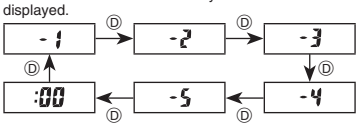
You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

• All of the operations in this section are performed in the Alarm Mode, which you enter by pressing Ⓒ (page E-7).
• Alarms operate in coordination with the current Home City Time.

To set an alarm time

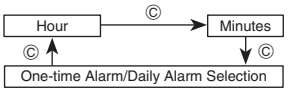


1. In the Alarm Mode, use Ⓓ to scroll through the alarm screens until the alarm number you want to set is displayed.



2. After you select an alarm, hold down Ⓐ until the hour setting of the alarm time starts to flash, which indicates the setting screen.
   • This operation turns on the One-time Alarm automatically.

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



4. While a setting is flashing, use Ⓓ and Ⓑ to change it as described below.

Screen	To do this:	Do this:
12:00	Change the hour and minutes.	Use Ⓓ (+) and Ⓑ (–). • With the 12-hour format, set the time correctly as a.m. or p.m. (**P** indicator).
1-0A / 0 A	Toggle between One-time Alarm and Daily Alarm.	Press Ⓓ. One-time Alarm on: 1-0A Daily Alarm on: 0 A

5. Press Ⓐ to exit the setting screen.

Alarm Operation

The alarm tone sounds at the preset time for 20 seconds, regardless of the mode the watch is in.

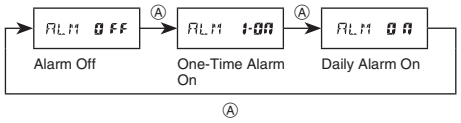
• Alarm and Hourly Time Signal operations are performed in accordance with the Home City Time (T-1).
• To stop the alarm tone after it starts to sound, press any button.

To test the alarm

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

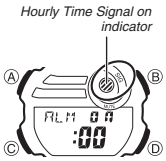
To turn an alarm on and off

1. In the Alarm Mode, use Ⓓ to select an alarm.
2. Press Ⓐ to cycle through the alarm settings as shown below.



• In all modes, the alarm on indicator is shown for the alarm that is currently turned on.
• The alarm on indicator flashes while the alarm is sounding.

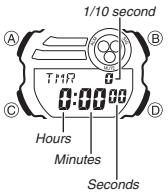
To turn the Hourly Time Signal on and off



1. In the Alarm Mode, use Ⓓ to select the Hourly Time Signal.
2. Press Ⓐ to toggle it on and off.

• The Hourly Time Signal on indicator is shown on the display in all modes while this function is turned on.

Countdown Timer



The countdown timer can be set within a range of one second to 24 hours. An alarm sounds when the countdown reaches zero.

• All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing Ⓒ (page E-7).

To configure the countdown timer



1. While the countdown start time is on the display in the Countdown Timer Mode, hold down Ⓐ 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 Ⓒ to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, use Ⓓ (+) and Ⓑ (–) to change the flashing item.
   • To specify a countdown start time of 24 hours, set 0:00'00".
4. Press Ⓐ to exit the setting screen.

To use the countdown timer



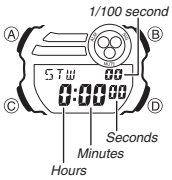
Press Ⓓ while in the Countdown Timer Mode to start the countdown timer.

• When the end of the countdown is reached, the alarm sounds for ten seconds or until you stop it by pressing any button. The countdown time is reset to its starting value automatically when the alarm sounds.
• Press Ⓓ while a countdown operation is in progress to pause it. Press Ⓓ again to resume the countdown.
• To stop a countdown operation completely, first pause it (by pressing Ⓓ), and then press Ⓑ. This returns the countdown time to its starting value.

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Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- A display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- A stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- A stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓒ (page E-7).

To measure times with the stopwatch

Elapsed Time

Ⓓ **Start** → Ⓓ **Stop** → Ⓓ **Re-start** → Ⓓ **Stop** → Ⓑ **Clear**

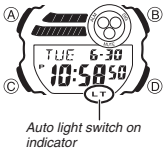
Split Time

Ⓓ **Start** → Ⓑ **Split** (**SPL** displayed) → Ⓑ **Split release** → Ⓓ **Stop** → Ⓑ **Clear**

Two Finishes

Ⓓ **Start** → Ⓑ **Split** First runner finishes. Display time of first runner. → Ⓓ **Stop** Second runner finishes. → Ⓑ **Split release** Display time of second runner. → Ⓑ **Clear**

Illumination



This watch has two LEDs (light-emitting diode) that cause the entire display to glow for easy reading in the dark. The watch's auto light switch turns on illumination automatically when you angle the watch for reading towards your face.

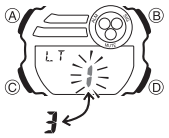
- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Illumination Precautions" (page E-42) for more important information.

To turn on illumination

In any mode (except when a setting screen is on the display), press Ⓛ to turn on illumination.

- You can use the procedure above to select either 1.5 seconds or 3 seconds as the illumination duration. When you press Ⓛ, 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 Ⓐ until the seconds start to flash, which indicates the setting screen.
2. While the seconds are flashing, press Ⓒ nine times to display the illumination duration setting screen.
3. Press Ⓓ to toggle between 1.5 seconds (**1**) and 3 seconds (**3**).
4. Press Ⓐ to exit the setting screen.

About the Auto Light Switch

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

Moving the watch to a position that is parallel to the ground and then tilting it towards you at more than 40 degrees causes illumination to turn on.

- Wear the watch on the outside of your wrist.



Warning!

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

To turn the auto light switch on and off

In the Timekeeping Mode, hold down Ⓛ for about three seconds to toggle the auto light switch on (auto light switch on indicator displayed) or off (auto light switch on indicator not displayed).

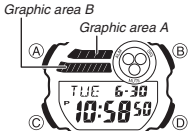
- The auto light switch on indicator is on the display in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch turns off automatically approximately six hours after you turn it on.

Reference

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

Graphic Areas

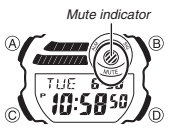
There are two graphic areas named A and B.



- Graphic area A: In the Timekeeping Mode and World Time Mode, segments indicate the current time (in units of 10 seconds). In the Countdown Timer Mode and Stopwatch Mode, segments indicate the ongoing timer measurement (in units of 1/10 second).

- Graphic area B: In the Timekeeping Mode and World Time Mode, segments indicate the current time (in units of one second). In the Countdown Timer Mode and Stopwatch Mode, segments indicate the ongoing timer measurement (in units of one second).

Button Operation Tone



The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, the alarms, the Hourly Time Signal, and the countdown alarm all operate normally.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down Ⓒ to toggle the button operation tone on (the mute indicator not displayed) and off (the mute indicator displayed).

- Holding down Ⓒ to turn the button operation tone on or off also causes the watch's current mode to change.
- The mute indicator is displayed in all modes when the button operation tone is turned off.

Auto Return Features

- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

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

Initial Screens

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

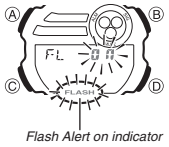
Timekeeping

- 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 year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City Time in the Timekeeping Mode using UTC time offset values.
- The UTC offset is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Coordinated Universal Time", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

Flash Alert



Flash Alert on indicator

When Flash Alert is turned on, the illumination flashes for the alarms, the Hourly Time Signal and the countdown alarm.

To turn Flash Alert on and off

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓒ ten times to display the Flash Alert setting screen.
3. Press Ⓓ to toggle Flash Alert on and off.
   - The Flash Alert on indicator is shown on the display in all modes while this function is turned on.
4. Press Ⓐ to exit the setting screen.

Illumination Precautions

- Illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination will turn off automatically if an alarm starts to sound while Flash Alert is turned off. When Flash Alert is turned on, illumination will flash with the alarm.
- Frequent use of illumination runs down the battery.

Auto light switch precautions

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

More than 15 degrees too high



- Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- Illumination turns off after the preset illumination duration (see "To specify the illumination duration" (page E-33)), even if you keep the watch pointed towards your face.

- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

Specifications

Accuracy at normal temperature: ±15 seconds a month

Timekeeping: Hour, minutes, seconds, p.m. (P), 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: Multi Time (one Home City Time and three Local Times); Daylight Saving Time (summer time)/Standard Time

World Time: 48 cities (31 time zones) and Coordinated Universal Time
Other: Standard Time/Daylight Saving Time (summer time); Home Time City/World Time City swapping

Alarms: 5 alarms (One-time or Daily), Hourly Time Signal

Countdown Timer
Measuring unit: 1/10 second
Input range: 1 second to 24 hours (1-second increments, 1-minute increments and 1-hour increments)

Stopwatch
Measuring unit: 1/100 second
Measuring capacity: 23:59' 59.99"
Measuring modes: Elapsed time, split time, two finishes

Illumination: LED (light-emitting diode); Selectable illumination duration

Other: Button operation tone on/off; auto light switch; Flash alert

Battery: One lithium battery (Type: CR2016)
Approximately 3 years on type CR2016; 20 seconds of alarm operation (with flash alert), 1.5 seconds of illumination per day

City Code Table

City Code Table

City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	–11
HNL	Honolulu	–10
ANC	Anchorage	–9
YVR	Vancouver	–8
LAX	Los Angeles	
YEA	Edmonton	–7
DEN	Denver	
MEX	Mexico City	–6
CHI	Chicago	
NYC	New York	–5
SCL	Santiago	–4
YHZ	Halifax	
YYT	St. John's	–3.5
RIO	Rio De Janeiro	–3
FEN	Fernando de Noronha	–2

City Code	City	UTC Offset/ GMT Differential
RAI	Praia	–1
UTC		0
LIS	Lisbon	
LON	London	
MAD	Madrid	+1
PAR	Paris	
ROM	Rome	
BER	Berlin	
STO	Stockholm	
ATH	Athens	+2
CAI	Cairo	
JRS	Jerusalem	
MOW*	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5

City Code	City	UTC Offset/ GMT Differential
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	+8
HKG	Hong Kong	
BJS	Beijing	
TPE	Taiepei	
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5

City Code	City	UTC Offset/ GMT Differential
GUM	Guam	+10
SYD	Sydney	
NOU	Noumea	+11
WLG	Wellington	+12

* As of December 2013, the official UTC offset for Moscow, Russia (MOW) has been changed from +3 to +4, but this watch still uses an offset of +3 (the old offset) for MOW. Because of this, you should leave the summer time setting turned on (which advances the time by one hour) for the MOW time.

- This table shows the city codes of this watch.

• The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.