

Operation Guide 5535

Congratulations upon your selection of this CASIO watch.

E-1

About This Manual



E-2

- 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.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

Features

Your watch provides you with the features and functions described below.

- ◆ **Stopwatch**..... Page E-22
Use the stopwatch to measure elapsed times and lap times. Elapsed time measurement can be started with a single button press from the Timekeeping Mode. Memory for up to 120 lap time records.
- ◆ **Alarm**..... Page E-43
When the alarm time is reached, the watch sounds an alert.
- ◆ **Dual time**..... Page E-48
You can view the current time in your current location and in one more time zone.
- ◆ **Timer** Page E-40
The timer counts down from a preset start time. An alarm sounds when the end of the countdown is reached.

E-3

Contents

About This Manual E-2

Features E-3

Mode Reference Guide E-8

Timekeeping E-16

Adjusting the Digital Time and Date Settings E-17
To configure the digital time and date settings E-17
To change the Daylight Saving Time (summer time) setting E-21

Using the Stopwatch E-22
To enter the Stopwatch Mode E-24

E-4

To perform an elapsed time operation E-26
To perform lap time measurement E-26

Viewing Lap Time Records E-32
To enter the Data Recall Mode E-33
To select a desired date and time E-33
To delete a session E-37

Countdown Timer E-40
To enter the Countdown Timer Mode E-40
To configure the countdown timer E-41
To perform a countdown timer operation E-42
To stop the alarm E-42

E-5

Using the Alarm E-43
To enter the Alarm Mode E-43
To set an alarm time E-44
To test the alarm E-45
To turn an alarm and the Hourly Time Signal on and off E-46
To stop the alarm E-47

Dual Time Mode E-48
To enter the Dual Time Mode E-48
To set the Dual Time E-48
To swap Timekeeping Mode and Dual Time Mode times E-50

Illumination E-51
To turn on illumination manually E-51
To change the illumination duration E-52

E-6

To turn the auto light switch on and off E-55

Adjusting Hand Positions E-58
To adjust hand alignment E-59

Button Operation Tone E-61
To turn the button operation tone on and off E-61

Troubleshooting E-62

Main Indicators E-63

Specifications E-64

E-7

Mode Reference Guide

The mode you should select depends on what you want to do.

To do this:	Enter this mode:	See:
• View the current time and date • Configure daylight saving time (DST) settings • Configure time and date settings • Start elapsed time measurement with a single button press	Timekeeping Mode	E-16 E-17 E-25
• Measure elapsed time • Record lap times (up to 120)	Stopwatch Mode	E-22
• View data recorded in the Stopwatch Mode	Data Recall Mode	E-32
• Use the countdown timer	Countdown Timer Mode	E-40
• Set an alarm time • To turn an alarm or the hourly time signal on or off	Alarm Mode	E-43

E-8

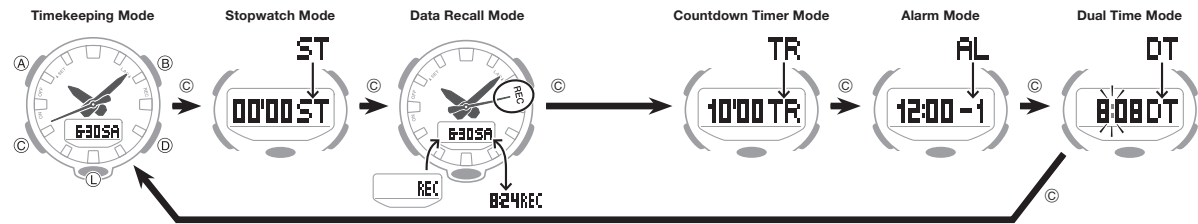
To do this:	Enter this mode:	See:
• Display a second time • Configure settings for a second time	Dual Time Mode	E-48

E-9

Selecting a Mode

- Press **(C)** to cycle between the modes as shown below.

- To return to the Timekeeping Mode from any other mode, hold down **(C)** for about two seconds.
- In any mode (except a setting mode), press **(B)** to illuminate the display.



E-10

E-11

- In the Timekeeping Mode, press **(D)** to enter the Stopwatch Mode.
- For more information about using the Stopwatch Mode, see "To enter the Stopwatch Mode" (page E-24).

General Functions (All Modes)

The functions and operations described in this section can be used in all of the modes.

• Auto Return Features

If you do not perform any operation for two or three minutes while configuring time or other settings (with a setting flashing), or while adjusting hand positions (page E-58), the watch will automatically exit the setting or adjustment mode. The watch will automatically return to the Timekeeping Mode if you do not perform any operation for a certain amount of time, as described below.

Mode	Approximate Elapsed Time
Alarm	3 minutes
Data Recall	3 minutes

E-12

• Scrolling

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

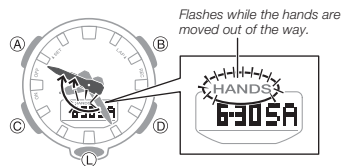
Moving the Hands Out of the Way for Better Viewing

You can use the procedure below to temporarily move the hour and minute hands out of the way to better view what is on the display.

1. While holding down **(L)**, press **(C)**.

- The watch will beep twice and the hour and minute hands will move to a position where they do not block the digital display.

Example: When the current time is 8:25



E-14

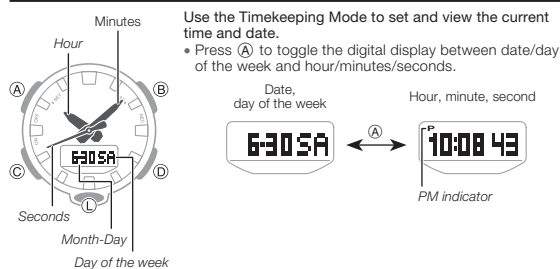
E-15

2. Holding down **(L)** again as you press **(C)** will cause the hands to return to their normal positions (normal timekeeping).

Note

- This operation can be performed in any mode. In the case of a setting mode (setting flashing on the screen), the hour and minute hands will move out of the way, and the second hand will move to 12 o'clock automatically even if you do not perform the above operation.
- Watch button functions are the same regardless of whether the hands are moved out of the way or at their normal positions.
- Changing to another mode will cause the hands to move back to their normal positions.
- The hands also will move back to their normal positions automatically if no operation is performed for about one hour.

Timekeeping



E-16

Adjusting the Digital Time and Date Settings

Use the procedure below to adjust the digital time and date settings.

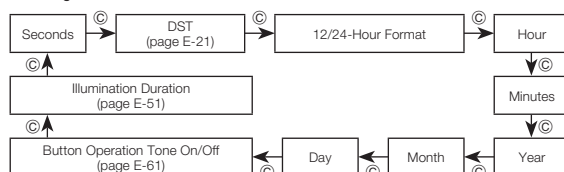
To configure the digital time and date settings

1. In the Timekeeping Mode, hold down **(A)** until the seconds digits start to flash (about two seconds).
 - This enables setting of the seconds.



E-17

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



E-18

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

Screen	To do this:	Do this:
41	Reset the seconds to 00	Press (D) .
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D) .
10:08	Change the hour or minute	Use (D) (+) and (B) (-).
20 18	Change the year	Use (D) (+) and (B) (-).
6:30	Change the month or day	Use (D) (+) and (B) (-).

4. Press **(A)** to exit the setting mode.

E-19

Note

- 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.
- 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.
- The day of the week changes automatically when the date changes.
- While the 12-hour format is selected for timekeeping, a **P** (PM) indicator will appear for times from noon to 11:59 p.m. No indicator appears for times from midnight to 11:59 a.m. With 24-hour format, time is displayed from 0:00 to 23:59, without any **P** (PM) indicator.

E-20

To change the Daylight Saving Time (summer time) setting

- DST indicator
-
- In the Timekeeping Mode, hold down **(A)** until the seconds digits start to flash (about two seconds).
 - This enables setting of the seconds.
 - Press **(C)** to display the DST setting mode.
 - Press **(D)** to toggle between Daylight Saving Time (**ON**) and Standard Time (**OFF**).
 - After the setting is the way you want, press **(A)** to return to the Timekeeping Mode.
 - The **DST** indicator appears to indicate that Daylight Saving Time is turned on.

Note

- 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.

E-21

Using the Stopwatch

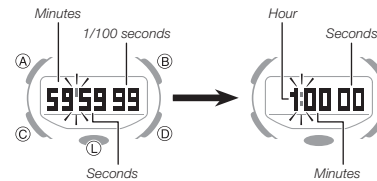
The stopwatch measures elapsed time and lap times. Up to 120 lap times can be stored in memory.

- The measurement range of the stopwatch is 23 hours, 59 minutes, 59 seconds. When the measurement range is exceeded, measurement stops (display becomes 0).

E-22

Time Range Display Switching

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

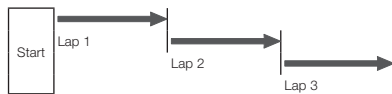


E-23

What is a lap time?

A lap time is the time elapsed over a specific segment of a race.

Example: Car race on an oval track



To enter the Stopwatch Mode

You can enter the Stopwatch Mode using any one of the methods below.

E-24

Entering Directly from the Timekeeping Mode

If the stopwatch was reset to all zeros the last time you used it, a new elapsed time operation will start as soon as you enter the Stopwatch Mode. See page E-26 for information about measuring an elapsed time.

- In the Timekeeping Mode, press **(D)**.
 - This will result in one of the following, depending on the status of the stopwatch the last time you exited the Stopwatch Mode.
 - Stopwatch reset: Timing starts.
 - One-press timing start from the Timekeeping Mode (direct timing start from the Timekeeping Mode).
 - If an ongoing timing operation is paused: Timing remains paused.
 - If an ongoing timing operation is in progress*: Timing continues to be performed.
 - * An ongoing stopwatch timing operation continues even if you navigate to another mode from the Stopwatch Mode.

2. Now you can perform the same operations as those shown on page E-26.

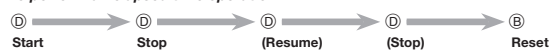
E-25

Entering from Another Mode (including the Timekeeping Mode)

Use **(C)** to select the Stopwatch Mode as shown on page E-10.

- To enter from the Timekeeping Mode using this method, press **(C)** once.
- This will display the stopwatch screen in the same status as it was the last time you exited the Stopwatch Mode.

To perform an elapsed time operation



To perform lap time measurement



E-26



- Each press of **(B)** records the current lap time. Memory can hold up to 120 lap time records.
- Recording a lap time while there are 120 records in memory will automatically delete the oldest record to make room for the new one.
- The final lap time (time displayed when the elapsed time operation is stopped) is recorded in memory when the stopwatch is reset to all zeros.

E-27

Note

- The watch will exit the lap time screen automatically after about eight seconds.
- An ongoing elapsed time measurement operation will continue internally even if you change to another mode. However, if you exit the Stopwatch Mode while a lap time is displayed, the lap time will not be displayed when you return to the Stopwatch Mode.

E-28

Memory

The watch has enough memory to hold up to 121 records for session start information (date and time), and lap time records. You can record up to 120 lap times.

- Session start information (date and time) requires one record for each session. A session is from the start of measurement up the point the stopwatch is reset.
- Each lap time uses one record.

Example 1: Single session (from start to reset)
Start information (date and time) record + 120 lap time records = 121 records in total

Example 2: Multiple sessions
Session 1: Start information (date and time) record + 60 lap time records = 61 records
Session 2: Start information (date and time) record + 59 lap time records = 60 records
Total: 121 records

E-29

Note

- Use the Data Recall Mode to view records. See "Viewing Lap Records" (page E-33).

Memory Timing

The table below explains how data is stored in memory when (A) or (B) is pressed.

Operation	Result
While the stopwatch is reset to all zeros, press (D) to start a session.	This stores the current date and time in memory as session start information.
Press (D) to stop time measurement.	Nothing is recorded when time measurement is stopped.
Press (D) to resume time measurement.	Nothing is recorded when time measurement is resumed.
Press (B) to measure a lap time.	A lap time record is stored in memory.
Press (B) to reset the stopwatch to all zeros.	The final lap time record for the session is stored in memory.

E-30

Memory Full

Storing data when memory is full automatically deletes the oldest record currently in memory to make room for the new data.

- Example 1: When there are 121 records for a single session in memory
The oldest lap time record in memory is deleted to make room for the new lap time.
- Example 2: When there is data for multiple sessions (dates and times) in memory
All of the data of the session with the oldest date and time is cleared to make room for the new lap time.

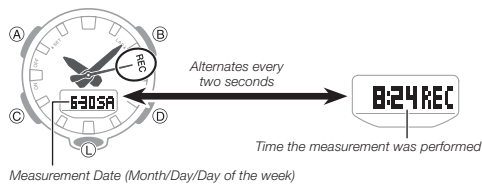
Note

- To clear records data manually, see "Deleting Lap Time Records" (page E-37).

E-31

Viewing Lap Time Records

Use the Data Recall Mode to view lap time records. Entering the Data Recall Mode displays the start date (month, day, day of the week) and time of the most recent session.



E-32

To enter the Data Recall Mode

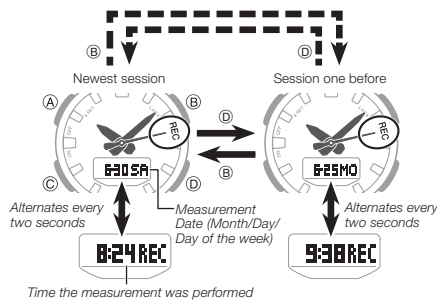
Use (C) to select the Data Recall Mode as shown on page E-10.

Viewing Lap Records

To select a desired date and time

In the Data Recall Mode, use (B) and (D) to scroll to the start information (date and time) of the session you want.

E-33

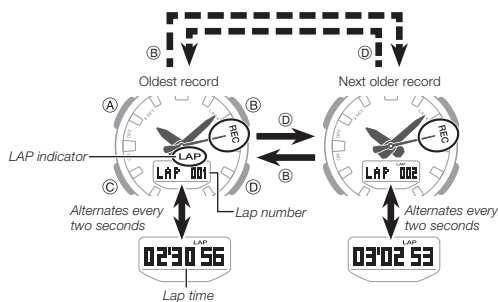


E-34

Viewing Lap Records

1. While the start information (date and time) of the session you want to view is displayed, press (A).
• This displays the lap time record of the selected session.
2. Use (B) and (D) to scroll between laps.
3. To return to the session start information (date and time), press (A).

E-35



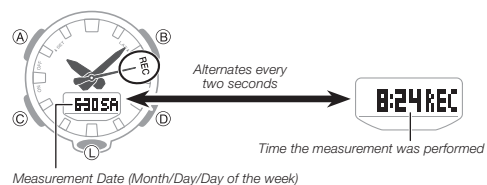
E-36

Deleting Lap Time Records

To delete a session

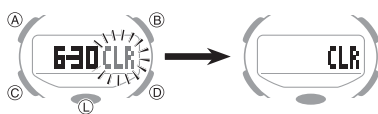
You can delete records in session units only. You cannot delete a particular lap time record within a session.

1. Use (B) and (D) to display the start information (date and time) of the session you want to delete.



E-37

2. Hold down (A) for about two seconds.
CLR will flash and then remain displayed.



Note

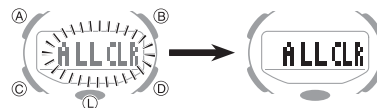
- A session cannot be deleted if its time measurement is still in progress.

E-38

Deleting All Lap Time Records

1. Hold down (A) for about five seconds.

CLR will flash and then remain displayed to indicate that one record was deleted. Keep (A) depressed until ALL CLR flashes for about 1.5 seconds, indicating that all records were deleted.



Note

- All records cannot be deleted while a measurement session is in progress.

E-39

Countdown Timer

The countdown timer can be set within a range of one second to 100 minutes. An alarm sounds when the countdown reaches zero.

To enter the Countdown Timer Mode
Use (C) to select the Countdown Timer Mode as shown on page E-11.

E-40

To configure the countdown timer

- Hold down (A) for about two seconds until the minute digits of the start time start to flash.
 - If the countdown start time is not displayed, use the procedure under "To perform a countdown timer operation" (page E-42) to display it.
- Press (C) to toggle the flashing between the minutes and seconds.
- Use (D) and (B) to change the setting of the flashing digits (minutes or seconds).
 - You can set a start time in the range of one second to 100 minutes in one-second increments.
 - To set the starting value of the countdown time to 100 minutes, set 00'00.
- Press (A) to exit the setting mode.

E-41

To perform a countdown timer operation



- Before starting a countdown timer operation, check to make sure that a countdown operation is not in progress (indicated by the seconds counting down). If it is, press (D) to stop it and then (B) to reset to the countdown start time.

To stop the alarm
Press any button.

E-42

Using the Alarm

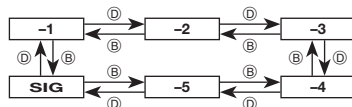
You can set up to five different alarms. The watch beeps for about 10 seconds when the alarm time is reached. The hourly time signal causes the watch to beep every hour on the hour.

To enter the Alarm Mode
Use (C) to select the Alarm Mode as shown on page E-11.

E-43

To set an alarm time

- Press (D) or (B) to display the setting (-1 through -5, or SIG) you want to change.



- Hold down (A) until the hour digits of the current alarm time start to flash (about two seconds). This is the setting mode.
 - This also causes the alarm indicator to appear and turns on the alarm setting.

Alarm time hour

- Press (C) to move the flashing between the hour and minute settings.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - While the 12-hour format is selected for timekeeping, a P (PM) indicator will appear for times from noon to 11:59 p.m.
- Press (A) to exit the setting mode.

To test the alarm

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

E-44

E-45

To turn an alarm and the Hourly Time Signal on or off

- In the Alarm Mode, use (D) or (B) to select an alarm or the Hourly Time Signal.
 - Each press of (D) or (B) cycles between the alarm time screen and the hourly time signal setting screen.
- Press (A) to toggle the displayed setting (alarm or hourly time signal) between on and off.
 - This will cause the second hand to move to ON or OFF.
 - An alarm on indicator will be on the display whenever any one of the five alarms is turned on. Turning on the hourly time signal causes its indicator to appear on the screen.

To stop the alarm
Press any button.

E-46

E-47

Dual Time Mode

You can use the Dual Time Mode to set a second time (in 15 minute steps) that is different from the Timekeeping Mode time.

To enter the Dual Time Mode
Use (C) to select the Dual Time Mode as shown on page E-11.

To set the Dual Time
1. Hold down (A) while in the Dual Time Mode. The hour and minute digits flash on the display because they are selected.

Current time

Hour Minutes

E-48

- Press (C) to change the selection in the following sequence.



- Press (D) to increase the selected digits and (B) to decrease them.
 - Each press of (D) toggles summer time between on (ON) and off (OFF). When summer time is on, a DST indicator is displayed on the Dual Time Mode screen.
 - While the 12-hour format is selected for timekeeping, a P (PM) indicator will appear for times from noon to 11:59 p.m.
- After you set the time, press (A) to return to the Dual Time Mode.
 - In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.

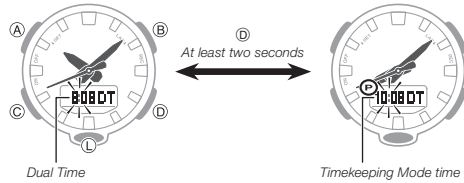
Note

- 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.

E-49

To swap Timekeeping Mode and Dual Time Mode times

- In the Dual Time Mode, hold down **(D)** for about two seconds. After the **HT** starts to flash, the Timekeeping Mode time and Dual Time Mode time will be swapped with each other.



E-50

Illumination



The face of the watch is illuminated for easy reading in the dark.

The watch's auto light switch turns on illumination automatically when you angle the watch towards your face.

- The auto light switch must be enabled (page E-55) for it to operate.

To turn on illumination manually

Press **(L)** in any mode to illuminate the face of the watch.

- You can use the procedure below to select either 1.5 seconds or three seconds as the illumination duration. When you press **(L)**, the face will remain illuminated for about 1.5 seconds or three seconds, depending on the current illumination duration setting.

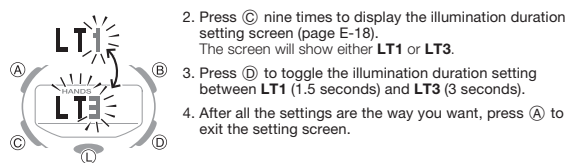
E-50

E-51

- The above operation turns on illumination regardless of the current auto light switch setting.

To change the illumination duration

- In the Timekeeping Mode, hold down **(A)** until the seconds digits start to flash (about two seconds).
 - This enables setting of the seconds.

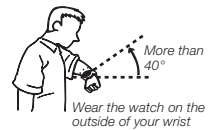


E-52

About the Auto Light Switch

Enabling the auto light switch causes illumination to turn 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 more than 40 degrees causes illumination to turn on.



Warning!

- Always make sure you are in a safe place whenever you are reading the face of 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 disabled 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.

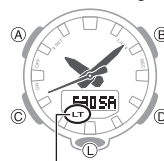
Note

- This watch features a "LED", so the auto light switch operates only when available light is below a certain level. It does not illuminate the face under bright light.
- The auto light switch is always disabled, regardless of its on/off setting, when the following condition exists.
 - While an alarm is sounding

To turn the auto light switch on and off

In the Timekeeping Mode, hold down **(L)** for about three seconds to toggle the auto light switch on (indicator displayed in the right digital dial) and off (indicator not displayed).

- The auto light switch on indicator appears in all modes while the auto light switch is enabled.
- Auto light remains enabled for about six hours. After that it becomes disabled automatically.



Auto light switch on indicator

E-54

E-55

Illumination Precautions

- LED panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Auto light switch precautions

- Wearing the watch on the inside of your wrist, movement of your arm, or vibration of your arm can cause frequent activation of the auto light switch and illumination of the face. To avoid running down the battery, disable the auto light switch whenever engaging in activities that might cause frequent illumination of the face.
- Note that wearing the watch under your sleeve while the auto light switch is enabled can cause frequent illumination of the face and can run down the battery.



- 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 (page E-52), 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 to the ground) and then tilt it back towards your face 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.
- 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.

E-56

E-57

Adjusting Hand Positions

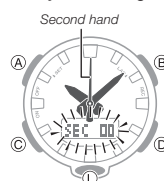
The watch hands can go out of alignment with the time on the digital display if it is exposed to strong magnetism or impact. If this happens, you should adjust the hand positions.

Important!

- You do not need to perform the operation below as long as the analog hands indicate the same time as the digital display.

To adjust hand alignment

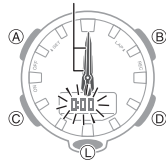
- In the Timekeeping Mode, hold down **(A)** for about five seconds until **SEC 00** appears.
 - This indicates the second hand adjustment mode.
 - Though **SET** and then **H-S** will appear as you hold down **(A)**, do not release the button yet.
 - SEC 00** flashes on the display while the second hand is moving to the home position (12 o'clock).
- If the second hand is not at 12 o'clock, use **(D)** and **(B)** to move it there.



E-58

E-59

Hour hand and minute hand



3. Press **C**.
 - This enters the hour and minute hand adjustment mode.
 - Press **C** again* to return to the second hand adjustment mode.
 - * Nothing will happen if you press **C** while the hands are moving.
 - 0:00 flashes on the display while the hour and minute hands are moving to the home position (12 o'clock).
4. If the hour and minute hands are not at 12 o'clock, use **D** and **B** to adjust them until they are.
5. Press **A** to return to the Timekeeping Mode. Check to make sure that the time indicated by the hands matches the time on the digital display. If the times don't match, perform the correction procedure above again.

E-60

Button Operation Tone



You can turn the button operation tone 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 or off

1. In the Timekeeping Mode, hold down **A** until the seconds digits start to flash (about two seconds).
 - This enables setting of the seconds.
2. Press **C** eight times to display the button operation tone On/Off screen (page E-18). The screen will show either **BEEP ON** or **BEEP OFF**.
3. Press **D** to toggle the setting between **BEEP ON** and **BEEP OFF**.
4. After all the settings are the way you want, press **A** to exit the setting screen.

E-61

Troubleshooting

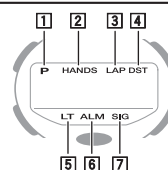
Time Setting

■ The current time setting is off by one hour.

You may need to change standard time/daylight saving time (DST) setting. Use the procedure under "Adjusting the Digital Time and Date Settings" (page E-17) to change the standard time/daylight saving time (DST) setting.

E-62

Main Indicators



Number	Name	See
1	PM indicator	E-16
2	Hands shifted indicator	E-14
3	LAP indicator	E-36
4	DST indicator	E-21
5	Auto light switch on indicator	E-55
6	Alarm indicator	E-47
7	Hourly time signal indicator	E-47

E-63

Specifications

Accuracy at normal temperature: ±15 seconds a month

Digital 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: Standard Time/Daylight Saving Time (summer time)

Analog Timekeeping: Hour, minutes (hand moves every 10 seconds), seconds

Stopwatch/Data Recall:

Measuring unit: 1/100 second (1 second after 1 hour)

Measuring capacity: 23 hours 59 minutes, 59 seconds (24 hours)

Measuring modes: Elapsed time, Lap time, Lap memory (120 records)

One-press timing start from the Timekeeping Mode

E-64

Countdown Timer:

Measuring unit: 1 second

Countdown range: 100 minutes

Countdown start time setting range: 1 second to 100 minutes (1-second increments)

Timer alert time: 10 seconds

Alarms: 5 daily alarms; Hourly time signal

Dual Time: Hour, minutes

Setting Unit: 15 minutes

Other: Daylight Saving Time (summer time)/Standard Time

Illumination: LED (light-emitting diode); Selectable illumination duration (approximately 1.5 seconds or 3 seconds); Auto light

Other: Alarm test; Button operation tone on/off; Moving the Hands to View the Digital Display

E-65

Power Supply: One lithium battery (Type: CR2016)

Approximate battery operating time: 3 years under the following conditions:

- 1 illumination operation (1.5 seconds) per day

- Alarm: 10 seconds/day

Frequent use of illumination runs down the battery.

Specifications are subject to change without notice.

E-66

E-65