

Operation Guide 3166

Getting Acquainted

Thank you for purchasing this CASIO product. To ensure that it can provide you with the years of service for which it is designed, be sure to read this manual carefully and follow the instructions contained herein.

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 this product or its malfunction.

Low Battery Warning



Recover indicator

If you use the light or alarms a number of times during a short period, a **R** (recover) indicator will flash on the display and the following operations become disabled as the battery level recovers.

- Pedometer functions
- Alarm and hourly time signal
- Illumination

Normal operation should return after the battery level recovers, but if the **R** indicator appears frequently you should have the watch's battery replaced.

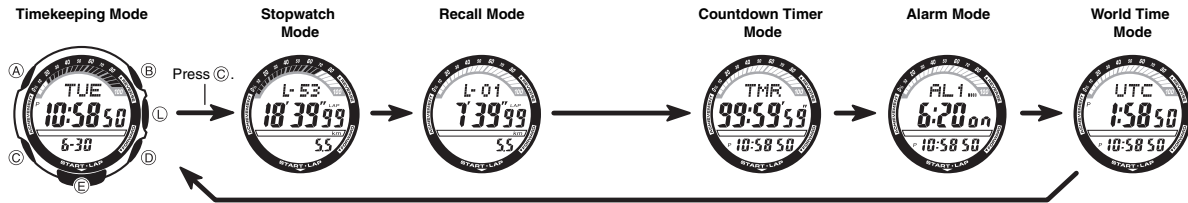
About This Manual



- 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.

General Guide

- Use **C** to navigate between modes.
- Holding down **C** for about three seconds in any mode will return to the Timekeeping Mode.
- Pressing **L** in any mode will illuminate the display.



Setting the Time and Date

PM indicator
(no indicator for AM)



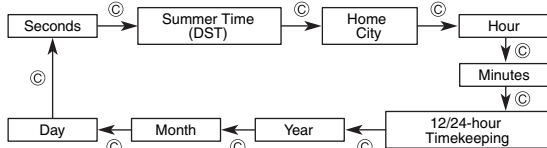
Month - Day
Hour : Minutes Seconds
(middle area)

Use the following procedure to set the current time and date after having the watch's battery replaced, etc. World Time Mode times will not be displayed correctly unless you configure your Home Time settings (the time in the city where you normally will use the watch) correctly.

- If you to use the watch in Japan, select **TYO** (Tokyo) as your Home Time.

To set the time and date

1. In the Timekeeping Mode, hold down **A** for about two seconds until the seconds digits start to flash. This is the setting screen.



2. Use **C** to move the flashing to the time, date, or Home City setting as shown above, and then use **D** (+) and **B** (-) to change the flashing setting.

- Holding down **D** or **B** will change the selected setting at high speed.

Setting	To do this:	Do this:
Seconds	Reset to 00	Press D .
Summer Time (DST)	Toggle between standard time (OFF) and daylight saving time (ON)	Press D .
Home City	Change the Home City setting (See the "City Code Table".)	Use D (east) and B (west).
Hour, Minute	Change the hour or minute setting	Use D (+) and B (-).
12/24-hour Timekeeping	Toggle between 12-hour and 24-hour timekeeping	Press D .
Year, Month, Day	Change the year, month, or day setting	Use D (+) and B (-).

3. After all of the settings are the way you want, press **A** twice to exit the setting screen.
- The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.
 - When setting the hour, make sure you specify AM (no indicator) or PM (**P**) correctly, or that you specify the correct 24-hour time.

- 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.
- Resetting the zero count to zero on an accurate time signal about once a month helps to ensure accurate timekeeping.
- You can set a date in the range of January 1, 2000 to December 31, 2099.
- The day of the week is set automatically in accordance with the date you set.
- The watch makes adjustments for leap years and month lengths automatically.
- Summer time, or Daylight Saving Time (DST) as it is called in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

Stopwatch

The Stopwatch Mode lets you measure elapsed time, and record lap/split times. A sensor built into the watch counts your steps while a stopwatch elapsed time operation is in progress. The watch uses this information to calculate the energy you consume, the distance you cover, and your average pace in accordance with personal information you pre-register.

For each elapsed time operation, the watch creates a record in memory to record the date, lap/split times, distance covered, energy consumption, number of steps, and other information.

Stopwatch

- Minimum Measuring Unit: 1/100 second
- Maximum Measuring Time: 99:59:59"
- Lap/Split Count: 999

Elapsed Time Measurement

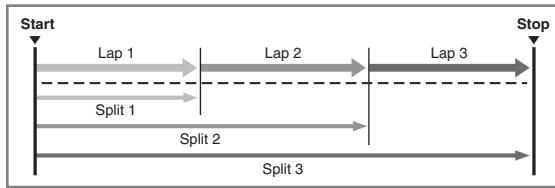
- Workout Time
- Distance Covered
- Energy Consumption
- Average Pace (1')
- Number of Steps

Workout Data (Maximum Cumulative Values)

- Laps/splits: 150
- Cumulative Distance: 999.9 km/621.1 miles
- Cumulative Energy Consumption: 23900.5kcal / 99999.9kJ
- Average Pace: 220 (1')
- Cumulative Number of Steps: 999999
- Cumulative Exercise Time: 9999 hours, 59 minutes
- Best Lap
- Average Pace
- The average pace value shows your average number of steps per minute while timing your run with the stopwatch.
- When you take a lap reading, this value shows your average pace during that lap.
- When you take a split reading, this value shows your average pace up to the current split, starting from the start of your timed run.

Lap Time and Split Time

A lap time is the time that elapses during a specific portion of a race, such as a lap around a track, while a split time is the time that elapses from the beginning of a race up to a certain point.



Lap Time Measurement Example

Measuring the lap time for one lap of a track event, etc.

Split Time Measurement Example

Measuring the split at the 5 km and 10 km points of a marathon.

Target Values and Personal Information

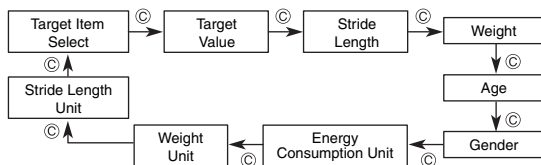
Before performing an elapsed time operation, you should set distance, energy consumption, and other target values, along with personal information that makes it possible for the watch to perform its calculations.

- You can change the energy consumption unit setting only when **TYO** (Tokyo) is selected as the Home Time. For **TYO**, the weight unit is set to **kg** and the stride length unit is set to **cm** automatically.

To configure target values and personal information settings

- In the Timekeeping Mode, hold down (A) for about two seconds until the current time seconds digits start to flash. This is the setting screen.
- Press (A) again to advance to the target value and personal information setting screen.
 - After about one second, the target value and personal information setting screen will change to the target item selection screen.
- Use (C) to select the target value or personal information item whose setting you want to change.
 - Use (D) (+) and (B) (-) to change the currently flashing setting. Holding down either button scrolls at high speed.

Target Value and Personal Information Screen



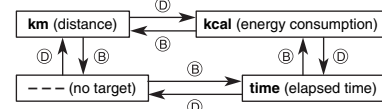
- For details about each of the settings, see "Target Values and Personal Information".
- After all of the settings are the way you want, exit the setting screen by pressing (A).
- The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

Target Values and Personal Information



Item Selection

Select: Use (D) (+) and (B) (-) to select one of the target items to be used for measurement.



- Select --- when you do not want to use a target.

Target Value

Use (D) (+) and (B) (-) to change the value of the currently selected item.

Distance: 1.0 km to 100.0 km (Input Unit: 0.1 km), 0.6 miles to 62.1 miles (Input Unit: 0.1 mile)*

Energy Consumption:

10 kcal to 23880 kcal (Input Unit: 10 kcal),

50 kJ to 99950 kJ (Input Unit: 50 kJ)

Elapsed Time: 10 minutes to 24 hours (Input Unit: 1 minute)

- If you select --- for the target type, pressing (C) will cause the stride length screen to appear (target value screen will be skipped).

Stride Length

(B) (-)/(D) (+)

30 cm to 300 cm, 12 in to 118 in*

- To determine your stride length, run over a distance of known length as you count your steps. Then divide the length by the number of steps.



Weight

(B) (-)/(D) (+)
20 kg to 120 kg, 44 lb to 264 lb*



Age

(B) (-)/(D) (+)
16 to 99



Gender

Use (D) (+)
mALE (male)
FEmALE (female)



Energy Consumption Unit

Use (D) (+) to select a unit.
kcal (kilocalories)
kJ (kilojoules)



Weight Unit*

Use (D) (+) to select a unit.
kg (kilograms)
lb (pounds)



Stride Length Unit*

Use (D) (+) to select a unit.
cm (centimeters)
in (inches)

* You can change the energy consumption unit setting only when **TYO** (Tokyo) is selected as the Home Time. For **TYO**, the weight unit is set to **kg** and the stride length unit is set to **cm** automatically.

Performing an Elapsed Time Measurement Operation

- Be sure to configure your personal information before performing an elapsed time measurement operation.
- The watch will detect when you start running while an elapsed time measurement operation is in progress. At this time it will start displaying the number of steps you take and other data based on your step count.
- To enter the Stopwatch Mode, press (C) once while in the Timekeeping Mode.

To perform elapsed time measurement



- Pressing (B) while measurement is stopped will reset the stopwatch to all zeros and store the data from the last measurement operation in memory.

To measure cumulative elapsed time

Pressing (E) to restart the stopwatch without resetting it to all zeros will resume elapsed time measurement from where it was last stopped.

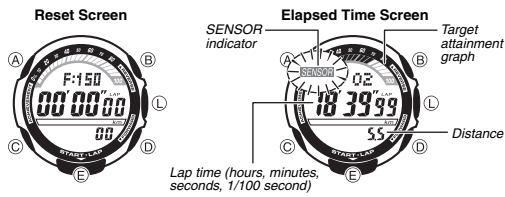
To display a lap/split time



- The watch will exit the lap/split screen automatically after about eight seconds.

Using the Stopwatch

Reading the Stopwatch Display



- A **SENSOR** indicator appears on the display while the stopwatch is performing an elapsed time measurement. This indicator flashes if the watch detects you are running.

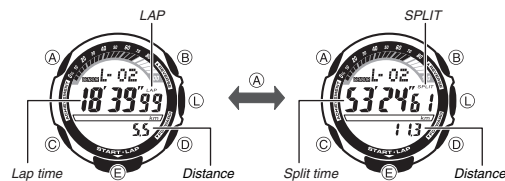
Target Attainment Graph

The target attainment graph shows up to what percentage of the target you achieved. Also, the watch will beep if you attain your preset target. If you do not have a target value set, this graph will simply indicate elapsed time. See "To configure target values and personal information settings" for information about configuring target values.



To switch the display between lap and split times

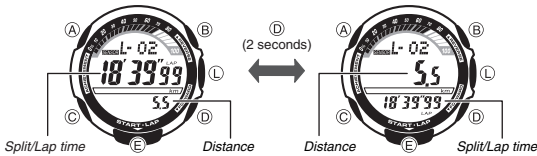
Press (A) to switch the display between the lap time and split time.



To swap middle and lower display area contents

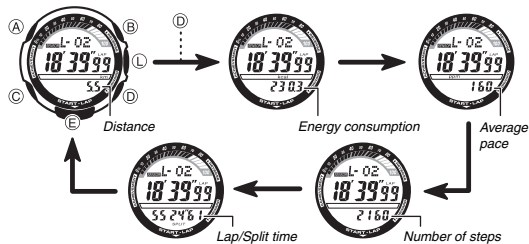
Hold down (D) for about two seconds until the following sequence is complete: Display contents flash. → Display contents stop flashing. → Watch beeps.

- This will swap the contents of the middle display area with the contents of the lower display area.



To select display information

Use (D) to scroll through available display information.



- If you start running for a certain amount of time while an elapsed time measurement operation is in progress, the watch will detect it and start displaying your number of steps and average pace.
- Changes in pace are not reflected immediately. If you suddenly drop your speed while average pace is displayed, the displayed value will maintain the current (pre-slowdown) pace for a short while before being adjusted.
- The average pace value will show --- if your lap time is 20 seconds or less.

Viewing Memory Records

You can use the Recall Mode to view records currently stored in watch memory.

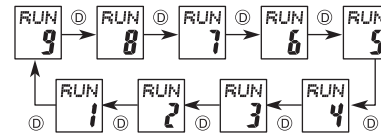
- Each record shows data for one workout (stopwatch elapsed time operation).
- The date is the date that the record was stored.
- Monthly data shows cumulative data totals (distance and energy consumption) for one month.
- Cumulative data shows cumulative data totals (distance and energy consumption) since the last time the data was cleared (reset).
- --- is shown if there is no data recorded.
- The **SENSOR** indicator will be on the display in the Recall Mode if a stopwatch elapsed time operation is currently in progress. The **SENSOR** indicator will be flashing if the watch detects you are running.

To view memory data

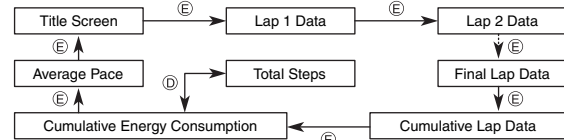


1. In the Timekeeping Mode, press (C) twice to enter the Recall Mode.
2. Use (D) to select the record you want to view.
 - Each record has a numbered Title Screen (1 = oldest record).

The following example shows data recall when there are nine records in memory.

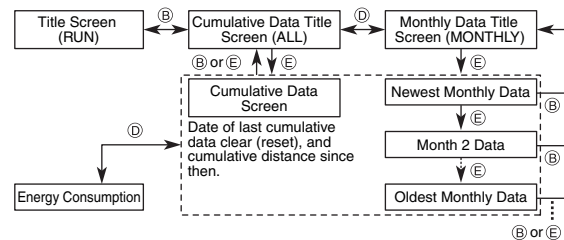


3. Use (E) to scroll through the data (lap/split times, cumulative data, average pace, etc.) stored in the currently displayed record.



- The **BEST** indicator alternating with the lap number indicates that the displayed lap is the best lap in the current record.
- Pressing (D) while the Cumulative Energy Consumption or Total Steps screen is displayed will toggle between the two screens.

4. Pressing (E) while a Title Screen (RUN) is displayed will switch to the Cumulative Data Title Screen (ALL). To return to the Title Screen from the Cumulative Data Title Screen, press (B).
 - Pressing (D) while the Cumulative Data Title Screen (ALL) or Monthly Data Title Screen (MONTHLY) is displayed will toggle between the two screens.
 - Pressing (D) while the Cumulative Data Title Screen (ALL) is displayed will switch to the Monthly Data Title Screen (MONTHLY). To return to the Cumulative Data Title Screen from the Monthly Data Title Screen, press (D).
 - Pressing (E) while the Cumulative Data Title Screen (ALL) or Monthly Data Title Screen (MONTHLY) is displayed will display the details for the applicable data.
 - Pressing (D) while a Cumulative Data Screen or Monthly Data Screen is displayed will switch between the distance and energy consumption screen.
 - Pressing (B) while the Cumulative Data Screen or Monthly Data Screen is displayed will return to the applicable title screen.
 - Up to 16 months of data can be maintained in watch memory at any time. Storing more data when there are already 16 months of data will cause the oldest data to be deleted to make room for the new data.

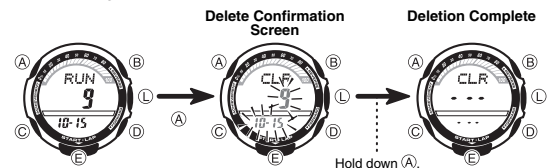


5. Press (C) four times to return to the Timekeeping Mode.

To delete a workout record

While the workout record you want to delete is displayed, hold down (A) until a confirmation screen like the one shown below appears. Keep (A) depressed for about another two seconds to delete the record.

- Releasing (A) while the confirmation screen is displayed will exit the delete operation without deleting the data.



To delete cumulative data or monthly data

While the screen for the type of data you want to delete (cumulative or monthly) is displayed, hold down (A) until a confirmation screen appears. Keep (A) depressed for about another two seconds to delete the record.


- Releasing (A) while the confirmation screen is displayed will exit the delete operation without deleting the data.
- When you delete cumulative data, the date in the lower display area will change to the date of deletion.
- If a stopwatch elapsed time operation is in progress when you perform the above operation, the in-progress data will not be deleted.

Using the Countdown Timer


You can set the start time of the countdown timer in units of one minute up to 100 hours. The watch beeps for 5 seconds when the end of the countdown is reached.

- To enter the Countdown Timer Mode, press (C) three times while in the Timekeeping Mode.

To configure countdown timer settings

- 
- While the current starting time is displayed in the Countdown Timer Mode, hold down (A) for about two seconds until the hour digits start to flash on the display.
 - This is the setting screen.
 - The watch will exit the countdown timer setting mode automatically if you do not perform any button operation for about two or three minutes.
 - Use (D) (+) and (B) (-) to change the hour setting.
 - Holding down either button scrolls the setting at high speed.
 - Press (C) to move the flashing to the minute digits.
 - This causes the minute digits to flash.
 - As with the hours setting, use (D) (+) and (B) (-) to change the minutes setting.
 - When all of the settings are the way you want, press (A) to exit the setting screen.

To use the countdown timer

- 
- In the Countdown Timer Mode, use (E) to start the countdown.
- Press (B) to stop elapsed timing. Press (E) again to restart timing.
 - The time counts down in 1-second steps.
 - Pressing (B) while the countdown timer is stopped will reset it to the start time.

To stop the time up beeper

Pressing any button while the time up beeper is sounding will stop it.

Alarms and Hourly Time Signal

Your watch comes with five alarms and an hourly time signal.

Daily Alarms (AL 1 to AL 5)

The watch beeps for about 10 seconds when an alarm time is reached.

Hourly Time Signal

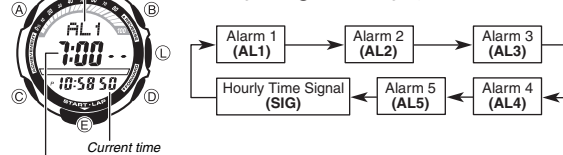
The hourly time signal causes the watch to beep every hour on the hour.

- Alarm and hourly time signal settings are configured in the Alarm Mode, which you enter by pressing (C) four times while in the Timekeeping Mode.

To display an alarm screen


In the Alarm Mode, use (D) to cycle through the alarm screens.

- Holding down (D) scrolls at high speed.



Current time
Alarm time
(Hour : Minutes)

To set an alarm time

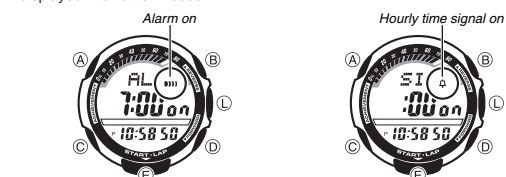
- 
- In the Alarm Mode, display the screen of the alarm whose setting you want to change.
 - Hold down (A) for about two seconds until the hour digits of the current alarm time start to flash. This is the setting screen.
 - Displaying the setting screen also turns on the alarm automatically and causes the alarm on indicator to appear on the display.
 - Use (D) (+) and (B) (-) to change the hour setting.
 - Holding down either button changes the setting at high speed.
 - When setting the hour, make sure you specify AM or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time. The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the Alarm Mode.

- Press (C) to move the flashing to the minute digits.
- Use (D) (+) and (B) (-) to change the minute setting within the range of 0 to 59.
 - Holding down either button changes the setting at high speed.
- After all the settings are the way you want, press (A) to exit the setting screen.
 - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

To turn an alarm or the hourly time signal on or off

While the screen for an alarm or the hourly time signal is on the display, press (B) to toggle it on (on indicator displayed) and off (on indicator not displayed).

- When any alarm or the hourly time signal is turned on, the applicable on indicator is displayed in all other modes.



To stop the alarm beeper

Press any button.

To test the alarm

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

Using World Time

World time lets you display the current time in any one of 48 cities (31 time zones) around the world.

- When you enter the World Time Mode, the screen for the city that was displayed when you last exited the mode appears first.
- The World Time seconds count is linked with the Timekeeping Mode seconds count.
- The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the World Time Mode.
- To enter the World Time Mode, press (C) five times while in the Timekeeping Mode.

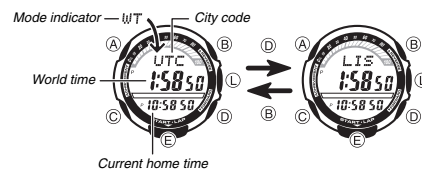
Important!

If the current time settings of the World Time Mode cities are incorrect, correct the setting of the current time in the Timekeeping Mode.

Using World Time

In the World Time Mode, use (D) (eastward) and (B) (westward) to scroll through the city codes until the one whose time you want to view is displayed.

- Holding down either button will scroll at high speed.
- For details about the sequence of the City Codes, see the "City Code Table".




Using Summer Time

Summer time, or Daylight Saving Time (DST) as it is called in some countries, calls for setting clocks ahead one hour from standard time during the summer season.

Note that the start and end of summer time, and whether summer time is used at all depends on each country and geographic area.

- ON** Turns on summer time and advances standard time by one hour.
- OFF** Turns off summer time and returns to standard time.

To turn on summer time (DST) for a World Time city

- 
- In the World Time Mode, use (D) (eastward) and (B) (westward) to scroll through the city codes until the one whose summer time (DST) setting you want to change is displayed.
 - Hold down (A) to toggle the displayed city's summer time setting on (DST displayed, time advanced by one hour) or off (DST not displayed, standard time).
 - If the currently selected city is also your Home City, the summer time (DST) setting you select here also will be applied in the Timekeeping Mode.

Illumination

This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode, press (L) to illuminate the display for about one second.

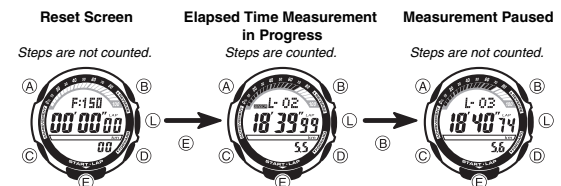
Illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Troubleshooting

The watch does not count my steps.

- The watch maintains a step count only while a stopwatch elapsed time operation is in progress. Steps are not counted while the stopwatch is stopped (display showing all zeros or a timing paused).



SENSOR: A SENSOR indicator appears on the display while the stopwatch is performing an elapsed time measurement. The indicator flashes while steps are being counted.

- The watch will detect when you start running while an elapsed time measurement operation is in progress. At this time it will start displaying the number of steps you take and other data.
- This watch is designed to count your steps only while you are running. It will not count your steps correctly while you are walking.



Running



Walking

The step count does not change while I am running.

- This watch is designed to count your steps only while you are running. A built-in sensor detects the movement of your arms to determine whether you are running. Because of this, looking at the watch while running as shown in the illustration may make it impossible for the watch to detect that you are running. Let your arm swing naturally by your side as you run.



The measured distance reading is not correct.

- This watch calculates distance based on the number of steps you take and the stride length you specify as part of your personal information. Check to make sure that the stride length setting of your personal information is correct.
- The displayed distance will not be correct if you change your stride length while you are running.

The average pace reading is not correct.

- The average pace is displayed for a lap or split time. A sudden drop in running speed (such as a shift from very fast running to a pace that is close to walking) will cause the watch to re-evaluate whether you are still running. In this case, if you reduce your pace, the same average pace value will remain displayed for a short while.

Steps are not counted while an alarm is sounding.

- This watch is designed to pause its step count while an alarm is sounding. Such a short interruption should affect only short distance and short time running.

The number of steps suddenly increases.

- When the watch's sensor does not detect running movement for a certain amount of time, it judges that you are not running and stops the step count. If the sensor detects running movement again for a certain amount of time, it starts the count. The watch keeps track of your steps during the time it is making its judgment, and it will add those steps to your count if it ultimately decides that you are running.

Specifications

Accuracy: Within ±15 seconds average per month

Timekeeping: Month, day, day of the week, hour, minute, second, a.m./p.m. (P), 12-hour/24-hour time format, Standard Time/Daylight Saving Time, Full Auto Calendar (2000 to 2099)

Stopwatch: Measuring unit: 1/100 second
 Measuring Capacity: 99:59:59.99* (100 hours)
 Maximum Number of Lap/Split Times: 999
 Cumulative Distance: 999.9 km/621.1 miles
 Cumulative Energy Consumption: 23,900.5 kcal/99,999.9 kJ
 Cumulative Exercise Time: 9999 hours, 59 minutes
 Maximum Average Pace: 220
 Cumulative Number of Steps: 999,999
 Maximum Number of Laps/Splits: 150
 Target Value Input: Target type selection (distance, energy consumption, elapsed time) and target value
 Personal Information Input: Stride length, weight, age, gender, unit switching (for energy consumption, weight, stride length)

Recall Mode: Workout records, monthly data, cumulative data, best lap

Countdown Timer:

Countdown Unit: 1 second
 Setting Unit: 1 minute
 Setting Range: 100 hours
 Time Up Beeper: 5 seconds

Alarms:

Daily alarms: 5
 Settings: Hour, minute
 Beeper: 10 seconds
 Hourly Time Signal: Beeps twice every hour on the hour

World Time: 48 cities, 31 time zones

Hour, minute, second (second count coordinated with Timekeeping Mode)
 Standard Time/Daylight Saving Time

Illumination: EL (electronic-luminescent) backlight

Battery: CR2025

Approximate Battery Life: Approximately 3 years

* 1 hour elapsed time operation, 1.5 seconds light operation, 10 seconds buzzer operation per day

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	-8
YEA	Edmonton	-7
DEN	Denver	-7
MEX	Mexico City	-6
CHI	Chicago	-6
NYC	New York	-5
SCL	Santiago	-4
YHZ	Halifax	-4
YYT	St. Johns	-3.5
RIO	Rio De Janeiro	-3
FEN	Fernando de Noronha	-2
RAI	Praia	-1
UTC	Coordinate Universal Time	
LIS	Lisbon	0
LON	London	
MAD	Madrid	
PAR	Paris	+1
ROM	Rome	+1
BER	Berlin	+1
STO	Stockholm	+1
ATH	Athens	+1
CAI	Cairo	+2
JRS	Jerusalem	+2
MOW	Moscow	+3
JED	Jeddah	+3
THR	Tehran	+3.5
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	+7
HKG	Hong Kong	+8
BJS	Beijing	+8
TPE	Taipei	+8
SEL	Seoul	+9
TYO	Tokyo	+9
ADL	Adelaide	+9.5
GUM	Guam	+10
SYD	Sydney	+10
NOU	Noumea	+11
WLG	Wellington	+12

- Based on data as of March 2008.
- The rules governing global times (GMT differential and UTC offset) and summer time are determined by each individual country.

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