

**CASIO®**

**GB-6900B / GB-X6900B**

**Module No. 3417 3418**



**User's Guide for Watch Functions**

Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under "Operating Precautions" and "User Maintenance".

Be sure to keep all user documentation handy for future reference.

Bluetooth® is a registered trademark or trademark of Bluetooth SIG, Inc. of the United States.

## Mobile Link Function

This product includes functions that allow it to communicate with Bluetooth® 4.0 (referred to as “Bluetooth” in this manual) capable mobile phones and other devices, to sound an alert tone, perform vibration alert, and display alerts when a phone call and/or mail is received on your phone, etc. (Mobile Link Function)

- This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area where it does not conform to or where it has not been approved under applicable radio laws may be punishable under local laws. For details, see the separate “List of Countries and Geographic Areas where Product Conforms to Radio Laws or Has Been Approved”.
- Use of this product inside of an aircraft is restricted by the aviation laws of each country. Be sure to obey instructions provided by flight personnel concerning use of devices such as this product.
- For Mobile Link operational procedures and a Q&A, go to the website below.  
CASIO website: <http://world.g-shock.com/ble/guide/>

# Features

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

◆ **Communication with your mobile phone .....Visit the CASIO website**

Connect with a Bluetooth enabled mobile phone and communicate with it.  
For more information, visit the “User’s Guide for Mobile Link Functions” page at the CASIO website.

◆ **World Time ..... Page E-24**

Instantly view the current time in 100 cities around the globe.

◆ **Alarms ..... Page E-28**

The watch can be configured to sound a tone or vibrate when a preset alarm time is reached.

◆ **Stopwatch**..... **Page E-37**

The stopwatch measures elapsed time up to 1,000 hours in 1/100-second increments.

◆ **Timer**..... **Page E-40**

The timer counts down from a preset start time, and the watch sounds a tone or vibrates when the countdown reaches zero.

# Contents

<b>Features</b> .....	<b>E-3</b>
<b>About this User's Guide</b> .....	<b>E-8</b>
Display Types .....	E-8
Tap Operations.....	E-9
Button Names and Display Indications.....	E-10
Display Indicators .....	E-12
<b>Using Modes</b> .....	<b>E-14</b>
Mode Overview.....	E-16
<b>Adjusting the Time Setting</b> .....	<b>E-18</b>
Configuring Current Time and Date Settings Manually .....	E-19
<b>World Time</b> .....	<b>E-24</b>
To view the times in other time zones .....	E-24

To configure the Summer Time (DST) setting .....	E-26
<b>Alarms and Hourly Time Signal .....</b>	<b>E-28</b>
To enter the Alarm Mode.....	E-28
To change an alarm setting .....	E-30
To stop a tone/vibration alert operation .....	E-35
To test the alarm.....	E-36
<b>Stopwatch.....</b>	<b>E-37</b>
To enter the Stopwatch Mode .....	E-37
To measure time with the stopwatch .....	E-38
<b>Timer .....</b>	<b>E-40</b>
To enter the Timer Mode.....	E-40
To set the timer start time .....	E-41
To perform a countdown.....	E-42
To stop a tone/vibration alert operation .....	E-43

<b>Illumination</b> .....	<b>E-44</b>
To illuminate the display .....	E-44
About the Auto Light Switch.....	E-45
To turn the auto light switch on and off.....	E-46
To specify the illumination duration.....	E-48
<b>Other Settings</b> .....	<b>E-50</b>
To turn the button operation tone on or off .....	E-50
To change the alarm/timer alert method .....	E-52
<b>Low Battery Indication</b> .....	<b>E-54</b>
<b>Specifications</b> .....	<b>E-56</b>
<b>Operating Precautions</b> .....	<b>E-60</b>
<b>User Maintenance</b> .....	<b>E-70</b>



## About this User's Guide

### Display Types

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.

- Note that the display style of a watch is fixed. You cannot switch between styles.



## Tap Operations

The word “tap” in this manual refers to striking the center of watch display with your fingertip.

### Example:

Tap twice to stop an ongoing tone or vibration alert for a watch alarm.

### How to tap:

Lightly strike the watch display twice with the tip of your finger. (double-tap)

### Important!

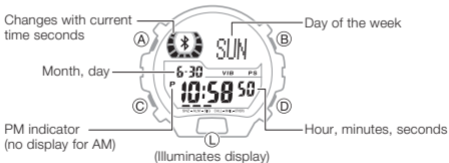
- The tap function is enabled only while the Tap indicator is flashing on the watch display.
- The Tap indicator flashes automatically whenever the tap function is enabled and can be used to stop a watch alarm or time up alert, etc.



## Button Names and Display Indications

Operations on this watch are performed using buttons (A) through (D), and the (L) button. The illustration below shows the locations and the meanings of the different buttons and display indicators.

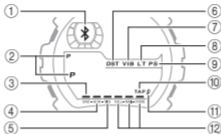
See "Using Modes" (page E-14).



**Note**

- The names shown above are used in the button operation explanations throughout this User's Guide.
- Note that the illustrations in this User's Guide are intended for reference only. The actual watch may appear somewhat different than depicted in the illustrations.

## Display Indicators



Number	Name	Meaning	More Info
①	Bluetooth icon	Mobile Link functions enabled.	CASIO website*
②	PM indicator	Indicates p.m. times during 12-hour timekeeping.	E-10
③	Snooze indicator	Snooze enabled.	CASIO website*

Number	Name	Meaning	More Info
④	Alarm indicator	Alarm is turned on.	E-33
⑤	Hourly time signal indicator	Hourly time signal is turned on.	E-33
⑥	DST indicator	Summer time enabled (time advanced by one hour).	E-26
⑦	Vibration indicator	Vibration alert enabled for alarms/timer.	E-53
⑧	Auto light enabled indicator	Auto light enabled.	E-46
⑨	Power Saving indicator	Mobile Link functions availability limited to save power.	CASIO website*
⑩	Tap indicator (flashing)	Double-tap operation is enabled.	E-9
⑪	Mute indicator	Button operation tone disabled.	E-51
⑫	Alert indicator	Alerts an incoming call, email receipt, or some other phone event.	CASIO website*

\* Visit the “User’s Guide for Mobile Link Functions” page of the CASIO website.

## Using Modes

Each press of **(C)** cycles between modes as shown in the illustration below.

**Timekeeping Mode**



**Control Mode \***



**World Time Mode**



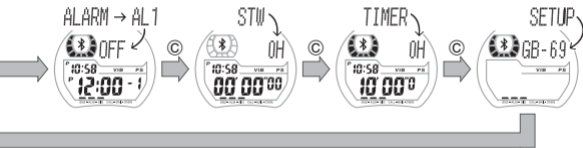
\* For information about the Control Mode and Setup Mode, visit the CASIO website at: <http://world.g-shock.com/ble/guide/>.

**Alarm Mode**

**Stopwatch Mode**

**Timer Mode**

**Setup Mode \***



©



## Mode Overview

Mode	Functions	More Info
Timekeeping Mode	<ul style="list-style-type: none"><li>• Current time display</li><li>• Time, date, summer time settings; 12/24-hour display switching</li><li>• Manual time adjustment</li><li>• Alarm/timer alert method settings</li></ul>	E-14 E-18  E-52
Control Mode	<ul style="list-style-type: none"><li>• Remote operation by data communication</li><li>• Information acquisition by data communication</li></ul>	CASIO website
World Time Mode	<ul style="list-style-type: none"><li>• Current time in 100 cities (35 time zones) around the globe</li></ul>	E-24
Alarm Mode	<ul style="list-style-type: none"><li>• Alarm time and on/off settings</li><li>• Hourly time signal on/off</li></ul>	E-28
Stopwatch Mode	<ul style="list-style-type: none"><li>• Elapsed time measurement</li></ul>	E-37
Timer Mode	<ul style="list-style-type: none"><li>• Start time settings; countdown</li></ul>	E-40

Mode	Functions	More Info
Setup Mode	<ul style="list-style-type: none"><li>• For configuring duration, method, and other settings for alerts from the phone</li></ul>	CASIO website

### Note

- For information about Mobile Link functions, visit the “User’s Guide for Mobile Link Functions” page of the CASIO website.

## Adjusting the Time Setting

When Mobile Link is enabled, the watch's time and date settings are automatically adjusted to match those of the phone. When Mobile Link is disabled, you should adjust the time and date settings manually.

## Configuring Current Time and Date Settings Manually

### ◆ To configure time and date settings

- 1 In the Timekeeping Mode, hold down **(A)** for about two seconds until the time zone setting screen appears.

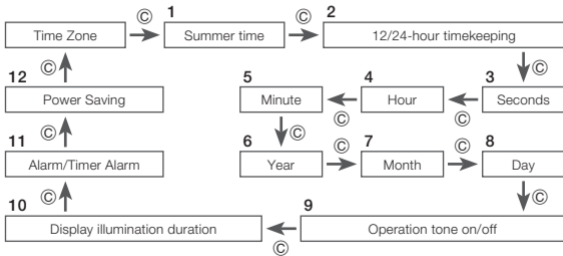


Time zone


[SET Hold] will appear on the watch display, followed by the time zone setting screen.

**2 Use © to select the item whose setting you want to change.**






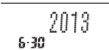
Each press of © cycles through available settings in the sequence shown below.



## Note

- The numbers in the above diagram indicate how many times you need to press  to display each setting.
- Power Saving is a function that saves power by limiting the availability of Mobile Link functions.  
For more information, visit the “User’s Guide for Mobile Link Functions” page at the CASIO website.

**3** Use **(B)** and **(D)** to change the currently selected setting as described below.

Screen	Setting	Operation
	Time zone of the city where you will use the watch	Use <b>(B)</b> and <b>(D)</b> .
	Summer time on/off	Press <b>(D)</b> .
	12-hour (12H)/24-hour (24H) timekeeping switching	Press <b>(D)</b> .
	Seconds 00-reset • From 30 to 59 seconds, resetting adds 1 to the minute setting.	Press <b>(D)</b> .
	Hour and minutes settings	Use <b>(B)</b> and <b>(D)</b> .
	Year, month, day settings	Use <b>(B)</b> and <b>(D)</b> .

## Note

- Refer to the “City Name List” (back of this manual) to determine the time zone of the city where you will be using the watch.
  - Summer time, or Daylight Saving Time (DST) as it is known in some countries, calls for setting clocks ahead one hour from standard time during the summer season. Note that the period during which and the areas where summer time is applied depend on each country. Some countries or geographic areas may not use summer time.
  - The DST indicator will be on the display and timekeeping will be advanced by one hour when summer time is turned on.
  - The watch’s Full Auto Calendar automatically makes adjustments in the day setting to account for different length months and leap year.

**4** After all the settings are the way you want, press **(A)** to return to the Timekeeping Mode.

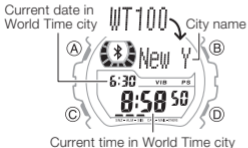


# World Time

World Time lets you display the current time in any one of 100 cities (35 time zones) around the world.

## To view the times in other time zones

- 1 In the Timekeeping Mode, press **(C)** twice to enter the World Time Mode.



See "Using Modes" (page E-14).

[WT100] will appear on the display for about one second, and then the name of the currently selected World Time City will appear.

## Note

- If you do not perform any operation for about two or three minutes while in the World Time Mode, the watch will automatically return to the Timekeeping Mode.

### **2 Use **(B)** and **(D)** to scroll through the World Time Mode city names.**

See “City Name List” (back of this manual).

- Scrolling to a city name displays the current time in that city.
- Holding down either button scrolls at high speed.
- To display the UTC city name (UTC offset 0), press **(B)** and **(D)** at the same time.
- Pressing **(A)** causes the currently selected city name to scroll across the display from the beginning of the name.

### **3 To return to the Timekeeping Mode, press **(C)** five times.**

## To configure the Summer Time (DST) setting

- In the World Time Mode, hold down **(A)** for about two seconds.



- [DST Hold] will appear on the display. After that, [DST Hold] will disappear and the summer time setting will toggle to either on or off.
- **DST** on the display indicates that summer time is turned on.

### Important!

- Even when Mobile Link is enabled, you need to turn the summer time (DST) on or off manually for World Time.

## Note

- Summer time, or Daylight Saving Time (DST) as it is known in some countries, calls for setting clocks ahead one hour from standard time during the summer season. Note that the period during which and the areas where summer time is applied depend on each country. Some countries or geographic areas may not use summer time.
- The DST indicator will be on the display and timekeeping will be advanced by one hour when summer time is turned on.
- The summer time setting cannot be changed for the UTC World Time zone.
- The summer time setting is applied to the currently selected time zone only. A setting configured for one time zone does not affect any other time zone.

## Alarms and Hourly Time Signal

You can set up to five different alarms. When any one of the alarm times is reached the watch will sound an alarm tone or vibrate for about 10 seconds. In the case of snooze, the alarm will sound up to seven times at five-minute intervals. The hourly time signal causes the watch to sound a tone or vibrate every hour on the hour.

See “To change the alarm/timer alert method” (page E-52).

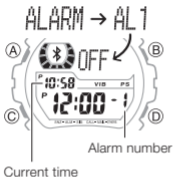
### To enter the Alarm Mode

**In the Timekeeping Mode, press  three times to enter the Alarm Mode.**

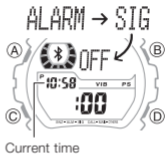
See “Using Modes” (page E-14).

An alarm setting screen (Alarm 1 through Alarm 4, Snooze, or hourly time signal) will appear.

Alarm setting screen



Hourly time signal setting screen

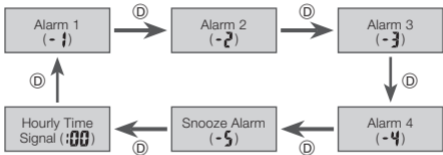


## Note

- If you do not perform any operation for about two or three minutes while in the Alarm Mode, the watch will automatically return to the Timekeeping Mode.

## To change an alarm setting

- 1 In the Alarm Mode, use **(D)** to select the alarm whose setting you want to change.



**2 Use **B** to toggle the displayed setting between on and off.**

Alarm 1 through Alarm 4

**OFF** : Alarm does not sound.

**1TIME** : Alarm sounds only once at the preset time and does not sound again after that.

**DAILY** : Alarm sounds at the preset time each day.

Hourly time signal

**OFF** : Hourly time signal does not sound.

**ON** : Hourly time signal sounds every hour on the hour.



## Snooze

**OFF** : Alarm is off.

**1TIME** : Alarm sounds at the preset time, and up to seven times at five-minute intervals thereafter. This operation is performed only once.

**DAILY** : Alarm sounds at the preset time, and up to seven times at five-minute intervals thereafter. This operation is performed at the preset time each day.

The Alarm indicator is displayed while an alarm is turned on, while the Hourly time signal indicator is displayed while the hourly time signal is turned on. While snooze is turned on, the Alarm Indicator and Snooze Indicator are both displayed.

Alarm on



Alarm indicator

Hourly time signal on



Hourly time signal indicator

- 3** To change an alarm time setting, hold down **(A)** for about two seconds until the hour digits of the current alarm time start to flash.



[SET Hold] will appear on the display. After that, [SET Hold] will disappear and the hour digits will flash.

- 4** Each press of **(C)** causes the flashing to move between the hour and the minutes digits.  
The flashing digits are the ones that are selected.
- 5** Use **(B)** and **(D)** to change the flashing setting, and set the hour and minutes you want.
- Holding down either button scrolls the setting at high speed.
  - If you are using 12-hour timekeeping, the PM indicator will appear for times between noon and 11:59 p.m.

- 6 After all the settings are the way you want, press **(A)** to exit the setting screen.
- 7 To return to the Timekeeping Mode, press **(C)** four times.

### To stop a tone/vibration alert operation

- Double-tapping the center of the watch display or pressing any one of the buttons will stop an ongoing tone/vibration alert operation.

#### Note

- In the case of snooze, the alarm will sound up to seven times at five-minute intervals.
- The Snooze Indicator (SNZ) will flash on the display during the five-minute intervals between alarms.
- Snooze will be canceled when any of the following occurs while the Snooze Indicator (SNZ) is flashing on the display.
  - Turning off snooze

- Displaying the snooze setting screen
- Displaying the Timekeeping Mode setting screen
- Changing the summer time setting of the Home Time city in the World Time Mode

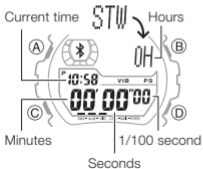
## To test the alarm

- In the Alarm Mode, hold down **(D)** to perform the tone/vibration alert operations.

# Stopwatch

The stopwatch measures elapsed time in units of 1/100 seconds up to 999 hours, 59 minutes, 59.99 seconds. Elapsed time returns to zero automatically and timing continues from there when the maximum limit is reached.

## To enter the Stopwatch Mode



**In the Timekeeping Mode, press (C) four times to enter the Stopwatch Mode.**

See "Using Modes" (page E-14).

[STW] will appear on the display for about one second, and then the stopwatch screen will appear.

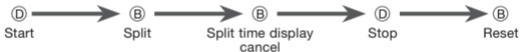
## To measure time with the stopwatch

● The following shows button operations for stopwatch operations.

- Elapsed time/cumulative time



- Split time (paused elapsed time reading)



Pressing (B) while timing is being performed displays the split time (with [SPLIT] flashing), but elapsed timing continues internally.

## Note

- Once started, elapsed time measurement continues until you press **ⓓ** to stop it, even if you change to a different mode and even if the stopwatch reaches the elapsed time measurement limit.
- If you change to another mode while a split time is frozen on the display, split time display will be canceled.

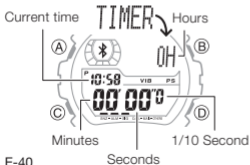


# Timer

The timer start time can be set in one-minute increments up to 100 hours. The watch will sound a tone or vibrate for about 10 seconds when the end of the timer countdown is reached.

See “To change the alarm/timer alert method” (page E-52).

## To enter the Timer Mode



- In the Timekeeping Mode, press **(C)** five times to enter the Timer Mode.

See “Using Modes” (page E-14).

## To set the timer start time

- 1 In the Timer Mode, hold down **(A)** for about two seconds.



[SET Hold] will appear on the display. After that, [SET Hold] will disappear and the hours digits will flash.

### Note

- If a timer countdown operation is in progress, press **(D)** to stop it and then press **(B)** to reset the timer to its start time before performing the above step.
  - If a timer countdown operation is paused, press **(B)** to reset the timer to its start time before performing the above step.
- 2 Each press of **(C)** causes the flashing to move between the hours and the minutes digits.  
The flashing digits are the ones that are selected.

- 3 Use **(B)** and **(D)** to change the hours and minutes settings.
  - Holding down either button scrolls the setting at high speed.
  - To specify a start time of 100 hours, set the timer to 0H00'00".
- 4 After all the settings are the way you want, press **(A)** to exit the setting screen.

### To perform a countdown

- The following shows button operations for a countdown.



#### Note

- A tone/vibration alert is performed for about 10 seconds when the end of the countdown is reached, and the display returns to the screen that was shown before the countdown was started.

- Even if you exit the Timer Mode while a timer countdown is ongoing, the countdown will continue and the tone/vibration alert operation will be performed when the end of the countdown is reached.

### **To stop a tone/vibration alert operation**

- **Double-tapping the center of the watch display or pressing any one of the buttons will stop an ongoing tone/vibration alert operation.**

## Illumination

You can use the procedure below to illuminate the display for easy reading in the dark. The watch also has an auto light function that illuminates the display whenever the watch is angled towards your face for reading.

### To illuminate the display

● Press **(L)** to illuminate the display.

#### Note

- Illumination will turn off automatically if it is on when an alarm alert, incoming call alert, or any alert operation starts.

#### ◆ Light Use Precautions

Frequent use of the light can shorten battery life.

## 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.



### Note

- Auto light is disabled while an alarm is sounding.

## Warning!

- 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

Auto light switch indicator



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

## ◆ Auto Light Precautions

- Leaving auto light enabled can run down the watch's battery due to frequent display illumination.
- The auto light may not operate properly when the watch is angled towards your face from an angle greater than about 15 degrees as shown in the illustration below.



- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.
- Auto light will remain enabled for about 6 hours after you turn it on.



## To specify the illumination duration



- 1 In the Timekeeping Mode, hold down **(A)** for about two seconds until the time zone setting screen appears.



- 2 Press **(C)** 10 times to display the illumination duration setting screen.

See "Configuring Current Time and Date Settings Manually" (page E-19).

The screen will show either [LT1] or [LT3].

- 3 Press **D** to toggle the illumination duration setting between [LT1] (1.5 seconds) and [LT3] (3 seconds).
- 4 To return to the Timekeeping Mode, press **A**.

## Other Settings

You can use the procedures in this section to turn the tone that sounds when you press a button on or off.

You can also select either tone or vibration as the alert method for the alarm and timer.

### To turn the button operation tone on or off



- 1 In the Timekeeping Mode, hold down **A** for about two seconds until the time zone setting screen appears.



- 2** Press **(C)** nine times to display the button operation tone setting screen.

See “Configuring Current Time and Date Settings Manually” (page E-19).

The screen will show either [KEY ♪] or [MUTE].



Mute indicator

- 3** Press **(D)** to toggle the setting between [KEY ♪] (ON) and [MUTE] (OFF).

When [MUTE] (OFF) is selected, a Mute indicator is displayed to indicate that the button operation tone will not sound.

- 4** To return to the Timekeeping Mode, press **(A)**.

### Note

The above procedure affects the button operation tone only. The alarm, hourly time signal, and time up alarm are not affected.

## To change the alarm/timer alert method



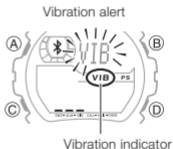
- 1** In the Timekeeping Mode, hold down **(A)** for about two seconds until the time zone setting screen appears.
- 2** Press **(C)** 11 times to display alert setting screen. See "Configuring Current Time and Date Settings Manually" (page E-19). The screen will show either [VIB] or [BEEP].

**3 Press (D) to toggle the setting between [VIB] and [BEEP].**

The Vibration indicator is shown on the display while [VIB] is selected.

**VIB** : Alert by vibration.

**BEEP** : Alert by tone.



**4 To return to the Timekeeping Mode, press (A).**

## Low Battery Indication

A low battery indicator appears on the display when battery voltage drops below a certain level. Availability of some functions becomes limited while the low battery indicator is displayed. If the low battery indicator remains on the display, have the battery replaced as soon as possible.

### Note

- For information about battery life guidelines and supported battery types, see the product specifications.  
See “Specifications” (page E-56).

The following describes how display of the low battery indicator affects watch operation.

Low Battery indicator



- The watch enters the Timekeeping Mode.
- Bluetooth connection turns off and Mobile Link is disabled.
- Display illumination becomes disabled.
- Alert sound and vibration become disabled.
- Double-tap operation becomes disabled.

## Note

- Repeated use of Mobile Link Functions, display illumination, tone/vibration alert, or other functions over a short period can result in a momentary drop in battery voltage. This can cause temporary display of the low battery indicator and limited availability of some watch functions.



# Specifications

- Accuracy at normal temperature :  $\pm 15$  seconds a month
- Basic Functions : Hour, minutes, seconds; a.m./p.m. (P); 12/24-hour timekeeping format; Month, day, day of the week; Full auto calendar (2000 to 2099); Summer time setting
- World Time : Current time in 100 cities (35 time zones) + UTC (Universal Coordinated Time) time display; Summer time setting
- Alarms and Hourly Time Signal : Alarms  
5 daily alarms (four one-time alarms; one snooze alarm)  
Setting units: Hour, minute  
Tone or vibration alert: 10 seconds  
Hourly time signal  
Beeps or vibrates every hour on the hour

- Stopwatch : Measuring unit: 1/100 second  
Measuring capacity: 999:59'59.99" (1000 hours)  
Measuring accuracy:  $\pm 0.0006\%$   
Measurement functions: Elapsed time, cumulative time, split times
- Countdown  
Timer : Countdown unit: 1/10 second  
Countdown range: 100 hours  
Measuring accuracy:  $\pm 0.0006\%$   
Setting unit: 1 second  
Time up alert: 10-second tone or vibration

- Mobile Link Functions
- : Time Correction
    - Auto correction/manual correction
  - Alert
    - Tone and/or vibration alert for incoming calls, incoming mail, incoming SNS, calendar alert, etc.
    - Information display (last received information)
  - Phone finder
    - Watch operation sounds the alert sound of the mobile phone.
  - Data Communication Specifications
    - Bluetooth® v4.0 (Bluetooth® low energy technology compatible)
    - Data rate: 1 Mbps
    - Transmission output: 0 dBm (1 mW)
    - Communication range: 2 meters max. (depends on environment)
    - Encryption: 128 bit AES

Other : Low battery alert; Auto return to Timekeeping Mode; Power Saving; Vibration alert; Tap function; High-brightness LED light; Selectable illumination duration; Operation tone on/off

Battery : One lithium battery (Type: CR2032)

Approximate : 2 years

Battery Life Usage Conditions

- Mobile Link operation: 12 hours/day
- Incoming call alert: 3 times (tone and vibration for 2 seconds)/day
- Incoming mail, other alerts: 10 times (tone only for 2 seconds)/day
- Illumination: Once (1.5 seconds)/day
- Alarm: Once (tone only for 10 seconds)/day

Approximate battery life can be shortened by more frequent operation.

# Operating Precautions

## Water Resistance

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

		Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
Marking	On watch front or on back cover	No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

- Do not use this watch for scuba diving or other types of diving that requires air tanks.
- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water-resistant, do not operate its buttons or crown while it is submerged in water or wet.
- Even if a watch is water-resistant, avoid wearing it in the bath or in areas where detergents (soap, shampoo, etc.) are being used. Such conditions can reduce water resistance.
- After submersion in seawater, use plain water to rinse all salt and dirt from the watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

- A trained technician will know how to check your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO Service Center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. If the fogging does not clear or if water has gotten into the watch, take it in for repair immediately.
- Continued use of the watch with water inside can result in damage to electronic and mechanical components, the face of the watch, etc.
- Your water-resistant watch has been tested in accordance with the International Organization for Standardization regulations ISO2281 and FTC (USA) "GUIDE FOR THE WATCH INDUSTRY." Guide 5.

## **Band**

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, or corrosion of the band can cause it to break, which may result in the watch falling off your wrist and becoming lost. Be sure to take good care of the band and keep it clean. Should you notice any breakage, discoloration, looseness or other problem with the band, immediately contact your original retailer or an authorized CASIO Service Center to have it checked, repaired, or replaced. Note that you will be charged for any repair or replacement of the band.

## **Temperature**

- Never leave the watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave the watch where it will be exposed to very low temperatures, either. Temperature extremes can cause the watch to lose or gain time, to stop, or otherwise malfunction.



- Leaving the watch in an area hotter than +60°C (140°F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0°C (32°F) and greater than +40°C (104°F).

## **Impact**

- Your watch is designed to withstand impact incurred during normal daily use and light activity such as playing catch, tennis, etc. Dropping the watch or otherwise subjecting it to strong impact, however, can lead to malfunction.  
Note that watches with shock-resistant designs (G-SHOCK, Baby-G, G-ms) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaged in strenuous sports activities (motocross, etc.).

## **Magnetism**

- Though your watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction and damage to electronic components.

## **Electrostatic Charge**

- Exposure to very strong electrostatic charge can cause the watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.
- Electrostatic charge can cause the display to go blank momentarily or cause a rainbow effect on the display.

## **Chemicals**

- Do not allow the watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the case, resin band, leather band, and other parts.

## **Storage**

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

## **Resin Components**

- Allowing the watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the other items to transfer to the resin components of the watch. Be sure to dry off the watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving the watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from the watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (frequent external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Failure to clean dirt from the watch for long periods can cause fluorescent color to fade. Wash dirt off with water as soon as possible and then dry the watch.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures for long periods.
- Contact an authorized CASIO Service Center to have resin components replaced. Note that you will be charged for replacement costs.

## **Natural Leather and Imitation Leather Bands**

- Allowing the watch to remain in contact with other items or storing it together with other items while it is wet for long periods can cause the color of the other items to transfer to the natural leather or imitation leather band of the watch. Be sure to dry off the watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

### **Important!**

- Subjecting a natural leather or imitation leather band to rubbing or dirt can cause color transfer and discoloration.

## **Metal Components**

- Failure to clean dirt from a metal band can lead to formation of rust, even if the band is stainless steel or plated. If the watch is exposed to sweat or water, wipe it thoroughly with a soft, absorbent cloth and then store it in a well-ventilated location to dry.
- To clean the band, use a soft toothbrush or similar tool to scrub it with a weak solution of water and a mild neutral detergent. Take care to avoid getting solution on the watch case.

## **Bacteria and Odor Resistant Band**

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

## **Display**

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

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.

## User Maintenance

### Caring for Your Watch

- A dirty or rusty case or band can soil the sleeve of your clothing, cause skin irritation, and even interfere with watch performance. Be sure to keep the case and band clean at all times. Rust tends to form easily after the watch is exposed to seawater and then left without cleaning.
- Sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any affect on your skin or clothing. Wipe the band with a cloth to clean it.
- Keep a leather band clean by wiping it with a dry cloth. Both resin bands and leather band can become worn and cracked over time when subjected to normal daily use.
- Should your band become badly cracked or worn, be sure to have it replaced with a new one. Request band replacement from your original retailer or an authorized CASIO Service Center. Note that you will be charged for band replacement costs, even if your watch is still covered by its warranty.

- Remember that you wear your watch next to your skin, just like a piece of clothing. Because of this, you should always keep your watch clean. Use a soft, absorbent cloth to wipe off any dirt, sweat, water, or other foreign matter from the case and band.

## **Dangers of Poor Watch Care**

### **Rust**

- Though the stainless steel used for the watch is highly rust-resistant, rust can form if the watch is not cleaned after it becomes dirty. Failure of oxygen to come into contact with the metal because it is dirty causes breakdown of the oxidization layer on the metal surface, which leads to the formation of rust.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

### **Premature Wear**

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



### **Skin Irritation**

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

### **Battery Replacement**

- Leave battery replacement up to your original retailer or authorized CASIO Service Center.
- Have the battery replaced only with the type specified by in this manual. Use of another type of battery can cause malfunction.
- When replacing the battery, also request a check for proper water resistance. Note that you will be charged separately for water resistance inspection.

### **Initial Battery**

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

### **Low Battery Power**

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

# City Name List

City Name	Time Zone	City Name	Time Zone	City Name	Time Zone
(UTC)	0	Frankfurt	+1	Helsinki	+2
Reykjavik		Oslo		Istanbul	
Lisbon		Rome		Kyiv	
Casablanca		Copenhagen		Cairo	
London		Berlin		Jerusalem	
Madrid		Stockholm		Moscow*	
Paris	+1	Budapest	+2	Addis Ababa	+3
Algiers		Warsaw		Jeddah	
Brussels		Cape Town		Tehran	
Amsterdam		Sofia		Dubai	+4
Zurich		Athens		Kabul	+4.5

City Name	Time Zone
Karachi	+5
Delhi	+5.5
Kathmandu	+5.75
Novosibirsk*	+6
Dhaka	
Yangon	+6.5
Bangkok	+7
Hanoi	
Jakarta	
Kuala Lumpur	+8
Singapore	
Hong Kong	
Perth	

City Name	Time Zone
Beijing	+8
Manila	
Shanghai	
Taipei	
Seoul	+9
Tokyo	
Adelaide	+9.5
Vladivostok*	+10
Guam	
Sydney	+11
Noumea	
Wellington	+12
Suva	

City Name	Time Zone
Chatham Islands	+12.75
Nukualofa	+13
Kiritimati	+14
Pago Pago	-11
Honolulu	-10
Anchorage	-9
Vancouver	-8
San Francisco	
Seattle	
Los Angeles	
Tijuana	-7
Edmonton	
Phoenix	

City Name	Time Zone
Chihuahua	-7
Denver	
Mexico City	-6
Winnipeg	
Dallas	
Houston	
Guatemala City	
Chicago	
Atlanta	-5
Havana	
Toronto	
Lima	
Washington DC	

City Name	Time Zone
Kingston	-5
Philadelphia	
Bogota	
New York	
Boston	-4.5
Caracas	
Santiago	-4
La Paz	
San Juan	
Halifax	-3.5
St. John's	
Buenos Aires	-3
Montevideo	

City Name	Time Zone
Rio de Janeiro	-3
Fernando de Noronha	-2
Praia	-1

## Note

- The above list shows the city names of this watch.
- If you will use the watch in a city that is not included in the City Name List, select a city name that is in the same time zone as your city.
- Time zones in the above list are in accordance with Coordinated Universal Time (UTC).

\* In June 2012, the time offsets of the cities listed below were changed by +1 hour. Note that this watch does not reflect this change and it uses the former offsets of these cities.

When using this watch in the cities below, always leave the summer time setting ON in order to advance the time by one hour.

Moscow

Novosibirsk

Vladivostok

EEE Yönetmeliğine Uygundur

**CASIO®**

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