I'm not a robot

G-SHOCK watches are simple, nearly indestructible watches, perfect for getting out there and enjoying life without the distractions of a smartwatch or worrying about scratching a precious traditional watch. Still, it can be confusing to figure out how to set the time on one at first. I promise you its not as complicated as it seems. In this article, well break down how to set the time on any G-SHOCK you might own. First, well take a look at the general G-SHOCK button layout, then get into how to set the time on most models, followed by some more specific models and G-SHOCK types. Use the table of contents below to jump to the section with the type of G-SHOCK you have. If you still have questions, do not hesitate to drop us a comment below with your model, and well gladly help you out. Lets get started! Lets look at the typical G-SHOCK button layout, which will make setting the time more obvious. There are four (sometimes 5) main buttons on a G-SHOCK watch. The Adjust button on the upper left is used to enter configuration mode. The configuration mode allows you to set the time or adjust the settings in whatever other function you are currently viewing. Typically, when it is pressed, whatever setting is selected starts flashing on the screen, showing that it can now be adjusted. Next is the Mode button, located on the bottom left. There are usually four major modes in a G-SHOCK Watch: alarm mode, time-keeping mode, timer, and global time mode. Repeatedly pressing the mode button allows the user to switch through modes until they find the desired mode they would like to use. Forward Next is the Forward button, located on the top right. The most obvious use for the forward button is to adjust any setting forward in configuration mode, such as the time. Often, the forward button will have an alternative function when not adjusting settings. It can be used to turn on the watchs light-up display or to start/stop the chronograph or alarm. The exact function varies from watch to watch and will very clearly be written on it. Reverse Finally, the reverse is the opposite of the forward button. It moves any setting backward when in Adjust mode. Like the Forward button, the Reverse button often has alternate usage when not in adjust mode. In some watches, it might light up the watch display or start the chronograph stopwatch. To give you the short and sweet answer that will work for most common digital G-SHOCKs, follow the instructions below. For these instructions, Im going to be using my G-SHOCK DW5600, but these should apply just as well to most G-SHOCKS, especially those with a digital display. Ensure you are in the standard timekeeping mode (displaying the current time). If not, you can get into the timekeeping mode by pressing the Mode button on the bottom left until you are. Once in timekeeping mode, press the ADJUST button, usually on the top left. The seconds should start blinking. You can reset the seconds to 0 by hitting the upper right button. Press the MODE button on the bottom left, which should cause the hour to blink. Press the button on the upper right to move the hour forward until the current hour is set. While in this mode, pressing the REVERSE button on the bottom right will switch the time between 12 and 24-hour (military time) timekeeping. Press the MODE button again, which will cause the minutes to blink. Press the upper right button to move the minutes forward. Holding the button will cause the minutes to move forward rapidly until the current minute is set. Press the MODE button to cause the year to blink. Press the upper right button to move the year forward and the bottom right to move it back until the current year is set. Press the MODE button to cause the month to blink. Press the upper right button to move the year forward and the bottom right to move it back until the current year is set. If you missed a step, you can press MODE again to cycle through the seconds/hours/minutes/year/month/day, and use the adjust button to adjust it to the correct time. When finished, press the ADJUST button once again. This will return the watch to the normal timekeeping mode. You have now successfully set the time. An analog G-SHOCK doesnt just have a digital display but also hands like a traditional watch to tell time and other features. For these instructions, were going to be using my G-SHOCK CasiOAK 2110 as an example. Put the watch into TIME mode by pressing the mode button until it reaches TIME mode. A higher-pitched beep will let you know youre now in TIME mode. Press and hold the adjust button until you hear the watch beep. Next, press the mode button to sort through the different settings available. With each press of the mode button, it will rotate between the hour, minute, and second hands, both on the digital, and analog displays. Once the correct option you wish to adjust, either analog or digital, is selected, you can move on to the next step. Adjust the highlighted hour, minute, day, month, or year setting using the forward and reverse buttons. The forward button moves the hand forward, and the reverse button, you guessed it, moves the hand backward. Continue to do so until it is set to the current time and date. When the hands, time, and date are in the correct positions, press the adjust button again to confirm these changes and finish setting the time. Atomic G-SHOCKs use calibration radio signals from nearby transmitters to correct the time. They do this automatically and periodically (every night, for instance) or manually, and they are compatible with six transmission stations worldwide. There are two settings that will determine how you set the time on one of these bad boys: auto-receive or manually receive. Auto receive is a setting that allows for the automatic setting of time and can be done up to 6 times a day. As long as one of the auto-receive operations in a day is successful, the watch will not perform the other auto-receive operations. An auto-receive operation may fail due to physical conditions or obstructions or if the watch is not in World Time or time-keeping mode. The following steps outline how time is set when an atomic G-SHOCK is set to auto-receive. At calibration time (when your watch is set to receive the signal to correct the time, usually at night), ensure that your watch is in time-keeping mode. If it is not, navigate to this mode by pressing the mode button until you reach time-keeping mode. You should expect to find the watchs antenna at the 12 oclock position. Hold the watch with this position facing the window. The watch will subsequently receive the signal and calibrate the time. This can take up to 16 minutes, but it usually takes between 3 and 8 minutes. Ensure you are in time-keeping mode. Hold down the bottom right button for at least two seconds or until RC! appears on the screen. When the reception starts, a signal level indicator appears. Do not move the watch or perform any operation until the letters GET or ERR appear on the screen. The time should now be synced. Using your phone as a transmitter for your atomic G-Shock is only possible in Japan, North America, UK, Europe, and China. You may sometimes find that you are not in range of any national time transmitters, or the signal is disturbed by geographic land features, weather, structures, radio interference, or any number of problems that can affect time calibration. In this case, you can use your own transmitter, such as your phone, to trigger the watchs time signal receiver. This can be done using an app, such as Radio Wave Sync used in the video below. Download a transmitter app such as radio wave sync which calibrates radio-controlled watches. Set the home city to a city covered by the radio stations such as Tokyo. To do this, Press the mode button until WT appears on the screen, signifying you are in world time. Use the forward button to cypher through the city codes until you find the city you want the watch to be set in. Press the adjust and reverse buttons at the same time to choose it. Your watch then adjusts its time. Disable automatic time adjustment on your phone and change your phone time zone to the city you have chosen on your watch. Open the radio wave sync app and tap Settings to choose the radio station. Press the mode button on the G-SHOCK to enter receiving mode. The watch should display the date and time of the last time it synched with the radio station. Start the manual receive by following the instructions in the previous section of this article, Manual Receive. Hold the watch close to the speaker of your phone. Getting this right will take some practice. Because you will use a phone instead of radio waves, the calibration is received using a soundwave. It will not have a lot of range, so you will have to place the watch very close to the phone and figure out which position allows the watch to receive the strongest signal. You will also need to stay silent throughout the operation. Be patient. This will take some time (no pun intended)! When the reception has ended (See Step 3 of the previous section), change your city back to your local city. Some G-SHOCKs have Bluetooth capability and can be linked to a mobile smartphone. While connected to a smartphone, the watchs time is synchronized to the phones time and updated automatically. Follow the following steps to link your smartphone with your G-SHOCK, which you can then use to set the time. Enable the phones Bluetooth. Check your phones manual for more information on how to do this. Pair the phone with the watch. Ensure that the phone is within a meter of the watch. Ensure that the relevant companion app to your watch is installed on your phone. The watch will automatically sync the time with your phone. Most G-SHOCKs cant change time zones automatically, except in the case of Bluetooth-enabled watches. Once your G-SHOCK is linked to your phone via Bluetooth, follow these instructions to change the time zone: Press the mode button until the letters TPE show on the face of your watch. This means your watch is in world-time mode. Press the forward button until you locate the correct time zone. Hold the adjust button for a few seconds to set your time zone. Ensure you are in time-keeping mode and hold down the ADJUST button until the text Adj shows on the screen. Release the button. The letters SET should be flashing on the screen. Press the MODE button to cipher through the settings. When you reach the setting you want to change, such as the hour, for instance, use the reverse and forward buttons to change the settings as desired. Repeat steps 3 and 4 to change any other settings. Press the adjust button once when you have finished setting the time. For more information, watch this informative video about how to set the time on a G-SHOCK Mud master: Many G-SHOCKs are also powered by solar energy. These watches are charged whenever their faces are exposed to sunlight. Setting the time on this variety is similar to the previous method depending on whether it is a digital G-SHOCK, analog, or Bluetooth. The solar watches are set the same way, the only difference is how they are charged and powered. G-SHOCKs are fantastic no-nonsense watches that can stand up to just about anything you throw at them. Setting the time on them can be confusing at first, with their many features, time zones, and settings to keep track of. But follow the instructions for your specific type of G-SHOCK in this article, or drop us a comment below, and well be happy to help! Before you learn how to change the time on a G-Shock watch, you need to understand all of the buttons and their functions. Typically, most G-Shock watches have four or five buttons that control their functions. At the top left and right are the A and B buttons or the Adjust and Reverse buttons. The Adjust button enables you to enter the configuration mode to change the settings while the Reverse button allows you to change the values of the different settings. At the bottom left is the Mode button and at the bottom right is the Forward button. The Mode button allows you to cycle through the settings with just a push while the Forward button, again allows you to c change the values of the different settings. Changing The Time Changing the time on your G-Shock watch is as simple as holding down the adjust button until you hear a beep. Using the mode button, you can cycle through to the hours setting and then you can use the reverse or forward button to easily change the time. Once you're happy with the time, hit the adjust button to exit from the configuration mode and your G-Shock watch will wind itself to the correct time. That's it, you've changed the time on your G-Shock watch. You may also be able to choose a 12-hour or military-style 24-hour display format, and set the date, month and day of the week. You can do this by using the same method. Please be aware that some models break home-city selection and time-setting into different sequences with slight variations in the screen messages and button presses. Atomic Timekeeping Did you know that some G-Shock watches are capable of keeping themselves updated? Models that come with "atomic timekeeping" receive a radio signal from one of six atomic clocks located around the world and update themselves. How cool is that!? Simply check the specifications of your watch to find out if your new timepiece fits into this category. To activate this setting, simply leave your watch in a location that is free from obstruction. A windowsill is an ideal location. Keeping it away from any equipment that generates electric signals is also a good idea. Your watch should find a signal in 20 minutes so check back to see if it is updated and don't wear it during this time. Using the G-Shock App To Set Time Some G-Shock watches are able to be controlled through their specialised app. There is Casio's G-Shock Connected app or the older G-Shock+ app. Both are available for Android and iOS. Whenever you pair the phone and the watch, the G-Shock checks the phone's system time and updates accordingly. If you're G-Shock cannot be controlled by the app, never fear! Refer to our video above to find out how to change time on G-Shock watches. Our Selection Of G-Shock Watches Now that you've learnt how to change the time on a G-Shock, why not check out some of the daring new timepieces G-Shock has to offer. If you are in the market for a G-Shock watch, we have you covered. Watch Depot has Australia's best range of G-Shock men's watches and women's watches. Check out some of our favourite picks below. Alternatively, we have loads of other great watches including Baby-G watches, G-Shock's sister brand. You'll find a huge selection of sale watches including sale Casio watches in our collection too. These Casio watches are not to be missed! People Also Liked: 1Congratulations upon your selection of this CASIO watch. To get the most out of yourpurchase, be sure to read this manual carefully. Depending on the model of your watch, display text appears either as dark figureson a light background or light figures on a dark background. All sample displays inthis manual are shown using dark figures on a light background. Button operations are indicated using the letters shown in the illustration. Each section of this manual provides you with the information you need to performoperations in each mode. Further details and technical information can be found inthe Reference section.Alarm ModeCountdown Timer ModeWorld Time ModeStopwatch Mode Press C to change from mode to mode. In any mode (except a setting mode), press B to illuminate the display.Timekeeping ModePress C.You can adjust the Home Time city date and time in the Timekeeping Mode. Pressing D in the Timekeeping Mode will toggle lower left display between thescreens shown below.DHome City Date Home City TimeDate SecondsDay of the weekHourMinutesSecondsPM indicatorDay of the weekTo set the time and date1. In the Timekeeping Mode, hold down A for about threeseconds until the city code flashes on the lower rightdisplay. This is the setting mode.2. Use D and B to select the city code you want. Make sure you select your Home City code beforechanging any other setting. For full information on city codes, see the City CodeTable.lllllllllllHourMinutesCity codePM indicatorSeconds3. Press C to change the flashing screen content in the sequence shown below toselect the other setting.HourDSTYearDay4. When the timekeeping setting you want to change is flashing, use D or B tochange it as described below.Change the city codeToggle the DST setting betweenDaylight Saving Time () andStandard Time ().Use D (east) and B(west).Press D.To do this: Do this:Screen:5. Press A to exit the setting mode. The day of the week is displayed automatically in accordance with the date (year,month, and day) settings.Toggle between 12-hour ( ) and24-hour ( ) timekeepingReset the seconds to Change the hour and minutesChange the year, month, or dayToggle the display illuminationduration between 1.5 seconds ()and three seconds ()Press D.Press D.Use D (+) and B ().Press D.Daylight Saving Time (summer time) advances the time setting by one hour fromStandard Time. Remember that not all countries or even local areas use DaylightSaving Time.To change the Daylight Saving Time (summer time) setting1. In the Timekeeping Mode, hold down A for about threeseconds until the city code flashes on the lower rightdisplay. This is the setting mode.2. Press C. This will display the DST setting screen.3. Use D to toggle the DST setting on and off. The default DST setting is OFF ( ).4. When the setting you want is selected, press A to exitthe setting mode. The DST indicator appears to indicate that DaylightSaving Time is turned on.DST indicator With the 12-hour format, the PM indicator appears above the hour digits for times inthe range of noon to 11:59 p.m. and no indicator appears for times in the range ofmidnight to 11:59 a.m. With the 24-hour format, times are displayed in the range of 0:00 to 23:59, withoutthe PM indicator. The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode isapplied in all other modes.You can use the stopwatch to measure elapsed time, laptimes and split times. If you specify a distance value, thestopwatch also will calculate and display speeds. The digital display range of the stopwatch is 99 hours,59 minutes, 59.999 seconds. The stopwatch continuesto run until you stop it. If it reaches the above limit, it willrestart the time measurement from zero. The stopwatch operation continues even if you exit theStopwatch Mode. If you exit the Stopwatch Mode while astopwatch operation is in progress, the segments in theupper right dial will appear and disappear sequentiallyas stopwatch seconds are counted. This is to let youknow that a stopwatch operation is in progress. All of the operations in this section are performed in theStopwatch Mode, which you enter by pressing C.Speed handImportant! Check to make sure that the speed hand is not moving before you perform anyStopwatch Mode button operation.You can use the procedure below to specify a distance value, if you want. If youspecify a distance value, the watch will calculate and indicate speed for certainstopwatch operations. The distance value represents kilometers, miles, or any other distance unit you want.Specifying a distance value of 10.0, for example, can mean 10.0 kilometers or 10.0miles. No speed calculation is performed when 0.0 is specified as the current distancevalue. For lap time readings, you can specify either the lap distance (when all the laps arethe same distance) or the total race distance. For split time readings, you can specify the total race distance only. Though thewatch will indicate a speed each time you take a split reading, they will be based onthe total race distance, and so they will not indicate actual intermediate split speeds.Page 22To specify a distance value1. In the Stopwatch Mode, make sure the stopwatch isstopped and reset to all zeros. If you need to reset the stopwatch to all zeros, press A.2. Hold down A for about three seconds until the watchbeeps, DIST () appears in the lower right display,and the left digit of the current distance value settingflashes in the lower left display. This is the distance value setting mode.3. Press C to move the flashing between the values onthe left side and right side of the distance value digitdecimal point.4. While either the left or right distance value is flashing,use D (+) and B () to change it. You can specify a distance value in the range of 0.1 to99.9.5. After specifying the distance value you want, press Ato exit the setting mode.lllllllllllll While an elapsed time measurement operation is beingperformed in the Stopwatch Mode, the watch will displaya speed value, which is calculated based on thedistance you specified and the elapsed time. The speedis indicated by the upper right dial, two indicators (1000and MACH), and the speed hand. The upper right dial indicates the 100s digit value. 1000 appears when the speed exceeds 1,000. MACH appears when the speed exceeds 1,226. The speed hand indicates speed values less than 100.Only even-numbered values are indicated.Example:At a speed of 1,740, the upper right dial indicates 1000and MACH is displayed.The upper right dial indicates 700.The speed hand indicates 40. Speed can be indicated from 0 to 1998. OVER isindicated by the speed hand when the speed exceeds1998.OVERYou need to specify either lap time or split time measurement before you start astopwatch operation. If you want to measure total elapsed time, select split time measurement.To specify lap time or split time readings1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros. Make sure that LAP (lap times) or SPL (split times) is shown in the lower rightdisplay. If you need to reset the stopwatch to all zeros, press A.2. Press A to toggle between LAP (lap times) and SPL (split times) in the lower rightdisplay.AElapsed Time MeasurementUse the following procedure to measure elapsed time, without taking lap time or splittime readings.To perform elapsed time measurementSelect split time (SPL) measurement and then perform the following button operations.D Start D Stop A Reset If you have a distance value specified for the current elapsed time measurement, theupper right dial and speed hand will indicate the overall speed when you press D tostop the elapsed time operation. After pressing D to stop an elapsed time operation, you could press D again torestart from the point where you left off.Lap TimeA lap time reading shows the time elapsed since the lastlap time reading was taken. If you want the watch to calculate the speed of each lap(when all of the laps are the same distance), specify thelap distance for the distance setting. If you want the watch to calculate the speed of the entirerace, specify the race distance for the distance setting. Aspeed will be indicated each time you take a lapreading, but these lap speeds will not indicate actualspeed of the entire race.To set up the stopwatch to take lap time readings1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros. If you need to reset the stopwatch to all zeros, press A.2. Make sure that LAP (lap times) is shown in the lower right display. If SPL (split times) is displayed, press A to toggle it to LAP.To perform a lap time measurementSelect lap time (LAP) measurement and then perform thefollowing button operations.D Start A Lap* A Lap* D Stop A Reset* The lap time is released automatically in about 12seconds. You can press A to take lap readings as many times asyou like. The LAP indicator flashes while a lap reading isdisplayed. A lap number (#01 through #99) alternates with the laphour value in the lower right display while a lap timereading is displayed. If you take more than 99 lapreadings, the lap number will restart from #00 followinglap #99. Pressing D to stop elapsed time measurement displaysthe time (and speed if a distance is specified) of the finallap.LAPSplit TimeA split time reading shows the time elapsed since thebeginning of the current time measurement. If you want the watch to calculate the speed of the race,specify the race distance for the distance setting. For split time readings, you can specify the total racedistance only. Though the watch will indicate a speedeach time you take a split reading, they will be based onthe total race distance, and so they will not indicateactual intermediate split speeds.To set up the stopwatch to take split time readings1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros. If you need to reset the stopwatch to all zeros, press A.2. Make sure that SPL (split times) is shown in the lower right display. If LAP (lap times) is displayed, press A to toggle it to SPL.To perform a split time measurementSelect split time (SPL) measurement and then performthe following button operations.D Start A Split A Split Release* D Stop A Reset* The split time is released automatically if you do notpress A within about 12 seconds. You can press A to take split readings as many timesas you like. The SPLIT indicator flashes while a lapreading is displayed. The stopwatch continues elapsed time measurementinternally while a split time reading is displayed.Pressing A to release the split will switch the lower leftdisplay to the elapsed time measurement, or you alsocould press D to stop elapsed time measurementinstead. Pressing D to stop elapsed time measurement displaysthe time (and speed if a distance is specified) of the finalsplit (which is the overall elapsed time).HourTo measure times with the stopwatchElapsed TimeLap TimeSplit TimeDD AD(SPL displayed)ADAAD(LAP displayed)LapDAAALapYou can set the countdown timer start time within a rangeof one minute to 24 hours. An alarm sounds when thecountdown reaches zero. You also can select auto-repeat, which automaticallyrestarts the countdown from the original value you setwhenever zero is reached. All of the operations in this section are performed in theCountdown Timer Mode, which you enter by pressingC.To use the countdown timerPress D while in the Countdown Timer Mode to start the countdown timer. When the end of the countdown is reached, the alarm will sound for 10 seconds oruntil you stop it by pressing any button. The countdown time is reset to its starting value automatically after the alarm stopsif auto-repeat is turned off. When auto-repeat is turned on, the countdown will restart automatically withoutpausing when it reaches zero. The countdown timer measurement operation continues even if you exit theCountdown Timer Mode. Press D while a countdown operation is in progress to pause it.Press D again to resume the countdown. To stop a countdown timer operation completely, first pause it (by pressing D), andthen press A. This returns the countdown time to its starting value.To configure countdown start time and auto-repeat settings1. While the countdown start time is on the display in theCountdown Timer Mode, hold down A for about threeseconds until the hour setting of the countdown starttime starts to flash. This is the setting mode. If the countdown start time is not displayed, use theprocedure under To use the countdown timer todisplay it.2. Press C to move the flashing in the sequence shownbelow, and select the setting you want to change.3. Perform the following operations, depending on which setting currently is selectedon the display. While the start time setting is flashing, use D (+) and B () to change it. While the auto-repeat on/off setting is flashing on the display, press D to toggleauto-repeat on () and off ( ).4. Press A to exit the setting mode. The auto-repeat on () is displayed on the Countdown Timer Mode screen whilethis function is turned on.Page 33World Time digitally displays the current time in one of48 cities (29 time zones) around the world. A simpleoperation swaps your Home City with the currentlyselected World Time City. The times kept in the World Time Mode aresynchronized with the time being kept in theTimekeeping Mode. If you feel that there is an error inany World Time Mode time, check to make sure youhave the correct city selected as your Home City. Alsocheck to make sure that the current time as shown inthe Timekeeping Mode is correct. Times in the World Time Mode are based on UTCoffsets. See the City Code Table for information aboutthe UTC offsets that are supported. All of the operations in this section are performed in the World Time Mode, whichyou enter by pressing C.Currently selectedWorld Time CityWorld TimePress A.One secondHourMinutesTo view the current time in another time zoneIn the World Time Mode, use D to scroll through available city codes (time zones).Holding down the button scrolls at high speed. The lower left display shows the current time in the World Time City. Between the noon and midnight in the World Time Mode, a PM indicator (PM)appears above the hour digits in the lower left display. When the city code (time zone) you want is selected, you can press A to displaythe date. After about one second, the watch will resume regular timekeeping for thecurrently selected city.SecondsDatePM indicatorTo toggle a city code time between Standard Time and Daylight Saving Time1. In the World Time Mode, press D to display the citycode (time zone) whose Standard Time/Daylight SavingTime setting you want to change.2. Hold down A for about three seconds to togglebetween Daylight Saving Time (DST indicatordisplayed) and Standard Time (DST indicator notdisplayed). The DST indicator is shown in the lower left displaywhile Daylight Saving Time is turned on. You can turn on DST individually for each city code,except UTC. Turning on DST for the city code that is currentlyselected as your Home City will turn on DST for normaltimekeeping.DST indicatorYou can use the procedure below to swap your Home City and World Time City. Thischanges your Home City to your World Time City, and your World Time City to yourHome City. This capability can come in handy when you frequently travel between twocities in different time zones.To swap your Home City and World Time City1. In the World Time Mode, use D to select the World Time City you want.2. Hold down A and B until the watch beeps. This will make the World Time City you selected in step 1 your Home City, and causethe hour and minute hands to move to the current time in that city. At the same time,it will change the Home City you had selected prior to step 2 your World Time City,and cause the content of lower left display to change accordingly. After swapping the Home City and World Time City, the watch stays in the WorldTime Mode with the city that was selected as the Home City prior to step 2 nowdisplayed as the World Time City.When an alarm is turned on, the alarm tone will soundwhen its alarm time is reached. One of the alarms is asnooze alarm, while the other four are daily alarms.You also can turn on an Hourly Time Signal that causesthe watch to beep twice every hour on the hour. There are five alarm screens numbered AL1, AL2,AL3 and AL4 for the daily alarm, and a snooze alarmscreen indicated by SNZ. The Hourly Time Signalscreen is indicated by SIG. All of the operations in this section are performed in theAlarm Mode, which you enter by pressing C.Alarm numberAlarm time(HourMinutes)To set an alarm time1. In the Alarm Mode, use D to scroll through the alarmscreens until the one whose time you want to set isdisplayed. To set a daily alarm, display alarm screen AL1,AL2, AL3 or AL4. To set the snooze alarm,display the SNZ screen.SIG is the hourly time signal setting. The snooze alarm repeats every five minutes.2. After you select an alarm, hold down A for about three seconds until the hoursetting of the alarm time starts to flash. This is the setting mode. This operation turns on the alarm automatically.3. Press C to move the flashing between the hour and minute settings.4. While a setting is flashing, use D (+) and B () to change it.5. Press A to exit the setting mode.OFFThe alarm tone sounds at the preset time for 10 seconds, regardless of the mode thewatch is in. In the case of the snooze alarm, the alarm operation is performed a totalof seven times, every five minutes, or until you turn the alarm off. Alarm and Hourly Time Signal operations are performed in accordance with thecurrent time in your Home City, as kept in the Timekeeping Mode. To stop the alarm tone after it starts to sound, press any button. Performing any one of the following operations during a 5-minute interval betweensnooze alarms cancels the current snooze alarm operation.Displaying the Timekeeping Mode setting screenDisplaying the SNZ setting screenTo turn an alarm on and off1. In the Alarm Mode, use D to select an alarm.2. Press A to toggle it on and off. Turning on a alarm (AL1, AL2, AL3, AL4 orSNZ) displays the alarm on indicator on its AlarmMode screen. In all modes, the alarm on indicator is shown for anyalarm that currently is turned on. The alarm on indicator flashes while the alarm issounding. The snooze alarm indicator flashes while the snoozealarm is sounding and during the 5-minute intervalsbetween alarms.Alarm onindicatorSnoozealarmindicatorONTo turn the Hourly Time Signal on and off1. In the Alarm Mode, use D to select the Hourly TimeSignal (SIG).2. Press A to toggle it on and off. The Hourly Time Signal on indicator is shown on thedisplay in all modes while this function is turned on.Hourly time signalon indicatorONAn LED (light-emitting diode) illuminates the face of thewatch for easy reading in the dark. The watchs auto lightswitch turns on illumination automatically when you anglethe watch towards your face. The auto light switch must be turned on (indicated bythe auto light switch indicator) for it to operate. See Illumination Precautions for other importantinformation about using illumination.To illuminate the display manuallyIn any mode, press B to turn on illumination. The above operation turns on illumination regardless ofthe current auto light switch setting. You can use the procedure below to select either 1.5seconds or 3 seconds as the illumination duration. Whenyou press B, the illumination will remain on for about1.5 seconds or 3 seconds, depending on the currentillumination duration setting.Auto light switchindicatorTo specify the illumination duration1. In the Timekeeping Mode, hold down A until thedisplay contents start to flash. This is the setting screen.2. Press C nine times to display the current illuminationduration LT1 (LT1) or LT3 (LT3).3. Press D to toggle the setting between LT1(1.5seconds) and LT3 (three seconds).4. Press A to exit the setting screen.Turning on the auto light switch causes illumination to turn on, whenever you positionyour wrist as described below in any mode.Moving the watch to a position that is parallel to the ground and then tilting it towardsyou more than 40 degrees causes illumination to turn on. Wear the watch on the outside of your wrist.Parallel togroundMore than40Warning! Always make sure you are in a safe place whenever you are reading thedisplay of the watch using the auto light switch. Be especially careful whenrunning 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 notstartle or distract others around you. When you are wearing the watch, make sure that its auto light switch is turnedoff before riding a bicycle or operating a motorcycle or any other motorvehicle. Sudden and unintended operation of the auto light switch can create adistraction, which can result in a traffic accident and serious personal injury.To turn the auto light switch on and offIn the Timekeeping Mode, hold down B for about three seconds to toggle the autolight switch on (auto light switch indicator displayed) and off (auto light switch indicatornot displayed). The auto light switch indicator remains in all modes while the auto light switch isturned on. In order to protect against running down the battery, the auto light switch will turn offautomatically approximately six hours after you turn it on. Repeat the aboveprocedure to turn the auto light switch back on if you want.Page 44The speed hand and hour and minute hands of the watch can be thrown off byexposure to strong magnetism or impact. The watch is designed to correct speed,hour and minute hand manually.To adjust home positions1. In the Timekeeping Mode, hold down D for about threeseconds until H-SET () appears in the lower rightdisplay and Sub (Sub) appears in the lower left display. This is the home position adjustment mode.2. Check the position of the speed hand. The speed hand is in the correct home position if it spointed at 50 (12 oclock). If it isnt, use D to movethe hand clockwise until it is. After confirming that the speed hand is in its correcthome position, press C.lllllllllllllCorrect speed handposition3. Check the positions of the hour and minute hands. The hands are in the correct home positions if theyare pointed at 12 oclock. If they arent, use D(clockwise) and B (counterclockwise) to adjust theirpositions.4. When everything is the way you want, press A toreturn to regular timekeeping. This will cause the hour and minute hands to move tothe current Timekeeping Mode time and the speed handto move to the 0 position. Pressing C here will return to the setting at thebeginning of step 2.lllllllllllllCorrect hour andminute hand positionsThis section contains more detailed and technical information about watch operation.It also contains important precautions and notes about the various features andfunctions of this watch. If you leave the watch with a flashing setting on the display for two or three minuteswithout performing any operation, the watch will exit the setting mode automatically. The watch will return to the Timekeeping Mode automatically if you do not performany operation for two or three minutes in the Alarm Mode. The D and B buttons are used to change setting in various setting modes. In mostcases, holding down these buttons will start high-speed movement.When you enter the Stopwatch Mode, World Time Mode or Alarm Mode, the data youwere viewing when you last exited the mode will appear first. Resetting the seconds to 00 while the current count is in the range of 30 to 59causes the minutes to be increased by 1. In the range of 00 to 29, the seconds arereset to 00 without changing the minutes. The year can be set in the range of 2000 to 2099. The watchs built-in full automatic calendar makes allowances for different monthlengths and leap years. Once you set the date, there should be no reason to changeit except when battery has replaced. The current time for all city codes in the Timekeeping Mode and World Time Mode iscalculated in accordance with the Coordinated Universal Time (UTC) for each city,based on your Home City time setting. Illumination may be difficult to see when viewed under direct sunlight. Illumination turns off automatically whenever an alarm sounds. Illumination turns off automatically depends on the current illumination durationsetting. Frequent use of illumination runs down the battery.Auto light switch precautions Avoid wearing the watch on the inside of your wrist. Doing so causes the auto lightswitch to operate when it is not needed, which shortens battery life. If you want towear the watch on the inside of your wrist, turn off the auto light switch feature. Illumination may not turn on if the face of the watch ismore than 15 degrees above or below parallel. Makesure that the back of your hand is parallel to the ground. Illumination turns off in about 1.5 seconds or 3 seconds,even if you keep the watch pointed towards your face. Static electricity or magnetic force can interfere with proper operation of the autolight switch. If illumination does not turn on, try moving the watch back to the startingposition (parallel with the ground) and then tilt it back toward you again. If this doesnot work, drop your arm all the way down so it hangs at your side, and then bring itback up again. Under certain conditions, illumination may not turn on until about one second afteryou turn the face of the watch towards you. This does not necessarily indicatemalfunction of the auto light switch. You may notice a very faint clicking sound coming from the watch when it is shakenback and forth. This sound is caused by mechanical operation of the auto lightswitch, and does not indicate a problem with the watch.Accuracy at normal temperature: 15 seconds a monthDigital Timekeeping: Hour, minutes, seconds, p.m. (P), month, day, day of the weekTime format: 12-hour and 24-hourCalendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099Other: Home City code (can be assigned one of 48 city codes); Standard Time /Daylight Saving Time (summer time)Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)Stopwatch:Measuring unit: 1/1000 secondMeasuring capacity: 99:59'59.999"Measuring modes: Elapsed time, Lap time, Split timeOther: SpeedCountdown Timer:Measuring unit: 1 secondInput range: 1 minute to 24 hours (1-minute increments)Other: Auto-repeat timingWorld Time: 48 cities (29 time zones)Other: Daylight Saving Time/Standard Time, Home City/World Time City SwappingAlarms: Four daily alarms, one snooze alarm, Hourly Time SignalIllumination: LED (light-emitting diode), Auto Light Switch; Selectable illuminationdurationBattery : One lithium battery (Type: CR1220)Approximate Battery Life: 2 years on type CR1220(ten seconds of alarm operation per day, one illumination operation (1.5 seconds)per day)Pago PagoHonoluluAnchorageVancouverLos AngelesEdmontonDenverMexico CityChicagoMiamiTorontoNew YorkSantiagoHalifaxSt. JohnsRio De JaneiroPraiaLisbonLondonMadridParisRomeBerlinStockholmPPGHNLANCYVRLAXYEADENMEXCHIMIAYTONYCSCLYHZYYTRIORAIUTCLISLONMADPA RROMBERSTOCityCityUTC Offset/Code11109876543.5310+1CityCityUTC Offset/CodeAthensCairoJerusalemMoscowJeddahTehranDubaiKabulKarachiDelhiDhakaYangonBangkokSingaporeHong KongBeijingTaipeiSeoulTok yoAdelaideGuamSydneyNoumeaWellington+2+3+3.5+4+4.5+5+5.5+6+6.5+7+8+9+9.5+10+11+12AT HCAIJRSMOWJEDTHRDXBKBLKHIDELDACRGNBKKSINHKGBJSTPESELTYOADLGUMSYDNOUWLG Based on data as of June 2009. The rules governing global times (UTC offset and GMT differential) and summertime are determined by each individual country. Blog CasioTags: Guides | Casio | Classic8.4.2021 | 5MIN | 36x comment The GA 100 is the best-selling G Shock and it is produced in many colours. What are the features of the Casio G-Shock GA-100 and how can you switch between them? The GA100 has 5 modes: local time, stopwatch (STW), countdown timer (TMR), world time (WT) and alarm (ALM). Switches between modes using the (MODE) button. From the last mode, you get back to the first. You can recognize the basic mode (TIME) by the three-letter abbreviation of the day in the right part of the display. TIME >> STW >> TMR >> WT >> ALM What do the status indicators mean? At the top left of the watch display, four status indicators are displayed on a small circular display. Labels are marked (although they are quite hard-to-read on the watch): AL - indicates alarm on/off. SIG - indicates on/off of the clock sound signal. The watch beeps every hour. A.LIGHT - indicates automatic lighting on/off. The light turns on automatically when the watch is tilted toward the face (the watch monitors the tilt angle). SNZ - indicates Snooze alarm on/off (repeated alarm). How do I turn the automatic lighting on/off for the Casio GA-100? To turn on the display light, press . Automatic lighting is activated and deactivated by holding down the for a longer time (3 seconds), but you must be in the basic TIME mode. You can tell if the auto light is on by the lower left status indicator (A.LIGHT). The automatic lighting deactivates itself every 6 hours. How does a alarm/snooze work? The watch has 4 regular alarm clocks and one recurring one. When the recurrent alarm sounds, you can interrupt it by pressing any key. But the alarm will continue to run in the background and start ringing again in 5 minutes. It is necessary to end the repeated alarm by turning it off directly in the alarm mode (this is not possible by pressing a single button). If this does not happen, the alarm will repeat every five minutes, but no more than 7 times. Then the automatic alarm will turn itself off. Move the watch to alarm mode (ALM). You can now use the to switch between the individual alarms in this order: AL1 >> AL2 >> AL3 >> AL4 >> SNZ >> SIG Drive to SNZ (repeated alarm clock). Hold down the to set it. The time (alarm hour) starts flashing. Use and to set the alarm hour, then press . The minutes start flashing. Adjust again with and . Press to end the setting. A short press of the controls the activation / deactivation of the respective alarm clock. How to set the time on the G Shock GA 100? Switch to the basic TIME mode (modes are switched with the). Hold down until the time zone starts flashing. Use the and to select the desired value. The always moves to the setting of further data. You can gradually set:- time zone (home city)- DST (summer time on/off)- time format 12/24- seconds, minutes, hours- year, month, date- LT (lighting time) To end the setting, press the . Casio G-Shock GA-100-1A1ER How to calibrate hands of the Casio GA-100? If the analog hands do not display the time shown on the digital display, the hands must be calibrated. Switch to the basic TIME mode (modes are switched with the). Hold , H-SET will be displayed and SUB will start flashing (ie you are now calibrating the dial knob at position 12) Use the to calibrate the hands to position 12. Right, it must point up to position 12. Press the to switch to the minute and hour hand calibration. 0:00 flashes on the display and both hands move to position 12. Use and to calibrate the hands so that they both point to position 12 Press to end the calibration. How to enable/disable daylight saving time (DST)? Switch to the basic TIME mode (modes are switched with the). Hold down until the time zone starts flashing. The always moves to the setting of further data. DST (daylight saving time) is set as the second parameter for the time zone. You can switch summer time on/off with the . To end the setting, press the . If daylight saving time is switched on, the abbreviation DST is displayed to the left of the time in the basic mode (TIME). How to turn on/off the hour sound signal? Switch to alarm mode. Switch the mode with the until you see ALM (as alarm, alarm clock) on the right display. With the you can now scroll between the four alarms, the Snooze alarm (SNZ) and the alarm setting (SIG). Press until SIG appears on the right. The abbreviation SIG (audible alarm) is either ON or OFF. To switch the status, press the . How do I switch the time to a different time zone on the GA-100? The watch has WORLD TIME mode. To move from the basic local time mode to world times, press the 3 times. The display briefly shows WT as World Time, and after a while, the abbreviation of the world city for which world time is displayed. Use the to switch between world cities that represent different time zones. Abbreviations of world cities and time zones When you are in world time mode, the digital display will always show the time in the city you currently have selected. But the hands will always show your local time, depending on the local city, which is set in the basic mode. Attention: two conditions must be met for world time to function properly. 1) You must have correctly entered your home cities - in the UK, enter LON as London, which is the same time zone. 2) You must have the local time set correctly. World time is calculated from these data. How to switch local and world time? Very useful if you are traveling to other time zones. For example, if you are flying between Ostrava and London, as your home city you probably have PAR set as Paris (MAD, ROM, BER, or STO is also correct) and in world times you have chosen LON (London), in which

use DaylightSaving Time.To change the Daylight Saving Time (summer time) setting1. In the Timekeeping Mode, hold down A for about threeseconds until the city code flashes on the lower rightdisplay. This is the setting mode.2. Press C. This will display the DST setting screen.3. Use D to toggle the DST setting on and off. The default DST setting is OFF ( ).4. When the setting you want is selected, press A to exitthe setting mode. The DST indicator appears to indicate that DaylightSaving Time is turned on.DST indicator With the 12-hour format, the PM indicator appears above the hour digits for times inthe range of noon to 11:59 p.m. and no indicator appears for times in the range ofmidnight to 11:59 a.m. With the 24-hour format, times are displayed in the range of 0:00 to 23:59, withoutthe PM indicator. The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode isapplied in all other modes.You can use the stopwatch to measure elapsed time, laptimes and split times. If you specify a distance value, thestopwatch also will calculate and display speeds. The digital display range of the stopwatch is 99 hours,59 minutes, 59.999 seconds. The stopwatch continuesto run until you stop it. If it reaches the above limit, it willrestart the time measurement from zero. The stopwatch operation continues even if you exit theStopwatch Mode. If you exit the Stopwatch Mode while astopwatch operation is in progress, the segments in theupper right dial will appear and disappear sequentiallyas stopwatch seconds are counted. This is to let youknow that a stopwatch operation is in progress. All of the operations in this section are performed in theStopwatch Mode, which you enter by pressing C.Speed handImportant! Check to make sure that the speed hand is not moving before you perform anyStopwatch Mode button operation.You can use the procedure below to specify a distance value, if you want. If youspecify a distance value, the watch will calculate and indicate speed for certainstopwatch operations. The distance value represents kilometers, miles, or any other distance unit you want.Specifying a distance value of 10.0, for example, can mean 10.0 kilometers or 10.0miles. No speed calculation is performed when 0.0 is specified as the current distancevalue. For lap time readings, you can specify either the lap distance (when all the laps arethe same distance) or the total race distance. For split time readings, you can specify the total race distance only. Though thewatch will indicate a speed each time you take a split reading, they will be based onthe total race distance, and so they will not indicate actual intermediate split speeds.Page 22To specify a distance value1. In the Stopwatch Mode, make sure the stopwatch isstopped and reset to all zeros. If you need to reset the stopwatch to all zeros, press A.2. Hold down A for about three seconds until the watchbeeps, DIST () appears in the lower right display,and the left digit of the current distance value settingflashes in the lower left display. This is the distance value setting mode.3. Press C to move the flashing between the values onthe left side and right side of the distance value digitdecimal point.4. While either the left or right distance value is flashing,use D (+) and B () to change it. You can specify a distance value in the range of 0.1 to99.9.5. After specifying the distance value you want, press Ato exit the setting mode.lllllllllllll While an elapsed time measurement operation is beingperformed in the Stopwatch Mode, the watch will displaya speed value, which is calculated based on thedistance you specified and the elapsed time. The speedis indicated by the upper right dial, two indicators (1000and MACH), and the speed hand. The upper right dial indicates the 100s digit value. 1000 appears when the speed exceeds 1,000. MACH appears when the speed exceeds 1,226. The speed hand indicates speed values less than 100.Only even-numbered values are indicated.Example:At a speed of 1,740, the upper right dial indicates 1000and MACH is displayed.The upper right dial indicates 700.The speed hand indicates 40. Speed can be indicated from 0 to 1998. OVER isindicated by the speed hand when the speed exceeds1998.OVERYou need to specify either lap time or split time measurement before you start astopwatch operation. If you want to measure total elapsed time, select split time measurement.To specify lap time or split time readings1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros. Make sure that LAP (lap times) or SPL (split times) is shown in the lower rightdisplay. If you need to reset the stopwatch to all zeros, press A.2. Press A to toggle between LAP (lap times) and SPL (split times) in the lower rightdisplay.AElapsed Time MeasurementUse the following procedure to measure elapsed time, without taking lap time or splittime readings.To perform elapsed time measurementSelect split time (SPL) measurement and then perform the following button operations.D Start D Stop A Reset If you have a distance value specified for the current elapsed time measurement, theupper right dial and speed hand will indicate the overall speed when you press D tostop the elapsed time operation. After pressing D to stop an elapsed time operation, you could press D again torestart from the point where you left off.Lap TimeA lap time reading shows the time elapsed since the lastlap time reading was taken. If you want the watch to calculate the speed of each lap(when all of the laps are the same distance), specify thelap distance for the distance setting. If you want the watch to calculate the speed of the entirerace, specify the race distance for the distance setting. Aspeed will be indicated each time you take a lapreading, but these lap speeds will not indicate actualspeed of the entire race.To set up the stopwatch to take lap time readings1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros. If you need to reset the stopwatch to all zeros, press A.2. Make sure that LAP (lap times) is shown in the lower right display. If SPL (split times) is displayed, press A to toggle it to LAP.To perform a lap time measurementSelect lap time (LAP) measurement and then perform thefollowing button operations.D Start A Lap* A Lap* D Stop A Reset* The lap time is released automatically in about 12seconds. You can press A to take lap readings as many times asyou like. The LAP indicator flashes while a lap reading isdisplayed. A lap number (#01 through #99) alternates with the laphour value in the lower right display while a lap timereading is displayed. If you take more than 99 lapreadings, the lap number will restart from #00 followinglap #99. Pressing D to stop elapsed time measurement displaysthe time (and speed if a distance is specified) of the finallap.LAPSplit TimeA split time reading shows the time elapsed since thebeginning of the current time measurement. If you want the watch to calculate the speed of the race,specify the race distance for the distance setting. For split time readings, you can specify the total racedistance only. Though the watch will indicate a speedeach time you take a split reading, they will be based onthe total race distance, and so they will not indicateactual intermediate split speeds.To set up the stopwatch to take split time readings1. In the Stopwatch Mode, make sure the stopwatch is stopped and reset to all zeros. If you need to reset the stopwatch to all zeros, press A.2. Make sure that SPL (split times) is shown in the lower right display. If LAP (lap times) is displayed, press A to toggle it to SPL.To perform a split time measurementSelect split time (SPL) measurement and then performthe following button operations.D Start A Split A Split Release* D Stop A Reset* The split time is released automatically if you do notpress A within about 12 seconds. You can press A to take split readings as many timesas you like. The SPLIT indicator flashes while a lapreading is displayed. The stopwatch continues elapsed time measurementinternally while a split time reading is displayed.Pressing A to release the split will switch the lower leftdisplay to the elapsed time measurement, or you alsocould press D to stop elapsed time measurementinstead. Pressing D to stop elapsed time measurement displaysthe time (and speed if a distance is specified) of the finalsplit (which is the overall elapsed time).HourTo measure times with the stopwatchElapsed TimeLap TimeSplit TimeDD AD(SPL displayed)ADAAD(LAP displayed)LapDAAALapYou can set the countdown timer start time within a rangeof one minute to 24 hours. An alarm sounds when thecountdown reaches zero. You also can select auto-repeat, which automaticallyrestarts the countdown from the original value you setwhenever zero is reached. All of the operations in this section are performed in theCountdown Timer Mode, which you enter by pressingC.To use the countdown timerPress D while in the Countdown Timer Mode to start the countdown timer. When the end of the countdown is reached, the alarm will sound for 10 seconds oruntil you stop it by pressing any button. The countdown time is reset to its starting value automatically after the alarm stopsif auto-repeat is turned off. When auto-repeat is turned on, the countdown will restart automatically withoutpausing when it reaches zero. The countdown timer measurement operation continues even if you exit theCountdown Timer Mode. Press D while a countdown operation is in progress to pause it.Press D again to resume the countdown. To stop a countdown timer operation completely, first pause it (by pressing D), andthen press A. This returns the countdown time to its starting value.To configure countdown start time and auto-repeat settings1. While the countdown start time is on the display in theCountdown Timer Mode, hold down A for about threeseconds until the hour setting of the countdown starttime starts to flash. This is the setting mode. If the countdown start time is not displayed, use theprocedure under To use the countdown timer todisplay it.2. Press C to move the flashing in the sequence shownbelow, and select the setting you want to change.3. Perform the following operations, depending on which setting currently is selectedon the display. While the start time setting is flashing, use D (+) and B () to change it. While the auto-repeat on/off setting is flashing on the display, press D to toggleauto-repeat on () and off ( ).4. Press A to exit the setting mode. The auto-repeat on () is displayed on the Countdown Timer Mode screen whilethis function is turned on.Page 33World Time digitally displays the current time in one of48 cities (29 time zones) around the world. A simpleoperation swaps your Home City with the currentlyselected World Time City. The times kept in the World Time Mode aresynchronized with the time being kept in theTimekeeping Mode. If you feel that there is an error inany World Time Mode time, check to make sure youhave the correct city selected as your Home City. Alsocheck to make sure that the current time as shown inthe Timekeeping Mode is correct. Times in the World Time Mode are based on UTCoffsets. See the City Code Table for information aboutthe UTC offsets that are supported. All of the operations in this section are performed in the World Time Mode, whichyou enter by pressing C.Currently selectedWorld Time CityWorld TimePress A.One secondHourMinutesTo view the current time in another time zoneIn the World Time Mode, use D to scroll through available city codes (time zones).Holding down the button scrolls at high speed. The lower left display shows the current time in the World Time City. Between the noon and midnight in the World Time Mode, a PM indicator (PM)appears above the hour digits in the lower left display. When the city code (time zone) you want is selected, you can press A to displaythe date. After about one second, the watch will resume regular timekeeping for thecurrently selected city.SecondsDatePM indicatorTo toggle a city code time between Standard Time and Daylight Saving Time1. In the World Time Mode, press D to display the citycode (time zone) whose Standard Time/Daylight SavingTime setting you want to change.2. Hold down A for about three seconds to togglebetween Daylight Saving Time (DST indicatordisplayed) and Standard Time (DST indicator notdisplayed). The DST indicator is shown in the lower left displaywhile Daylight Saving Time is turned on. You can turn on DST individually for each city code,except UTC. Turning on DST for the city code that is currentlyselected as your Home City will turn on DST for normaltimekeeping.DST indicatorYou can use the procedure below to swap your Home City and World Time City. Thischanges your Home City to your World Time City, and your World Time City to yourHome City. This capability can come in handy when you frequently travel between twocities in different time zones.To swap your Home City and World Time City1. In the World Time Mode, use D to select the World Time City you want.2. Hold down A and B until the watch beeps. This will make the World Time City you selected in step 1 your Home City, and causethe hour and minute hands to move to the current time in that city. At the same time,it will change the Home City you had selected prior to step 2 your World Time City,and cause the content of lower left display to change accordingly. After swapping the Home City and World Time City, the watch stays in the WorldTime Mode with the city that was selected as the Home City prior to step 2 nowdisplayed as the World Time City.When an alarm is turned on, the alarm tone will soundwhen its alarm time is reached. One of the alarms is asnooze alarm, while the other four are daily alarms.You also can turn on an Hourly Time Signal that causesthe watch to beep twice every hour on the hour. There are five alarm screens numbered AL1, AL2,AL3 and AL4 for the daily alarm, and a snooze alarmscreen indicated by SNZ. The Hourly Time Signalscreen is indicated by SIG. All of the operations in this section are performed in theAlarm Mode, which you enter by pressing C.Alarm numberAlarm time(HourMinutes)To set an alarm time1. In the Alarm Mode, use D to scroll through the alarmscreens until the one whose time you want to set isdisplayed. To set a daily alarm, display alarm screen AL1,AL2, AL3 or AL4. To set the snooze alarm,display the SNZ screen.SIG is the hourly time signal setting. The snooze alarm repeats every five minutes.2. After you select an alarm, hold down A for about three seconds until the hoursetting of the alarm time starts to flash. This is the setting mode. This operation turns on the alarm automatically.3. Press C to move the flashing between the hour and minute settings.4. While a setting is flashing, use D (+) and B () to change it.5. Press A to exit the setting mode.OFFThe alarm tone sounds at the preset time for 10 seconds, regardless of the mode thewatch is in. In the case of the snooze alarm, the alarm operation is performed a totalof seven times, every five minutes, or until you turn the alarm off. Alarm and Hourly Time Signal operations are performed in accordance with thecurrent time in your Home City, as kept in the Timekeeping Mode. To stop the alarm tone after it starts to sound, press any button. Performing any one of the following operations during a 5-minute interval betweensnooze alarms cancels the current snooze alarm operation.Displaying the Timekeeping Mode setting screenDisplaying the SNZ setting screenTo turn an alarm on and off1. In the Alarm Mode, use D to select an alarm.2. Press A to toggle it on and off. Turning on a alarm (AL1, AL2, AL3, AL4 orSNZ) displays the alarm on indicator on its AlarmMode screen. In all modes, the alarm on indicator is shown for anyalarm that currently is turned on. The alarm on indicator flashes while the alarm issounding. The snooze alarm indicator flashes while the snoozealarm is sounding and during the 5-minute intervalsbetween alarms.Alarm onindicatorSnoozealarmindicatorONTo turn the Hourly Time Signal on and off1. In the Alarm Mode, use D to select the Hourly TimeSignal (SIG).2. Press A to toggle it on and off. The Hourly Time Signal on indicator is shown on thedisplay in all modes while this function is turned on.Hourly time signalon indicatorONAn LED (light-emitting diode) illuminates the face of thewatch for easy reading in the dark. The watchs auto lightswitch turns on illumination automatically when you anglethe watch towards your face. The auto light switch must be turned on (indicated bythe auto light switch indicator) for it to operate. See Illumination Precautions for other importantinformation about using illumination.To illuminate the display manuallyIn any mode, press B to turn on illumination. The above operation turns on illumination regardless ofthe current auto light switch setting. You can use the procedure below to select either 1.5seconds or 3 seconds as the illumination duration. Whenyou press B, the illumination will remain on for about1.5 seconds or 3 seconds, depending on the currentillumination duration setting.Auto light switchindicatorTo specify the illumination duration1. In the Timekeeping Mode, hold down A until thedisplay contents start to flash. This is the setting screen.2. Press C nine times to display the current illuminationduration LT1 (LT1) or LT3 (LT3).3. Press D to toggle the setting between LT1(1.5seconds) and LT3 (three seconds).4. Press A to exit the setting screen.Turning on the auto light switch causes illumination to turn on, whenever you positionyour wrist as described below in any mode.Moving the watch to a position that is parallel to the ground and then tilting it towardsyou more than 40 degrees causes illumination to turn on. Wear the watch on the outside of your wrist.Parallel togroundMore than40Warning! Always make sure you are in a safe place whenever you are reading thedisplay of the watch using the auto light switch. Be especially careful whenrunning 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 notstartle or distract others around you. When you are wearing the watch, make sure that its auto light switch is turnedoff before riding a bicycle or operating a motorcycle or any other motorvehicle. Sudden and unintended operation of the auto light switch can create adistraction, which can result in a traffic accident and serious personal injury.To turn the auto light switch on and offIn the Timekeeping Mode, hold down B for about three seconds to toggle the autolight switch on (auto light switch indicator displayed) and off (auto light switch indicatornot displayed). The auto light switch indicator remains in all modes while the auto light switch isturned on. In order to protect against running down the battery, the auto light switch will turn offautomatically approximately six hours after you turn it on. Repeat the aboveprocedure to turn the auto light switch back on if you want.Page 44The speed hand and hour and minute hands of the watch can be thrown off byexposure to strong magnetism or impact. The watch is designed to correct speed,hour and minute hand manually.To adjust home positions1. In the Timekeeping Mode, hold down D for about threeseconds until H-SET () appears in the lower rightdisplay and Sub (Sub) appears in the lower left display. This is the home position adjustment mode.2. Check the position of the speed hand. The speed hand is in the correct home position if it ispointed at 50 (12 oclock). If it isnt, use D to movethe hand clockwise until it is. After confirming that the speed hand is in its correcthome position, press C.lllllllllllllCorrect speed handposition3. Check the positions of the hour and minute hands. The hands are in the correct home positions if theyare pointed at 12 oclock. If they arent, use D(clockwise) and B (counterclockwise) to adjust theirpositions.4. When everything is the way you want, press A toreturn to regular timekeeping. This will cause the hour and minute hands to move tothe current Timekeeping Mode time and the speed handto move to the 0 position. Pressing C here will return to the setting at thebeginning of step 2.lllllllllllllCorrect hour andminute hand positionsThis section contains more detailed and technical information about watch operation.It also contains important precautions and notes about the various features andfunctions of this watch. If you leave the watch with a flashing setting on the display for two or three minuteswithout performing any operation, the watch will exit the setting mode automatically. The watch will return to the Timekeeping Mode automatically if you do not performany operation for two or three minutes in the Alarm Mode. The D and B buttons are used to change setting in various setting modes. In mostcases, holding down these buttons will start high-speed movement.When you enter the Stopwatch Mode, World Time Mode or Alarm Mode, the data youwere viewing when you last exited the mode will appear first. Resetting the seconds to 00 while the current count is in the range of 30 to 59causes the minutes to be increased by 1. In the range of 00 to 29, the seconds arereset to 00 without changing the minutes. The year can be set in the range of 2000 to 2099. The watchs built-in full automatic calendar makes allowances for different monthlengths and leap years. Once you set the date, there should be no reason to changeit except when battery has replaced. The current time for all city codes in the Timekeeping Mode and World Time Mode iscalculated in accordance with the Coordinated Universal Time (UTC) for each city,based on your Home City time setting. Illumination may be difficult to see when viewed under direct sunlight. Illumination turns off automatically whenever an alarm sounds. Illumination turns off automatically depends on the current illumination durationsetting. Frequent use of illumination runs down the battery.Auto light switch precautions Avoid wearing the watch on the inside of your wrist. Doing so causes the auto lightswitch to operate when it is not needed, which shortens battery life. If you want towear the watch on the inside of your wrist, turn off the auto light switch feature. Illumination may not turn on if the face of the watch ismore than 15 degrees above or below parallel. Makesure that the back of your hand is parallel to the ground. Illumination turns off in about 1.5 seconds or 3 seconds,even if you keep the watch pointed towards your face. Static electricity or magnetic force can interfere with proper operation of the autolight switch. If illumination does not turn on, try moving the watch back to the startingposition (parallel with the ground) and then tilt it back toward you again. If this doesnot work, drop your arm all the way down so it hangs at your side, and then bring itback up again. Under certain conditions, illumination may not turn on until about one second afteryou turn the face of the watch towards you. This does not necessarily indicatemalfunction of the auto light switch. You may notice a very faint clicking sound coming from the watch when it is shakenback and forth. This sound is caused by mechanical operation of the auto lightswitch, and does not indicate a problem with the watch.Accuracy at normal temperature: 15 seconds a monthDigital Timekeeping: Hour, minutes, seconds, p.m. (P), month, day, day of the weekTime format: 12-hour and 24-hourCalendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099Other: Home City code (can be assigned one of 48 city codes); Standard Time /Daylight Saving Time (summer time)Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)Stopwatch:Measuring unit: 1/1000 secondMeasuring capacity: 99:59'59.999"Measuring modes: Elapsed time, Lap time, Split timeOther: SpeedCountdown Timer:Measuring unit: 1 secondInput range: 1 minute to 24 hours (1-minute increments)Other: Auto-repeat timingWorld Time: 48 cities (29 time zones)Other: Daylight Saving Time/Standard Time, Home City/World Time City SwappingAlarms: Four daily alarms, one snooze alarm, Hourly Time SignalIllumination: LED (light-emitting diode), Auto Light Switch; Selectable illuminationdurationBattery : One lithium battery (Type: CR1220)Approximate Battery Life: 2 years on type CR1220(ten seconds of alarm operation per day, one illumination operation (1.5 seconds)per day)Pago PagoHonoluluAnchorageVancouverLos AngelesEdmontonDenverMexico CityChicagoMiamiTorontoNew YorkSantiagoHalifaxSt. JohnsRio De JaneiroPraiaLisbonLondonMadridParisRomeBerlinStockholmPPGHNLANCYVRLAXYEADENMEXCHIMIAYTONYCSCLYHZYYTRIORAIUTCLISLONMADPA RROMBERSTOCityCityUTC Offset/Code11109876543.5310+1CityCityUTC Offset/CodeAthensCairoJerusalemMoscowJeddahTehranDubaiKabulKarachiDelhiDhakaYangonBangkokSingaporeHong KongBeijingTaipeiSeoulTok yoAdelaideGuamSydneyNoumeaWellington+2+3+3.5+4+4.5+5+5.5+6+6.5+7+8+9+9.5+10+11+12AT HCAIJRSMOWJEDTHRDXBKBLKHIDELDACRGNBKKSINHKGBJSTPESELTYOADLGUMSYDNOUWLG Based on data as of June 2009. The rules governing global times (UTC offset and GMT differential) and summertime are determined by each individual country.

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