

# User's Guide

Watch

**3570\*EN**

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”.

## About This Manual

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- Button operations are indicated using the letters shown in the illustration.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the “Reference” section.

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## **Procedure Lookup**

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

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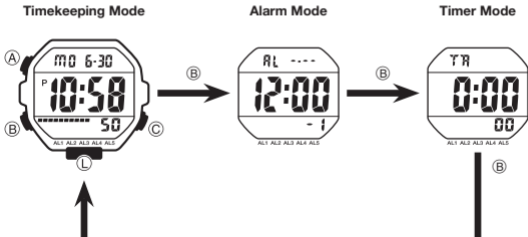
## Watch Features

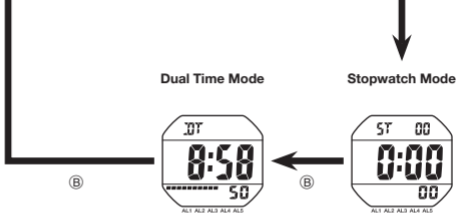
- ◆ Alarm
- ◆ Timer
- ◆ Stopwatch
- ◆ Dual Time

## Selecting a Mode

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- Press (B) to change from mode to mode.
- In any mode, press (L) to illuminate the display.
- In any mode, hold down (B) for about one second to return to the Timekeeping Mode.





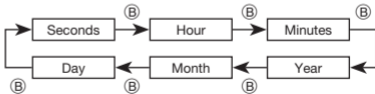
## Timekeeping



Use the Timekeeping Mode to set and view the current time and date.

### To set the time and date

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (B) to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, press **(C)** to change it as described below.

<b>To change this setting</b>	<b>Perform this button operation</b>
Seconds	Press <b>(C)</b> to reset to <b>00</b> .
Hour, Minutes, Year, Month, Day	Press <b>(C)</b> to increase the setting.

- Pressing **(C)** while the seconds are in the range of 30 to 59 resets them to **00** and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
4. Press **(A)** to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
  - The year can be set in the range of 2000 to 2099.
  - The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

### ***To toggle between 12-hour and 24-hour timekeeping***

In the Timekeeping Mode, press © to toggle between 12-hour timekeeping and 24-hour timekeeping.

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

## Alarm

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Alarm time  
(Hour : Minutes)

You can set up to five independent multi-function alarms with hour, minutes, month, and day. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms has a snooze feature. You can also turn on an Hourly Time Signal that causes the watch to beep every hour on the hour.

- There are five alarms numbered **1** through **5**. The Hourly Time Signal screen is indicated by **:00**.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (B) (page EN-7).

## **Alarm Types**

The alarm type is determined by the settings you make, as described below.

- **Daily alarm**

Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.

- **Date alarm**

Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

- **1-Month alarm**

Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at time you set, only during the month you set.

- **Monthly alarm**

Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at time you set, on the day you set.

## To set an alarm time

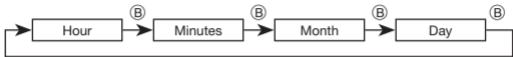


1. In the Alarm Mode, use (C) to scroll through the alarm screens until the one whose time you want to set is displayed.



- Alarm 1 has a snooze feature.
  - The snooze alarm operation repeats every five minutes.
2. After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
    - This operation automatically turns on the alarm.

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



4. While a setting is flashing, press **(C)** to increase it.
- To set an alarm that does not include a month (Daily alarm, Monthly alarm), set – for the month. Press **(C)** until the – mark appears (between 12 and 1) while month setting is flashing.
  - To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set – – for the day. Press **(C)** until the – – mark appears (between the end of the month and 1) while the day setting is flashing.
  - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. or p.m. (**P** indicator).
5. Press **(A)** to exit the setting screen.

## **Alarm Operation**

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off or change it to a one-time alarm (page EN-17).

- 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 between snooze alarms cancels the current snooze alarm operation.

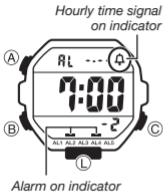
*Displaying the Timekeeping Mode setting screen (page EN-9)*

*Displaying the alarm 1 setting screen (page EN-14)*

### **To test the alarm**

- In the Alarm Mode, hold down © to sound the alarm.

### To turn Alarms 2 through 5 and the Hourly Time Signal on and off



1. In the Alarm Mode, use (C) to select alarm number **2** through **5**, or the Hourly Time Signal (:00).
2. Press (A) to toggle it on and off.
  - The on/off status of Alarms **2** through **5** and the Hourly Time Signal is shown by indicators.
  - The alarm on indicators and Hourly time Signal on indicator are displayed in all modes.
  - While an alarm is sounding, the applicable alarm on indicator flashes on the display.

### To select the operation of Alarm 1

1. In the Alarm Mode, use (C) to select Alarm 1.
2. Press (A) to cycle through the available settings in the sequence shown below.

#### Snooze on indicator (SNZ) and Alarm 1 on indicator



- The snooze on indicator (**SNZ**) and Alarm 1 on indicator are displayed in all modes.

- The snooze on indicator (**SNZ**) flashes during the 5-minute intervals between alarms.
- The alarm indicator (Alarm 1 on and/or snooze on) flashes while the alarm is sounding.

## Timer

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

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- All of the operations in this section are performed in the Timer Mode, which you enter by pressing (B) (page EN-7).

### ***To use the countdown timer***

Press (C) while in the Timer Mode to start the countdown timer.

- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.

- The countdown timer measurement operation continues even if you exit the Timer Mode.
- Press (C) while a countdown operation is in progress to pause it. Press (C) again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing (C)), and then press (A). This returns the countdown time to its starting value.

### ***To set the countdown start time***



1. In the Timer Mode, hold down (A) until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
2. Press (B) to move the flashing between the hours and minutes settings.
3. While a setting is flashing, use (C) to increase it.
  - To set the starting value of the countdown time to 24 hours, set **0:00**.
4. Press (A) to exit the setting screen.

### To turn auto-repeat on and off



Auto-repeat indicator

1. In the Timer Mode, hold down (A) until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
2. Press (L) to toggle auto-repeat on (**A.RPT** displayed) and off (**A.RPT** not displayed).
  - Note that pressing (L) in the above operation also turns on the backlight.
  - When the end of the countdown is reached while auto-repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing (C) and manually reset to the start time by pressing (A).
  - The auto-repeat indicator appears in the Timer Mode only.

## Stopwatch

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

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- An ongoing elapsed time measurement operation will continue internally even if you change to another mode. However, if you exit the Stopwatch Mode while a split time is displayed, the split time will not be displayed when you return to the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (B) (page EN-8).

## *To measure times with the stopwatch*

### **Elapsed time**



### **Split Time**



### **Two Finishes**



## Dual Time

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The Dual Time Mode lets you keep track of time in a different time zone.

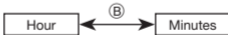
- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.

### To set the Dual Time

Hour : Minutes



1. Press (B) to enter the Dual Time Mode (page EN-8).
2. In the Dual Time Mode, hold down (A) until the hour setting starts to flash, which indicates the setting screen.
3. Press (B) to change the selection in the following sequence.



4. Press (C) to increase the setting.
5. Press (A) to exit the setting screen.

## Backlight

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The backlight uses an LED (light-emitting diode) and a light guide panel that cause the entire display to glow for easy reading in the dark.

- See “Backlight Precautions” on page EN-28 for other important information about using the backlight.

### ***To turn on the backlight***

In any mode, press **L** to illuminate the display for about one second.

## Reference

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

### **Auto return features**

If you leave a screen with flashing digits for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

### **Data and Setting Scrolling**

The © button is used to scroll through setting screen data on the display. Holding down this button during a scroll operation scrolls through the data at high speed.

## **Backlight Precautions**

- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically stops illuminating whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

## Specifications

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**Accuracy at normal temperature:**  $\pm 30$  seconds per month

**Timekeeping:** Hour, minutes, seconds, p.m. (**P**), month, day, day of the week

Time system: Switchable between 12-hour and 24-hour formats

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

**Alarm:** 5 Multi-function\* alarms (1 with snooze feature);

Hourly Time Signal

\* *Alarm type: Daily alarm, Date alarm, 1-month alarm, Monthly alarm*

**Timer:**

Measuring unit: 1 second

Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)

Other: Auto-repeat function

**Stopwatch:**

Measuring unit: 1/100 of a second

Measuring capacity: 23:59'59.99"

Measuring modes: Elapsed time, split time, two finishes

**Dual Time:** Hour, minutes, seconds, p.m. (P)

**Other:** LED (light-emitting diode) backlight

**Battery:** One lithium battery (Type: CR2032)

Battery nominal voltage: 3V

Approximately 10 years on type CR2032 (assuming alarm operation 10 sec./day,  
and one backlight operation 1.5 sec./day)

Specifications are subject to change without notice.

## Operating Precautions

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### Water Resistance

- The information below 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 your 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, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
  - Do not operate the crown or buttons while your watch is submersed in water or wet.
  - Avoid wearing your watch while in the bath.
  - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
  - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

- A trained technician will inspect 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. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

## **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, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
- Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

## Temperature

- Never leave your 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 your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.
- Leaving your 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 during light activity such as playing catch, tennis, etc. Dropping your 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 engaging in strenuous sports activities (motocross, etc.)

## **Magnetism**

- Though a digital 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 your 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 your 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 resin case, resin band, leather, and other parts.

## **Storage**

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

## **Resin Components**

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong 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.

- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

### **Leather Band**

- Allowing your 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 leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth 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.

**CAUTION:** Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

## **Metal Components**

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

## **Bacteria and Odor Resistant Band**

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

## **Liquid Crystal 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 your watch or its malfunction.

## **User Maintenance**

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### **Caring for Your Watch**

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.

- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

## **Dangers of Poor Watch Care**

### **Rust**

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

- 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 bezel, or storing your watch in 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. Should you ever experience a rash or other skin irritation, immediately remove your 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 in the User's Guide. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

## **Initial Battery**

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The 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 your watch's warranty period.

## **Low Battery Power**

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

**CASIO®**

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