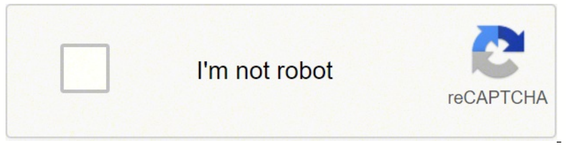

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G shock rangeman gpr b1000 manual

Button OperationsMode OverviewCharging the WatchSolar ChargingCharging with the ChargerCharging Time GuidelinesChecking the Charge LevelPower Saving FunctionPairing the Watch with a PhoneUsing the Watch in a Medical Facility orAircraftConnecting the Watch with a PhoneConnecting with a PhoneDisconnecting from a PhoneConfiguring Watch SettingsPhone FinderUnpairingAfter Purchasing Another PhoneGPS Time AdjustmentOverviewAppropriate Signal Reception LocationAcquiring GPS Position InformationManuallyAcquiring GPS Time Information ManuallyReceiving Time InformationAutomaticallyLeap Second ReceptionSignal Reception PrecautionsUsing GPS Outside Your CountryConnecting with a Phone to Adjust theWatch's TimeChecking Time Adjustment HistoryMA1810-EE© 2018 CASIO COMPUTER CO., LTD.Using NavigationStarting NavigationChanging the Display ScaleChecking the Distance to YourDestinationReturning to a Start Point (Backtrack)Stopping NavigationDeleting a DestinationRegistering Your Current LocationViewing Registered PointsSetting a Registered Point as the DestinationEditing the Navigation Use HistorySetting the GPS Signal Receive IntervalSpecifying the Distance UnitTaking a Compass ReadingSaving a Bearing to a Destination (BearingMemory)Clearing a Recorded BearingCalibrating Compass ReadingsSetting Up for True North Readings (MagneticDeclination Calibration)Magnetic North and True NorthDigital Compass Reading PrecautionsChecking the Current AltitudeSetting a Reference Altitude and TakingRelative Altitude ReadingsCalibrating Altitude ReadingsSetting the Auto Measurement IntervalSpecifying Display ContentsSpecifying the Altitude Measurement UnitAltitude Reading PrecautionsChecking the Current Barometric Pressureand TemperatureBarometric Pressure Change IndicatorCalibrating Barometric Pressure ReadingsCalibrating Temperature ReadingsChanging Displayed InformationSpecifying the Barometric Pressure UnitSpecifying the Temperature UnitBarometric Pressure and TemperatureReading PrecautionsLooking Up Today's Sunrise and SunsetTimesLooking Up Sunrise and Sunset Times bySpecifying a DayChecking the Current Tide Level and MoonAgeChecking the Tide Level and Moon Age for aSpecific DayAdjusting High Tide TimesSpecifying Your HemisphereMeasuring Elapsed TimeMeasuring a Split TimeSetting a Start TimeUsing the Timer1Page 2 World Time City SettingConfiguring the Summer Time SettingIlluminating the Display ManuallyAuto LightConfiguring the Auto Light SettingSpecifying the Illumination DurationConfiguring Home City and Summer TimeSettingsManual Time AdjustmentChanging the Timekeeping Mode DisplayConfigurationChanging Displayed InformationSwitching between 12-hour and 24-hourTimekeepingUsing AlarmsEnabling the Button Operation ToneCity TableSummer Time TableSupported PhonesSpecificationsMobile Link PrecautionsCopyrights and Registered Copyrights2 Page 3 Note●If there is a World Time City specifiedwith G-SHOCK Connected, its time willalso be synchronized automatically.●The watch will connect with the phoneand perform auto time adjustment ataround 12:30 a.m., 6:30 a.m., 12:30p.m. and 6:30 p.m. The connection isautomatically terminated after autotime adjustment is complete.●GPS signal auto receive will beperformed if there has been no autotime adjustment based on connectionbetween the watch and phone for morethan one day.●Triggering Immediate Time AdjustmentThe watch will immediately synchronize itstime setting automatically to that of a networktime server whenever a connection isestablished between it and a phone. To triggersynchronization of the watch's time settingwith a network time server manually, performthe procedure below.1.Press (D).2.Rotate the rotary switch to move thepointer to [BLUETOOTH].3.Press the rotary switch.When a connection is established with thephone, the information acquired from thephone appears on the watch display.●[CONNECT FAILED] will appear ifacquisition fails for some reason.4.Press (C) to exit the setting screen.You can use the procedure below to check thehistory of time adjustments based on GPSsignal reception or connection with a phone.1.Press (D).2.Rotate the rotary switch to move thepointer to [HISTORY].3.Press the rotary switch.This displays a menu of time adjustmentdates and times.4.Rotate the rotary switch to move thepointer to the date and time of the detailsyou want to check.5.Press the rotary switch.This displays information acquired by thewatch.6.Press (C) to exit the setting screen.You can use the GPS Navigation Mode toreceive GPS signals and record the routes youtravel. You can also specify a destination andobtain navigation information to yourdestination point.Getting readyEnter the GPS Navigation Mode.lNavigating Between Modes●Navigation displays general routeguidance up to a destination. It doesnot display detailed route guidance likea car navigation system does.●When using navigation, also be sure tonavigate in accordance with actuallocal road and other conditions.●The navigation function is not intendedfor use while in motion in an automobileor other type of vehicle.Note●To set a destination that is not awaypoint in point memory, use G-SHOCK Connected.lRegistering Your Current Location●Routes acquired with the GPSNavigation Mode can be transferred toa phone for viewing.●GPS navigation can be used onlywhen the battery indicator shows orhigher.12Page 4 When the conditions below are satisfied, thewatch will automatically receive timeinformation from a GPS signal. If any timeinformation receive operation is successful,the watch will no longer attempt to receive asignal for the rest of the day.● In the Timekeeping Mode●Current time is between 6:00 a.m. and10:00 p.m.●Light (near a window on a clear day)continually shining on the LCD of the watchfor about one to two minutes.Note●The time information receive operationnormally takes anywhere from about10 to 65 seconds.●The receive operation can take as longas 13 minutes when leap secondinformation is included.GPS signal reception each year on June 1 orlater and on December 1 or later also receivesleap second information.Note●It can take as long as 13 minutes tocomplete the leap second informationreceive operation.●The leap second information receiveoperation is repeated until informationreceipt is complete.●Once the leap second informationreceive operation is complete, thewatch will not make any attempt toreceive it again until the following June1 or December 1.●When connecting with a phone toadjust the watch date and timesettings, leap seconds will also bereceived along with the timeinformation. If this happens, leapseconds may not be received whenreceiving a GPS signal.●When the watch is unable to adjust its timein accordance with a GPS signal for somereason, average timekeeping accuracy iswithin ±15 seconds per month.●Note that an internal decoding process thewatch performs after it receives a GPSsignal may cause the time setting to beslightly off (by less than one second).●GPS signal reception is not possible underthe conditions described below.−While the battery indicator is or lower−In any mode besides the TimekeepingMode−During power saving−Sensor measurement operation inprogress−Watch is connected with a phone−Navigation log data acquisition operationin progress−Timer countdown operation in progress●If the receive operation is successful, thetime and day settings will be adjustedautomatically in accordance with the HomeCity (time zone) and summer time settings.Summer time will not be applied correctly inthe cases described below.−When the summer time start date andtime, end date and time, or other rules arechanged by authorities−When location information is received,but it is not location information for youractual location (For example, when youare near a borderline of a city and theacquired location information is for aneighboring city, etc.)●As of July 2017, China does not observesummer time. If China starts to observesummer time in the future, the timedisplayed by the watch for China may not becorrect.Some countries or geographic areas put legalrestrictions on the use of GPS, on thecollection and logging of location information,etc. Your watch has built-in GPS functionality,so before embarking on international travel toa country or area outside of the country whereyou purchased your watch, you should checkwith the embassy of the countries you plan tovisit, your travel agency, or some other reliablesource of information to find out if there are anyprohibitions or restrictions on bringing indevices with GPS functionality, or on thelogging of location information, etc.You can configure watch settings to connectwith a phone at preset times each day andadjust its time settings in accordance withinformation obtained from an online timeserver.●Using Auto AdjustYour watch adjusts its time setting four timesa day according to a preset schedule. Itperforms the adjustment operationautomatically as you go about your daily life,without any operation required by you.●The watch may not be able to performauto time adjustment under theconditions described below.−During a timer countdown operation−While the battery indicator is orlower−While the watch is too far away fromits paired phone−While communication is not possibledue to radio interference, etc.−While the phone is updating itssystem11Page 5 You can use a button operation to acquireGPS location information and adjust your timezone, time, and day settings in accordancewith your current location.Note●GPS signal reception requires largeamounts of power. Perform it onlywhen necessary.1.Move to a location appropriate for signalreception and point the LCD of the watchstraight up at the sky.2.Press (D).3.Rotate the rotary switch to move thepointer to [TIME&POSITION].4.Press the rotary switch.This starts location informationacquisition.●The acquired information will appear onthe watch display when locationacquisition is successful.●[RECEIVING FAILED] will appear onthe display if location informationacquisition fails for some reason.5.Press (C) to exit the setting screen.Note●Receive normally takes anywherefrom about 40 to 80 seconds.●It can take as long as 13 minutes whenleap second information is included.●You may experience locationinformation acquisition problems whenyou are in the vicinity of a cityborderline.The watch's time and day will not beindicated correctly if the time zonesetting is not right for your location. Ifthis happens, move to a location nearthe center of the city you want to set asyour Home City and acquire locationinformation again. Or you can performa time information receive operation toadjust time and day settings afterconfiguring Home City and summertime settings manually.lAcquiring GPS Time InformationManuallylConfiguring Home City andSummer Time SettingsYou can use a button operation on the watchto receive GPS signal time information. Whenthe receive operation is successful, thewatch's Home City (time zone), day, and timesettings will be adjusted accordingly.Note●GPS signal reception requires largeamounts of power. Perform it onlywhen necessary.1.Move to a location appropriate for signalreception and point the LCD of the watchstraight up at the sky.2.Hold down (D) for about 1.5 seconds.This starts time information acquisition.●The acquired information will appear onthe watch display when time acquisitionis successful.●[RECEIVING FAILED] will appear ifacquisition fails for some reason.3.Press (C) to exit the setting screen.Note●You can also trigger a time informationreceive operation manually byperforming the steps below.A Press (D).B Rotate the rotary switch to move thepointer to [TIME (GPS)].C Press the rotary switch.●Receive normally takes anywherefrom about 10 to 65 seconds.●It can take as long as 13 minutes whenleap second information is included.10Page 6 Holding down the rotary switch for about onesecond starts a GPS positioning operation.After startup of the positioning operation iscomplete, and then the navigation screenwill appear.Positioning completePositioning in progress●Use navigation outdoors where the skyis visible and not blocked by buildings,trees, or other objects. For informationabout suitable locations for receipt ofGPS signals, go to the section below.lAppropriate Signal ReceptionLocation●Keep the watch LCD pointed upwardsuntil startup of the positioningoperation is complete and thenavigation screen appears.Note●You can also perform the steps belowto display the navigation screen.A Press the rotary switch.This displays the GPS NavigationMode setting screen.B Rotate the rotary switch to move thepointer to [NAVIGATION].C Press the rotary switch.This starts route recording andnavigation.●The message [DATA FULL] willappear when remaining memorycapacity is low. Pressing the rotaryswitch will start navigation, andoverwrite the oldest log in memory. Ifyou want to delete a different log or ifall logs are protected, press (C) to stopnavigation and then delete the desireddata.lEditing the Navigation Use History●If memory becomes full or if theallowable continuous measurementtime is exceeded while a navigationoperation is in progress, navigation willstop and the watch will return to theTimekeeping Mode.●Interpreting GPS NavigationInformationAMemory usageBActual routeCScaleDLog acquisition status: Log information being acquired: Log information not being acquiredENavigation indicators: Current location: Start point: Destination (Goal)* to : Waypoints*FRoute to destination*GElapsed time* Displayed only when a destination andwaypoints are specified.Note●Waypoints and a route can bespecified using G-SHOCK Connectedonly.●You can estimate approximately howmuch longer navigation functions canbe used based on memory usage andelapsed time.13Page 7 This section provides an overview of yourwatch and explains how to connect with aphone. You can configure watch settings toconnect with a phone at preset times each dayand adjust its time settings in accordance withinformation obtained from a network timeserver. You can also change the watch's timesettings manually and configure other watchsettings from the phone.●This watch is not a special-purposemeasuring instrument. Measurementfunction readings are intended forgeneral reference only.●The watch's Altimeter Mode calculatesand displays relative altitude based onbarometric pressure readingsproduced by its pressure sensor.Because of this, altitude valuesdisplayed by the watch may bedifferent from your actual elevationand/or sea level elevation indicated forthe area where you are located.Regular calibration in accordance withthe local altitude (elevation)indications is recommended.lAltitude Measurement●Whenever using the Digital Compassof this watch for serious trekking,mountain climbing, or other activities,be sure always to take along anothercompass to confirm readings. If thereadings produced by the DigitalCompass of this watch are differentfrom those of the other compass,perform 3-point calibration of theDigital Compass to ensure betteraccuracy.−Compass readings and calibrationwill not be possible if the watch is inthe vicinity of a permanent magnet(magnetic accessory, etc.), metalobjects, high-voltage wires, aerialwires, or electrical householdappliances (TV, computer,cellphone, etc.)lDigital Compass●Some of the functions of this watchcannot be used unless it is connectedwith a phone. You should also leavethe phone's location informationsetting turned on. Otherwise, thephone will not be able to acquirelatitude and longitude information,which may cause the watch to displayincorrect information.●The GPS navigation log dataacquisition operation can causedeviation of the measurement intervalsof other modes.Note●Note that the watch illustrations in thismanual are intended for referenceonly. The actual watch may appearsomewhat different than depicted inthe illustrations.A buttonPress to display the setting screen of thecurrent mode.B buttonPress to turn on illumination.C buttonPress to display the mode selection screen.Hold down for about one second to return tothe Timekeeping Mode.Pressing (C) while a setting screen isdisplayed will go back one screen.D buttonPressing in the Timekeeping Mode displaysthe auto time adjustment selection screen.Rotary SwitchPress in any mode to display the navigationscreen.Pressing this switch while a setting screen isdisplayed applies a selected setting or asetting change.Rotating this switch while a setting screen isdisplayed scrolls through available menuitems.This section provides an overview of themodes of your watch.●Mode OverviewGPS Navigation ModeUse this mode to record routes that you traveland to check the bearing to your destination.You can also record your current location inwatch memory.lGPS NavigationTimekeeping ModeThis mode shows the current time and date.You can also use it to configure Home City,alarm, and other basic timekeeping settings.Communication ModeUse this mode to connect with a phone. Youcan transfer watch data to a phone, andconfigure watch settings with a phone.lConnecting the Watch with a PhoneDigital Compass ModeUse this mode to take direction and bearingangle readings.lDigital Compass3Page 8 1.Press (D) to start the countdown.A beeper will sound for 10 seconds to letyou know when the end of a countdown isreached.●To pause an ongoing countdown, press(D). To reset a paused countdown to thestart time, press (A).2.Press any button to stop the tone.Note●The time up beeper sound may bedistorted if a navigation operation is inprogress.World Time lets you look up the current timein any one of 39 cities around the globe, andUTC (Universal Coordinated Time).Getting ReadyEnter the World Time Mode.lNavigating Between ModesNote●You can also use G-SHOCKConnected to configure World TimeCity and summer time settings.Use the procedure in this section to select aWorld Time city.1.Hold down (A) for about two seconds.This displays a menu of World TimeCities.2.Rotate the rotary switch to move thepointer to the city you want.3.Press the rotary switch to exit the settingscreen.This returns to the World Time Modesetting screen.4.Press (C) to exit the setting screen.This will display the current time and datein the selected city.Note●In place of step 1 of the aboveprocedure, you could perform thesteps below to display the World TimeCity menu.A Press (A) to display the World TimeMode setting screen.B Rotate the rotary switch to move thepointer to [WORLD TIME].C Press the rotary switch.1.Press (A).This displays the World Time Modesetting screen.2.Rotate the rotary switch to move thepointer to [DST].3.Press the rotary switch.4.Rotate the rotary switch to select asummer time setting.[AT (AUTO)]: Automatic switchingbetween standard time and summer time.[STD]: Always standard time.[DST]: Always summer time.5.Press the rotary switch to exit the settingscreen.This returns to the World Time Modesetting screen.6.Press (C) to exit the setting screen.Note●The initial factory default summer timesetting for all cities is [AT (AUTO)]. Inmany cases, the [AT (AUTO)] settinglets you use the watch withoutswitching between summer time andstandard time.●While [UTC] is selected as the city, youwill not be able to change or check thesummer time setting.30Page 9 You can illuminate the display by pressing abutton. The watch also has an auto lightfunction that automatically illuminates thedisplay whenever the watch is angled towardsyour face for reading.Note●Illumination will turn off automatically ifan alarm starts to sound.●Illumination is disabled during a GPSsignal receive operation for timeadjustment. Display illumination is alsodisabled while measurement by asensor is in progress.Pressing (B) in any mode turns on illumination.If Auto Light is enabled, face illumination willturn on automatically whenever the watch ispositioned at an angle of 40 degrees or more.●Auto Light may not operate properlywhen the watch is at a horizontal angleof 15 degrees or greater fromhorizontal as shown in the illustrationbelow.●Electro-static charge or magnetismcan interfere with proper auto lightoperation. If this happens, try loweringyour arm and then angle it towardsyour face again.●When moving the watch you may notea slight rattling sound. This is due tooperation of the auto light switch,which determines the currentorientation of the watch. It does notindicate malfunction.Note●Auto Light is disabled when any one ofthe conditions below exists.−Alarm, timer alert, or other beepersounding−While a GPS signal is being receivedfor time adjustment●If Auto Light is enabled, faceillumination may be delayed if youangle the watch towards your facewhile a compass, altitude, barometricpressure, or temperature readingoperation is being performed.1.Enter the Timekeeping Mode.lNavigating Between Modes2.Press (A).This displays the Timekeeping Modesetting screen.3.Rotate the rotary switch to move thepointer to [LIGHT].4.Press the rotary switch.5.Rotate the rotary switch to move thepointer to [AUTO LIGHT].6.Press the rotary switch.7.Rotate the rotary switch to move thepointer to [ON] (enabled) or [OFF](disabled).●[LT] is displayed on the TimekeepingMode BASIC screen while Auto Light isenabled.8.Press the rotary switch to exit the settingscreen.This returns to the Timekeeping Modesetting screen.9.Press (C) as many times as necessary toexit the setting screen.You can select either 1.5 seconds or threeseconds as the illumination duration.1.Enter the Timekeeping Mode.lNavigating Between Modes2.Press (A).This displays the Timekeeping Modesetting screen.3.Rotate the rotary switch to move thepointer to [LIGHT].4.Press the rotary switch.5.Rotate the rotary switch to move thepointer to [DURATION].6.Press the rotary switch.7.Rotate the rotary switch to display the lightduration you want to use.[1.5 SEC.]: 1.5-second illumination[3.0 SEC.]: 3-second illumination8.Press the rotary switch to exit the settingscreen.This returns to the Timekeeping Modesetting screen.9.Press (C) as many times as necessary toexit the setting screen.31Page 10 Getting readyEnter the Timekeeping Mode.lNavigating Between ModesIf you move to another time zone, you canhave the watch indicate the current time thereby simply changing the Home City andsummer time settings.●Setting a Home Time CityUse the procedure in this section to select acity to use as your Home City.1.Press (A).This displays the Timekeeping Modesetting screen.2.Rotate the rotary switch to move thepointer to [HOMECITY].3.Press the rotary switch.4.Rotate the rotary switch to move thepointer to the city you want to use as yourHome City.5.Press the rotary switch to exit the settingscreen.This returns to the Timekeeping Modesetting screen.6.Press (C) to exit the setting screen.●Configuring the Summer Time SettingIf you are in an area that observes summertime, you can also enable or disable summertime.Note●The initial factory default summer timesetting for all cities is "AT (AUTO)". Inmany cases, the "AT (AUTO)" settinglets you use the watch withoutswitching between summer time andstandard time.●In the cases described below,receiving GPS position information willautomatically cause "AT (AUTO)" to beselected for the summer time setting.−When the time zone of the currentreceive operation is different fromthe watch's time zone setting prior tothe receive operation.−When the time zone is unchanged,but the acquired position informationis for a geographic area withdifferent summer time rules (startdate, end date)1.Press (A).2.Rotate the rotary switch to move thepointer to [DST].3.Press the rotary switch.This displays the Timekeeping Modesetting screen.4.Rotate the rotary switch to select asummer time setting.●[AUTO]: The watch switches betweenstandard time and summer timeautomatically.●[STD]: The watch always indicatesstandard time.●[DST]: The watch always indicatessummer time.5.Press the rotary switch to exit the settingscreen.This returns to the Timekeeping Modesetting screen.6.Press (C) to exit the setting screen.You can use the procedure below to adjust thewatch's time and day settings when GPSsignal reception or communication with aphone is not possible for some reason.1.Press (A).This displays the Timekeeping Modesetting screen.2.Rotate the rotary switch to move thepointer to [TIME&DATE].3.Press the rotary switch.4.Use the operations below to configure thetime and date settings.●Rotate the rotary switch to change theunderlined value.●Use (D) to move the underliningbetween values. Each press of (D)moves the underlining in the followingsequence: hour n minute n year nmonth n day.Note●The seconds start normal timekeepingfrom 00 when you press the rotaryswitch in step 5, below. If you want theseconds count to be more exact,adjustment using GPS signalreception or connection with a phoneis recommended.5.Press the rotary switch to exit the settingscreen.6.Press (C) to exit the setting screen.32Page 11 You can configure watch settings to have thecurrent time in the Timekeeping Modedisplayed along with one other type ofinformation.BASIC: Current Time Only (Basic Screen)TIME+NAVIGATION: Current Time +NavigationTIME+BAROMETER: Current Time +Barometric PressureWhile this screen is selected, entering theTimekeeping Mode will cause the currentbarometric pressure value and a graph of thelast 12 hours of barometric pressure readingsto be shown at the top of the display for onehour. After one hour, only a graph of the last48 hours of barometric pressure readings(without the current value) will be shown.After 12 hoursFirst 12 hoursTIME+SUNRISE: Current Time + Sunrise/Sunset TimesTIME+WORLD TIME: Current Time +World TimeNote●The watch automatically returns to theBASIC screen whenever the batteryindicator is or lower.1.Press (A).This displays the Timekeeping Modesetting screen.2.Rotate the rotary switch to move thepointer to [DISPLAY].3.Press the rotary switch.4.Rotate the rotary switch to move thepointer to [SCREEN].5.Press the rotary switch.6.Rotate the rotary switch to move thepointer to the setting you want.7.Press the rotary switch to exit the settingscreen.This returns to the Timekeeping Modesetting screen.8.Press (C) to exit the setting screen.You can specify either 12-hour format or 24-hour format for the time display.1.Press (A).This displays the Timekeeping Modesetting screen.2.Rotate the rotary switch to move thepointer to [DISPLAY].3.Press the rotary switch.4.Rotate the rotary switch to move thepointer to [12/24H].5.Press the rotary switch.6.Rotate the rotary switch to select [12H](12-hour timekeeping) or [24H] (24-hourtimekeeping).7.Press the rotary switch to exit the settingscreen.This returns to the Timekeeping Modesetting screen.8.Press (C) to exit the setting screen.●While 12-hour timekeeping is selected,[P] will be displayed for p.m. times.The watch will beep when the alarm time isreached. You can set up to four differentalarms.●When snooze is enabled for an alarm, it willsound every five minutes up to seven times.●The beeper is muted in the cases describedbelow.−While the battery indicator is or lower−When watch is at Level 2 power savingl Power Saving Function33Page 12 ●To configure alarm settings1.Press (A).This displays the Timekeeping Modesetting screen.2.Rotate the rotary switch to move thepointer to [ALARM].3.Press the rotary switch.4.Rotate the rotary switch to move thepointer to the alarm whose setting youwant to change.5.Press the rotary switch.6.Rotate the rotary switch to change thehour setting.●To cancel an alarm time setting,perform the steps below.A Press (C).B Rotate the rotary switch to selectwhether or not you want to save thecurrent settings.[YES]: Current settings saved[NO]: Current settings not saved.C Press the rotary switch.7.Press (D).8.Rotate the rotary switch to change theminute setting.9.Press (D).10.Rotate the rotary switch to turn snooze onor off.11.Press the rotary switch.This turns on the alarm whose time settingyou configured.●Turning on an alarm causes toappear on the display to the right of thetime setting. If snooze is turned on,[SNZ] also appears.12.Press (C) as many times as necessary toexit the setting screen.●To turn an alarm on or off1.Press (A).This displays the Timekeeping Modesetting screen.2.Rotate the rotary switch to move thepointer to [ALARM].3.Press the rotary switch.4.Rotate the rotary switch to move thepointer to the alarm whose setting youwant to change.5.Press (D) to the alarm where the pointer islocated between on and off.Turning on an alarm causes to appearon the display to the right of the timesetting. If snooze is turned on, [SNZ] alsoappears.6.Press (C) as many times as necessary toexit the setting screen.●To stop a sounding alarmPressing any button while the beeper issounding stops it.Note●When snooze is enabled for an alarm,it will repeat every five minutes, up toseven times. To stop an alarm'songoing snooze operation, turn off thealarm.●The alarm beeper sound may bedistorted if a navigation operation is inprogress.Use the procedure below to enable or disablethe tone that sounds when you press a button.1.Press (A).This displays the Timekeeping Modesetting screen.2.Rotate the rotary switch to move thepointer to [BEEP].3.Press the rotary switch.4.Rotate the rotary switch to move thepointer to [ON] (enabled) or [OFF](disabled).5.Press the rotary switch to exit the settingscreen.This returns to the Timekeeping Modesetting screen.● is displayed in the TimekeepingMode while the operation tone isdisabled.6.Press (C) to exit the setting screen.34Page 13 This section provides non-operationalinformation you also need to know. Refer tothis information as required.City OffsetUTCCoordinatedUniversal Time0LONDON London 0PARIS Paris +1ATHENS Athens +2JEDDAH Jeddah +3TEHRAN Tehran +3.5DUBAI Dubai +4KABUL Kabul +4.5KARACHI Karachi +5DELHI Delhi +5.5KATHMANDU Kathmandu +5.75DHAKA Dhaka +6YANGON Yangon +6.5BANGKOK Bangkok +7HONG KONG Hong Kong +8PYONGYANG Pyongyang +8.5EUCLA Eucla +8.75TOKYO Tokyo +9ADELAIDE Adelaide +9.5SYDNEY Sydney +10LORD HOWEISLANDLord HoweIsland+10.5NOUMEA Noumea +11WELLINGTON Wellington +12CHATHAMISLANDSChathamIslands+12.75NUKU' ALOFA Nuku'alofa +13KIRITIMATI Kiritimati +14BAKER ISLAND Baker Island -12PAGO PAGO Pago Pago -11HONOLULU Honolulu -10MARQUESASISLANDSMarquesasIslands-9.5ANCHORAGE Anchorage -9LOS ANGELES Los Angeles -8DENVER Denver -7CHICAGO Chicago -6NEW YORK New York -5HALIFAX Halifax -4ST. JOHN'S St. John's -3.5RIO DE JANEIRO Rio de Janeiro -3FERNANO DENORONHAFernando deNoronha-2PRAIA Praia -1●The information in the above table is currentas of July 2017.●Time zones may change and UTCdifferentials may become different fromthose shown in the table above. If thishappens, connect the watch with a phoneto update the watch with the latest time zoneinformation.When "AT (AUTO)" is selected for a city thatobserves summer time, switching betweenstandard time and summer time will beperformed automatically at the timing shownin the table below.Note●If the summer time start and end datesfor your current location have beenchanged, they may be different fromthose indicated in the table below. Ifthis happens, you can have newsummer time information for yourHome City and World Time city sent tothe watch by connecting the watch witha phone. If you cannot connect with aphone for some reason, you canchange the summer time setting to"STD" or "DST" manually.City NameSummer TimeStartSummer TimeEndLondon01:00, lastSunday in March02:00, lastSunday inOctoberParis02:00, lastSunday in March03:00, lastSunday inOctoberAthens03:00, lastSunday in March04:00, lastSunday inOctoberTehran00:00, March 22or 2100:00,September 22 or21Sydney,Adelaide02:00, firstSunday inOctober03:00, firstSunday in AprilLord HoweIsland02:00, firstSunday inOctober02:00, firstSunday in AprilWellington02:00, lastSunday inSeptember03:00, firstSunday in AprilChathamIslands02:45, lastSunday inSeptember03:45, firstSunday in AprilNuku'alofa02:00, firstSunday inNovember03:00, thirdSunday inJanuaryAnchorage02:00, secondSunday in March02:00, firstSunday inNovemberLosAngeles02:00, secondSunday in March02:00, firstSunday inNovemberDenver02:00, secondSunday in March02:00, firstSunday inNovemberChicago02:00, secondSunday in March02:00, firstSunday inNovemberNew York02:00, secondSunday in March02:00, firstSunday inNovemberHalifax02:00, secondSunday in March02:00, firstSunday inNovemberSt. John's02:00, secondSunday in March02:00, thirdSunday inNovemberRio deJaneiro00:00, thirdSunday inOctober00:00, thirdSunday inFebruary or00:00, fourthSunday inFebruary●The information in the above table is currentas of July 2017.35 Page 14 Note●You can also return to the TimekeepingMode directly from any other mode byholding down (C) for about onesecond.●You can also enter the CommunicationMode directly from the TimekeepingMode by holding down (C) for about2.5 seconds.●When the indicator shown belowappears on the display while you areperforming an operation, it means youcan perform the procedure below toexit the operation.A Press (C).B Rotate the rotary switch to selectwhether or not you want to save thecurrent settings.[YES]: Current settings saved[NO]: Current settings not savedC Press the rotary switch.Power generated by the solar panel powerswatch operations and also is used to charge arechargeable (secondary) battery. The solarpanel is integrated into the LCD of the watch,and power for charging is generatedwhenever the face is exposed to light.●Charging the WatchWhen you are not wearing the watch, put it ina location where it is exposed to bright light.While you are wearing the watch, make surethat its LCD (solar panel) is not blocked fromthe light by the sleeve of your clothing. Powergeneration efficiency is reduced even whenthe LCD is blocked only partially.●Depending on light intensity and localconditions, the watch may become hotto the touch when exposed to light forcharging. Take care to avoid burninjury after charging. Also, avoidcharging the watch under high-temperature conditions like the onesdescribed below.−On the dashboard of a vehicleparked in the sun−Near an incandescent light bulb orother source of heat−Under direct sunlight or in other hotareas for long periodsCharging with the charger is faster than solarcharging.●Use only the supplied charger andUSB cable for charging.●A device with a USB port (Type-A) canalso be used for charging.●Note that no guarantees are madeconcerning the suitability of all types ofUSB ports for charging. If charging isnot possible for some reason,disconnection from the USB port isrecommended.●Place the charger on a desk or otherstable surface, making sure there isplenty of open space around it.Charging with the charger and watch ina bag or some other enclosed spacecan cause overheating of the watchand/or charger.●Should water or any other liquid getonto the watch or charger duringcharging, immediately disconnect theUSB cable from the power source.●The charger unit is not waterproof.Avoid use in areas where moisture orhigh humidity is present.●Perform charging in an environmentwhere ambient temperature isbetween 5°C and 35°C (41°F and95°F).●To charge with the chargerWhen preparing for charging, be sure toconnect the devices in the sequence indicatedby the numbers in the illustration above.5Page 15 2.Rotate the rotary switch to select whetheror not you want to assign an icon to thepoint you recorded.[YES]: Assigns an icon.[NO]: Cancels icon registration.3.Press the rotary switch.●If you select [NO] (no icon assigned)above, this completes the recordingprocedure and returns to the navigationscreen.4.Rotate the rotary switch to move thepointer to the icon you want.●To cancel icon assignment, perform thesteps below.A Press (C).B Rotate the rotary switch to selectwhether or not you want to save thecurrent settings.[YES]: Registers the currently selectedicon.[NO]: Cancels icon registration.C Press the rotary switch.5.Press the rotary switch to exit the settingscreen.This assigns the icon you selected to thepoint you recorded.Note●In place of step 1 of the aboveprocedure, you could perform thesteps below to register your currentlocation.A While a navigation operation is inprogress, press (C).B Rotate the rotary switch to move thepointer to [POINT MEMORY].C Press the rotary switch.You can use the procedure below to displaydetails about registered points. You can alsochange icons assigned to points and deletepoints as required.1.Press the rotary switch.This displays the GPS Navigation Modesetting screen.2.Rotate the rotary switch to move thepointer to [RECALL].3.Press the rotary switch.4.Rotate the rotary switch to move thepointer to [POINT].5.Press the rotary switch.This displays a menu of dates and timesthat points were registered.6.Rotate the rotary switch to move thepointer to the date and time of the pointyou want to check.7.Press the rotary switch.This displays details about the selectedpoint.●Due to legal restrictions in certaincountries and areas, the watch may notdisplay latitude and longitudeinformation.lUsing GPS Outside Your Country●To change the icon assigned to aregistered point1.While point details are displayed, pressthe rotary switch.2.Rotate the rotary switch to move thepointer to the icon you want.3.Press the rotary switch.This changes to the icon you selected.4.Press (C) as many times as necessary toreturn to the GPS Navigation Mode settingscreen.●To protect a registered pointA protected point cannot be deleted.While the menu of locations is displayed1.Rotate the rotary switch to move thepointer to the date and time of the pointyou want to protect.2.Press (D).This protects the selected point.A protected point is indicated by .●Press (D) again to unprotect.3.Press (C) as many times as necessary toreturn to the GPS Navigation Mode settingscreen.15Page 16 The scale of the navigation screen can beincreased to show more details about a route,and to determine the direction to a target pointfrom a start point or another point.1.While a navigation operation is inprogress, press the rotary switch.This enables adjustment of the scale.2.Rotate the rotary switch to change thescale.●The scale changes each time you rotatethe rotary switch. There are three scalelevels. Rotating the rotary switch furtherdisplays the direction to a target point.Navigation indicator of pointScale factorDirection to target pointScaleEach press of (A) cycles the display throughthe linear distance from your current locationto preset points (start point, destination, etc.).Navigation indicator of pointLinear distanceNote●The message [- - -.-km] will appear ifthe current linear distance to thedestination is 1,000 km or greater.At any time during a navigation operation, youcan reverse your route to navigate back toyour start point.DestinationStart pointStart pointCurrent location1.While a navigation operation is inprogress, press (D).2.Rotate the rotary switch to move thepointer to [BACKTRACK].3.Press the rotary switch.Pressing the rotary switch again orallowing 10 seconds to elapse after step3 will change to navigation with your startpoint as your new destination.●To cancel the route reversal, press (C)within 10 seconds after pressing therotary switch in step 3.1.While a navigation operation is inprogress, press (D).2.Rotate the rotary switch to move thepointer to [QUIT].3.Press the rotary switch.Pressing the rotary switch again orallowing 10 seconds to elapse after step3 will quit navigation and return to theTimekeeping Mode.●To cancel the navigation quit operation,press (C) within 10 seconds afterpressing the rotary switch in step 3.Deleting the destination will stop routeguidance, but continue route recording.●For information about setting a destination,refer to the information below.lSetting a Registered Point as theDestination1.While a navigation operation is inprogress, press (D).2.Rotate the rotary switch to move thepointer to [RESET GOAL].3.Press the rotary switch.This deletes the destination and returns tothe navigation screen.Note●Backtrack cannot be used to clear adestination while a navigationoperation is in progress.lReturning to a Start Point(Backtrack)You can use the procedure below to recordyour current location in Point Memory. A pointrecorded in Point Memory can be specified asthe destination for future navigationoperations.●Point Memory can store up to 60 points.1.While a navigation operation is inprogress, hold down the rotary switch forabout one second.After you record your location, the displaywill momentarily shows its latitude andlongitude, and other information. After afew seconds, the message [SET ICON?]will appear.14Page 17 ●To delete a log1.Press (D).2.Rotate the rotary switch to select a deletemethod.[ONE]: Delete only the currently selectedlog.[ALL]: Delete all logs.3.Press the rotary switch.This deletes the log(s).●If you selected [ALL], press the rotaryswitch again to delete. Delete will alsobe executed automatically after about10 seconds, even if you do not press therotary switch again.4.Press (C) as many times as necessary toreturn to the GPS Navigation Mode settingscreen.Note●Acquired log data can be transferred toa phone for more detailed viewing ofroutes traveled, etc.Use the procedure below to specify theinterval for GPS signal reception and positioninformation acquisition during navigation.1.If a navigation operation is in progress,stop it.lStopping Navigation2.Press the rotary switch.3.Rotate the rotary switch to move thepointer to [SETTING].4.Press the rotary switch.5.Rotate the rotary switch to move thepointer to [INTERVAL].6.Press the rotary switch.7.Rotate the rotary switch to display theGPS receive interval you want to use.[NORMAL]: Acquires location informationevery minute.[HIGH RATE]: Acquires locationinformation every few seconds.8.Press the rotary switch.9.Press (C) as many times as necessary toreturn to the GPS Navigation Mode settingscreen.Note●The amount of time that navigation canbe used depends on the receiveinterval setting. When you want toperform long-term continualnavigation, select the [NORMAL]setting.[NORMAL]: 24 hours, continuous[HIGH RATE]: 4 to 5 hours, continuous1.If a navigation operation is in progress,stop it.lStopping Navigation2.Press the rotary switch.This displays the GPS Navigation Modesetting screen.3.Rotate the rotary switch to move thepointer to [SETTING].4.Press the rotary switch.5.Rotate the rotary switch to move thepointer to [UNIT].6.Press the rotary switch.7.Rotate the rotary switch to select thedistance unit.[KILOMETER]: Kilometers[MILE]: Miles8.Press the rotary switch.9.Press (C) to return to the GPS NavigationMode setting screen.You can use the Digital Compass Mode todetermine the direction of north, and to checkyour bearing to a destination.●Check the information below to find outhow to ensure correct readings.lCalibrating Compass ReadingslDigital Compass ReadingPrecautionsGetting readyEnter the Compass Mode.lNavigating Between Modes●Entering the Compass Mode startscompass readings.Point 12 o'clock in the direction of your desiredobjective, and will indicate north. Thebearing and bearing angle to your objectivewill also appear on the display.●Even if the watch is not level when you takea reading, an auto level correction functionwill automatically compensate for the angleand display a result. Note, however, that ifthe watch is positioned so its display isnearly perpendicular to the ground, theangle display will go blank and the watch willnot perform bearing measurement.●To retrigger the compass operation, press(D).Interpreting Bearing Readings214°0°Bearing to objectiveBearing angle to objectiveNorthBearingObjectiveDirections: N (North), E (East), W (West), S(South)17Page 18 You can determine the watch's current chargelevel in any mode.ChargelevelIndicatorUsable FunctionsHighLowAllAll functions except thosethat use GPSTimekeeping only(Button

yourhemisphere so the watch displays Moonphases as they actually appear in yourlocation.1.Press (A).This displays the Tide/Moon Mode settingscreen.2.Rotate the rotary switch to move thepointer to [HEMISPHERE].3.Press the rotary switch.4.Rotate the rotary switch to select ahemisphere.[NORTHERN]: Northern Hemisphere[SOUTHERN]: Southern Hemisphere5.Press the rotary switch to exit the settingscreen.This returns to the Tide/Moon Modesetting screen.6.Press (C) to exit the setting screen.28

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