READING THE DISPLAY

Press © for an outline of all functions.
Each function is explained on the following pages.

TIME DISPLAY
REGULAR TIMEKEEPING MODE

Hour
Minute
Second

Press Ⓐ

CALENDAR DISPLAY

Month   Date   Day

ALTIMETER MODE

Press ©

After a few seconds

[Module No.736]

BAROMETER MODE

Press ©

After a few seconds

DEPTHMETER MODE   Press ©   **ALARM MODE**   Press ©   **COUNTDOWN ALARM MODE**   Press ©

The operational procedures for Modules 376 and 736 are identical. All of the illustrations in this manual show Module 376.

STOPWATCH MODE

Press ©

The watch reverts to regular timekeeping mode when the © button is pressed after operation.
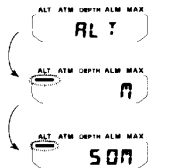

OPERATING ALTIMETER

This unit has a relative altitude measuring function. It detects variations in atmospheric pressure via a built-in pressure sensor, then uses the reference model of the Standard International Atmosphere to convert the variations* of pressure into altitudes.

*The difference between the atmospheric pressure measurements at the reference altitude setting and point of actual measurement.

About two seconds after changing to the altimeter mode, automatic measurement starts. About the first five minutes, the altitude is measured every nine seconds. Thereafter, it is measured every minute. Altitude is displayed in increments of five meters (20 feet) over a range of −4,000 to +4,000 meters (−13,120 to +13,120 feet).
Press Ⓓ for spot measurement.

The display will automatically return to the time display, if left unused for an hour.

MEASURING ALTITUDE

SETTING A REFERENCE ALTITUDE
When adjusting the altimeter using a precision altimeter or standard altitude indicator or when resetting the starting point of measurement at 0 meter to measure the relative altitude, proceed as follows:

1) Press and hold Ⓑ to start the display flashing.

2) Each push of Ⓐ increments flashing digit by 5 meters (20 feet).
Press Ⓓ to decrement. Hold pressed to move quickly.
To reset a reference altitude to 0 meter, press Ⓐ and Ⓓ simultaneously.
3) Press and hold Ⓑ to complete setting.

The Ⓑ button must be fully pressed and held for more than one second.

• A reference altitude can be set from 0 to +4,000 meters (0 to +13,120 ft).
• Display automatically returns to the altimeter mode if left unused for a few minutes.

USING ALTITUDE ALARM
The altitude alarm sounds for five seconds at the preset altitude.
For example:
1) When you have reached 130 meters from the 0 meter level.
When the altimeter is set at 130 meters.
2) When you have passed the point which altitude is 200 meters.
When the altitude alarm is set at 200 meters.

SETTING ALTITUDE ALARM

1) Press and hold Ⓑ to start the display flashing
2) Press © to move to the altitude alarm mode.

Press ©

Reference altitude → Altitude alarm → M/F selection

3) Each press of Ⓐ increments flashing digit by 5 meters (20 feet).
Press Ⓓ to decrement. Keep pressed to move quickly.
4) Press and hold Ⓑ to complete setting.

• To deactivate the altitude alarm, set it to "———m" (OFF) when presetting the altitude.
To stop beeper, press any button. At the same time, the altitude alarm is deactivated.
To reactivate, follow procedure for "setting altitude alarm".

The Ⓑ button must be fully pressed and held for more than one second.

SELECTING METERS OR FEET
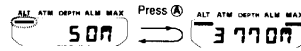
The altimeter measures either in meters or feet.
1) Press and hold Ⓑ start display flashing.
2) Press © twice to move to the M/F selection mode.

M/F SELECTION

M: Meter
F: Feet

Press ©

Reference altitude → Altitude alarm → M/F selection

3) Press Ⓐ or Ⓓ to select either meters (M) or feet (F).
4) Press and hold Ⓑ to complete setting.

MAXIMUM ALTITUDE MEMORY

Press Ⓐ

The maximum altitude memory stores only positive (+) measurements. So, if negative (−) measurements are continuously obtained, no maximum altitude memory is displayed.

The maximum altitude that the altimeter has measured is stored automatically. While pressing Ⓐ, the maximum altitude can be shown. The maximum altitude stored in memory is cleared by resetting a reference altitude, after which a new maximum altitude can be stored. If the altitude exceeds the measuring capacity, the display indicates "FULL".

OPERATING BAROMETER

The barometer digitally shows the atmospheric pressure detected by a built-in pressure sensor.

MEASURING ATMOSPHERIC PRESSURE
About two seconds after the watch is changed to the barometer mode, the barometer automatically starts measurement.
For the first five minutes, atmospheric pressure is displayed every nine seconds, and thereafter, every minute. Atmospheric pressure is indicated in increments of one mb over a range from 610 to 1,050 mb.
Press Ⓓ for spot measurement.

The Ⓑ button must be fully pressed and held for more than one second.

* The display will automatically return to the time display, if left unused for half an hour.
* If the atmospheric pressure exceeds the measuring range , the display indicates "FULL".

SETTING REFERENCE ATMOSPHERIC PRESSURE
WARNING: The reference atmospheric pressure has been set to the correct value at the factory. No further adjustment is needed. Should the reference atmospheric pressure be incorrectly, measurement will be inaccurate. The barometer must be adjusted with the aid of a precision barometer.

Set the reference atmospheric pressure as follows:
1) Press © while holding Ⓑ in the barometer mode to set the reference atmospheric pressure. Now, the display shows 1,013mb.
2) Each push of Ⓐ increments the atmospheric pressure one mb, and each push of Ⓓ decrements by one mb.
Keep pressed to move quickly.
3) Press and hold Ⓑ to complete setting.
* Reference atmospheric pressure ranges from 600 to 1,099 mb.
* Display automatically returns to the barometer mode if unused for a few minutes.

The Ⓑ button must be fully pressed and held for more than one second.

OPERATING DEPTH METER

The relative water depth measuring function in this unit converts the variations* in atmospheric pressure detected via a built-in pressure sensor into water depth. Note that the depth meter is designed for saltwater use. In fresh water, the correct water depth is the displayed value multiplied by 1.025.
* The difference between the water pressure measurements made at sea level and at an actual measuring point.

MEASURING WATER DEPTH

About two seconds after the watch is set to the depth meter mode, automatic measurement starts. Thereafter the depth is measured every three seconds. The water depth is displayed in meter or feet in increment of 0.1 meter (1 foot) over a range of 0 to 30 meters (0 to 98 feet). Less than one meter is rounded off to 0.

* Always reset the water depth to 0 after selecting the depthmeter mode. If necessary, press Ⓐ and Ⓓ at the same time to do this.
* Except for a water depth of 0 meter, the mode cannot be changed by pressing Ⓒ during measurement.
* When the actual water depth exceeds the measuring range, the display shows "FULL".

USING DEPTH ALARM

The depth alarm sounds for five seconds at the preset depth.
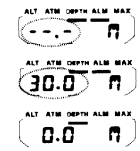
1) Press and hold Ⓑ to start the display flashing.

Press Ⓒ → Depth alarm → M/F selection

2) Each push of Ⓐ increments the depth one meter (one foot), and each push of Ⓓ decrements it by one meter (one foot). Keep pressed to move quickly.
3) Press Ⓑ to complete setting.

* To deactivate the depth alarm set it to "—.—" (OFF) when presetting the depth interrupting the depth alarm while it is sounding clears the depth setting. To reset, use the above procedure.
* Press any button to stop beeper.

NOTE:
As this watch is designed to resist water pressure of not more than 10 atm., you can use it for marine sports such as skin diving, etc. However, the watch should not be used for scuba diving requiring breathing apparatus.

The Ⓑ button must be pressed hard for more than one second.

SELECTING METERS OR FEET

The depth meter measures water depth in meters or feet. Once the unit is selected, altitude and water depth are displayed in that unit.
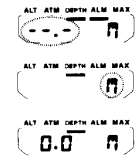
1) Press and hold Ⓑ to start the display flashing.
2) Press Ⓒ to move the M/F selection mode.

Press Ⓒ → Depth alarm → M/F selection

3) Press Ⓐ or Ⓓ to select meters (M) or feet (F).
4) Press Ⓑ to complete setting.

MAXIMUM WATER DEPTH MEMORY

For depths over one meter, the maximum water depth that the depth meter has measured is stored automatically.
Press Ⓐ in the depth meter mode to view the maximum water depth.
The maximum depth memory is cleared when Ⓐ and Ⓒ are pressed at the same time or when another measurement is made after the mode is changed.
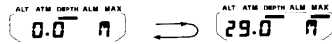
ERROR PREVENTION FUNCTION

Should correct measurement be impossible due to a faulty sensor, incomplete contact, a dead battery or voltage drop due to low temperature, the display stops measuring and cycles as shown:

Sensor trouble

SEnSOR ← Error
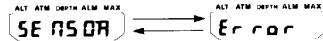
Under bad conditions

HELP

When this display appears, only Ⓒ is operable, and the alarm won't sound. If sensor trouble is suspected take your watch to your Casio dealer without delay. When the "HELP" display disappears due to a rise in temperature, measurement is again possible; but it's advisable, to have a Casio dealer check the batteries.

The Ⓑ button must be fully pressed and held for more than one second.

OPERATING DAILY ALARM

Beeper sounds for 20 seconds at preset time every day until cleared when daily alarm is set. Press any button to stop beeper. Signal sounds every hour on the hour if time signal is set.

SETTING DAILY ALARM

1) Press and hold Ⓑ in the alarm mode to set the new time.
2) Each push of Ⓐ increments flashing digits one by one. Press Ⓓ to decrement. Keep pressed to move quickly.
3) Press Ⓒ to shift flashing digits. Digits to be changed will flash.
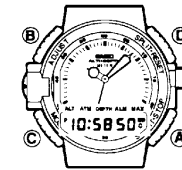
Press Ⓒ → HOUR → MINUTE
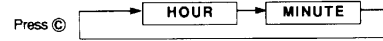
4) Press and hold Ⓑ to complete setting.
Display automatically returns to initial daily alarm mode if left unused for a few minutes.
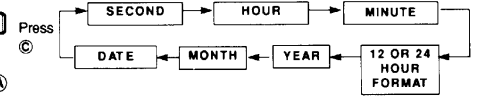
SETTING DAILY ALARM AND TIME SIGNAL ON/OFF

Press Ⓐ

| Daily alarm and time signal sound. | Daily alarm and time signal do not sound. | Only daily alarm sounds. | Only time signal sounds. |
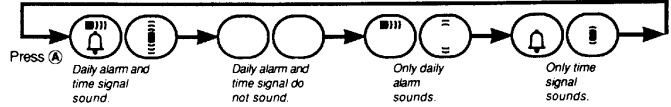
SETTING DIGITAL TIME/CALENDAR

TIME DISPLAY

1) Press and hold Ⓑ in the time display mode to set the time.
2) Press Ⓐ on a time signal to correct seconds.
3) Press Ⓒ to shift flashing digits.

Press Ⓒ

SECOND → HOUR → MINUTE → 12 OR 24 HOUR FORMAT → YEAR → MONTH → DATE → (back to SECOND)

4) Each push of Ⓐ increments the digits by one. Press Ⓓ to decrement. Keep pressed to move quickly.
5) Press and hold Ⓑ to complete setting.
Display automatically returns to the time display if left unused for a few minutes.

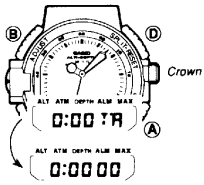The Ⓑ button must be fully pressed and held for more than one second.

SETTING ANALOG TIME
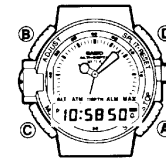
1) When the second hand is at 12 o'clock, stop it by pulling out the crown.
2) Turn the crown to set the time.
3) Press the crown in on a time signal.

A gain or loss of one second or less may result due to the inherent properties of mechanical parts.
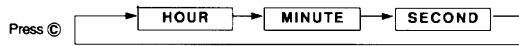
OPERATING COUNTDOWN ALARM

Countdown is settable from 1 second to 24 hours (display shows 0:00'00), and times to an accuracy of one second. Start/stop operation is possible by pressing Ⓐ and is confirmed by a signal. To cancel countdown, press Ⓓ when the countdown is stopped. When the display reaches zero, beeper sounds for 10 seconds until any button is pressed.

SETTING COUNTDOWN TIME
1) Press Ⓑ in countdown alarm mode to set new time.
2) Press Ⓐ to increment digits and Ⓓ to decrement. Keep pressed to move quickly.
3) Press Ⓒ to shift flashing digits.
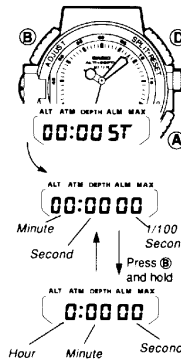
Press Ⓒ → HOUR → MINUTE → SECOND

4) Press and hold Ⓑ to complete setting.

REPEAT FUNCTION
Pre-entered time is retrieved when display reaches zero.
* Display automatically returns to initial countdown alarm mode if left unused for a few minutes.

The Ⓑ button must be fully pressed and held for more than one second.

OPERATING STOPWATCH

A signal confirms start/stop and split/reset operation. Total elapsed time display is limited to 23 hours 59 minutes 59.99 seconds. For longer time, reset and start again.

a) Net time measurement
Ⓐ	→ Ⓐ (Time loss)	Ⓐ	→ Ⓐ	→ Ⓓ
START	STOP	RESTART	STOP	RESET

b) Split time measurement
Ⓐ	→ Ⓓ	Ⓓ	→ Ⓐ	→ Ⓓ
START	SPLIT	SPLIT RELEASE	STOP	RESET

c) 1st-2nd place time measurement
Ⓐ	→ Ⓓ	→ Ⓐ	→ Ⓓ	→ Ⓓ
START	SPLIT	STOP	SPLIT RELEASE	RESET
	The first runner finishes.	The second runner finishes. Record the time of the first runner	Record the time of the second runner.	