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Operation Guide 3570

CASIO

ENGLISH

You can also find information about operational procedures at the CASIO website.

https://s.casio.jp/mw/en/3570/

About This Manual

- 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**

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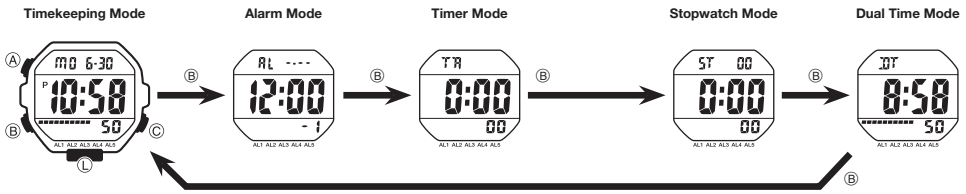
Selecting a Mode

- Press Ⓑ to change from mode to mode.
- In any mode, press Ⓛ to illuminate the display.



- In any mode, hold down Ⓑ for about one second to return to the Timekeeping Mode.

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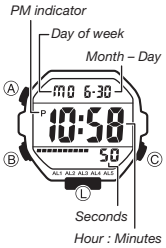
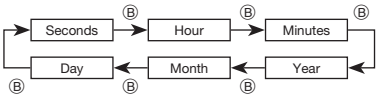
Timekeeping



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 Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓑ to move the flashing in the sequence shown below to select other settings.



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

To change this setting	Perform this button operation
Seconds	Press Ⓒ to reset to **00**.
Hour, Minutes, Year, Month, Day	Press Ⓒ to increase the setting.

- Pressing Ⓒ 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 Ⓐ to exit the setting screen.

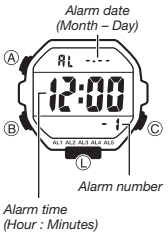
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the 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



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 Ⓑ (page EN-8).

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.

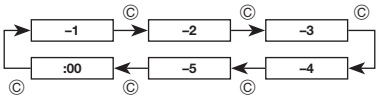
- **Date alarm**
Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

- **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

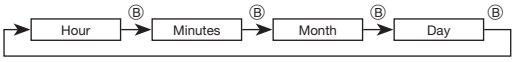
1. In the Alarm Mode, use Ⓒ to scroll through the alarm screens until the one whose time you want to set is displayed.



- Alarm **1** has a snooze feature.
- The snooze alarm operation repeats every five minutes.

2. After you select an alarm, hold down Ⓐ 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 Ⓑ to move the flashing in the sequence shown below to select other settings.



4. While a setting is flashing, press Ⓒ to increase it.
   - To set an alarm that does not include a month (Daily alarm, Monthly alarm), set **–** for the month. Press Ⓒ 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 Ⓒ 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 Ⓐ to exit the setting screen.

Alarm Operation

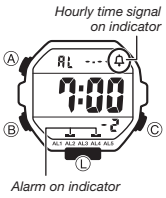
The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off or change it to a one-time alarm (page EN-18).

- 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-10)
  *Displaying the alarm **1** setting screen (page EN-15)*

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

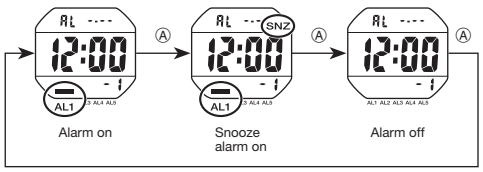


1. In the Alarm Mode, use Ⓒ to select alarm number **2** through **5**, or the Hourly Time Signal (**:00**).
2. Press Ⓐ to toggle it on and off.
   - The on/off status of Alarms **2** through **5** and the Hourly Time Signal is shown by indicators.
   - The alarm on indicators and Hourly time Signal 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 Ⓒ to select Alarm **1**.
2. Press Ⓐ 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

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 Ⓑ (page EN-8).

To use the countdown timer

Press Ⓒ 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 Ⓒ while a countdown operation is in progress to pause it. Press Ⓒ again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing Ⓒ), and then press Ⓐ. This returns the countdown time to its starting value.

To set the countdown start time

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

To turn auto-repeat on and off

Auto-repeat indicator

1. In the Timer Mode, hold down Ⓐ until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
2. Press Ⓛ to toggle auto-repeat on (**A.RPT** displayed) and off (**A.RPT** not displayed).

- Note that pressing Ⓛ 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 Ⓒ and manually reset to the start time by pressing Ⓐ.
- The auto-repeat indicator appears in the Timer Mode only.

Stopwatch

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 Ⓑ (page EN-9).

To measure times with the stopwatch

Elapsed time

Ⓒ **Start** → Ⓒ **Stop** → Ⓒ **Resume** → Ⓒ **Stop** → Ⓐ **Reset**

Split Time

Ⓒ **Start** → Ⓐ **Split** (**SP** displayed) → Ⓐ **Split release** → Ⓒ **Stop** → Ⓐ **Reset**

Two Finishes

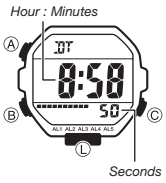
Ⓒ **Start** → Ⓐ **Split** First runner finishes. Display time of first runner. → Ⓒ **Stop** Second runner finishes. → Ⓐ **Split release** Display time of second runner. → Ⓐ **Reset**

Dual Time

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



1. Press Ⓑ to enter the Dual Time Mode (page EN-9).
2. In the Dual Time Mode, hold down Ⓐ until the hour setting starts to flash, which indicates the setting screen.
3. Press Ⓑ to change the selection in the following sequence.

   Hour ⟷ (Ⓑ) Minutes

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

Backlight

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-29 for other important information about using the backlight.

To turn on the backlight

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

Reference

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

Accuracy at normal temperature: ±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.