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› Casio SGW500H-2BV Sports Watch Instruction Manual

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Model: SGW500H-2BV

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the Casio SGW500H-2BV Sports Watch. This analog-digital timepiece is equipped with a range of features designed for active lifestyles, including a digital compass, thermometer, world time, multiple alarms, stopwatch, and countdown timer. This manual provides essential information for proper setup, operation, and maintenance of your watch.



Image 1.1: Front view of the Casio SGW500H-2BV Sports Watch, showcasing its black resin case, blue accents, and analog-digital display.

2. INITIAL SETUP

2.1 Setting the Home City and Time

Before using your watch, set your Home City and the current time. This ensures accurate timekeeping and proper function of

features like World Time and Sunrise/Sunset data.

1. In the Timekeeping Mode, hold down the **ADJUST** button (top left) until the city code starts to flash.
2. Use the **COMPASS** (top right) and **THERMO** (bottom right) buttons to select your Home City code. Refer to the world time city code list in the full manual for your specific city.
3. Press the **MODE** button (bottom left) to cycle through settings: DST (Daylight Saving Time), 12/24-hour format, Seconds, Hour, Minute, Year, Month, Day.
4. Use the **COMPASS** and **THERMO** buttons to adjust the flashing value.
5. Once all settings are correct, press the **ADJUST** button to exit the setup screen.

2.2 Adjusting Analog Hands

If the analog hands do not match the digital time, they need to be manually adjusted.

1. In the Timekeeping Mode, hold down the **ADJUST** button until the city code starts to flash.
2. Press the **MODE** button repeatedly until the hand setting screen appears (usually indicated by 'H.SET' or similar).
3. Use the **COMPASS** and **THERMO** buttons to move the analog hands to the correct digital time. Holding these buttons will move the hands at high speed.
4. Press the **ADJUST** button to exit.

2.3 Digital Compass Calibration

For accurate compass readings, calibrate the watch regularly, especially after significant temperature changes or moving to a new location.

1. Enter the Compass Mode by pressing the **COMPASS** button.
2. Perform a **Bidirectional Calibration**: Hold the watch horizontally and rotate it slowly two full turns (360 degrees) while keeping it level.
3. Perform a **Magnetic Declination Correction**: If you know the magnetic declination for your current location, you can input it into the watch for true north readings. Refer to the detailed manual for specific steps on setting magnetic declination.



Image 2.1: An illustration highlighting the compass feature on the watch, indicating direction.

3. OPERATING MODES AND FUNCTIONS

Your Casio SGW500H-2BV watch features several modes accessible via the **MODE** button (bottom left).

3.1 Timekeeping Mode

Displays the current time, date, and day of the week. This is the default mode.

3.2 Digital Compass Mode

Press the **COMPASS** button (top right) to activate. The second hand will point to North, and the digital display will show the direction as one of 16 points with azimuth in degrees. Measurement range: 0° to 359°, unit: 1°.

3.3 Thermometer Mode

Press the **THERMO** button (bottom right) to activate. The watch displays the current temperature. Display range: -10 to 60°C (14 to 140°F), unit: 0.1°C (0.2°F). For accurate readings, remove the watch from your wrist for 20-30 minutes as body heat can affect the sensor.



Image 3.1: An illustration indicating the thermometer function of the watch.

3.4 World Time Mode

Allows you to view the current time in 31 time zones (48 cities). Use the **COMPASS** and **THERMO** buttons to scroll through city codes.

3.5 Alarm Mode

Set up to five independent daily alarms and an hourly time signal. Use the **ADJUST** button to enter setting mode and **COMPASS/THERMO** buttons to set alarm times.



Image 3.2: An illustration depicting the alarm functionality of the watch.

3.6 Stopwatch Mode

Measures elapsed time, split times, and 1st-2nd place times. Measuring capacity: 23:59'59.99". Use the **COMPASS** button to start/stop and **THERMO** button for split/reset.

3.7 Countdown Timer Mode

Functions as a 100-minute countdown timer (in 1-second increments). Set the countdown start time from 1 second to 100 minutes.

3.8 LED Backlight

Press the **LIGHT** button (middle right) to illuminate the digital display. You can select the illumination duration in the Timekeeping Mode settings.

3.9 Moon Data and Sunrise/Sunset Times

The watch displays moon age at noon and sunrise/sunset times for your Home City. Ensure your Home City and current date are correctly set for accurate data.

4. MAINTENANCE

4.1 Water Resistance

The Casio SGW500H-2BV is water-resistant to 100 meters (330 feet). This makes it suitable for swimming and snorkeling. **Do not operate buttons while the watch is wet or submerged.** It is not suitable for scuba diving.



Image 4.1: An illustration indicating the water resistance feature of the watch.

4.2 Battery Replacement

The watch uses one CR2 battery. When the display becomes dim or functions become erratic, it's time to replace the battery. It is recommended to have battery replacement performed by a qualified watch technician to ensure proper water resistance sealing.

4.3 Cleaning

Wipe the watch case and band with a soft, dry cloth. For stubborn dirt, use a soft cloth dampened with water and mild soap, then rinse thoroughly and dry. Avoid harsh chemicals or solvents.

4.4 Storage

Store your watch in a cool, dry place away from direct sunlight, extreme temperatures, and strong magnetic fields.

5. TROUBLESHOOTING

- **Incorrect Time/Date:** Ensure your Home City is correctly set and Daylight Saving Time (DST) is adjusted as needed. If the analog hands do not match the digital time, perform the manual analog hand adjustment (Section 2.2).
- **Inaccurate Compass Readings:** Perform bidirectional calibration (Section 2.3). Avoid using the compass near strong magnetic fields (e.g., large metal objects, electronics).
- **Inaccurate Temperature Readings:** Remove the watch from your wrist for 20-30 minutes before taking a reading, as body heat affects the sensor.
- **Display is Dim or Blank:** The battery may be low or depleted. Replace the battery (Section 4.2).
- **Buttons Not Responding:** Ensure the watch is not in a frozen state due to extreme cold. If the issue persists, a battery reset or professional inspection may be required.

6. SPECIFICATIONS

Model Number	SGW500H-2BV
Movement	Japanese Quartz (Analog-Digital)
Water Resistance	100 Meters (330 Feet)
Case Material	Resin
Band Material	Resin
Crystal	Mineral
Battery Type	1 x CR2 (included)

Case Diameter	50 Millimeters
Band Width	18 Millimeters
Case Thickness	18 Millimeters
Weight	0.25 Pounds

7. WARRANTY AND SUPPORT

Your Casio SGW500H-2BV watch is covered by a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions. For further assistance, technical support, or service inquiries, please visit the official Casio website or contact their customer service department.

Your browser does not support the video tag.

Video 7.1: A product video showcasing the Casio SGW500H-2BV watch from various angles, highlighting its design and features.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question