



CASIO 3569 Watch User Guide

[Home](#) » [Casio](#) » CASIO 3569 Watch User Guide 

CASIO 3569 Watch User Guide



Contents

1	Precautions
2	Operating Precautions
3	User Maintenance
4	Dangers of Poor Watch Care
5	Battery Replacement
6	Before Getting Started...
7	Watch Features
8	General Guide
9	Indicators
10	Graphic Display Area
11	Navigating Between Modes
12	Viewing the Face in the Dark
13	Time Correction
14	Time Correction
15	Multi Time
16	Specifying Local Time Cities (T-2,T-3,T-4)
17	Swapping Your Home City Time and a Local Time City
18	World Time
19	Checking World Time
20	Setting the World Time City
21	Swapping Your Home City Time and World Time
22	Alarm
23	Configuring Alarm Settings
24	Configuring the Hourly Time Signal Setting
25	Turning Off an Alarm or the Hourly Time Signal
26	Stopwatch
27	Measuring Elapsed Time
28	Measuring a Split Time
29	Timing the First and Second Place Finishers
30	Timer
31	Using the Timer
32	Other Settings
33	Button Operation Tone Setting
34	Other Information
35	Specifications
36	Troubleshooting
37	Alarm and Hourly Time Signal
38	Q1 Analarmdoes not sound.
38.1	Other
38.2	Documents / Resources
38.2.1	References

Precautions

Operating Precautions

Water Resistance

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

'Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark
---	-------------

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	No
Windsurfing	No
Skin diving	No

Enhanced Water Resistance Under Daily Use 5 Atmospheres

Marking on watch front or on back cover	5BAR
---	------

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	No
Skin diving	No

10 Atmospheres

Marking on watch front or on back cover	10BAR
---	-------

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

20 Atmospheres

Marking on watch front or on back cover	20BAR
---	-------

Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	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 may cause temporary blotching in blank areas of the LCD

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

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 acetal band or 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 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 watches 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 Orto fall out. If you ever notice any abnormality immediately stop using your watch and take into your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rusting 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 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 “Specifications”. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Omental 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 retimed 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 noted in the “**Specifications**”. 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.

Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

Watch Features

• Multi Time

In the Timekeeping Mode, you can switch between four different cities and view the current time in each (T-1: Time 1 through T-4: Time 4).

• World Time

World Time displays the current time in any of 31 time zones around the globe.

• Alarm

An alarm sounds whenever a time specified by you is reached.

- **Stopwatch**

You can use the stopwatch to measure up to 24 hours of elapsed time in units of 1/100 of a second.

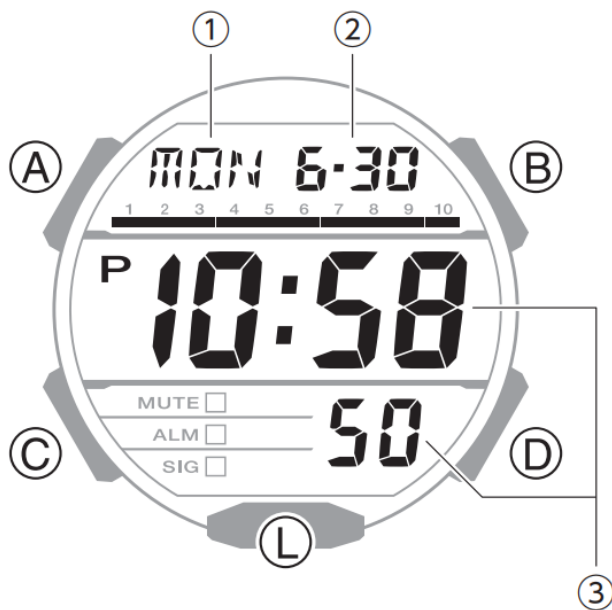
- **Timer**

Countdown from a start time specified by you. An alarm sounds when the countdown reaches zero.

Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

General Guide



1. Day of the week
2. Month, day
3. Hour, minute, second

A button

Holding down this button for at least one second in any mode displays the setting screen.

B button

Pressing this button while any setting screen is displayed will change the setting.

C button

Each press cycles between watch modes.

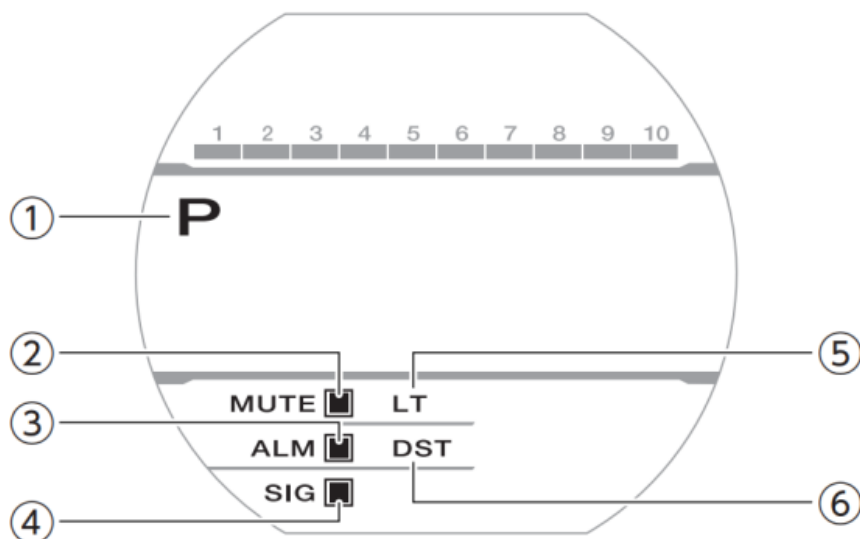
D button

Pressing this button while any setting screen is displayed will change the setting.

L button

Press to turn on illumination.

Indicators



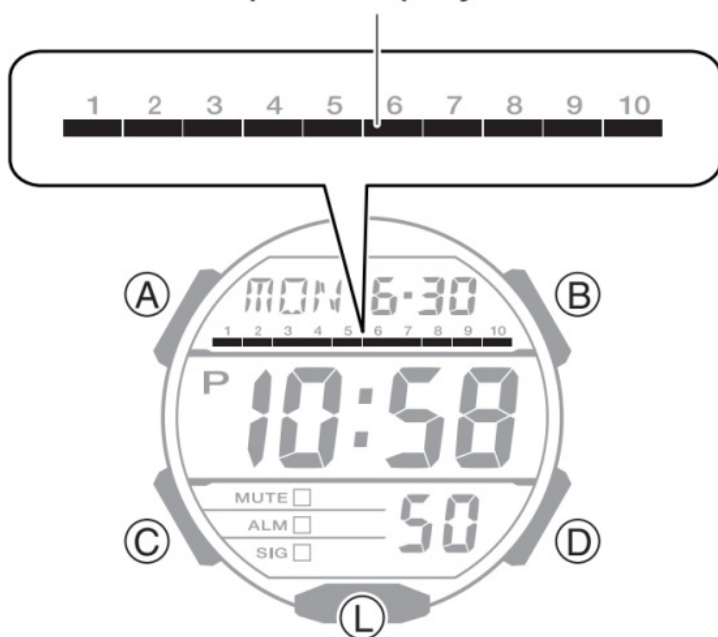
1. Displayed during p.m. times while 12-hour timekeeping is being used.
2. Displayed while the button operation tone is disabled.
3. Displayed while an alarm is turned on.
4. Displayed while the hourly time signal is enabled.
5. Displayed while Auto Light is enabled.
6. Displayed while the watch is indicating summer time.

Graphic Display Area

Graphic display area operation is linked with operations in each watch mode.

- In the Alarm Mode, the graphic display is blank.

Graphic display area



Timekeeping Mode

Graphic display contents move in coordination with current time seconds.

World Time

Graphic display contents move in coordination with World Time seconds.

Stopwatch Mode

Movements synchronized with the stopwatch seconds.

Timer Mode

Movement is synchronized with the timer seconds.

Navigating Between Modes

Each press of (C) cycles between watch modes.

Timekeeping Mode



Stopwatch Mode



World Time Mode



Timer Mode



Alarm Mode



Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

- **illuminate the face manually**

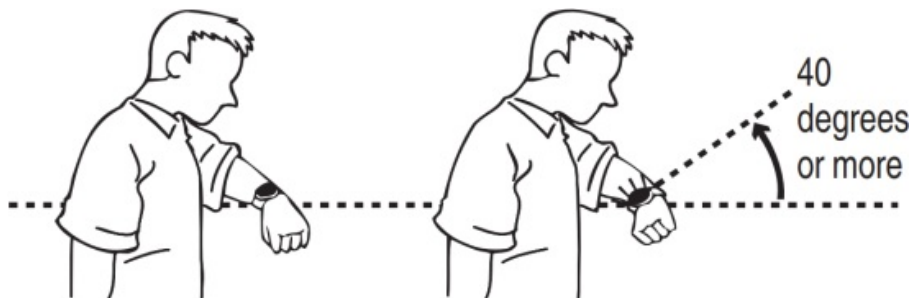
Press (L) to turn on illumination.

- illumination will turn off automatically if an alarm starts to sound.



- **To illuminate the face when Auto Light is enabled**

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



Important

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a light rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.
- Frequent use of illumination will run down the battery.

Note

- Auto Light is disabled when any one of the conditions below exists.

- Alarm, timer alert, or other beeper sounding

Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.



Navigating Between Modes

2. Hold down (L) for at least three seconds to toggle Auto Light between enabled and disabled.
 - [LT] s displayed while Auto Light is enabled.



Specifying the Illumination Duration

You can select either 1.5 seconds or three 'seconds as the illumination duration.

1. Enter the Timekeeping Mode.



Navigating Between Modes

2. Hold down (A) for at least one second.

Release the button when the seconds start to flash.



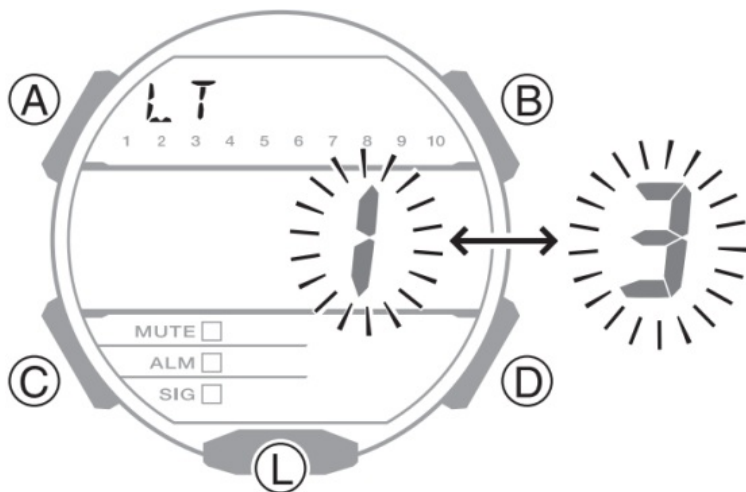
3. Press (C) nine times.

[LT] appears on the display with [1] or [3] flashing.

4. Press (D) to select illumination duration.

[LT1]: 1.5-second light

[LT3]: 3-second light



5. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Time Correction

Use the procedures in this section to adjust the date and time settings.



Time Correction

Use the procedures below to adjust the current date and time settings, and to Select a Home City.

Setting a Home City

Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summertime, you can also configure a summer time setting.

1. Enter the Timekeeping Mode.



Navigating Between Modes

2. Hold down (A) for at least one second.

Release the button when the seconds start to flash.



Seconds

3. Press (O).
4. Use (D) to change the summer time setting.
 - [OFF] The watch always indicates standard time.
 - [on] The watch always indicates summer time.



5. Press (C).
6. Use (B) and (D) to change the Home City setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
 - For details refer to the information below.

City Table

7. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Setting the Time/Date

1. Enter the Timekeeping Mode.



Navigating Between Modes

2. Hold down (A) for at least one second. Release the button when the seconds start to flash.



Seconds

3. Use (C) to display the setting you want to change.

- Each press of (C) cycles through settings in the sequence shown below.



4. Configure the date and time settings.

- While the seconds are flashing, pressing (D) will reset the mo 00. 1 is added to the minutes when the current seconds count is between 30 and 59 seconds.
- For all the other settings, use (B) and (D) to change the flashing setting.

Holding down (B) or (D) scrolls through settings at high speed.

- Repeat steps 3 and 4 to select time and date settings.
- Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Switching between 12-hour and 24- hour Timekeeping

You can specify either 12-hour format or 24- hour format for the time display.

- Enter the Timekeeping Mode.



Navigating Between Modes

- Hold down (A) for at least one second.

Release the button when the seconds start to flash.



- Press (C) five times.

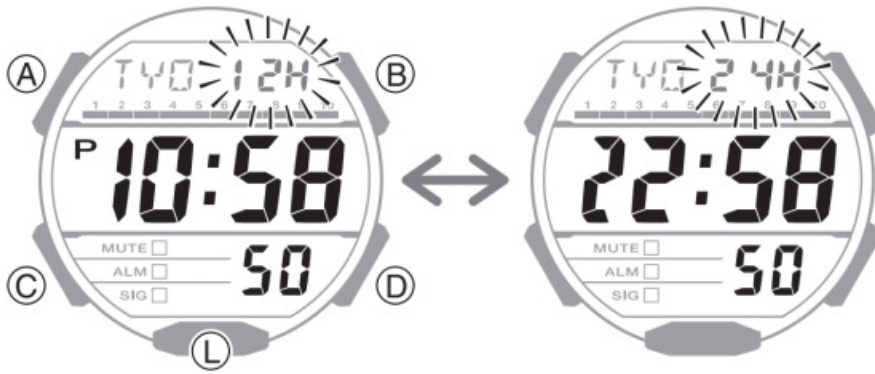
This causes [12H] or [24H] to flash on the display.



- Press (D) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).

12-hour timekeeping

24-hour timekeeping



5. Press (A) to complete the setting operation.

Note

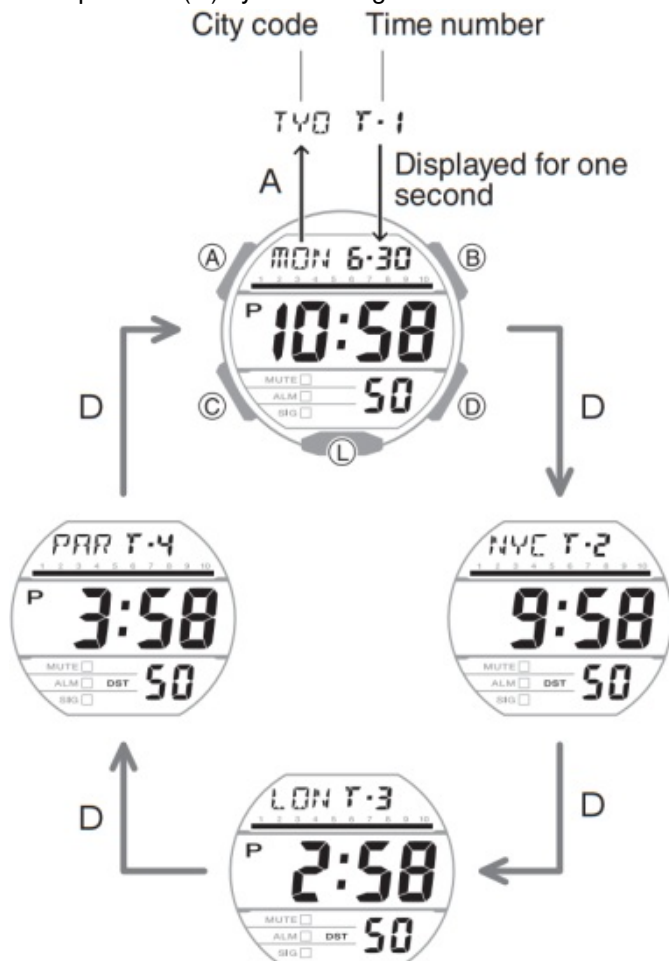
While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Multi Time

In the Timekeeping Mode, you can use Multi Time to switch between four different cities and view the current time in each (T-1: Time 1 through T-4: Time 4). Each of the times, named T-1 through T-4 can be assigned a different city. T-1 is your Home City time, while T-2, T-3, and T-4 are used for local times that are synced with your Home City time. Times T-2, T-3, and T-4 come in handy when you need to keep track of the current times in other time zones outside of your Home City zone.

Navigating Between Multi Time Times (T-1 through T-4)

Each press of (D) cycles through the Multi Time times as shown below.



- Pressing (A) while your Home City time is displayed displays your Home City's city code and [T-1] for about one second in place of the month, day, and day of the week.
- The current time setting can be adjusted for your Home City time (T-1) only.
- In the case of the local times (T-2, T-3, T-4), you can change only the city and DST (except for UTC) settings.

Scrolling Sequentially Through Current Times (T-1 through T-4)

In the Timekeeping Mode, holding down (D) for at least three seconds causes the display to continually scroll through times T-1 through T-4,

To retune to your current Home City time, press any button.

Specifying Local Time Cities (T-2,T-3,T-4)

Specifying Your Local Time Cities (T-2, T-3, T-4). If you are in an area that observes summertime, you can also configure summer time settings.

1. Enter the Timekeeping Mode.



Navigating Between Modes

2. Use (D) to display the local time (T-2, T-3, T-4) you want to configure.
3. Hold down (A) for at least two seconds.
Release the button when the city code starts to flash.
4. Use (B) and (D) to change the current Local Time City.
 - Holding down (B) or (D) scrolls through settings at high speed.
5. Press (C).
6. Use (D) to change the summer time setting.
[OFFY]: Standard Time
[on]: Summer Time
7. Press (A) to complete the setting operation.

Swapping Your Home City Time and a Local Time City

You can swap your current Home City time (T-1) with any one of your Local Times (T-2, T-3, T-4).

1. Enter the Timekeeping Mode.



Navigating Between Modes

2. Press (D) to display the Local Time (T-2 to T-4) you wish to specify as your new Home City time.
3. Press (A) and (B) at the same time.
The Local Time you select in step 2 will be swapped with your current Home City time.

World Time

World Time lets you look up the current time in any of 48 cities (31 time zones) around the globe.



Checking World Time

1. Enter the World Time Mode.



Navigating Between Modes

Entering the World Time Mode displays the city code of the currently selected World Time city.

- Each press of (B) or (D) scrolls through city codes.
- For information about city codes, see the information below.

City Table



Setting the World Time City

Use the procedure in this section to select a World Time city. If you are in an area that observes summer time, you can also configure a summer time setting.

1. Enter the World Time Mode.



Navigating Between Modes

2. Use (B) and (D) to display the city you want to specify as a World Time City.

- Holding down (B) or (D) scrolls through settings at high speed.
- For information about city codes, see the information below

 City Table
City code



3. If you want to configure the summer time setting, hold down (A) for at least two seconds.

[DST] is displayed along with summer time.

- Each time you hold down (A) for at least two seconds, the setting toggles between standard time and summer time.

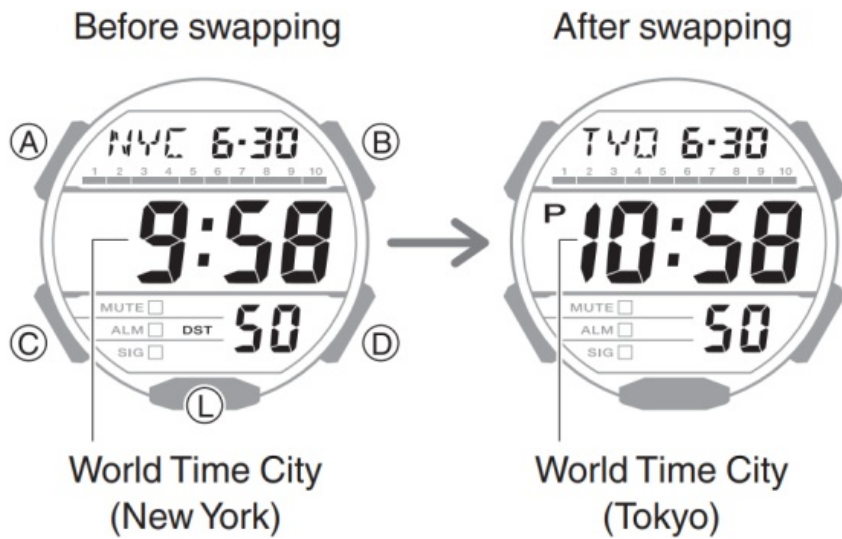


Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- The summertime setting you configure is applied to the currently selected city only. It does not affect other cities.

Swapping Your Home City Time and World Time

In the World Time mode, press (A) and (B) at the same time to swap your Home City time with your World Time. For example, if your Home City is Tokyo and the World Time City is New York, they will be swapped as shown below.



Alarm

The watch will beep when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

- The alarm sounds when your current Home City time (T-1) matches an alarm time setting.



Configuring Alarm Settings

Your watch provides you with five alarms, each of which can be set as one of the alarm types described below.

- **Daily alarm:** The alarm sounds at a set time each day.
- **One-time alarm:** The alarm sounds once and is then cleared.

1. Enter the Alarm Mode.

Navigating Between Modes

2. Press (D) to scroll through alarm numbers ([1] to [5]) until the alarm you want to configure is displayed.

Alarm time



Alarm number

3. Hold down (A) for at least one second.

This causes the hours digits to flash.

Alarm hour



4. Use (B) and (D) to change the hour setting.
- Holding down (B) or (D) scrolls through settings at high speed.
 - If you are using 12-hour timekeeping, [P] indicates p.m.



5. Press (O).

This causes the minutes digits to flash.



Alarm minute

6. Use (B) and (D) to set the minute setting.

7. Press (O).

8. Use (D) to select the alarm type you want.

[1-on]: One-time alarm on

[on]: Daily alarm on

One-Time Alarm

Daily Alarm



9. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Testing the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

To stop the alarm

To stop the alarm after it starts to sound when an alarm time is reached, press any button.

Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.
- The watch will automatically return to the Timekeeping Mode from the Alarm Mode afterword three minutes of nonoperation.

Configuring the Hourly Time Signal Setting

1. Enter the Alarm Mode.

Navigating Between Modes

2. Press (D) to display the hourly time signal screen ([:00]).



3. Press (A) to toggle the hourly time signal between enabled and disabled.
 - [SIG] (hourly time signal) is shown on the display while the hourly time signal is enabled.



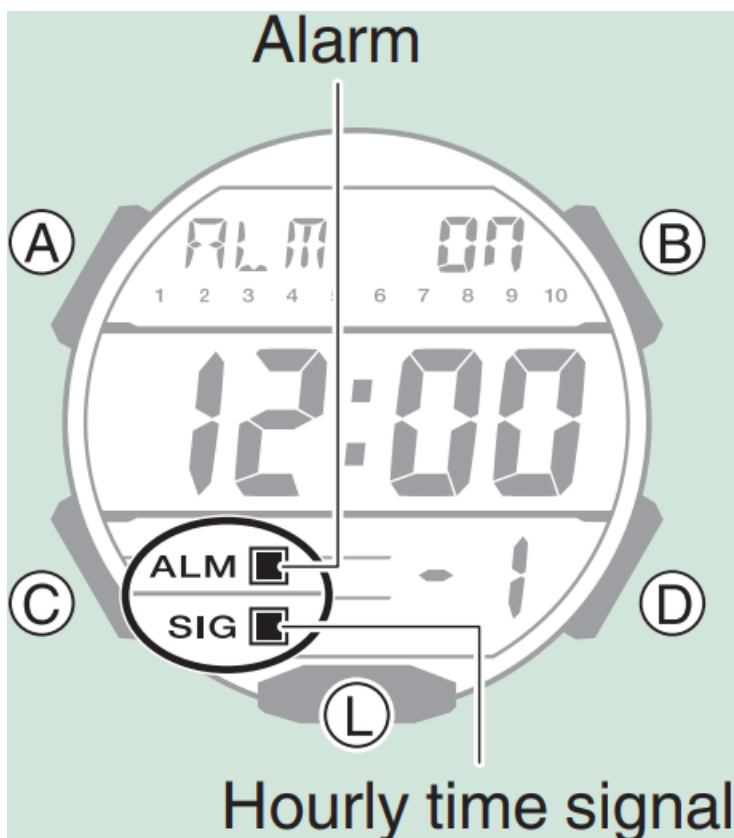
Turning Off an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

- To have an alarm or hourly time signal sound again, turn it back on.

Note

- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.



1. Enter the Alarm Mode.



Navigating Between Modes

2. Use (D) to scroll through the alarm ([1] to [5]) and hourly time signal ([:00]) screens until the one you want to turn off is displayed.



Alarm number

3. Press (A) totem of the displayed alarm or the hourly time signal.
 - Each press of (A) cycles through the alarm settings as shown below.

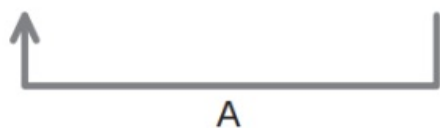
Alarm off



Daily alarm on



One-time alarm on



- Each press of (A) toggles the hourly time signal between enabled and disabled.
- Turning off all alarms will cause [ALM] (alarm) to disappear from the display, while disabling the hourly time signal causes [SIG] (hourly time signal) to disappear from the display.



Note

- If [ALM] (alarm) is still displayed, it means that another alarm is still timed on. Turn off all of the alarms, repeat steps 2 and 3 until the [ALM] (alarm) indicator is no longer displayed.

Stopwatch

The stopwatch measures elapsed time in units of 1/100 second up to 23 hours, 59 minutes, 59.99 seconds (24 hours). When this maximum limit is exceeded, elapsed time measurement resets to 0 and timing continues from there.

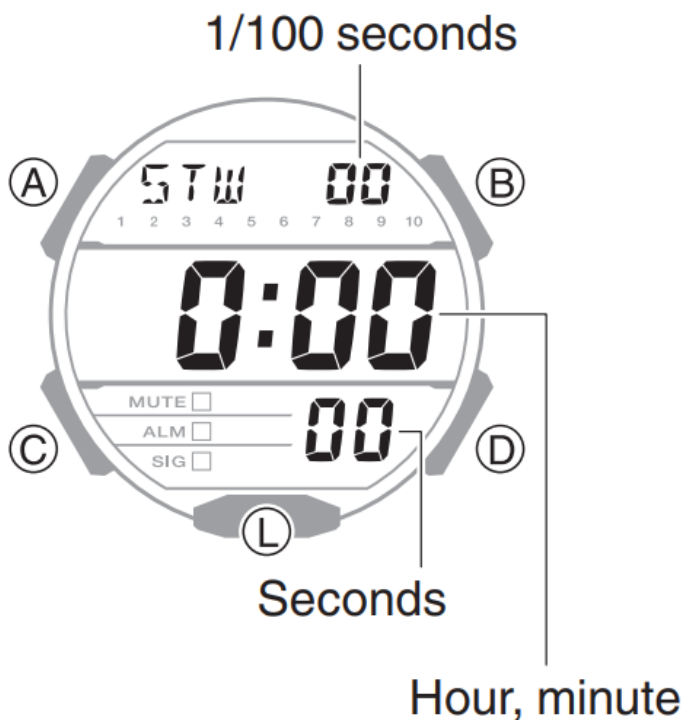


Measuring Elapsed Time

1. Enter the Stopwatch Mode.



Navigating Between Modes



2. Use the operations below to measure elapsed time.

(D) Start



(D) Stop



(D) Resume



(D) Stop

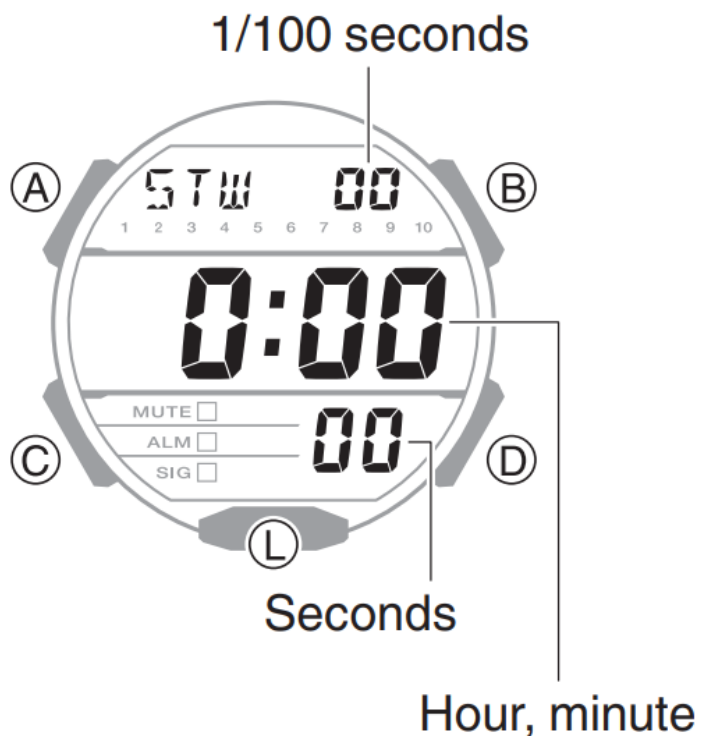
3. Press (B) to reset the stopwatch to all zeros.

Measuring a Split Time

1. Enter the Stopwatch Mode.



Navigating Between Modes



2. Use the operations below to measure elapsed time.

- Pressing (B) displays the elapsed time from the start of a race up to the point when you pressed the button (split time).

(D) Start



(B) Split



(B) Split release



(D) Stop

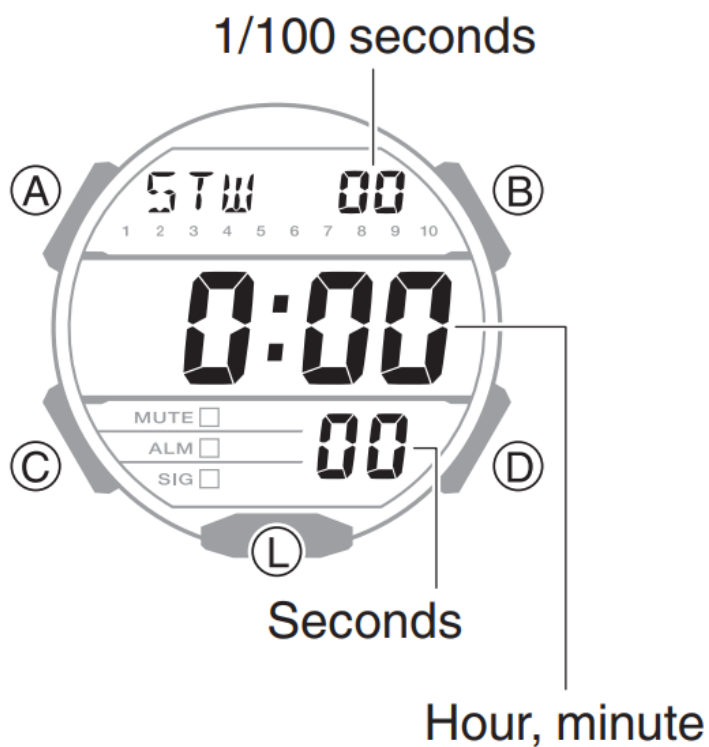
3. Press (B) to reset the stopwatch to all zeros.

Timing the First and Second Place Finishers

1. Enter the Stopwatch Mode.



Navigating Between Modes



2. Use the operations below to measure elapsed time.

(D) Start



(B) 1st Finisher*



(D) 2nd Finisher*

- This displays the time of the first finisher.

3. Press **(B)** to display the time of the second place finisher.

4. Press **(B)** to reset the stopwatch to all zeros.

Timer

The timer counts down from a start time specified by you. A beeper sounds when the end of the countdown is reached.



Setting the Time

The countdown start time can be set in 1-second units up to 24 hours.

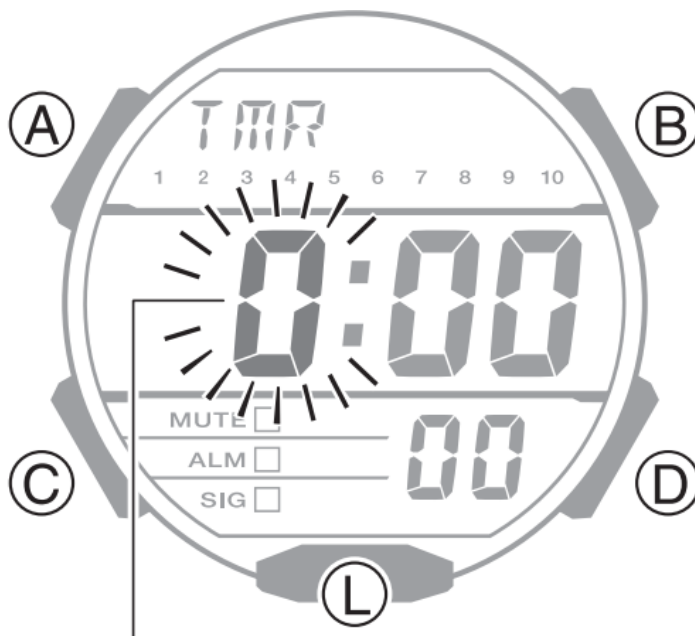
- If timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

Using the Timer

1. Enter the Timer Mode.

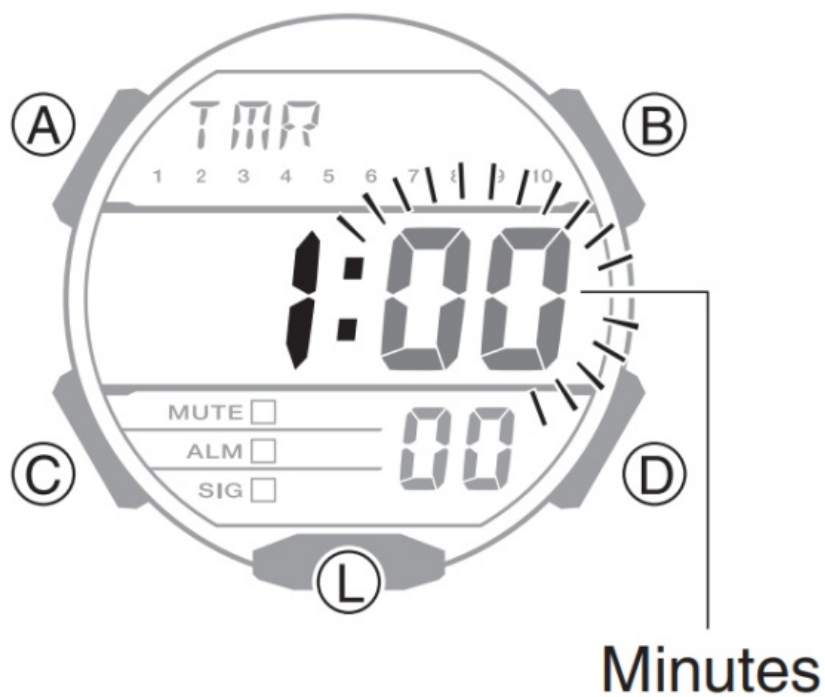
Navigating Between Modes

2. Hold down (A) for at least one second.
This causes the hours digits to flash.



Hours

3. Use (B) and (D) to change the timer hours setting.
 - Holding down (B) or (D) scrolls through settings at high speed.
4. Press (C).
This causes the minutes digits to flash.



5. Use (B) and (D) to change the timer minutes setting.
6. Press (L).
- This causes the seconds digits to flash.
7. Use (B) and (D) to change the seconds setting.
8. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Setting a start time of [0:00 00] performs a countdown of 24 hours.

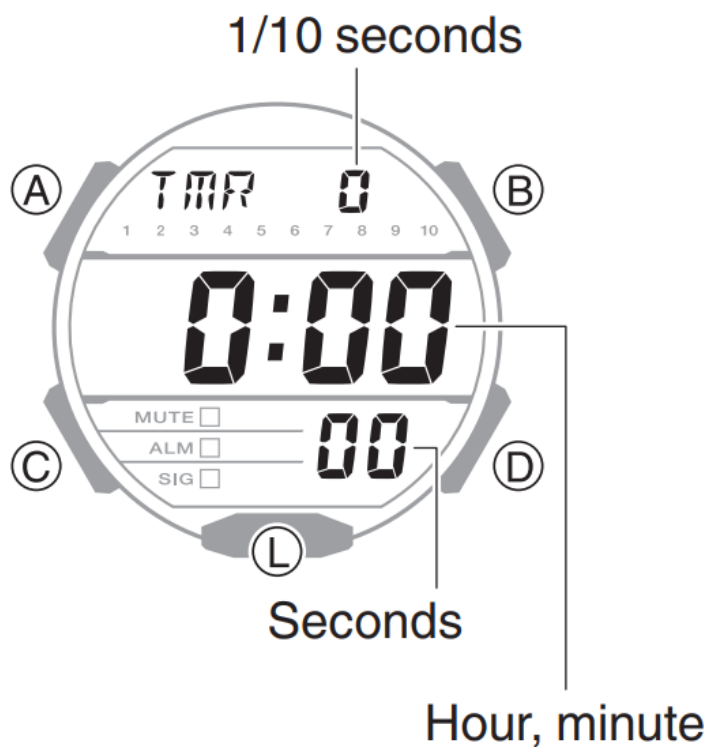
Using the Timer

The timer counts down time in 1/10-second units.

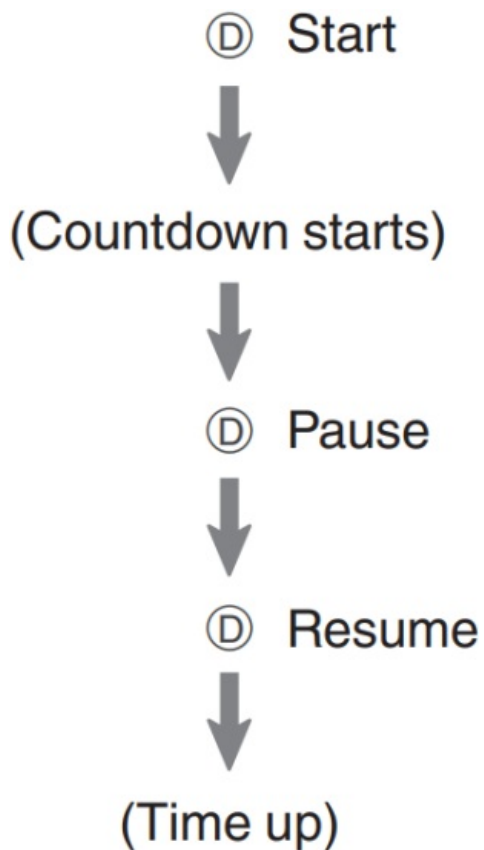
1. Enter the Timer Mode.



Navigating Between Modes



2. Use the operations below to perform a timer operation.



- A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.
- You can reset paused countdown to its start time, by pressing (B).

3. Press any button to stop the tone.

Other Settings

This section explains other watch settings you can configure.

Button Operation Tone Setting

Use the procedure below to enable or disable the tone that sounds when you press a button.

- If a setting screen (flashing setting) is displayed or if an alarm or other beeper operation is in progress, exit the setting screen or wait until the beeper operation is finished before trying to configure this setting.
 1. Hold down (C) for at least three seconds to toggle the operation tone between enabled and disabled.
 - [MUTE] is displayed while the button operation tone is disabled.



- Pressing (C) to perform this operation also changes the watch mode.

Note

- Note that alarm and timer tones will still sound even while the operation tone is muted.

Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

City Table

City		Offset
UTC	Coordinated Universal Time	0
LIS	Lisbon	
LON	London	
MAD	Madrid	+1
PAR	Paris	
ROM	Rome	
BER	Berlin	
STO	Stockholm	
ATH	Athens	+2
CAI	Cairo	
JRS	Jerusalem	

MOW	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	+8
HKG	Hong Kong	
BJS	Beijing	
TPE	Taipei	
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5
GUM	Guam	+10
SYD	Sydney	
NOU	Noumena	+11
WLG	Wellington	+12
PPG	Pago Pago	-11
HNL	Honolulu	-10
ANC	Anchorage	-9
YVR	Vancouver	-8
LAX	Los Angeles	
YEA	Edmonton	-7
DEN	Denver	
MEX	Mexico City	-6
CHI	Chicago	
NYC	New York	-5
SCL	Santiago	-4

YHZ	Halifax	
-----	---------	--

YYT	St. John's	-3.5
RIO	Rio de Janeiro	-3
FEN	Fernando de Noronha	-2
RAI	Praia	-1

- The information in the above table is current as of January 2024.
- Time zones may change and UTC differentials may become different from those shown in the table above.

Specifications

Accuracy at normal temperature:

±15 seconds per month

Timekeeping:

Hour, minute, second, month, day, day of the week a.m./p.m.(P)/24-hour timekeeping Full Auto Calendar (2000 to 2099) Summer Time

Multi Time:

1 Home City time, 3 Local Time cities Summer time Home City/Local Time City swapping

World Time:

Displays current time in 48 cities (31 time zones) and UTC

Summer time

Home Time/World Time swapping

Alarm:

Time alarms

5 alarms (One-time, Daily)

Setting units: Hours, minutes

Alarm tone duration: 10 seconds

Hourly time signal: Beep every hour on the hour

Stopwatch :

Measuring unit: 1/100 second

Measuring range:

23 hours, 59 minutes, 59.99 seconds (24 hours)

Measurement Functions:

Elapsed time, split times, 1st and 2nd place finisher times

Timer:

Measuring unit: 1/10 seconds

Countdown range: 24 hours

Setting unit: 1 second

Time up: 10-second beeper

Other : 12/24-hour timekeeping, high-brightness LED light (Auto Light, afterglow, 1.5 or 3- second illumination duration setting), operation tone on/off

Power Supply : CR2025x 1

Battery nominal voltage: 3V

Battery life: Approximately 10 years

Conditions:

illumination: 1.5 seconds/day

Alarm: 10 seconds/day

Specifications are subject to change without notice.

Troubleshooting

World Time

Alarm and Hourly Time Signal


Q1 An alarm does not sound.

The alarm's settings may not be configured. Configure the alarm settings. [▶ Configuring Alarm Settings](#)

Other



Documents / Resources



[CASIO 3569 Watch](#) [pdf] User Guide
3569, 3569 Watch, 3569, Watch

References

- [CASIO Support | CASIO](#)
- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.