



CASIO PRG-30-1JF Watch User Guide

[Home](#) » [Casio](#) » CASIO PRG-30-1JF Watch User Guide 

CASIO®

User's Guide 3499

Congratulations upon your selection of this CASIO watch.

For details about how to use this watch and for troubleshooting information, go to the website below.

<https://world.casio.com/manual/wat/>



Contents

- 1 Important!
- 2 Using the Watch
- 3 Navigating to Other Modes
- 4 Changing the Current Time and Date Settings
- 5 Mode Settings
- 6 Specifications
- 7 City Code Table
- 8 Documents / Resources
 - 8.1 References
- 9 Related Posts

Important!

- This manual provides a brief overview of your watch.
- If you are going to a location where Internet access is not available, download the Operation Guide PDF from the website below to a device that you will be taking along with you.

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.

Important!

- Keep the watch's face exposed to light as much as possible (page E-4).
- This manual provides a brief overview of your watch.

Important Altimeter and Compass Information!

- The Altimeter Mode displays relative altitude based on barometric pressure readings. Readings taken at different times at the same location may produce different values due to changes in pressure. The value displayed by the watch may be different from the actual elevation and/or sea-level elevation of your location.
- When using the Altimeter Mode for mountain climbing or other activities, it is highly recommended that you check a map, local altitude indications, or some other source for your current correct altitude and that you regularly calibrate the Altimeter Mode.
- When using the watch compass for serious trekking or climbing always take along another compass to confirm readings. If watch readings are different from the other compass, perform bidirectional calibration of the watch compass.
- Direction readings and calibration will not be possible if the watch is near a permanent magnet (magnetic accessory, etc.), metal objects, high-voltage wires, aerial wires, or electrical appliances (TV, computer, cellphone, etc.)
- Calibration: Operation Guide is available at the CASIO website.

Charging the Watch

Remove the watch from your wrist and place it in a brightly lit area.

- The watch may become hot when exposed to light for charging. Take care to avoid burn injury.

- Avoid charging in locations where it is very hot.

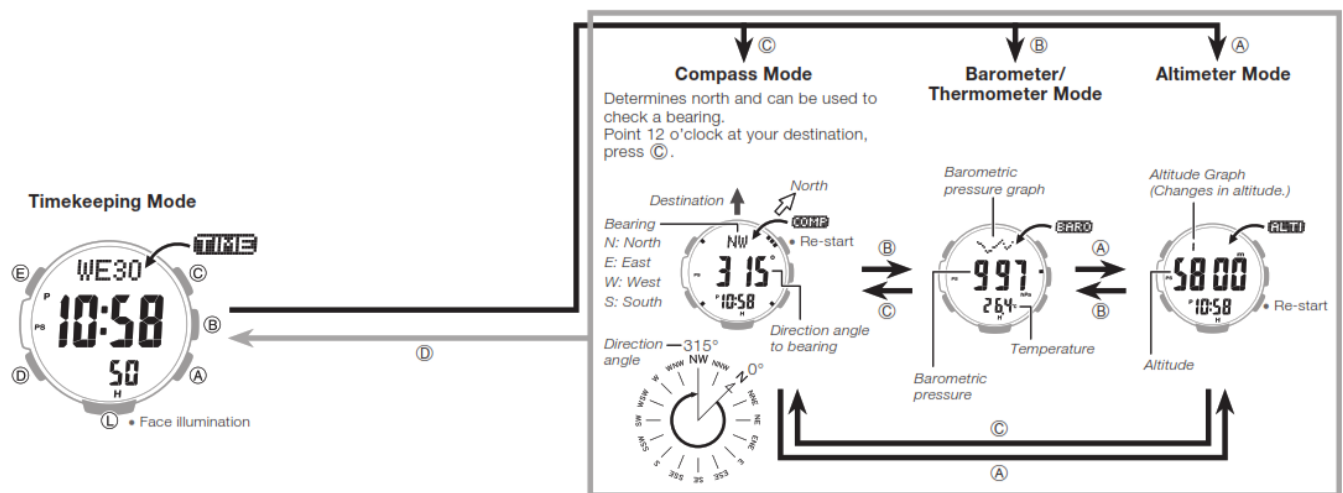
Power Saving

- Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause PS to flash on the display. All functions will continue operation.
- Leaving the watch in a dark location for about one week will cause PS to remain on the display without flashing. Only the timekeeping function will continue operation.

Battery Alerts

When battery power goes low, a warning message (LOW or CHG) appears on the display and certain functions become disabled. When a warning message appears, charge the watch as soon as possible.

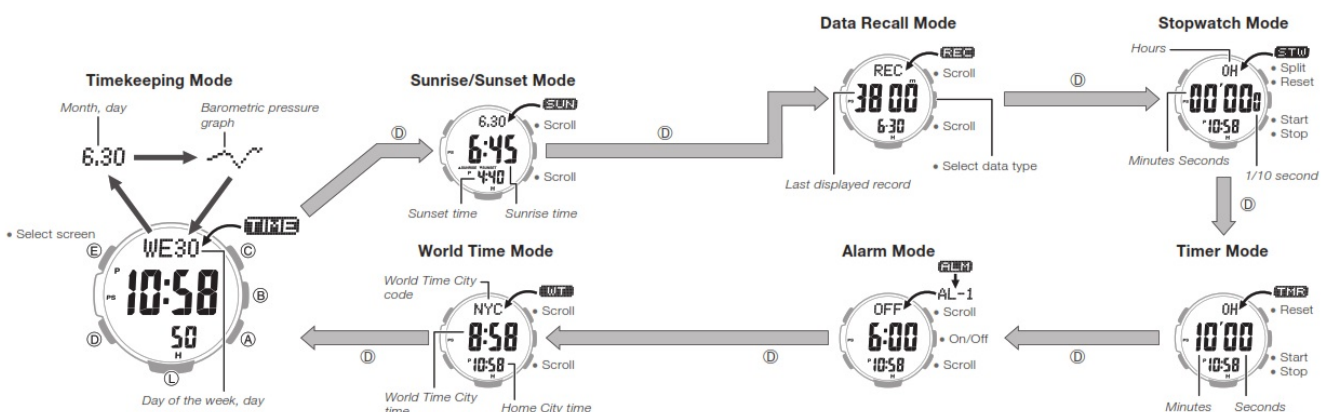
Using the Watch



Navigating Between the Timekeeping, Compass, Barometer/Thermometer, and Altimeter Modes

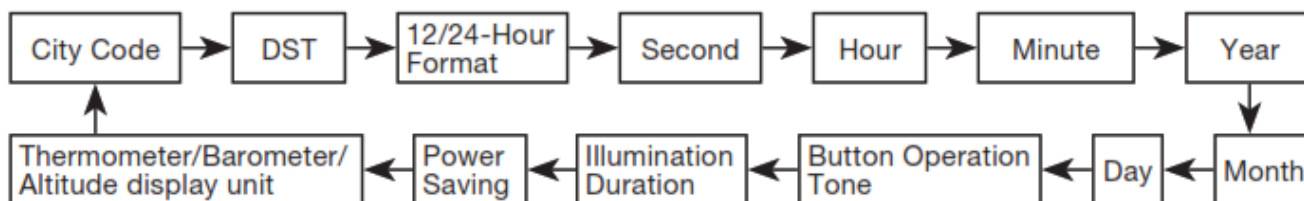
To return directly to the Timekeeping Mode from any other mode, hold down D for at least two seconds. To enter the Compass, Barometer/Thermometer, or Altimeter Mode from any mode not shown in the diagram below, first, return to the Timekeeping Mode.

Navigating to Other Modes



Changing the Current Time and Date Settings

1. In the Timekeeping Mode, hold down E for at least two seconds. Keep E depressed until the city code and city name starts to scroll.
2. Press D to move the flashing in the sequence shown below to select the other settings.



3. When the timekeeping setting you want to change is flashing, use A and/or C to change it as described below.

Screen	To do this:	Do this:
TYO	Change the city code	Use A (East) and C (West).
OFF	Toggle between Daylight Saving Time (ON) and	Press A.
12H	Standard Time (OFF).	Press A.
50	Reset the second to 00 (If the current seconds count is between 30 and 59, one is added to the minute count).	Press A.
10:58	Change the hour or minute	Use A (+) and C (–)
2021 6.30	Change the year, month, or day	

4. After all of the settings are the way you want, press E twice to exit the setting screen.

Mode Settings

For full details about the timer, alarm, World Time City summertime, and other settings, and about calibrating measurements (direction, altitude, barometric pressure, temperature), refer to the Operation Guide available at the CASIO website

Specifications

Accuracy at normal temperature: ±15 seconds a month

Timekeeping: Hour, minute, second, p.m. (P), year, month, day, day of the week

Time format: 12-hour and 24-hour

Calendar System: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Three display formats (day of the week/day screen, month/day screen, barometric pressure graph screen);

Home City code (can be assigned one of 48 city codes); Standard Time /

Daylight Saving Time (summertime)

Year display on setting screen only.

Digital Compass: 60 seconds continuous reading; 16 directions; Angle value 0° to 359°; Four direction pointers; Calibration (bidirectional); Magnetic declination correction; Bearing Memory

Barometer:

Measurement and display range:

260 to 1,100 hPa (or 7.65 to 32.45 inHg)

Display unit: 1 hPa (or 0.05 inHg)

Reading timing: Daily from midnight, at two-hour intervals (12 times per day); Every five seconds in the Barometer/Thermometer Mode

Other: Calibration; Manual reading (button operation); Barometric pressure graph; Barometric pressure differential pointer; Barometric pressure change indicator

Thermometer:

Measurement and display range: -10.0 to 60.0°C (or 14.0 to 140.0°F)

Display unit: 0.1°C (or 0.2°F)

Reading timing: Every five seconds in the Barometer/Thermometer Mode

Other: Calibration; Manual reading (button operation)

Altimeter:

Measurement range: -700 to 10,000 m (or -2,300 to 32,800 ft.) without reference altitude

Display range: -10,000 to 10,000 m (or -32,800 to 32,800 ft.)

Negative values can be caused by readings produced based on a reference altitude or due to atmospheric conditions.

Display unit: 1 m (or 5 ft.)

Current Altitude Data: Every second for the first 3 minutes, followed by every 5 seconds for approximately 1 hour (0'05); every second for the first 3 minutes, followed by every 2 minutes for approximately 12 hours (2'00)

Altitude Memory Data:

Manually saved records: 30 (altitude, date, time)

Autosaved values: One set of high altitude and its reading date and time, low altitude and its reading date and time, total ascent and its save start date and time, total descent and its save start date and time

Trek log data: High altitude, low altitude, cumulative ascent, cumulative descent for up to 14 treks

Other: Reference altitude setting; Altitude differential; Altitude auto measurement interval (0'05 or 2'00)

Bearing Sensor Precision:

Direction: Within $\pm 10^\circ$

Values are guaranteed for a temperature range of -10°C to 60°C (14°F to 140°F).

North pointer: Within ± 2 digital segments

Pressure Sensor Precision:

Measurement accuracy: Within ± 3 hPa (0.1 inHg) (Altimeter accuracy: Within ± 75 m (246 ft.))

- Values are guaranteed for a temperature range of -10°C to 40°C (14°F to 104°F).
- Precision is lessened by strong impact to either the watch or the sensor, and by temperature extremes.

Temperature Sensor Precision

$\pm 2^\circ\text{C}$ ($\pm 3.6^\circ\text{F}$) in range of -10°C to 60°C (14.0°F to 140.0°F)

Sunrise/sunset:

Sunrise/sunset time display; selectable date

Stopwatch:

Measuring unit: 1/10 second

Measuring capacity: 999:59' 59.9"
Measuring accuracy: ±0.0006%
Measuring modes: Elapsed time, split time, two finishes

Countdown Timer:

Measuring unit: 1 second
Countdown range: 24 hours
Setting unit: 1 minute

Alarms: 5 Daily alarms (with one snooze alarm); Hourly time signal

World Time: 48 cities (31 time zones)

Other: Daylight Saving Time/Standard Time

Illumination: LED light; Selectable illumination duration (approximately 1.5 seconds or 3 seconds);
Auto Light Switch (Full Auto Light operates only in the dark)

Other: Battery power indicator; Power Saving; Low-temperature resistance (−10°C/14°F); Button operation tone on/off

Power Supply: Solar panel and one rechargeable battery

Approximate battery operating time: 8 months (from full charge to Level 4) under the following conditions:

- Light: 1.5 seconds/day
- Beeper: 10 seconds/day
- Direction readings: 20 times/month
- Climbs: Once (approximately 1 hour of altitude readings)/month
- Barometric pressure change indicator readings: Approximately 24 hours/month
- Barometric pressure graph: Readings every 2 hours
- Display: 18 hours/day

Frequent use of illumination runs down the battery. Particular care is required when using the auto light switch. Specifications are subject to change without notice.



City Code Table




City Code Table

City Code	City	UTC Offset/ GMT Differential
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. Johns	−3.5
RIO	Rio De Janeiro	−3
FEN	Fernando de Noronha	−2
RAI	Praia	−1
UTC		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
RGH	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	Noumea	+11
WLG	Wellington	+12

- Based on data as of July 2020.
- If the city or area you want is not included in the above table, set the Home City to a city code that is in the same time zone as the location you want to select.
- For details about the Home City, World Time City, and summertime settings, refer to the Operation Guide available at the CASIO website.

Documents / Resources

	<p>CASIO PRG-30-1JF Watch [pdf] User Guide PRG-30-1JF, Watch</p>
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References

- [C Timepieces \(Watches\) - Manual - CASIO Worldwide](#)

Manuals+.