

Operation Guide 4738

Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to read this manual carefully.

Warning!

- The measurement functions built into this watch are not intended for use in taking measurements that require professional or industrial precision. Values produced by this watch should be considered as reasonably accurate representations only.
- CASIO COMPUTER CO., LTD. assumes no responsibility for any loss, or any claims by third parties that may arise through the use of this watch.

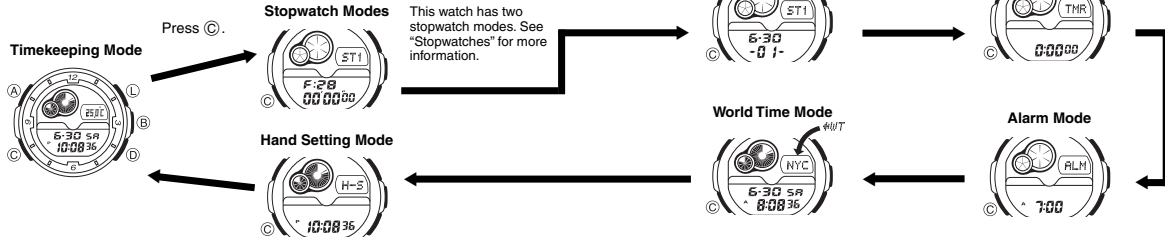
About This Manual



- Button operations are indicated using the letters shown in the illustration.
- For the sake of simplicity, the sample displays in this manual do not show the analog hands of the watch.
- Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- 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.

General Guide

- Press (C) to change from mode to mode.
- In any mode, press (L) to illuminate the display.



Timekeeping

Use the Timekeeping Mode to set and view the current time and date. This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different.

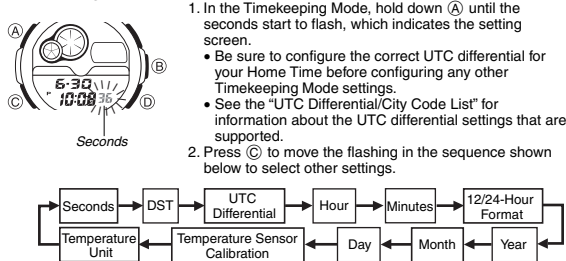


• See "Thermometer" for details about the thermometer.

Setting the Digital Time and Date

- This watch is preset with UTC differential values that represent each time zone around the globe. Before setting the digital time, be sure to first set the UTC differential for your Home Time, which is the location where you normally will be using the watch.
- Note that World Time Mode times are all displayed based on the time and date settings you configure in the Timekeeping Mode.

To set the digital time and date



3. When the setting you want to change is flashing, use (D) and (B) to change it as described below.

Screen:	To do this:	Do this:
36	Reset the seconds to 00	Press (D).
DST 07	Toggle between Daylight Saving Time (07) and Standard Time (0F)	Press (D).
+ 90	Specify the UTC differential	Use (D) (+) and (B) (-).
P 10:00	Change the hour or minutes	Use (D) (+) and (B) (-).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
6:30 2007	Change the year, month, or day	Use (D) (+) and (B) (-).

- See "Daylight Saving Time (DST) Setting" below for details about the DST setting.
- The UTC differential setting range is -12.0 to +14.0, in 0.5-hour units.
- For information about settings other than the time and date, see the following.
 - Temperature Sensor Calibration: "Temperature Sensor Calibration"
 - Temperature Unit: "To specify the temperature display unit"
- 4. Press (A) to exit the setting screen.
 - The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
 - The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.
 - When DST is turned on, the UTC differential setting range is -11.0 to +15.0, in 0.5-hour units.
 - Any time the seconds setting is changed, the analog hands are adjusted accordingly.

Daylight Saving Time (DST) Setting

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode digital time between DST and Standard Time

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
 2. Press (C) once and the DST setting screen appears.
 3. Press (D) to toggle between Daylight Saving Time (07 displayed) and Standard Time (0F displayed).
 4. Press (A) to exit the setting screen.
- The DST indicator appears on the Timekeeping, Alarm, and Hand Setting Mode screens to indicate that Daylight Saving Time is turned on.

Setting the Analog Time

Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time

1. In the Timekeeping Mode, press (C) six times to enter the Hand Setting Mode.
2. Hold down (A) until the current digital time starts to flash, which indicates the setting screen.
3. Use (D) to adjust the analog setting.
 - Press (D) once to advance the hands 20 seconds.
 - Hold down (D) to advance the hands at high speed.
4. Press (A) to exit the setting screen.
 - To lock high speed hands movement, hold down (D) to start it and then press (B) to lock. The hands will continue to advance for one 12-hour cycle or until you press any button to stop it.
 - High-speed hand movement also will stop automatically after the time advances 12 hours or if an alarm (daily alarm, Hourly Time Signal, or countdown beeper) starts to sound.
 - The minute hand will be adjusted slightly to match the seconds when you exit the setting screen.
 - To return to the Timekeeping Mode, press (C).

Stopwatches

Your watch has two stopwatch modes: a Single Stopwatch Mode and a Dual Stopwatch Mode. Both stopwatch modes measure times in 1/100-second units for the first hour, and in 1-second units after that. In both stopwatch modes, timing is possible up to 99 hours, 59 minutes, 59.99 seconds.

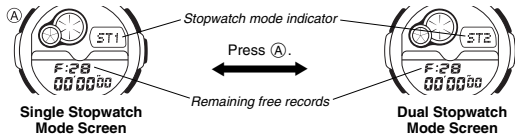
The Single Stopwatch Mode (ST1) displays the total elapsed time and lap times for a single vehicle or runner. The Dual Stopwatch Mode (ST2) can be used to measure elapsed time for two vehicles or runners at the same time, including separate lap times and the time differential between vehicles or runners. The data produced by either stopwatch mode is stored automatically in watch memory, for later recall when you need it.

- When the elapsed time being kept by either of the stopwatches exceeds 99 hours, 59 minutes, 59.99 seconds, the displayed time returns to all zeros and time measurement continues from there. Elapsed time measurement continues until you reset it to all zeros.
- All of the operations in this section are performed in the stopwatch modes, which you enter by pressing (C).

To select the Single Stopwatch Mode or Dual Stopwatch Mode

In the Stopwatch Mode, press (A) to toggle the Single Stopwatch Mode and the Dual Stopwatch Mode.

- You cannot toggle between the Single Stopwatch Mode and Dual Stopwatch Mode while an elapsed time operation is in progress.
- After pressing (A) to reset the elapsed time to all zeros, press (A) again to toggle between stopwatch modes.
- The indicator "ST1" indicates the Single Stopwatch Mode, while "ST2" indicates the Dual Stopwatch Mode.



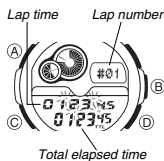
- Both the Single Stopwatch Mode screen and the Dual Stopwatch Mode screen show the number of free memory records available for storing data. The watch's memory can hold up to 50 records total, including both Single Stopwatch Mode and Dual Stopwatch Mode records.

Using the Single Stopwatch Mode

The Single Stopwatch Mode displays the total elapsed time and lap times for a single vehicle or runner.

To perform a Single Stopwatch Mode operation

- While the Single Stopwatch Mode screen is displayed, press (D) to start elapsed time measurement.
- To display a lap time, press (D) while elapsed time measurement is in progress.
 - After about 10 seconds, the upper display will change automatically to timing of the next lap, with the total elapsed time shown in the lower display.
 - Each press of (D) during elapsed time measurement stores the applicable lap number, lap time, and total elapsed time in memory.
 - Lap numbers are displayed in the range of 01 to 99. After lap 99, pressing (D) does not display a lap time (elapsed time continues without stopping).



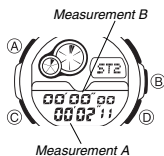
- During the first hour, the stopwatch displays elapsed time in minutes, seconds, and 1/100 second. After the first hour, the display changes to show hours, minutes, and seconds.
- Use the Recall Mode to view data in memory.
- To stop elapsed time measurement and reset, press (A).

Using the Dual Stopwatch Mode

The Dual Stopwatch Mode can be used to measure elapsed time for two vehicles or runners at the same time, including separate lap times and the time differential between vehicles or runners.

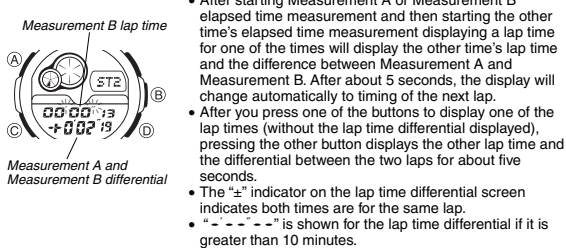
To perform a Dual Stopwatch Mode operation

- The table below shows how to time two vehicles or runners (Measurement A and Measurement B).
- The lower display shows Measurement A, while the upper display shows Measurement B.
 - In the Dual Stopwatch Mode, you can start timing from either Measurement A or Measurement B.



	Start first elapsed time.	Display lap time screen.	Start other elapsed time.	Display lap time of other elapsed time.	Reset elapsed time to all zeros.
Measurement A	Press (D).	Press (D).	Press (B).	Press (B).	Press (A).
Measurement B	Press (B).	Press (B).	Press (D).	Press (D).	

- The lap number for the current displayed lap time (A or B) appears in the lap number area, and the applicable lap time appears in the upper or lower display. The other display (upper or lower) shows elapsed time measurement.
- After about 10 seconds, the display will change automatically to timing of the next lap.
- Each press of (D) or (B) during elapsed time measurement stores the applicable lap number and lap time in memory.
- Lap numbers are displayed in the range of 01 to 99. After lap 99, pressing (D) does not display a lap time (elapsed time continues without stopping).
- After starting Measurement A or Measurement B elapsed time measurement and then starting the other time's elapsed time measurement displaying a lap time for one of the times will display the other time's lap time and the difference between Measurement A and Measurement B. After about 5 seconds, the display will change automatically to timing of the next lap.
- After you press one of the buttons to display one of the lap times (without the lap time differential displayed), pressing the other button displays the other lap time and the differential between the two laps for about five seconds.
- The "±" indicator on the lap time differential screen indicates both times are for the same lap.
- "-----" is shown for the lap time differential if it is greater than 10 minutes.



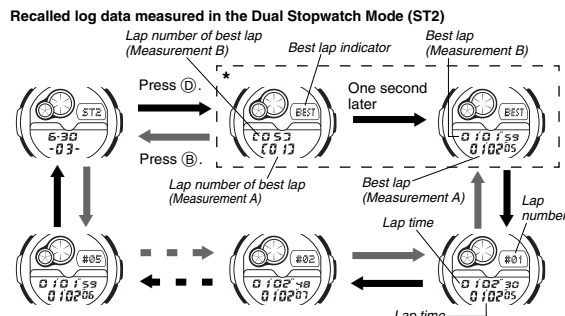
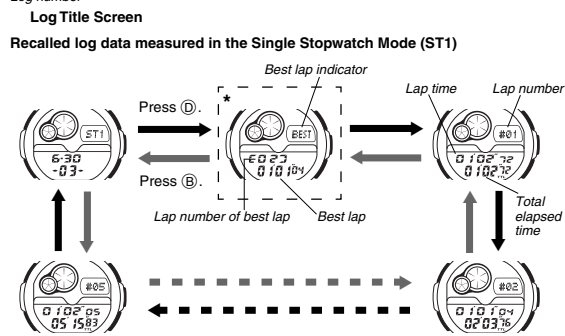
- Pressing (A) stops elapsed time measurement and reset.
- During the first hour, the stopwatch displays elapsed time in minutes, seconds, and 1/100 second. After the first hour, the display changes to show hours, minutes, and seconds.
- Use the Recall Mode to view data in memory.

Recalling Stopwatch Data

You can use the Recall Mode to recall and delete stopwatch data stored in memory.

- Your watch automatically creates logs for storage of stopwatch data in memory. For information about using logs, see "Managing Memory Data".

- #### To recall stopwatch log data
- Enter the Recall Mode.
 - The title screen of the newest log appears first when you enter the Recall Mode.
 - Use the (A) button to scroll through log title screens until the one for the log you want to view is on the display.
 - Logs are numbered from 01 (oldest) to 50.
 - Press (D) (+) or (B) (-) to view the log data.



* The best lap time is for the best time in the newest log only. The Best Lap Time screen is the one that has the best lap indicator.

To delete stopwatch data

- In the Recall Mode, use (A) to scroll through log title screens until the one for the log you want to delete is on the display.
 - Displaying lap time data (not the log title screen), deleting the data also will delete the log that contains the data.
- Hold down (B) and (D) until the watch beeps and "CLF" stops flashing on the display.
 - This will delete all of the data in the currently selected log.
 - Deleting the newest log also will delete the best lap time data.

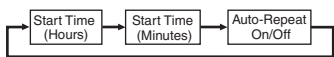
Countdown Timer

You can set the countdown timer within a range of one minute to 100 hours. An alarm sounds when the countdown reaches zero.

- You also can 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 Countdown Timer Mode, which you enter by pressing (C).

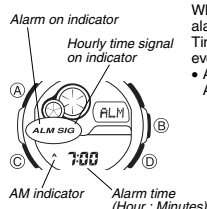
- #### To use the countdown timer
- Press (D) while in the Countdown Timer Mode to start the countdown timer.
 - When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is reset automatically to its starting value after the alarm stops.
 - When auto-repeat is turned on, the countdown will restart automatically without pausing when it reaches zero. The alarm sounds when the countdown reaches zero.
 - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
 - To stop a countdown operation completely, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

- #### To configure countdown start time and auto-repeat settings
- While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
 - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
 - Press (C) to move the flashing in the sequence shown below, and select the setting you want to change.



- Perform the following operations, depending on which setting is currently selected on the display.
 - While the start time setting is flashing, use (D) (+) and (B) (-) to change it.
 - Set 0:00 to specify 100 hours.
 - While the auto-repeat on/off setting (ON or OFF) is flashing on the display, press (D) to toggle auto-repeat on (ON) and off (OFF).
- Press (A) to exit the setting screen.
 - The auto-repeat on indicator (L) is displayed on the Countdown Timer Mode screen while this function is turned on.
 - Frequent use of auto-repeat and the alarm can run down battery power.

Alarm



When the alarm is turned on, the alarm sounds when the alarm time is reached. You also can turn on an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.

- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

To set the alarm time



- In the Alarm Mode, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation turns on the alarm automatically.
- Press (C) to move the flashing between the hour and minute settings.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.

- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).

- Press (A) to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for 10 seconds, regardless of the mode the watch is in.

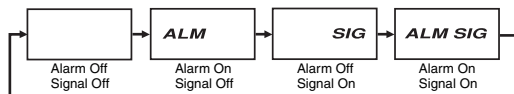
- To stop the alarm tone after it starts to sound, press any button.

To test the alarm

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

To turn the daily alarm and the Hourly Time Signal on and off

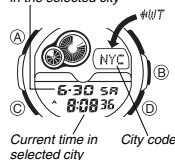
In the Alarm Mode, press (D) to cycle through the settings shown below.



- The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

World Time

Date and day of the week in the selected city



The World Time Mode digitally displays the current time in 50 cities (30 time zones) around the world.

- The times kept in the World Time Mode are synchronized with the time being kept in the Timekeeping Mode. If you feel that there is an error in any World Time Mode time, check the UTC differential of your Home Time and the current setting of the Timekeeping Mode time.
- Select a city code in the World Time Mode to display the current time in any particular time zone around the globe. See the "UTC Differential/City Code List" for information about the UTC differential settings that are supported.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).

To view the time in another city

While in the World Time Mode, press (D) to scroll eastward through the city codes (time zones) or (B) to scroll westward.

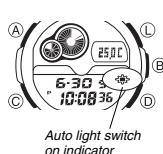
To toggle a city code time between Standard Time and Daylight Saving Time

DST indicator



- In the World Time Mode, use (D) and (B) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
 - Hold down (A) to toggle Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
- The DST indicator is shown on the World Time Mode screen while Daylight Saving Time is turned on.
 - Note that changing the Daylight Saving Time for any city code causes the setting to be applied to all city codes.

Illumination



This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch turns on illumination automatically when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Illumination Precautions" for other important information about using illumination.

To turn on illumination manually

In any mode, press (L) to illuminate the display for about 1.5 seconds.

- The above operation turns on illumination regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes illumination to turn on, whenever you position your wrist as described below in any mode, except for the Hand Setting Mode setting screen.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes illumination to turn on.



Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not startle or distract others around you.**
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.**

To turn the auto light switch on and off

In the Timekeeping Mode, hold down (D) for about three seconds to toggle the auto light switch on (L) and off (L not displayed).

- The auto light switch on indicator (L) is on the display in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch will turn off automatically about six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.
- Illumination is always disabled (regardless of the current auto light switch setting) while an alarm is sounding.

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.

Stopwatch Modes

The following describes how to perform data storage and measurement in the stopwatch modes.

Managing Memory Data

- Pressing the (D) button in the Single Stopwatch Mode or the (D) or (B) button in the Dual Stopwatch Mode to start a new elapsed time measurement operation creates a new log in memory.
- A new log is created each time you start a new elapsed time measurement operation. A log contains a log title screen, and records of all the lap times that are recorded during elapsed time measurement.
- The capacity of the watch's memory is 50 records.
 - If you are adding records to the only log in memory and watch memory becomes full, adding another record causes the oldest record in the log to be deleted automatically to make room for the new record.
 - If you are adding records to a log when there are multiple logs in memory and watch memory becomes full, adding another record causes the oldest log in memory and all of its records to be deleted automatically to make room for new records.

How stopwatch data is stored

The following table shows how stopwatch data is stored when you perform stopwatch button operations.

Single Stopwatch Mode data

Stopwatch Button Operation	Data Storage Description
From all-zeros, press (D) to start.	Creates a new log (ST1). Stores the date the button was pressed, and the log number.
Press (D) to display lap time.	Creates a new record with each button operation. Stores the lap time and total elapsed time at the point the button is pressed.
Press (A) to stop elapsed time measurement and reset.	Resets the elapsed time to all zeros without recording data.

Dual Stopwatch Mode data

Stopwatch Button Operation	Data Storage Description
From all-zeros, press (D) or (B) to start.	Creates a new log (ST2). Stores the date the button was pressed, and the log number.
Press (D) or (B) to display lap time.	Creates a new record with each button operation. Stores the lap time the point the button is pressed.
Press (A) to stop elapsed time measurement and reset.	Resets the elapsed time to all zeros without recording data.

Thermometer

- A reading is taken during each even-numbered minute.
- You can select either Celsius (°C) or Fahrenheit (°F) units for the thermometer screen. See "To specify the temperature display unit" for more information.
- The thermometer screen displays temperature values in 0.1°C units (or 0.2°F units).
- The display range of the thermometer screen is -10.0°C to 60.0°C (or 14.0°F to 140.0°F).
- You can calibrate temperature sensor if you feel that the displayed temperature values are not correct. See "Temperature Sensor Calibration" for more information.

Important!

- Temperature measurements are affected by your body temperature (while you are wearing the watch), direct sunlight, and moisture. To achieve more accurate temperature measurement, remove the watch from your wrist, place it in a well ventilated location out of direct sunlight, and wipe all moisture from the case. It takes approximately 20 to 30 minutes for the case of the watch to reach the actual surrounding temperature.

Temperature Sensor Calibration

The temperature sensor built into the watch is calibrated at the factory and normally requires no further adjustment. If you notice serious errors in the temperature readings produced by the watch, you can calibrate the sensor to correct the errors.

Important!

Calibrating the temperature sensor can incorrectly result in incorrect readings. Read the following carefully before doing anything.

- Compare the readings produced by the watch with those of another reliable and accurate thermometer.
- If adjustment is required, remove the watch from your wrist and wait for 20 or 30 minutes to give the temperature of the watch time to stabilize.

To calibrate the temperature sensor



Calibration value

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (C) nine times to display the temperature sensor calibration screen.
3. Use (D) (+) and (B) (-) to change the calibration value.
 - You can change the value in 0.1°C (0.2°F) steps, in a range of ±10°C (±18°F). The calibration value shows "--" when the setting is outside the allowable range.

- To return the calibration value to its default (no calibration, indicated by "--"), press (D) and (B) at the same time.
 - Temperature sensor calibration will not be possible if the current reading is outside the allowable display range (-10.0°C/14.0°F to 60.0°C/140.0°F) and the calibration value shows "--".
 - Setting a sensor calibration value does not affect temperature values that are already stored in memory.
4. After configuring the setting you want, press (A) to exit the setting screen.

To specify the temperature display unit



Temperature unit

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (C) 10 times to display the temperature unit setting screen.
3. Use (D) to switch between Celsius (°C) and Fahrenheit (°F).
 - The initial factory default and the initial default after battery replacement is Celsius (°C).

4. After configuring the setting you want, press (A) to exit the setting screen.
- The temperature display unit setting you select also is applied to temperature values that are already stored in memory.

Auto Return Feature

- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch saves any settings you have made up to that point and exits the setting screen automatically.
- The watch will change to the Timekeeping Mode automatically if you do not perform any operation in the Recall Mode, Alarm Mode, or Hand Setting Mode for two or three minutes.

Button Operation Tone

In any mode (except when a setting screen is on the display), hold down (C) for about three seconds to toggle the button operation tone on and off. The button operation tone off indicator (⌘) is displayed while the tone is turned off.

- Even if the button operation tone is turned off, the daily alarm and countdown timer alarm continue to sound when required.
- Since the (C) button is also the mode change button, holding it down to turn the button operation tone on or off also causes the watch's current mode to change.
- The button operation tone off indicator is displayed in all modes when the button operation tone is turned off.

Data and Setting Scrolling

The (B) and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Timekeeping

- Resetting the seconds to $\square\square$ while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to $\square\square$ without changing the minutes.
- With the 12-hour format, the P (PM) indicator appears for times in the range of noon to 11:59 p.m. and the A (AM) indicator appears 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 year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar 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 batteries replaced.
- The UTC differential is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- UTC is the abbreviation for Coordinated Universal Time, which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current time in the Timekeeping Mode using UTC time differential values.

Illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the batteries.

Auto light switch precautions

- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

More than 15 degrees too high



- Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- Illumination turns off in about one second, even if you keep the watch pointed towards your face.

- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

UTC Differential/City Code List

City Code	City	UTC Differential	Other major cities in same time zone
PPG	Pago Pago	-11.0	
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
YVR	Vancouver		
SFO	San Francisco	-08.0	Las Vegas, Seattle/Tacoma, Dawson City
LAX	Los Angeles		
DEN	Denver	-07.0	Edmonton, El Paso
MEX	Mexico City	-06.0	Houston, Dallas/Fort Worth, New Orleans, Winnipeg
CHI	Chicago		
MIA	Miami	-05.0	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
NYC	New York		
CCS	Cancun	-04.0	La Paz, Santiago, Port Of Spain
YYT	St. John's	-03.5	
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
RAI	Praia	-01.0	
LIS	Lisbon	+00.0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
BCN	Barcelona		
PAR	Paris		
MIL	Milan	+01.0	Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Madrid, Stockholm
ROM	Rome		
BER	Berlin		
ATH	Athens		
JNB	Johannesburg	+02.0	Helsinki, Beirut, Damascus, Cape Town
IST	Istanbul		
CAI	Cairo		
JRS	Jerusalem		
MOW	Moscow	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	
MLE	Male	+05.5	Mumbai, Kolkata, Colombo
DEL	Delhi	+05.5	
DAC	Dhaka	+06.0	
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Phnom Penh, Hanoi, Vientiane
JKT*	Jakarta		
SIN*	Singapore		
HKG	Hong Kong	+08.0	Kuala Lumpur, Taipei, Manila, Perth, Ulaanbaatar
BJS	Beijing		
SEL	Seoul	+09.0	Pyongyang
TYO	Tokyo		
ADL	Adelaide	+09.5	Darwin
GUM	Guam	+10.0	Melbourne, Rabaul
SYD	Sydney		
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island
TBU	Nuku'Aloa	+13.0	

* Based on data as of June 2006.

* The sequence of these city codes is SIN → JKT.