

About This Manual

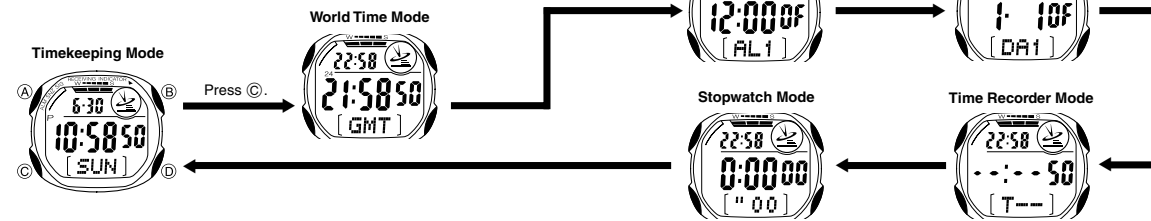


- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.



General Guide

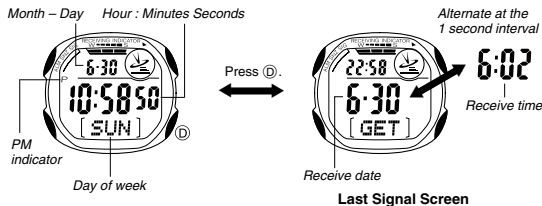
- Press **C** to change from mode to mode.
- In any mode, press **B** to illuminate the display.



Timekeeping

Use the Timekeeping Mode to set and view the current time and date.

- Pressing **D** displays the Last Signal screen (date and time the time calibration signal was last received) in the Timekeeping Mode.



Current Time Setting

This watch automatically adjusts its time setting in accordance with a time calibration signal. You can also perform a manual procedure to set the time and date, when necessary.

- Before using the watch in Western Europe, first use the procedure under "Setting Up the Watch for Use in Western Europe" to set the time in accordance with a time calibration signal.
- Note that after you set your Home City (the city where you normally use the watch) code, you must also turn on the watch's time calibration signal receiver if you want to enable auto time calibration. See "About Auto Receive" for more information.
- See "Setting the Time and Date Manually" for information about manual settings.

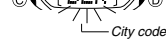
Setting Up the Watch for Use in Western Europe

You need to make the following three settings before using this watch in Western Europe. The following provides a general overview of the setting procedure. For full details, see "Setting the Time and Date Manually" and "Time Calibration Signal Reception".

- Specify the city code for your Home City (the city where you will normally use the watch).
- Select the auto summer time (DST) setting.
- Perform the manual time calibration signal receive operation to set the current time.

To set up the watch for use in Western Europe

1. In the Timekeeping Mode, hold down **A** until the current auto receive on/off setting to flash, which indicates the setting screen.
2. Press **C** to move the flashing to the city code setting.
3. Use **D** (+) and **B** (-) to select the city code you want to use as your Home City.



- The following are the city codes for major cities in the Western Europe time zones.
BER and **PAR**: Berlin, Paris, Milan, Rome, Amsterdam, Hamburg, Frankfurt, Vienna

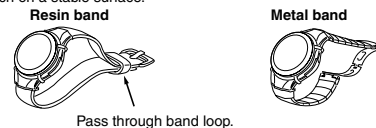
- LON**: London
4. Press **C** to display the summer time (DST) setting screen.
 5. Use **D** to select **A** (auto DST).
 - Auto DST specifies auto switching between Daylight Saving Time and Standard Time.
 6. Press **A** to exit the setting screen.
 7. Hold down **D** for about two seconds until the watch beeps.
 - Release **D** and the message **RC!** appears to indicate that signal reception has started.
 - Time calibration signal reception takes from two to six minutes. Take care that you do not move the watch during this time.

- If the watch is indoors, we recommend that you place the watch near a window to allow better signal reception.
- After signal reception is complete, the display of the watch changes to the Last Signal screen.

Time Calibration Signal Reception

This watch is designed to pick up a time calibration signal and update its time setting in accordance with the signal. There are two different methods you can use to receive the signal: **Auto Receive** and **Manual Receive**. With **Auto Receive**, the watch automatically receives the calibration signal three times each day and makes appropriate adjustments. With **Manual Receive**, you perform a specific button operation to receive the calibration signal.

- Before performing a signal receive operation, remove the watch from your wrist and position it as shown in the illustrations below.
- If your watch has a resin band, pass the end of the band through the band loop and place the watch on a stable surface.



Note

- If you are using the time calibration signal to set the time for this watch, be sure to correctly set your Home City. Otherwise, there is the chance that the watch will not set the correct time. See "Setting the Time and Date Manually" for details.
- Note that signal reception is possible only when the watch is within range of a time calibration signal transmitter, and **BER**, **PAR**, **LON**, or **ATH** is selected as the Home City code.
- See "City Code Table" for a complete list of available city codes.
- The current time setting in accordance with the time calibration signal takes priority over any time settings you make.
- Auto receive is turned on when the watch is shipped from the factory.
- See the information under "Time Calibration Signal Reception" if you experience problems with time calibration signal reception.

To perform manual time calibration signal reception

1. Place the watch on a stable surface so its top (12 o'clock side) is facing in the general direction of the signal transmitter.
- Note that signal reception is poor if the watch is on its back or side.



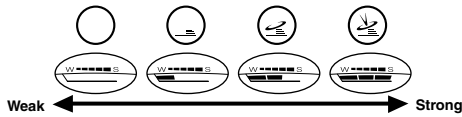
2. In the Timekeeping Mode, hold down **D** for about two seconds until the watch beeps.
- Release **D** and the message **RC!** appears to indicate that signal reception has started.
- Time calibration signal reception takes from two to six minutes. Take care that you do not move the watch during this time.
- After signal reception is complete, the display of the watch changes to the Last Signal screen.
- The receive indicator indicates that the time calibration reception attempt was successful.

Note

- To interrupt a receive operation and return to the Timekeeping Mode, press **D**.
- If the receive operation is unsuccessful, the message **ERR** appears on the display for about one or two minutes. After that, the watch returns to the Timekeeping Mode.
- You can also change from the Last Signal or **ERR** screen to the normal timekeeping screen by pressing **D**.

About the Receive Indicator

The receive indicator shows the strength of the calibration signal being received. For best reception, be sure to keep the watch in a location where signal strength is strongest.



- Even in an area where signal strength is strong, it takes about 10 seconds for signal reception to stabilize enough for the receive indicator to indicate signal strength.
- Use the receive indicator as a guide for checking signal strength and for finding the best location for the watch during signal receive operations.
- The receive indicator remains on the display in all modes following reception of the time calibration signal and calibration of the watch's time setting. The receive indicator does not appear if signal reception was unsuccessful or after manual adjustment of the current time setting.

About Auto Receive

When auto receive is turned on, the watch automatically starts to receive the time calibration signal when the time in the Timekeeping Mode reaches 2:00 AM, 4:00 AM and 6:00 AM each day (calibration times).

Note

- The auto receive operation is performed only if the watch is in the Timekeeping or World Time Mode when one of the calibration times is reached. It is not performed if a calibration time is reached while you are making settings (while settings are flashing on the display), while an alarm is sounding.
- Auto receipt of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can easily receive the signal.
- The receive indicator indicates that either the 2:00 AM, 4:00 AM, or 6:00 AM calibration signal reception was successful. Note, however, that the receive indicator is cleared from the display at 3:00 AM each day.
- If you do not see the receive indicator except for the above reason, it means there was some problem with the calibration reception operation. Either perform reception manually, or make sure the watch is set up properly to receive the time calibration signal for the next automatic reception time.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to time data only.
- The receive indicator (☞) appears only when the watch is able to successfully receive both time and date data. It does not appear when only time data is received. When time and date data is received: Receive indicator (☞) appears. When time data only is received: Receive indicator (☞) does not appear.
- Normally, the signal reception date shown by the Last Signal screen is the date data included in the received time calibration signal. When only time data is received, however, the Last Signal screen shows date as kept in the Timekeeping Mode at the time of signal reception.
- When auto receive is turned on, the watch receives the calibration signal for two to six minutes each day when the Timekeeping Mode time reaches 2:00 AM, 4:00 AM and 6:00 AM. Do not operate any of the watch's buttons within six minutes prior to or following the calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the time kept in the Timekeeping Mode. The receive operation will be performed whenever the display shows 2:00 AM, 4:00 AM and 6:00 AM, regardless of whether or not the Timekeeping Mode time is actually the correct time.
- When two or three receptions are successful, the watch uses the data of the last reception for calibration. When only one reception is successful, the watch uses the data of the successful reception.

To turn auto receive on and off



1. In the Timekeeping Mode, hold down (A) until the current auto receive on/off setting to flash, which indicates the setting screen.
2. Press (D) to toggle auto receive on (00) and off (0F).
3. Press (A) to exit the setting screen.

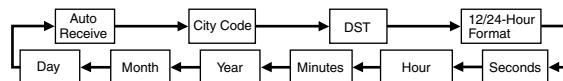
Setting the Time and Date Manually

Make sure you select your Home City code (the city code whose time and date you are setting) before change the current time and date settings. World Time Mode times are all displayed in accordance with the Timekeeping Mode settings. Because of this, World Time Mode times will not be correct if you do not select the proper Home City code before setting the time and date in the Timekeeping Mode.

To set the current time and date manually



1. In the Timekeeping Mode, hold down (A) until the current auto receive on/off setting to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.

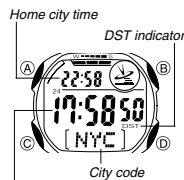


3. When the setting you want to change is flashing, use (B) and/or (D) to change it as described below.

Setting	Screen	Button Operations
Auto Receive	00	Press (D) to toggle auto receive on and off.
City code	BER	Use (D) (+) and (B) (-) to change the setting.
DST	0F	Press (D) to toggle between Daylight Saving Time (0F) and standard time (0F). • Pressing (D) performs a different operation when BER, PAR, LON or ATH is selected as Home City Code. See "Auto Summer Time (DST) Switching".
12/24-Hour format	12H	Press (D) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
Hour, Minutes	10:58:50	Use (D) (+) and (B) (-) to change the setting.
Seconds		Press (D) to reset the seconds to 00.
Year	" 02	Use (D) (+) and (B) (-) to change the setting.
Month, Day	6:30	

4. Press (A) to exit the setting screen.
- The auto receive setting is used for time calibration signal reception only. See "About Auto Receive" for details.
- See "City Code Table" for a complete list of available city codes.
- Resetting the seconds to 00 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 00 without changing the minutes.

World Time



Current time in the selected city code (Hour : Minutes Seconds)

The World Time shows the current time in 30 cities (29 time zones) around the world.

- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City settings and make the necessary changes.
- You can change the DST (Daylight Saving Time)/Standard Time settings for each city code in the Timekeeping Mode.
- The watch will perform a signal receive operation even if it is in the World Time Mode when a calibration time is reached. If this happens, the World Time Mode time settings will be adjusted in accordance with the Timekeeping Mode's Home City time.
- 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 code

In the World Time Mode, press (D) to scroll city codes (time zones) to the east or (A) to scroll to the west.

- For full information on city codes, see the "City Code Table".

Alarms



Target alarm screen

The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm. One of the one-time alarms functions as a "target alarm," which counts the time remaining from the current Timekeeping Mode time to the target alarm time.

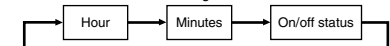
- Also use the Alarm Mode to turn the Hourly Time Signal (SIG) on and off.
- There are five alarms numbered AL1 through AL5, TAL, and SNZ. You can configure SNZ as a snooze alarm only. Alarms AL1 through TAL (target alarm) can be used as one-time alarms only.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing (C).



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



2. After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
- This operation automatically turns on the alarm.
3. Use (C) to move the flashing in the sequence shown below to select other settings.



4. While a setting is flashing, use (D) and (B) to change it.
 - While the hour or minute setting is flashing, use (D) (+) and (B) (-) to change it.
 - While a one-time alarm or the snooze/on/off setting is flashing, use (D) to toggle it on (00) and off (0F).
5. Press (A) to exit the setting screen.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).

Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm repeats up to seven times every five minutes until you turn the alarm off.

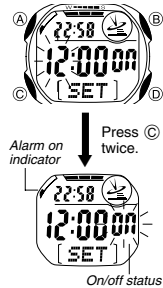
- Pressing any button stops the alarm tone operation.
- If any alarm operation (one-time alarm, snooze) occurs while a signal receive operation is in progress, the receive operation is canceled.
- Displaying the Timekeeping Mode setting screen during a 5-minute interval between snooze alarms stops the current snooze alarm operation (but snooze alarm remains as the alarm type setting).
- The snooze on indicator (SNO) flashes during the 5-minute intervals between alarms.
- The alarm on indicator (AL), snooze on indicator (SNO), and Hourly Time Signal on indicator (HTS) are displayed in all modes.
- In all modes, the alarm on indicator is shown for any alarm (AL 1 through AL 5, T AL, or S N Z) that is currently turned on.
- Alarm operations and the Hourly Time Signal operation are performed in all modes.

To test the alarm

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

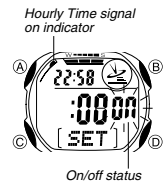
To turn an alarm on and off

1. In the Alarm Mode, use (D) to scroll through the alarm screens until the one whose time you want to set is displayed.
2. After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.
3. Press (C) twice to move the flashing to the alarm's on/off setting.
4. While the on/off setting is flashing, use (D) to toggle it on (ON) and off (OFF).
5. Press (A) to exit the setting screen.



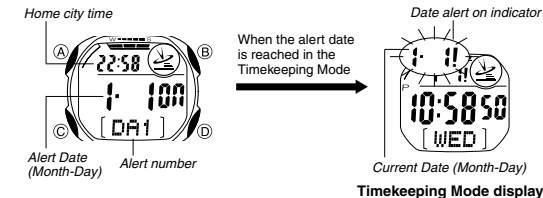
To turn the Hourly Time Signal on and off

1. In the Alarm Mode, use (D) to scroll through the alarm screens until the Hourly Time Signal screen is displayed.
2. Hold down (A) until the Hourly Time signal on/off setting starts to flash, which indicates the setting screen.
 - This operation automatically turns on the Hourly Time Signal.
3. While the on/off setting is flashing, use (D) to toggle it on (ON) and off (OFF).
4. Press (A) to exit the setting screen.



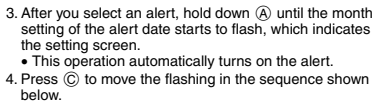
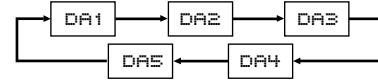
Date Alert

Date Alert helps you to remember an important date. After you set an alert date (month and day), a date alert indicator (I) and the current date flash for 24 hours after the alert date arrives in the Timekeeping Mode. You can set up to five different date alerts.



To set the alert date

1. Use (C) to enter the Date Alert Mode.
2. Use (D) to scroll through the alert screens until the one whose date you want to set is displayed.
3. After you select an alert, hold down (A) until the month setting of the alert date starts to flash, which indicates the setting screen.
 - This operation automatically turns on the alert.
4. Press (C) to move the flashing in the sequence shown below.
5. While a setting is flashing, use (D) and (B) to change it.
 - While the month or day setting is flashing, use (D) (+) and (B) (-) to change it.
 - While the date alert on/off setting is flashing, use (D) to toggle it on (ON) and off (OFF).
6. Press (A) to exit the setting screen.

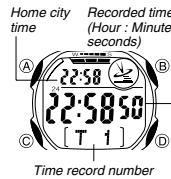


Time Recorder

The Time Recorder Mode lets you store up to 50 time entries (hour, minutes, seconds) with the touch of a button. One way you can use the Time Recorder Mode is to record the start time and the end time of a particular event.

To record a Time Recorder time

- In the Time Recorder Mode, press (D) to record the Home City time (hour, minutes, seconds).
- The recorded time flashes for about two seconds, and then it is assigned a record number.
 - Records are assigned numbers sequentially from T 1 through T 50.
 - Storing a new time record when there are already 50 records stored in memory automatically deletes record T 1, shifts the remaining records upwards by 1, and stores the new record as T 50.
 - The Time Recorder Mode always displays times using 24-hour format, regardless of the 12-hour/24-hour format setting in the Timekeeping Mode.



To recall Time Recorder times

- In the Time Recorder Mode, press (A) to scroll through times stored in memory.
- Each press of (A) scrolls through time records from higher numbered (newer) records to lower numbered records.
 - Whenever you enter the Time Recorder Mode, the newest (highest numbered) record appears first.

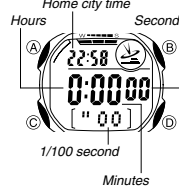
To delete all Time Recorder times

- In the Time Recorder Mode, press (A) and (D) at the same time to delete all Time Recorder times.

Stopwatch

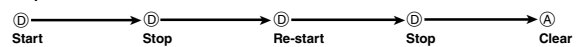
The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).



To measure times with the stopwatch

Elapsed Time



Split Time



Two Finishes



Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto Return Features

- If you leave the watch in the Alarm or Date Alert Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.

Data and Setting Scrolling

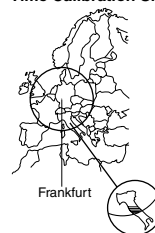
The (A), (B), and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the Alarm, Date Alert, or World Time Mode, the data you were viewing when you last exited the mode appears first.

Time Calibration Signal Reception

- This watch is able to receive the time calibration signal transmitted from Mainflingen, Germany (located 25 kilometers southeast of Frankfurt). Signal reception is possible within the area represented by a circle with a radius of about 1000 kilometers.
- At distances further than about 500 kilometers, the signal may become weak and reception may be impossible under certain conditions.
- Signal reception may be poor in the shaded area on the map, even though it is within 1,000 kilometers of the signal transmitter.



General Precautions

- The watch is designed to automatically update the date and day of the week for the period January 1, 2000 to December 31, 2039. Setting of the date by the time calibration signal cannot be performed starting from January 1, 2040.
- This watch can receive signals that differentiate between leap years and non-leap years.
- Even when the watch is within the reception range of the transmitter, signal reception is impossible if the signal is blocked by mountains or other geological formations between the watch and signal source.
- Signal reception is affected by weather, atmospheric conditions, and seasonal changes.
- The time calibration signal is bounced off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
- Reception is best when the antenna built into the 12 o'clock edge of the watch is facing in the general direction of the signal transmitter. Note, however, that moving the watch while the time calibration signal receive operation is taking place will make stable reception impossible.
- Think of the watch as acting like a TV or radio when it is receiving the calibration signal. When receiving indoors, move to a location as near as possible to a window.
- Proper signal reception can be difficult or even impossible under the conditions listed below.
 - Near TVs, refrigerators, computers, or other household appliances
 - Far away from broadcasting stations among ferro-concrete structures or near mountains
 - Underground, in tunnels or in ferro-concrete buildings
 - Near high-tension wires, neon signs, or radio stations with interfering frequencies
 - Near railroads, highways or airports
 - In trains or cars
- Radio interference can make signal reception impossible.
- Strong electrostatic charge can result in the wrong time being set.

Troubleshooting

Check the following points whenever you experience problems with your watch.

Problem	Probable Cause	What you should do
Cannot perform manual receive.	<ul style="list-style-type: none"> The watch is not in the Timekeeping Mode. You do not select one of the following City Codes as your Home City Code: BER, PAR, LON, or ATH. 	<ul style="list-style-type: none"> Enter the Timekeeping Mode and try again. Select the correct Home City Code.
Auto receive is turned on, but the receive indicator does not appear on the display.	<ul style="list-style-type: none"> You changed the time setting manually. The watch was not in the Timekeeping or World Time Mode, or you were performing some button operation during the auto signal receive operation was performed. Even if receive is successful, the receive indicator disappears every day at 3am. Time data (hour, minutes, seconds) only was received during the last receive operation. The receive indicator appears only when time data and date data (year, month, day) are both received. 	<ul style="list-style-type: none"> Perform manual signal receive or wait until the next auto signal receive operation is performed. Check to make sure the watch is in a location where it can receive the signal. Put the watch in a location that is suitable for good reception.
Time setting is incorrect following signal reception.	<ul style="list-style-type: none"> If the time is one hour off, the DST setting may be incorrect. The Home City Code setting is not correct for the area where you are using the watch. 	<ul style="list-style-type: none"> Change the DST setting to Auto DST. Select the correct Home City Code.

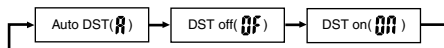
Auto Summer Time (DST) Switching

The time calibration signal transmitted from Mainflingen, Germany includes both standard time and summer time (Daylight Saving Time) data. When auto summer time (DST) switching is turned on, the watch switches between standard time and summer time (DST) automatically in accordance with the calibration signal.

- Daylight Saving Time (DST) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.
- When using the watch within the reception range of the Mainflingen transmitter, and **BER, PAR, LON, or ATH** is selected as the Home City code, select Auto DST to turn on the auto summer time setting.
- The default auto summer time setting is Auto DST whenever you select **BER, PAR, LON** or **ATH** as your Home City code.
- If you experience problems receiving the time calibration signal in your area, it is probably best to turn off auto time switching.

To select the auto summer time setting

- In the Timekeeping Mode, hold down (A) until the current auto receive on/off setting to flash, which indicates the setting screen.
- Press (C) twice until the summer time (DST) setting screen appears.
- Use (D) to cycle through the summer time settings in the sequence shown below.



- When the setting you want is selected, press (A) to exit the setting screen.

Timekeeping

- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the your Home City time setting.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC*) data.

*The letters "UTC" stands for "Universal Time Coordinated," which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep accurate to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation. The reference point for UTC is Greenwich, England.

12-hour/24-hour Timekeeping Formats

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all other modes (except for the World Time Mode and Time Recorder Mode).

- With the 12-hour format, the **P (PM)** indicator appears on the display for times in the range of noon to 11:59 p.m. and the **no** 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, with **24** indicator.
- The World Time Mode and Time Recorder Mode always display times using 24-hour format, regardless of the 12-hour/24-hour format setting in the Timekeeping Mode.
- In all modes besides the Timekeeping Mode, the current Home City time in the upper left corner of the display is always displayed using 24-hour format.

Backlight Precautions

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.

- In any mode, press (B) to illuminate the display for about one second.
- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight 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.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

City Code Table

City Code	City	GMT Differential	Other major cities in the same time zone
---		-11	PAGO PAGO
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-9	NOI
LAX	LOS ANGELES	-8	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-7	EL PASO, EDMONTON
CHI	CHICAGO	-6	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-5	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-4	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-3	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-2	
---		-1	PRIA
GMT		+0	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
LON	LONDON	+0	
PAR	PARIS	+1	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
BER	BERLIN	+1	
ATH	ATHENS	+2	HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
CAI	CAIRO	+2	
JRS	JERUSALEM		
JED	JEDDAH	+3	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+4	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+5	MALE
DEL	DELHI	+5.5	MUMBAI, KOLKATA
DAC	DHAKA	+6	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+7	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+8	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	+9	PYONGYANG
SEL	SEOUL	+9	
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAU
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of December 2001.