

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.

Warning!

Note the following important points concerning Identification Mode data stored in the memory of this watch.

- SCUBA diver certificate number, passport number, and emergency contact number data stored in the memory of this watch can be misused whenever the watch is in the hands of another party.

- To protect against the misuse of SCUBA diver certificate number, passport number, and emergency contact number data, input them in coded form that cannot be understood by others.
- Make sure you correctly input your name and blood type data. Once you input your data, take care that the watch is not borrowed by another person. Otherwise, emergency medical personnel may assume that your data applies to the person who borrowed the watch.
- The default blood type screen setting when you first purchase the watch or after you change the battery is "A" for the blood type and "Rh + " for the Rh factor. To avoid problems caused by display of the wrong blood type, we recommend that you input your correct blood type data as soon as possible after purchasing the watch and after having the battery replaced.
- CASIO COMPUTER CO., LTD. shall not be held liable to you or any third party for any losses or damages suffered through the misuse of data stored in the memory of this watch.

GENERAL GUIDE

- Press (M) to change from mode to mode.
- While in any mode hold down (M) for one second, to enter the Dive Time Measurement Mode.
- In any mode, press (B) to illuminate the display.

Dive Time Measurement Mode



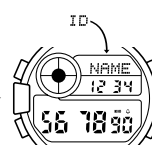
Timekeeping Mode



Site Mode



Identification Mode



Stopwatch Mode



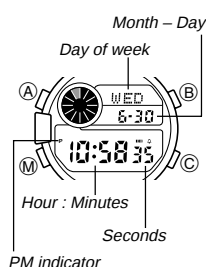
Countdown Alarm Mode



Alarm Mode



TIMEKEEPING MODE



In addition to normal timekeeping, use the Timekeeping Mode to set the current time and date. You can also view the Dive Time Measurement Mode log data.

- See the section of this manual that describes the Dive Time Measurement Mode for information about log data.

Read This Before You Set the Time and Date!

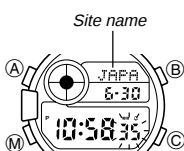
The times displayed in the Timekeeping Mode and Site Mode are linked. Because of this, make sure you select a "Home Site" (the site whose time and date you are setting), before you set the date and time. You can use any one of the 10 snorkeling and scuba diving sites pre-programmed in watch memory, or you can create your own.

Site Name	GMT Differential	Location
CAYMAN	-5	Caribbean Ocean
GALAPAGOS	-6	West Pacific Ocean
GBR	+10	Coral reef north east of Australia
GUAM	+10	East Pacific Ocean
HAWAII	-10	Central Pacific Ocean
JAPAN	+9	East Pacific Ocean
MAURITIUS	+4	West India Ocean
MALDIVES	+5	North India Ocean
RED SEA	+2	Red Sea
TAHITI	-10	South Pacific Ocean

Important!

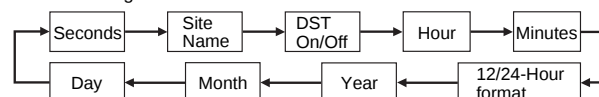
If the site you want to use as your Home Site is not in the above list, use the procedure under "Changing Site Data" to edit the pre-programmed site data.

To set the time and date



1. In the Timekeeping Mode, hold down (A) until the seconds digits start to flash.
2. While the seconds digits are flashing, press (C) to reset the seconds to 00.
 - Pressing (C) while the seconds count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes count is unchanged.

3. Press (M) to move the flashing in the sequence shown below to select other settings.

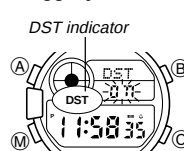


- See "Daylight Saving Time (DST)" for details on DST On/Off setting.
4. Press (M) until the site name is flashing on the display.
 5. Use (B) and (C) to scroll through the site names until the one you want to set as your Home Site.
 - Pressing (C) scrolls forward, while (B) scrolls back through site names.
 - See "Read This Before You Set the Time and Date!" for a list of site name.
 6. Press (M) until the hour setting is flashing on the display.
 7. Press (C) to increase the setting or (B) to decrease it.
 8. Repeat steps 6 and 7 to set the minutes, year, month, and day.
 - When the 12/24-hour setting is selected, press (C) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
 9. Press (A) to return to the current time screen.

Daylight Saving Time (DST)

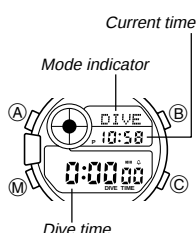
Daylight Saving Time automatically advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle your Home Site time between DST and Standard Time



1. In the Timekeeping Mode, hold down (A) until the seconds digits start to flash.
2. Press (M) twice to move the flashing to the DST On/Off setting.
3. Press (C) to toggle Daylight Saving Time (DST) and standard time (ST).
4. Press (A) to return to the current time screen.
 - The DST indicator appears on the display to indicate that daylight saving time is turned on.

DIVE TIME MEASUREMENT MODE



The Dive Time Measurement Mode lets you measure the total time you spend underwater while diving or snorkeling, and the amount of time spent on the surface (surface interval). The watch also stores one set of diving time data (total dive time and dive start time) into log memory for later recall.

Warning!

For your own safety, never operate the buttons of the watch while underwater or while on the water's surface. Perform button operations in a safe place after leaving the water.

Before Diving/Snorkeling

- Be sure to check if the battery power is low (check for low light intensity, a dim display, or the flashing indicator). If it is, do not use the watch for diving/snorkeling.
- Make sure that the watch is set to the correct time.
- Check the glass, case and band for cracks or chips.
- Make sure that the band is fastened securely around your wrist.

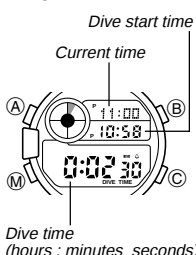
While Diving/Snorkeling

- Always use the "buddy system" when diving – never dive alone.
- Check to make sure that timer operation is being performed properly.
- Take care when diving/snorkeling near rocks or coral to avoid scratching the watch.

After Diving/Snorkeling

To avoid corrosion, rinse your watch thoroughly with fresh water to remove salt water, dirt, etc. When possible, soak the watch in fresh water overnight to make sure that all salt is removed.

Using the Dive Time Measurement Mode

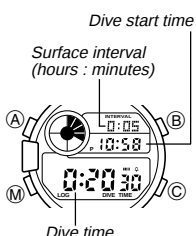


1. Before diving/snorkeling, switch to the Dive Time Measurement Mode by holding down (M) for at least one second.
2. To start the dive time measurement operation, press (C).
3. To stop the measurement, hold down (C) for at least one second (until the watch emits a long beep).
4. To re-start timing from the dive time shown on the display, press (C).
 - You can repeat steps 3 and 4 as many times as you like.
5. To clear the Dive Time Measurement Mode, stop the measurement operation (step 3, above) and then press (A).

Notes

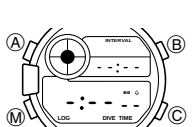
- Timing of the surface interval starts whenever you hold down (C) to stop the dive time measurement operation in step 3, above. This timing is performed internally, and it is not indicated on the Dive Time Measurement Mode screen. For details on how to view surface interval data, see "Viewing Log Data".
- Do not recall log data while a dive time measurement is stopped and you plan to re-start it. If you do, the dive time to that point will be stored into memory and the data will be cleared when you exit the Dive Time Measurement Mode.

Viewing Log Data



1. Hold down (M) for at least one second to enter the Timekeeping Mode from the Dive Time Measurement Mode.
2. Hold down (C) to display the Log Data screen. The Log Data screen remains visible as long as you hold down (C). When you release (C), the normal Timekeeping Mode screen returns.
 - The surface interval continues to be timed until you re-start dive time measurement or until the surface interval reaches 24 hours.

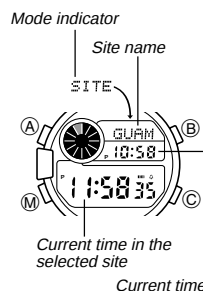
Clearing the Log Data Memory



Log data in memory is automatically replaced by the newest measurement. Use the following operation if you want to manually clear the log data memory.

1. While in the Timekeeping Mode, hold down (C) to display the Log Data screen.
2. While holding down (C), press (A) to clear the log data memory.
 - At this time, the display clears so that no data is shown.

SITE MODE



The Site Mode lets you view the current time in any one of 10 different sites. Your watch comes pre-programmed with site data (site name and GMT differential) for famous snorkeling and diving sites around the world. You can use this site data as it is or change it to suit your needs.

Viewing the Time in Another Site

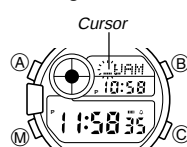
In the Site Mode, press (C) to scroll forward through the site data.

Changing Site Data

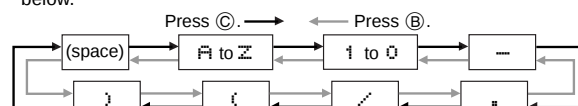
Site data consists of the site name, DST setting, and the GMT differential of the site. Changing site data causes its time to be set automatically in accordance with the GMT differential.

- You cannot change the site data of the site that is set as your Home Site in the Timekeeping Mode.

To change site data

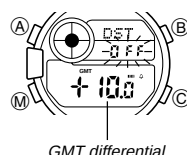


1. In the Site Mode, use (C) to display the name of the site whose data you want to change.
2. Hold down (A) until the cursor appears on the display.
 - If your Home Site is on the display, pressing (A) causes the indicator HOME to appear, without the cursor.
3. Use (M) to move the cursor to the location of the site name character you want to change.
4. Use (B) and (C) to scroll through characters at the cursor position. Each press of these buttons scrolls through characters in the sequence shown below.



5. Repeat steps 3 and 4 to input all the characters of the site name.

- To delete a character, input a space.
- A site name can be up to 14 characters long.

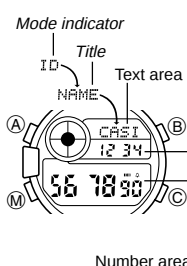


6. After you input the site name, press (M) until the current DST/Standard Time setting starts flashing on the display.
 - indicates DST and indicates Standard Time.
 - The site name area has spaces for 14 characters, so you must continue to press (M) until you get past the 14th character.
7. Press (C) to toggle between DST () and Standard Time ()
8. Press (M) and the current GMT differential starts to flash.
9. Press (C) to increase the setting or (B) to decrease it.
 - See "TIME ZONE TABLE" for GMT differential information for a number of time zones and cities.
10. Press (A) to return to the Site Time screen.

Switching a Site Time between DST and Standard Time

1. In the Site Mode, display the name of the site whose DST/Standard Time setting you want to change.
2. Hold down (A) until the cursor appears on the display.
3. Press (M) 14 times until the DST/Standard Time setting screen appears, with either or flashing.
4. Press (C) to toggle the setting between DST () and Standard Time ()
5. Press (A) to return to the Site Time screen.

IDENTIFICATION MODE



With the Identification (ID) Mode, you can store your name, SCUBA diver certificate number, emergency contact number, passport number, and blood type.

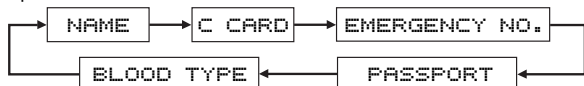
About Identification Mode Data

- The Identification Mode has five pre-programmed data titles: NAME (name), C CARD (SCUBA diver certificate number), EMERGENCY NO. (emergency contact number), PASSPORT (passport number), and BLOOD TYPE (blood type).
- Except for BLOOD TYPE, you can input 16 characters (letters, numbers, symbols) in the text area and 10 digits in the number area.

- In the case of **BLOOD TYPE**, you can input a blood type (ABO) and Rh factor.

Viewing Identification Mode Data

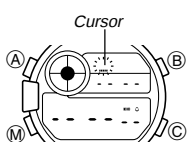
In the Identification Mode, each press of **(C)** scrolls through the data in the sequence shown below.



- In the Text Area, the title alternates with the input text.

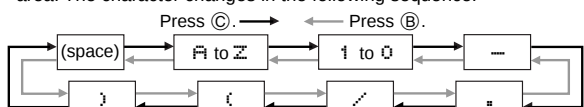
Inputting Text and Numbers

The following procedure is the same for **NAME**, **C CARD**, **EMERGENCY NO.**, and **PASSPORT** data.

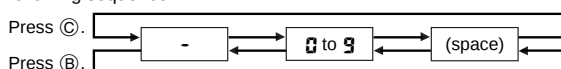


1. In the Identification Mode, display the title of the data you want to input.
2. Hold down **(A)** until the cursor appears in the text area.
 - If you do not want to input text into the text area, press **(M)** 16 times to move the cursor to the number area and jump to step 7.

3. Use **(B)** and **(C)** to change the character at the cursor position in the text area. The character changes in the following sequence.

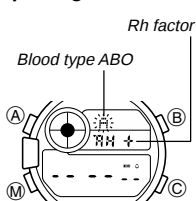


4. When the character you want is at the cursor position, press **(M)** to move the cursor to the right.
5. Repeat the steps 3 and 4 until your text is complete.
6. After you input text, use **(M)** to move the cursor to the number area.
 - The text area in the Identification Mode can hold up to 16 characters. When the cursor is located at the 16th space of the text area, moving the cursor to the right causes it to jump down to the first digit in the number area. When the cursor is at the 10th digit of the number area, moving it to the right causes it jump back up to the first character of the text area.
7. Use **(B)** and **(C)** to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.

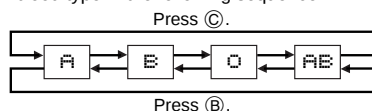


8. When the character you want is at the cursor position, press **(M)** to move the cursor to the right.
9. Repeat steps 7 and 8 until you complete number input.
10. Press **(A)** to store your data and return to the Identification Mode data screen (without the cursor).

Inputting Your Blood Type



1. In the Identification Mode, display the **BLOOD TYPE** title.
2. Hold down **(A)** until the blood type ABO starts to flash.
3. Use **(B)** and **(C)** to scroll through the available blood type in the following sequence.



4. Press **(M)** to advance to specification of the Rh factor.
 - At this time the current Rh factor (- or +) will flash on the display.
5. Press **(C)** to select either - (negative) or + (positive).
6. Press **(A)** to store your data and return to the **BLOOD TYPE** screen.

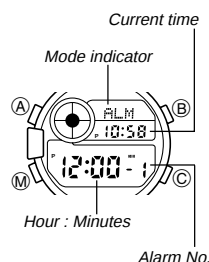
Editing Identification Mode Data (except Blood Type Data)

1. In the Identification Mode, scroll through the data and display the one you want to edit.
2. Hold down **(A)** until the cursor appears in the text area.
3. Use **(M)** to move the cursor to the character you want to change.
4. Use **(B)** and **(C)** to change the character.
 - For details on inputting characters, see "Inputting Text and Numbers" (step 3 for text input and 7 for number).
5. After making the changes that you want, press **(A)** to store them and return to the Identification Mode data screen.

Deleting Identification Mode Data (except Blood Type Data)

1. In the Identification Mode, scroll through the data and display the one you want to delete.
2. Hold down **(A)** until the cursor appears in the text area.
3. Press **(B)** and **(C)** at the same time to clear the data.
 - At this time the cursor appears in the text area, ready for input.
4. Input data or press **(A)** to return to the Identification Mode data screen.

ALARM MODE



You can set the hour and minutes for three separate Daily Alarms. When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound.

When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

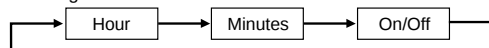
- The mode indicator (**ALM**) indicates an alarm screen. **SIG** appears in place of **ALM** when the Hourly Time Signal screen is shown.

Setting an Alarm Time

1. In the Alarm Mode, press **(C)** to select the alarm whose time you want to set.



2. After you select an alarm, hold down **(A)** until the hour digits of the alarm time start to flash.
 - This operation automatically turns on the alarm.
3. Press **(M)** to move the flashing in the sequence shown below to select other settings.



4. While hour or minutes is flashing, press **(C)** to increase the setting or **(B)** to decrease it.
 - When the On/Off setting is flashing, press **(C)** to turn the alarm on (**ON**) and off (**OFF**).
 - 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).
5. Press **(A)** to return to the alarm display screen.

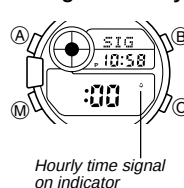
Testing the Alarm

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

Turning an Alarm On and Off

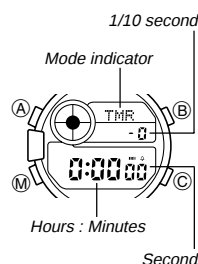
1. In the Alarm Mode, press **(C)** to select the alarm you want to turn on or off.
2. Hold down **(A)** until the hour digits of the alarm time start to flash.
3. Press **(M)** twice to select alarm On/Off setting.
 - Alarm On/Off setting is selected when the **ON** or **OFF** setting is flashing.
4. Press **(C)** to turn it on (**ON**) and off (**OFF**).
5. Press **(A)** to return to the alarm display screen.
 - The alarm on indicator (**!!!**) is on the alarm display screen when the alarm is turned on.
 - In other modes (besides the Alarm Mode), the **!!!** indicator remains on the display as long as at least one of the alarms is on.

Turning the Hourly Time Signal On and Off



1. In the Alarm Mode, press **(C)** to select the Hourly Time Signal.
2. Hold down **(A)** until the **ON** indicator starts to flash on the display in place of **SIG**.
3. Press **(C)** to turn it on (**ON**) and off (**OFF**).
4. Press **(A)** to return to the Hourly Time Signal display screen.
 - The hourly time signal on indicator (**A**) appears on the display whenever the Hourly Time Signal is turned on.

COUNTDOWN ALARM MODE

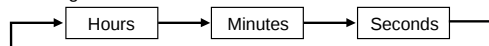


The countdown timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.

Setting the Countdown Time

1. In the Countdown Alarm Mode, hold down **(A)** until the hours digit of the countdown time starts to flash.
2. Press **(M)** to move the flashing in the sequence shown below to select other settings.



3. While hours, minutes, or seconds digits are flashing, press **(C)** to increase the setting.
 - To set the starting value of the countdown time to 24 hours, set **0:00:00**.
4. Press **(A)** to return to the countdown alarm display screen.

Using the Countdown Timer

Press **(C)** while in the Countdown Alarm 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 automatically reset to its starting value after the alarm stops.
- Press **(C)** while a countdown operation is in progress to pause it. Press **(C)** again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing **(C)**), and then press **(A)**. This returns the countdown time to its starting value.

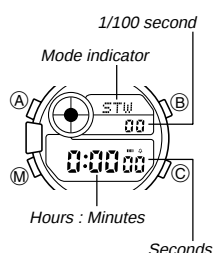
Turning Auto-repeat On and Off



1. In the Countdown Alarm Mode, hold down **(A)** until the hours digit of the countdown time starts to flash.
2. Press **(B)** to turn auto-repeat on (**AUTO** displayed) and off (**AUTO** not displayed).
3. Press **(A)** to return to the countdown alarm display screen.

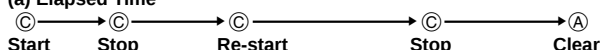
- When the end of the countdown is reached and auto-repeat is turned on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero. You can stop timing by pressing **(C)**, and manually reset to the starting countdown time by pressing **(A)**.
- Normally, an alarm tone sounds for 10 seconds when the end of the countdown is reached. If you use auto-repeat with start time of 10 seconds or less, the watch beeps once.

STOPWATCH MODE

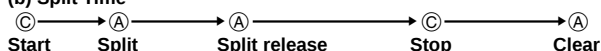


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

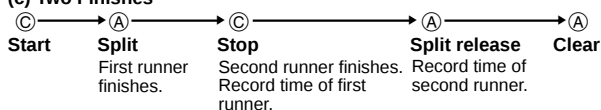
(a) Elapsed Time



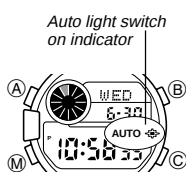
(b) Split Time



(c) Two Finishes



BACKLIGHT



The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight 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.

Turning on the Backlight manually

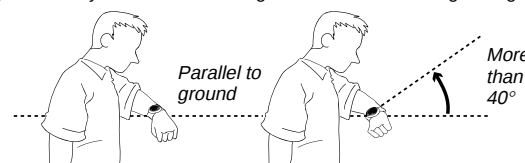
- In any mode, press **(B)** to illuminate the display for about two seconds.
- The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes the backlight to turn on for about two seconds, whenever you position your wrist as described below in any mode.

- See "Backlight Precautions" for other important information about using the backlight.

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



Warning!

- **Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when running where there is danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.**
- **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 **(B)** for two seconds to turn the auto light switch on (**AUTO** displayed) and off (**AUTO** not displayed).

- In order to protect against running down the battery, the auto light switch is automatically turned off approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.
- The auto light switch on indicator (**AUTO**) is on the display in all modes while the auto light switch is turned on.

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.

Graphic Area and Text Area

- The graphic area shows the passage of minutes in the Timekeeping, Dive Time Measurement, Site, Countdown Alarm, and Stopwatch Modes, and the Log Data screen. A segment appears in the graphic area each time five minutes pass.
- The text area can show up to four characters, so longer text scrolls continually from right to left.

Auto Return Feature

- After you perform an operation in any mode (except for the backlight operation), pressing **(M)** returns to the Timekeeping Mode.
- If you leave a screen with flashing digits or 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.
- If you leave the watch in Site and Identification Modes for about one hour without performing any operation, it automatically changes to the Timekeeping Mode.

Data and Setting Scrolling

The **(B)** and **(C)** buttons are used in various modes and 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.

12-hour/24-hour Timekeeping Formats

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in the Dive Time Measurement, Site, and Alarm Modes.

- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 pm. No indicator is shown from midnight to 11:59 am.
- With the 24-hour format, times are indicated in the range of 00:00 to 23:59, with **24** indicator.

Timekeeping Mode Notes

- The day of the week is automatically displayed in accordance with the year, month, and day settings.
- The year can be set in the range of 1995 to 2039.
- The watch's built-in full automatic calendar automatically make allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.

Site Mode

- The current time in all Site Mode sites is calculated in accordance with the Greenwich Mean Time (GMT) differential for each site, based on the current Home Site time setting in the Timekeeping Mode.
- The GMT differential is the time difference of the time zone where the site is located from Greenwich Mean Time.
- The seconds count of the Site Time is synchronized with the seconds count of the Timekeeping Mode.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

Backlight Precautions

- The electro-luminescent (EL) panel loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch will emit an audible sound whenever the display is illuminated. It does not indicate malfunction of the watch.
- The backlight automatically turns off whenever an alarm sounds.

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.
- The backlight turns off in about two seconds, even if you keep the watch pointed towards your face.
- The backlight may not light if the face of the watch is more than 15 degrees off the parallel as shown below. Make sure that the back of your hand is parallel to the ground.



- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, 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 the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

About the Battery

Whenever battery power is below a certain level, the flashing  indicator appears, display characters appear dim, the backlight may fail to light, the alarm may fail to sound and the auto light switch does not operate. For safety reasons, the watch will not enter the Dive Time Measurement Mode when battery power is low. This is indicated by the message **BAT** appearing when you hold down  to enter the Dive Time Measurement Mode. Using the watch while the battery is low can result in abnormal operation.

Even when the battery power is not low, backlight, alarm, and other sustained high-power consumption operations can cause the flashing  indicator to appear temporarily. In this case, the  indicator should disappear from the display in about 10 minutes. However, note that the above listed functions, which are normally disabled when battery power is low, are also disabled while the  indicator is temporarily flashing on the display.

ALWAYS LEAVE BATTERY REPLACEMENT UP TO THE DEALER WHERE YOU BOUGHT THE WATCH OR TO AN AUTHORIZED CASIO DISTRIBUTOR. BE SURE TO SHOW THE FOLLOWING INFORMATION TO THE PERSON REPLACING THE BATTERY.

Attention dealer or CASIO distributor

Be sure to use the following procedure when replacing the battery.

1. Open and remove the back cover.
 - Opening the back cover causes the message **OPEN** to appear on the display.
 - If **CLOSE** appears on the display when you open the back cover, replace the back cover. Wait for a few minutes and try again.
2. Remove the battery holder.
3. Remove the old battery and load a new one.
4. Replace the battery holder.
5. Touch the AC contact and the battery (+) side with metallic tweezers.
6. Close the back cover.
 - The message **WAIT** appears on the display about 20 seconds after you perform the AC (all clear) operation in step 5 of the above procedure, indicating that the watch is performing an internal self-check for data errors. Note that the **OPEN** message remains on the display during the internal self-check procedure, even after you close the back cover.

TIME ZONE TABLE

GMT Differential	Some Cities in Same Time Zone
-11	PAGO PAGO
-10	HONOLULU, PAPEETE
-09	ANCHORAGE, NOME
-08	LOS ANGELES, SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
-07	DENVER, EL PASO, EDMONTON
-06	CHICAGO, HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
-05	NEW YORK, MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
-04	CARACAS, LA PAZ, SANTIAGO, PORT OF SPAIN
-03	RIO DE JANEIRO, SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
-02	
-01	PRAIA
+00	LONDON, DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+01	PARIS, MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
+02	CAIRO, JERUSALEM, ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
+03	JEDDAH, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
+3.5	TEHRAN, SHIRAZ
+04	DUBAI, ABU DHABI, MUSCAT
+4.5	KABUL
+05	KARACHI
+5.5	DELHI, MUMBAI, CALCUTTA
+06	DHAKA, COLOMBO
+6.5	YANGON
+07	BANGKOK, JAKARTA, PHNOM PENH, HANOI, VIENTIANE
+08	HONG KONG, SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
+09	TOKYO, SEOUL, PYONGYANG
+9.5	ADELAIDE, DARWIN
+10	SYDNEY, MELBOURNE, GUAM, RABAU
+11	NOUMEA, PORT VILA
+12	WELLINGTON, CHRISTCHURCH, NADI, NAURU ISLAND

Based on data as of June 1998.