

Operation Guide 2886

CASIO®

Introduction

Thank you for purchasing this CASIO product. To ensure that it can provide you with the years of service for which it is designed, be sure to read this manual carefully and follow the instructions contained herein. Make sure you read the Safety Precautions before using this product for the first time.




Note that the measurement functions of this product are not intended for use in applications where special instruments are required. The readings produced by this product are reasonably accurate approximations only.




Safety Precautions

Symbols

This manual and the product itself use various symbols that are intended to ensure safe operation of the product, to prevent injury to you and others, and to protect against material damage and loss. The following explains the meanings the symbols.

Example Symbols

-  The \triangle symbol indicates a caution. The symbol to the left indicates an electric shock caution.
-  The \otimes symbol indicates something you must not do. The symbol to the left indicates that you should not try to disassemble something.
-  The \bullet symbol indicates something you must do. The symbol to the left indicates that you must unplug the power cord from the power outlet.

-  **Danger!** Disregarding information with this label creates the risk of death or serious personal injury.
-  **Warning!** Disregarding information with this label could possibly create the risk of death or serious personal injury.
-  **Caution!** Disregarding information with this label could possibly create the risk of personal injury or material loss.

Warning!

Do not use this product while scuba diving (aqualung).
 • This product is not a diving watch. Improper use of this product can lead to serious accident.



Built-in battery

Never try to remove the watch's rechargeable (secondary) battery. Leave all built-in battery replacement operations up to your original retailer or authorized CASIO service center.



Whenever the watch's built-in battery is removed from the watch, take care to ensure that it is not swallowed accidentally. Special care is required where young children are present.



Keep batteries out of the reach of small children. Should a battery ever be swallowed accidentally, contact a physician immediately.



AC Adaptor and Charger Unit

Should you ever notice any abnormality such as smoke, strange odor, or excessive heat being emitted by the AC adaptor or charger unit, immediately unplug the AC adaptor from the power outlet and contact your original retailer or authorized CASIO service center.



Do not allow long-term contact between your skin and the AC adaptor or charger unit while it is conducting electricity, or with the watch while it is being charged. Long term contact creates the risk of low-temperature burn injury.



Warning!

AC Adaptor and Charger Unit

Never allow water or foreign matter to get inside the AC adaptor or charger unit, and do not allow them to become wet. Should water or foreign matter get into the AC adaptor or charger unit, immediately turn off power, unplug the AC adaptor from the power outlet, and contact your original retailer or authorized CASIO service center.



Failure to observe the following points concerning the AC adaptor and charger unit creates the risk of fire and personal injury.



- Do not use or leave the AC adaptor or charger unit near a heater or any other source of heat.
- Do not use or leave the AC adaptor or charger unit in a bathroom, near a humidifier, or in any other location where it is exposed to splashing water or moisture.
- Never touch the AC adaptor or charger unit while your hands are wet.
- Never expose the AC adaptor or charger unit to flame or heat.
- Never try to take the AC adaptor or charger unit apart or modify it in any way.
- Never short AC adaptor or charger unit terminals through contact with needles, pins, or other metal objects.
- Take care not to drop the AC adaptor or charger unit or otherwise subject it to strong impact.
- To ensure safety during lightning storms, unplug the AC adaptor from the power outlet.
- Be sure to grasp the plug when unplugging the AC adaptor.
- Never use the watch, AC adaptor, or charger unit while it is covered by a blanket, etc.
- Keep the AC adaptor and charger unit out of the reach of small children.
- Be sure to unplug the AC adaptor from the power outlet before leaving on a trip or otherwise leaving it unattended for long periods.

Caution!

Caring for Your Watch

A dirty or rusty case or band can soil the sleeve of your clothing. Be sure to keep the case and band clean at all times. Rust tends to form easily after the watch is exposed to seawater and then left without cleaning.



Skin Irritation

Since the watch and the band come into direct contact with the skin, the following conditions may cause irritation of the skin.



- When a wearer is allergic to metal or leather
- When the watch or band is rusty dirty, sweaty, etc.
- When the wearer is in poor physical condition
- Tightening the band too tightly can cause you to sweat, and can make it hard for air to pass under the band, which can lead to skin irritation. Do not over-tighten the band.
- The bacterial and odor resistant band suppresses the formation of organisms and bacteria due to sweat, and related odors. It does not protect against skin rash.
- Should you ever notice any abnormality, immediately stop using the product and consult a physician.

Using the Auto Light

It is recommended that you turn off the Auto Light while driving or riding in a motor vehicle. Unintended illumination can distract the operator and create the risk of traffic accident.



Never try to take the watch apart!

Never try to take the watch apart. Doing so creates the risk of personal injury and malfunction of the watch.



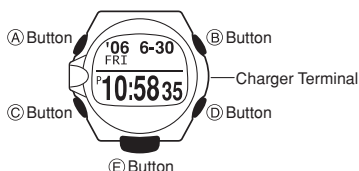
⚠ Caution!	
Use of the Product	
To avoid unexpected accidents, always check around you to ensure you are in a safe place before looking at the display of the watch. Looking at the watch while marathoning or jogging on the open road, while riding a bicycle, or while operating a motor vehicle can lead to accidents. Take care to avoid running into others.	⚠
Take care to avoid breaking your fingernails when fastening and unfastening the band. Particular care is required by people with long fingernails.	⚠
To avoid skin irritation due to unexpected injury or allergy, do not wear the watch while sleeping.	⚠
When picking up or otherwise coming into contact with a child, remove the watch from your wrist to avoid injury to the child or causing irritation of the child's skin.	⚠
Keep backup copies of data!	
Make sure you always keep separate written copies of important data to protect against its loss. Memory contents can be deleted by malfunction repair, etc.	❗
Data Reliability Precaution	
<ul style="list-style-type: none"> The Global Positioning System (GPS) is maintained by the United States government. Its operation, precision and other variables are subject to change. GPS precision is affected by the relative positions of the satellites being tracked and of the watch. 	⚠
AC Adaptor and Charger Unit	
Use only the AC adaptor and charger unit that are designed specifically for use with this product. Use of another type of AC adaptor or charger unit can cause the built-in battery to overheat and ignite, creating the risk of explosion.	❗
Use only an AC adaptor whose markings show it is rated for the power supply in the area where you are using it.	❗

Basics

■ General Guide

The font used in the screen shots shown in this manual was selected for ease of reading. Because of this, the appearance of the screen shots may be slightly different from the actual display of the watch.

● Watch

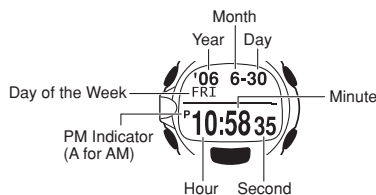


GPS Positioning

To use GPS for auto time calibration or for stopwatch measurements, you need to start a GPS measurement operation before entering the Timekeeping Mode or Stopwatch Mode.

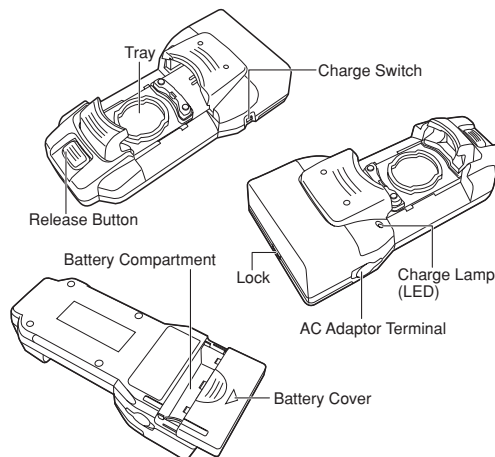
- In the Timekeeping Mode, hold down the (E) button for about one second to start GPS measurement.
 - Perform the Timekeeping Mode or Stopwatch Mode operation you want.
 - To stop GPS measurement, return to the Timekeeping Mode and press the (E) button again.
- For details about GPS, see "GPS".
 - GPS measurement has two modes: NORMAL and LOW POWER. LOW POWER uses less power than when NORMAL is selected. For more information, see "Selecting the GPS Measurement Mode".

Current Time and Date Screen (Timekeeping Mode)



If your watch has a protective sticker on its glass, remove the sticker.

● Charger Unit



■ Auto Display Off

Auto Display Off conserves built-in battery power by turning off the display automatically when you are not using the watch.

Auto Display Off Triggers

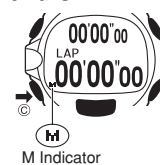
- No watch button operation for 60 minutes
 - No movement of the watch for 60 minutes
- Movement of the watch is detected by the angle sensor of the EL backlight.

To recover from Auto Display Off

- Press any button.
- Moving the watch does not recover from Auto Display Off.

■ Turning the Operation Tone On and Off

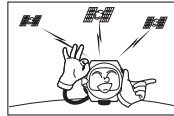
You can turn off the operation tone that sounds when you change from one mode to another or when you perform other operations. When any screen besides a setting screen (one with a flashing setting) is on the display, hold down the (C) button for about one second.



- This will cause the operation tone to sound, and toggle the operation tone on or off.
- The M indicator is on the display while the operation tone is off.
- Holding down the (C) button also changes the watch's current mode.
- The alarm, hourly time signal, and timer time up beeper continue to sound, even when the operation tone is turned off.

GPS

The letters "GPS" stand for "Global Positioning System", which was developed and is operated by the United States Department of Defense.



A GPS device picks up radio signals from three or more of the system's satellites orbiting about 21,000 kilometers above the Earth, and then applies the principles of triangulation to calculate a current position based on the distance between each satellite and the GPS device, and based on each satellite's orbit. Each satellite constantly transmits time information required for GPS measurement, a one-second pulse (Universal Coordinated Time), the satellite's orbit information (ephemeris data), information about the orbits of all the other satellites (almanac data), and other information. Your watch analyzes the data it receives from the GPS satellites to determine your current location, and calculates the distance you have covered and your bearing.

● Important!

- The signals of the GPS system are controlled by the Tracking and Control Center (TACC) of the United States, and are subject to intentional precision degradation and signal termination at its discretion.
- This watch depends on the reception of radio waves from artificial satellites, so certain conditions can interfere with its operation.
- The following conditions can cause radio interference and make reception impossible.

● Among buildings or underground



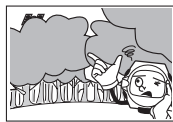
● Surrounded by skyscrapers



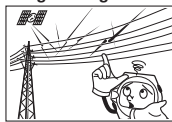
● Inside a motor vehicle



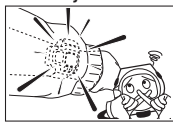
● In wooded areas



● Near high-voltage lines



● When the watch is under your sleeve



If the date is greater than ± 512 weeks off when performing a GPS measurement, following auto time correction the date will become ± 1024 weeks from the actual date. In this case, refer to "Configuring the Watch's Basic Settings" and adjust the date.

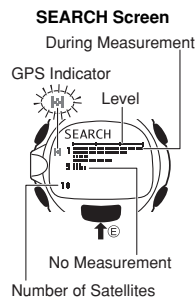
■ GPS Auto Time Calibration by GPS

When the watch performs a GPS measurement, it also receives time data and adjusts its time and date setting automatically.

- If you cannot receive a GPS signal for some reason, periodically adjust the time and date setting manually using the procedure.

To perform GPS auto time calibration

1. In the Timekeeping Mode, hold down the (E) button for about one second.
 - This will start GPS measurement, which is indicated by a flashing GPS indicator (M).
 - To stop GPS measurement, press the (E) button again.
 - A GPS measurement operation normally takes one or two minutes, but can take as long as five minutes. The message "TIME OUT" will appear and measurement will stop if measurement is not possible.
 - Summer time (DST) settings are not configured automatically. See "To configure basic settings" for more information.



In order to facilitate GPS reception, set the current date manually after you first purchase the watch.

- You also can speed up GPS reception by setting the month, day, and approximate current time manually. See "To configure basic settings" for information about manual time and date settings.

Modes

Press the (C) button to cycle between modes.

- The watch will return to the Timekeeping Mode automatically if you do not perform any button operation in the Guide Mode, Recall Mode, or Alarm Mode.

Timekeeping Mode

Use the mode to view the current time and date.

Hour : Minute Second

Alarm Mode

Use this mode to set the alarm time, and to turn the alarm and hourly time signal on or off.

Stopwatch Mode

This mode measures distance, speed, and elapsed time.

World Time Mode

This mode shows the current time in 141 cities in 38 time zones.

Guide Mode

This mode tells you the distance and direction from your current location (BASE POINT) to your destination (GOAL POINT).

Timer Mode

This mode provides a countdown timer.

Recall Mode

Use this mode to recall stopwatch records.

■ Illumination

An EL (electro-luminescent) panel is used for display illumination.

To turn on illumination manually

- In any mode, press the **(D)** button.
- This will turn on illumination for about 1.5 seconds.
- Pressing the **(D)** button turns on illumination regardless of whether Auto Light is on or off.



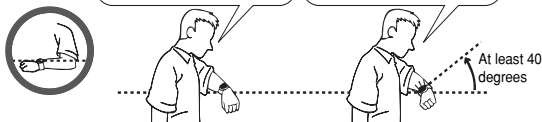
To turn Auto Light on or off

- Auto Light turns on illumination for about 1.5 seconds in all modes when you angle the watch towards your face.
- In the Timekeeping Mode, hold down the **(D)** button for about one second to toggle Auto Light on (☼ displayed) or off (☼ not displayed).



Positioning Your Arm Correctly

- With the watch on your wrist, position it parallel with the ground.
- Rotate your arm until the watch is angled at about 40 degrees, so you can read its face.



- You should be wearing the watch on the outside of your wrist when using the auto light switch.
- Make sure that a line running from the left side (9 o'clock) to the right side (3 o'clock) of the watch is within 15 degrees parallel with the ground. The auto light switch may not operate properly if this angle is greater than 15 degrees.

● Illumination Precautions

- Illumination may be difficult to see under bright sunlight.
- Illumination will turn off automatically if you press any button while it is turned on.
- You may notice a slight sound from the watch while illumination is turned on. This is the sound of EL panel vibration and does not indicate malfunction.

● Auto Light Precautions

- Auto Light will remain enabled for about 60 minutes after it last turned on illumination. After that, it will turn off automatically in order to conserve built-in battery power.
- If you want to continue using auto light, hold down the **(D)** button for about one second again until the Auto Light on indicator reappears. Note, however, that frequent use of Auto Light can run down the built-in battery.
- Illumination may not turn on immediately when you angle the watch towards your face. This does not indicate malfunction.
- Illumination remains on for about 1.5 seconds only, even if you leave the watch angled towards your face.
- Illumination may turn on unintentionally when you wear the watch on the inside of your wrist, when you shake your arm, or when you raise your arm. Be sure to turn off Auto Light whenever you do not need illumination.
- Keep Auto Light turned off whenever you are wearing the watch on the inside of your wrist.
- Electro-static charge and magnetism can interfere with Auto Light operation and even make operation impossible. If this happens, lower your arm to the starting position and then raise it again. If you still have trouble with illumination, try lowering your arm down to your side and then raise it to your face for reading.

You may hear a faint rattling sound when you move the watch around. This sound is caused by the movement of a metal bulb that controls Auto Light operation, and does not indicate malfunction.

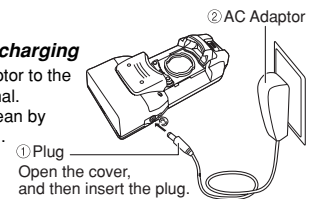
Charging the Built-in battery

Use one of the following procedures to charge the built-in battery before using the watch for the first time or whenever the "LOW BATTERY" message appears.

To use the AC adaptor for charging

Connect the plug of the AC adaptor to the charger unit's AC adaptor terminal.

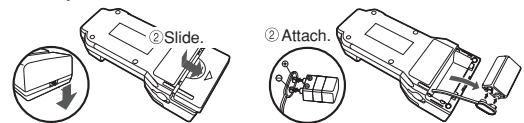
- Keep charger unit contacts clean by wiping them with a clean cloth.



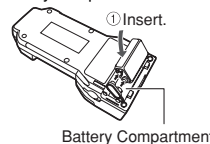
To use a battery for charging

- Note that charging from a battery is not possible while the AC adaptor is connected to the charger unit's AC adaptor terminal. Use a 006P Type (9V) alkaline battery (6LR61) for charging.

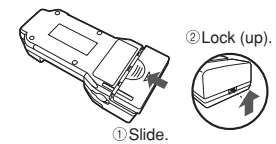
- Release the lock and then open the battery cover.
- Attach the battery.



- Insert the battery into the battery compartment.

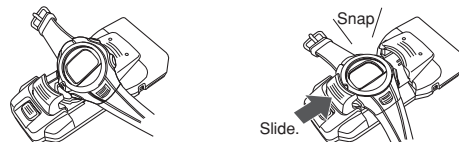


- Close the battery cover and lock it.

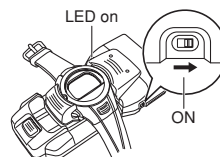


To charge the watch

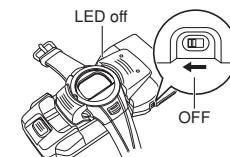
- Place the watch onto the tray of the charger unit.
 - Make sure the watch is inserted securely into the tray.
- Secure the watch in the charger unit.



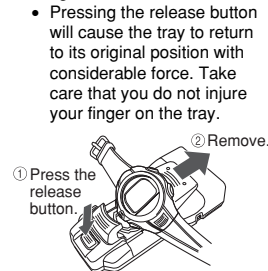
- Turn on the charge switch.



- When the LED goes out, turn off the charge switch.



- Remove the watch from the charger unit.
 - Pressing the release button will cause the tray to return to its original position with considerable force. Take care that you do not injure your finger on the tray.



Important!

- Note that the charger unit becomes rather unstable (because it is top-heavy) when the watch is mounted on it.
- If the LED starts to flash while the watch is on the charger unit, turn off the charge switch and then turn it back on again.

● Time Required for Charging

The watch takes about three hours to achieve a full charge from full discharge.

● Number of Alkaline Battery (6LR61) Charges

You can charge the watch fully about five times with each alkaline battery.

- Do not use a manganese battery for charging.
- If the LED flashes while the charger unit switch is turned on after you remove the watch from the charger unit, it means that there is still enough alkaline battery power left for charging.
- If the LED does not flash even though the charger unit switch is on, it could mean that the alkaline battery is dead. Charge again using a new alkaline battery.

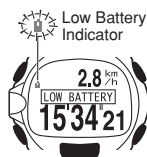
● Approximate Continuous Built-in battery Operating Time

- Timekeeping Only: 7 to 11 days
- Continuous GPS Measurement: NORMAL: 2.0 hours
LOW POWER: 4.3 hours
- Actual built-in battery operating time depends on operating conditions.
- Repeated charging and discharging shortens built-in battery operating time.

● Built-in battery Level

A low battery indicator appears on the display to warn you that built-in battery power is low. When built-in battery power becomes very low, the low battery indicator will start to flash and the message "LOW BATTERY" will appear on the display.

- Low Battery Indicator On: Measurement data (GPS, stopwatch) is saved as it is measured.
- Low Battery Indicator Flashing: Stopwatch is forced to reset to all zeroes. All measurement data (GPS, stopwatch) up to that point is saved.
- Depending on conditions, the following functions may not operate correctly or may become disabled while the low battery indicator is displayed or flashing: GPS reception, stopwatch operations, Recall Mode data delete, Guide Mode destination editing and delete, contrast adjustment.



● Built-in battery Life

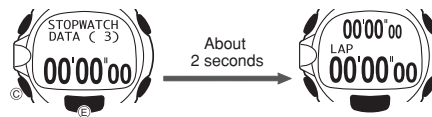
Built-in battery capacity becomes 70% of normal after 300 charge/discharge cycles. Actual built-in battery life depends on operating conditions.

● Handling

- Be sure to keep the charger contacts of the watch clean at all times. Dirt can cause poor contact. Before charging, wipe the contacts with dry cloth, tissue paper, etc. Never allow needles, pins, or other metal objects to touch the contacts.
- Built-in battery performance deteriorates under low temperatures, which can cause the "LOW BATTERY" message to appear more quickly than normal.
- The allowable temperature range of the charger unit during charging is 5°C to 35°C (41°F to 95°F).
- Use only the AC adaptor that comes with the charger unit. Never try to use any other type of AC adaptor.
- Never plug the AC adaptor into any power supply that is outside the power supply voltage range marked on the adaptor. Doing so creates the risk of fire, malfunction, and electric shock.
- The LED will flash if an error occurs during charging. If this happens, turn the charger unit's charge switch off and then back on again. If this does not correct the problem, contact your original retailer or authorized CASIO service center.
- Take care to avoid cutting or damaging of the AC adaptor's power cord. Do not place any heavy object on the cord or expose it to heat. A damaged power cord creates the risk of fire, accident, and electric shock.
- Never plug in or unplug the AC adaptor while your hands are wet. Doing so creates the risk of electric shock.
- Do not plug the AC power cord into an extension cord shared by other devices. Doing so creates the risk of fire, malfunction, and electric shock.
- Should the AC adaptor's power cord become damaged (internal wires exposed, shorted, etc.), request repair from your original retailer or authorized CASIO service center. Using a damaged power cord creates the risk of fire, malfunction, and electric shock.
- The AC adaptor will become warm to the touch during charging. This is normal and does not indicate malfunction.
- Always unplug the AC adaptor from the power outlet when you are not using it.
- Never cover the AC adaptor with a tablecloth, rug, blanket, cushion, or similar item while charging. Internal heat build-up creates the risk of fire.

Using the Stopwatch Mode

To enter the Stopwatch Mode, press the \odot button once in the Timekeeping Mode.



In order to perform a stopwatch measurement that includes GPS measurement, you need to start the GPS measurement (by holding down the \oplus button for about one second) before entering the Stopwatch Mode.

- The watch will beep and "FIX" will appear on the display to indicate that GPS measurement has started.
- The GPS indicator (\oplus) flashes on the display while GPS measurement is in progress.

● Main Functions

Measurement

Time Measurement Unit: 1/100 second

Time Measurement Range: 23:59'59.99" (24 hours)

- Elapsed time returns to zero automatically and timing continues from there when the maximum limit is reached.

Distance Measurement Unit: kilometers or miles

- See "To configure basic settings" for information about selecting the distance unit.

Distance Measurement Range: 999.99 km (621.36 miles)

Speed Measurement Range: 0.0 km/h to 40.0 km/h
(0.0 mph to 24.9 mph)

Measurement Data: Lap time, split time, target time differential, target distance differential, distance covered, speed, pace

- GPS measurement is used to measure target time differential, target distance differential, distance covered, speed, and pace.

Memory Data

Number of Records: 50 (up to 100 laps per record)

- Laps are counted from 0 to 999.

Record Items: Lap time, split time, running time, distance covered, average pace, distance within a lap, pace within a lap

- GPS measurement is used to measure distance covered, average pace, distance within a lap, and pace within a lap.

● Memory

Stopwatch measurement data is saved temporarily in watch memory, and then moved to flash memory when you reset the watch to all zeroes. The message "MEMORY FULL" will appear on the display if you try to save data when there are already 50 records stored in flash memory. In this case, you will need to delete data you no longer need in order to store more data.

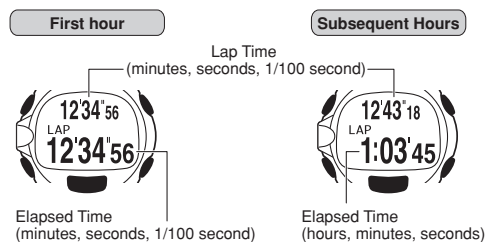
- See "Deleting Records" for information about deleting data from memory.



● Stopwatch Time Displays

During the first hour of a stopwatch time measurement, the display shows minute, second, and 1/100-second values. After the end of the first hour is reached, the display switches to hour, minute, and second values.

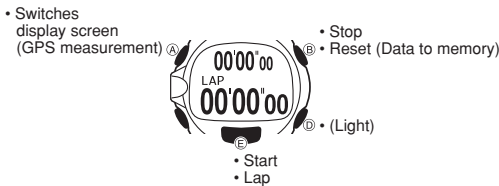
Example: Lap time display



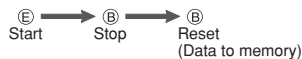
■ Elapsed Time Measurements

The procedures for stopwatch elapsed time measurement are the same regardless of whether or not GPS measurement is used. The only differences are display contents and the data stored in memory.

- It is recommended that you charge the watch fully before using GPS.



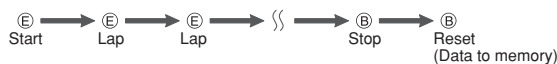
To measure elapsed time



Cumulative Time Measurement

Pressing the (E) button to restart the stopwatch without resetting it to all zeros will resume elapsed time measurement from where it was last stopped.

To measure lap times



Memory Confirmation Message

When you reset the stopwatch to all zeroes, a message appears on the display asking if you want to store the current measurement data in flash memory. Use the (A) button to move the arrow (▶) to "YES" (to store the data) or "NO" (to discard the data) and then press the (E) button.

- It can take as long as three seconds to store data.

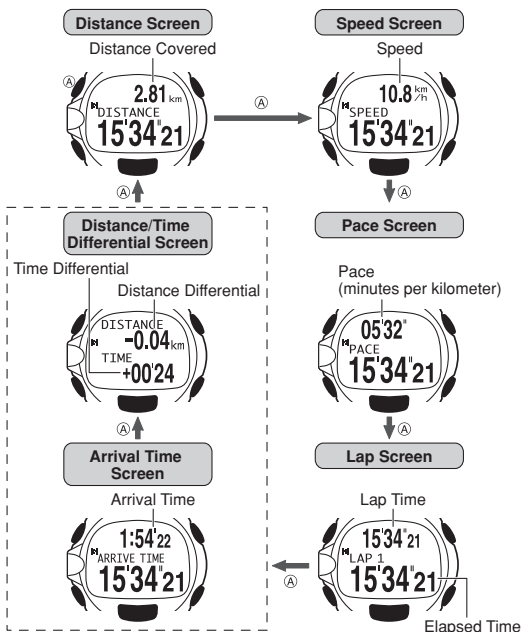


■ Using GPS Measurement during a Stopwatch Operation

● Cycling Through Measurement Screens

You can display any of the measurement screens shown below when using GPS measurement during a stopwatch operation.

- The same data is measured and maintained in memory regardless of which screen is currently on the display.
- The target arrival time screen and the distance/time differential screen are displayed only when the target pace feature is turned on.
- You can select km (kilometers) or mile (miles) as the distance unit. See "To configure basic settings" for more information.



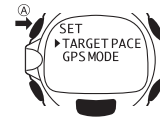
● Specifying the Target Pace

You can specify the target distance and time, and have the watch emit a pace beeper when the distance you specified is reached during a stopwatch elapsed time measurement operation.

- Note that you must reset the stopwatch to all zeroes in order to configure target pace settings.

1. Enter the Stopwatch Mode.

2. Hold down the (A) button for about one second until the setup menu appears.



3. Use the (E) and (B) buttons to move the arrow (▶) to "TARGET PACE".



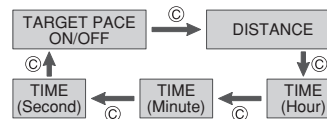
4. Press the (C) button.

- This will display the target pace setting screen.



5. Use the (C) button to select the setting you want to configure.

- Each press of the (C) button cycles through the settings shown below. The currently selected setting is the one that is flashing.



6. Use the (E) (+) and (B) (-) buttons to change the currently selected setting.



Settings

- TARGET PACE:** Select ON or OFF.
- DISTANCE:** Change this setting in 0.1 km (0.1 mile) increments within the range of 0.10 to 99.90 km (0.10 to 62.00 miles). MARATHON will appear when the distance setting is 42.195 km and HALF (half marathon) will appear for 21.0975 km.
- TIME:** Set the hour, minute, and second settings within the range of 0:00'01 to 23:59'59.

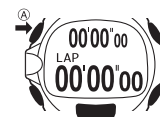
7. To exit the setting screen and return to the menu, press the (A) button.



The watch calculates the speed in accordance with the distance and time you specify here. If the speed is outside the range of 4.0 km/h to 40.0 km/h (2.5 mph to 24.9 mph), an error message will appear and then the display will return to the DISTANCE setting.



8. To return to the Stopwatch Mode screen, press the (A) button again.



● Performing Stopwatch Operations Using GPS Measurement

- The watch will not be able to receive GPS data if a stopwatch elapsed time measurement operation is started before GPS measurement is started. Because of this, only lap times will be displayed by the stopwatch.
- The watch will do the following if GPS reception becomes bad during a stopwatch measurement operation or if there is some problem with the GPS.
 - Elapsed time continues to be measured.
 - Distance covered calculation stops.
 - "-- --" is displayed for speed and pace.
 - If GPS measurement becomes possible again, the watch will add on to the last distance traveled value that was measured successfully before GPS measurement stopped.

● Time Required for GPS Measurement

The watch normally starts measuring new GPS data within about two minutes, because it remembers data from the last GPS measurement. It can take longer if the data from the last measurement has been corrupted for some reason or if there has been a major change in the orbits of the satellites since the last measurement. The message "TIME OUT" will appear on the display and measurement will stop if GPS measurement cannot be completed within about five minutes. If that happens, perform GPS measurement again.

● GPS Measurement Auto Cancel

- The "TIME OUT" message will appear and GPS acquisition will be canceled if a signal cannot be received within about two minutes after GPS acquisition has started.
- If a weak signal can be received and the stopwatch measurement operation is complete, acquisition will continue for five minutes. If the received contents cannot be recognized, "TIME OUT" will appear on the display and GPS acquisition will be terminated.
- If the GPS signal is interrupted during measurement, the message "SIGNAL WEAK" will appear on the display.
- If a weak signal can be received and the stopwatch measurement is in progress, GPS acquisition will continue.
- The message "GPS OFF? YES/NO" will appear after about two minutes if you leave GPS measurement on after you stop a stopwatch elapsed time measurement operation. When this happens, use the (A) button to move the arrow (▶) to "YES" (initial default selection) or "NO". Next, press the (E) button.
- If you do not perform any operation for about one minute while the above message is on the display, the currently selected option ("YES" or "NO") will be executed automatically.



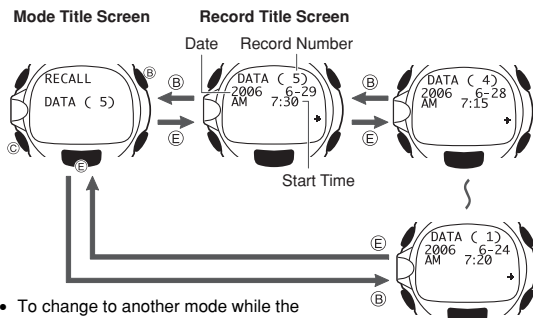
Recalling Memory Contents

The Recall Mode lets you recall the data you store in memory during a stopwatch measurement operation.

- To enter the Recall Mode, press the (C) button three times in the Timekeeping Mode.

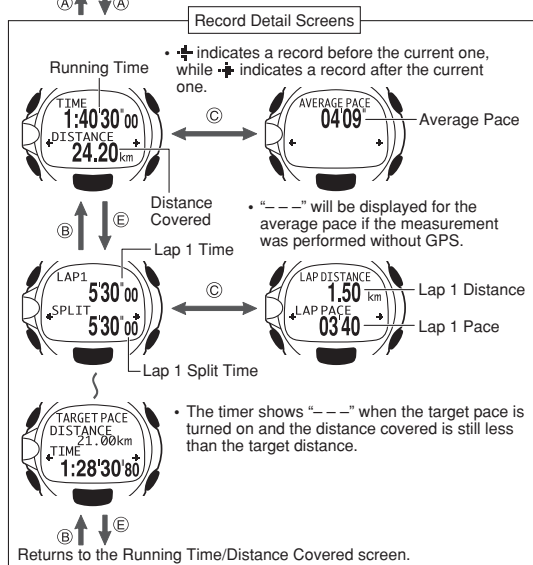
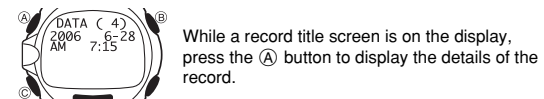
● Selecting a Record

A mode title screen appears first when you enter the Recall Mode. Use the (E) button for scroll back (new-to-old) through data title screens and the (B) button to forward (old-to-new).



- To change to another mode while the mode title screen or a record title screen is on the display, press the (C) button.

● Viewing the Details of a Record

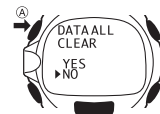


■ Deleting Records

- You can delete individual records or all records currently stored in memory.
- You can delete records only when the stopwatch is reset to all zeroes.

To delete all records

- While the Recall Mode mode title screen is on the display, hold down the (A) button for about one second until the confirmation message appears.



- Use the (A) button to move the arrow (▶) to "YES" (to delete all records) or "NO" (to cancel the delete operation).



- Press the **(E)** button to execute the operation you selected in step 2.
 - If you selected "YES", all records in memory will be deleted.
 - The watch will return to the mode title screen if you leave the confirmation screen on the display for about two or three minutes without doing anything.



To delete a specific record

Deleting a record deletes all of its data.

- In the Recall Mode, use the **(E)** and **(B)** buttons to display the record title screen of the record you want to delete.



- Hold down the **(A)** button for about one second until the confirmation message appears.



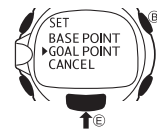
- Use the **(A)** button to move the arrow (**(▶)**) to "YES" (to delete the record) or "NO" (to cancel the delete operation).



- Press the **(E)** button to execute the operation you selected in step 3.
 - If you selected "YES", the selected record will be deleted.
 - The watch will return to the mode title screen if you leave the confirmation screen on the display for about two or three minutes without doing anything.



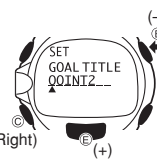
- After GPS measurement is complete, use the **(E)** and **(B)** buttons to move the arrow (**(▶)**) to the memory where you want to register the location.
 - Move the arrow (**(▶)**) to "BASE POINT" if you want to register the location as your current location, or to "GOAL POINT" to register the location as your destination. Move it to "CANCEL" if you want to cancel without registering the location.



- Press the **(C)** button to execute the operation you selected in step 2.
 - This will display a default name (POINT1, POINT2, etc.).



- Input a location name by using the **(E)** (+) and **(B)** (-) buttons to scroll through characters at the position where the pointer (**(▲)**) is currently located, and the **(C)** button to shift the pointer to the right.



- If you want to clear the default name and input a new one, press the **(E)** or **(B)** button while the pointer is located at the first (leftmost) character.
- If you want to edit the default name, press the **(C)** button to move the pointer to the right and then make the changes you want.
- You can input up to eight alpha-numeric characters (see below) for a location name.

Supported Characters

Letters: A to Z
 Numbers: 0, 1 to 9
 Symbols: ', +, -, :, /, ?, space



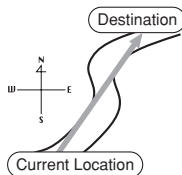
- When everything is the way you want, press the **(A)** button to exit.



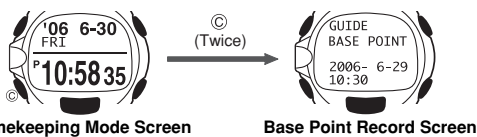
Using the Guide Mode

The Guide Mode calculates the distance and direction between your destination (goal point), which is pre-registered in memory, and a newly measured base point (current location).

- The locations of both points are measured using GPS measurement and stored in memory to perform this operation.
- The distance displayed in the Guide Mode does not include elevation differentials.



To enter the Guide Mode, press the **(C)** button twice in the Timekeeping Mode. This will display the currently stored base point data record.



The message "NO DATA" will appear if there is no base point data currently in memory.



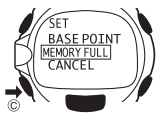
To pre-register a goal in memory

- While the base point record screen is displayed, press the **(E)** button to start GPS measurement of your current location.
 - This will cause the search screen to appear.



Location Memory Capacity

You can have up to 100 destinations in memory. Trying to store a destination when 100 are already stored will cause the message "MEMORY FULL" to appear. If this happens, use the procedure "To delete a destination" to delete locations you no longer need.

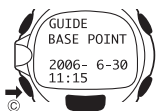


To find out the distance and direction between two points

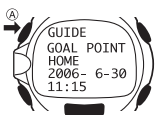
- While the base point record screen is displayed, press the **(E)** button to start GPS measurement of your current location.
 - This will cause the search screen to appear.



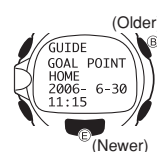
- After GPS measurement is complete, confirm that the arrow (**(▶)**) is next to "BASE POINT" and then press the **(C)** button. This stores the current location as the new base point.



- Press the **(A)** button to display the destination search screen.



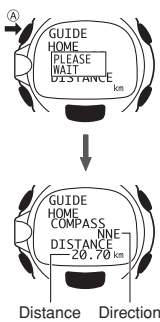
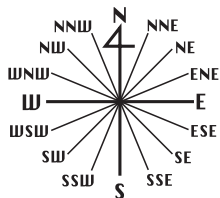
- Use the **(E)** (newer) and **(B)** (older) buttons to scroll through the available destinations until the one you want is on the display.
 - Destinations are listed in measurement date order.



- Press the **(A)** button to display the distance and direction between the two points.

Direction Indications

- The direction reading indicates the direction to the destination from your current location.



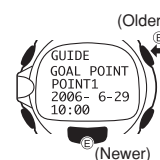
- "--" will be indicated for the direction (COMPASS) and "0.00" for the distance (DISTANCE) when the distance between the current location and your destination is less than 50 meters.
- To return to the base point record screen, press the **(A)** button.
- To change to the Timekeeping Mode or another mode, use the **(C)** button.

To rename a destination

- While the base point record screen is displayed, press the **(A)** button to display the destination (GOAL POINT) list.



- Use the **(E)** (newer) and **(B)** (older) buttons to scroll through the destinations until the one you want is on the display.
 - Destinations are listed in measurement date order.



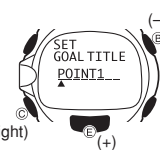
- Hold down the **(A)** button for about one second until the setting menu appears.
 - Keep the **(A)** button depressed after the distance and direction screen appears.



- After confirming that the arrow (**(B)**) is next to "EDIT", press the **(C)** button to display the destination name editing screen.
 - The current destination name will be flashing on the display.
 - To exit this screen without renaming a destination, move the arrow (**(B)**) to "CANCEL" and then press the **(C)** button.



- Input a location name by using the **(E)** (+) and **(B)** (-) buttons to scroll through characters at the position where the pointer (**(A)**) is currently located, and the **(C)** button to shift the pointer to the right.
 - You can input up to eight alpha-numeric characters (see below) for a location name.
 - If you want to input more characters, press the **(E)** or **(B)** button while the pointer is located at the first (leftmost) character.
 - If you want to edit the default name, press the **(C)** button to move the pointer to the right and then make the changes you want.



Supported Characters

Letters: A to Z
 Numbers: 0, 1 to 9
 Symbols: ', +, -, :, ., /, ?, space



- When the name is the way you want, press the **(A)** button to exit.

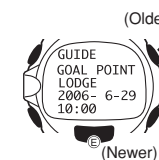


To delete a destination

- While the base point record screen is displayed, press the **(A)** button to display the destination (GOAL POINT) list.



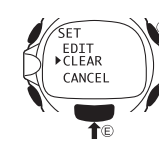
- Use the **(E)** (newer) and **(B)** (older) buttons to scroll through the available destinations until the one you want is on the display.
 - Destinations are listed in measurement date order.



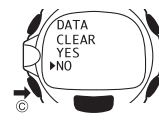
- Hold down the **(A)** button for about one second to display the setting menu.



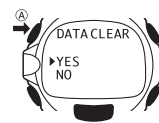
- Use the **(E)** and **(B)** buttons to move the arrow (**(B)**) to "CLEAR".



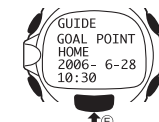
- Press the **(C)** button.



- Use the **(A)** button to move the arrow (**(B)**) to "YES" (to delete the destination) or "NO" (to cancel the delete operation).



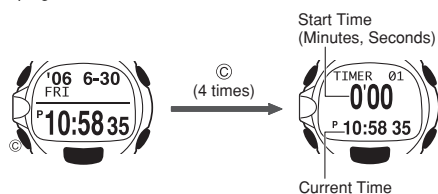
- Press the **(E)** button to delete the destination and display the one before it.



Using the Timer

The Timer Mode lets you set a start time of up to 60 minutes in 10-second steps, and then countdown from there in one-second units. The watch beeps for 5 seconds when the end of the countdown is reached. Turning on the watch's auto repeat timer causes the countdown to restart from the start time whenever the end of the countdown is reached.

To enter the Timer Mode, press the **(C)** button four times in the Timekeeping Mode.



■ Timer Types

There are two different settings that you can use in order to configure the timer as describe below.

Repeat Timer

With the Repeat Timer, the countdown stops, the original start time appears, and the watch beeps for five seconds when the end of the countdown is reached.

Auto Repeat Timer

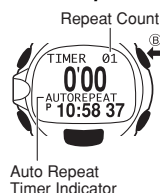
With the auto repeat timer, the timer automatically resets the start time and continues timing from there when the end of the current countdown is reached.

- "AUTOREPEAT" is on the display while the auto repeat timer is selected.

To switch between the Repeat Timer and Auto Repeat Timer

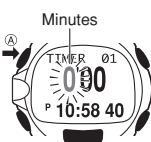
While the Timer Mode timer is reset to its start time, press the (B) button to toggle between the repeat timer and auto repeat timer.

- The auto repeat timer screen shows a repeat count. (Repeat Count: 01 to 30)



To set the timer start time

1. While the current starting time is displayed in the Timer Mode, hold down the (A) button for about one second until the minutes start to flash.



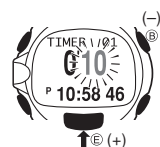
2. Use the (C) button to move the flashing between the minute and the seconds setting.

- Set 0:00 for a 60-minute countdown.



3. Use the (E) (+) and (B) (-) buttons to change the currently selected setting.

- Holding down the (E) or (B) button changes the current setting at high speed.



Repeat steps 2 and 3 as many times as necessary configure the start time setting you want.

- The start time can be set in 10-second increments up to 60 minutes.

4. When the setting is the way you want, press the (A) button to exit the setting screen.

- The setting screen also will be exited automatically if you do not perform any operation for about two or three minutes.



To use the countdown timer



Start: Press the (E) button.

Stop: Press the (B) button.

Reset: While the countdown is stopped, press the (B) button.

- Pressing the (E) button while the timer countdown is stopped restarts the countdown.

● Time Up Alarm

The watch beeps for 5 seconds when the end of the countdown is reached.

To stop the alarm

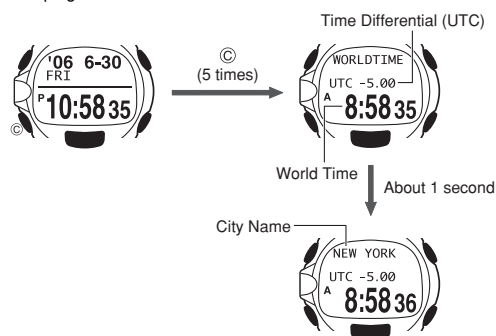
Pressing any button while the alarm is sounding will stop it.

Using World Time

World Time lets you display the current time in any one of 141 cities (38 time zones) around the world.

- When you enter the World Time Mode, the screen for the city that was displayed when you last exited the mode appears first.
- The World Time seconds count is linked with the Timekeeping Mode seconds count.
- The same 12-hour/24-hour format you select for the Home Time in the Timekeeping Mode is also applied in the World Time Mode.

To enter the World Time Mode, press the (C) button five times in the Timekeeping Mode.



● Important!

If the World Time mode is incorrect, correct the Home Time setting in the Timekeeping Mode.

- For information about setting the time, see "Configuring the Watch's Basic Settings".

To search for a city

In the World Time Mode, use the (E) (westward) and (B) (eastward) buttons to scroll through the cities.

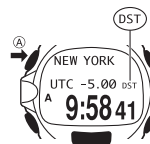
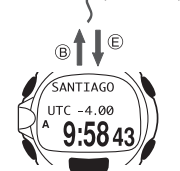
- Holding down the (E) or (B) button scrolls at high speed.
- For more information about city names, see "City Name List".



To turn summer time on and off

While the city whose summer time setting you want to change is displayed, hold down the (A) button for about one second to toggle summer time on and off.

- The "DST" indicator appears on the display and timekeeping is advanced by one hour when summer time is turned on.
- You can turn summer time on or off individually for each city.



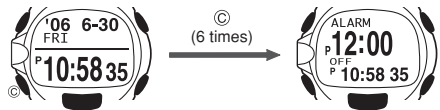
Using Summer Time (DST)

Summer time, or Daylight Saving Time (DST) as it is called in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

Using the Alarm and Hourly Time Signal

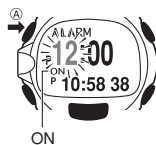
The watch beeps for 10 seconds when the Timekeeping Mode time reaches the currently set alarm time. The Hourly Time signal causes the watch to beep every hour on the hour.

Alarm and hourly time signal settings are configured in the Alarm Mode, which you enter by pressing the **(C)** button six times while in the Timekeeping Mode.



To set the alarm time

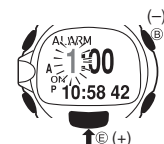
- In the Alarm Mode, hold down the **(A)** button for about one second until the hour digits of the alarm time start to flash.
 - This also turns on the displayed alarm automatically.



- Use the **(C)** button to move the flashing between the hour and the minute settings.



- Use the **(E)** (+) and **(B)** (-) buttons to change the currently selected setting.
 - Holding down the **(E)** or **(B)** button changes the current setting at high speed.



Repeat steps 2 and 3 as many times as necessary to configure the alarm time setting you want.

- When setting the hour, make sure you specify AM (A) or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time.
- If you selected 24-hour timekeeping in the Timekeeping Mode, the time will also be displayed in 24-hour timekeeping in the Alarm Mode.

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

- The setting screen also will be exited automatically if you do not perform any operation for about two or three minutes.



To stop the alarm

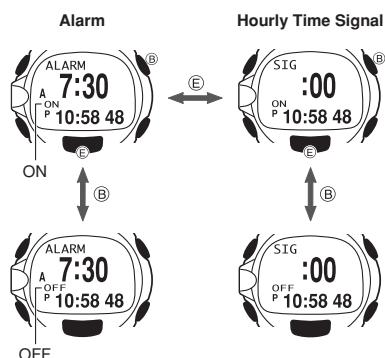
Pressing any button while the alarm is sounding will stop it.

To test the alarm

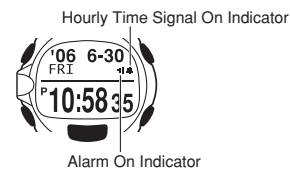
- In the Alarm Mode, hold down the **(B)** button to sound the alarm.
- Pressing the **(B)** button also toggles the alarm on or off.

To turn an alarm or the hourly time signal on or off

In the Alarm Mode, each press of the **(E)** button will toggle between the alarm screen and hourly time signal screen. Pressing the **(B)** button will toggle the function whose screen is currently displayed on or off.



The alarm on indicator is displayed when the alarm is turned on, and the hourly time signal on indicator is displayed while the hourly time signal is turned on.



Configuring the Watch's Basic Settings

The following describes each of the watch's basic settings that you need to configure before using the watch.

Location

- Home City: The city (location) where you will use the watch.
- This setting affects all of the World Time Mode times.

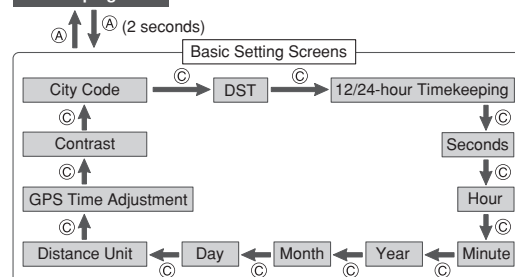
Current Time and Date

- If you are in a location where time adjustment using GPS is not possible, you will need to configure time and date (seconds, hour, minute, year, month, day) settings manually.
- DST: Use this setting to turn summer time on and off.
- 12/24-hour Timekeeping: Use this setting to select either 12-hour (AM/PM) or 24-hour timekeeping.
- Time: Set the seconds, hour, and minute of the current time.
- Date: Set the year, month, and day of the current date.

Other Settings

- Distance Unit: Use this setting to select km (kilometers) or mile (miles).
- GPS Time Calibration: Use this setting to turn GPS auto time calibration on or off.
- Contrast: Use this setting to adjust display contrast.

Timekeeping Mode



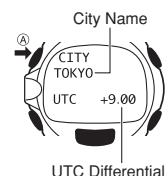
The basic setting screens will not appear if a GPS measurement, stopwatch measurement, or timer countdown operation is in progress. Stop the ongoing operation to configure settings.

Summer Time (DST)

Summer time, or Daylight Saving Time (DST) as it is called in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

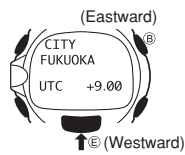
To configure basic settings

- In the Timekeeping Mode, hold down the **(A)** button for about one second to display the city name and UTC differential screen.



- Use the (E) (westward) and (B) (eastward) buttons to scroll through city names until the one you want to use as your Home City is displayed.

- Holding down the (E) or (B) button changes the current setting at high speed.
- For more information about city names, see "City Name List".



- After selecting your Home City, press the (C) button to advance to the summer time (DST) setting screen.



- Use the (E) and (B) buttons to turn summer time (DST) on or off.



- Use the (C) button to advance through subsequent setting screens to perform the settings described in the following sections.
 - The setting screens appear in the sequence shown in the flowchart.

After you use the (C) button to display a setting screen, use the (E) and (B) buttons to configure the settings on the screen.

- Holding down the (E) or (B) button changes the current setting at high speed.

To select 12-hour or 24-hour timekeeping

- Use the (E) and (B) buttons to move the flashing to either 12 (12-hour timekeeping) or 24 (24-hour timekeeping).



To reset the seconds to 00

- While the seconds are selected, press the (E) or (B) button to reset them to 00.
- Resetting while the seconds count is in the range of 30 to 59 resets it to 00 and adds 1 to the minutes. In the range of 00 to 29, the seconds are reset without changing the minutes.



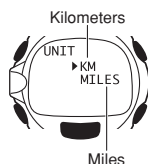
To set the hour, minute, year, month, and day

- Use the (E) (+) or (B) (-) button to change the flashing setting.
- When setting the hour, make sure you specify AM (A) or PM (P) correctly, or that you specify the correct 24-hour time.
- You can set a date in the range of January 1, 2005 to December 31, 2039.
- The day of the week is set automatically in accordance with the date you set.



To specify the distance unit

- Use the (E) and (B) buttons to move the arrow (▶) to the unit you want to select.



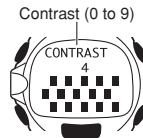
To turn GPS time adjustment on or off

- Use the (E) and (B) buttons to move the arrow (▶) to the setting you want.
- When OFF is selected, the time setting is not adjusted automatically when a GPS measurement is performed. Select OFF when you want the watch to show a time that is different from the actual time.

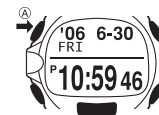


To adjust display contrast

- Use the (E) and (B) buttons to adjust display contrast as a value from 0 (lightest) to 9 (darkest).



- When the settings are the way you want, press the (A) button to exit the setting screen and return to the Timekeeping Mode.

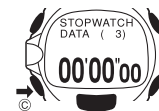


- The watch also will exit the setting screen and revert to the Timekeeping Mode automatically if you do not perform any operation for about two or three minutes.

Selecting the GPS Measurement Mode

You can select either NORMAL or LOW POWER as the GPS measurement mode. LOW POWER uses less power than the NORMAL mode. The factory default measurement mode is NORMAL.

- In the Timekeeping Mode, press the (C) button once to enter the Stopwatch Mode.



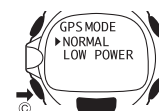
- Hold down the (A) button for about one second until the setup menu appears.



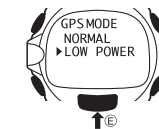
- Use the (E) and (B) buttons to move the arrow (▶) to "GPS MODE".



- Press the (C) button to display the GPS MODE menu.



- Use the (E) and (B) buttons to move the arrow (▶) to the GPS MODE setting you want to use.



- NORMAL:** This is the setting you normally should use.
- LOW POWER:** This mode requires less power than the NORMAL mode. This mode extends the built-in battery operating time, but it also decreases GPS precision.
- Abnormal speed and distance readings can result if the radio wave path between the satellites and the watch is obstructed while the LOW POWER mode is being used. Use the LOW POWER mode only when there are no obstructions between you and the satellites.

- Press the (A) button to exit the setting screen and return to the menu.



- Press the (A) button again to return to the Stopwatch Mode screen.



Display Messages

Message	When Displayed	Meaning
DATA ERROR	When configuring target pace settings	The speed calculated using the specified distance and time is too fast.
DELETING PLEASE WAIT	When deleting Recall Mode data	Data is being deleted.
GPS OFF? YES NO	When GPS measurement is being performed	GPS measurement is being performed, but no stopwatch operation is being performed.
GPS OPERATES	When setting the time, deleting memory contents, or changing the destination name	GPS measurement is in progress.
LOW BATTERY	Any time	Built-in battery power is low.
MEMORY FULL	When storing stopwatch data	Flash memory already contains 50 records.
	When recording a Guide Mode destination	There are already 100 destinations stored in memory.
NO DATA	When searching for a Guide Mode point	There is no data.
PLEASE WAIT	When distance and direction are displayed	Distance and direction measurements are in progress.
SAVE DATA? YES NO	When resetting the stopwatch to all zeroes	The watch is asking if you want to save data measured by the stopwatch to flash memory.
SIGNAL WEAK	When performing a GPS measurement	The GPS signal went low or dropped during GPS measurement.
STOP	When performing a GPS measurement	GPS measurement was interrupted.
STOPWATCH OPERATES	When setting the time, writing to memory, deleting memory contents, or changing the destination name	Stopwatch measurement is in progress.
TIME OUT	When performing a GPS measurement	GPS measurement could not be performed for some reason.
TIMER OPERATES	When setting the time, writing to memory, deleting memory contents, or changing the destination name	Timer measurement is in progress.

City Name List

City Code	UTC Differential	City Name	Country Name	DST
	-12.00	Eniwetok Atoll		
PPG	-11.00	Pago Pago	American Samoa	
PPT	-10.00	Papeete	Tahiti (French Territory)	
HNL		Honolulu	United States	
	-09.50	Marquises		
ANC	-09.00	Anchorage	United States	1
YVR	-08.00	Vancouver	Canada	1
LAS		Las Vegas	United States	1
LAX		Los Angeles	United States	1
SFO		San Francisco	United States	1
SAN		San Diego	United States	1
SEA		Seattle-Tacoma	United States	1
YEA	-07.00	Edmonton	Canada	1
DEN		Denver	United States	1
PHX		Phoenix	United States	
YWG	-06.00	Winnipeg	Canada	1
SJO		San Jose	Costa Rica	
GUA		Guatemala City	Guatemala	
MEX		Mexico City	Mexico	1
CHI		Chicago	United States	1
DFW		Dallas	United States	1
HOU		Houston	United States	1
MSY		New Orleans	United States	1
RBR	-05.00	Rio Branco	Brazil	
YMQ		Montreal	Canada	1
YTO		Toronto	Canada	1
BOG		Bogota	Columbia	
HAV		Havana	Cuba	1
PTY		Panama	Panama	
LIM		Lima	Peru	
WAS		Washington	United States	1
ATL		Atlanta	United States	1
BOS		Boston	United States	1
DTT		Detroit	United States	1
IND		Indianapolis	United States	1
MIA		Miami	United States	1
NYC		New York	United States	1
PHL		Philadelphia	United States	1
LPB	-04.00	La Paz	Bolivia	
MAO		Manaus	Brazil	
YHZ		Halifax	Canada	1
SCL		San Diego	Chile	1
CCS		Caracas	Venezuela	
YYT	-03.50	St. John's	Canada	1
BUE	-03.00	Buenos Aires	Argentina	
RIO		Rio de Janeiro	Brazil	1
SAO		Sao Paulo	Brazil	1
MVD		Montevideo	Uruguay	1
	-02.00	South Georgia Islands		
RAI	-01.00	Praia	Cape Verde	
LPA	+00.00	Las Palmas	Canary Islands (Spanish Territory)	1
DUB		Dublin	Ireland	1
CAS		Casablanca	Morocco	
LIS		Lisbon	Portugal	1
DKR		Dakar	Senegal	
LON		London	England	1
EDI		Edinburgh	U.K. Scotland	1
UTC	+00.00			
VIE	+01.00	Vienna	Austria	1
BRU		Brussels	Belgium	1
PRG		Prague	Czech Republic	1
CPH		Copenhagen	Denmark	1
PAR		Paris	France	1
BER		Berlin	Germany	1
FRA		Frankfurt	Germany	1
HAM		Hamburg	Germany	1
MUC		Munich	Germany	1
ROM		Rome	Italy	1

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City Code	UTC Differential	City Name	Country Name	DST
MIL	+01.00	Milan	Italy	1
AMS		Amsterdam	Holland	1
LOS		Lagos	Nigeria	
OSL		Oslo	Norway	1
WAW		Warsaw	Poland	1
MAD		Madrid	Spain	1
BCN		Barcelona	Spain	1
STO		Stockholm	Sweden	1
ZRH		Zurich	Switzerland	1
CAI		+02.00	Cairo	Egypt
HEL	Helsinki		Finland	1
ATH	Athens		Greece	1
AMM	Amman		Jordan	1
BEY	Beirut		Lebanon	1
TIP	Tripoli		Libya	
CPT	Cape Town		South Africa	
JNB	Johannesburg		South Africa	
DAM	Damascus		Syria	1
IST	Istanbul		Turkey	1
JRS	Jerusalem		1	
BAH	+03.00	Bahrain	Bahrain	
ADD		Addis Ababa	Ethiopia	
BGW		Baghdad	Iraq	1
NBO		Nairobi	Kenya	
KWI		Kuwait	Kuwait	
DOH		Doha	Qatar	
MOW		Moscow	Russian Federation	1
JED		Jeddah	Saudi Arabia	
THR		Teheran	Iran	
MCT		+04.00	Muscat	Oman
KUF	Samara		Russian Federation	1
AUH	Abu Dhabi		Arab Emirates	
DXB	+04.50	Dubai	Arab Emirates	
KBL		Kabul	Afghanistan	
KHI	+05.00	Karachi	Pakistan	
SVX		Yekaterinburg	Russian Federation	1
DEL	+05.50	Delhi	India	
MAA		Chennai	India	
CCU		Calcutta	India	
BOM		Mumbai	India	
CMB		Colombo	Sri Lanka	
KTM	+05.75	Katmandu	Nepal	
DAC	+06.00	Dhaka	Bangladesh	
ALA		Alamaty	Kazakhstan	1
OVV		Novosibirsk	Russian Federation	1
RGN	+06.50	Yangon	Myanmar	
JKT	+07.00	Jakarta	Indonesia	
KJA		Krasnoyarsk	Russian Federation	1
BBK		Bangkok	Thailand	
SGN	+08.00	Ho Chi Minh	Vietnam	
PER		Perth	Australia	
BJS	+08.00	Beijing	People's Republic of China	
HKG		Hong Kong	People's Republic of China	
SHA		Shanghai	People's Republic of China	
TPE		Taipei	Taiwan	
KUL	+08.00	Kuala Lumpur	Malaysia	
ULN		Ulaanbaatar	Mongolia	1
MNL	+08.00	Manila	Philippines	
IKT		Irukutsk	Russian Federation	1
SIN	+09.00	Singapore	Singapore	
TYO		Tokyo	Japan	
FUK		Fukuoka	Japan	
OSA		Osaka	Japan	
SPK		Sapporo	Japan	
SEL	+09.00	Seoul	Republic of Korea	
YKS		Yakutsk	Russian Federation	1
ADL	+09.50	Adelaide	Australia	1

City Code	UTC Differential	City Name	Country Name	DST
MEL	+10.00	Melbourne	Australia	1
SYD		Sydney	Australia	1
GUM		Guam	Guam (U.S. Territory)	
VVO		Vladivostok	Russian Federation	1
	+10.50	Lord Howe Island	(Australia) ^{*1}	30 minutes
NOU		Noumea	Caledonia (French Territory)	
GDX	+11.00	Magadan	Russian Federation	1
		Norfolk Island		
WLG	+12.00	Wellington	New Zealand	1
AKL		Auckland	New Zealand	1
DYR		Anadyr	Russian Federation	1
	+12.75	Chatham Island (New Zealand)		1
TBU		Nuku'alofa	Tonga	
	+14.00	Republic of Kiribati		

*1 Summer time in Lord Howe Island advances the time by 30 minutes.

• Based on data as of June 2006.

• Time differentials in the above table are in accordance with Universal Coordinated Time (UTC).