

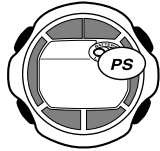
Operation Guide 2616

Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for later reference when necessary.

Expose the watch to bright light to charge its battery before using it.
 You can use this watch even as its battery is being charged by exposure to bright light.
 • **Be sure to read "Battery" of this manual for important information you need to know when exposing the watch to bright light.**

If the display of the watch is blank...

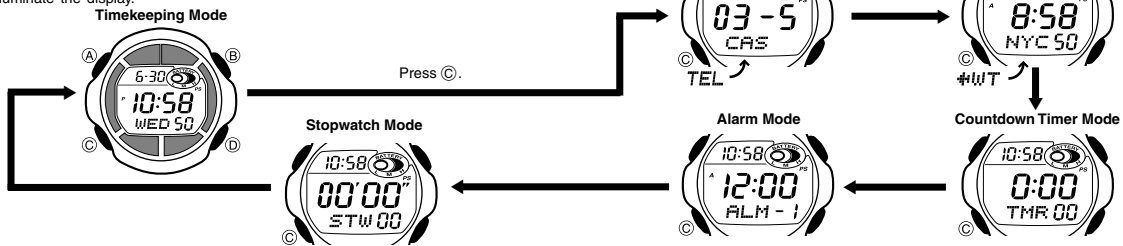


If the Power Saving indicator (PS) is on the display (either flashing or steady), it means that the display is blank because the watch's Power Saving function has turned off the display to conserve power. Power Saving automatically turns off the display and enters a sleep state whenever your watch is left for a certain period where it is dark.

- The initial factory default setting is Power Saving on.
- The watch recovers from the sleep state if you move it to a well-lit area, if you press any button, or if you angle the watch towards your face for reading.
- See "Power Saving Function" for more information.

General Guide

- Press (C) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press (B) to illuminate the display.



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.

Timekeeping

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

To set the time and date

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.

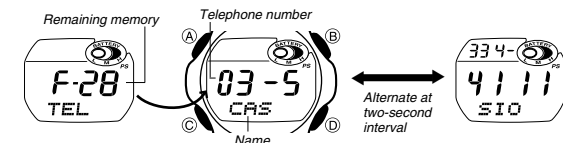
3. When the setting you want to change is flashing, use (D) and (B) to change it as described below.

Setting	Screen	Button Operation
Seconds	10:58	Press (D) to reset to 00.
Hour, Minutes	50	Use (D) (+) and (B) (-) to change the setting.
DST	DST OFF	Press (D) to toggle between Daylight Saving Time (ON) and Standard Time (OFF).
12/24-Hour Format	12H	Press (D) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
Year, Month, Day	6-30 03	Use (D) (+) and (B) (-) to change the setting.
Power Saving	P-SAVE ON	Press (D) to toggle Power Saving on (ON) and off (OFF).

4. Press (A) to exit the setting screen.
- See "Power Saving Function" for details about configuring Power Saving settings.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

Telememo

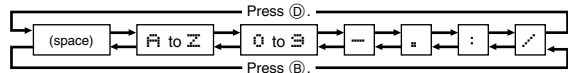
The Telememo Mode lets you store up to 30 records, each containing name and telephone number data. Records are automatically sorted based on the characters of the name. You can recall records by scrolling through them on the display.



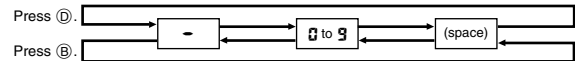
- See "Sort Table" for details on how the watch sorts records.
- All of the operations in this section are performed in the Telememo Mode, which you enter by pressing (C).

To create a new Telememo record

1. In the Telememo Mode, use (D) (+) to cycle through the record screens until the new data screen appears.
 - The new data screen is the one that is blank (contains no name and telephone number).
 - If the message **FULL** appears on the display, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
2. Hold down (A) until the flashing cursor (—) appears in the name area of the display.
3. In the name area, use (D) and (B) to cycle through characters at the cursor position. The characters cycle in the sequence shown below.



4. When the character you want is at the cursor position, press (C) to move the cursor to the right.
5. Repeat steps 3 and 4 until the name is complete.
 - You can input up to eight characters for the name.
6. After you input the name, press (C) as many times as necessary to move the cursor to the number area.
 - When the cursor is located at the eighth space of the name area, moving the cursor to the right causes it to jump to the first digit of the number. When the cursor is at the 12th digit of the number, moving it to the right (by pressing (C)) causes it to jump to the first character in the name.
7. In the number area, use (D) and (B) to cycle through numbers and symbols (hyphen, space) at the cursor position. The characters cycle in the sequence shown below.



8. When the character you want is at the cursor position, press (C) to move the cursor to the right.
9. Repeat steps 7 and 8 until you complete number input.
 - You can input up to 12 digits for the number.
10. After inputting your data, press (A) to store it.
 - After data storage is complete, the cursor appears in the name area of the display, ready for input of a new Telememo record.
11. Input more data (starting from step 3) or press (A) again to return to the Telememo record screen (without the cursor).
 - The name can show only three characters at a time, so longer text scrolls continuously from right to left. The last character is indicated by the symbol < after it.

To recall Telememo records

- In the Telememo Mode, use (D) (+) to scroll through Telememo records on the display.
- Pressing (D) while the last Telememo record is on the display displays the new data screen.

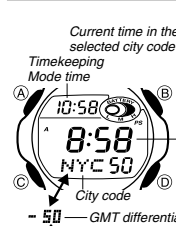
To edit a Telememo record

- In the Telememo Mode, use (D) (+) to scroll through the records and display the one you want to edit.
- Hold down (A) until the flashing cursor appears on the display.
- Use (C) to move the flashing to the character you want to change.
- Use (D) (+) and (B) (-) to change the character.
- After making the changes that you want, press (A) to store them and return to the Telememo record screen.

To delete a Telememo record

- In the Telememo Mode, use (D) (+) to scroll through the records and display the one you want to delete.
- Hold down (A) until the flashing cursor appears on the display.
- Hold down (D) and (B) at the same time until the watch beeps and CLR stops flashing on the display.
 - The message CLR appears, which indicates that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
- Input data or press (A) to return to the Telememo record screen.

World Time



The World Time Mode shows you the current time in 27 cities (29 time zones) around the world.

- The time settings of the Timekeeping Mode and the World Time Mode are independent from each other, so you must make separate settings for each.
- Whenever you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.
- For full information on city codes, see the "City Code Table".
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).

To view the time in another city code

In the World Time Mode, press (D) to scroll through city codes (time zones).

To set the World Time



- In the World Time Mode, use (D) to scroll through the city codes (time zones) and find the one you want.
- Hold down (A) until the DST on/off setting of the world time starts to flash, which indicates the setting screen.
- Use (C) to move the flashing in the sequence shown below to select other settings.



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

Setting	Screen	Button Operation
DST	DST OFF	Press (D) to toggle between Daylight Saving Time (DST) and Standard Time (ST).
Hour, Minutes	1:58	Use (D) (+) and (B) (-) to change the setting.

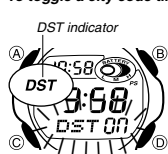
5. Press (A) to exit the setting screen.

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

Daylight Saving Time (DST)

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

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



- In the World Time Mode, use (D) to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (A) until the DST on/off setting of the world time starts to flash, which indicates the setting screen.
- Press (D) to toggle Daylight Saving Time (DST displayed) and Standard Time (DST not displayed).
- Press (A) to exit the setting screen.
- Note that you cannot switch between Standard Time and Daylight Saving Time while GMT is selected as the city code.

- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
- The Daylight Saving Time indicator P appears while the GMT differential is on the display only. It does not appear while the city code is on the display.
- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.

Countdown Timer



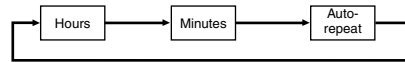
You can set the countdown timer within a range of one minute to 100 hours. An alarm sounds when the countdown reaches zero.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing (C).

To set the countdown start time

- While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.

- If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- Press (C) to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - To set the starting value of the countdown time to 100 hours, set 0:00.
 - See "To turn auto-repeat on and off" below for details on the auto-repeat setting.
- Press (A) to exit the setting screen.

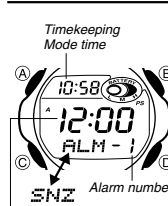
To use the countdown timer

- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds, or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
 - Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

To turn auto-repeat on and off

- While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
- Press (C) twice to move the flashing to the auto-repeat setting.
- Press (D) to turn auto-repeat on (A displayed) and off (A not displayed).
- Press (A) to exit the setting screen.
 - When auto-repeat is turned on, the alarm sounds and countdown starts again whenever the countdown reaches zero. You can stop the countdown by pressing (D), and manually reset to the countdown start time by pressing (A).
 - Auto-repeat timing repeats up to seven times.

Alarms



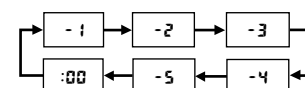
You can set five independent Daily Alarms. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms can be configured as a snooze alarm or a one-time alarm, while the other four are one-time alarms.

- You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are five alarm screens numbered 1 through 5. The hourly time signal screen is indicated by :00.
 - When you enter the Alarm Mode, the screen you were viewing when you last exited the mode appears first.
 - All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

To set an alarm time



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



- You can configure Alarm 1 as a snooze alarm or a one-time alarm. Alarms 2 through 5 can be used as one-time alarms only.
 - The snooze alarm repeats every five minutes.
- After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash. This indicates the setting screen.
 - This operation automatically turns on the alarm.
 - Press (C) to move the flashing between the hour and minute settings.
 - While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
 - Press (A) to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off or change it to a one-time alarm.

Note

- Pressing any button stops the alarm tone operation.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.

Displaying the Timekeeping Mode setting screen
Displaying the Alarm 1 setting screen

To test the alarm

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

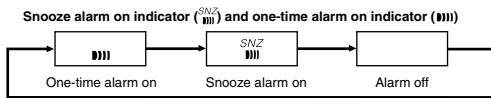
To turn Alarms 2 through 5 on and off

- In the Alarm Mode, use (D) to select a one-time alarm (alarm number 2 through 5).
- Press (A) to toggle the displayed alarm on and off.
- Turning on a one-time alarm (2 through 5) displays the one-time alarm on indicator (III) on its screen.
 - The one-time alarm on indicator is displayed in all modes.
 - If any alarm is on, the alarm on indicator is shown on the display in all modes.



To select the operation of Alarm

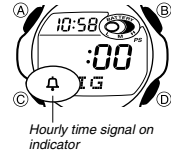
- In the Alarm Mode, use (D) to select Alarm.
- Press (A) to cycle through the available settings in the sequence shown below.



- The applicable alarm on indicator (III) or (SNZ III) is displayed in all modes when an alarm is turned on.
- The snooze alarm on indicator (SNZ III) flashes during the 5-minute intervals between alarms.
- Displaying the Alarm setting screen while the snooze alarm is turned on automatically turns off the snooze alarm (making Alarm a one-time alarm).

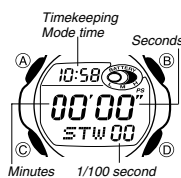
To turn the hourly time signal on and off

- In the Alarm Mode, use (D) to select the Hourly Time Signal.
- Press (A) to toggle it on and off.



- Turning on the Hourly Time Signal displays the hourly time signal on indicator (A) on its screen.
- The hourly time signal on indicator is displayed in all modes.

Stopwatch

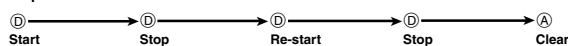


The stopwatch lets you measure elapsed time, split times, and two finishes.

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

To measure times with the stopwatch

Elapsed Time



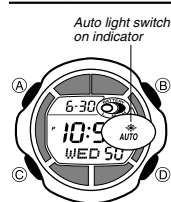
Split Time



Two Finishes



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

To turn on the backlight manually

- In any mode (except when a setting screen is on the display), press (B) to illuminate the display for about one second.
- 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 one second, whenever you position your wrist as described below in any mode. Note that this watch features a "Full Auto EL Light," so the auto light switch operates only when available light is below a certain level. It does not turn on the backlight under bright light.

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 turn on.

- Wear the watch on the outside of your wrist.



Warning!

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

To turn the auto light switch on and off

- In the Timekeeping Mode, hold down (D) for about two seconds to toggle the auto light switch on (☀️ displayed) and off (☀️ not displayed).
- The auto light switch on indicator (☀️) is on the display in all modes while the auto light switch is turned on.

Battery

This watch is equipped with a solar cell and a rechargeable battery (secondary battery) that is charged by the electrical power produced by the solar cell. The illustration shown below shows how you should position the watch for charging.

Example: Orient the watch so its face is pointing at a light source.

- The illustration shows how to position a watch with a resin band.
- Note that charging efficiency drops when any part of the solar cell is blocked by clothing, etc.
- Normally, you should try to keep the watch outside of your sleeve as much as possible. Charging is significantly reduced if the face is only partially covered.



Important!

- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Be sure that the watch is normally exposed to bright light whenever possible.
- This watch employs a solar cell that converts light into electricity, which charges a built-in rechargeable battery. Normally, the rechargeable battery should not need replacement, but after very long use over a number of years, the rechargeable battery may lose its ability to achieve a full charge. Should you notice problems with getting the rechargeable battery to a full charge, contact your dealer or CASIO distributor about having the rechargeable battery replaced.
- The rechargeable battery should be replaced with a CASIO-specified CTL1616 battery only. Other rechargeable batteries can cause damage to the watch.
- All data stored in memory is deleted, and the current time and all other settings return to their initial factory defaults whenever battery power drops to Level 4 and when you have the battery replaced.
- Turn on the watch's Power Saving function and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.

Battery Power Indicator

The battery power indicator on the display shows you the current status of the rechargeable battery's power.

Battery power indicator



Level	Battery Power Indicator	Function Status
1		All functions enabled.
2		All functions enabled.
3		Beeper tone, backlight, display, and buttons are disabled.
4		All functions, including timekeeping, are disabled.

- The flashing CHARGE indicator at Level 3 tells you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 4, all functions are disabled and settings return to their initial factory defaults. Functions are enabled once again after the rechargeable battery is charged, but you need to set the time and date, after the battery reaches Level 3 (indicated by flashing CHARGE indicator) from Level 4. You will not be able to set any of the other settings until the battery reaches Level 2 (no CHARGE indicator) after dropping to Level 4.
- Leaving the watch in direct sunlight or some other very strong light source can cause the battery power indicator to temporarily show a reading that is higher than the actual battery level. The correct battery power indicator should appear after a few minutes.
- If you use the backlight or any of the alarm functions a number of times during a short period, RECOVER appears on the display and the following operations become disabled until battery power recovers.

Backlight

Beeper tone

After some time, battery power will recover and RECOVER will disappear, indicating that the above functions are enabled again.

Charging Precautions

Certain charging conditions can cause the watch to become very hot. Avoid leaving the watch in the areas described below whenever charging its rechargeable battery. Also note that allowing the watch to become very hot can cause its liquid crystal display to black out. The appearance of the LCD should become normal again when the watch returns to a lower temperature.

Warning!

Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following conditions for long periods.

- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight

Charging Guide

After a full charge, timekeeping remains enabled for up to about 12 months, while the watch is used under the conditions described below.

Operating Conditions

- Watch is not exposed to light
- Display on 18 hours per day, sleep state 6 hours per day
- 1 backlight operation (1.5 seconds) per day
- 10 seconds of alarm operation per day
- 1 countdown timer operation per day

Charge Times

Exposing the watch to light for the periods shown below each day restores the power used by the above operating conditions.

Exposure Level (Brightness)	Approximate Exposure Time
Outdoor Sunlight (50,000 lux)	5 minutes
Sunlight Through a Window (10,000 lux)	24 minutes
Daylight Through a Window on a Cloudy Day (5,000 lux)	48 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

- Stable operation is promoted by frequent charging.

Recovery Times

The table below shows the amount exposure that is required to take the battery from one level to the next.

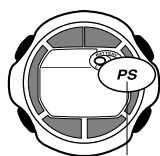
Exposure Level (Brightness)	Approximate Exposure Time			
	Level 4	Level 3	Level 2	Level 1
Outdoor Sunlight (50,000 lux)	90 minutes	25 hours	7 hours	
Sunlight Through a Window (10,000 lux)	6 hours	126 hours	35 hours	
Daylight Through a Window on a Cloudy Day (5,000 lux)	11 hours	---		

- The above exposure time values are all for reference only. Actual required exposure times depend on lighting conditions.

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.

Power Saving Function



Power Saving indicator

When turned on, the Power Saving function automatically puts the watch into a sleep state whenever it is left for a certain period in an area where it is dark. The table below shows how watch functions are affected by the Power Saving function.

Elapsed Time in Dark	Display	Operation
60 to 70 minutes	Blank, with PS flashing	Display is off, but all functions are enabled.
6 or 7 days	Blank, with PS not flashing	All functions are disabled, but timekeeping is maintained.

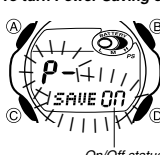
- Wearing watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between 6:00 AM and 10:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
- The watch will not enter the sleep state while it is in the Countdown Timer Mode or Stopwatch Mode.

To recover from the sleep state

Perform any one of the following operations.

- Move the watch to a well-lit area.
- Press any button.
- Angle the watch towards your face for reading.

To turn Power Saving on and off



On/Off status

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
 2. Press (C) eight times until the Power Saving on/off screen appears.
 3. Press (D) to toggle Power Saving on ((ON)) and off ((OFF)).
 4. Press (A) to exit the setting screen.
- The Power Saving indicator (PS) is on the display in all modes while the Power Saving is turned on.

Auto Return Feature

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

Initial Screens

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

Data and Setting Scrolling

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

Timekeeping

- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and A (AM) indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except when battery power drops to Level 4.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- The GMT differential is the time difference between the time zone where the city is located and Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

Backlight Precautions

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

Auto light switch precautions

- Wearing the watch on the inside of your wrist, as well as movement or vibration of your arm can cause the auto light switch to activate and illuminate the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.
- Note that wearing the watch under your sleeve while the auto light switch is turned on can cause frequent illumination of the display and can run down the battery.

More than 15 degrees too high



- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about one second, even if you keep the watch pointed towards your face.
- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If 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.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

Sort Table

1	(space)	10	I	19	R	28	0	37	9
2	A	11	J	20	S	29	1	38	—
3	B	12	K	21	T	30	2	39	.
4	C	13	L	22	U	31	3	40	:
5	D	14	M	23	V	32	4	41	/
6	E	15	N	24	W	33	5		
7	F	16	O	25	X	34	6		
8	G	17	P	26	Y	35	7		
9	H	18	Q	27	Z	36	8		

City Code Table

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

• Based on data as of June 2003.