

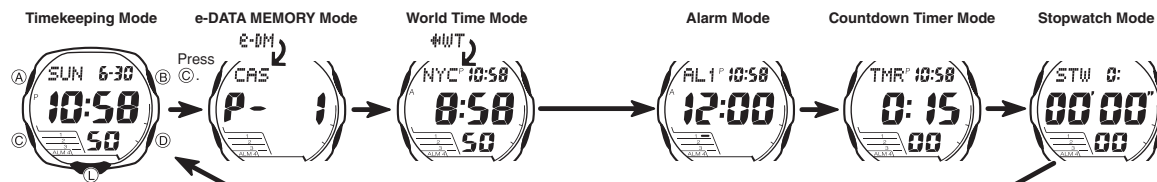
## About This Manual



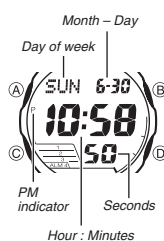
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

## General Guide

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



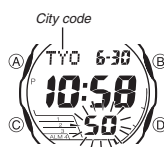
## Timekeeping



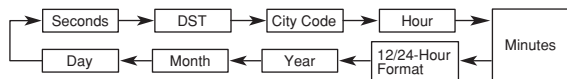
Use the Timekeeping Mode to set and view the current time and date.

**Read This Before You Set the Time and Date!**  
The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch) before you set the 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.

Screen	To do this:	Do this:
50	Reset the seconds to 00	Press (D).
DST OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press (D).
TYO	Change the city code	Use (D) (east) and (B) (west).
10:58	Change the hour or minutes	Use (D) (+) and (B) (-).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
2002	Change the year	Use (D) (+) and (B) (-).
6-30	Change the month or day	

- For full information on city codes, see the "City Code Table".
- See "Daylight Saving Time (DST)" for details about DST setting.
- 4. Press (A) to exit the setting screen.
- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and the 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 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.

## Daylight Saving Time (DST)

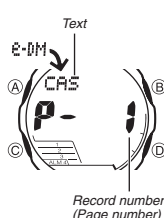
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

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



1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Press (C) to display the DST setting screen.
3. Press (D) to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).  
• Note that you cannot switch between Standard Time and Daylight Saving Time while GMT is selected as the Home City code.
4. Press (A) to exit the setting screen.
- The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.

## e-DATA MEMORY



You can use the watch's e-DATA MEMORY to store e-mail addresses, Web page URLs, and other text data. You can also use a password to limit access to e-DATA MEMORY contents.

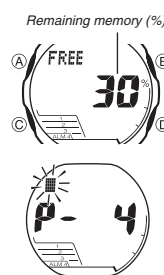
- All of the operations in this section are performed in the e-DATA MEMORY Mode, which you enter by pressing (C).

### e-DATA MEMORY Management

e-DATA MEMORY can hold up to 315 characters total, while each record can contain up to 63 characters. The maximum number of records depends on the number of characters per record, as shown below.

- 63 characters per record: 5 records
- 7 or fewer characters per record: 40 records

### To create a new e-DATA MEMORY record

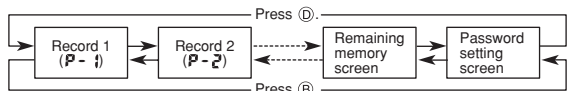


1. In the e-DATA MEMORY Mode, press (D) and (B) at the same time to display the remaining memory screen.
  - If 0% is shown for remaining memory, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
2. Hold down (A) until the flashing cursor (■) appears on the display, which indicates the setting screen.
  - The setting screen also shows the record number that is automatically assigned to the new record.
3. Input the text you want.
  - When inputting the text, use (D) (+) and (B) (-) to cycle through characters at the current cursor location, and (C) to move the cursor to the right. See "Inputting Text".

4. Press (A) to store your data and return to the e-DATA MEMORY record screen (without the cursor).
  - Pressing (A) causes the message EET to appear for about two seconds as the data is stored. After that, the e-DATA MEMORY record screen appears.
  - The text 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 4 after it. Press (A) to stop and restart scrolling.
  - Records are stored in memory in the sequence they are created.

### To recall e-DATA MEMORY records

In the e-DATA MEMORY Mode, use (D) (+) and (B) (-) to cycle through e-DATA MEMORY records as shown below.



Remaining Memory Screen



Password Setting Screen

- The value on the remaining memory screen is the percentage of memory that is still available. It does not indicate the number of records that can be stored.
- The Password Setting screen shows - - - - when a password is already registered.
- You can use the Password Setting screen to register, edit, or delete your password. See "Using a Password to Protect e-DATA MEMORY Data" for more information.

### To edit an e-DATA MEMORY record

1. In the e-DATA MEMORY Mode, use (D) (+) and (B) (-) to display the record you want to edit.
2. Hold down (A) until the flashing cursor appears on the display.
3. Use (C) to move the flashing to the character you want to change.
4. Use (D) (+) and (B) (-) to change the character.
5. After making the changes you want, press (A) to store them and return to the e-DATA MEMORY record screen.

### To delete an e-DATA MEMORY record

- In the e-DATA MEMORY Mode, use **(D)** (+) and **(B)** (-) to display the record you want to delete.
- Hold down **(A)** until the flashing cursor appears on the display.
- Press **(B)** and **(D)** at the same time to delete the record.
  - The message **CLR** appears to indicate 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 remaining memory screen.

### Using a Password to Protect e-DATA MEMORY Data

You can register a 4-digit password to keep e-DATA MEMORY data secure.

#### Important!

Use a 4-digit password that is easy for you to remember, but difficult for others to decipher. If you forget the password, you will have to have your watch initialized (which deletes all data in memory) in order to access the e-DATA MEMORY again. To have the watch initialized, contact the store or dealer where you purchased it, and ask to have the AC operation performed.

### To register a new password

- In the e-DATA MEMORY Mode, use **(D)** (+) and **(B)** (-) to display the Password Setting screen.
  - This displays a screen that shows **SET PR55**.
- Hold down **(A)** for about one second until **NEW!** appears, with the first **0** flashing.
  - This is the New Password Setting screen.
- Use **(D)** (+) and **(B)** (-) to scroll through numbers at the first digit.
- When the first digit is the number you want, press **(C)** to advance to the next digit.
- Repeat steps 3 and 4 to input all four digits of the password you want.
  - Pressing **(A)** while inputting a new password clears your input and returns to the Password Setting screen.
- After all four of the password digits are the way you want, press **(C)** to register them.
  - Pressing **(C)** causes the message **SET** to appear for about one second as the password is stored. After that, the Password Setting screen appears.
  - After registering a password, you can input, recall, edit and delete data, if you want.
  - After you exit the e-DATA MEMORY Mode, you will have to input the password every time you want to enter it again.

### To input the password

- Enter the e-DATA MEMORY Mode.
- On the Password Input screen (**PR55 - - - -**), press **(D)** or **(B)**. This causes the first digit of the password to flash.
- Input the password.
  - Use **(D)** (+) and **(B)** (-) to scroll through numbers at each digit.
  - Press **(C)** to advance to the next digit.
  - Pressing **(A)** while inputting the password clears your input and returns to the Password Input screen.
- After the password is the way you want, press **(C)**.
  - If the input password matches the one registered, the message **OK!** appears, followed by an e-DATA MEMORY screen.
  - If the password does not match, the message **ERR** appears, followed by the Password Input screen.

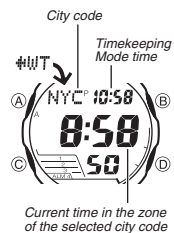
### To change the password

- Enter the e-DATA MEMORY Mode by inputting the current password.
- Use **(D)** (+) and **(B)** (-) to display the Password Setting screen.
- Perform the procedure starting from step 2 under "To register a new password" to specify the new password.

### To delete the password

- Enter the e-DATA MEMORY Mode by inputting the current password.
- Use **(D)** (+) and **(B)** (-) to display the Password Setting screen.
- Hold down **(A)** for about one second until **NEW!** appears, with the first **0** flashing.
- Press **(B)** and **(D)** at the same time to delete the password.
  - The message **CLR** appears to indicate that the password is being deleted. After the password is deleted, the Password Setting screen appears.

## World Time



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

- 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

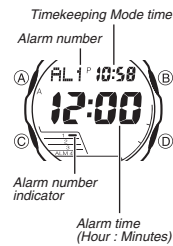
- In the World Time Mode, press **(D)** to scroll through city codes (time zones) to the east or **(B)** to scroll to the west.
  - For full information about city codes, see the "City Code Table".
- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.
- When the currently selected time zone is one that includes mostly ocean, a value indicating the zone's Greenwich Mean Time differential appears in place of a city code.

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

- In the World Time Mode, use **(B)** and **(D)** to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down **(A)** for about one second to toggle Daylight Saving Time (**DST** displayed) and Standard Time (**DST** not displayed).
  - The **DST** indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.

- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
- Note that you cannot switch between Standard Time and Daylight Saving Time while **WHT** is selected as the city code.

## Alarms



You can set up to five independent multi-function alarms with hour, minutes, month, and day. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms is a snooze alarm, while the other four are one-time alarms. You can also input reminder text that appears when the alarm time is reached.

- 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 **AL1** through **AL4** for the one-time alarm, a snooze alarm screen indicated by **SNZ**. The Hourly Time Signal screen is indicated by **SIG**.
- The alarm number indicator points to the number of the alarm screen that is currently displayed. In the case of the snooze alarm screen, the snooze alarm indicator (**SNZ**) appears in the lower right corner of the display.

- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing **(C)**.

### Alarm Types

The alarm type is determined by the settings you make, as described below.

#### Daily alarm

Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.

#### Date alarm

Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

#### 1-Month alarm

Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.

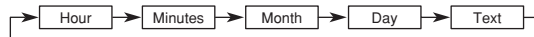
#### Monthly alarm

Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

### To set an alarm time

- In the Alarm Mode, use **(D)** and **(B)** to scroll through the alarm screens until the one whose time you want to set is displayed.
  - Press **(D)** to move right and **(B)** to move left.

- To set a one-time alarm, display one of the screens indicated by an alarm number from **AL1** through **AL4**. To set the snooze alarm, display the screen indicated by **SNZ**.
  - 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, which indicates the setting screen.
    - This operation automatically turns on the alarm.
  - Press **(C)** to move the flashing in the sequence shown below to select other settings.

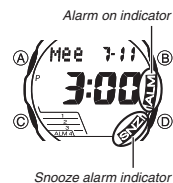


- Selecting the text causes the text input cursor (**█**) to appear. There are eight spaces in the text, so you have to press **(C)** eight times to move to the Hour setting.

- While a setting is flashing, use **(D)**, **(B)**, and **(C)** to change it as described below.

Screen	To do this:	Do this:
<b>A</b> 12:00	Change the hour and minutes	Use <b>(D)</b> (+) and <b>(B)</b> (-). • With the 12-hour format, set the time correctly as a.m. ( <b>A</b> indicator) or p.m. ( <b>P</b> indicator).
- - - -	Change the month and day	• To set an alarm that does not include a month and/or day, set - for each setting.
█	Input reminder text	Use <b>(D)</b> (+) and <b>(B)</b> (-) to cycle through characters at the current cursor location, and <b>(C)</b> to move the cursor to the right. See "Inputting Text".

- Pressing **(B)** and **(D)** at the same time while any setting is flashing automatically sets the time to **AM12:00** and the date to **- - - -**. It also clears any text that is input for the alarm.



- Press **(A)** to exit the setting screen.
  - If you input reminder text, the text appears in place of the alarm number. When this happens, you can find out which alarm's screen is displayed by checking the alarm number indicator or the snooze alarm indicator.
  - If the reminder text is more than three characters, it will scroll from right to left.
  - If the alarm has a month and/or day setting, the month/day appears in the upper right corner of the display, in place of the Timekeeping Mode time.

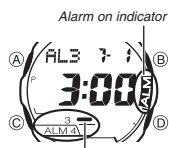
### Alarm Operation

- The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off.
- To stop the alarm tone after it starts to sound, press any button.
  - If you input reminder text for an alarm, the text appears for one minute on the Timekeeping Mode screen when the alarm time is reached. You can clear the reminder text display by pressing **(A)**, **(B)**, or **(D)**, or by exiting the Timekeeping Mode.
  - In the case of the snooze alarm, the reminder text appears on the Timekeeping Mode screen for the initial alarm operation only.
  - 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 **SNZ** setting screen
    - Changing the DST setting of the Home City code in the World Time Mode

### To test the alarm

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

### To turn an alarm on and off



Alarm number indicator (Alarm 3)

- In the Alarm Mode, use (D) and (B) to select an alarm.
- Press (A) to toggle it on and off.
- Turning on an alarm (AL 1 to AL 4, or ㊦㊧㊨) displays the alarm on indicator (ALM ON) on its Alarm Mode screen.
- In all modes, the alarm on indicator is shown for any alarm that is currently turned on.
- The alarm on indicator and applicable alarm number indicator flash while the alarm is sounding.
- The snooze alarm indicator (SNOZ) flashes during the 5-minute intervals between alarms.
- In other modes besides the Alarm Mode, alarm number indicators are displayed for each alarm that is currently turned on.

### To turn the Hourly Time Signal on and off

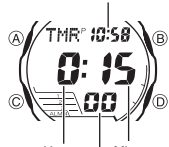


Hourly time signal on indicator

- In the Alarm Mode, use (D) and (B) to select the Hourly Time Signal (㊦㊧).
- Press (A) to toggle it on (㊦㊧) and off (㊦㊨).
- The Hourly Time Signal on indicator (SIG ON) is shown on the display in all modes while this function is turned on.

### Countdown Timer

Timekeeping Mode time



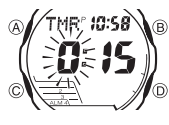
Hours Minutes Seconds

- You can set the countdown timer within a range of one minute to 24 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.
  - The initial default countdown start time when you purchase the watch or after you have its battery replaced is 15 minutes.
  - Countdown timer functions are available in the Countdown Timer Mode, which you can enter using (C).

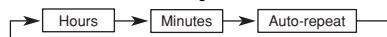
### To use the countdown timer

- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
  - When the end of the countdown is reached and auto-repeat is turned on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero.
  - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
  - 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 (B). This returns the countdown time to its starting value.

### To set up the countdown timer



- 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 "To use the countdown timer" to display it.
- Press (C) to move the flashing in the sequence shown below to select other settings.

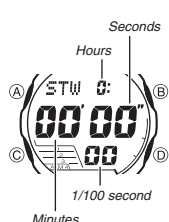


3. While a setting is flashing, use (D) and (B) to change it as described below.

Screen	To do this:	Do this:
0:15	Change the hours or minutes	Use (D) (+) and (B) (-).
RPT OFF	Toggle auto-repeat on (㊦㊧) and off (㊦㊨)	Press (D).

- To specify a countdown start time of 24 hours, set 0:00.
- Press (A) to exit the setting screen.
- The auto-repeat on indicator (RPT) appears on the display while this function is turned on.
- Frequent use of auto-repeat and the alarm can run down battery power.

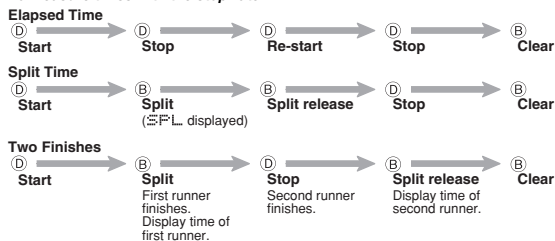
### Stopwatch



Minutes

- The stopwatch lets you measure elapsed time, split times, and two finishes.
- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
  - The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
  - 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



- The time on the screen may not appear to stop immediately when you press a button to stop timing or to perform a split operation. Despite this, the time recorded by your button operation is accurate.

### Backlight



Auto light switch on indicator

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.

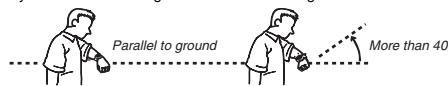
### To turn on the backlight manually

- In any mode, press (L) 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.

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.



### 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 (L) for about one second to toggle the auto light switch on (AUTO displayed) and off (AUTO not displayed).
- The auto light switch on indicator (AUTO) is on the display in all modes while the auto light switch is turned on.
  - In order to protect against running down the battery, the auto light switch automatically turns off approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.

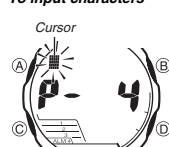
### Reference

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.

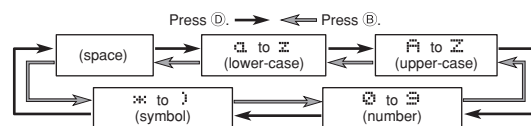
### Inputting Text

The following describes how to input text in the e-DATA MEMORY and Alarm Modes.

### To input characters



- When the cursor is on the display, use (D) and (B) to cycle through the available letters, numbers and symbols, in the sequence shown below.



- When the character you want is at the cursor position, press (C) to move the cursor to the right.
- Repeat steps 1 and 2 to input the rest of the characters you want.
- See the "Character List" for information about the characters you can input.

### Auto Return Features

- If you leave the watch in the e-DATA MEMORY 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 or a cursor 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.

### Scrolling

The  $\odot$  and  $\ominus$  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 at high speed.

### Initial Screens

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

### Timekeeping

- Resetting the seconds to  $\text{00}$  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  $\text{00}$  without changing the minutes.
- 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 after you have the watch's battery replaced.

### World Time

- The current time in all World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- The GMT differential is the time difference of the time zone where the city is located from 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 shortens the battery life.

### Auto light switch precautions

- Wearing the watch on the inside of your wrist and 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.

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.

### Character List

a	á	n	ñ	A	À	N	Ñ	0	⊗	@	Ⓐ	°	''
b	é	o	ó	B	É	O	Ó	1	!	~	Ⓜ	•	^
c	ç	p	þ	C	Ç	P	Þ	2	£	/	Ⓝ	&	§
d	đ	q	ŕ	D	Đ	Q	Ŕ	3	€	\	Ⓝ	=	≡
e	è	r	ŗ	E	È	R	Ŗ	4	Ⓜ	?	Ⓝ	+	†
f	í	s	š	F	Í	S	Š	5	Ⓜ	#	Ⓝ	(	†
g	š	t	ţ	G	Š	T	Ţ	6	Ⓜ	!	Ⓝ	)	)
h	h	u	ł	H	H	U	Ł	7	%				
i	ı	v	ı	I	ı	V	ı	8	Ⓜ	.	Ⓝ		
j	ı	w	w	J	ı	W	w	9	Ⓜ	:	Ⓝ		
k	ı	x	ı	K	ı	X	ı	*	Ⓜ	:	Ⓝ		
l	ı	y	ı	L	ı	Y	ı	-	Ⓜ	'	Ⓝ		
m	ı	z	ı	M	ı	Z	ı	-	Ⓜ	,	Ⓝ		

### City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
-11		-11	PAGO PAGO
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-09	NOME
LAX	LOS ANGELES	-08	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-07	EL PASO, EDMONTON
CHI	CHICAGO	-06	HOUSTON, DALLAS, FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-05	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-04	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-03	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
-2		-02	
-1		-01	PRAIA
GMT		+00	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
LON	LONDON		
PAR	PARIS	+01	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
CAI	CAIRO		ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS,
JRS	JERUSALEM	+02	CAPE TOWN
JED	JEDDAH	+03	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+04	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+05	MALE
DEL	DELHI	+5.5	MUMBAI, KOLKATA
DAC	DHAKA	+06	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+07	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+08	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULANBAATAR
TYO	TOKYO	+09	SEOUL, PYONGYANG
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAUL
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

\*Based on data as of June 2002.