Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to read this manual carefully.

- This watch does not have a time zone that corresponds to the Greenwich Mean Time differential of -3.5 hours. Because of this, the radio-controlled timekeeping and World Time functions will not display the correct time for Newfoundland, Canada.

Keep the watch exposed to bright light

- The actual level at which some functions are disabled depends on the watch model.
- Percent display illumination can run down the battery quickly and require charging. The following guidelines give an idea of the charging time required to recover from a single illumination operation.
- Approximately five minutes exposure to bright sunlight coming in through a window.
- Approximately 30 minutes exposure to indoor fluorescent lighting.
- Be sure to read “Power Supply” for important information you need to know when exposing the watch to bright light.

If the display of the watch is blank...
- If the display of the watch is blank, it means that the watch’s Power Saving function has turned off the display to conserve power.
- See “Power Saving Function” for more information.

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.

Radio-controlled Atomic Timekeeping

This watch receives a time calibration signal and updates its time setting accordingly. The time calibration signal includes both Standard Time and Daylight Saving Time (summer time) data.

- This watch is designed to pick up the time calibration signal transmitted from Fort Collins, Colorado (USA). Reception is possible within North America.
- The term “North America” in this user’s guide refers to the area that consists of Canada, the continental United States, and Mexico.

Current Time Setting

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

- The first thing you should do after purchasing this watch is to set your Home City, which is the city where you normally will use the watch. For more information, see “To set your Home City”.
- When using the watch outside of the range of the transmitter in Fort Collins, you need to adjust the time manually as required. See “Timekeeping” for information about manual settings.

To set your Home City

1. In the Timekeeping Mode, hold down A until the city code starts to flash, which indicates the setting screen.
2. Use E (east) and D (west) to select the city code you want to use as your Home City.
   - The following are the city codes for major cities in North America.
   - L(POP) (Pacific indicator): Los Angeles, San Francisco, Las Vegas, Seattle, Vancouver, Tijuana
   - DENM (Mountain indicator): Denver, El Paso, Edmonton, Cullman
   - CHIC (Central indicator): Chicago, Houston, Dallas, Fort Worth, New Orleans, Winnipeg, Mexico City
   - NYC E (Eastern indicator): New York, Detroit, Miami, Boston, Montreal
   - Note that this watch does not have a city code that corresponds to Newfoundland.
3. Press A twice to exit the setting screen.
- The first press of A displays the 12/24-hour setting screen. Pressing A again exits the setting screen.

Important!
- Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You can also perform manual receive or you can set the time manually.
- If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.

Time Calibration Signal Reception

There are two different methods you can use to receive the time calibration signal: auto receive and manual receive.

- Auto Receive
  - With auto receive, the watch picks up the time calibration signal automatically five times a day at midnight, 1:00 a.m., 2:00 a.m., 3:00 a.m., and 4:00 a.m. For more information, see “About Auto Receive”.
  - Manual Receive
    - Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see “To perform manual receive”.

Important!
- When getting ready to receive the time calibration signal, position the watch as shown in the nearby illustration, with its 12 o’clock side facing towards a window. Make sure there are no metal objects nearby.
- Make sure the watch is facing the right way.
- Proper signal reception can be difficult or even impossible under the conditions listed below.

### Conditions that will impede reception

- Inside or among buildings
- Inside a vehicle
- Near household appliances or office equipment, or a mobile phone
- Near a construction site, airport, or other sources of electrical noise
- Near high-tension power lines
- Among or behind mountains

### Steps to take when receiving is difficult

1. The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will cause some watch functions to be disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep the watch exposed to light as much as possible.


3. Make sure the watch is exposed to bright light as much as possible.
- The actual level at which some functions are disabled depends on the watch model.
- Frequent display illumination can run down the battery quickly and require charging. The following guidelines give an idea of the charging time required to recover from a single illumination operation.
- Approximately five minutes exposure to bright sunlight coming in through a window.
- Approximately 30 minutes exposure to indoor fluorescent lighting.
- Be sure to read “Power Supply” for important information you need to know when exposing the watch to bright light.

General Guide

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

Radio-controlled Atomic Timekeeping

### Important!
- Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You can also perform manual receive or you can set the time manually.
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- Near a construction site, airport, or other sources of electrical noise
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3. Make sure the watch is exposed to bright light as much as possible.
- The actual level at which some functions are disabled depends on the watch model.
- Frequent display illumination can run down the battery quickly and require charging. The following guidelines give an idea of the charging time required to recover from a single illumination operation.
- Approximately five minutes exposure to bright sunlight coming in through a window.
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If the display of the watch is blank...
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- 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.

Bearing Mode

Time Recorder Mode

World Time Mode

Important!
- Normally, your watch should show the correct time as soon as you select your Home City code. If it does not, it should adjust automatically after the next auto receive operation (in the middle of the night). You can also perform manual receive or you can set the time manually.
- If you are in an area that does not use Daylight Saving Time (summer time), turn off the DST setting.

Time Calibration Signal Reception

There are two different methods you can use to receive the time calibration signal: auto receive and manual receive.

- Auto Receive
  - With auto receive, the watch picks up the time calibration signal automatically five times a day at midnight, 1:00 a.m., 2:00 a.m., 3:00 a.m., and 4:00 a.m. For more information, see “About Auto Receive”.
  - Manual Receive
    - Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see “To perform manual receive”.

Important!
- When getting ready to receive the time calibration signal, position the watch as shown in the nearby illustration, with its 12 o’clock side facing towards a window. Make sure there are no metal objects nearby.
- Make sure the watch is facing the right way.
- Proper signal reception can be difficult or even impossible under the conditions listed below.

### Conditions that will impede reception

- Inside or among buildings
- Inside a vehicle
- Near household appliances or office equipment, or a mobile phone
- Near a construction site, airport, or other sources of electrical noise
- Near high-tension power lines
- Among or behind mountains

### Steps to take when receiving is difficult

1. The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will cause some watch functions to be disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep the watch exposed to light as much as possible.


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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.
The Level 4 receiving indicator is displayed only when the watch is able to receive. When two, three, or four receptions are successful, the watch uses the data of the last reception for calibration. When only one reception is successful, the watch uses the data of the last reception for calibration. When one reception is successful, the watch uses the data of the successful reception.

Auto Receive

When auto receive is turned on, the watch starts to receive the time calibration signal. Auto receive is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can receive the signal easily.

Note

- The auto receive operation is performed only if the watch is in the Timekeeping Mode or World Time Mode when one of the calibration times is reached. It is not performed if a calibration time is reached while an alarm is sounding, or while you are configuring settings (while settings are flashing on the display).
- Auto receive of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly). Before going to bed for the night, remove the watch from your wrist, and put it in a location where it can receive the signal easily.
- When auto receive is turned on, the watch receives the calibration signal for two to six minutes everyday when the Timekeeping Mode time reaches each of the calibration times. Avoid performing any button operation within six minutes before or after any one of the calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the time kept in the Timekeeping Mode. The receive operation will be performed whenever the display shows any one of the calibration times, regardless of whether or not the Timekeeping Mode time actually is the correct time.
- When two, three, or four receptions are successful, the watch uses the data of the last reception for calibration. When only one reception is successful, the watch uses the data of the successful reception.

About the Receiving Indicator

The receiving indicator shows the strength of the calibration signal being received. For readable bezel time, be sure to keep the watch in a location where signal strength is strongest.

\[
\text{Receiving Indicator}
\]

Use the receiving indicator as a guide for checking signal strength and for finding the best location for the watch during signal reception.

- Even in an area where signal strength is strong, it takes about 10 seconds for signal reception to stabilize enough for the receiving indicator to indicate signal strength.
- Following reception of the time calibration signal and calibration of the watch’s time, the Level 4 receiving indicator will remain on the display in all modes. The Level 4 receiving indicator will not be displayed if signal reception was unsuccessful or after you adjust the current time setting manually.
- The Level 4 receiving indicator is displayed only when the watch is able to receive both time and date data successfully. It does not appear when only time data is received.
- The Level 4 receiving indicator indicates that at least one of the auto receive operations performed on the timekeeping mode are successful. Note, however, that the Level 4 receiving indicator is cleared from the display at 3:00 a.m. each day.

To perform manual receive

1. Press this button:

\[
\text{[Receive]}
\]

To turn auto receive on and off

1. In the Timekeeping Mode, hold down [ ] until the city code starts to flash, which indicates the setting screen.

\[
\text{[Receive]}
\]

2. Press [ ] twice to move the flashing to the auto receive on/off setting.

\[
\text{[Receive]}
\]

3. Press [ ] to toggle auto receive on ( ) and off ( ).

Some button operations may prevent the timekeeping screen from returning to the normal timekeeping screen by pressing [ ].

To display the Last Signal screen

In the Timekeeping Mode, press [ ] to display the Last Signal screen (indicated by GET). The Last Signal screen indicates the date and time of the last successful time calibration signal reception.

- If you do not press [ ] to return from the last signal screen to the timekeeping screen, the watch will return automatically after about two or three minutes.

Signal Receive Troubleshooting

Check the following points whenever you experience problems with calibration signal reception.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Probable Causes</th>
<th>What you should do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannot perform manual receive</td>
<td>The watch is not in the Timekeeping Mode. Your current Home City is not one of the following city codes: LAX, DEN, CHI, or NYC.</td>
<td>Enter the Timekeeping Mode. Check your city code setting.</td>
</tr>
<tr>
<td>Auto receive is forced on, but the receiving indicator does not appear on the display</td>
<td>You changed the time setting manually. The watch was not in the Timekeeping Mode when you made the change.</td>
<td>Perform manual signal reception.</td>
</tr>
<tr>
<td>Time setting is not correct following signal reception</td>
<td>If the time is one hour off, the DST is not turned on. The Home City code setting is not correct for the area where you are using the watch.</td>
<td>Change the DST setting to ON. Select the correct Home City code.</td>
</tr>
</tbody>
</table>

Sunrise/Sunset Mode

You can use the Sunrise/Sunset Mode to display the sunrise and sunset times for a particular date (year, month, day) specified by you.

- Before trying to use the Sunrise/Sunset Mode, you need to configure settings for the city code, longitude, latitude, and GMT differential for the location whose sunrise and sunset times you want to view.
- The factory default configuration of the location is:
  - Latitude: North 35 degrees; Longitude: East 140 degrees; GMT Differential: -9 hours.
  - You can find latitude, longitude, and GMT differential for various cities around the globe in "Use the Data List." The sunrise and sunset information that initially appears when you enter the Sunrise/Sunset Mode is that for the current date as kept in the Timekeeping Mode.

All of the operations in this section are performed in the Sunrise/Sunset Mode, which you enter by pressing [ ].

To specify a city code to check its sunrise and sunset times

1. Enter the Timekeeping Mode.

2. Hold down [ ] until the current city code setting starts to flash. This is the setting screen.

3. Use [ ] to set the longitude and [ ] to set the latitude.

4. Press [ ] twice to exit the setting screen.

To configure longitude, latitude and GMT differential settings

1. Enter the Sunrise/Sunset Mode.

2. Hold down [ ] to cycle through the screens until the longitude/latitude setting screen appears.

3. Use [ ] to set the longitude and [ ] to set the latitude.

4. Press [ ] to return to the Sunrise/Sunset Setting Screen.

5. Press [ ] to change the GMT differential in 0.5 hour increments.

6. Press [ ] to exit the setting screen.

This will cause the display to show the date (year, month, and day), followed by the sunrise and sunset times for that date.

To configure longitude, latitude and GMT differential settings

1. Enter the Sunrise/Sunset Mode.

2. Hold down [ ] to cycle through the screens until the longitude/latitude setting screen appears.

3. Use [ ] to set the longitude and [ ] to set the latitude.

4. Press [ ] to return to the Longitude/Latitude Setting Screen.

5. Use [ ] and [ ] to change the GMT differential in 0.5 hour increments.

6. Press [ ] to exit the setting screen.

This will cause the display to show the time (year, month, and day), followed by the sunrise and sunset times for that date.
To view the sunrise/sunset time for a particular date

1. Enter the Sunrise/Sunset Mode.
   - This will display the sunrise and sunset times for the current date (as kept by the Timekeeping Mode) at the location specified by the city code, longitude, latitude, and GMT differential you specified using the procedures under “To specify a city code to check its sunrise and sunset times” and “To configure longitude, latitude and GMT differential settings.”
   - The date, year, month, and day will appear first, followed by the sunrise and sunset times for that date.
   - You can select any date between January 1, 2000 and December 31, 2099.

Note
- Sunrise/sunset time is displayed in 5-minute units.
- If you think that the sunrise and/or sunset times are not correct for some reason, check the watch’s city code, longitude, latitude, and GMT differential settings.
- The sunrise and sunset times displayed by this watch are times at sea level. Sunrise and sunset times are different at altitudes other than sea level.

Sunrise/Sunset Graphic
In the Sunrise/Sunset Mode, the graphic in the upper right corner of the display shows the daylight hours and nighttime hours for the currently selected date. In the Timekeeping Mode, the graphic shows the daylight hours and nighttime hours for today’s date.
- The dark segments of the graphic indicate nighttime hours, while the light segments indicate daytime hours.
- The flashing segment in the graphic in the Timekeeping Mode is the one that represents the current time.
- Each graphic segment represents one hour.

To set the solar traverse directions

1. Enter the Bearing Mode.
2. Find the same value on the bezel as the angle value displayed for the solar azimuth.
3. Position the watch so the value you found in step 1 is pointing at the sun.

Important!
- Before trying to use this watch to calculate the solar azimuth, make sure to check that the following settings are configured correctly for your current location:
  - City code and current time settings
  - Longitude, latitude and GMT differential
- The above settings used by this operation are the same as those you configure to calculate sunrise and sunset times. If you have already configured those settings for sunrise/sunset operations, you need only to configure the solar traverse directions here.
- The factory default configuration of the Bearing Mode settings is:
  - Latitude: North 35 degrees; Longitude: East 140 degrees; GMT Differential: +9 hours; Solar Traverse Direction: South.
- Note that you cannot use the Bearing Mode to determine directions in the following cases:
  - When the sun is not visible
  - At night
  - When sun traverses the sky directly overhead or when you cannot determine if it traverses in the north or south.

To set the solar traverse directions

1. In the Bearing Mode, hold down \[ \text{B} \] until \[ \text{B} \] or \[ \text{S} \] flashes on the display. This indicates the setting screen.
2. Press \[ \text{A} \] to toggle the setting between \[ \text{N} \] (north) and \[ \text{S} \] (south).
3. Press \[ \text{A} \] to exit the setting screen.
- The watch uses the solar traverse directions specified by you, along with the watch’s location setup (city code, date, time, longitude, latitude, GMT differential) to calculate and display the solar azimuth.

Bearing Mode

The Bearing Mode lets you determine approximate directions using a displayed angle value that indicates the angle to the sun (solar azimuth). All of the operations in this section are performed in the Bearing Mode, which you enter by pressing \[ \text{B} \].

To determine your bearings

1. Enter the Bearing Mode.
2. The watch uses the solar traverse directions, along with the watch’s location setup (city code, date, time, longitude, latitude, GMT differential) to calculate and display the current solar azimuth.
3. Find the same value on the bezel as the angle value displayed for the solar azimuth on the Bearing Mode screen.
4. The 12 o’clock position of the watch should now be pointed towards true north.

- Note that the bearings produced by the Bearing Mode are intended for general reference only.

Time REC Order

The Time Recorder lets you store up to 30 records of the current time (month, day, hour, minutes, seconds, and DST on/off setting) with the touch of a button. One way you can use the Time Recorder is to record the start time and the end time of a particular event.

To record a Time Recorder time

1. Press \( \text{DST} \) to record the Home City time (month, day, hour, minutes, seconds, and DST on/off setting).
   - The recorded time flashes for about two seconds, and then it is assigned a record number. After that, the Timekeeping Mode screen appears.
   - Records are assigned numbers sequentially from 001 through 030.
   - Storing a new time record when there are already 30 records stored in memory automatically deletes record 001, shifts the remaining records upwards by 1, and stores the new record as 031.

To recall Time Recorder times

1. In the Time Recorder Mode, use \[ \text{DST} \] (+) and \[ \text{DST} \] (-) to scroll through times stored in memory.
2. If you recorded a new Time Recorder time since you last entered the Time Recorder Mode, the newest record appears first. If you have not recorded a new time, the record you were viewing when you last exited the Time Recorder Mode appears first.

To delete all Time Recorder times

In the Time Recorder Mode, hold down \[ \text{DST} \] to delete all Time Recorder times.

World Time

World Time shows the current time in 30 cities (29 time zones) around the world.
- For full information on city codes, see the “City Code Table”.
- This current time for all city codes in the World Time Mode is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on your Home City time setting.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing \[ \text{C} \].

To view the time for another city code

1. In the World Time Mode, press \[ \text{C} \] to scroll through the city codes (time zones) for the current time.
2. Hold down \[ \text{C} \] to scroll to the city you want.
3. If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City settings and make the necessary changes.

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

1. In the World Time Mode, use \[ \text{DST} \] (+) and \[ \text{DST} \] (-) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. To change the DST setting (Standard Time/Daylight Saving Time setting), press \[ \text{DST} \] indicator (on and off).
3. To set the DST indicator (on), hold down \[ \text{DST} \] (on) to toggle from Standard Time to Daylight Saving Time.
4. To set the DST indicator (off), hold down \[ \text{DST} \] (off) to toggle from Daylight Saving Time to Standard Time.
5. Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
6. Daylight Saving Time (DST) cannot be turned on and off while GMT is selected as the city code.

Alarms

The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm.

1. Use the Alarm Mode to turn the Hourly Time Signal (H.T.S.) on or off.
2. There are five alarms numbered RL1 through RL5, and SNZ. You can configure SNZ as a snooze alarm only. Alarms RL1 through RL5 can be used as one-time alarms only.
3. Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing \[ \text{E} \].
When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).

Alarm Operation
The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, or until you turn the alarm off.

- 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.

1. In the Alarm Mode, hold down (no indicator) to toggle it on and off.
2. Turning on a one-time alarm (RL1, RL2, RL5, RL4) displays the alarm indicator on its Alarm Mode screen. Turning on the snooze alarm (SNZ) displays the alarm on indicator and snooze alarm indicator on its Alarm Mode screen.
3. In all modes, the alarm on indicator is shown for any alarm that is currently turned on. When the snooze alarm is on, the snooze alarm indicator is displayed in all modes.
4. The alarm on indicator flashes while the alarm is sounding.

To turn off the alarm
In the Alarm Mode, hold down (no indicator) to sound the alarm.

To turn on the Auto Light Switch
- Always make sure you are in a safe place whenever you are reading 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 startle 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 traffic accidents and serious personal injury.

Power Supply
This watch is equipped with a solar cell and a special rechargeable battery (secondary battery) that is charged by the electrical power produced by the solar cell. The illustration 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.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly 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. Make sure that the watch is exposed to bright light whenever possible.
- This watch uses a special rechargeable battery to store power produced by the solar cell, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the special rechargeable battery to charge fully, contact your dealer or CASIO distributor about having it replaced.
- Never try to remove or replace the watch’s special battery yourself. Use of the wrong type of battery can damage the watch.
- 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 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 shows you the current power level of the rechargeable battery.

<table>
<thead>
<tr>
<th>Battery Power Indicator</th>
<th>Function Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>All functions enabled.</td>
</tr>
<tr>
<td>2</td>
<td>All functions enabled.</td>
</tr>
<tr>
<td>3</td>
<td>Alarm, hourly time signal, illumination, calibration, and buttons are disabled.</td>
</tr>
<tr>
<td>4</td>
<td>All functions, including Brake Switch, disabled and initialized.</td>
</tr>
</tbody>
</table>
The flashing CHARGE indicator at Level 3 tells you that battery power is very low, and 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 the flashing CHARGE indicator) from Level 4. You will not be able to configure 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 show a reading that momentarily is higher than the actual battery level. The correct battery power indicator should appear after a few minutes.

If you use the light or alarms a number of times during a short period, the recover indicator appears and the following operations become disabled until battery power recovers.

Calibration signal reception

After some time, battery power will recover and the recover indicator 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 seven months. The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

<table>
<thead>
<tr>
<th>Exposure Level (Brightness)</th>
<th>Approximate Exposure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Sunlight (50,000 lux)</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Sunlight Through a Window (10,000 lux)</td>
<td>14 minutes</td>
</tr>
<tr>
<td>Daylight Through a Window on a Cloudy Day (5,000 lux)</td>
<td>48 minutes</td>
</tr>
<tr>
<td>Indoor Fluorescent Lighting (500 lux)</td>
<td>6 hours</td>
</tr>
</tbody>
</table>

- When these are the cases, we can include all the technical details.
- Display on 18 hours per day, sleep state 6 hours per day
- 1 illumination operation (1.5 seconds) per day
- 50 seconds of alarm operation per day
- 5 times calibration reception per day
- Stable operation is promoted by frequent charging.

Recovery Times

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

<table>
<thead>
<tr>
<th>Exposure Level (Brightness)</th>
<th>Approximate Exposure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Sunlight (50,000 lux)</td>
<td>1 hour</td>
</tr>
<tr>
<td>Sunlight Through a Window (10,000 lux)</td>
<td>4 hours</td>
</tr>
<tr>
<td>Daylight Through a Window on a Cloudy Day (5,000 lux)</td>
<td>6 hours</td>
</tr>
<tr>
<td>Indoor Fluorescent Lighting (500 lux)</td>
<td>66 hours</td>
</tr>
</tbody>
</table>

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

**Timekeeping**

Use the Timekeeping Mode to set and view the current time and date. This section also explains how to set the current date and time manually.

- The watch is equipped with a Time Recorder feature that lets you record the current Home City time (month, day, hour, minutes, seconds, and DST on/off setting) with the touch of a button. “To record Time Recorder time” for more information.
- All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing [A].

**Setting the Time and Date Manually**

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

To set the current time and date manually:

1. In the Timekeeping Mode, hold down [D] until the city code starts to flash, which indicates the setting screen.
2. Press [A] or [B] to move the flashing in the sequence shown below to select other settings.

**City/Auto Receive Settings**

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this</th>
<th>Do this</th>
</tr>
</thead>
<tbody>
<tr>
<td>New York (NYC)</td>
<td>Change the city code</td>
<td>Use [M] (east) and [L] (west).</td>
</tr>
<tr>
<td>Atlantic City (AC)</td>
<td>Cycle between Daylight Saving Time (DST) and Standard Time (SST), and Auto DST (AUTO)</td>
<td>Press [A]</td>
</tr>
<tr>
<td>Auto DST</td>
<td>Toggle between auto receive on and off (AUTO)</td>
<td>Press [A]</td>
</tr>
</tbody>
</table>

See “City Code Table” for a complete list of available city codes.

**Time/Date/Power Saving Settings**

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this</th>
<th>Do this</th>
</tr>
</thead>
<tbody>
<tr>
<td>12H</td>
<td>Toggle between 12-hour (12H) and 24-hour (24H) timekeeping</td>
<td>Press [A]</td>
</tr>
<tr>
<td>24H</td>
<td>Reset the seconds to 0</td>
<td>Press [A]</td>
</tr>
<tr>
<td>PST</td>
<td>Change the hour, minutes, year, month, or day</td>
<td>Use [M] (+) and [L] (−)</td>
</tr>
<tr>
<td>PS</td>
<td>Toggle the Power Saving on (PS) and off (OFF)</td>
<td>Press [A]</td>
</tr>
</tbody>
</table>

4. Use [A] to set the setting screen.
   - If a Time/Auto Receive Setting screen is displayed, press [A] twice.
   - If a Time/Date/Power Saving Setting screen is displayed, press [A] once.

**Note**

- Auto DST ([AUTO]) can be selected only while HNL, HAN, LAX, KIX, DEN, CHI, or NYC is selected as the Home City code. For more information, see “Daylight Saving Time (DST)” below.
- The auto receive setting is used for time calibration signal reception only. See “About Auto Receive” for details.
- For details about power saving, see “Power Saving Function”.

**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.

The time calibration signal transmitted from Fort Collins includes both Standard Time and DST data. When the Auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the received time signal.

- The default DST setting is Auto DST ([AUTO]) whenever you select HNL, LAX, DEN, CHI, or NYC as your Home City code.

If you experience problems receiving the time calibration signal in your area, it probably is best to switch between Standard Time and Daylight Saving Time (summer time) manually.

To change the Daylight Saving Time (summer time) setting:

1. In the Timekeeping Mode, hold down [D] until the city code starts to flash, which indicates the setting screen.
2. Press [A] and the DST setting screen appears.
3. Use [A] to cycle through the DST settings in the sequence shown below.

**City Code** | **DST** | **Auto receive**
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Auto DST ([AUTO])</td>
<td>DST off (OFF)</td>
<td>DST on (ON)</td>
</tr>
</tbody>
</table>

4. When the setting you want to change is flashing, use [A] and [L] to change it as described below.

**City/Auto Receive Settings**

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this</th>
<th>Do this</th>
</tr>
</thead>
<tbody>
<tr>
<td>NYC</td>
<td>Change the city code</td>
<td>Use [M] (east) and [L] (west).</td>
</tr>
<tr>
<td>AC</td>
<td>Cycle between Daylight Saving Time (DST) and Standard Time (SST), and Auto DST (AUTO)</td>
<td>Press [A]</td>
</tr>
<tr>
<td>AUTO</td>
<td>Toggle between auto receive on and off (AUTO)</td>
<td>Press [A]</td>
</tr>
</tbody>
</table>

See “City Code Table” for a complete list of available city codes.

**Time/Date/Power Saving Settings**

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this</th>
<th>Do this</th>
</tr>
</thead>
<tbody>
<tr>
<td>12H</td>
<td>Toggle between 12-hour (12H) and 24-hour (24H) timekeeping</td>
<td>Press [A]</td>
</tr>
<tr>
<td>24H</td>
<td>Reset the seconds to 0</td>
<td>Press [A]</td>
</tr>
<tr>
<td>PST</td>
<td>Change the hour, minutes, year, month, or day</td>
<td>Use [M] (+) and [L] (−)</td>
</tr>
<tr>
<td>PS</td>
<td>Toggle the Power Saving on (PS) and off (OFF)</td>
<td>Press [A]</td>
</tr>
</tbody>
</table>

4. Use [A] to set the setting screen.
   - If a Time/Auto Receive Setting screen is displayed, press [A] twice.
   - If a Time/Date/Power Saving Setting screen is displayed, press [A] once.

**Note**

- Auto DST ([AUTO]) can be selected only while HNL, HAN, LAX, KIX, DEN, CHI, or NYC is selected as the Home City code. For more information, see “Daylight Saving Time (DST)” below.
- The auto receive setting is used for time calibration signal reception only. See “About Auto Receive” for details.
- For details about power saving, see “Power Saving Function”.

**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.

The time calibration signal transmitted from Fort Collins includes both Standard Time and DST data. When the Auto DST setting is turned on, the watch switches between Standard Time and DST (summer time) automatically in accordance with the received time signal.

- The default DST setting is Auto DST ([AUTO]) whenever you select HNL, LAX, DEN, CHI, or NYC as your Home City code.

If you experience problems receiving the time calibration signal in your area, it probably is best to switch between Standard Time and Daylight Saving Time (summer time) manually.

To change the Daylight Saving Time (summer time) setting:

1. In the Timekeeping Mode, hold down [D] until the city code starts to flash, which indicates the setting screen.
2. Press [A] and the DST setting screen appears.
3. Use [A] to cycle through the DST settings in the sequence shown below.

**Auto DST ([AUTO])** | **DST off (OFF)** | **DST on (ON)**
|-----------------|-----------------|-----------------|

4. When the setting you want to select is pressed, press [A] twice to exit the setting screen.

**Reference**

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

**Auto Return Features**

- If you leave the watch in the Sunrise/Sunset Mode, Barring Mode, Time Recorder Mode, or Alarm Mode for two or three minutes without performing any operation, it returns to the Timekeeping Mode automatically.

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

**Scrolling**

The [A] and [L] 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.
Radio-controlled Atomic Timekeeping Precautions
- Strong electrostatic charge can result in the wrong time being set.
- The time calibration signal is bounced off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal takes priority over any time settings you make.
- The watch is designed to update the day and date of the week automatically for the period January 1, 2000 to December 31, 2029. Setting of the date by the time calibration signal cannot be performed starting from January 1, 2100.
- This watch can receive signals that differentiate between leap years and non-leap years.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to time data only.
- Normally, the signal reception data shown by the Last Signal screen is the date data included in the received time calibration signal. When only time data is received, however, the Last Signal screen shows the date as kept in the Timekeeping Mode at the time of signal reception.
- If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within a 15-second margin at normal temperature.
- If you have problems with proper time calibration signal reception or if the time setting is wrong after signal reception, check your current city code, DST (summer time), and auto receive settings. The following are the initial factory defaults for these settings:

<table>
<thead>
<tr>
<th>Setting</th>
<th>Initial Factory Default</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Code</td>
<td>New York (NYC)</td>
</tr>
<tr>
<td>DST (Summer)</td>
<td>NYA (Auto switching)</td>
</tr>
<tr>
<td>Auto Receive</td>
<td>NYA (Auto receive)</td>
</tr>
</tbody>
</table>

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 without changing the minutes.
- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2099.
- 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 to account for the watch's battery replaced or when battery power drops to Level 4.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on your Home City time setting.
- GMT differential is calculated by this watch based on UTC* data. The reference point for UTC is Greenwich, England.

<table>
<thead>
<tr>
<th>City Code</th>
<th>GMT Differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>+12</td>
</tr>
<tr>
<td>B</td>
<td>+11</td>
</tr>
<tr>
<td>C</td>
<td>+10</td>
</tr>
<tr>
<td>D</td>
<td>+9</td>
</tr>
<tr>
<td>E</td>
<td>+8</td>
</tr>
<tr>
<td>F</td>
<td>+7</td>
</tr>
<tr>
<td>G</td>
<td>+6</td>
</tr>
<tr>
<td>H</td>
<td>+5</td>
</tr>
<tr>
<td>I</td>
<td>+4</td>
</tr>
<tr>
<td>J</td>
<td>+3</td>
</tr>
<tr>
<td>K</td>
<td>+2</td>
</tr>
<tr>
<td>L</td>
<td>+1</td>
</tr>
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<td>0</td>
</tr>
<tr>
<td>N</td>
<td>1</td>
</tr>
<tr>
<td>O</td>
<td>2</td>
</tr>
<tr>
<td>P</td>
<td>3</td>
</tr>
<tr>
<td>Q</td>
<td>4</td>
</tr>
<tr>
<td>R</td>
<td>5</td>
</tr>
<tr>
<td>S</td>
<td>6</td>
</tr>
<tr>
<td>T</td>
<td>7</td>
</tr>
<tr>
<td>U</td>
<td>8</td>
</tr>
<tr>
<td>V</td>
<td>9</td>
</tr>
<tr>
<td>W</td>
<td>10</td>
</tr>
<tr>
<td>X</td>
<td>11</td>
</tr>
<tr>
<td>Y</td>
<td>12</td>
</tr>
</tbody>
</table>

12-hour/24-hour Timekeeping Formats
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all other modes.
- 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 no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 00:00 to 23:59, without any indicator.

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

<table>
<thead>
<tr>
<th>Elapsed Time in Dark</th>
<th>Display</th>
<th>Operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 60 minutes</td>
<td>Blank, with the Power Saving on indicator flashing</td>
<td>All functions enabled, except for the display</td>
</tr>
<tr>
<td>6 or 7 days</td>
<td>Blank, with the Power Saving on indicator flashing</td>
<td>Steeper tone, illumination, display, and auto receipt of the calibration signal are disabled.</td>
</tr>
</tbody>
</table>

- Wearing the 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.

To recover from the sleep state
- Perform any of the following operations.
- Move the watch to a well-lit area. It can take up to two seconds for the display to turn on.
- Press any button.
- Angle the watch towards your face for reading.

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<table>
<thead>
<tr>
<th>Site</th>
<th>GMT Differential</th>
<th>Standard Time</th>
<th>DST/Summer</th>
<th>Longitude</th>
<th>Latitude</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABU DHABI</td>
<td>4.0</td>
<td>5:00</td>
<td>6:00</td>
<td>45°E</td>
<td>23°N</td>
</tr>
<tr>
<td>ABU DHABIA</td>
<td>5.0</td>
<td>6:00</td>
<td>7:00</td>
<td>54°E</td>
<td>24°N</td>
</tr>
<tr>
<td>ADEN</td>
<td>4.0</td>
<td>5:00</td>
<td></td>
<td>45°E</td>
<td>13°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>ADELAIDE</td>
<td>12.0</td>
<td>10:00</td>
<td></td>
<td>138°E</td>
<td>32°S</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
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<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
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<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
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<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
<tr>
<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
<td></td>
<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
<td>1.0</td>
<td>2:00</td>
<td></td>
<td>9°E</td>
<td>52°N</td>
</tr>
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<td>AMSTERDAM</td>
<td>2.0</td>
<td>3:00</td>
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<td>24°E</td>
<td>53°N</td>
</tr>
<tr>
<td>AUCKLAND</td>
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