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.

Caution!

Your watch is shipped with the Auto Display feature (which continually changes the contents of the digital display) turned on. Calibration signal reception is disabled while Auto Display is turned on. Press any button to turn off Auto Display and return to the Timekeeping Mode.

General Guide

- Press \( \text{MODE} \) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press \( \text{SET} \) to illuminate the display.

Radio-controlled Atomic Timekeeping

This watch receives a time calibration signal and updates its time setting accordingly.
- Supported time calibration signals: United States (Fort Collins, England (Rugby)).

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 specify your Home City (the city where you normally will use the watch). For more information, see "To specify your Home City".
- When using the watch outside the areas covered by the time signal transmitters, you will have to adjust the current time setting manually as required. See "Timekeeping Modes" for more information about manual time settings.
- The U.S. time calibration signal can be picked up by the watch while in North America. The term "North America" in this manual refers to the area that consists of Canada, the continental United States, and Mexico.

To specify your Home City

1. In the Timekeeping Mode, hold down \( \text{MODE} \) until the city code starts to flash, which indicates the setting screen.
2. Press \( \text{B} \) (east) and \( \text{C} \) (west) to select the city code you want to use as your Home City.
3. Time calibration signal reception is supported when any one of the city codes shown in the table below is selected as your Home City.

<table>
<thead>
<tr>
<th>City Code</th>
<th>City Name</th>
<th>U.S. Signal</th>
<th>Time Calibration Signal</th>
</tr>
</thead>
<tbody>
<tr>
<td>HNL</td>
<td>Honolulu</td>
<td>U.S.</td>
<td>North America</td>
</tr>
<tr>
<td>ANC</td>
<td>Anchorage</td>
<td>U.S.</td>
<td>North America</td>
</tr>
<tr>
<td>YVR</td>
<td>Vancouver</td>
<td>U.S.</td>
<td>North America</td>
</tr>
<tr>
<td>LAX</td>
<td>Los Angeles</td>
<td>U.S.</td>
<td>North America</td>
</tr>
<tr>
<td>DEN</td>
<td>Denver</td>
<td>U.S.</td>
<td>North America</td>
</tr>
<tr>
<td>MIA</td>
<td>Miami</td>
<td>U.S.</td>
<td>North America</td>
</tr>
<tr>
<td>YTO</td>
<td>Toronto</td>
<td>U.K.</td>
<td>North America</td>
</tr>
<tr>
<td>SEA</td>
<td>Seattle</td>
<td>U.S.</td>
<td>Europe</td>
</tr>
<tr>
<td>CHI</td>
<td>Chicago</td>
<td>U.S.</td>
<td>Europe</td>
</tr>
<tr>
<td>MTL</td>
<td>Montreal</td>
<td>U.S.</td>
<td>Europe</td>
</tr>
<tr>
<td>COL</td>
<td>Dallas</td>
<td>U.S.</td>
<td>Europe</td>
</tr>
<tr>
<td>NRT</td>
<td>Nairobi</td>
<td>Africa</td>
<td>Europe</td>
</tr>
<tr>
<td>YVR</td>
<td>Vienna</td>
<td>Europe</td>
<td>Europe</td>
</tr>
</tbody>
</table>

- Press \( \text{SET} \) to exit 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.
- The watch will receive the time calibration signal automatically from the applicable transmitter (in the middle of the night) and update its settings accordingly. For information about the relationship between city codes and transmitters, see "Home City Codes and Transmitters".
- Under factory default settings, auto receive is turned off for all of the following city codes: (Honolulu), ANC (Anchorage), ATH (Athens), and MOW (Moscow). For details about turning on auto receive for these city codes, see "To turn auto receive on and off" for more information.
- You can disable time signal reception, if you want. See "To turn auto receive on and off" for more information.
- See the maps under "Reception Ranges" for information about the reception ranges of the watch.
- If you are in an area that does not use Daylight Saving Time (summertime), 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 receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive operations are not performed. 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. More information, see "To perform manual receive".

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 in order to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

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.
  - Signal reception normally is better at night than during the day.
  - Time calibration signal reception takes from two to seven minutes, but in some cases it can take as long as 14 minutes. Take care that you do not perform any button operations or move the watch during this time.
  - The time calibration signal the watch will attempt to pick up depends on its current Home City code setting as shown below.

Home City Codes and Transmitters

<table>
<thead>
<tr>
<th>Home City Code</th>
<th>Transmitter</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>HNL, ANC, YVR</td>
<td>Fort Collins, Colorado (the United States)</td>
<td>60.0 kHz</td>
</tr>
<tr>
<td>LAX, YEA, DEN, MEX, YKG, CHI, MIA, YTO, NYC, YHZ, YVR</td>
<td>Rugby (England)</td>
<td>60.0 kHz</td>
</tr>
</tbody>
</table>

- The areas covered by the HNL, ANC, ATH, and MOW city codes are quite far from the time calibration signal transmitters, and so certain conditions may cause problems with signal reception.

Reception Ranges

<table>
<thead>
<tr>
<th>U.S. Signal</th>
<th>U.K. Signal</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000 miles</td>
<td>3,200 kilometers</td>
<td>500 kilometers</td>
</tr>
<tr>
<td>600 miles</td>
<td>1,000 kilometers</td>
<td>500 kilometers</td>
</tr>
<tr>
<td>1,500 miles</td>
<td>2,400 kilometers</td>
<td>1,500 kilometers</td>
</tr>
<tr>
<td>3,000 miles</td>
<td>4,800 kilometers</td>
<td>3,000 kilometers</td>
</tr>
<tr>
<td>British Isles</td>
<td>4,800 kilometers</td>
<td>4,800 kilometers</td>
</tr>
</tbody>
</table>

Use the "Reference" section to find further details and technical information you need in order to perform operations in each mode.
About Auto Receive
The watch receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive operations are not performed. The reception schedule (calibration times) depends on your Home City, and whether standard time or Daylight Saving Time is selected for your Home City.

About the Receiving Indicator
The Level 3 receiving indicator is displayed only when the watch is able to receive the calibration signal. Remember that reception of the calibration signal depends on the current time in the selected Home City, and whether standard time or Daylight Saving Time is selected for your Home City.

Auto receive of the calibration signal is designed to be performed early in the day. Before going to bed for the night, remove the watch from your wrist, and put it in a safe location where it cannot be damaged. If the receive operation is unsuccessful, the message "ERR" appears on the display.

If the receive operation is unsuccessful, the message "ERR" appears on the display. Even if receive is successful, the Level 3 receiving indicator appears only when time and date data (year, month, day) are received.

Note
- When a calibration time is reached, the watch will receive the calibration signal only if it is in either the Timekeeping Mode or World Time Mode. Reception is not performed if a calibration time is reached while you are configuring settings.
- Auto receive of the calibration signal is designed to be performed early in the morning, before you get up. If the receive operation is unsuccessful, the message "ERR" appears on the display.

Time Calibration Signal Reception
- The watch receives the time calibration signal automatically up to six times a day.
- The watch receives the time calibration signal automatically up to six times a day.
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- The watch receives the time calibration signal automatically up to six times a day.

Radio-controlled Atomic Timekeeping Precautions
- For more information, see “Troubleshooting” under “Time Calibartion Signal Reception” and “Radio-controlled Atomic Timekeeping Precautions”.

World Time
- The World Time Mode shows the current time in 48 cities (29 time zones) around the world.
- The current time shown for a city is wrong, check your Home City settings and make the necessary changes.
- The time zones in this section are performed in the World Time Mode, which you enter by pressing 1.

To set up world time
1. In the Timekeeping Mode, press 2 to display the Last Signal screen.
2. Hold down 4 until the receiving indicator and current auto receive setting (DN or OFF) start to flash. This is the setting screen.
3. Press 3 to toggle auto receive on (ON) or off (OFF).
4. Press 4 to exit the setting screen.
5. For information about city codes that support signal receive, see “To specify your Home City.”

To display the Last Signal screen in the Timekeeping Mode, press 3 to display the Last Signal screen (indicated by ON). The Last Signal screen shows the date and time of the last successful time calibration signal reception.

Current Time and Date screen
- The watch displays the current time and date in the current city.
- The watch displays the current time and date in the current city.
- The watch displays the current time and date in the current city.
- The watch displays the current time and date in the current city.
- The watch displays the current time and date in the current city.

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

Table
<table>
<thead>
<tr>
<th>Problem</th>
<th>Probable Cause</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: HRL, ANC, YVR, LAX, YEA, DEN, YYT, YEA, YYT, LUS, LON, MAD, PAR, ROM, BER, KYH, XTH, or your Home City code. Enter the Timekeeping Mode, select the correct city code, and then perform manual signal receive again.</td>
<td></td>
</tr>
<tr>
<td>Auto receive is turned 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 or World Time Mode, or you performed some button operation during the auto receive operation. If the time is correct for the area where you are using the watch, perform manual signal receive again.</td>
<td></td>
</tr>
<tr>
<td>Auto receive is turned 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 or World Time Mode, or you performed some button operation during the auto receive operation. If the time is correct for the area where you are using the watch, perform manual signal receive again.</td>
<td></td>
</tr>
<tr>
<td>Time setting is incorrect following signal reception</td>
<td>If the time is one hour off, the DST setting may be incorrect. The Home City code setting is not correct for the area where you are using the watch. Change the DST setting to Auto DST. Select the correct Home City code.</td>
<td></td>
</tr>
</tbody>
</table>
| For further information, see “Troubleshooting” under “Time Calibration Signal Reception” and “Radio-controlled Atomic Timekeeping Precautions”.
Countdown Timer

You can set the countdown timer within a range of one to 60 minutes. An alarm sounds when the countdown reaches zero.

- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing .

To set the countdown start time
1. While the countdown start time is on the display in the Countdown Timer Mode, hold down until the current 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.
2. While a setting is flashing, use (+) and (-) to change it.
3. Press to exit the setting screen.

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

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, starting from zero after it reaches its limit, until you stop it.
- Setting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing .

To measure times with the stopwatch

Elapsed Time
- Press to start.
- Press to stop.
- Press to re-start.
- Press to stop and clear.

Split Time
- Press to start and display split time.
- Press to split release.
- Press to stop and clear.

Two Finishes
- Press to start first runner finishes. Display time of first runner.
- Press to stop and clear.
- Press to start second runner finishes. Display time of second runner.
- Press to split release.
- Press to stop and clear.

Alarm

After you set (and turn on) the daily alarm, the alarm tone sounds when the alarm time is reached. You can also turn on an Hourly Time Signal that causes the watch to beep at the preset time for about 1 second every hour on the hour.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing .

To set the alarm time
1. In the Alarm Mode, hold down until the hour setting of the alarm time starts to flash, which indicates the setting screen.
   • This automatically turns on the alarm.
2. Press (+) to move the flashing between the hour and minute settings.
3. While a setting is flashing, use (+) and (-) to change it.
4. Press to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds (in all modes), or until you stop it by pressing any button.

To test the alarm
In the Alarm Mode, hold down to sound the alarm.

To turn the daily alarm and the Hourly Time Signal on and off
In the Alarm Mode, press to cycle through the settings shown below.

Alarm On Indicator / Hourly Time Signal On Indicator

• The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

Timekeeping

Use the Timekeeping Mode to set and view the current time and date.
- When setting the time, you can also configure settings for the City Code, the DST setting, the 12/24-Hour Format, Year, Month, Day, the Language setting, and the Month/Day display format, and you can specify the screens that are displayed in the Timekeeping Mode.
- Pressing in the Timekeeping Mode will display the Last Signal screen.

Current Time and Date screen

- The current time and date is displayed on the current time and date screen.
- Press to exit the setting screen.

Last Signal Screen

- Note
This watch is capable of displaying text for the day of the week in any one of 9 different languages (English, Spanish, French, Portuguese, German, Italian, Chinese, Russian, and Japanese).

Setting the Time and Date

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 time and date
1. In the Timekeeping Mode, hold down until the city code starts to flash, which indicates the setting screen.
2. Press to change the flashing contents in the sequence shown below to select other settings.

- Press to exit the setting screen.

City code

1. Press to change the City Code.
2. Press to change the Month/Day display format.
3. Press to change the Language.

M/D

1. Press to change between month/day (M/D) and day/month (D/M).
2. Press to change the month/day display format between month/day (M/D) and day/month (D/M).

Note
- See “City Code Table” for a complete list of available city codes.
- See the “Day of the Week List” for information on abbreviations used.
- Auto DST ( ) can be selected only while HNL, ANC, YVR, LAX, YEA, DEN, MEX, YWG, CHI, BNA, YTO, NYC, YUY, YTV, LAX, LAS, LON, MAD, PAR, ROM, BER, STD, ATH, or MOW is selected as the Home City code. For more information, see “Daylight Saving Time (DST)” below.

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

- See the “Day of the Week List” for information on abbreviations used.
- Auto DST ( ) can be selected only while HNL, ANC, YVR, LAX, YEA, DEN, MEX, YWG, CHI, BNA, YTO, NYC, YUY, YTV, LAX, LAS, LON, MAD, PAR, ROM, BER, STD, ATH, or MOW is selected as the Home City code. For more information, see “Daylight Saving Time (DST)” below.

4. Press to exit the setting screen.
Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. However, not all countries or even local areas use Daylight Saving Time. The time calibration signals transmitted from Fort Collins (the United States) or Rugby (England) includes both Standard Time and DST data. When the Auto DST setting is turned on, the switches between Standard Time and DST (summer time) automatically in accordance with the received signal.

- The default DST setting is Auto DST (on) if you select ANC, YVR, LAX, YEA, DEN, MEX, YWG, CHI, MIA, YTO, NYC, YHZ, YTT, LIS, LON, MAD, PAR, ROM, BER, STO, ATH, or MOW 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 \( \) until the city code starts to flash, which indicates the setting screen.
2. Press \( \) and the DST setting screen appears.
3. Use \( \) to cycle through the DST settings in the sequence shown below.

\[
\begin{align*}
\text{Auto DST on} & \quad \text{DST off} & \quad \text{DST on} \\
& \quad \text{(on)} & \quad \text{(on)} & \quad \text{(on)}
\end{align*}
\]

4. When the setting you want is selected, press \( \) to exit the setting screen.
- The DST indicator appears to indicate that Daylight Saving Time is turned on.

Reference

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

Auto Display

Auto Display continually changes the contents of the digital display.

To turn off Auto Display

Press any button to turn off Auto Display. This returns to the Timekeeping Mode.

To turn on Auto Display

In the Timekeeping Mode, while holding down \( \), hold down \( \) for about two seconds until the watch beeps.

Note

- Calibration signal reception is disabled while Auto Display is being performed.
- Auto Display cannot be performed while a setting screen is on the display.

Button Operation Tone

The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, the alarm, Hourly Time Signal, and Countdown Timer Mode alarm all operate normally.

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down \( \) to toggle the button operation tone on \( \) (displayed) and off \( \) (not displayed).

- Since the \( \) button is also the mode change button, holding it down to turn off the button operation tone on or off also causes the watch's current mode to change.
- \( \) is displayed in all modes when the button operation tone is turned off.

Auto Return Features

- If you leave the watch with the Last Signal screen in the Timekeeping Mode for one or two minutes without performing any operation, it returns to the Current Time and Date screen in the Timekeeping Mode automatically.
- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it returns to the Timekeeping Mode automatically.
- If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch exits the setting screen automatically.

Scrolling

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

Initial Screens

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

Radio-controlled Atomic Timekeeping Precautions

- The display of the watch is blank while an auto receive operation is in progress.
- Strong electromagnetic wave can result in the wrong time being set.
- The time calibration signal is broadcast from the chime. 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 signal 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 date and day of the week automatically for the period January 1, 2000 to December 31, 2099. Setting of the date by a time calibration signal cannot be performed starting from January 1, 2100.
- This watch can receive signals that differentials 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 date shown by the Receive Mode is the date data included in the received time calibration signal. When only time data is received, however, the Receive Mode 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 ±20 seconds a month 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>NYC (New York)</td>
</tr>
<tr>
<td>DST (summer time)</td>
<td>Off (Auto switching)</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 to 00 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 after you have the watch’s battery replaced.
- The times for the Timekeeping Mode and all the city codes of the World Time Mode are calculated in accordance with each city's UTC difference.
- The UTC differential is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Universal Time Coordinated", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

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 PM indicator (P) appears on the display for times in the range of noon to 11:59 p.m. and AM indicator (A) 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.

Illumination

This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode (except when a setting screen is on the display), press \( \) to illuminate the display for about three seconds.

Illumination Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination 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.
- Illumination automatically turns off whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Day of the Week List

<table>
<thead>
<tr>
<th>City</th>
<th>Day of the Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>EWR</td>
<td>Sunday</td>
</tr>
<tr>
<td>JFK</td>
<td>Monday</td>
</tr>
<tr>
<td>YYZ</td>
<td>Tuesday</td>
</tr>
<tr>
<td>JNB</td>
<td>Wednesday</td>
</tr>
<tr>
<td>NWY</td>
<td>Thursday</td>
</tr>
<tr>
<td>JTR</td>
<td>Friday</td>
</tr>
<tr>
<td>ORU</td>
<td>Saturday</td>
</tr>
</tbody>
</table>

City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Differential</th>
<th>Other major cities in same time zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>EWR</td>
<td>New York</td>
<td>-5</td>
<td>Toronto, Montreal, Chicago, Dallas</td>
</tr>
<tr>
<td>JFK</td>
<td>New York</td>
<td>-5</td>
<td>Toronto, Montreal, Chicago, Dallas</td>
</tr>
<tr>
<td>YVR</td>
<td>Vancouver</td>
<td>-8</td>
<td>Seattle, Calgary, Edmonton</td>
</tr>
<tr>
<td>LAX</td>
<td>Los Angeles</td>
<td>-8</td>
<td>Vancouver, Calgary, Edmonton</td>
</tr>
<tr>
<td>DEN</td>
<td>Denver</td>
<td>-7</td>
<td>Chicago, Minneapolis, St. Paul</td>
</tr>
<tr>
<td>HOU</td>
<td>Houston</td>
<td>-6</td>
<td>Dallas, Austin, San Antonio, New Orleans</td>
</tr>
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When you enter the World Time or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Note

The default DST setting is Auto DST (on) if you select ANC, YVR, LAX, YEA, DEN, MEX, YWG, CHI, MIA, YTO, NYC, YHZ, YTT, LIS, LON, MAD, PAR, ROM, BER, STO, ATH, or MOW 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.
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<th>Other major cities in same time zone</th>
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* Based on data as of December 2005.