

Operation Guide 3062

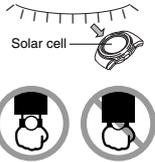
CASIO®

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.

Keep the watch exposed to bright light

Bright Light

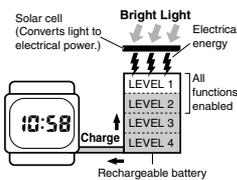


The electricity generated by the solar cell of the watch is stored by a built-in battery. Leaving or using the watch where it is not exposed to light causes the battery to run down. Make sure the watch is exposed to light as much as possible.

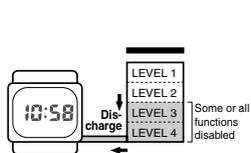
- When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is only partially covered.

- 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 result in 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 it exposed to light as much as possible.

Battery charges in the light.



Battery discharges in the dark.



General Guide

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

Timekeeping Mode



Press (C).

World Time Mode



Alarm Mode



Stopwatch Mode



Countdown Timer Mode



Timekeeping

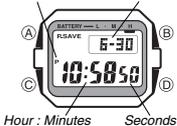
Use the Timekeeping Mode to set and view the current time and date.

- When setting the time, you can also configure settings for the illumination duration, the 12/24-hour format, and power saving on/off, and you can specify the screens that are displayed in the Timekeeping Mode.
- All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing (C).
- In the Timekeeping Mode, you can press (A) to toggle the display contents as shown below.

* Timekeeping Mode Screens (Day of the Week/Date or Time/Date)

Day of the Week/Date

PM indicator Month - Day



Press (A).

Day of week



Time/Date

Hour : Minutes Seconds



Press (A).

Day of week



Setting the Time and Date

This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the time, it is important that you select the correct city code for your Home City (the city where you normally use the watch). If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

- Note that all of the times for the World Time Mode city codes are displayed in accordance with the digital time and date settings you configure in the Timekeeping Mode.

- 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 5 minutes exposure to bright sunlight coming in through a window
 - Approximately 50 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



- Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

Timekeeping

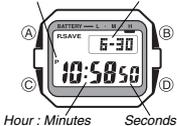
Use the Timekeeping Mode to set and view the current time and date.

- When setting the time, you can also configure settings for the illumination duration, the 12/24-hour format, and power saving on/off, and you can specify the screens that are displayed in the Timekeeping Mode.
- All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing (C).
- In the Timekeeping Mode, you can press (A) to toggle the display contents as shown below.

* Timekeeping Mode Screens (Day of the Week/Date or Time/Date)

Day of the Week/Date

PM indicator Month - Day



Press (A).

Day of week



Time/Date

Hour : Minutes Seconds

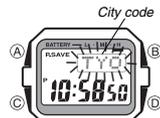


Press (A).

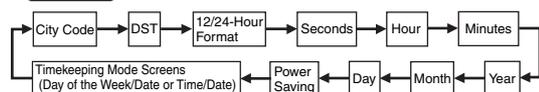
Day of week



To set the time and date



- In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
- Press (C) to change the flashing contents in the sequence shown below to select other settings.



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

Screen:	To do this:	Do this:
TYO	Change the city code	Use (D) (east) and (B) (west).
OFF DST	Toggle between Standard Time (OFF) and Daylight Saving Time (ON)	Press (D).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
50	Reset the seconds to 00	Press (D).
1.5	Toggle the illumination duration setting between 1.5 seconds (1.5) and 2.5 seconds (2.5)	Press (B).
10:58	Change the hour, minutes, or year	Use (D) (+) and (B) (-).
6-30	Change the month or day	
PS 0A	Toggle Power Saving on (PS) and off (PSFF)	Press (D).
6-30	Specify Day of the Week/Date or Time/Date (indicated by -----) for the Timekeeping Mode screens.	Press (D).

- See "City Code Table" for a complete list of available city codes.
- For information about settings other than the time and date, see the following.
 - Daylight Saving Time (DST)
 - Illumination duration: Illumination
 - Power Saving: Power Saving Function
 - Timekeeping Mode Screens (Day of the Week/Date or Time/Date)

- Press (A) to exit the setting screen.

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 change the Daylight Saving Time (summer time) setting

- In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
- Press (C) and the DST setting screen appears.
- Press (D) to toggle between Daylight Saving Time (DST displayed) and Standard Time (DST displayed).
- When the setting you want is selected, press (A) to exit the setting screen.

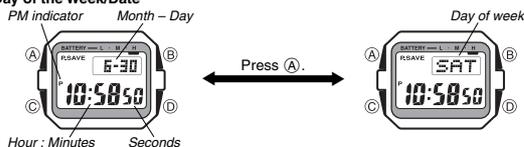
• The DST indicator appears to indicate that Daylight Saving Time is turned on.

Timekeeping Mode Screens (Day of the Week/Date or Time/Date)

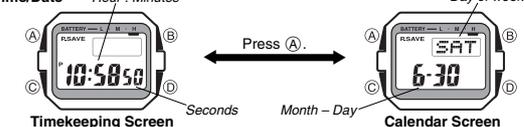
Use the procedure below to select either Day of the Week/Date or the Time/Date for the Timekeeping Mode screens.

- In the Timekeeping Mode, you can press (A) to toggle the display contents as shown below.

Day of the Week/Date



Time/Date



* If you leave the calendar screen displayed for two or three minutes without performing any operation, the watch will automatically return to the timekeeping screen.

To specify the Timekeeping Mode screens

- In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
- Press (C) 10 times so the current Timekeeping Mode screens setting is flashing.
 - Day of the Week/Date are selected if the setting screen shows the current date flashing.
 - Time/Date are selected if the setting screen shows "----" flashing in place of the current date.
- Press (D) to toggle the Timekeeping Mode screens between Day of the Week/Date (current date displayed) and Time/Date ("----" displayed).
- Press (A) to exit the setting screen.

World Time



The World Time Mode shows you the current time in 48 cities (29 time zones) around the world.

- If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).

Current time in selected city

To view the time in another city

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

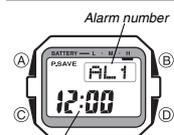
- For full information on city codes, see "City Code Table".

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

- In the World Time Mode, use (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (A) to toggle Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
 - The DST indicator will appear 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.



Alarms



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

Also use the Alarm Mode to turn the Hourly Time Signal (SIG) on and off.

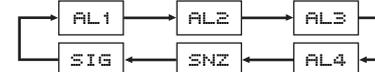
- There are five alarms numbered AL 1 through AL 4, and SNZ. You can configure SNZ as a snooze alarm only. Alarms AL 1 through AL 4 can be used as one-time alarms only.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

Alarm time (Hour : Minutes)

To set an alarm time



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



- 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 turns on the alarm automatically.
- Use (C) to move the flashing between the hour and minute settings.

- While a setting is flashing, use (D) (+) and (B) (-) to change it.

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

Displaying the Timekeeping Mode setting screen
Displaying the snooze alarm setting screen

To test the alarm

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

To turn an alarm on and off

Alarm on indicator



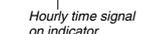
- In the Alarm Mode, use (D) to select an alarm.
- Press (A) to toggle the alarm on and off.

- Turning on a one-time alarm (AL 1, AL 2, AL 3, AL 4) displays the alarm on 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.

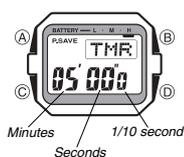
- In all modes, the alarm on indicator is shown for any alarm that is currently turned on. When the snooze alarm is on, the snooze alarm indicator is displayed in all modes.
- The alarm on indicator flashes while the alarm is sounding.
- The snooze alarm indicator flashes during the 5-minute intervals between alarms.

To turn the Hourly Time Signal on and off

- In the Alarm Mode, use (D) to select the Hourly Time Signal (SIG).
 - Press (A) to toggle it on (Hourly Time Signal on indicator displayed) and off (Hourly Time Signal on indicator not displayed).
- The Hourly Time Signal on indicator is displayed in all modes when the Hourly Time Signal is turned on.



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 (C).

To set the countdown start time

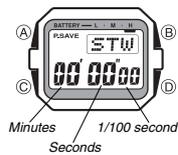
- While the countdown start time is on the display in the Countdown Timer Mode, hold down (A) until the current countdown start time starts to flash, which indicates the setting screen.
 - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
- Press (A) to exit the setting screen.

To use the countdown timer

Press (D) while in the Countdown Timer Mode to start the countdown timer.

- When the end of the countdown is reached, 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 (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
- To stop a countdown operation completely, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

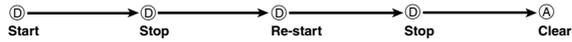
Stopwatch



- The stopwatch lets you measure elapsed time, split times, and two finishes.
- The display range of the stopwatch is 59 minutes, 59.99 seconds.
 - The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
 - Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
 - The 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 (C).

To measure times with the stopwatch

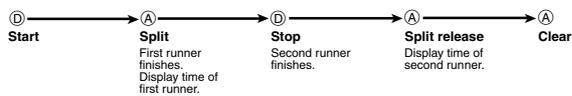
Elapsed Time



Split Time



Two Finishes



Illumination

Auto light switch indicator



- The watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch illuminates the display automatically when you angle the watch towards your face.
- The auto light switch must be turned on (indicated by the auto light switch indicator) for it to operate.
 - See "Illumination Precautions" for other important information.

To turn on illumination manually

- In any mode (except when a setting is on the display), press (B) to illuminate the display.
- You can specify 1.5 seconds or 2.5 seconds as the illumination duration. See "To set the time and date" for more information.
 - The above operation turns on illumination regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes illumination to turn on whenever you position your wrist as described below in any mode. Note that this watch features a "Full Auto EL Light," so the auto light switch operates only when available light is below a certain level. It does not illuminate the display under bright light.

Moving the watch to a position that is parallel to the ground and then tilting it towards you at more than 40 degrees causes illumination to turn on.

- Wear the watch on the outside of your wrist.



Warning!

- Always make sure you are in a safe place whenever you are reading the 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 a traffic accident and serious personal injury.

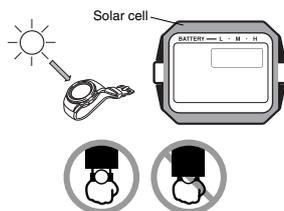
To turn the auto light switch on and off

- In any mode, hold down (B) for about two seconds to toggle the auto light switch on (auto light switch indicator displayed) and off (auto light switch indicator not displayed).
- The auto light switch indicator remains in all modes while the auto light switch is turned on.

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 shown below shows how you should position the watch for charging.

- Example:** Orient the watch so its face is pointing at a light source.
- The illustration shows how to position a watch with a resin band.
 - Note that charging efficiency drops when any part of the solar cell is blocked by clothing, etc.
 - 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 normally 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 5 and when you have the battery replaced.
- Turn on the watch's Power Saving function and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.

Battery Power Indicator and Recover Indicator

The battery power indicator shows you the current power level of the rechargeable battery.

Level	Battery Power Indicator	Function Status
1		All functions enabled.
2		All functions enabled.
3	(Charge Soon Alert)	Alarm, hourly time signal and illumination disabled.
4	(Charge Soon Alert)	All functions, including auto light switch, disabled.
5		All functions, including timekeeping, disabled and initialized.

Battery power indicator



Recover indicator

- The **LOW** indicator flashes on the display in the Timekeeping Mode when battery is at Level 3.
- The **LOW** indicator at Level 3 and the flashing charge indicator (**CHG**) at Level 4 tell you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 5, 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 4 (indicated by the flashing charge indicator) from Level 5. You will not be able to configure any of the other settings until the battery reaches Level 3 (no charge indicator) after dropping to Level 5.
- Leaving the watch in direct sunlight or some other very strong light source can cause the battery power indicator to show a reading that is momentarily 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 (**RECOV**) appears and the following operations become disabled until battery power recovers.

Illumination

Beeper tone

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 13 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.

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

- Since these are the specs, 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
 - 10 seconds of alarm operation per day
- Stable operation is promoted by frequent exposure to light.

Recovery Times

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

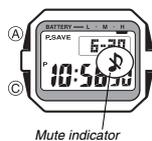
Exposure Level (Brightness)	Approximate Exposure Time				
	Level 5	Level 4	Level 3	Level 2	Level 1
Outdoor Sunlight (50,000 lux)	2 hours		33 hours		9 hours
Sunlight Through a Window (10,000 lux)	7 hours		167 hours		46 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)	14 hours		340 hours		94 hours
Indoor Fluorescent Lighting (500 lux)	169 hours		---		

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

Reference

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

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.

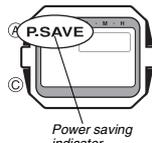
- Even if you turn off the button operation tone, the alarm, Hourly Time Signal, and Countdown Timer Mode alarm all operate normally.

To turn the button operation tone on and off

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

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

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.

Elapsed Time in Dark	Display	Operation
60 to 70 minutes	Blank, with Power Saving indicator (P.SAVE) flashing	All functions enabled, except for the display
6 or 7 days	Blank, with Power Saving indicator (P.SAVE) not flashing	Beeper tone, backlight, and display are disabled.

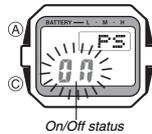
- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between 6:00 AM and 10:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.

To recover from the sleep state

Perform any one of the following operations.

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

To turn Power Saving on and off



- In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
 - Press (C) nine times until the Power Saving on/off screen appears.
 - Press (D) to toggle Power Saving on (⏻) and off (⏻).
 - Press (A) to exit the setting screen.
- The Power Saving indicator (P.SAVE) is on the display in all modes while Power Saving is turned on.

Auto Return Features

- 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

The (B) and (D) buttons 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.

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 or when battery power drops to Level 5.
- 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 differential.
- 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 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 0:00 to 23:59, without any indicator.

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 turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Auto light switch precautions

- The auto light switch is turned off automatically whenever battery power is at Level 4.
- Wearing the watch on the inside of your wrist, movement of your arm, or vibration of your arm can cause frequent activation of the auto light switch and illumination of the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination.
- Note that wearing the watch under your sleeve while the auto light switch is turned on can cause frequent illumination of the display and can run down the battery.



- Illumination may not turn on 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.
- Illumination turns off after the preset illumination duration (see "To set the time and date"), 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 illumination does not turn on, try moving the watch back to the starting position (parallel with the ground) and then tilt it back towards 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, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.

City Code Table

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

- Based on data as of June 2006.