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2. Press \( \text{A} \) to move the flashing in the sequence shown below to select other settings.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
</table>
| DST OFF| Press \( \text{B} \) | Toggle between Daylight Saving Time and Standard Time | 30
| DST On/Off| Press \( \text{B} \) | Press \( \text{A} \) to change it as described below. | 50

3. When the setting you want to change is flashing, use \( \text{A} \) and \( \text{B} \) to change it as described below.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
</table>
| DST On/Off| Press \( \text{B} \) | Toggle between Daylight Saving Time and Standard Time | 30

To toggle between 12-hour and 24-hour timekeeping

Press \( \text{A} \) to toggle between 12-hour timekeeping and 24-hour timekeeping.

- With the 12-hour format, the PM indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits 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.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Daylight Saving Time (DST) Setting

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 DST indicator appears on the Timekeeping, Tide Data, and Moon Data screens to indicate that Daylight Saving Time is turned on. In the case of the Tide/Moon Data Mode, the DST indicator appears on the Tide Data screen only.

Home Site Data

Moon age, tide graph data, and Tide/Moon Data Mode data will not be displayed properly unless Home Site data (UTC differential, longitude, and lunitidal interval) is configured correctly.

To configure Home Site data

1. In the Timekeeping Mode, hold down \( \text{C} \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \text{A} \) twice to display the UTC differential setting screen.
3. Press \( \text{B} \) to toggle between Daylight Saving Time (DST) displayed and Standard Time (STD) displayed.
4. Press \( \text{C} \) twice to exit the setting screen.
5. If the UTC differential setting is not correct, use \( \text{A} \) and \( \text{B} \) to change it.
6. Press \( \text{A} \) to display the UTC differential setting screen.
7. Press \( \text{B} \) to move the flashing in the sequence shown below to select other settings.

Tide/Moon Data

Tide/Moon Data lets you view the moon age for a particular date, and tidal movements for a particular date and time for your Home Site.

- When you enter the Tide/Moon Data Mode, the data for 6:00 a.m. on the current date appears first.
- If you suspect that the Tide/Moon data is not correct for some reason, check the Timekeeping Mode data (current time, data, and Home Site settings), and make changes as required.
- See “Tide Graph” (page E-42) for information about the tide graph.
- All of the operations in this section are performed in the Tide/Moon Data Mode, which you enter by pressing \( \text{C} \) (page E-7).

Tide/Moon Data Screens

In the Tide/Moon Data Mode, press \( \text{A} \) to toggle between the Tide Data screen and the Moon Data screen.

To specify a date

1. In the Tide/Moon Data Mode, hold down \( \text{A} \) until the setting starts to flash, which indicates the setting screen.
2. Press \( \text{A} \) to move the flashing in the sequence shown below to select the other settings.

To toggle the Timekeeping mode time between DST and Standard Time

1. In the Timekeeping Mode, hold down \( \text{C} \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \text{C} \) once and the DST setting screen appears.
3. Press \( \text{B} \) to toggle between Daylight Saving Time (DST) displayed and Standard Time (STD) displayed.
4. Press \( \text{C} \) twice to exit the setting screen.

Home Site Data

Moon age, tide graph data, and Tide/Moon Data Mode data will not be displayed properly unless Home Site data (UTC differential, longitude, and lunitidal interval) is configured correctly.

To configure Home Site data

1. In the Timekeeping Mode, hold down \( \text{C} \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \text{B} \) twice to display the UTC differential setting screen.
3. Press \( \text{A} \) to toggle between Daylight Saving Time (DST) displayed and Standard Time (STD) displayed.
4. Press \( \text{C} \) twice to exit the setting screen.
5. If the UTC differential setting is not correct, use \( \text{A} \) and \( \text{B} \) to change it.
6. Press \( \text{A} \) to display the UTC differential setting screen.
7. Press \( \text{B} \) to move the flashing in the sequence shown below to select other settings.

Tide/Moon Data

Tide/Moon Data lets you view the moon age for a particular date, and tidal movements for a particular date and time for your Home Site.

- When you enter the Tide/Moon Data Mode, the data for 6:00 a.m. on the current date appears first.
- If you suspect that the Tide/Moon data is not correct for some reason, check the Timekeeping Mode data (current time, data, and Home Site settings), and make changes as required.
- See “Tide Graph” (page E-42) for information about the tide graph.
- All of the operations in this section are performed in the Tide/Moon Data Mode, which you enter by pressing \( \text{C} \) (page E-7).
3. While a setting is flashing, use (1) (+) or (1) (−) to change it. (page E-31) to display it.
4. Press (1) to exit the setting screen.
5. Use (1) to display either the Tide Data screen or the Moon Data screen.

To toggle a city code time between Standard Time and Daylight Saving Time (time zones).

• If the countdown start time is not displayed, use (1) to move the flashing in the sequence shown below to select other settings.

### Countdown End Beeper

The countdown end beeper lets you know when the countdown reaches zero.

- When the progress beeper is turned off, the countdown end beeper sounds for about 10 seconds, or until you press any button to stop it.
- When the progress beeper is turned on, the countdown end beeper sounds for about one second.

**Progress Beeper**

When the progress beeper is turned on, the watch uses beeps to signal countdown progress as described below:

- Starting from five minutes before the end of the countdown, the watch emits four short beeps at the top of each countdown minute.
- 30 seconds before the end of the countdown, the watch emits four short beeps.
- The watch emits a short beep for each of the last 10 seconds of the countdown.
- If the countdown start time is six minutes or greater, the watch emits a short beep at the top of each round number.
- Four short beeps are emitted to signal when the five-minute point is reached.

**Auto-repeat**

The countdown timer also has an auto-repeat feature that allows you to choose the interval when you want to repeat the countdown.

- When auto-repeat is turned off, the countdown stops when it reaches zero and the countdown time is cleared.
- When auto-repeat is turned on, the countdown restarts automatically from the countdown start time when it reaches zero.

**About Auto-Repeat**

When auto-repeat is turned on, the countdown restarts automatically from the countdown start time when it reaches zero.

- When auto-repeat is turned off, the countdown stops when it reaches zero and the display shows the original countdown start time.
- When auto-repeat is turned on, the countdown restarts automatically from the countdown start time when it reaches zero.

**Countdown End Beeper Operation**

The watch beeps at various times during a countdown so you can keep informed about the countdown status without looking at the display. The following describes the types of beeper operations the watch performs during a countdown.

- **Auto-start**

  - When auto-start is turned on, the countdown starts automatically when the countdown reaches zero.
  - When auto-start is turned off, the countdown stops when it reaches zero and the countdown time is cleared.

- **Progress beeper**

  - The progress beeper sounds when the countdown reaches zero.
  - The progress beeper sounds when the countdown reaches zero.

- **Auto-repeat**

  - When auto-repeat is turned on, the countdown restarts automatically from the countdown start time when it reaches zero.
  - When auto-repeat is turned off, the countdown stops when it reaches zero and the display shows the original countdown start time.

- **Progress beeper**

  - The progress beeper sounds when the countdown reaches zero.
  - The progress beeper sounds when the countdown reaches zero.

- **Auto-repeat**

  - When auto-repeat is turned off, the countdown stops when it reaches zero and the display shows the original countdown start time.
  - When auto-repeat is turned on, the countdown restarts automatically from the countdown start time when it reaches zero.

- **Progress beeper**

  - The progress beeper sounds when the countdown reaches zero.
  - The progress beeper sounds when the countdown reaches zero.

- **Auto-repeat**

  - When auto-repeat is turned off, the countdown stops when it reaches zero and the display shows the original countdown start time.
  - When auto-repeat is turned on, the countdown restarts automatically from the countdown start time when it reaches zero.

- **Progress beeper**

  - The progress beeper sounds when the countdown reaches zero.
  - The progress beeper sounds when the countdown reaches zero.
3. When the setting you want to change is flashing, use \( \text{A} \) and \( \text{B} \) to change it as described below.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Screen</th>
<th>Button Operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours, Minutes</td>
<td>12:00</td>
<td>Use ( \text{(+)} ) and ( \text{(-)} ) to change the setting.</td>
</tr>
<tr>
<td>Auto-repeat</td>
<td>None</td>
<td>Press ( \text{A} ) to toggle auto-repeat on or off (displayed).</td>
</tr>
<tr>
<td>Progress Beep</td>
<td>OFF</td>
<td>Press ( \text{A} ) to toggle the progress beeper on or off (displayed).</td>
</tr>
</tbody>
</table>

- To specify a countdown start time of 24 hours, set **00**.
- To exit the setting screen, press \( \text{D} \).

4. Press \( \text{D} \) to exit the setting screen.

### Alarms

This watch has three independent multi-function alarms (including one snooze alarm). When an alarm is turned on, 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 every hour on the hour.

- There are three alarm screens: AL1, AL2, and SNZ (snooze). The Hourly Time Signal screen is indicated by \( \text{SIG} \). The operations in this section are performed in the Alarm Mode, which you enter by pressing \( \text{A} \) (page E-7).

#### 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 five minutes, until you turn the alarm off (page E-37).

- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode.
- To stop the alarm tone after it starts to sound, press any button.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.

#### To set an alarm

1. In the Alarm Mode, use \( \text{B} \) to scroll through the alarm screens until the one whose time you want to set is displayed.
   - The snooze alarm operation repeats every five minutes.
2. After selecting an alarm screen, hold down \( \text{D} \) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
   - This operation turns on the currently selected alarm automatically.

3. Press \( \text{B} \) to move the flashing in the sequence shown below to select other settings.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hour</td>
<td>Change the hour and minutes</td>
<td>Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound every day at the time you set.</td>
</tr>
<tr>
<td>Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Month</td>
<td>Change the month and day</td>
<td>Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.</td>
</tr>
<tr>
<td>Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. While a setting is flashing, use \( \text{A} \) and \( \text{B} \) to change it as described below.

<table>
<thead>
<tr>
<th>Screen</th>
<th>To do this:</th>
<th>Do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hour</td>
<td>Change the hour and minutes</td>
<td>Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.</td>
</tr>
<tr>
<td>Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Month</td>
<td>Change the month and day</td>
<td>Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.</td>
</tr>
<tr>
<td>Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. Press \( \text{D} \) to exit the setting screen.

### Alarm Types

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

- **Daily alarm**
  - Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound every day at the time you set.
  - Date alarm
    - Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.
    - 1-Month alarm
      - Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.
    - Monthly alarm
      - Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

#### To turn an alarm on and off

1. In the Alarm Mode, use \( \text{D} \) to select an alarm screen.
2. Press \( \text{C} \) to toggle the selected alarm between on and off.
   
   - Turning on an alarm displays the alarm on indicator on its Alarm Mode screen (AL1, AL2, or SNZ).
   - In all modes, the alarm on indicator is shown for any alarm that is currently turned on.
   - The alarm on indicator flashes while the alarm is sounding.
   - The snooze alarm indicator flashes while the snooze alarm is sounding and during the 5-minute intervals between alarm operations.

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

1. In the Alarm Mode, use \( \text{D} \) to select the Hourly Time Signal \( \text{SIG} \).
2. Press \( \text{C} \) to toggle on or off.
   - The Hourly Time Signal on indicator is shown on the display in all modes while this function is turned on.

### Illumination

This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.

- See "Illumination Precautions" (page E-48) for other important information about using illumination.

#### To illuminate the display

In any mode (except when a setting screen is on the display), press \( \text{E} \) to turn on illumination.

- You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press \( \text{E} \), the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.
To specify the illumination duration

1. In the Timekeeping Mode, hold down \( \) until the seconds start to flash, which indicates the setting screen.
2. While the seconds are flashing, press \( \) to toggle the setting between 1.5 seconds \( \) and 3 seconds \( .\)
3. Press \( \) twice to exit the setting screen.

Illumination Precautions

- Frequent use of illumination runs down the battery.
- Illumination may be hard to see when viewed under direct sunlight.
- The electro-luminescent panel that provides illumination loses power after very long use.
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current time in the Timekeeping Mode using UTC time differential values.

Illumination Precautions

- The angle to the Moon in relation to the direction at which the Sun is visible from the Earth.
- The watch will perform a rough calculation of the current Moon age starting from day 0 of the Moon age cycle.
- Since this watch performs calculations using integer values only (no fractions), the margin for error of the displayed Moon age is ± 1 day.

Flash Alert

When Flash Alert is turned on, the illumination flashes for the alarms, the Hourly Time Signal, the countdown alarm, and stopwatch auto start.

To turn Flash Alert on and off

1. In the Timekeeping Mode, hold down \( \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \) eight times to display the Flash Alert setting screen.
3. Press \( \) in the setting screen. \( \) indicates the setting is on. \( \) indicates the setting is off.
4. Press \( \) twice to exit the setting screen.

Button Operation Tone

- The button operation tone sounds any time you press one of the button’s buttons.
- You can turn the button operation tone on or off as desired.
- Even if you turn off the button operation tone, the alarms, the Hourly Time Signal, and stopwatch auto start operate normally.
- Holding \( \) on the display, hold down \( \) to toggle the button operation tone on (mute indicator not displayed) and off (mute indicator displayed).
- The mute indicator is displayed in all modes when the button operation tone is turned off.

Auto Return Features

- If you leave the watch in the Alarm Mode or Tide/Moon Data Mode for two or three minutes without performing any operation, it changes 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 exits the setting screen automatically.

Scrolling

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

Initial Screens

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

To the Tide Graph

The Tide Graph has six graphic patterns, each of which represents a different tide condition. The current tide condition is indicated by the displayed graphic pattern.

To specify the lunitidal interval

1. In the Timekeeping Mode, hold down \( \) until the seconds start to flash, which indicates the setting screen.
2. Press \( \) eight times to display the Flash Alert setting screen.
3. Press \( \) to toggle Flash Alert on (displayed) and off (displayed).
4. Press \( \) twice to exit the setting screen.

Moon Age

- The watch will perform a rough calculation of the current Moon age starting from day 0 of the Moon age cycle.
- Since this watch performs calculations using integer values only (no fractions), the margin for error of the displayed Moon age is ± 1 day.

Tidal Movements

- Tides are the periodic rise and fall of the water of oceans, seas, bays, and other bodies of water caused mainly by the gravitational interactions between the Earth, Moon and Sun. Tides rise and fall every 12 hours and 25 minutes, and the Sun changes the greater the angular distance between the Moon and the Sun. The tides are divided into high tide and low tide.

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 the watch.
Countdown Timer:
- Measuring unit: 1 second
- Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)
- Other: Auto-repeat timing, Progress beeper

Alarms:
- 3 multi-function alarms (with 1 snooze alarm), Hourly Time Signal

Illumination:
- EL (electro-luminescent panel), Selectable illumination duration

Other:
- Button operation tone on/off, Flash alert

Battery:
- One lithium battery (Type: CR2025)
- Approximately 10 years on type CR2025 (10 seconds of alarm operation per day (with flash alert), one countdown timer operation (with progress beeper and flash alert) per week, one stopwatch operation (with auto start and flash alert) per week, 1.5 seconds of illumination per day)
- Frequent use of the light shortens the battery life.

**UTC Differential/City Code List**

<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>PPG</td>
<td>Pago Pago</td>
<td>–11</td>
<td>Helsinki, Belém, Darwin, Cape Town</td>
</tr>
<tr>
<td>HNL</td>
<td>Honolulu</td>
<td>–10</td>
<td>Dallas, Phoenix, Seattle, Anchorage</td>
</tr>
<tr>
<td>ANC</td>
<td>Anchorage</td>
<td>–9</td>
<td>Rome, Madrid, Athens, Lisbon</td>
</tr>
<tr>
<td>LAS</td>
<td>Las Vegas</td>
<td>–8</td>
<td>Las Vegas, Seattle, Phoenix, Dawson City</td>
</tr>
<tr>
<td>LAX</td>
<td>Los Angeles</td>
<td>–7</td>
<td>Edmonton, El Paso, Chicago</td>
</tr>
<tr>
<td>DEN</td>
<td>Denver</td>
<td>–6</td>
<td>Houston, Dallas, Fort Worth, New Orleans, Winnipeg</td>
</tr>
<tr>
<td>CHI</td>
<td>Chicago</td>
<td>–5</td>
<td>Montreal, Detroit, Boston, Newark, Lima, Bogota</td>
</tr>
<tr>
<td>MIA</td>
<td>Miami</td>
<td>–6</td>
<td>Tokyo, Osaka, Seoul, Beijing, Singapore, Jakarta</td>
</tr>
<tr>
<td>NYC</td>
<td>New York</td>
<td>–5</td>
<td>caracas, Venezuela, Cucuta, Bogota, Lima</td>
</tr>
</tbody>
</table>

**Site/Lunital Interval Data List**

<table>
<thead>
<tr>
<th>Site</th>
<th>UTC Differential</th>
<th>Standard Time</th>
<th>GST/ Summer Time</th>
<th>Longitude</th>
<th>Lunital Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold Coast</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>114°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Great Barrier Reef, Cairns</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>150°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Darwin</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>130°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Sydney</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>152°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Jakarta</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>151°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Kuala Lumpur</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>105°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>118°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Beijing</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>116°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Kuala Lumpur</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>120°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Jakarta</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>101°W</td>
<td>8:30</td>
</tr>
<tr>
<td>Manila</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>122°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Port Moresby</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>146°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Jakarta</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>101°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Kuala Lumpur</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>120°E</td>
<td>8:30</td>
</tr>
<tr>
<td>Jakarta</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>101°W</td>
<td>8:30</td>
</tr>
<tr>
<td>Manila</td>
<td>+10.0</td>
<td>11:12.00</td>
<td>11:12.00</td>
<td>122°E</td>
<td>8:30</td>
</tr>
</tbody>
</table>

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*1 As of December 2013, the official UTC offset for Caracas, Venezuela (CCS) has been changed from –4 to –4.5, but this watch still uses an offset of –4 (the old offset) for CCS.
*2 As of December 2013, the official UTC offset for Moscow, Russia (MOW) has been changed from +3 to +4, but this watch still uses an offset of +3 (the old offset) for MOW. Because of this, you should leave the summer time setting turned on (which advances the time by one hour) for the MOW time.
* This table shows the city codes of this watch.
* The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.
<table>
<thead>
<tr>
<th>Site</th>
<th>UTC Differential</th>
<th>Longitude</th>
<th>Lunitidal Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Standard Time</td>
<td>DST/Summer Time</td>
<td></td>
</tr>
<tr>
<td>Panama City</td>
<td>-5.0</td>
<td>-4.0</td>
<td>80° W</td>
</tr>
<tr>
<td>Papeete</td>
<td>-15.0</td>
<td>-14.0</td>
<td>150°W</td>
</tr>
<tr>
<td>Rio De Janeiro</td>
<td>-3.0</td>
<td>-2.0</td>
<td>43° W</td>
</tr>
<tr>
<td>Seattle</td>
<td>-5.0</td>
<td>-4.0</td>
<td>125°W</td>
</tr>
<tr>
<td>Shanghai</td>
<td>+8.0</td>
<td>+9.0</td>
<td>111°E</td>
</tr>
<tr>
<td>Singapore</td>
<td>+8.0</td>
<td>+9.0</td>
<td>104°E</td>
</tr>
<tr>
<td>Sydney</td>
<td>+10.0</td>
<td>+11.0</td>
<td>151°E</td>
</tr>
<tr>
<td>Tokyo</td>
<td>+9.0</td>
<td>+10.0</td>
<td>140°E</td>
</tr>
<tr>
<td>Vancouver</td>
<td>-8.0</td>
<td>-7.0</td>
<td>123°W</td>
</tr>
<tr>
<td>Wellington</td>
<td>+10.0</td>
<td>+11.0</td>
<td>115°E</td>
</tr>
</tbody>
</table>

* Based on data as of 2003.

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