Things to check before using the watch

1. Check the battery power level.

Is \( M \) or \( M \) indicated as the battery power indicator (page E-15)?

YES

The watch is charged.

For details about charging, see “Charging the Watch” (page E-11).

NEXT

Go to step 2.

NO

Power is low. Charge the watch by placing it in a location where it is exposed to light. For details, see “Charging the Watch” (page E-11).

2. Check the Home City and the daylight saving time (DST) setting.

Important!
- Proper World Time Mode data depends on correct Home City, time, and date settings in the Timekeeping Mode. Make sure you configure these settings correctly.

3. Set the current time.
- To set the time
  - See “Configuring Current Time and Date Settings” (page E-31).

The watch is now ready for use.

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Warning! Leaving the watch in bright light for charging 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

The appearance of the LCD should become normal again when the watch returns to a lower temperature.

Turn on the watch’s Power Saving function (page E-19) and keep it in an area normally exposed to bright light when storing it for long periods. This helps to ensure that power does not run down.

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 power to run down. Expose the watch to bright light to allow it to charge when power is low.

Important!
- All functions and display indicators (except for Timekeeping mode, all other modes) are disabled except illumination and beeper (charge) messages also are flashing. The battery power indicator in the lower digital dial. This indicates that the functions that are enabled are again enabled.
- All of the battery power indicators (M, L) are flashing and the CHG (charge) message also is flashing. It means the battery level is low. Expose the watch to bright light to allow it to charge.
- Frequent flashing of all of the battery power indicators (M, L) probably means that remaining battery power is low. Leave the watch in bright light to allow it to charge.

Power Recovery Mode
- Performing multiple illumination, beeper, and/or high-speed hand movement operation during a short period may cause all of the battery power indicators (H, M, and L) to start flashing in the lower digital dial. This indicates that the watch is in the power recovery mode. Illumination, alarm, countdown timer alarm, and hourly time signal operations will be disabled until battery power recovers.
- Battery power will recover in about 15 minutes. At this time, the battery power indicators (H, M, L) will stop flashing. This indicates that the functions listed above are enabled again.
- If all of the battery power indicators (H, M, L) are flashing and the CHG (charge) message also is flashing, it means the battery level is very low. Expose the watch to bright light as soon as possible.
- Frequent flashing of all of the battery power indicators (H, M, L) probably means that remaining battery power is low. Leave the watch in bright light to allow it to charge.

Power Supply

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

For information about enabling and disabling power saving, see “To turn Power Saving on and off” (page E-45). There are actually two sleep state levels: “display sleep” and “function sleep.”
After you specify a city code, the watch will use UTC* offsets in the World Time

- The watch will not enter a sleep state between 6:00 AM and 9:59 PM. If the watch is already in a sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
- The watch will not enter a sleep state while it is in the Stopwatch Mode or Countdown Timer Mode.

To recover from the sleep state
Move the watch to a well-lit area or press any button.

To configure Home City and daylight saving time (DST)

1. Press ADJ for about two seconds until ADJ appears in the right digital dial. This is the setting mode.
2. Press (East) or (West) to scroll through the city codes (31 time zones) around the globe. The reference point for UTC is Greenwich, England.
3. Press (City code) to enter the DST setting mode.
4. Press (1) to toggle the DST setting between Daylight Saving Time (DST) and Standard Time (OFF) in the right digital dial.
5. Press (City code) to exit the DST setting mode.

Configure Home City settings

1. In the Timekeeping Mode, hold down (A) for about two seconds until ADJ appears in the right digital dial. When you release (A), the city code and city name will scroll across the right digital dial. This is the setting mode.
2. This watch will exit the setting mode automatically if you do not perform any operation for about two or three minutes.
3. Whenever you enter a setting mode, the analog hands will automatically move to positions that allow easier viewing of the digital dials.

Note
- For details about city codes, see the “City Code Table” at the back of this manual.
- After you specify a city code, the watch will use UTC* offsets in the World Time Mode to calculate the current time for other time zones based on the current time in your Home City.* Coordinated Universal Time, the world-wide scientific standard of timekeeping. The reference point for UTC is Greenwich, England.

To change the Daylight Saving Time (summer time) setting
1. In the Timekeeping Mode, hold down (A) for about two seconds until ADJ appears in the right digital dial. When you release (A), the city code and city name will scroll across the right digital dial. This is the setting mode.
2. Press (1) to toggle the DST setting between Daylight Saving Time (ON) and Standard Time (OFF) in the right digital dial.
3. Press (City code) to exit the DST setting mode.

Selecting a Mode
- The illustration below shows which buttons you need to press to navigate between modes.
- To return to the Timekeeping Mode from any other mode, hold down (C) for at least four seconds.

Auto Return Features
- The watch returns to the Timekeeping Mode automatically if you do not perform any button operation for two or three minutes in the Alarm Mode.
- If you leave the watch in a setting mode (with flashing digits) for two or three minutes without performing any operation, the watch will exit the setting mode automatically.

General Functions (All Modes)
The functions and operations described in this section can be used in all of the modes.

Scrolling
- The (A) and (B) buttons are used in the setting mode to scroll through data. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

To return the watch to a well lit area or press any button.

To change the Daylight Saving Time (summer time) setting
- Press (C) to return to the Timekeeping Mode.
- The DST indicator appears to indicate that Daylight Saving Time is turned on.
- Exiting a setting mode will normally cause the hands to return to regular timekeeping automatically. However, if you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-62).

Note
- If you leave the watch in a setting mode (with flashing digits) for two or three minutes, the watch will exit the setting mode automatically.
- If the watch is already in a sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
- The watch will not enter a sleep state between 6:00 AM and 9:59 PM. If the watch is already in a sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
- The watch will not enter a sleep state while it is in the Stopwatch Mode or Countdown Timer Mode.

To return to the Timekeeping Mode automatically if you do not perform any operation for about two or three minutes.
4. After the setting is the way you want, press \( \text{ADJ} \) to return to the Timekeeping Mode.  
   - The DST indicator appears to indicate that Daylight Saving Time is turned on.  
   - Exiting a setting mode will normally cause the hands to return to regular timekeeping automatically. However, if you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-62).

3. When the timekeeping 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>
<tbody>
<tr>
<td>TYO:Tokyo</td>
<td>Change the city code</td>
<td>Use ( \text{A} ) and ( \text{B} ) (West):</td>
</tr>
<tr>
<td>STW</td>
<td>Toggle between Daylight Saving Time (ON) and Standard Time (OFF)</td>
<td>Press ( \text{ADJ} )</td>
</tr>
<tr>
<td>LT1</td>
<td>Reset the seconds to 12</td>
<td>Press ( \text{ADJ} )</td>
</tr>
</tbody>
</table>

   - 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 rechargeable battery replaced or after power drops to Level 5 (page E-15).
   - The day of the week changes automatically when the date changes.
   - Refer to the pages shown below for more information on Timekeeping Mode settings:
     - Button operation tone on/off: "To turn the button operation tone on and off" (page E-63)
     - Enabling and disabling power saving: "To turn Power Saving on and off" (page E-66)
     - The illumination duration: "To change the illumination duration" (page E-51)

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

<table>
<thead>
<tr>
<th>City Code</th>
<th>DST</th>
<th>24/12-Hour Format</th>
<th>Seconds</th>
<th>Hour</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Power Saving</th>
<th>( \text{C} )</th>
<th>( \text{D} )</th>
<th>( \text{E} )</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>illumination Duration</th>
<th>Button Operation Tone On/Off</th>
<th>Day</th>
<th>Month</th>
<th>Year</th>
</tr>
</thead>
</table>

   - The following steps explain how to configure timekeeping settings only.

   - To exit the setting mode, hold down \( \text{ADJ} \) for about two seconds until \( \text{ADJ} \) beeps.

4. Press \( \text{A} \) to exit the setting mode.

   - The watch automatically adjusts its analog setting to match the current time displayed in the left digital dial.
   - Exiting a setting mode will normally cause the hands to return to regular timekeeping automatically. However, if you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-62).

   Note

   - For information about selecting a Home City and configuring the DST setting, see “Configuring Home City Settings” (page E-26).
   - While 12-hour format is selected for timekeeping, a PM indicator will appear for times from noon to 11:59 p.m. No indicator appears for times from midnight to 11:59 a.m. With 24-hour format, time is displayed from 0:00 to 23:59, without any PM indicator.

Using the World Time Mode

You can use the World Time Mode to view the current time in one of 31 time zones (48 cities) around the globe. The city that is currently selected in the World Time Mode is called the “World City.”

To enter the World Time Mode

Use \( \text{A} \) to select the World Time Mode as shown on page E-22.

The right digital dial will show WT for about one second. After that, the city code and city name will scroll once across the right digital dial, and then the three-letter corresponding city code will be displayed.

To view the time in another time zone

In the World Time Mode, use \( \text{A} \) (East) to scroll through city codes.

- The standard time/daylight saving time (DST) setting affects only the currently selected time zone. Other time zones are not affected.

To swap your Home Time and World Time Cities

1. In the World Time Mode, use \( \text{A} \) to select the city you want to use as your new Home City.
2. To swap, hold down \( \text{A} \) and \( \text{B} \) at the same time until the watch beeps.

   - This will make the World Time City you selected in step 1 (NYC (New York)) your new Home City.
   - Your previous Home City (TYO (Tokyo)) will be your new World Time City.

Using the Stopwatch

The stopwatch measures elapsed time, split times, and two finishes.

To enter the Stopwatch Mode

Use \( \text{C} \) to select the Stopwatch Mode (STW) as shown on page E-23.

<table>
<thead>
<tr>
<th>Minutes</th>
<th>Seconds</th>
<th>1/100 second</th>
</tr>
</thead>
</table>

To change the current time and date settings

You can configure current time and date settings.

Configuring Current Time and Date Settings

1. In the Timekeeping Mode, hold down \( \text{ADJ} \) for about two seconds until \( \text{ADJ} \) appears in the right digital dial. When you release \( \text{ADJ} \), the city code and city name will scroll across the right digital dial. This is the setting mode.

2. Whenever you enter a setting mode, the analog hands will automatically move to positions that allow easier viewing of the digital dials.

   - Exit the setting mode will normally cause the hands to return to regular timekeeping automatically when you exit the setting mode.
   - Exiting a setting mode will normally cause the hands to return to regular timekeeping automatically when you exit the setting mode.

   - If you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically. However, if you manually move the hands and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-62).

   - If you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-62).
Using the Countdown Timer

The countdown timer can be set within a range of one minute to 100 minutes. An alarm sounds when the countdown reaches zero.

**To enter the Countdown Timer Mode**

Use [C] to select the Countdown Timer Mode (TMR) as shown on page E-23.

**To specify the countdown start time**

1. Enter the Countdown Timer Mode.
   - If a countdown is in progress (indicated by the seconds counting down in the left digital dial), press [D] to stop it and then press [C] to reset to the current countdown start time.
   - If a countdown is paused, press [D] to resume the countdown timer.

2. Hold down [A] until the minute setting of the current countdown start time starts to flash. This is the setting mode.
   - Whenever you enter a setting mode, the analog hands will automatically move to positions that allow easier viewing of the digital dial.

3. Press [A] to move the flashing between the minute and second settings.

4. Use [+] and [–] to change the flashing item.

5. Press [A] to exit the setting mode.
   - Exiting a setting mode will normally cause the hands to return to regular timekeeping automatically. However, if you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-60).

**To perform a countdown timer operation**

- Before starting a countdown timer operation, check to make sure that a countdown operation is not in progress (indicated by the seconds counting down). If it is, press [D] to stop it and then [C] to reset to the countdown start time.
- An alarm sounds for 10 seconds when the end of the countdown is reached. This alarm will sound in all modes. The countdown time is reset to its starting value automatically when the alarm sounds.

**Using the Alarm**

You can set five independent daily alarms. When a daily alarm is turned on, an alarm tone will sound for about 10 seconds each day when the time in the Timekeeping Mode reaches the preset alarm time. This is true even if the watch is not in the Timekeeping Mode. You can also turn on an Hourly Time Signal, which will cause the watch to beep twice every hour on the hour.

**To enter the Alarm Mode**

Use [C] to select the Alarm Mode as shown on page E-23.
- The right digital dial will show ALM for about one second and then the indicator for the currently selected alarm (AL1 through AL5, or SIG) will appear.
- When you enter the Alarm Mode, the data you were viewing when you last exited the mode appears first.

**To set an alarm**

1. In the Alarm Mode, use [B] to scroll through the alarm indicators (AL1 to AL5, SIG) in the right digital dial until the one whose time you want to set is displayed.
2. Hold down [C] for about two seconds until the alarm time starts to flash. This is the setting mode.
   - Whenever you enter the setting mode, the analog hands will automatically move to positions that allow easier viewing of the digital dials.
3. Press [D] to move the flashing between the hour and minute settings.

**To turn an alarm and the Hourly Time Signal on and off**

1. In the Alarm Mode, use [B] to scroll through the alarm indicators (AL1 to AL5, SIG) in the right digital dial until the one whose time you want is selected, press [A] to toggle it between on and off.
   - The alarm on indicator (when any alarm is on) and the Hourly Time Signal on indicator (when the Hourly Time Signal is on) are displayed in all modes.

**Alarm Countdown**

- When the current time reaches one hour before an alarm time setting, the alarm on/off indicator (in the lower digital dial) will flash and a countdown of the final 60 minutes will be displayed in the right digital dial while the watch is in the Timekeeping Mode.
- Pressing [B] while an alarm countdown is in progress will display the day of the week in the right digital dial for about two seconds. After that, the dial will return to the countdown.
- When you enter the Timekeeping Mode from another mode while an alarm countdown is in progress, the day of the week will appear in the right digital dial for two seconds. After that, the countdown will appear.
- If an alarm countdown for another alarm starts while a previous alarm countdown is already in progress, it will be displayed after the ongoing countdown reaches zero and its alarm sounds.

**To test the alarm**

In the Alarm Mode, hold down [D] to sound the alarm.

**To stop an alarm**

Press any button.
The face of the watch is illuminated for easy reading in the dark.
- The watch’s auto light switch turns on illumination automatically when you angle the watch towards your face.
- The auto light switch must be turned on (page E-54) for it to operate.

To turn on illumination manually
Press A in any mode to illuminate the face of the watch.
- You can use the procedure below to select either 1.5 seconds or three seconds as the illumination duration. When you press A, the face will remain illuminated for about 1.5 seconds or three seconds, depending on the current illumination duration setting.

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

Warning!
- Always make sure you are in a safe place whenever you are reading the face of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not 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.
- Note
  - This watch features a “LED”, so the auto light switch operates only when available light is below a certain level. It does not illuminate the face under bright light.

To turn the auto light switch on and off
In the Timekeeping Mode, hold down A for about three seconds to toggle the auto light switch on (indicator displayed in the right digital dial) and off (indicator not displayed).
- The auto light switch on indicator appears in all modes while the auto light switch is turned on.
- The auto light switch turns off automatically whenever battery power drops to Level 4 (page E-15).

Auto light switch precautions
- 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 face. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the face.
- Note that wearing the watch under your sleeve while the auto light switch is turned on can cause frequent illumination of the face and can run down the battery.
- 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 your face 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.

Illumination Precautions
- LED 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.

Hand Home Position Adjustment
Strong magnetism or impact can cause the hands of the watch to be off.
- Home position adjustment is not necessary when the analog time and digital time are the same time in the Timekeeping Mode.

To adjust home positions manually
1. In the Timekeeping Mode, hold down A and keep it depressed for about five seconds until H.SET appears in the right digital dial.
   - The hour and minute hands should all move to 12 o’clock, which is their home position.
   - Though ADJ will appear in the right digital dial about two seconds after you hold down A, do not release the button yet. Keep it depressed until H.SET appears. When H.SET appears in the right digital dial, release the A button. This will cause the hour and minute hands to move to 12 o’clock.

Note
- After performing home position adjustment, enter the Timekeeping Mode and check to make sure that the analog hands and the digital dial indicate the same time. If they do not, perform home position adjustment again.
Moving the Hands for Easy Viewing of the Digital Dials

You can use the procedure below to move the analog hands in order to better view a digital dial.

Note

- The analog hands will not move while battery power is low.

2. Use ( ) to cycle through settings in the right digital dial until the current button operation tone (MUTE or KEY) is displayed.
   - See the sequence in step 2 of the procedure under “To change the current time and date settings” (page E-31) for information about how to scroll between settings.

3. Press ( ) to toggle the button operation tone on (KEY) and off (MUTE).

4. After all of the settings are the way you want, press ( ) to exit the setting mode.
   - Exiting a setting mode will normally cause the hands to return to regular timekeeping automatically. However, if you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-62).

Note

- The mute indicator is displayed in all modes when the button operation tone is turned off.

4. After all of the settings are the way you want, press ( ) to exit the setting mode.
   - Exiting a setting mode will normally cause the hands to return to regular timekeeping automatically. However, if you manually move the hands (page E-61) and then enter a setting mode, they will not return to regular timekeeping automatically when you exit the setting mode. In this case, you will need to return the hands to their normal positions manually (page E-62).

Troubleshooting

Time Setting

- The current time setting is off by hours. Your Home City setting may be wrong (page E-26). Check your Home City setting and correct if necessary.

- The current time setting is off by one hour. You may need to change your Home City’s standard time/daylight saving time (DST) setting. Use the procedure under “To change the current time and date settings” (page E-31) to change the standard time/daylight saving time (DST) setting.

- The hands are off. This could indicate that the watch has been exposed to magnetism or strong impact, which has caused problems with proper hand alignment. Adjust the watch’s hand home position alignment (page E-57).

Specifications

Accuracy at normal temperature: ±15 seconds a month

Timekeeping: Hour, minutes, seconds, p.m. (PM), year, month, day, day of the week, alarm countdown

Time format: 12-hour and 24-hour

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home City code (can be assigned one of 48 city codes); Standard Time/Daylight Saving Time (DST) setting

World Time: 48 cities (31 time zones)

Other: Daylight Saving Time/Standard Time

Stopwatch:
- Measuring unit: 1/100 second
- Measuring capacity: 59:59:59
- Measuring modes: Elapsed time, split time, two finishes

Countdown Timer:
- Measuring unit: 1 second
- Countdown range: 100 minutes
- Countdown start time setting range: 1 to 100 minutes (1-second increments)
Alarms: 5 Daily alarms; Hourly Time Signal
Illumination: LED; Selectable illumination duration
Other: Battery power indicator; Power Saving; Button operation tone on/off
Power Supply: Solar panel and one rechargeable battery

Approximate battery operating time: 8 months (from full charge to Level 4) under the following conditions:
- Watch not exposed to light
- Internal timekeeping
- 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
- 1 hand movement for easy viewing of the digital dials per day

Frequent use of illumination runs down the battery.

Specifications are subject to change without notice.

City Code Table

<table>
<thead>
<tr>
<th>City Code</th>
<th>City</th>
<th>UTC Offset/GMT Differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>PPG</td>
<td>Pago Pago</td>
<td>-11</td>
</tr>
<tr>
<td>ANC</td>
<td>Anchorage</td>
<td>-9</td>
</tr>
<tr>
<td>LAX</td>
<td>Los Angeles</td>
<td>-8</td>
</tr>
<tr>
<td>DCA</td>
<td>Denver</td>
<td>-7</td>
</tr>
<tr>
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<td>Mexico City</td>
<td>-6</td>
</tr>
<tr>
<td>JFK</td>
<td>New York</td>
<td>-5</td>
</tr>
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<td>Honolulu</td>
<td>-10</td>
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<td>ANC</td>
<td>Anchorage</td>
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<td>BJS</td>
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<tr>
<td>WLG</td>
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</tr>
</tbody>
</table>

This table shows the city codes of this watch. (As of July 2016)

The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.