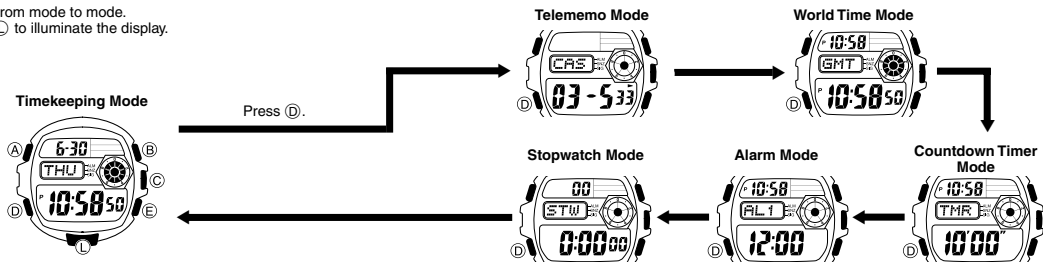# Operation Guide 2943

CASIO®

About This Manual

(Light)

- 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.
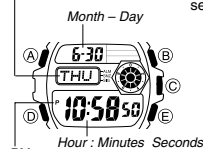
General Guide

- Press Ⓓ to change from mode to mode.
- In any mode, press Ⓛ to illuminate the display.

Timekeeping Mode

Press Ⓓ.

Telememo Mode → **World Time Mode**

Stopwatch Mode ← **Alarm Mode** ← **Countdown Timer Mode**

Timekeeping

*Day of week*

Month – Day

PM indicator   *Hour : Minutes Seconds*

Use the Timekeeping Mode to set and view the current time and date. You can also use the Timekeeping Mode to select either audible beeper or vibration alert for alarms.

To set the time and date

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓓ to move the flashing in the sequence shown below to select other settings.

Seconds → DST → Hour → Minutes → Year → Month → Day → (back to Seconds)
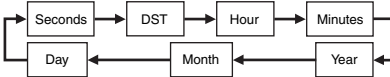
3. When the setting you want to change is flashing, use Ⓔ and Ⓑ to change it as described below.

To change this setting	Perform this button operation
Seconds	Press Ⓔ to reset to 00.
DST	Press Ⓔ to toggle between Standard Time (OFF) and Daylight Saving Time (ON).
Hour, Minutes, Year, Month, Day	Use Ⓔ (+) and Ⓑ (–) to change the setting.

4. Press Ⓐ to exit the setting screen.
- See "Daylight Saving Time (DST)" for details about the DST setting.
- For information about specifying how long the display of the watch remains illuminated, see "To specify the illumination duration".
- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

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 toggle the Timekeeping Mode digital time between DST and Standard Time

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓓ once and the DST setting screen appears.
3. Press Ⓔ to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
4. Press Ⓐ to exit the setting screen.
- The **DST** indicator appears on the display to indicate that Daylight Saving Time is turned on.

DST indicator

To toggle between 12-hour and 24-hour timekeeping

In the Timekeeping Mode, press Ⓑ to toggle between 12-hour timekeeping and 24-hour timekeeping.
- With the 12-hour format, the **P** (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

Vibration Alert

When Vibration Alert is turned on, the watch vibrates instead of sounding a beeper. This lets you use the watch without disturbing others with beeping sounds.
- Vibration Alert can be used to replace alarm sounds.
- For information about selecting the alert type, see "To switch between vibration alert and beeper alert" below.
- For information about countdown timer alerts, see "Countdown Timer".
- For information about the daily alarm and hourly time signal alerts, see "Alarms".
- Watches with a metal band may produce a noise when a vibration operation is performed. This is due to vibration of the metal band, and does not indicate malfunction of the watch.

To switch between vibration alert and beeper alert

Vibration alert on indicator

In the Timekeeping Mode, hold down Ⓔ for about two seconds to toggle between vibration alert (**VIBRATION** displayed in all modes) and beeper alert (**VIBRATION** not displayed).

Telememo

The Telememo Mode lets you store up to 30 records, each containing name and telephone number data. Records are automatically sorted based on the characters of the name. You can recall records by scrolling through them on the display.

Name *Right arrow*

Telephone number

Alternate at two-second interval

Left arrow
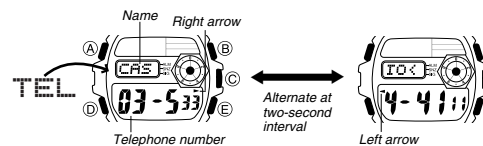
- See "Sort Table" for details on how the watch sorts records.
- All of the operations in this section are performed in the Telememo Mode, which you enter by pressing Ⓓ.

To create a new Telememo record

1. In the Telememo Mode, press Ⓒ to display the remaining memory screen.
   - If the message FULL appears on the display, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.

Remaining Memory Screen

Name area

Number area

2. Hold down Ⓐ until the flashing cursor (▬) appears in the name area of the display.
3. In the name area, use Ⓔ and Ⓑ to cycle through characters at the cursor position. The characters cycle in the sequence shown below.

Press Ⓔ.
(space) → A to Z → 0 to 9 → — → ▪ → : → /
Press Ⓑ.
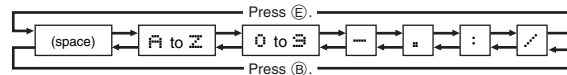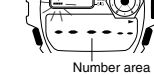
4. When the character you want is at the cursor position, press Ⓓ to move the cursor to the right.
5. Repeat steps 3 and 4 as required to input all of the characters of the name.
   - You can input up to eight characters for the name.
6. After you input the name, press Ⓓ as many times as necessary to move the cursor to the number area.
   - When the cursor is located at the eighth space of the name area, moving the cursor to the right causes it to jump to the first digit of the number. When the cursor is at the 12th digit of the number, moving it to the right (by pressing Ⓓ) causes it to jump to the first character in the name.

7. In the number area, use Ⓔ and Ⓑ to cycle through numbers and symbols (hyphen, space) at the cursor position. The characters cycle in the sequence shown below.
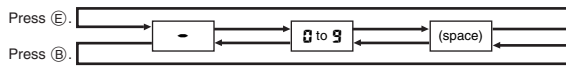
Press Ⓔ. ⟶ – ⟶ 0 to 9 ⟶ (space)

Press Ⓑ.

8. When the character you want is at the cursor position, press Ⓓ to move the cursor to the right.
9. Repeat steps 7 and 8 as required to input all of the digits of the phone number.
   • You can input up to 12 digits for the number.
10. Press Ⓐ to store your data and return to the Telememo record screen (without the cursor).
• The name can show only three characters at a time, so longer text scrolls continuously from right to left. The last character of the name is the one with the ⠐ symbol.
• The number can display up to six digits at a time. For longer numbers, the display will alternate between the first six digits and the last six digits at two-second intervals. A right arrow (▶) on the right side of the display indicates the first six digits are displayed, while a left arrow (◀) on the left side indicates the last six digits.

To recall Telememo records
In the Telememo Mode, use Ⓔ (+) and Ⓑ (–) to scroll through Telememo records as shown below.

Press Ⓔ.

Record 1 ⟶ Record 2 ⟶ Remaining Memory Screen

Press Ⓑ.
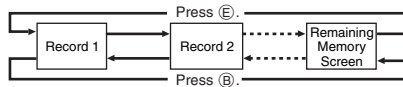
To edit a Telememo record
1. In the Telememo Mode, use Ⓔ (+) and Ⓑ (–) to scroll through the records and display the one you want to edit.
2. Hold down Ⓐ until the flashing cursor appears on the display.
3. Use Ⓒ to move the flashing to the character you want to change.
4. Use Ⓔ (+) and Ⓑ (–) to change the character.
5. After making the changes that you want, press Ⓐ to store them and return to the Telememo record screen.

To delete a Telememo record
1. In the Telememo Mode, use Ⓔ (+) and Ⓑ (–) to scroll through the records and display the one you want to delete.
2. Hold down Ⓐ until the flashing cursor appears on the display.
3. Hold down Ⓔ and Ⓑ at the same time until the watch beeps and **CLEAR** stops flashing on the display.
   • The message **CLEAR** appears, which indicates that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
4. Input data or press Ⓐ to return to the Telememo record screen.

World Time

Timekeeping Mode time
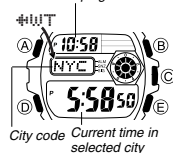
City code   *Current time in selected city*

The World Time Mode shows you the current time in 28 cities (29 time zones) around the world.
• The time settings of the Timekeeping Mode and the World Time Mode are independent from each other, so you must make separate settings for each.
• Whenever you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.
• All of the operations in this section are performed in the World Time Mode, which you enter by pressing Ⓓ.

To view the time in another city
While in the World Time Mode, press Ⓔ to scroll through the city codes (time zones) eastwardly or Ⓑ to scroll westwardly.
• For full information on city codes, see the "City Code Table".

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

DST indicator

1. In the World Time Mode, use Ⓑ and Ⓔ to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down Ⓒ to toggle Daylight Saving Time (**DST** indicator displayed) and Standard Time (**DST** indicator not displayed).
• Note that you cannot switch between Standard Time and Daylight Saving Time while GMT is selected as the city code.
• 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.

To set the current time in the World Time Mode
1. In the World Time Mode, use Ⓔ and Ⓑ to select the city code whose time you want to set.
2. After you select a city code, hold down Ⓐ until the hour setting of the World time starts to flash, which indicates the setting screen.
3. Use Ⓓ to move the flashing between the hour and minute settings.
4. When the setting you want to change is flashing, use Ⓔ (+) and Ⓑ (–) to change it.
   • When setting the world time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (**P** indicator).
5. Press Ⓐ to exit the setting screen.
• Note that you cannot make settings for individual city codes. Daylight Saving Time (summer time) advances the time setting of all the World Time Mode cities by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

Countdown Timer

Timekeeping Mode time
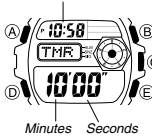
Minutes   Seconds

The countdown timer can be set within a range of one minute to 60 minutes. The currently selected alert operation (beeper or vibration) is performed when the end of the countdown is reached. The countdown timer has two modes: auto-repeat and elapsed time. A progress alert (beeper or vibration) signals the progress of the countdown. All of this makes the countdown timer a valuable tool for timing the start of a yacht race.
• You can select either beeper alert or vibration alert for the alarm. The explanations in this section are based on the beeper alert, unless stated otherwise.
• All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing Ⓓ.

Configuring Countdown Timer Settings
The following are the settings you should configure before actually using the countdown timer.
   Countdown start time and reset time
   Timer mode (auto-repeat, elapsed time)
• See "To configure countdown timer settings" for information about setting up the timer.

Reset Time
You can set a "reset time," which is a kind of alternate countdown start time. After you set a reset time, you can recall it with the press of a button any time a countdown operation is in progress.

Timer Mode
The countdown timer gives you a choice of two modes: auto-repeat and elapsed time.

Auto-repeat
Auto-repeat automatically restarts the countdown from the countdown start time whenever zero is reached.
• Auto-repeat mode is best when timing the starts of match races.
• Even if you start a countdown operation from the reset time, the countdown automatically restarts from the countdown start time whenever it reaches zero.
• Auto repeat timing repeats up to seven times.

Elapsed Time
When the end of the countdown is reached in the elapsed time mode, the timer automatically switches to an elapsed time measurement operation.
• The elapsed time mode is best when timing the speed of yachts during ocean races.
• The elapsed time operation is performed in one-second increments up to 99 hours, 59 minutes, 59 seconds.

Countdown Timer Alert Operations
While a countdown is in progress, the watch performs various different alert operations, so you can keep informed of the countdown status, without looking at the watch display. The following explains each of the countdown timer alert operations.

Countdown End Alert
The following countdown alert operations are performed for each of the final ten seconds of the countdown, and when the countdown reaches zero.

Countdown	Beep	Vibration
Final seconds 10 through 6 (5 times)	High pitch	2 each
Final seconds 5 through 1 (5 times)	Lower pitch	1 each
When the countdown reaches zero	Longer beep	Longer vibration

• Except in the Stopwatch Mode, all buttons are disabled while a countdown end alert operation is being performed.

Progress Alert
There are two types of progress alert: a reset time alert and a reset period progress alert.
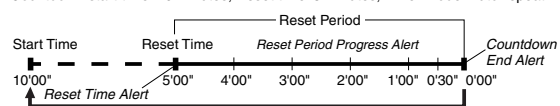
Reset Time Alert
The reset time alert is similar to the alert operations performed for each of the final 10 seconds of a countdown. For the reset time alert, the watch performs an alert operation for each of the final 10 seconds before the reset time is reached.
• Except in the Stopwatch Mode, all buttons are disabled while a reset time alert is being performed.
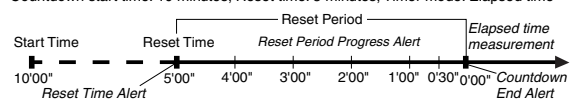
Reset Period Progress Alert
The reset period is the portion of the countdown between the reset time and zero. During the reset period, the watch performs an alert operation at the top of each minute, and at the point 30 seconds before the end of the countdown is reached. Each reset period progress alert operation consists of four short beeps or two vibrations, depending on the type of alert that is selected.

Countdown Timer Examples
Countdown start time: 10 minutes; Reset time: 5 minutes; Timer mode: Auto-repeat

Reset Period

Start Time   Reset Time   *Reset Period Progress Alert*   Countdown End Alert

10'00"   5'00"   4'00"   3'00"   2'00"   1'00"   0'30"   0'00"

Reset Time Alert

Countdown start time: 10 minutes; Reset time: 5 minutes; Timer mode: Elapsed time

Reset Period

Start Time   Reset Time   *Reset Period Progress Alert*   Elapsed time measurement

10'00"   5'00"   4'00"   3'00"   2'00"   1'00"   0'30"   0'00"   Countdown End Alert

Reset Time Alert

To configure countdown timer settings
1. While the countdown start time is on the display in the Countdown Timer Mode, hold down Ⓐ until the countdown start time setting 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. Press Ⓓ to move the flashing in the sequence shown below to select other settings.

Start Time ⟶ Reset Time ⟶ Timer Mode

3. When the setting you want to change is flashing, use Ⓔ and Ⓑ to change it as described below.

Setting	Screen	Button Operations
Start Time	TMR 10'00"	Use Ⓔ (+) and Ⓑ (–) to change the setting. • You can set a start time in the range of 1 to 60 minutes in 1-minute increments.
Reset Time	RST 5'00"	Use Ⓔ (+) and Ⓑ (–) to change the setting. • You can set a reset time in the range of 1 to 5 minutes in 1-minute increments.
Timer Mode		Press Ⓔ to toggle between the auto-repeat mode (⟲) and the elapsed time mode (⟶). • An auto-repeat indicator (**AUTO RPT**) appears when the auto-repeat mode is selected.

4. Press Ⓐ to exit the setting screen.
• The reset time setting must be less than the countdown start time setting.

To use the countdown timer

In the Countdown Timer Mode, press Ⓒ to start the countdown timer.
• The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
• The table below describes button operations you can perform to control countdown operations.

To do this:	Do this:
Stop the countdown operation	Press Ⓒ.
Resume a stopped countdown operation	Press Ⓒ again.
Display the countdown start time	While the countdown is stopped, press Ⓑ.
Stop the countdown operation and display the reset time	Press Ⓑ.
Start the countdown from the displayed reset time	Press Ⓒ.

• The table below describes button operations you can perform during an elapsed time measurement operation in the elapsed time mode.

To do this:	Do this:
Stop the elapsed time operation	Press Ⓒ.
Resume a stopped elapsed time operation	Press Ⓒ again.
Display the countdown start time	While the elapsed time is stopped, press Ⓑ.
Stop the elapsed time operation and display the reset time	Press Ⓑ.
Start the countdown from the displayed reset time	Press Ⓒ.

Alarms

Timekeeping Mode time
Alarm number
Alarm time (Hour : Minutes)

The Alarm Mode gives you a choice of three one-time alarms and one snooze alarm.
When an alarm is turned on, an alert operation (beep or vibration) is performed when the alarm time is reached. You can also turn on an Hourly Time Signal (SIG) that causes the watch to beep or vibrate every hour on the hour.
• There are four alarms numbered AL1 through AL3, and SNZ. You can configure SNZ as a snooze alarm only. Alarms AL1 through AL3 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 Ⓓ.

To set an alarm time

1. In the Alarm Mode, use Ⓔ (+) and Ⓑ (–) to scroll through the alarm screens until the one whose time you want to set is displayed.

Press Ⓔ.
AL1 → AL2 → AL3
Press Ⓑ.
SIG ← SNZ

2. After you select an alarm, hold down Ⓐ until the hour setting of the alarm time starts to flash, which indicates the setting screen.
• This operation automatically turns on the alarm.
3. Use Ⓓ to move the flashing between the hour and minute settings.
4. While a setting is flashing, use Ⓔ (+) and Ⓑ (–) to change it.
5. Press Ⓐ 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 alert operation (beep or vibration) is performed at the preset time for about 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alert operation is performed a total of seven times, every five minutes, or until you turn the alarm off.
• Pressing any button stops the alert 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 Ⓔ to perform the currently selected Alarm Mode alert operation.

To turn an alarm on and off

Alarm on indicator
Snooze alarm indicator
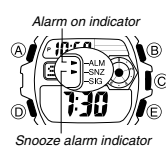
1. In the Alarm Mode, use Ⓔ and Ⓑ to select an alarm.
2. Press Ⓒ to toggle it on and off.
• Turning on a one-time alarm (AL1, AL2, AL3) displays the alarm on indicator on its Alarm Mode screen. Turning on the snooze alarm (SNZ) displays the alarm on indicator and the snooze alarm indicator on its Alarm Mode screen.
• In all modes, the alarm on indicator is displayed 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 an alert operation is being performed.
• The snooze alarm indicator flashes during the 5-minute intervals between alarms.

To turn the Hourly Time Signal on and off

Hourly time signal on indicator
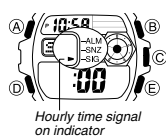
1. In the Alarm Mode, use Ⓔ and Ⓑ to select the Hourly Time Signal (SIG).
2. Press Ⓒ to toggle it on (Hourly Time Signal on indicator displayed) and off (Hourly Time Signal on indicator not displayed).
• The Hourly Time Signal on indicator is displayed in all modes when the Hourly Time Signal is turned on.
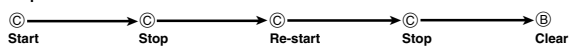
Stopwatch

1/100 second
Hours   Minutes
Seconds
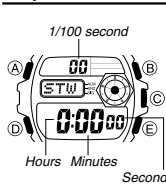
The stopwatch lets you measure elapsed time, split times, and two finishes.
• The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
• The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
• The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
• Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
• All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing Ⓓ.
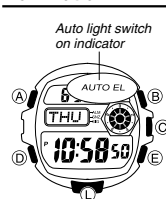
To measure times with the stopwatch

Elapsed Time

Ⓒ	Ⓒ	Ⓒ	Ⓒ	Ⓑ
Start	Stop	Re-start	Stop	Clear

Split Time

Ⓒ	Ⓑ	Ⓑ	Ⓒ	Ⓑ
Start	Split (**SPL** displayed)	Split release	Stop	Clear

Two Finishes

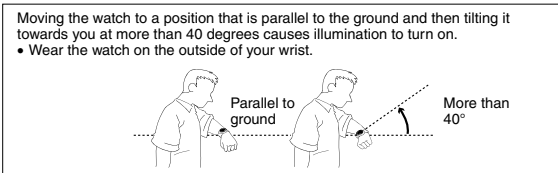| Ⓒ	Ⓑ	Ⓒ	Ⓑ	Ⓑ
Start	Split First runner finishes. Display time of first runner.	Stop Second runner finishes.	Split release Display time of second runner.	Clear

Illumination

Auto light switch on 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 automatically illuminates the display when you angle the watch towards your face.
• The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
• See "Illumination Precautions" for other important information about using illumination.

To turn on illumination manually
In any mode, press Ⓛ to illuminate the display.
• You can specify 1.5 seconds or 3 seconds as the illumination duration. See "To specify the illumination duration" 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.

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.

Parallel to ground
More than 40°

Warning!
• **Always make sure you are in a safe place whenever you are reading the display 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.**

To turn the auto light switch on and off

In any mode, hold down Ⓛ for about two seconds to toggle the auto light switch on (**AUTO EL** displayed) and off (**AUTO EL** not displayed).

- In order to protect against runnning down the battery, the auto light switch will turn off automatically approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.
- The auto light switch on indicator (**AUTO EL**) is on the display in all modes while the auto light switch is turned on.

To specify the illumination duration

1. In the Timekeeping Mode, hold down Ⓐ until the seconds start to flash, which indicates the setting screen.
2. Press Ⓑ to toggle the illumination duration setting between 3 seconds (※) and 1.5 seconds (☼).
3. Press Ⓐ to exit the setting screen.

Reference

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

Auto Return Feature

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

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 through the data at high speed.

Timekeeping

- Resetting the seconds to ⏥ 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 ⏥ without changing the minutes.
- With the 12-hour format, the **P** (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The year can be set in the range of 2000 to 2039.
- 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.

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 operation (beep and vibration) is performed.
- Frequent use of illumination runs down the battery.

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 display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.

- 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 specify the illumination duration"), 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.

Sort Table

1	(space)	10	I	19	R	28	O	37	9
2	A	11	J	20	S	29	1	38	—
3	B	12	K	21	T	30	2	39	.
4	C	13	L	22	U	31	3	40	:
5	D	14	M	23	V	32	4	41	/
6	E	15	N	24	W	33	5		
7	F	16	O	25	X	34	6		
8	G	17	P	26	Y	35	7		
9	H	18	Q	27	Z	36	8		

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
LAX	Los Angeles	−08.0	San Francisco, Las Vegas, Vancouver, Seattle/Tacoma, Dawson City
DEN	Denver	−07.0	El Paso, Edmonton
CHI	Chicago	−06.0	Houston, Dallas/Fort Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	−05.0	Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
CCS	Caracas	−04.0	La Paz, Santiago, Port Of Spain
RIO	Rio De Janeiro	−03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
– – –		−02.0	
– – –		−01.0	Praia
GMT		+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
LON	London	+00.0	
PAR	Paris	+01.0	Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Berlin, Frankfurt, Vienna, Stockholm
CAI	Cairo	+02.0	Helsinki, Istanbul, Beirut, Damascus, Cape Town, Athens
JRS	Jerusalem	+02.0	
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow
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
DAC	Dhaka	+06.0	Colombo
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
TYO	Tokyo	+09.0	Seoul, Pyongyang
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Melbourne, Guam, Rabaul
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

- Based on data as of June 2004.