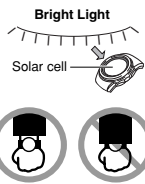# Operation Guide 3160

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.

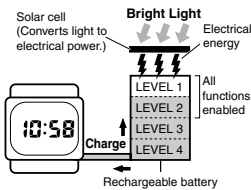### Keep the watch exposed to bright light

Bright Light

Solar cell

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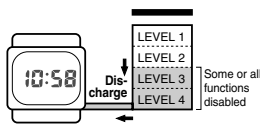
- When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is only partially covered.

- 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.

Solar cell (Converts light to electrical power.)
Bright Light
Electrical energy
All functions enabled
LEVEL 1
LEVEL 2
LEVEL 3
LEVEL 4
Charge
Rechargeable battery

Battery discharges in the dark.

Discharge
LEVEL 1
LEVEL 2
LEVEL 3
LEVEL 4
Some or all functions disabled

General Guide

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

Timekeeping Mode

Press Ⓒ.

Timekeeping

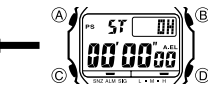**Current Time**

Day of week
Month – Day
Hour : Minutes
Seconds
PM indicator
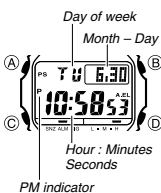
Use the Timekeeping Mode to set and view the current time and date.

Read This Before You Set 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 first 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.
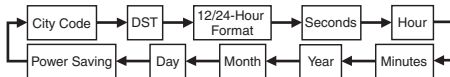
- Note that all of the times for the World Time Mode city codes are displayed in accordance with the time and date settings you configure in the Timekeeping Mode.

To set the time and date manually

1. In the Timekeeping Mode hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Use Ⓓ and Ⓑ to select the city code you want.
   - Make sure you select your Home City code before changing any other setting.
   - For full information on city codes, see the "City Code Table".

3. Press Ⓒ to move the flashing in the sequence shown below to select the other setting.

City Code → DST → 12/24-Hour Format → Seconds → Hour
Power Saving ← Day ← Month ← Year ← Minutes

- The following steps explain how to configure timekeeping settings only.
4. When the timekeeping setting you want to change is flashing, use Ⓓ or Ⓑ to change it as described below.

| Screen:	To do this:	Do this:
TYO	Change the city code	Use Ⓓ (east) and Ⓑ (west).
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF).	Press Ⓓ.
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press Ⓓ.
50	Reset the seconds to 00	Press Ⓓ.
ᴾ 10:58	Change the hour and minutes	Use Ⓓ (+) and Ⓑ (–).
20 09 6.30	Change the year, month, or day	Use Ⓓ (+) and Ⓑ (–).
PS ON	Toggle between Power Saving on (ON) and off (OFF)	Press Ⓓ.

- 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 about 8 hours 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.

World Time Mode

Alarm Mode

Countdown Timer Mode

Stopwatch Mode
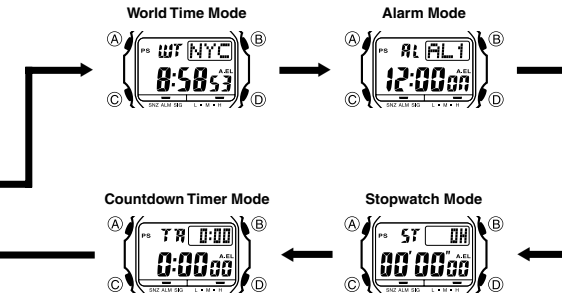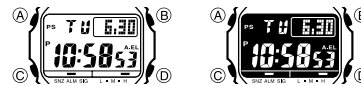
5. Press Ⓐ to exit the setting screen.
- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

### 12-hour and 24-hour timekeeping

- With the 12-hour format, the **P** (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 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 other modes.

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

DST indicator

1. In the Timekeeping Mode, hold down Ⓐ until the city code starts to flash, which indicates the setting screen.
2. Press Ⓒ and the DST setting screen appears.
3. Use Ⓓ to toggle between Daylight Saving Time (**DST** indicator displayed) and Standard Time (**DST** indicator not displayed).
4. When the setting you want is selected, press Ⓐ to exit the setting screen.
- The **DST** indicator appears to indicate that Daylight Saving Time is turned on.

## World Time

City code

Current time in selected city
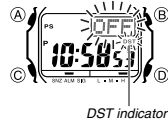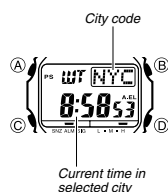
World Time shows the current time in 48 cities (29 time zones) around the world.
- The times kept in the World Time Mode are synchronized with the time being kept in the Timekeeping Mode. If you feel that there is an error in any World Time Mode time, check to make sure you have the correct city selected as your Home City. Also check to make sure that the current time as shown in the Timekeeping Mode is correct.
- Select a city code in the World Time Mode to display the current time in any particular time zone around the globe. See the "City Code Table" for information about the UTC differential settings that are supported.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing Ⓒ.

1

To view the time in another city
While in the World Time Mode, use the Ⓓ to scroll through the city codes (time zones).
• Pressing the Ⓓ and Ⓑ at the same time will jump to the UTC time zone.

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

DST indicator

1. In the World Time Mode, use Ⓓ to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down Ⓐ to toggle between Daylight Saving Time (**DST** indicator displayed) and Standard Time (**DST** indicator not displayed).
• The **DST** indicator is shown on the World Time Mode screen while Daylight Saving Time is turned on.
• Note that the Standard Time/Daylight Saving Time setting affects only the currently displayed city code. Other city codes are not affected.
• Note that you cannot switch between Standard Time and Daylight Saving Time while UTC is selected as the city code.

Alarms

Alarm number
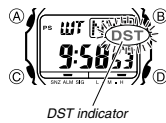
Alarm time (Hour : Minutes)
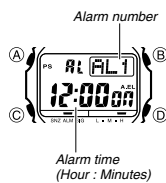
The Alarm Mode gives you a choice of four one-time alarms and one snooze alarm.
Also use the Alarm Mode to turn the Hourly Time Signal (SIG) on and off.
• There are five alarm screens numbered AL1, AL2, AL3 and AL4 for the one-time alarm, a snooze alarm screen indicated by SNZ. The Hourly Time Signal screen is indicated by SIG.
• 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 Ⓓ to scroll through the alarm screens until the one whose time you want to set is displayed.

AL1 → AL2 → AL3 → AL4
SIG ⟷ SNZ

• To set a one-time alarm, display an alarm screen AL1, AL2, AL3 and AL4. To set the snooze alarm, display the SNZ screen.
• The snooze alarm repeats every five minutes.
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 turns on the alarm automatically.
3. Press Ⓒ to move the flashing between the hour and minute settings.
4. While a setting is flashing, use Ⓓ (+) and Ⓑ (–) to change it.
• With the 12-hour format, set the time correctly as a.m. or p.m. (**P** indicator).
5. Press Ⓐ to exit the setting screen.

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, until you turn the alarm off.
• Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.
• 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.
Displaying the Timekeeping Mode setting screen
Displaying the SNZ setting screen

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

**To turn an alarm on and off**

Snooze alarm indicator *ON* *Alarm on indicator*

1. In the Alarm Mode, use Ⓓ to select an alarm.
2. Press Ⓐ to toggle it on and off.
• Turning on a alarm (AL1, AL2, AL3, AL4 or SNZ) displays the alarm on indicator (🔔) on its Alarm Mode screen.
• 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 (SNZ) flashes while the snooze alarm is sounding and during the 5-minute intervals between alarms.
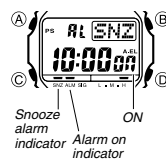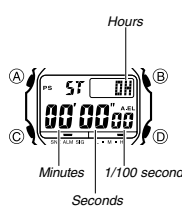
To turn the Hourly Time Signal on and off

Hourly time signal on indicator

1. In the Alarm Mode, use Ⓓ to select the Hourly Time Signal (SIG).
2. Press Ⓐ to toggle it on and off.
• The Hourly Time Signal on indicator (SIG) is shown on the display in all modes while this function is turned on.

Stopwatch
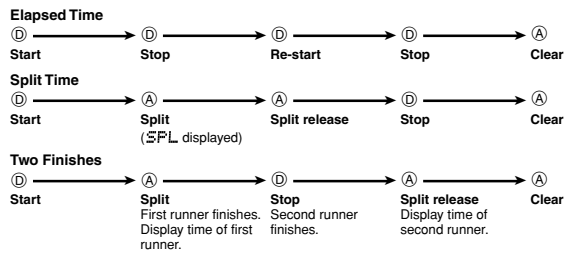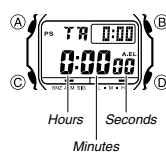
Hours

Minutes *1/100 second*
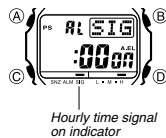
Seconds

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

Countdown Timer

Hours *Seconds*

Minutes

You can set the countdown timer within a range of one minute to 24 hours. 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 Ⓒ.

Configuring the Countdown Timer
The following are the settings you should configure before actually using the countdown timer.
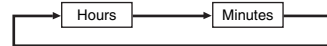*Countdown start time*
• See "To configure the countdown timer" for information about setting up the timer.

Countdown End Beeper
The countdown end beeper lets you know when the countdown reaches zero. The beeper stops after about 10 seconds or when you press any button.

To configure the countdown timer

1. While the countdown start time is on the display in the Countdown Timer Mode, hold down Ⓐ until the current countdown start time starts to flash, which indicates the setting screen.
• If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
2. Press Ⓒ to move the flashing in the sequence shown below to select other settings.

Hours → Minutes

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

Setting	Screen	Button Operation
Hours, Minutes	0:00	Use Ⓓ (+) and Ⓑ (–) to change the setting.

• To specify a countdown start time of 24 hours, set 0:00.
4. Press Ⓐ to exit the setting screen.

To use the countdown timer

Timer start time

Current timer time

Press Ⓓ while in the Countdown Timer Mode to start the countdown timer.
• The countdown timer operation continues even if you exit the Countdown Timer Mode.
• Press Ⓓ while a countdown operation is in progress to pause it. Press Ⓓ again to resume the countdown.
• To stop a countdown operation completely, first pause it (by pressing Ⓓ), and then press Ⓐ. This returns the countdown time to its starting value.

Illumination

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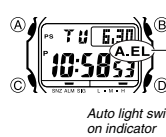
This watch has an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch turns on illumination automatically when you angle the watch towards your face.
• The auto light switch must be turned on (indicated by the auto light switch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

To illuminate the display manually
In any mode, press Ⓑ to turn on illumination.
• 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 more than 40 degrees causes illumination to turn on.
• Wear the watch on the outside of your wrist.

Parallel to ground *More than 40°*
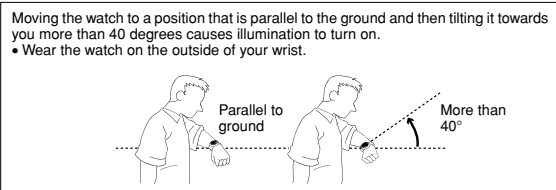
Warning!
- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch 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 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 the Timekeeping Mode, hold down Ⓑ for about three seconds to toggle the auto light switch on (**A.EL** displayed) and off (**A.EL** not displayed).
- The auto light switch on indicator (**A.EL**) is on the display in all modes while the auto light switch is turned.

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 covered only partially.

Solar cell
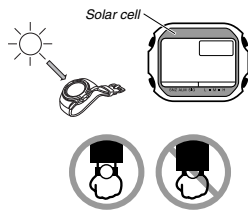
Important!
- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Be sure that the watch is exposed to bright light whenever possible.
- This watch uses a special rechargeable 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.
- All data stored in memory is deleted, and 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.

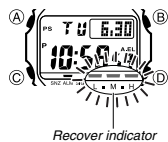**Battery Power Indicator and Recover Indicator**
The battery power indicator on the display shows you the current status of the rechargeable battery's power.

Battery power indicator

Level	Battery Power Indicator	Function Status
1	L • M • H	All functions enabled.
2	L • M • H	All functions enabled.
3	LOW (Charge Soon Alert) L • H	Illumination and beeper disabled.
4	CHG L • M • H	Except for timekeeping and the **CHG** (charge) indicator, all functions and display indicators disabled.
5	L • M • H	All functions disabled.

- The flashing LOW indicator at Level 3 tells 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. Once the battery reaches Level 2 after falling to Level 5, reconfigure the current time, date, and other settings.
- Display indicators reappear as soon as the battery is charged from Level 5 to Level 2.
- Leaving the watch exposed to direct sunlight or some other very strong light source can cause the battery power indicator to show a reading temporarily that is higher than the actual battery level. The correct battery level should be indicated after a few minutes.

Recover indicator

- Performing illumination, or beeper operations during a short period may cause (recover) to appear on the display.
 After some time, battery power will recover and (recover) will disappear, indicating that the above functions are enabled again.
- If (recover) appears frequently, it probably means that remaining battery power is low. Leave the watch in bright light to allow it to charge.

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
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

- For details about the battery operating time and daily operating conditions, see the "Power Supply" section of the Specifications.
- 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			20 hours	6 hours
Sunlight Through a Window (10,000 lux)	8 hours			99 hours	27 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)	15 hours			201 hours	54 hours
Indoor Fluorescent Lighting (500 lux)	171 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, alarms, the Hourly Time Signal, and other beepers all operate normally.

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

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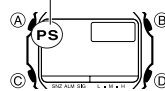
When turned on, the Power Saving function enters a sleep state automatically whenever the watch is left in an area for a certain period where it is dark. The table below shows how watch functions are affected by the Power Saving function.

| Elapsed Time in Dark	Display	Operation
60 to 70 minutes	Blank, with Power Saving indicator (**PS**) flashing	All functions enabled, except for the display
6 or 7 days	Blank, with Power Saving indicator (**PS**) not flashing	Beeper tone, illumination, 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 9:59 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
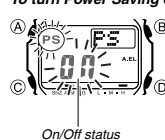
On/Off status

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

Auto Return Features
- 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 Ⓓ 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 Mode or Alarm Mode, the data you were viewing when you last exited the mode appears first.

3

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.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Coordinated Universal Time (UTC) for each city, based on your Home City time setting.

World Time
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.

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
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

More than 15 degrees too high

- 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 a preset amount of time (1.5 seconds), 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 toward 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.

Specifications
Accuracy at normal temperature: ± 15 seconds a month
Timekeeping: Hour, minutes, seconds, p.m. (P), month, day, day of the week
  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 (summer time)
World Time: 48 cities (29 time zones)
  Other: Daylight Saving Time/Standard Time
Alarms: 5 daily alarms (four one-time alarms; one snooze alarm); Hourly Time Signal
Stopwatch:
  Measuring unit: 1/100 second
  Measuring capacity: 23:59' 59.99"
  Measuring modes: Elapsed time, split time, two finishes
Countdown Timer:
  Measuring unit: 1 second
  Input range: 1 minute to 24 hours (1-minute increments and 1-hour increments)
Illumination: EL (electro-luminescent panel); Auto Light Switch
Other: Button operation tone on/off

Power Supply: Solar cell and one rechargeable battery
  Approximate battery operating time: 11 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 second) per day
  - 10 seconds of alarm operation per day

  Frequent use of illumination runs down the battery. Particular care is required when using the auto light switch.

City Code Table

City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	−11
HNL	Honolulu	−10
ANC	Anchorage	−9
YVR	Vancouver	−8
LAX	Los Angeles	−8
YEA	Edmonton	−7
DEN	Denver	−7
MEX	Mexico City	−6
CHI	Chicago	−6
MIA	Miami	−5
YTO	Toronto	−5
NYC	New York	−5
SCL	Santiago	−4
YHZ	Halifax	−4
YYT	St. Johns	−3.5
RIO	Rio De Janeiro	−3
RAI	Praia	−1
UTC		0
LIS	Lisbon	0
LON	London	0
MAD	Madrid	+1
PAR	Paris	+1
ROM	Rome	+1
BER	Berlin	+1
STO	Stockholm	+1

City Code	City	UTC Offset/ GMT Differential
ATH	Athens	+2
CAI	Cairo	+2
JRS	Jerusalem	+2
MOW	Moscow	+3
JED	Jeddah	+3
THR	Tehran	+3.5
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	+8
HKG	Hong Kong	+8
BJS	Beijing	+8
TPE	Taipei	+8
SEL	Seoul	+9
TYO	Tokyo	+9
ADL	Adelaide	+9.5
GUM	Guam	+10
SYD	Sydney	+10
NOU	Noumea	+11
WLG	Wellington	+12

- Based on data as of June 2008.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.