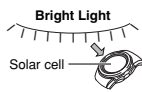


Operation Guide 3192

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



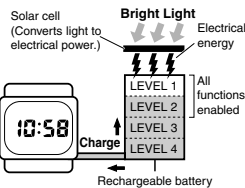
The electricity generated by the solar cell of the watch is stored by a rechargeable battery. Leaving or using the watch where it is not exposed to light causes the battery to run down. Make sure the watch is exposed to light as much as possible.



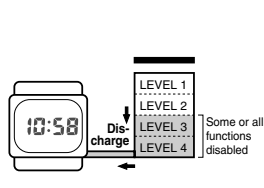
- When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is covered only partially.

- The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will result in some watch functions to be disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep it exposed to light as much as possible.

Battery charges in the light.



Battery discharges in the dark.



General Guide

- Press (C) to change from mode to mode.
- In any mode, press (L) to illuminate the display.

Timekeeping Mode



Press (C).

World Time Mode



Alarm Mode



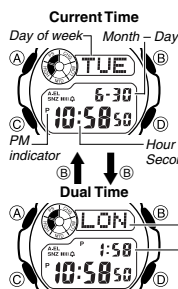
Countdown Timer Mode



Stopwatch Mode



Timekeeping



Press the (B) button to toggle between the day of the week and date, and the currently selected World Time city and time (Dual Time). 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.

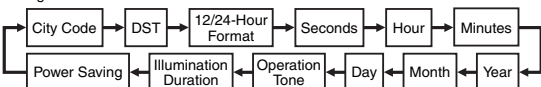
- Note that all of the times for the World Time Mode city codes are displayed in accordance with the time and date settings you configure in the Timekeeping Mode.

To set the time and date



1. In the Timekeeping Mode hold down (A) until the city code starts to flash, which indicates the setting screen.
2. Use (D) and (B) 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 "UTC Differential/City Code List".
3. Press (C) to move the flashing in the sequence shown below to select the other setting.



- 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 generate enough power for normal daily operations.
 - Approximately 5 minutes exposure to bright sunlight coming in through a window
 - Approximately 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...

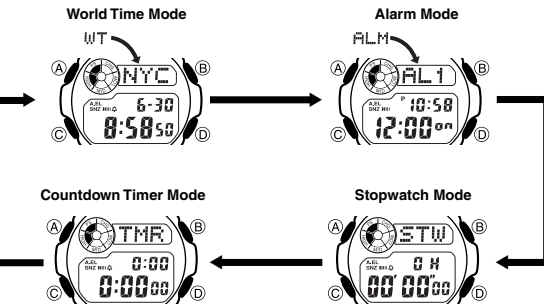
If the display of the watch is blank, it means that the watch's Power Saving function has turned off the display to conserve power.

- See "Power Saving Function" for more information.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of this product or its malfunction.

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.

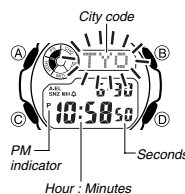


4. When the timekeeping setting you want to change is flashing, use (D) or (B) to change it as described below.

Screen:	To do this:	Do this:
TYO	Specify your Home City	Use (D) (east) and (B) (west).
OFF	Cycle between Daylight Saving Time (ON) and Standard Time (OFF).	Press (D).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
50	Reset the seconds to zero (00)	Press (D).
10:58	Change the hour and minutes	Use (D) (+) and (B) (-).
20 09 6:30	Change the year, month and day	
KEY	Toggle between Button Operation Tone on (KEY) and off (MUTE)	Press (D).
LT 1	Toggle the display illumination duration between 1.5 seconds (LT 1) and three seconds (LT 3)	Press (D).
PS ON	Toggle between Power Saving on (PS ON) and off (PS OFF)	Press (D).

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

To specify your Home City



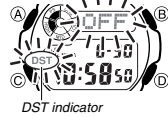
1. In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
2. Press (D) (east) and (B) (west) to select the city code you want to use as your Home City.
 - For full information on city codes, see the "UTC Differential/City Code List".
3. Press (A) to exit the setting screen.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To change the Daylight Saving Time (summer time) setting

- In the Timekeeping Mode, hold down (A) until the city code starts to flash, which indicates the setting screen.
- Press (C) and the DST setting screen appears.
- Use (D) to cycle through the DST settings in the sequence shown below.



- When the setting you want is selected, press (A) to exit the setting screen.
- The DST indicator appears to indicate that Daylight Saving Time is turned on.

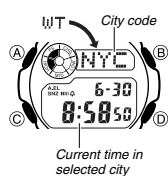
12-hour and 24-hour timekeeping

- 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 the P (PM) indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Others

- The day of the week is displayed automatically in accordance with the date (year, month and day) settings.
- Button operation tone on and off
- Illumination duration
- Power Saving on and off

World Time



World Time shows the current time in 48 cities (31 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 "UTC Differential/City Code List" 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 (C).

To view the time in another city

While in the World Time Mode, use the (D) (eastward) and (B) (westward) buttons to scroll through the city codes (time zones). Holding down either button scrolls at high speed.

- Pressing the (D) and (B) buttons at the same time will jump to the UTC time zone.

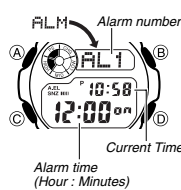
To toggle a city code time between Standard Time and Daylight Saving Time



- In the World Time Mode, use (D) and (B) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (A) 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.

- You can turn on DST individually for each city code, except UTC.
- Turning on DST for the city code that is currently selected as your Home City will turn on DST for normal timekeeping.

Alarms



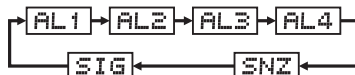
You can set up to five independent daily alarms with hour and minutes. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms is a snooze alarm, while the other four are usual daily alarms.

- You also can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are five alarm screens numbered AL1, AL2, AL3 and AL4 for the daily alarm, and 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 (C).

To set an alarm time



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



- To set a daily alarm, display alarm screen AL1, AL2, AL3 and AL4. To set the snooze alarm, display the SNZ screen.
 - The snooze alarm repeats every five minutes.
 - After you select an alarm, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation turns on the alarm automatically.
- Press (C) to move the flashing in the sequence shown below.



- Use (D) (+) and (B) (-) to change the hour and minutes.
 - With the 12-hour format, set the time correctly as a.m. or p.m. (P indicator).
- Press (A) 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.

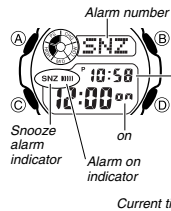
- Alarm and Hourly Time Signal operations are performed in accordance with the Timekeeping Mode time.
 - To stop the alarm tone after it starts to sound, press any button.
 - Performing any one of the operations below during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.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

To test the alarm

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

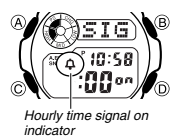
To turn an alarm on and off

- In the Alarm Mode, use (D) to select an alarm.
- Press (B) to toggle it on and off.
- Turning on a alarm (AL1, AL2, AL3 and 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.

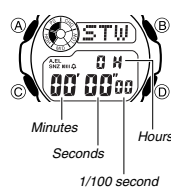


To turn the Hourly Time Signal on and off

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



Stopwatch

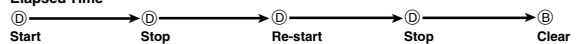


The stopwatch lets you measure elapsed time, split times, and two finishes.

- 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 (C).

To measure times with the stopwatch

Elapsed Time



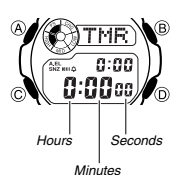
Split Time



Two Finishes



Countdown Timer



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 (C).

To configure the countdown timer

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

- Press (C) to move the flashing in the sequence shown below.



- Use (D) (+) and (B) (-) to change the Hours and Minutes.
 - To specify a countdown start time of 24 hours, set 0:00.
- Press (A) to exit the setting screen.

To use the countdown timer

- Countdown start time
-
- Current timer time
- Press **(D)** 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 **(D)** while a countdown operation is in progress to pause it. Press **(D)** again to resume the countdown.
 - To stop a countdown operation completely, first pause it (by pressing **(D)**), and then press **(B)**. This returns the countdown time to its starting value.

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.

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 toward 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 **(L)** to turn on illumination.
- The above operation turns on illumination regardless of the current auto light switch setting.

- You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press **(L)**, the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.

To specify the illumination duration

-
- In the Timekeeping Mode, hold down **(A)** until the display contents start to flash. This is the setting screen.
 - Press **(C)** 10 times to display the current illumination duration (LT1 or LT3).
 - Press **(D)** to toggle the setting between LT1 (1.5 seconds) and LT3 (three seconds).
 - Press **(A)** to exit the setting screen.

About the Auto Light Switch

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

- Moving the watch to a position that is parallel to the ground and then tilting it toward you more than 40 degrees causes illumination to turn on.
- Wear the watch on the outside of your wrist.



Warning!

- Always make sure you are in a safe place whenever you are reading the 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 **(L)** for about three seconds to toggle auto light switch on (indicator **A,EL** is shown on the display) and off.

- The auto light switch on indicator (**A,EL**) is shown on the display in all modes while the auto light switch is turned on.

Power Supply

This watch is equipped with a solar cell and a rechargeable 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.

-
- Solar cell
- 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.

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 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 rechargeable battery to charge fully, contact your dealer or CASIO distributor about having it replaced.
- Never try to remove or replace the watch's rechargeable battery yourself. Use of the wrong type of battery can damage the watch.
- The current time and all other settings return to their initial factory defaults whenever battery power drops to Level 5 and when you have the battery replaced.
- Turn on the watch's Power Saving function and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.

Battery Power Indicator and Recover Indicator

The battery power indicator on the display shows you the current status of the rechargeable battery's power.

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

- The flashing **L.O.W.** 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.
- The watch's Home City code setting will change automatically to **TYO** (Tokyo) whenever the battery drops to Level 5 or when you have the rechargeable battery replaced.
- 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 higher than the actual battery level. The correct battery level should be indicated after a few minutes.

-
- Performing illumination or beeper operations during a short period may cause **(R)** (recover) to appear on the display. Illumination, alarm, countdown timer alarm and hourly time signal will be disabled until battery power recovers.
 - After some time, battery power will recover and **(R)** (recover) will disappear, indicating that the above functions are enabled again.
 - If **(R)** (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 lower temperature.

Warning!

Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following conditions for long periods.

- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight

Charging Guide

After a full charge, timekeeping remains enabled for up to about 11 months.

- The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

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

- 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.

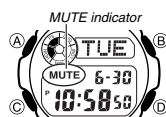
Exposure Level (Brightness)	Approximate Exposure Time				
	Level 5	Level 4	Level 3	Level 2	Level 1
Outdoor Sunlight (50,000 lux)		2 hours		20 hours	6 hours
Sunlight Through a Window (10,000 lux)		8 hours		98 hours	27 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)		15 hours		200 hours	54 hours
Indoor Fluorescent Lighting (500 lux)		170 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 and off as desired.

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

To turn the button operation tone on and off

1. In the Timekeeping Mode, hold down (A) until the display contents start to flash. This is the setting screen.
 2. Press (C) nine times to display the current button operation tone setting (KEY ♪ or MUTE).
 3. Press (D) to toggle the button operation tone on (KEY ♪) or off (MUTE).
 4. Press (A) to exit the setting screen.
- The MUTE indicator is displayed in all modes when the button operation tone is turned off.

Power Saving Function



When turned on, the Power Saving function enters a sleep state automatically whenever the watch is left in an area 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 on indicator (☾) flashing	All functions enabled, except for the display
6 or 7 days	Blank, with Power Saving on indicator (☾) displayed (not flashing)	Beeper tone, illumination, and display are disabled.

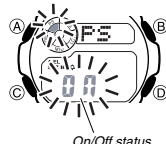
- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between 6:00 AM and 9:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.

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 toward your face for reading.

To turn Power Saving on and off



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

Auto Return

If you do not perform any operation for about two or three minutes while a setting screen (with a flashing setting) is on the display, the watch will exit the setting screen automatically.

Scrolling

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

Initial Screens

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

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 or the battery drops to Level 5.
- 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 difficult 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.

Lower than 15 degrees to illuminate



- 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 or 3 seconds), even if you keep the watch pointed toward 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 toward 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 (can be assigned one of 48 cities); Standard Time / Daylight Saving Time (summer time)

World Time: 48 cities (31 time zones)

Other: Daylight Saving Time/Standard Time

Alarms: 5 daily alarms (four daily 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); Full Auto Light Switch; Selectable illumination duration

Other: Button operation tone on/off, Power saving 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.

UTC Differential/City Code List

City Code	City	UTC Differential	City Code	City	UTC Differential
PPG	Pago Pago	-11	MOW	Moscow	+3
HNL	Honolulu	-10	JED	Jeddah	+3.5
ANC	Anchorage	-9	THR	Tehran	+4
YVR	Vancouver	-8	DXB	Dubai	+4.5
LAX	Los Angeles	-7	KBL	Kabul	+5
YEA	Edmonton	-7	KHI	Karachi	+5.5
DEN	Denver	-6	DEL	Delhi	+5.75
MEX	Mexico City	-6	KTM	Kathmandu	+6
CHI	Chicago	-5	DAC	Dhaka	+6.5
NYC	New York	-5	RGN	Yangon	+7
SCL	Santiago	-4	BKK	Bangkok	+8
YHZ	Halifax	-3.5	SIN	Singapore	+8
YYT	St. Johns	-3	HKG	Hong Kong	+9
RIO	Rio De Janeiro	-2	BJS	Beijing	+9.5
FEN	Fernando De Noronha	-1	TPE	Taipei	+10
RAI	Praia	+0	SEL	Seoul	+11
UTC		+0	TYO	Tokyo	+12
LIS	Lisbon	+0	ADL	Adelaide	+12
LON	London	+0	GUM	Guam	+12
MAD	Madrid	+0	SYD	Sydney	+12
PAR	Paris	+0	NOU	Noumea	+12
ROM	Rome	+0	WLG	Wellington	+12
BER	Berlin	+0			
STO	Stockholm	+0			
ATH	Athens	+0			
CAI	Cairo	+0			
JRS	Jerusalem	+0			

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