

Operation Guide 5381

Congratulations upon your selection of this CASIO watch.

E-1

Warning!

- The measurement functions built into this watch are not intended for taking measurements that require professional or industrial precision. Values produced by this watch should be considered as reasonable representations only.
- Note that the tide and Moon data calculated by this watch are approximate and are intended as general information only. Never try to use it for marine navigation or any other purposes requiring accurate measurements.
- 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 your watch or its malfunction.

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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.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

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Things to check before using the watch

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

Use the procedure under "To configure Home City settings" (page E-18) to configure your Home City and daylight saving time settings.

Important!

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

2. Set the current time.

- See "Adjusting the Digital Time and Date Settings" (page E-21).

The watch is now ready for use.

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Mode Reference Guide

The mode you should select depends on what you want to do.

To do this:	Enter this mode:	See:
<ul style="list-style-type: none"> View the current date in the Home City Configure Home City and daylight saving time (DST) settings Configure time and date settings View the current tide level 	Timekeeping Mode	E-17
Take temperature readings	Thermometer Mode	E-25
View tide changes over the next 12 hours	Tide Change Mode	E-33
Count objects	Counter Mode	E-41
View tide level and moon age for a specified date and time	Tide/Moon Mode	E-35
View the current time in one of 48 cities (31 time zones) around the globe	World Time Mode	E-42

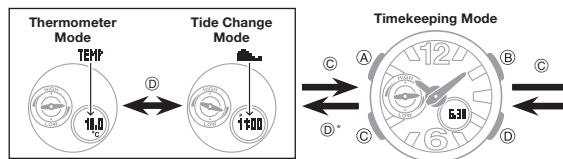
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To do this:	Enter this mode:	See:
Use the stopwatch to measure elapsed time	Stopwatch Mode	E-46
Use the countdown timer	Countdown Timer Mode	E-49
Set an alarm time	Alarm Mode	E-52

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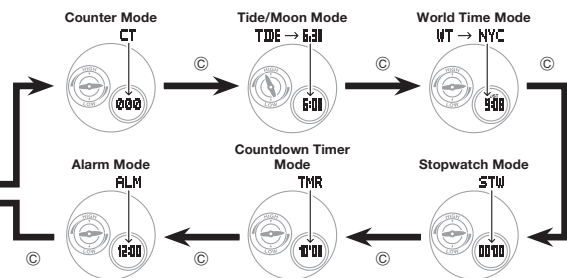
Selecting a Mode

- Press **(C)** to cycle between the modes as shown below.
- To return to the Timekeeping Mode from any other mode, hold down **(C)** for about two seconds.
- In any mode (except a setting mode), press **(B)** to illuminate the display.



* The mode that appears first is the one that was selected when you last used the Thermometer or Tide Change mode.

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General Functions (All Modes)

The functions and operations described in this section can be used in all of the modes.

- Auto Return Features**
The watch will automatically return to the Timekeeping Mode if you do not perform any operation for a certain amount of time, as described below.

Mode	Approximate Elapsed Time
Thermometer, Alarm, Tide/Moon	2 to 3 minutes
Time or other setting mode (information flashing on the display)	
Tide Change	After the tide change indication process is complete

- Scrolling**
The **(B)** and **(D)** buttons are used on the setting mode 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.

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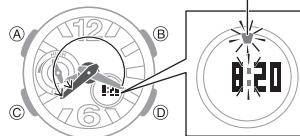
Moving the Hands Out of the Way for Better Viewing

You can use the procedure below to temporarily move the hour and minute hands out of the way to better view what is on the display.

- While holding down **(B)**, press **(C)**.
 - This will cause the hour and minute hands to move to a location where they do not block your view of the tide indicator and/or digital display.

Example: When the current time is 8:20

Flashes while the hands are moved out of the way.



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- Holding down **(B)** again as you press **(C)** will cause the hands to return to their normal positions (normal timekeeping).

Note

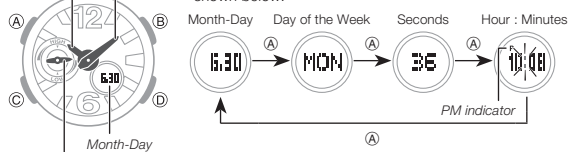
- This operation can be performed in any mode. In the case of a setting mode (setting flashing on the screen), the hands will move out of the way automatically, even if you do not perform the above operation.
- Watch button functions are the same regardless of whether the hands are moved out of the way or at their normal positions.
- Changing to another mode will cause the hands to move back to their normal positions.
- The hands also will move back to their normal positions automatically if no operation is performed for about one hour.

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Timekeeping

Use the Timekeeping Mode to set and view the current time and date.

- Each press of **(A)** cycles the digital display contents as shown below.

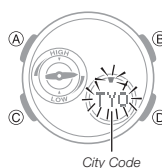


Tide indicator (Page E-32)

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Configuring Home City Settings

There are two Home City settings: actually selecting the Home City, and selecting either standard time or daylight saving time (DST).



To configure Home City settings

- In the Timekeeping Mode, hold down **(A)** until **ADJ** appears.
 - This indicates the city code setting mode.
 - The hour and minute hands automatically move out of the way at this time (page E-15).
- Press **(D)** (East) and **(B)** (West) to select the city code you want to use as your Home City.
 - Keep pressing **(D)** or **(B)** until the city code you want to select as your Home City appears on the display.
 - For details about city codes, see the "City Code Table" at the back of this manual.

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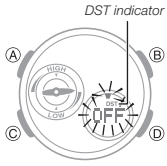
- After the setting is the way you want, press **(A)** to return to the Timekeeping Mode.

Note

- After you specify a city code, the watch will use UTC* offsets in the World Time Mode to calculate the current time for other time zones based on the current time in your Home City.
- * Coordinated Universal Time, the world-wide scientific standard of timekeeping. The reference point for UTC is Greenwich, England.

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To change the Daylight Saving Time (summer time) setting

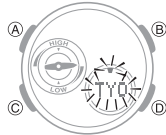
- 
- In the Timekeeping Mode, hold down (A) until **ADJ** appears.
 - This indicates the city code setting mode.
 - The hour and minute hands automatically move out of the way at this time (page E-15).
 - Press (C) to display the DST setting mode.
 - Press (D) to toggle between Daylight Saving Time (**ON**) and Standard Time (**OFF**).
 - Note that you cannot switch between daylight saving time and standard time while UTC is selected as your Home City.
 - After the setting is the way you want, press (A) to return to the Timekeeping Mode.
 - The **DST** indicator appears to indicate that Daylight Saving Time is turned on.

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Adjusting the Digital Time and Date Settings

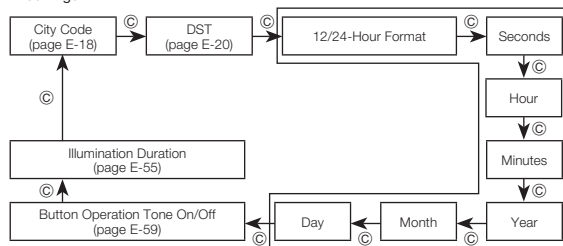
Use the procedure below to adjust the digital time and date settings.

To configure the digital time and date settings

- 
- In the Timekeeping Mode, hold down (A) until **ADJ** appears.
 - This indicates the city code setting mode.
 - The hour and minute hands automatically move out of the way at this time (page E-15).

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



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

Screen	To do this:	Do this:
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
00	Reset the seconds to 00	Press (D).
10:08	Change the hour or minute	Use (D) (+) and (B) (-).
2014	Change the year	Use (D) (+) and (B) (-).
6:30	Change the month or day	Use (D) (+) and (B) (-).

- Press (A) to exit the setting mode.

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Note

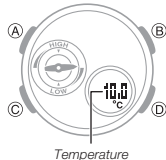
- Resetting the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The day of the week changes automatically when the date changes.

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Thermometer

This watch uses a temperature sensor to take temperature readings.
 • You can select either Celsius (°C) or Fahrenheit (°F) as the temperature measurement unit (page E-26).

To take a temperature reading

- 
- In the Timekeeping Mode, press (D). This will enter the Thermometer Mode, which is indicated by **TEMP** on the display.
 - If **TEMP** does not appear when you press (D), press it again (page E-12).
 - The temperature reading will appear about one second after **TEMP**.
 - The reading is updated at five-second intervals for two to three minutes. After that, the watch automatically returns to the Timekeeping Mode.

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Measurement unit: 0.1°C (or 0.2°F)
 Measurement range*: -10.0 to 60.0°C (or 14.0 to 140.0°F)
 * -- is displayed in place of the temperature when reading is outside the allowable range.

- Press (C) to return to the Timekeeping Mode.

To switch a temperature reading unit between Celsius (°C) and Fahrenheit (°F)

- Enter the Thermometer Mode (page E-12).
- Hold down (A) for at least two seconds until the temperature value disappears from the display.
 - When you release (A) the temperature value will start to flash.
 - The hour and minute hands automatically move out of the way at this time (page E-15).

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- Press (C).
 - This will cause the current measurement unit to flash.
- Use (D) to select the measurement unit you want.
- Press (A) to return to the Thermometer Mode.

Important!

- When **TYO (TOKYO)** is selected as the Home City, the temperature unit is set automatically to Celsius (°C). These settings cannot be changed.

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Correcting the Temperature Reading

The temperature sensor of this watch is adjusted at the factory and so further adjustment is not required by you. However, if you notice that the readings produced by the watch are different from readings produced by another instrument, you can use the procedure in this section to make corrections. You also can use this procedure to clear a correction.

Important!

- The watch will not be able to produce correct temperature readings if you make a mistake during the correction procedure. Check to make sure that the value you use for correction produces correct temperature readings.
- Before performing the following procedure, remove the watch from your wrist and leave it for about 20 or 30 minutes to allow the case temperature to become the same as the air temperature.

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- Enter the Thermometer Mode (page E-12).
- Hold down (A) for at least two seconds until the temperature value disappears from the display.
 - When you release (A) the temperature value will start to flash.
 - The hour and minute hands automatically move out of the way at this time (page E-15).
- Use (D) (+) and (B) (-) to calibrate the temperature value.
 - Calibration unit: 0.1°C (or 0.2°F)
 - Calibration range: -10.0 to 60.0°C (or 14.0 to 140.0°F)

Important!

- To cancel a temperature reading correction setting, hold down (D) and (B) at the same time. The watch will beep.
- Press (A) to return to the Thermometer Mode.

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Temperature Reading Precautions

Body temperature, direct sunlight, and humidity all have an effect on temperature readings. To help ensure more accurate temperature readings, remove the watch from your wrist, wipe it dry of any moisture, and place it in a well-ventilated location not exposed to direct sunlight for about 20 to 30 minutes before taking temperature readings.

Checking Tide Levels and Moon Ages (Tide/Moon)

You can use the watch to check tide levels and Moon ages.

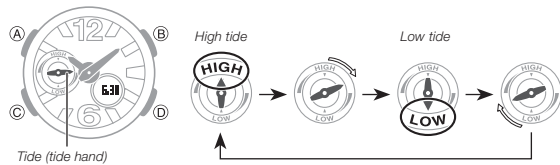
- Information is displayed for the currently selected Home Time City. You can also check information for another city by changing to a different Home City (page E-18).
- Note that the tide and Moon information displayed by this watch is approximate and is intended as general information only. Never try to use it for marine navigation or any other purposes requiring accurate measurements.

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Viewing Current Tide Conditions

You can display current tide conditions in the Timekeeping Mode as shown below (page E-12).

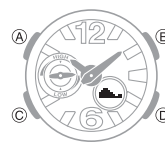


Note

- Except for the modes noted below, the current tide condition is displayed in all other modes.
 - Tide Change Mode (page E-33)
 - Tide/Moon Mode (page E-35)
 - Any setting mode (setting flashing on the screen)

Viewing Future Tide Changes

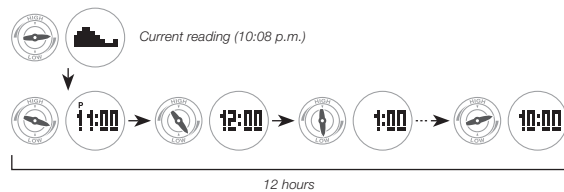
Your watch lets you view tide changes over the next 12 hours.



In the Timekeeping Mode, press **(D)**. This should cause the screen shown nearby to appear on the display. If this screen does not appear when you press **(D)**, press it again (page E-12). About one second after the screen appears, the watch starts a tide change indication routine.

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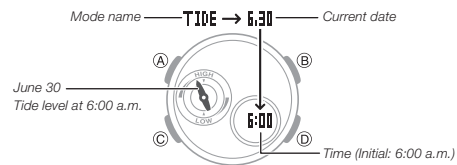
E-33



- The watch will return to the Timekeeping Mode after the tide change indication routine is complete.
- You can return to the Timekeeping Mode while a tide change indication routine is in progress by pressing **(C)**.

Checking Today's Tide Level and Moon Age

- In the Timekeeping Mode, press **(C)** twice to enter the Tide/Moon Mode (tide screen).
 - The display will change as shown below, and it will show the tide level for 6:00 a.m. on the today's date (June 30 in the example).

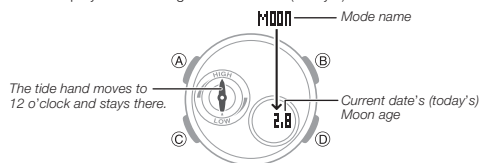


- If you want to check the Moon age, advance to step 3 of this procedure.

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- Use **(D)** to scroll the time until the one you want is displayed.
 - Each press of **(D)** advances the time by one hour and displays the tide level for that time.
 - Pressing **(C)** to change to another mode returns the time to its initial setting (6:00 a.m.).
- Press **(A)** to change to the Moon (Moon age) screen.
 - This will display the Moon age of the current (today's) date.



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Note

- Calculation error for the Moon age is ± 1 day.
- You can select any date between January 1, 2000 and December 31, 2099.
- If the tide indicator does not indicate the tide correctly, check the Timekeeping Mode time and Home City settings. If there is no problem with the time and Home City settings, refer to "Calibrating High Tide Times" (page E-39).

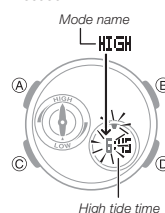
Checking Another Date's Tide Level and Moon Age

- Display the Tide/Moon Mode (Moon screen).
- Use **(D)** to scroll the date until the one you want is displayed.
 - The first press of **(D)** will change to the date display. Next, each press of **(D)** will advance the date by one.
 - About one second after you display the desired date, the Moon age for that date will appear on the display.
 - Pressing **(C)** to change to another mode returns the date to its initial setting (today's date).
- Press **(A)** to return to the tide screen.
 - This will display the tide level at 6:00 a.m. on the day you selected in step 2.
- Press **(D)** to change the time.
 - This will display the tide level at the time you change to.
 - Pressing **(C)** to change to another mode returns the time and date to their initial settings (6:00 a.m. today).

Calibrating High Tide Times

You can calibrate the high tide time with information you find on the Internet or in a newspaper. This will allow the watch to display more accurate information.

- Note that the high tide time differs according to your location and the current season.



- In the Tide/Moon Mode, hold down **(A)** for at least two seconds.
 - This will cause the high tide hour setting to start to flash.
 - The hour and minute hands automatically move out of the way at this time (page E-15).
- Use **(C)** to move the flashing between the hour and minute settings, and use **(D)** and **(B)** to change the currently flashing digits.
 - Set the time for the high tide on the date you selected in the Tide/Moon Mode. If there are two high tides on the selected date, set the time for the earlier one.

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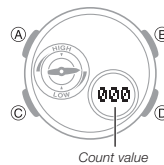
E-39

- To return the time setting to its initial default setting, press (D) and (B) at the same time.
 - Turning on summer time in the Timekeeping Mode, causes the high tide time also to be advanced by one hour.
3. Press (A) to complete the calibration process.
This returns to the tide screen.

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Counter

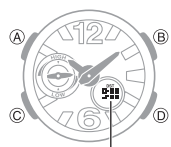
You can use the counter to count up to 999 objects or events.



1. In the Timekeeping Mode, press (C) to enter the Counter Mode (page E-13).
2. Use (D) (count up) and (A) (count down) to control the count.
 - To reset the count value to 000, hold down (A) for at least two seconds.

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Checking the Current Time in a Different Time Zone



World Time City information

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

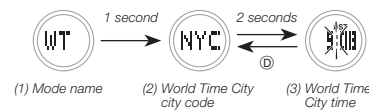
- The hour, minute, and tide hands indicate information for the currently selected Home City.

E-42

To enter the World Time Mode

Use (C) to select the World Time Mode as shown on page E-13.

- The display changes as shown below.



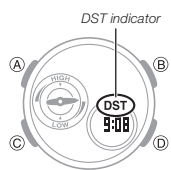
To view the time in another time zone

Press (D) to display the currently selected city code. Pressing (D) within two seconds after the city code appears, changes the city code setting.

- Each press of (D) advances to the next city code.
- To change the city code to UTC, press (B) and (D) at the same time.
- Press (A) to display the city code and name of the currently selected city.

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To specify standard time or daylight saving time (DST) for a city



1. In the World Time Mode, use (D) (East) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.

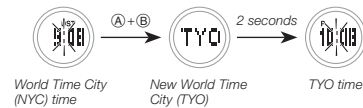
2. Hold down (A) for about two seconds.
 - This toggles the city code you selected in step 1 between Daylight Saving Time (DST indicator displayed) and standard time (DST indicator not displayed).
 - Note that you cannot switch between standard time/daylight saving time (DST) while UTC is selected as the World Time City.
 - The standard time/daylight saving time (DST) setting affects only the currently displayed city. Other cities are not affected.

E-44

To swap your Home City and World Time City

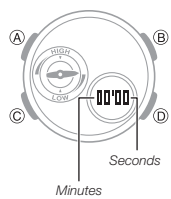
In the World Time Mode, press (A) and (B) at the same time. This swaps your Home City and World Time City.

Example: To swap the Home City (TYO) and World Time City (NYC)



Using the Stopwatch

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



E-46

To enter the Stopwatch Mode

Use (C) to select the Stopwatch Mode as shown on page E-13.

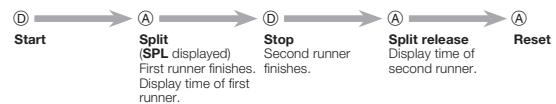
To perform an elapsed time operation



To pause at a split time



To measure two finishes



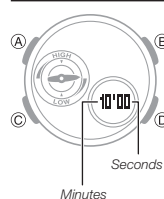
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Note

- The Stopwatch Mode can indicate elapsed time up to 59 minutes, 59 seconds.
- Once started, stopwatch timing continues until you press (D) to stop it, even if you exit the Stopwatch Mode to another mode and even if timing reaches the stopwatch limit defined above.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.

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Countdown Timer



The countdown timer can be set within a range of one minute to 60 minutes. An alarm sounds when the countdown reaches zero.

To enter the Countdown Timer Mode

Use (C) to select the Countdown Timer Mode as shown on page E-13.

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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 mode.
 - The hour and minute hands automatically move out of the way at this time (page E-15).
 - If the countdown start time is not displayed, use the procedure under "To perform a countdown timer operation" (page E-51) to display it.

- Use (D) (+) and (B) (-) to change the setting.
 - You can set a start time in the range of 1 to 60 minutes in 1-minute increments.
- Press (A) to exit the setting mode.

E-50

To perform a countdown timer operation



- Before starting a countdown timer operation, check to make sure that a countdown operation is not in progress (indicated by the seconds counting down). If it is, press (D) to stop it and then (A) to reset to the countdown start time.

To stop the alarm

Press any button.

E-51

Using the Alarm



The watch beeps for about 10 seconds when the alarm time is reached. The hourly time signal causes the watch to beep every hour on the hour.

To set an alarm time

- Use (C) to select the Alarm Mode as shown on page E-13.
 - This will cause the display to change as shown below.
 - If SIG appears on the display, press (D).



- Hold down (A) for about two seconds until the alarm time starts to flash. This is the setting mode.
 - The hour and minute hands automatically move out of the way at this time (page E-15).
- Press (C) to move the flashing between the hour and minute settings.
- While a setting is flashing, use (D) (+) and (B) (-) to change it.
- Press (A) to exit the setting mode.

To test the alarm

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

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

- In the Alarm Mode, use (D) to select an alarm or the Hourly Time Signal.
 - Each press of (D) cycles between the alarm time screen and the hourly time signal SIG setting screen.
- Press (A) to toggle the displayed setting (alarm or hourly time signal) between on and off.

To stop the alarm

Press any button.

Illumination

The face of the watch is illuminated for easy reading in the dark.

To turn on illumination

In any mode (except a setting mode), press (B) to illuminate the display.

Illumination Precautions

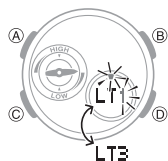
- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Changing the Illumination Duration

- In the Timekeeping Mode, hold down (A) until ADJ appears.
 - This indicates the city code setting mode.
 - The hour and minute hands automatically move out of the way at this time (page E-15).

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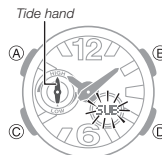
- Press (C) 10 times to display the illumination duration setting screen (page E-22). The screen will show either LT1 or LT3.
- Press (D) to toggle the illumination duration setting between LT1 (1.5 seconds) and LT3 (3 seconds).
- After all the settings are the way you want, press (A) to exit the setting screen.

Adjusting Hand Positions

The watch hands can go out of alignment with the time on the digital display if it is exposed to strong magnetism or impact. If this happens, you should adjust the hand positions.

Important!

- You do not need to perform the operation below as long as the analog hands indicate the same time as the digital display.

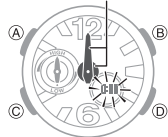


- Hold down (A) for about five seconds until H.SET appears.
 - This indicates the tide hand adjustment mode.
 - Though ADJ will appear as you hold down (A), do not release the button yet.
- If the tide hand is not at 12 o'clock, use (D) and (B) to adjust it until it is.

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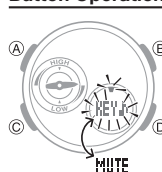
Hour hand and minute hand



- Press (C).
 - This enters the hour and minute hand adjustment mode.
 - Press (C) again* to enter the tide hand adjustment mode.
 - * Nothing will happen if you press (C) while the hands are moving.
- If the hour and minute hands are not at 12 o'clock, use (D) and (B) to adjust them until they are.

- Press (A) to return to the Timekeeping Mode. Check to make sure that the time indicated by the hands matches the time on the digital display. If the times don't match, perform the correction procedure above again.

Button Operation Tone



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 the Timekeeping Mode, hold down (A) until ADJ appears.
 - This indicates the city code setting mode.
 - The hour and minute hands automatically move out of the way at this time (page E-15).
- Press (C) nine times to display the button operation tone On/Off screen (page E-22). The screen will show either KEY or MUTE.

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- Press **D** to toggle the setting between **KEY** (ON) and **MUTE** (OFF).
- After all the settings are the way you want, press **A** to exit the setting screen.

Troubleshooting

Time Setting

■ The current time setting is off by hours.

Your Home City setting may be wrong (page E-18). Check your Home City setting and correct it, if necessary.

■ The current time setting is off by one hour.

You may need to change your Home City's standard time/daylight saving time (DST) setting. Use the procedure under "Adjusting the Digital Time and Date Settings" (page E-21) to change the standard time/daylight saving time (DST) setting.

Sensor modes

■ Why can't I change the temperature unit setting?

The temperature unit setting is always Celsius (°C) whenever **TOKYO** is selected as the Home City. In this case, the setting cannot be changed.

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■ Why does "ERR" appear while a sensor operation is in progress?

Subjecting the watch to strong impact can cause sensor malfunction or improper contact of internal circuitry. When this happens, **ERR** (error) will appear on the display and sensor operations will be disabled.

- If **ERR** appears while a measurement operation is being performed in a sensor mode, restart the measurement. If **ERR** appears on the upper display again, it can mean there is something wrong with the sensor.
- If **ERR** keeps appearing during measurement, it could mean there is a problem with the applicable sensor.

World Time Mode

■ The time for my World Time City is off in the World Time Mode.

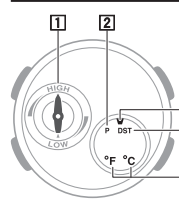
This could be due to incorrect switching between standard time and daylight saving time. See "To specify standard time or daylight saving time (DST) for a city" (page E-44) for more information.

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Main Indicators

Number	Name	See
1	Tide Indicator	E-32
2	PM indicator	E-17
3	Hands shifted indicator	E-15
4	DST indicator	E-20, E-44
5	Temperature unit	E-26



Specifications

Accuracy at normal temperature: ±30 seconds a month

Digital 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)

Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)

Thermometer:

Measurement and display range: -10.0 to 60.0°C (or 14.0 to 140.0°F)

Display unit: 0.1°C (or 0.2°F)

Measurement timing: Every five seconds in the Thermometer Mode

Other: Calibration; Selectable measurement unit

Temperature Sensor Precision:

±2°C (±3.6°F) in range of -10 to 60°C (14.0 to 140.0°F)

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Other: Button operation tone on/off; Moving the Hands to View the Digital Display

Power Supply: Two silver oxide batteries (Type: SR726W)

Approximate battery operating time: 2 years under the following conditions:

- 1 illumination operation (1.5 seconds) per day
- Alarm: 10 seconds/day
- Temperature readings: Once/week

Frequent use of illumination runs down the battery.

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L-1

Tide/Moon: Tide (tide hand), Moon age

Tide change indication, time/date selection

Counter: 0 to 999

World Time: 48 cities (31 time zones)

Other: Daylight Saving Time/Standard Time

Stopwatch:

Measuring unit: 1 second

Measuring capacity: 59'59"

Measuring modes: Elapsed time, split time, two finishes

Countdown Timer:

Measuring unit: 1 second

Countdown range: 60 minutes

Countdown start time setting range: 1 to 60 minutes (1-minute increments)

Alarms: Daily alarm; Hourly time signal

Illumination: LED (light-emitting diode); Selectable illumination duration (approximately 1.5 seconds or 3 seconds)

City Code Table

City Code	City name	UTC Offset/ GMT Differential	City Code	City name	UTC Offset/ GMT Differential
PPG	PAGO PAGO	-11	RAI	PRAIA	-1
HNL	HONOLULU	-10	UTS		
ANC	ANCHORAGE	-9	LIS	LISBON	0
YVR	VANCOUVER	-8	LON	LONDON	
LAX	LOS ANGELES	-8	MAD	MADRID	
YEA	EDMONTON	-7	PAR	PARIS	
DEN	DENVER	-7	ROM	ROME	+1
MEX	MEXICO CITY	-6	BER	BERLIN	
CHI	CHICAGO	-5	STO	STOCKHOLM	
NYC	NEW YORK	-5	ATH	ATHENS	
SCL	SANTIAGO	-4	CAI	CAIRO	+2
YHZ	HALIFAX	-4	JRS	JERUSALEM	
YYT	ST. JOHN'S	-3.5	MOW*	MOSCOW	+3
RIO	RIO DE JANEIRO	-3	JED	JEDDAH	
FEN	F. DE NORONHA	-2	THR	TEHRAN	+3.5

L-2

City Code	City name	UTC Offset/ GMT Differential
DXB	DUBAI	+4
KBL	KABUL	+4.5
KHI	KARACHI	+5
DEL	DELHI	+5.5
KTM	KATHMANDU	+5.75
DAC	DHAKA	+6
RGN	YANGON	+6.5
BKK	BANGKOK	+7
SIN	SINGAPORE	
HKG	HONG KONG	+8
BJS	BEIJING	
TPE	TAIPEI	
SEL	SEOUL	+9
TYO	TOKYO	
ADL	ADELAIDE	+9.5
GUM	GUAM	+10
SYD	SYDNEY	

City Code	City name	UTC Offset/ GMT Differential
NOU	NOUMEA	+11
WLG	WELLINGTON	+12

* As of December 2013, the official UTC offset for Moscow, Russia (MOW) has been changed from +3 to +4, but this watch still uses an offset of +3 (the old offset) for MOW. Because of this, you should leave the summer time setting turned on (which advances the time by one hour) for the MOW time.

• This table shows the city codes of this watch.

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

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