

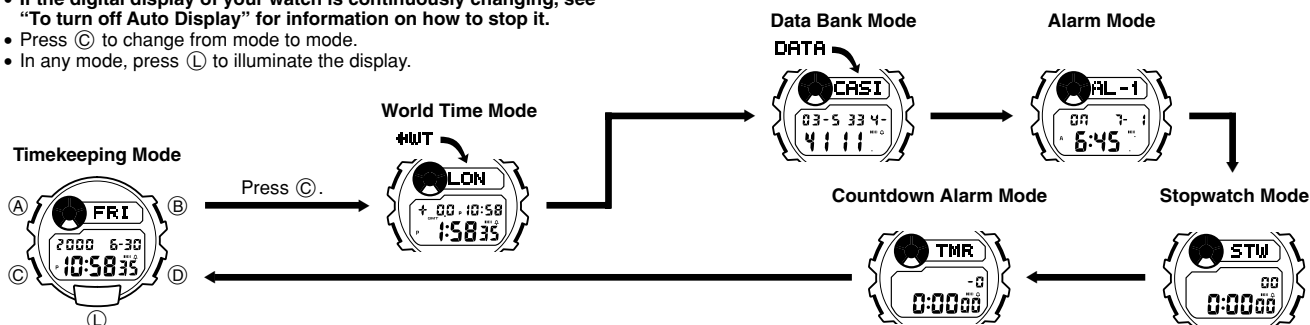
ABOUT THIS MANUAL



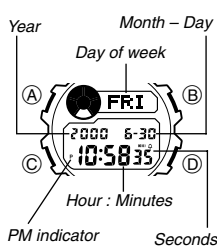
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "REFERENCE" section.

GENERAL GUIDE

- If the digital display of your watch is continuously changing, see "To turn off Auto Display" for information on how to stop it.
- Press (C) to change from mode to mode.
- In any mode, press (L) to illuminate the display.



TIMEKEEPING



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

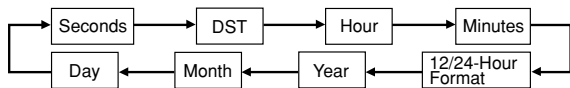
To reset the seconds count to zero

1. In the Timekeeping Mode, hold down (A) until the second digits start to flash, which indicates the setting screen.
2. Press (D) to reset the seconds count to 00.
 - Pressing (D) while the seconds count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes count is unchanged.
3. Press (A) to exit the setting screen.

To set the time and date



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



- See "Daylight Saving Time (DST)" for details on the DST setting.
- 3. While a setting is flashing, use (D) (+) and (B) (-) to change it.
- When the 12/24-hour setting is selected, press (D) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
- 4. Press (A) to exit the setting screen.

Daylight Saving Time (DST)

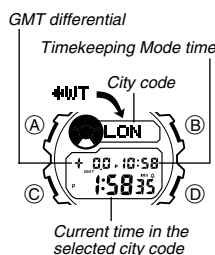
Daylight Saving Time automatically advances the time setting by one hour from Standard Time. Remember that the not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time



1. In the Timekeeping Mode, hold down (A) until the second digits start to flash, which indicates the setting screen.
2. Press (C) to move the flashing to the DST On/Off setting.
3. Press (D) to toggle between Daylight Saving Time (DST) and standard time (ST).
4. Press (A) to exit the setting screen.
 - The DST indicator appears on the display to indicate that daylight saving time is turned on.

WORLD TIME



The World Time Mode shows you the current time in 27 cities (29 time zones) around the world.

- For full information on city codes, see the "CITY CODE TABLE" at the back of this manual.
- The time settings of the Timekeeping Mode and the World Time Mode are independent from each other, so you must make separate settings for each.
- Whenever you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.
- World Time functions are available in the World Time Mode, which you can enter using (C).

To view the time in another zone

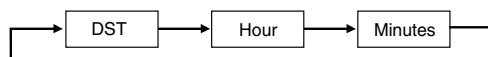
While in the World Time Mode, press (D) to scroll forward through the city codes (time zones) and (B) to scroll back.

To set the World Time



1. In the World Time Mode, use (B) and (D) to scroll through the city codes (time zones) and find the one you want.
2. Hold down (A) until the DST On/Off setting starts to flash, which indicates the setting screen.

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

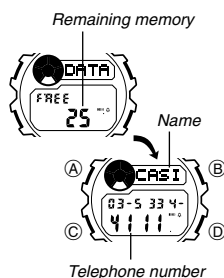


- While the hour or minutes setting is selected (flashing), use (D) (+) and (B) (-) to change it.
- While DST setting is selected (flashing), press (D) to toggle between Daylight Saving Time (DST) and standard time (ST).
- 4. Press (A) to exit the setting screen.

To toggle a time zone between standard time and Daylight Saving Time

1. In the World Time Mode, use (B) and (D) to display the city code (time zone) whose standard time/Daylight Saving Time setting you want to change.
 - Note that you cannot switch between standard time and Daylight Saving Time while 'GMT' is selected as the city code.
2. Hold down (A) until the DST On/Off setting starts to flash on the display.
3. Press (D) to toggle between Daylight Saving Time (DST) and standard time (ST).
4. Press (A) to exit the setting screen.
 - The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.

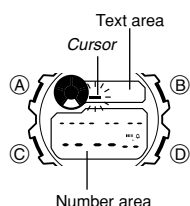
DATA BANK



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

- See "CHARACTER LIST" at the back of this manual for details on how the watch sorts records.
- If there is no data stored in the Data Bank Mode, the message **DATA FULL** appears following the remaining memory screen.
- Data Bank functions are available in the Data Bank Mode, which you can enter using **(C)**.

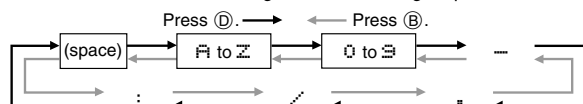
To create a new Data Bank record



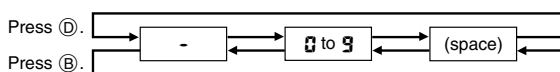
New Data Screen

- In the Data Bank Mode, press **(B)** and **(D)** at the same time to display the new data screen.
 - The new data screen is the one that is blank (contains no name and telephone number).
 - If the message **DATA FULL** appears on the display, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
- Hold down **(A)** until the flashing cursor appears in the text area of the display.

- Use **(B)** and **(D)** to change the character at the cursor position in the text area. The character changes in the following sequence.



- When the character you want is at the cursor position, press **(C)** to move the cursor to the right.
- Repeat the steps 3 and 4 until your text is complete.
 - You can input up to eight characters for the name.
- After you input a name, use **(C)** to move the cursor to the number area.
 - The text area can hold up to eight characters. When the cursor is located at the eighth space of the text area, moving the cursor to the right causes it to jump down to the first digit of the number area. When the cursor is at the 14th digit of the number area, moving it to the right (by pressing **(C)**) causes it to jump back to the first character in the text area.
- Use **(B)** and **(D)** to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.



- When the character you want is at the cursor position, press **(C)** to move the cursor to the right.
- Repeat steps 7 and 8 until you complete number input.
 - You can input up to 14 digits for the number.
- After inputting your data, press **(A)** to store it.
 - When you press **(A)** to store data, the message **SOFT** appears on the display for a while. After the sort operation is complete, the cursor appears in the text area, ready for input a new Data Bank record.
 - Pressing **(A)** to store data after you input the 30th record causes the message **FULL** to appear after the **SOFT** message. At this time, the watch returns to the Data Bank record screen (without the cursor).
- Input more data (starting from step 3) or press **(A)** again to return to the Data Bank record screen (without the cursor).
 - The text area of the display can show only four characters at a time, so longer text scrolls continuously from right to left.

To recall Data Bank records

In the Data Bank Mode, press **(D)** to scroll forward through records or **(B)** to scroll in reverse.

To edit a Data Bank record

- In the Data Bank Mode, scroll through the records and display the one you want to edit.
- Hold down **(A)** until the flashing cursor appears in the text area of the display.

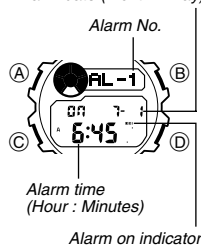
- Use **(C)** to move the flashing to the character you want to change.
- Use **(B)** and **(D)** to change the character.
 - For details on inputting characters, see "To create a new Data Bank record" (step 3 for name input and 7 for number input).
- After making the changes that you want, press **(A)** to store them and return to the Data Bank record screen.

To delete a Data Bank record

- In the Data Bank Mode, scroll through the records and display the one you want to delete.
- Hold down **(A)** until the flashing cursor appears in the text area of the display.
- Press **(B)** and **(D)** at the same time to delete the record.
 - At this time the cursor appears in the text area, ready for input.
- Input data or press **(A)** to return to the Data Bank record screen.

ALARM

Alarm date (Month - Day)



You can set up to five independent alarms with hour, minutes, month, and day. When the alarm is turned on, the alarm tone sounds when the time is reached. You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- The alarm number (AL-1 through AL-5) indicates an alarm screen. **SIG** appears in place of the alarm number when the Hourly Time Signal screen is shown.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you can enter using **(C)**.

Alarm Types

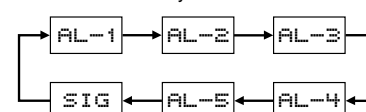
The alarm type is determined by the settings you make, as described below.

- **Daily alarm**
Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.
- **Date alarm**
Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.
- **1-Month alarm**
Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.
- **Monthly alarm**
Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

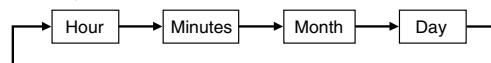
To set an alarm time



- In the Alarm Mode, press **(D)** to select the alarm whose time you want to set.



- After you select an alarm, hold down **(A)** until the hour digits of the alarm time start to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.
- Press **(C)** to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use **(D)** (+) and **(B)** (-) to change it.
 - To set an alarm that does not include a month (Daily alarm, Monthly alarm), set -- for the month. Press **(B)** or **(D)** until the -- mark appears (between 12 and 1) while month setting is flashing.
 - To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set -- for the day. Press **(B)** or **(D)** until the -- mark appears (between 31 and 1) while the day setting is flashing.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (**A** indicator) or p.m. (**P** indicator).
- Press **(A)** to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 20 seconds, or until you stop it by pressing any button.





To test the alarm

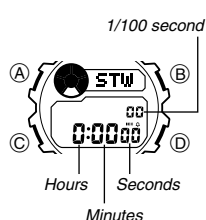
In the Alarm Mode, hold down **(D)** to sound the alarm.

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

1. In the Alarm Mode, press (D) to select an alarm or the Hourly Time Signal.
2. When the alarm or the Hourly Time Signal you want to is selected, press (B) to turn it on and off.

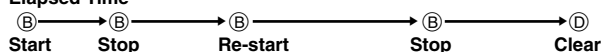
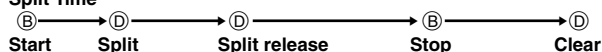
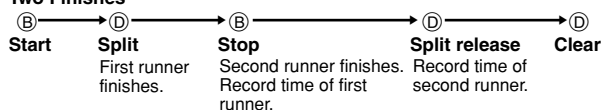
Note

- The on/off status of an alarm is indicated on the corresponding alarm screen (F1 through F5). The symbol  along with the message "ON" indicates an alarm is turned on, while the message "OFF" without the  symbol indicates the alarm is turned off.
- The on/off status of the Hourly Time Signal is indicated on the F1 screen. The symbol  along with the message "ON" indicates the Hourly Time Signal is turned on, while the message "OFF" without the  symbol indicates it is turned off.
- The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.
- If any alarm is on, the alarm on indicator is shown on the display in all modes.
- An "X" mark above the alarm on indicator or Hourly Time Signal on indicator means that battery power is too low to produce the alarm tone or signal. The alarm tone or signal will sound again after normal battery power is restored.

STOPWATCH

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. It also includes Auto-Start.

- 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.
- Stopwatch functions are available in the Stopwatch Mode, which you can enter using (C).

To measure times with the stopwatch**Elapsed Time****Split Time****Two Finishes****About Auto-Start**

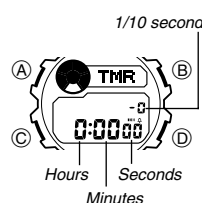
With Auto-Start, the watch performs a 5-second countdown, and stopwatch operation starts automatically when the countdown reaches zero.

During the final three seconds of the countdown, a beeper sounds with each second.

To use Auto-Start

1. While the stopwatch screen is showing all zeros in the Stopwatch Mode, press (A).
 - This displays a 5-second countdown screen.
 - To return to the all zeros screen, press (A) again.
2. Press (B) to start the countdown.

- When the countdown reaches zero, a tone sounds and a stopwatch timing operation starts automatically.
- Pressing (B) while the Auto-Start countdown is in progress immediately starts the stopwatch.

COUNTDOWN ALARM

The countdown timer can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds.

- You can also select auto repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- Countdown alarm functions are available in the Countdown Alarm Mode, which you can enter using (C).

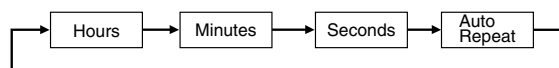
To use the countdown timer

Press (B) while in the Countdown Alarm Mode to start the countdown timer.

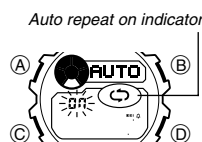
- When the countdown reaches zero and auto repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- Press (B) while a countdown operation is in progress to pause it. Press (B) again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing (B)), and then press (D). This returns the countdown time to its starting value.



To set the countdown time

1. In the Countdown Alarm Mode, hold down (A) until the hour digit of the countdown time starts to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.



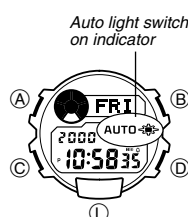
3. While a setting is flashing, use (D) (+) and (B) (-) to change it.
 - To set the starting value of the countdown time to 24 hours, set 0:00 00.
 - See "To turn auto repeat on and off" below for details on the Auto Repeat setting.
4. Press (A) to exit the setting screen.

To turn auto repeat on and off

1. In the Countdown Alarm Mode, hold down (A) until the hour digit of the countdown time starts to flash, which indicates the setting screen.
2. Press (C) three times to move the flashing to the Auto Repeat setting.
3. Press (D) to turn auto repeat on ( displayed) and off ( displayed).
4. Press (A) to exit the setting screen.

Note

- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero. You can stop timing by pressing (B), and manually reset to the starting countdown time by pressing (D).
- Normally, an alarm tone sounds for about 10 seconds when the end of the countdown is reached. If you use auto repeat with start time of 10 seconds or less, the alarm tone sounds for only one second.
- Frequent use of auto repeat with a short countdown time can reduce the charge of the storage battery and cause the countdown time alarm to become disabled, so it does not sound.

BACKLIGHT

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight 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 "Backlight Precautions" for other important information about using the backlight.

To turn on the backlight manually

In any mode, press \odot to illuminate the display for about two seconds.

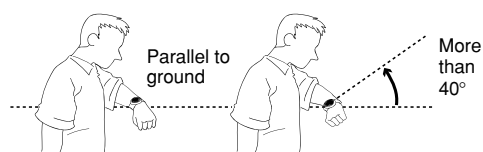
- The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes the backlight 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.

- Be sure to wear the watch on the outside of your left wrist while using the auto light switch.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the backlight to turn on.

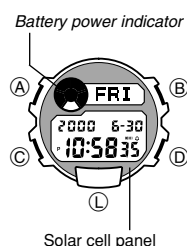
**Warning!**

- 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, riding a bicycle or motorcycle, driving a car, 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 surprise or distract others around you.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down \odot for two seconds to turn the auto light switch on (AUTO-EL displayed) and off (AUTO-EL not displayed).

- The auto light switch on indicator (AUTO-EL) is on the display in all modes while the auto light switch is turned on.
- Frequent use of the auto light switch greatly reduces the charge of the storage battery. If you use the auto light switch often, be sure to leave the watch where it is exposed to sunlight during the daytime so it can recharge the storage battery. 10 minutes exposure to sunlight provides enough of a charge for about 10 to 20 auto light switch operations.

BATTERY

This watch is equipped with a solar cell and a storage battery (secondary battery) that is charged by the electrical power produced by the solar cell.

- The area outside of the LCD digital area is a solar cell panel that picks up available light to charge the storage battery.
- A Sleep Mode is provided to conserve battery power.

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 storage battery power to run down. Be sure that the watch is normally exposed to light whenever possible.
- This watch employs a solar cell that converts light into electricity that charges a built-in storage battery. Normally, the storage battery should not need replacement, but after very long use over a number of years, the storage battery may lose its ability to achieve a full charge. Should you notice problems with getting the storage battery to a full charge, contact your dealer or CASIO distributor about having the storage battery replaced.
- The storage battery should be replaced with a CASIO-specified ML-2016 battery only. Other storage batteries can cause damage to the watch.
- Be sure to put the watch into its Sleep Mode and keep in an area normally exposed to light when storing it for long periods. This helps to keep the storage battery from going dead.

Battery Power Indicator

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

Level	Indicator	Function Status
1		All functions enabled.
2		All functions enabled.
3		All functions enabled.
4		Alarms, Hourly Time Signal, backlight, display disabled; timekeeping enabled.
5		Alarms, Hourly Time Signal, backlight, display, timekeeping disabled.

- At Level 4, the display is disabled but timekeeping and other functions continue to operate internally. Pressing any button causes the Timekeeping Mode screen to appear for two or three minutes.
- At Level 5, all functions are disabled. Functions are enabled once again after the storage battery is charged, but anything previously stored in memory is lost. Because of this, you must set the current time and alarms, and re-input Data Bank records after the storage battery is charged.
- Leaving the watch in direct sunlight or some other very strong light source can cause the battery power indicator to temporarily show a reading that is actually higher than the battery level. The correct battery power indicator should appear after a few minutes.
- Frequent backlight and alarm operations over a short period put a heavy load on the battery, which can cause the battery power indicator to flash, indicating that the backlight and alarm are disabled. Normal operations should return after the battery recovers from the overload condition. The above condition can occur after about consecutive 200 backlight operations or about 360 alarm operations.

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 storage battery.

Warning!

Leaving the watch in sunlight to charge its storage battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury.

- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight or in any other area exposed to intense heat for long periods

Charging Guide

The following are required charge times when the backlight is used for two seconds and the alarm sounds for 20 seconds per day:

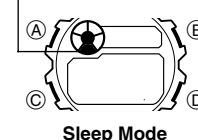
- Approximately 8 hours of 500 lux (indoor fluorescent lighting) per day
- Approximately 1 hour 15 minutes of 3,000 lux (direct fluorescent lighting) per day
- Approximately 50 minutes of 36,000 lux (afternoon outdoor sunlight) per week (7 minutes per day)

The following are required charge times when the backlight is used for 30 seconds and the alarm sounds for 20 seconds per day:

- Approximately 4 hours of 3,000 lux (direct fluorescent lighting) per day
- Approximately 2 hours 20 minutes of 36,000 lux (afternoon outdoor sunlight) per week (20 minutes per day)

To enter the Sleep Mode

Sleep Mode indicator



Sleep Mode

In any mode (except while figures are flashing on the display for input), hold down \odot for about two seconds.

- This enters the Sleep Mode, which causes all figures (except Sleep Mode indicator) to disappear from the display. Timekeeping and other functions continue to be performed internally, however.
- Alarms, the Hourly Time Signal, and the backlight are disabled while the watch is in the Sleep Mode.
- Pressing any button (except \odot) exits the Sleep Mode and enters the Timekeeping Mode.

About Auto Display

Auto Display is a demonstration feature that continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions while Auto Display is operating.

To turn off Auto Display

Hold down (A) for about two seconds until the watch beeps.

To turn on Auto Display

- In any mode (except while figures are flashing on the display for input), hold down (C) for about two seconds to enter the Sleep Mode.
- Hold down (A) for about two seconds until the watch beeps. This indicates that Auto Display is on.
 - Leaving the watch in a dark area can cause Auto Display operation to stop. Normal operation should resume when the watch is again exposed to light.
 - Auto Display cannot be turned on while the storage battery is at Level 4 or Level 5. Auto Display also turns off automatically whenever the storage battery drops to Level 4 or Level 5.

More than 15 degrees too high



- The backlight may not light 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.
- The backlight turns off in about two 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 the backlight does not light, 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, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

REFERENCE

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

Auto Return Features

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

Data and Setting 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 through the data at high speed.

Initial Screens

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

Timekeeping

- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2039.

12-hour/24-hour Timekeeping Formats

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in all modes.

- 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 the **A** (AM) 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, with **24** indicator.

World Time

- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.

Backlight Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight 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.
- The backlight automatically turns off whenever an alarm sounds.
- The backlight remains lit for about two seconds from the point you press the button, even if it is already lit when you press the button. If you keep the button depressed for two seconds or more, the backlight automatically turns off.

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.

CHARACTER LIST

1	(space)	10	I	19	R	28	0	37	S
2	A	11	J	20	E	29	1	38	-
3	B	12	K	21	T	30	2	39	.
4	C	13	L	22	U	31	3	40	/
5	D	14	M	23	V	32	4	41	:
6	E	15	N	24	W	33	5		
7	F	16	O	25	X	34	6		
8	G	17	P	26	Y	35	7		
9	H	18	Q	27	Z	36	8		

CITY CODE TABLE

City Code	City	GMT Differential	Other major cities in same time zone
---		-11	PAGO PAGO
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-9	NOME
LAX	LOS ANGELES	-8	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-7	EL PASO, EDMONTON
CHI	CHICAGO	-6	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-5	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-4	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-3	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		-2	
---		-1	PRAIA
GMT		+00	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
LON	LONDON		
PAR	PARIS	+01	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
CAI	CAIRO		
JRS	JERUSALEM	+02	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JED	JEDDAH	+03	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI, MOSCOW
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+04	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+05	MALE
DEL	DELHI	+5.5	MUMBAI, CALCUTTA
DAC	DHAKA	+06	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+07	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+08	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	+09	SEOUL, PYONGYANG
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAU
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

•Based on data as of June 2000.