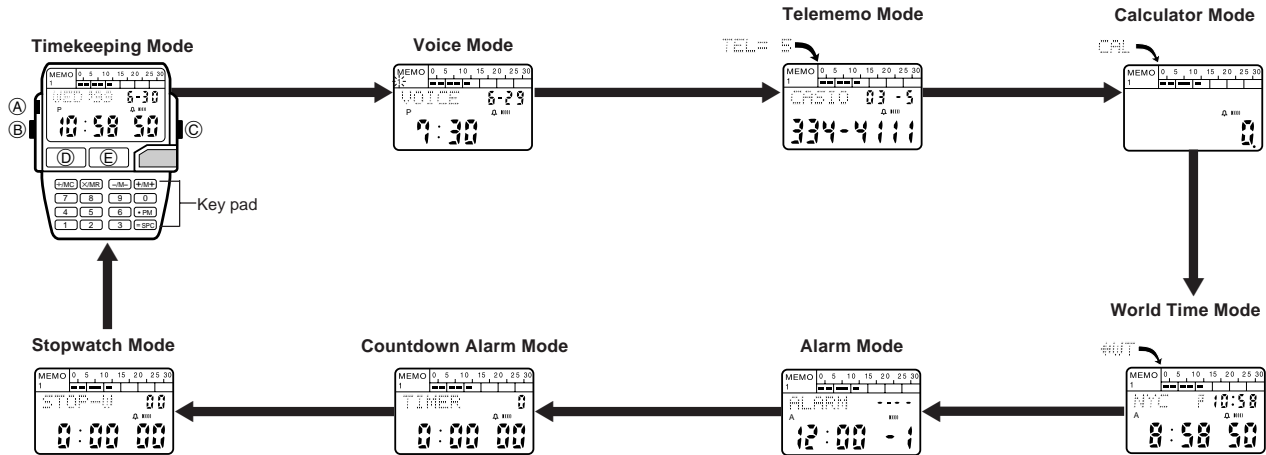


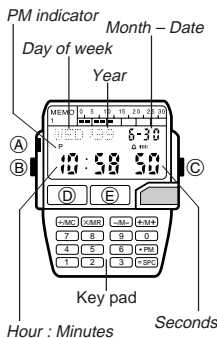
GENERAL GUIDE

- Press (B) to change from mode to mode. Hold down (B) for one or two seconds in any mode to switch back to the Timekeeping Mode.

- In any mode, press (C) to illuminate the display for about two seconds.



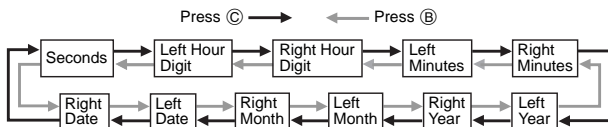
TIMEKEEPING MODE



- Hold down (MEMO) in the Timekeeping Mode to display the Telememo data you last accessed.
- Alarm data (the data that was on the display the last time you exited the Alarm Mode) is shown on the display as long as you hold down (MEMO) in the Timekeeping Mode.

To set the time and date

1. Press (A) while in the Timekeeping Mode. The seconds digits flash on the display because they are selected.
2. Press (B) or (C) to change the selection in the following sequence. Holding down either button changes the current selection at high speed.

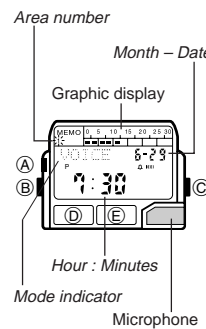


- While any selection is flashing, press (E) to switch between 12-hour and 24-hour formats.
- 3. While the seconds digits are selected (flashing), press (D) to reset the seconds to 00. If you press (D) while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
- 4. While any other digits (besides seconds) are selected (flashing), press the keys on the key pad to input the numbers you want.
- If you are using the 12-hour timekeeping format, the A (AM) or P (PM) indicator flashes along with the hour and minutes digits. While either hour digit or minutes digit is flashing, press (MEMO) to switch between AM and PM.
- The date can be set within the range of January 1, 1995 to December 31, 2094. Inputting a year from 95 to 99 is set as 1995 to 1999, while an input from 00 to 94 is set as 2000 to 2094.
- 5. After you set the time and date, press (A) to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the normal Timekeeping Mode automatically (no digit's flashing).

About the backlight

- In any mode, press (C) to illuminate the display for about two seconds.
- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch will emit an audible sound whenever the display is illuminated. It does not indicate malfunction of the watch.
- The backlight automatically turns off illuminating whenever an alarm sounds.

VOICE MODE



The Voice Mode lets you record and playback your voice or other sounds. You can also clear recordings when you no longer need them.

- The area number shows a value from 1 to 5 that indicates the location of a recording and number of recordings currently in memory.
- The watch also has a built-in speaker.
- If you do not operate any button for 2 or 3 minutes while in the Voice Mode, the watch automatically goes back to the Timekeeping Mode.

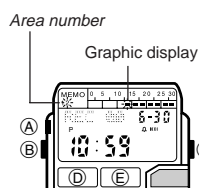
Recording Duration

The watch has enough voice memory for up to 30 seconds of sound data. You can make one recording 30 seconds long, or up to five recordings that total up to 30 seconds. Whenever you make a recording, the sound data is stored together with the date and time that the recording operation began.

Important!

- You can perform record, playback, and clear operations in the Timekeeping Mode, Voice Mode, or Telememo Mode. In the Timekeeping Mode and Telememo Mode voice memory contents can be played back in sequence starting from the newest recording. In the Voice Mode, you can select a specific area for playback.
- Total recording time is 30 seconds, and a full 30 seconds of recording are provided when only a single recording is stored in voice memory. A full 30 seconds of recording may not be provided when more than one recording is stored in voice memory (due to memory used up by memory partitioning).
- Once voice memory is full, you will not be able to record any more until you clear all existing data.
- It is always a good idea to check the number of recordings already in voice memory and the voice memory's remaining capacity before starting a new recording.
- All alarms (including the hourly time signal and Countdown Alarm) are temporarily turned off while a recording operation is being performed. Any alarm that occurs during a recording operation will sound after the recording operation is complete.
- If playback produces a sound that is broken or unclear, try changing the distance between the source of the sound and the microphone. Good results can normally be obtained by speaking clearly in a normal voice with about 5cm (2 inches) between your mouth and the microphone.

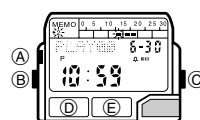
To record a sound



- In the Voice Mode, Timekeeping Mode, or Telememo Mode, hold down (D) for about one second until the watch beeps.
 - Release (D) after the watch beeps.
 - Recordings are stored in voice memory areas in sequence starting from area 1.
 - If voice memory is full or if there are already five recordings stored in voice memory, the message FULL appears in the upper part of the display for about one second after you press (D).

- Record the sound that you want.
 - The message REC remains in the upper part of the display and the number of the area being recorded to flashes while the record operation is in progress.
 - During a recording operation, the graphic display indicates the amount to voice memory remaining.
- To stop the record operation, press (D).
 - You can also stop recording by pressing (B) or (E) in place of (D) above.
 - When you stop the record operation, the message STOP appears on the display and then the watch returns to the mode you were in when you started the record operation.
 - It takes a moment for the record operation to stop after you press (B), (D) or (E).
 - The record operation stops automatically if voice memory becomes full.

To play back voice memory contents in sequence



- In the Voice Mode, Timekeeping Mode, Telememo Mode, press (E) to play back the contents of the highest numbered voice memory area (newest recording).
- Pressing (E) during playback jumps to playback of the contents of the next (lower numbered) voice memory.

- Pressing (E) while the contents of area 1 are playing back causes the highest numbered area contents to be played back again.
- When the end of voice memory contents is reached, the message STOP appears on the display for about one second, and then the watch returns to the mode it was in before you started voice memory playback.
- Press (D) or (B) to stop playback.

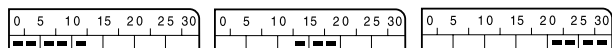
To play back the contents of a specific voice memory area

- In the Voice Mode, use (←MEM) and (MEM→) to select the voice memory area you want.
 - Each press of (MEM→) advances the flashing area number by one. Pressing (←MEM) selects the previous area number.
 - Numbers appear only for voice memory areas that contain sound data.
- Press (E) to play back the contents of the selected voice memory area.
 - After playback of the voice memory area you selected in step 1 is complete, the message STOP appears on the display for about one second, and then the watch returns to the Voice Mode.
 - Press (D) or (B) to stop playback. When you do, the message STOP appears on the display for about one second, and then the watch returns to the Voice Mode.
 - Pressing (E) after the watch switches back to the Voice Mode repeats playback of the selected memory area's contents.

About the graphic display

The graphic display of the watch provides you with recording time information at a glance. Each block (■) in the graphic display represents 2.5 seconds.

- In any mode other than the Voice Mode, the graphic display indicates the total number of seconds recorded in voice memory, as shown in the illustration on the left below. The graphic display shown in this illustration indicates there is about 12.5 seconds in total of data recorded in voice memory.
- In the Voice Mode, the graphic display shows the number of seconds recorded in the currently selected voice memory area, as shown in the middle illustration below.
- During recording (in the Voice, Timekeeping, or Telememo Mode), the graphic display shows the number of seconds of memory remaining, as shown in the illustration on the right below. The graphic display shown in this illustration indicates there is a total of 10 seconds of voice memory remaining.
- During playback (in the Voice, Timekeeping, or Telememo Mode), the graphic display shows the number of seconds recorded in the voice memory area being played back, as shown in the middle illustration below.

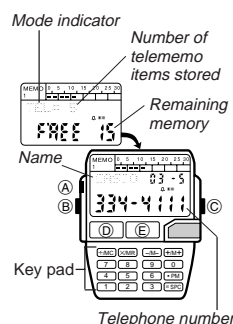


To clear voice memory contents

In the Voice Mode, Timekeeping Mode or Telememo Mode, hold down (SPC) for about three seconds until the watch beeps.

- This operation clears all data in voice memory. Note that you cannot clear data in a specific area.
- After the watch beeps, the message CLEAR remains on the display for a few seconds, and then returns to the mode you were in when you started the memory clear operation.
- You cannot perform a record operation while the CLEAR message is on the display.
- If voice memory contents are being used for a voice alarm, the messages CLEAR and ALARM alternate in the upper part of the display to indicate that the voice alarm is also being cancelled.

TELEMEMO MODE



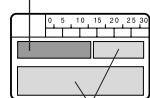
The Telememo Mode lets you store up to 20 pairs of name and telephone number data. Data is automatically sorted based on the characters of the name. You can recall data by scrolling through it on the display.

- Be sure to always keep separate written copies of all important data.
- See the "CHARACTER LIST" for details on how the watch sorts data.
- The data item on the display when you exit the Telememo Mode appears first the next time you enter the Telememo Mode.
- If you do not operate any button for 2 or 3 minutes while in the Telememo Mode, the watch automatically goes back to the Timekeeping Mode.

About text and number input

Text Area
(up to 8 characters)

There are two display areas where you can input characters: a text area and a number area.



Number Area
(up to 12 digits)

Text Area

Use this area for the Telememo name entry. You can input alpha characters (A through Z), numbers, hyphens, spaces, and colons.

- While the cursor is in the text area (see "To input new Telememo data"), use the key pad to input characters.

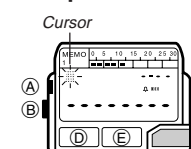
- Each key is assigned more than one character. Each press of a key sequentially changes the character at the cursor position. Pressing (1), for example, changes the characters at the cursor position in the sequence: 1 → 2 → 3 → 4 etc. The letters that a key inputs are printed below the key, while the number it inputs is printed on the key itself.
- Use (SPC) to input a space, (P) to input a period (.), (M) to input a hyphen (-), and (C) to input a colon (:).

Number Area

You can input numbers (0 to 9), hyphens (-) and spaces for telephone numbers in the Telememo Mode's number area.

- While the cursor is in the number area (see "To input new Telememo data"), use the key pad to input numbers.
- Use (SPC) to input spaces and (M) to input hyphens.

To input new Telememo data



[New Data Display]

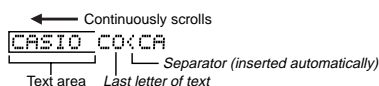
- In the Telememo Mode, press (←MEM) or (MEM→) until the new data display appears.

- The new data display is the one that is blank (contains no name and telephone number).
- If there is no Telememo data stored in memory yet, the new data display appears as soon as you enter the Telememo Mode.

- Press (A) and a cursor appears in the text area.

- Input a name in the text area.
 - See "Text Area" for details on how to input characters in the text area.
 - When the character you want is at the cursor position, press (C) to move the cursor to the right.
- 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 to the first digit in the number area. When the cursor is at the 12th digit of the number area, moving it to the right causes it to jump back up to the first character of the text area.
 - Pressing (B) moves the cursor to the left, while (C) moves it to the right.
- Input a telephone number in the number area.
 - See "Number Area" for details on how to input characters in the number area.

- Each time you input a digit, the cursor automatically moves to the right.
- If you make a mistake while inputting numbers, use **C** and **B** to move the cursor to the location of the error and input the correct data.
- 6. After inputting data, you can use **MEM** and **MEM** to return to the new data display and continue from step 3 to input more data.
- 7. After inputting all the data you want, press **A** to store it and return to the Telememo Mode.
- When you press **A** to store data, the message **SOFT** appears on the display for a few seconds. After the sort operation is complete, the normal Telememo Mode display (without the cursor) appears.
- The text area of the display can show only six characters at a time, so longer text scrolls continuously from right to left.



- If the message **FULL** appears in the text area of the display, it means that memory is full. To store more data, you will first have to delete some of the data stored in memory.
- If you do not perform any button operation for a few minutes while the cursor is on the display, the watch automatically returns to the normal Telememo Mode (without the cursor).

To recall Telememo data

In the Telememo Mode, press **MEM** to scroll forward through stored data items or **MEM** to scroll in reverse.

- Holding down either key scrolls through the data at high speed.

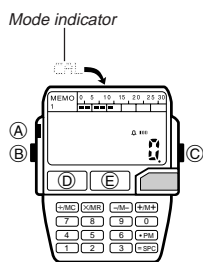
To edit Telememo data items

1. In the Telememo Mode, scroll through the data items and display the one you want to edit.
 2. Press **A** and a cursor appears in the text area.
 3. Use **B** and **C** to move the cursor to the character you want to change.
 4. Use the key pad to make any changes you want.
- For details on inputting characters, see "About text and number input".
5. After making the changes you want, press **A** to store them and return to the Telememo Mode.

To delete Telememo data

1. In the Telememo Mode, scroll through the data items and display the one you want to delete.
 2. Press **A** and a cursor appears in the text area.
 3. Hold down **E** until the watch emits a beep.
- At this time the cursor appears in the text area, ready for input.
4. Input data or press **A** to return to the Telememo Mode.

CALCULATOR MODE



The Calculator Mode lets you perform addition, subtraction, multiplication, and division and other operations using 8-digit values (7 digits for negative values, because one digit is used by the minus sign).

- If you do not operate any button for 6 or 7 minutes while in the Calculator Mode, the watch automatically goes back to the Timekeeping Mode.

To use the calculator

- Input calculation just as you do with any standard calculator, as shown in the examples below. Be sure to press **E** to clear the calculator before beginning each calculation.
- If the result of a calculation exceeds 8 digits, an **E** (error) indicator appears on the display. Press **E** to clear the error indicator.

Basic Calculations

The +, -, ×, and ÷ indicators appear on the display whenever you press the corresponding operation key.

Example	Operation	Display
12.3 + 74 - 90 = -3.7	12 PM 3 MEM 74 MEM 90 C SPC	-3.7
(12 - 0.5) × 3 ÷ 7 = 4.9285714	12 MEM PM 5 MEM 3 MEM 7 C SPC	4.9285714

Constant Calculations

Input the number you want to use as a constant, and then press one of the arithmetic keys twice. This causes the **K** indicator to appear on the display, indicating constant calculations.

Example	Operation	Display
10 ÷ 7 = 17	7 MEM MEM 10 C SPC	+K 17.
12 ÷ 7 = 19	12 C SPC	+K 19.
78 - 12 = 66	12 MEM MEM 78 C SPC	-K 66.
45 - 12 = 33	45 C SPC	-K 33.
2 × 12 = 24	12 MEM MEM 2 C SPC	×K 24.
5 × 12 = 60	5 C SPC	×K 60.
45 ÷ 9 = 5	9 MEM MEM 45 C SPC	÷K 5.
72 ÷ 9 = 8	72 C SPC	÷K 8.
17 + 17 + 17 + 17 = 68	17 MEM MEM C SPC C SPC C SPC	+K 68.
(2.3) ⁴ = 27.9841	2 PM 3 MEM MEM C SPC C SPC C SPC To perform the above (2.3) ² 2 PM 3 MEM C SPC MEM C SPC	×K 27.9841

Independent Memory

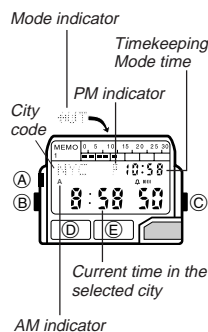
- To perform each of the following memory operations, press **D** to shift the keypad (**M** indicator appears on display), and then press **MEM**, **MEM**, **MEM**, or **MEM**.
- The **M** indicator is shown on the display while there is a value stored in independent memory.
- MEM** : Subtracts the displayed value from independent memory.
- MEM** : Adds the displayed value to independent memory.
- MEM** : Clears independent memory (**M** indicator disappears).
- MEM** : Recalls independent memory contents.

Example	Operation	Display
80 × 9 = 720	80 MEM 9 D MEM	M 720.
-) 50 × 6 = 300	50 MEM 6 D MEM	M 300.
20 × 3 = 60	20 MEM 3 D MEM	M 60.
480	D MEM	M 480.

To switch the key input tone on and off

In the Calculator Mode, press **A** to switch the key input tone on and off. The key input on/off setting you make in the Calculator Mode is applied to all other modes, except the Stopwatch Mode.

WORLD TIME MODE



The World Time Mode shows the current time in 24 time zones around the world. When you set the time for any time zone, all other zones are adjusted accordingly.

- For full information on city codes, see the "CITY CODE TABLE".
- The time zone that is displayed when you leave the World Time Mode will still be displayed when you enter the World Time Mode again.

To set the World Time

1. In the World Time Mode, use **MEM** and **MEM** to scroll through the time zones and find the one you want.
 2. Press **A** and the left hour digit flashes on the display because it is *selected*.
 3. Press **B** or **C** to move the flashing digit between the hour and minutes settings.
 4. While any digit is selected (flashing), use the key pad to change it.
- The 12-hour/24-hour format of the World Time matches the format you select in the Timekeeping Mode.
 - If you are using the 12-hour timekeeping format, the **A** (AM) or **P** (PM) indicator flashes along with the hour and minutes digits. While these digits are flashing, press **PM** to switch between AM and PM.
 - The seconds count of the World Time is synchronized with the seconds count in the Timekeeping Mode.
5. After you set the time, press **A** to return to the normal World Time Mode (digits stop flashing).

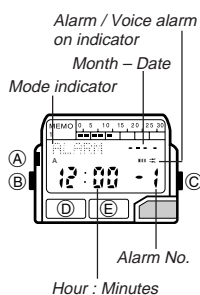
About daylight saving time (summer time)

With daylight saving time, clocks are set one hour later in order to better take advantage of daylight hours during the summer, when days are longer. Whether or not daylight saving time is used depends on the country you are in.

To switch the World Time Mode between standard time and daylight saving time

- In the World Time Mode, use **[C/MC]** or **[F/MF]** to display the time zone you want.
- Hold down **[D]** for about one second to switch between standard time and daylight saving time.
 - The indicator **DST** is shown on the display whenever daylight saving time is set.
 - Note that the daylight saving time/standard time setting affects only the currently displayed time zone. Other zones are not affected.

ALARM MODE



You can set five independent alarms with hour, minutes, month, and date. When the alarm is on, the alarm sounds at the preset time. Press any button to stop the alarm after it starts to sound. When the hourly time signal is on, the watch beeps every hour on the hour.

- You can use voice memory contents as your alarm sound.
- You can record, playback, and delete voice memory contents while setting the alarm (while the hour or minutes are flashing on the alarm screen). See "VOICE MODE" for details.

Alarm Types

The information you set determines the alarm type.

To set a Daily Alarm

Set the hour and minutes for the alarm time. Set -- for the month and date (see step 3 under "To set alarms"). This type of setting causes the alarm to sound every day at the time you set.

To set a Date Alarm

Set the month, date, 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.

To set a 1-Month Alarm

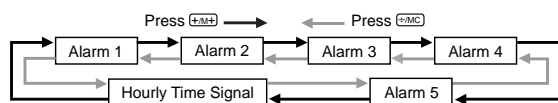
Set the month, hour and minutes for the alarm time. Set -- for the date (see step 3 under "To set alarms"). This type of setting causes the alarm to sound every day at the time you set, only during the month you set.

To set a Monthly Alarm

Set the date, hour and minutes for the alarm time. Set -- for the month (see step 3 under "To set alarms"). This type of setting causes the alarm to sound every month at the time you set, on the date you set.

To set alarms

- Use **[C/MC]** and **[F/MF]** in the Alarm Mode to select Alarm 1 through Alarm 5.



- After you select an alarm, press **[A]** and the left hour digit flashes because it is *selected*.

- At this time, the alarm is automatically turned on.
 - Use the key pad to input the alarm time.
 - The flashing selection automatically moves to the right each time you input a number. You can also use **[B]** and **[C]** to move the flashing digit between the hour, minutes, month, and date settings.
 - The 12-hour/24-hour format of the alarm time matches the format you select in the Timekeeping Mode.
 - If you are using the 12-hour timekeeping format, the **A** (AM) or **P** (PM) indicator flashes along with the hour and minutes digits. While these digits are flashing, press **[PM]** to switch between AM and PM.
 - When setting the alarm using 12-hour format, make sure that you set the time correctly as AM (**A**) or PM (**P**).
 - To set an alarm that does not include a month (daily alarm, monthly alarm), set -- for the month by pressing **[MC]** while the month digit is flashing.
 - To set an alarm that does not include date (daily alarm, 1-month alarm), set -- for the date by pressing **[MC]** while the date digit is flashing.
- After you set the alarm, press **[A]** to return to the Alarm Mode.

To turn an Alarm and hourly time signal on and off

- In the Alarm Mode, press **[C/MC]** or **[F/MF]** to select an alarm or the hourly time signal.
- When the alarm or hourly time signal you want to is selected, press **[D]** to turn it on and off.
 - When an alarm is selected, each press of **[D]** changes its setting in the following sequence:



- |||| indicates standard alarm is on.
- ||||| indicates voice alarm is on.
- A indicates hourly time signal is on.

- Any function whose indicator is not shown on the display is turned off.
- The standard alarm on indicator (||||), voice alarm on indicator (|||||), and the hourly time signal on indicator (A) are shown on the display in all modes while these functions are turned on.
- Turning on the voice alarm causes the contents of voice memory to be used as the alarm sound.

To test the alarm

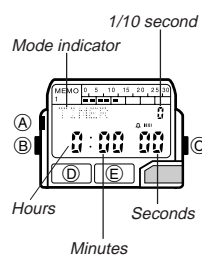
Hold down **[E]** while in the Alarm Mode to sound the alarm.

- Holding down **[E]** while the voice alarm is turned on sounds the contents of the voice memory and a beep sound.

Voice Alarm Precautions

- To use the voice alarm, record a message, set the alarm, and turn on the voice alarm.
- You should use the voice memory of this watch either as a voice memo or as voice alarm contents. The watch automatically use the standard beeper alarm whenever there is nothing stored in voice memory. Deleting voice memory contents while the voice alarm is turned on automatically switches to the standard beeper alarm.
- When the voice alarm is turned on, all voice memory contents are played back in sequence, starting from the lowest numbered voice memory area.
- When an alarm time is reached while the voice alarm is turned on, the standard beeper alarm sounds for about one second and then voice memory contents are played.
- The alarm operation (standard beeper alarm followed by voice memory contents) is repeated for at least 20 seconds. If voice memory contents are 15 seconds long, for example, the alarm operation takes a total of 16 seconds, so two alarm operations are performed for a total of 32 seconds.
- If a single alarm operation takes more than 20 seconds, it is performed only once.
- The voice alarm does not sound in the Stopwatch Mode. When an alarm time is reached while the watch is in the Stopwatch Mode, the standard beeper alarm sounds even when the voice alarm is turned on.

COUNTDOWN ALARM MODE



The countdown timer can be set within a range of 1 minute to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

Note that you can also select auto repeat timing that automatically restarts the countdown from the original value you set whenever zero is reached. This continues until you manually stop the countdown.

To set the countdown start time

- Press **[A]** while in the Countdown Alarm Mode. The left hours digit flashes on the display because it is *selected*.
- Use the key pad to input the starting time.
 - The flashing selection automatically moves to the right each time you input a number. You can also move the flashing selection using **[B]** and **[C]**.
- The hour setting must have two digits. A leading zero is required when setting an hour from 1 (**[1]**) to 9 (**[9]**).
- To set the starting value of the countdown time to 24 hours, set **00:00**.
- After you set the countdown start time, press **[A]** to return to the Countdown Alarm Mode.

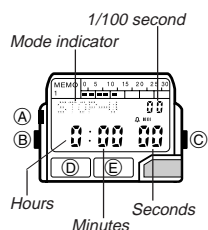
To use the countdown timer

1. Press **(E)** while in the Countdown Alarm Mode to start the countdown timer.
2. Press **(E)** again to stop the countdown timer.
 - You can continue countdown timer operation by pressing **(E)**.
3. Stop the timer and then press **(D)** to reset the countdown time to its starting value.
 - When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops, and the countdown time is automatically reset to its starting value after the alarm stops.

To switch auto repeat timing on and off

1. Press **(A)** while in the Countdown Alarm Mode. The left hours digit flashes on the display because it is *selected*.
2. Press **(E)** to switch auto repeat on (**(A)** indicator appears on the display) and off.
3. Press **(A)** to return to the Countdown Alarm Mode.
 - When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing **(E)** and manually reset to the start time by pressing **(D)**.

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

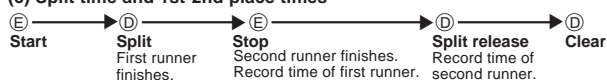
(a) Elapsed time measurement



(b) Split time measurement



(c) Split time and 1st-2nd place times



ABOUT THE BATTERY

ALWAYS LEAVE BATTERY REPLACEMENT UP TO THE DEALER WHERE YOU BOUGHT THE WATCH OR TO AN AUTHORIZED CASIO DISTRIBUTOR. BE SURE TO SHOW THE FOLLOWING INFORMATION TO THE PERSON REPLACING THE BATTERY.

Attention dealer or CASIO distributor

- Be sure to use the following procedure when replacing the battery.
1. Open and remove the back cover.
 2. Remove the old battery and load a new one.
 3. Touch the AC contact and the battery (+) side with metallic tweezers.
 4. Close the back cover.
 - The message **⚡ I T** appears on the display about 5 seconds after you perform the AC (all clear) operation in step 3 of the above procedure, indicating that the watch is performing an internal self-check for data errors.
 - The **⚡ I T** indicator remains on the display while the watch performs an internal check of data in memory. All watch functions are disabled while the **⚡ I T** message is on the display.

Caution

The following causes all data stored in memory to be deleted. Be sure to always keep separate written copies of all important data.
Malfunction or repairs/Dead battery/Battery replacement
 In no event will CASIO be liable for loss of data or any damages arising out of such loss.

CHARACTER LIST

1	(space)	10	I	19	R	28	0	37	S
2	A	11	J	20	S	29	1	38	-
3	B	12	K	21	T	30	2	39	.
4	C	13	L	22	U	31	3	40	:
5	D	14	M	23	V	32	4		
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	Other major cities same time zone
---		PAGO PAGO
HNL	HONOLULU	PAPEETE
ANC	ANCHORAGE	NOME
LAX	LOS ANGELES	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	EL PASO, EDMONTON
CHI	CHICAGO	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
---		PRAIA
GMT		DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
LON	LONDON	
PAR	PARIS	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
CAI	CAIRO	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM	
JED	JEDDAH	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
DXB	DUBAI	ABU DHABI, MUSCAT
KHI	KARACHI	
DAC	DHAKA	COLOMBO
BKK	BANGKOK	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	SEOUL, PYONGYANG
SYD	SYDNEY	MELBOURNE, GUAM, RABAU
NOU	NOUMEA	PORT VILA
WLG	WELLINGTON	CHRISTCHURCH, NADI, NAURU ISLAND

• Based on data as of June 1998.

Important!

Keep the watch about 5cm (2 inches) from your mouth when recording!

