

**THANK YOU FOR PURCHASING YOUR TIMEX WATCH.**

**EXTENDED WARRANTY**

**Available in U.S. only.** Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

Please read instructions carefully to understand how to operate your Timex watch.  
**Your model may not have all of the features described in this booklet.**



**FEATURES**

- Analog and digital time display • Calendar clock • Daily, weekly, weekend alarms • 24-hour countdown timer with stop or repeat options • 99-lap chronograph with 50-lap storage • Hourly chime

**BASIC OPERATIONS**



Press **MODE** to cycle through CHRONO, TIMER, ALARM and Time of Day modes. Press **INDIGLO** to illuminate watch face. To set watch hands to correct time, pull **CROWN** out and turn.

**DIGITAL TIME AND DATE**

Press **MODE** until you reach Time of Day. Press and hold **START/SPLIT** to peek at date or time; hold for six seconds to select date or time as normal display.

To set TIME or DATE:

1. Press and hold **SET/RECALL**. HOURS digits will flash.
2. Press **START/SPLIT** to advance or **STOP/RESET** to decrease HOURS digits. Go through 12 hours for AM or PM.
3. Press **MODE** to select MINUTES, then **START/SPLIT** or **STOP/RESET** to change.
4. Press **MODE** to select SECONDS, then **START/SPLIT** to set to 0.
5. Repeat to set DAY, MONTH, DATE, 12- or 24-hour time display format, MONTH-DATE or DATE-MONTH format, hourly chime on/off, button beep on/off.
6. Press **SET/RECALL** at any time to complete and exit setting.

**CHRONOGRAPH**

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

1. Press **MODE** until CHRONO appears.
2. Press **START/SPLIT** to start Chrono.
3. Press **START/SPLIT** to record lap time.
4. Time of SPLIT or LAP will display for 10 seconds. Press **MODE** to return to running Chrono before 10 seconds.
5. Press **STOP/RESET** to pause.
6. Press **START/SPLIT** to resume.
7. Press **STOP/RESET** to stop.
8. To recall a workout, press **SET/RECALL**, then press **START/SPLIT** or **STOP/RESET** to move forward or backward between laps or splits.
9. Press and hold **STOP/RESET** to clear workout.

⌚ appears in time/date display when Chrono is running.

Tip: To change display format, press **SET/RECALL**; the word FORMAT will appear and will then switch to a blinking LAP or SPLIT. Press **START/SPLIT** to select Lap or Split as display.

**COUNTDOWN TIMER**

1. Press **MODE** until TIMER appears.
2. Press **SET/RECALL** to set countdown time. HOURS digits will flash.
3. Press **START/SPLIT** or **STOP/RESET** to increase or decrease value.
4. Press **MODE** to select MINUTES, SECONDS, and STOP at end or REPEAT at end function (REPEAT automatically restarts Timer at end of countdown).
5. At each step, press **START/SPLIT** or **STOP/RESET** to change flashing value.
6. Press **SET/RECALL** at any time to complete and exit setting.
7. Press **START/SPLIT** to start Timer.
8. Press **STOP/RESET** to pause. Press **START/SPLIT** to resume or press **STOP/RESET** twice to reset timer back to set value.

Watch will beep when countdown ends. Press any button to silence. Timer will continue to run if you exit Timer mode. ⌚ appears in time/date display when Timer is running.

**ALARM**

1. Press **MODE** until ALARM appears.
2. Press **SET/RECALL**. HOURS digits will flash.
3. Press **START/SPLIT** or **STOP/RESET** to increase or decrease value.
4. Press **MODE** to select MINUTES, AM or PM, DAILY, WEEKDAY or WEEKEND alarm. At each step, press **START/SPLIT** or **STOP/RESET** to change flashing value.
5. Press **SET/RECALL** at any time to complete and exit setting.

When alarm sounds, press any button to silence. If no button is pressed, alarm will sound for 20 seconds and repeat itself five minutes later. ⌚ appears in time/date display when alarm is on.

INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

- A. Press **INDIGLO** to activate light.  
Electroluminescent technology used in the INDIGLO® night-light illuminates watch face at night and in low light conditions.
- B. Press and hold **INDIGLO** for three seconds (beep will sound) to activate or de-activate NIGHT-MODE® feature.
- C. While in NIGHT-MODE® feature, press any button to illuminate watch face for 3 seconds.
- INDIGLO is a registered trademark of Indiglo Corporation in the U.S. and other countries.

WATER RESISTANCE

If your watch is water-resistant, meter marking or (≡) is indicated.

Water-Resistance Depth	p.s.i.a.* Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328 ft.	160

\*pounds per square inch absolute

- WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.**
1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
  2. Watch is not a diver watch and should not be used for diving.
  3. Rinse watch with fresh water after exposure to salt water.

BATTERY

**Timex strongly recommends that a retailer or jeweler replace battery.** If applicable, push reset button when replacing battery. Battery type is indicated on caseback. Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage.

**DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.**

**TIMEX INTERNATIONAL WARRANTY**  
(U.S. – LIMITED WARRANTY – PLEASE SEE FRONT OF INSTRUCTION BOOKLET FOR TERMS OF EXTENDED WARRANTY OFFER)

Your TIMEX watch is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

1) after the warranty period expires;

2) if the watch was not originally purchased from an authorized Timex retailer;

3) from repair services not performed by Timex;

4) from accidents, tampering or abuse; and

5) lens or crystal, strap or band, watch case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 7.50 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call 0800-168787. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call +43 662 88 92130. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Watch Repair Mailer for your convenience in obtaining factory service.