TIMEX IRONMAN®
TRAIN SMARTER™

W254 509-095000-02 NA

SLEEK™ 150 LAP with
TAP SCREEN™ TECHNOLOGY

USER
MANUAL

TIMEX IRONMAN
TRAIN SMARTER™

TABLE OF CONTENTS

INTRODUCTION
Welcome!

Thank you for purchasing your new Timex® Ironman® SLEEK™ 150-LAP watch with the NEW TapScreen™ Technology. This new generation of performance tools was developed in conjunction with world-renowned athletes who helped make sure that the SLEEK 150-lap watch's features are relevant to your training needs.

Other highlights include a 150-lap memory chronograph, target time pacer and labeled interval timers. This latest design features an ergonomic fit and extremely easy-to-read digits on the large screen display. If you are running for the first time or training for your 10th marathon, this watch will help you along your way.

Register your product at www.timex.com

WATCH FEATURES
Time/Date
- Hours, minutes, and seconds displayed in 12- or 24-hour format
- Date displayed by month-day (MMM-DD), month-day-year (MM-DD-YY), day-month-year (DD.MM.YY) or year-month-date
- Day of week is displayed in DDD format (e.g. WED) and is automatically calculated with the date
- Second time zone, with independent year, hours, minutes, date, and format
- Hourly chime ♪
- Button beep

TapScreen™ Technology
- TapScreen™ Technology allows easy activation of the chronograph and timers by tapping the watch lens
- Tap feature works in CHRONO, TIMER and INTERVAL TIMER modes
  ▪ ıııı TAP ıııı ▪
- Lens tap force is adjustable for 3 levels (LITE, MED, HARD)

Chronograph
- TapScreen™ Technology starts the elapsed timing and logs laps/splits
- Memory storage for 150 laps with 199-lap counter
- Option to display lap or split time in larger digits
- Optional Total Run format that maintains total activity time (less time paused during workout) and overall running time since the start
- Optional Target Time Pacer function with user target pace per lap, target range and target overall distance
- Target Time Pacer provides distinct audible alerts and onscreen prompts that signify behind pace (slow beeping "SLOW"), on pace (single beep "ON PACE"), or ahead of pace (rapid beeping "FAST")

- Hydration and nutrition timer alarm reminders advise when to drink and eat
- New data management system saves all workouts once the Chronograph is reset. The oldest workouts will be replaced automatically unless they are locked to prevent deletion

Recall
- Multiple workout storage by date with times of every lap/split, your target times, best lap and average lap
- Recall of the Target Time Pacer shows the amount faster or slower you were for each lap and total time
- Lock for workouts prevents automatic deletion

Timer ⌛
- TapScreen™ Technology starts/stops the timer
- Timer settable up to 24 hours

- Countdown stop or countdown repeat options
- Automatic repetition counter

Interval Timer ⌛
- TapScreen™ Technology starts/stops the Interval timer
- Timer settable up to 24 hours
- Three interval timers with up to 16 intervals each
- User selectable interval labels (Interval #, WARM, SLOW, MED, FAST and COOL) to facilitate your interval training
- Automatic interval repetition counter

Alarm 🔔
- Three alarms with daily, weekday, weekend, or weekly options
- Five-minute backup alert

INDIGLO® night-light with NIGHT-MODE® feature ☾

Timex® Ironman® SLEEK™ 150-LAP watch with TapScreen™ Technology

SET

INDIGLO® NIGHT-LIGHT

START/SPLIT (+)

MODE

STOP (RESET) (-)

LAP 26

8.00.00

3.29.4 1

TAP

Display Icons

- ALARM
- Alarm Indicator
- ⏱ Chronograph Indicator
- ⟨⊠ Repeat countdown time indicator
- ⊠⟩ Countdown timer indicator
- ▪▪▪▪ TAP ▪▪▪▪ TAP indicator
- ☾ INDIGLO® NIGHT-LIGHT

QUICK START

Press MODE to cycle through the watch main functions

TIME > CHRONO > RECALL > TIMER > INTERVAL TIMER > ALARM

Most modes use the watch buttons in the same way, and button labels are displayed on-screen close to the button.

SET (DONE) = accept and exit
MODE (NEXT) = advance to next setting option
START/SPLIT (+) = increase/advance the setting value
STOP/RESET (-) = decrease/reverse the setting value
For setting, press SET and then follow the instructional prompt settings.

Setting the Time and Date

1. Press MODE until Time of Day appears.
2. Press and hold SET to start.
3. Utilize the instructional prompt settings (NEXT, +, -) that will appear in your screen to scroll through the following values: time zone, hours, minutes, seconds, month, day, year, 12/24 hr time format, date format, hourly chime, button beep and tap force.
4. Press SET (DONE) to exit.

Using the Chronograph

The chronograph will time your workout. The lap/splits will break your workout into segments of time that can provide real-time feedback and allow you to adjust your pace to meet your overall time goal.

1. In CHRONO Mode, TAP your screen to START.
2. TAP your screen every time you need to log a LAP/SPLIT.
3. Press STOP/RESET to finish.
4. Press and Hold STOP/RESET to reset the CHRONO. WRKOUT SAVED will appear in your screen to notify you that your workout was automatically saved.

Retrieving your workout data

The dated training log will enable you to review your CHRONO workout performance.

1. In RECALL mode press START/SPLIT to select the date of the training

you want to review. Your workouts will appear in reverse chronological order.

2. Press SET to review all the information saved in that workout.

3. Press START/SPLIT (+) or STOP/RESET (-) to scroll through all the workout information.

Locking your workout data

Locking a workout protects it from automatic deletion when the memory fills as new workouts are performed.

1. Press MODE until RECALL appears.

2. Press START/SPLIT to scroll through your workout dates.

3. Once you find the workout, press and hold STOP/RESET to LOCK. 🔒 Press and hold STOP/RESET again to UNLOCK.

INSTRUCTIONS
WATCH MODES

The features of this watch are grouped into modes that are accessible by pressing and releasing the MODE button - each press of the MODE button takes you to the next mode in the loop. The modes are arranged in the following order:

TIME > CHRONO > RECALL > TIMER > INTERVAL TIMER > ALARM

TIME Displays the time of day and date.

CHRONO Use the chronograph for timing your workout.

RECALL Use to review your dated chronograph events.

TIMER The countdown timer is useful for timing fixed-time events.

INT TIMER The interval timer is great for interval training with distinct fixed-time events.

ALARM Three alarms are available to keep you on time in different days.

TAPSCREEN™ TECHNOLOGY

Preserve momentum and avoid breaking your stride. The TapScreen™ Technology works with one firm tap on the watch face. TapScreen™ Technology is used for CHRONO, TIMER and INTERVAL TIMER modes.

The tap sensitivity can be adjusted to light (LITE), medium (MED) or hard (HARD). The watch comes with a medium default setting.

1. In TIME Mode press and hold the SET button.
2. Press the MODE (NEXT) button until TAP FORCE appears.
3. Press START/SPLIT (+) or STOP/RESET (-) to select LITE, MED or HARD for the tap force.

Tips:

• We recommend you select your TAP FORCE depending on the activity you are performing: Walking (LITE), Running (MED), Biking (HARD) and Swimming (HARD).

• If you are experiencing TAP activations inadvertently, move your tap force to the next level.

• If you are in a triathlon transition or just changing clothes, we recommend you press MODE to switch to the TIME mode to avoid tap activation of the chronograph which will continue running in the background. Return to CHRONO when you are finished.

SETTING MODES & FUNCTIONS

Time / Date / Hourly Chime

1. Press MODE until Time of Day appears.
2. Press and hold SET to start.
3. Press MODE (NEXT) to advance to the setting options.
4. Press START/SPLIT (+) or STOP/RESET (-) to increase or decrease values for Time zone (1 or 2), time, month, day, date, year, 12/24 hr format, date format, hourly chime, button beep and Tap force.

5. Press NEXT to set the other time zone (if desired), following the above procedure.
6. Press SET (DONE) to exit.

Tips:
• If you are in other modes, press and hold MODE to peek at time of day, release to return to current mode.
• The date format can be selected as month-date (MM:DD, MMM-DD), month-day-year (MM-DD-YY), day-month-year (DD.MM.YY) or year-month-date (YY-MM-DD).

Second time zone
Your watch has two time zones that are useful when you are travelling to a place with a different time zone or when you are switching to daylight savings time.

Tips:
• You can easily switch from TIME 1 to TIME 2 and vice versa by pressing and holding the START/SPLIT button for 8 seconds.

Chronograph
The chronograph will time your workout session. During your event, recording laps/splits will give you real-time feedback to pace yourself and allow you to adjust your speed to meet your overall time goal.

Lap/Split
Lap is the time to complete an individual segment of your workout. Split is the cumulative time from the beginning to that specific point in your workout. Below is an example of a 4-mile run. The runner records laps/splits every mile.

Lap/Split chart
This watch records up to 100 hours and counts up to 199 laps. It stores the most recent 150 laps in Recall Mode.

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

Operating the Chrono

1. Press Mode until CHRONOGRAPH appears. (Make sure it reads 00.00.00 or press STOP/RESET to reset.)
2. TAP your screen to START.
3. TAP your screen every time you need to log a LAP/SPLIT.
• Every time you take a lap your display will freeze for 10 seconds to enable you to review your LAP/SPLIT data, while your chronograph is recording the next lap/split.

• If your target time is ON, you will hear an alarm that will relate to your pace to help you assess if you need to accelerate or decrease your pace. The display will provide your delta time and pace feedback (SLOW, ON PACE or FAST). The delta time is the difference between target lap time and real lap time. Go to the target time pacer setting section to activate this feature.
4. Press STOP/RESET to pause or finish. Tap your screen to resume.
5. When workout is complete press and hold STOP/RESET to clear the display (CHRONO resets to 00.00.00). The workout is now automatically saved and it can be viewed in RECALL Mode.

Tips:

• You can also use the START/SPLIT button to start your chrono and take laps.
• If you want to view the time of day, press and hold MODE, release to return to current CHRONO.

- When the Chrono is running, (icon of stopwatch) appears in the Time Display.
- You can take up to 199 laps, however the chronograph will only record the most recent 150 laps. Please consider that each succeeding workout will require three laps of storage that will be used to stamp the time/date, target time, and delta times for that workout.

Changing the Chronograph Display Format

This determines what is shown in middle and bottom lines of the display. The middle line has the larger font. You have the option for LAP/SPLIT, SPLIT/LAP and TOTAL RUN.

1. Press Mode until CHRONO appears.
2. Press SET to start setting.
3. Press START/SPLIT (+) or STOP/RESET (-) to select LAP/SPLIT (Lap in large digits), SPLIT/LAP (Split in large digits), or TOTAL RUN.
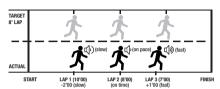
4. Press SET (DONE) to exit or press MODE (NEXT) to set up the Target Time feature (described later in this section).

Note:

Selecting TOTAL RUN format allows you to view total elapsed time since you started the CHRONO, including any time elapsed while the Chrono was stopped. When a lap/split is taken the watch automatically switches to LAP/SPLIT format.

Target Time Pacer

Because pace is important to achieve your goals, a built-in audible tracker indicates whether your target lap times are achieved. Rise above or fall below your predetermined target times, and varying chimes and messages will provide feedback. Slow beeps indicate you're behind pace (SLOW), a single beep lets you know you're on pace (ON-PACE) and rapid beeps tell you are ahead (FAST). The screen will also display your performance data.

TARGET 8' LAP			
	(slow)	(on pace)	(fast)
ACTUAL			
START	LAP 1 (10'00) -2'00 (slow)	LAP 2 (8'00) (on time)	LAP 3 (7'00) +1'00 (fast)	FINISH

Setting the Target Time Pacer

1. Press MODE until CHRONO appears (Chrono reads 00:00:00 or press STOP/RESET to reset).

2. Press SET to start setting.

3. Press MODE (NEXT) button until TARGET TIME appears.

4. Press START/SPLIT (+) or STOP/RESET (-) to turn TARGET TIME ON or OFF.

5. If you select ON, press the MODE (NEXT) button until Target Pace (TRGT PACE) appears.

6. Press START/SPLIT (+) or STOP/RESET (-) to enter the Target Pace per lap time in hours (HH), minutes (MM) and seconds (SS). Target Pace per lap can be set from a minimum of 1 minute (1.00) to a maximum of 1 hour (1:00.00).

7. Press MODE (NEXT) button to enter the (TRGT RANGE) which is the margin of error (+/-) you are willing to consider your lap as "ON-PACE". When Target Range appears, enter minutes (MM) and seconds (SS).

8. Press MODE (NEXT) button until Target Distance (TRGT DIST) appears.

9. Press START/SPLIT (+) or STOP/RESET (-) to select either NONE or SET.

10. If you select SET, press MODE (NEXT) button until Unit Distance (UNIT DIST) appears.

11. Press START/SPLIT (+) or STOP/RESET (-) to select either miles (MI) or kilometers (KM).

12. Press MODE (NEXT) until Target Distance (TRGT DIST) appears.

13. Press START/SPLIT (+) or STOP/RESET (-) to enter the Total Target Distance of your overall training or race.

14. To finish, press SET (DONE). If a Total Target Distance was set, the watch will estimate and display your TARGET TOTAL time based on the Target Pace and Target Distance you just provided in previous steps.

Hydration and Nutrition Timers

The optional hydration and nutrition timers will prompt you when it's time to drink or eat. This countdown timer will repeat and will run parallel to your chronograph.

Setting the Hydration and Nutrition Timers

1. Press MODE until CHRONO appears.

2. Press SET to start.

3. Press MODE (NEXT) button until hydration (DRINK) appears.

4. Press START/SPLIT (+) or STOP/RESET (-) to turn it ON.

5. Press MODE (NEXT) button to move to the time section and press START/SPLIT (+) or STOP/RESET (-) to set the time.

6. Press MODE (NEXT) to select and to repeat the setting process for the nutrition (EAT) timer.

7. Press SET (DONE) to finish.

RECALL

The multiple training log will enable you to review your workout performance by date. You can review the times of every lap, best lap and average lap. If the target time pacer was set, the watch will also provide the delta times and labels for each segment.

Reviewing your Workout Data

1. Press MODE until RECALL appears.
2. Press START/SPLIT to select the date of the workout you want to review. Your workouts appear in reverse chronological order and the number of stored laps will appear.

3. Once you find the workout you want to review, press SET to review all the information saved in that workout.

• Press START/SPLIT (+) or STOP/RESET (-) to review your data (lap/split, delta times, best lap and average lap).

• If your Target Time Pacer was ON, you will be able to review your settings of the target time pacer (target pace, target distance and target total), your actual lap/split times, your delta results per lap (+/- from target time per lap with labels), Total delta time (if a Total Target Distance was set), best lap and average lap.

4. Press SET (DONE) to exit.

Locking workouts in RECALL

Locking a workout prevents it from automatic deletion as new workouts are performed.

1. Press MODE until RECALL appears.
2. Press START/SPLIT to scroll among your workout dates.
3. Once you find the workout press and hold STOP/RESET to LOCK. A small lock icon 🔒 will appear along with the workout date to confirm the data's status.
4. To unlock any workout repeat the three steps above and press and hold STOP/ RESET to UNLOCK.

Tips:

• In order to LOCK your latest workout you must reset the Chrono (00:00:00) to save the workout.

• As the memory is filled (150-laps maximum), the oldest unlocked workouts are automatically deleted.

- If workouts are locked and the memory has fewer than 30 laps available, the watch will signal that memory is becoming full by displaying "x laps free". Once no memory is available the watch will display "memory full" and it will be necessary to unlock saved workouts to free up the space for the next workout to be recalled.

TIMER

The Timer is used to countdown a fixed event time. The timer can be set to repeat and countdown continuously, or to stop at the end of the countdown. You can use the TapScreen™ Technology to activate and stop the timer at any time.

Setting the Timer

1. Press MODE until TIMER appears.
2. Press SET to begin setting the timer.
3. Press START/SPLIT (+) or STOP/RESET (-) to increase/decrease the countdown timer values.

4. Press MODE (NEXT) to advance to the next setting option.
5. Press START/SPLIT (+) or STOP/RESET (-) to select STOP AT END or REPEAT AT END.
6. Press SET (DONE) to finish the setting process.

Using the Timer

1. Tap the watch lens, or press START/SPLIT to start Timer.
2. A timer melody chime will sound when the Timer reaches zero and stops and repeats. The melody can be turned off with the press of any button.
3. If you need stop or pause the timer, tap the watch lens or press STOP/RESET.
4. When finished, press and hold STOP/RESET to reset the Timer to the original time. If you Press and hold STOP/RESET a second time you will clear the timer to 0.

Note: If the Repeat timer is set under 15 seconds a single beep will ring between repetition.

Tips:

- $\overline{\mathbb{X}}$ appears in Time display when Timer is running. $\overline{\mathbb{X}}$ appears when timer is running and set to repeat at end.
- For repeat Timer operation, repetition number appears on bottom of screen.
- Maximum number of counted repetitions is 99.
- Timer will continue to run if you exit Timer mode.
- The INDIGLO® night-light flashes and the timer melody will sound when the timer countdowns to zero.

INTERVAL TIMER WITH LABELS

Complex interval training routines become automatic and effortless with three interval programs, each with up to 16 labeled intervals that can be start or stop with the TapScreen™ Technology interface. We also added

labels to help you see the intensity you should follow in your training (Interval #, WARM, SLOW, MED, FAST and COOL).
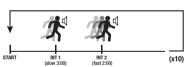
Setting Interval Timers

1. Press MODE until INT TIMER appears.
2. Press STOP/RESET to select the workout you want to use (WRK-1, 2, or 3).
3. Press SET and SET INT TIMER will appear.
4. To select the interval (1-16) press START/SPLIT (+) or STOP/RESET (-).
5. Press MODE (NEXT) to set the interval time (HH:MM: SS) with START/SPLIT (+) or STOP/RESET (-).
6. Press MODE (NEXT) to select the Interval name (Interval #, WARM, SLOW, MED, FAST and COOL) with START/SPLIT (+) or STOP/RESET (-).
7. Press MODE (NEXT) to select STOP AT END or REPEAT AT END with START/SPLIT (+) or STOP/RESET (-).

Repeat all these steps until you have set all intervals needed for your workout.

Using the Interval Timer

1. Tap the watch lens, or press START/SPLIT to start the Interval Timer.
2. An Interval timer melody chime will sound when the Timer reaches zero and then starts the next interval timer.

START   INT 1
(slow 3:00)   INT 2
(fast 2:00)   (x10)

- The display will show the label at the top of the timer (Interval#, WARM, SLOW, MED, FAST and COOL).

- If your workout was set with REPEAT AT END, you will see the repetition counter on the bottom line.
3. Tap the watch lens, or press STOP/RESET to stop the Interval Timer once you reach all the repetitions that you need to do.
4. When finished, press and hold STOP/RESET to reset the Interval Timer to the original time. If you press and hold STOP/RESET a second time you will clear the timer to 0.

Tips:

- $\overline{\mathbb{X}}$ appears in Time display when interval timer is running. $\overline{\mathbb{X}}$ appears when interval timer is running and set to repeat at end.
- If you select REPEAT AT END the timer will countdown all intervals and then repeat the entire sequence.
- INDIGLO® night-light flashes and the interval timer melody will sound between each interval.
- The interval timer will continue to run if you exit the INT TIMER mode.

• If you want to view the Time of Day, press and hold MODE, release to return to current INT TIMER.

Alarm

Up to three alarms may be set to remind you of upcoming events. You can customize by day according to your needs.

1. Press MODE until ALARM appears.
2. Press STOP/RESET to select Alarm 1, 2, or 3.
3. Press SET to set selected alarm.
4. Press START/SPLIT (+) or STOP/RESET (-) and MODE (NEXT) to change alarm time and how often you would like the alarm to sound (DAILY, WKDAYS, WKENDS, or a particular day of the week).
5. Press SET (DONE) to confirm and exit.
6. Press START/SPLIT to turn any Alarm ON or OFF. If the Alarm is activated, the frequency of the alarm will show in the bottom line of the display.

Tips:

• When the Alarm is on, 🕭 appears in Time display.
• When the Alarm reaches its set time the INDIGLO® night-light and the alarm icon flash, and the alert sounds. Press any button to silence.
• If no button is pressed, the alert will cease after 20 seconds and a backup alarm will activate after 5 minutes.

*INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

The INDIGLO® technology illuminates the entire watch face at night and in low light conditions. Press the INDIGLO® button to activate the night light. INDIGLO® will stay on for 3 seconds during normal operation or 6 seconds while setting.

NIGHT-MODE® FEATURE

The NIGHT-MODE® feature, allows you to illuminate
the watch face for 2-3 seconds by tapping the watch face (solely in CHRONO, TIMER and INT TIMER modes) or pressing any pusher in the

watch. A crescent moon icon ☾ will also be displayed on the screen when NIGHT-MODE® feature is activated.

To activate press and hold INDIGLO® button for 4 seconds, to deactivate press the INDIGLO® button for 4 seconds. The NIGHT-MODE® feature will automatically deactivate after 8 hours.

WATER-RESISTANCE

Your SLEEK™ 150-lap watch is water-resistant to 100 meters.

Water-Resistance Depth	p.s.i.a. * Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	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 the battery. If applicable, push reset button after replacing battery. Battery type is indicated on the case back. 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.

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.

TIMEX INTERNATIONAL WARRANTY

Your TIMEX® watch is warranted against manufacturing defects by Timex Group USA, Inc. 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$ 8.00 check or money order in the U.S.; a CAN$7.00 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 +55 (11) 5572 9733. 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 44 020 8687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany/Austria, call +43 662 889 2130. 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 Canada, 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.