

TIMEX®

www.timex.com

W-153-US 896-095000

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.



GENERAL OPERATION-FEATURES

- **INDIGLO** button turns on the INDIGLO® night-light for three seconds.
- **MODE** button cycles through **Time of Day, Timer, Chrono, Recall** and **Alarm** modes.
- **START/STOP** button activates **Timer** and **Chronograph**, turns **Alarm** on/off, allows you to view day or month from **Time** display, and changes value of digits when setting different functions.
- **LAP/CLEAR/SET** button sets digits for **Time, Alarm,** and **Timer** and records lap times in **Chronograph** mode.



Features include:

- Countdown timer with preset times to 1 hour and bargraph display of remaining time
- Chronograph with lap storage
- Alarm with 5-minute backup
- 12- or 24-hour time format
- Day-Date or Month-Date date format
- Automatic Set Return displays Time of Day if no button is pushed for 2-3 minutes in Set function.

SETTING TIME OF DAY, DATE AND ALARM

We've built setting reminders into the watch to simplify setting the Time of Day and Alarm, and made them consistent – once you know how to set Time, you can set the Alarm.

Press and hold **LAP/CLEAR/SET** to begin; a message will appear reminding you to hold button. After 2 seconds, you'll see a series of reminders, showing you functions of **MODE** and **START/STOP** buttons and a reminder to press **LAP/CLEAR/SET** button when done.

- Press **START/STOP** to change value of flashing number.
- Press **MODE** to move to next digit (or digits) to continue setting time and date.
- When done, press **LAP/CLEAR/SET** to save changes and exit.

Notes on Setting Time of Day, Date and Alarm

- Pressing any key during reminder messages will cancel them and let you start setting the watch.
- During setting, the reminder arrows will pop-up to help you remember which buttons to press.
- You can set the watch to display time in 24-hour format, sometimes called "military" or "international" time. Press **START/STOP** to change between 12 HR and 24 HR.
- You can set the date to display Month/Date or Day/Date. In regular Time mode (not Set mode), press and hold **START/STOP** for 3 seconds to change between Month/Date and Day/Date format.
- Whenever you set the Alarm, it will automatically arm itself. Refer to the **Alarm** section for more details.

USING THE TIMER

- Press **MODE** until **TIMER** appears.
- Press **LAP/CLEAR/SET** to select pre-set countdown times (15 and 30 sec, 1, 3, 5, 10, 15, 20, 25, 30, 45 min.; 1 hour). If set time is more than 30 minutes, a tone will sound at the half-way point.
- Press **START/STOP** to start or stop Timer.
- While Timer is stopped, press **LAP/CLEAR/SET** to set it to zero.
- When Timer count reaches zero, a melody will sound. Pressing any button stops it. A bargraph of time remaining in countdown appears in the Time display whenever the Timer is running.

USING THE CHRONOGRAPH

- Press **MODE** until **CHR** appears.
- Press **START/STOP** to begin running Chrono, press again to stop or pause. Chrono continues to run even if you exit the mode.
- To take a lap, while Chrono is running, press **LAP/CLEAR/SET**. Lap time will appear frozen for 10 seconds. Chrono will then return to overall running time.
- To clear Chrono to zero, with Chrono stopped, press and hold **LAP/CLEAR/SET** for 3 seconds.

RECALLING STORED LAPS

- Press **MODE** until **RCL** appears.
- Total workout time will be displayed.
- Press **START/STOP** to scroll through stored laps.
- Stored laps will be cleared when Chrono is reset and started again.

USING THE ALARM

- Press **MODE** until **ALARM** appears.
- Press **LAP/CLEAR/SET** to begin setting. Instructions for setting Alarm can be found above in "Setting the Time of Day, Date and Alarm".
- In regular Alarm mode (not Set mode), press **START/STOP** to turn Alarm feature on and off. Display will show "ON" or "OFF" to right of Alarm minutes. If Alarm is "ON", it will generate a melody when Time of Day is the same as the Alarm time. As a reminder, when the Alarm is ON, an Alarm clock symbol will appear to the left of the date while in **Time of Day**.
- Alarm melody will sound for 20 seconds, but can be stopped by pressing any button. If it is allowed to sound for the full 20 seconds, a backup alarm will automatically sound after 5 more minutes, much like a snooze feature.

INDIGLO® NIGHT-LIGHT

Press the **INDIGLO** button to activate light

Electroluminescent technology used in the INDIGLO® night-light illuminates entire watch face at night and in low light conditions.

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

*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 UKE2.50 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.