



THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.

Please read these instructions carefully and save for future reference.
Your watch may not have all of the features described below.

FEATURES

- IRONMAN TRIATHLON® watch with dual tech feature. This new feature provides you with the option to turn off the digital display providing a clean analog look.
- **Time and Date:** Analog and digital time display • 12/24-hour digital time formats • Day-Month or Month-Day date format • 2 time zones • Hide digital display
- **Chronograph:** Time 100 laps and store 50
- **Countdown Timer:** 24-hour countdown timer with repeat
- **Alarm:** Daily, weekday or weekend settings • Backup alarm
- **Optional Hourly Chime**
- **INDIGLO® night-light:** Illuminates watch display for 3-4 seconds
- **NIGHT-MODE®:** When activated allows you to turn on Indiglo by pressing any button.

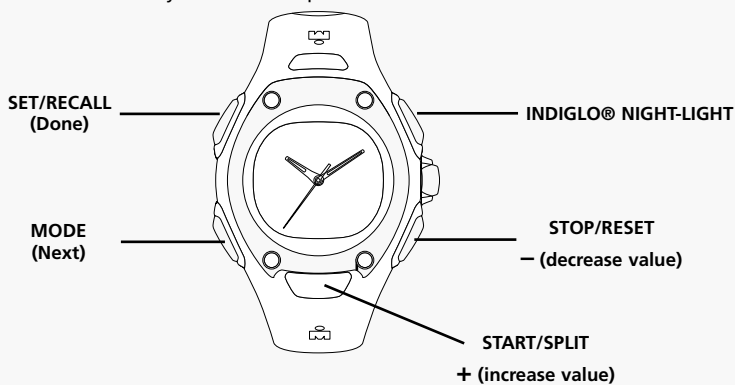
BASIC OPERATIONS — HOW YOUR WATCH WORKS

Select functions by repeatedly pressing the **MODE** button to cycle through TIME, CHRONOGRAPH, TIMER, and ALARM modes. In any mode, you can view the time by pressing the **MODE** button. Symbols appear in the display to indicate what functions are active.

In each mode, press **SET/RECALL** to change values. Button functions change when setting your watch. The watch face displays the new functions. Press **SET/RECALL** (Done) to exit and return to the active mode.

Pressing the **INDIGLO® night-light** button illuminates your watch face for viewing the display in low light. When in **NIGHT-MODE®** feature, pressing any button will illuminate watch display for 3-4 seconds

The **INDIGLO® night-light** flashes and a melody plays whenever an alert occurs, such as at end of a countdown. Press any button to stop the alert.



Items in () appear in display only while setting.

TIP: Hold + or - to change values rapidly.

ANALOG TIME

Pull crown and turn to set HOUR and MINUTE hands.

DIGITAL TIME AND DATE, HOURLY CHIME, BUTTON BEEP

To turn the digital display on/off, press and hold **STOP/RESET**.

- To set the time and date display, press and hold **SET/RECALL**. Press + / - to select TIME ZONE 1 or 2 to set.
- Press **NEXT** repeatedly to select, in sequence, HOURS, MINUTES, MONTH, DATE, time format (12-hour or 24-hour), date format (day-month or month-day), HOURLY CHIME (on/off) and BUTTON BEEP (on/off).
- To change the values, press + / - repeatedly. Pressing + / - will set SECONDS to zero. To select AM or PM, advance HOURS digits through 12-hours (12-hour display format).
- After setting the first Time Zone, select the other Time Zone and repeat the procedure to set the time for that zone.
- Press **DONE** at any time to finish setting.

To view the other time zone, press **START/SPLIT**. Press and hold the button to change display to the second time zone.

CHRONOGRAPH — COUNT AND STORE YOUR LAPS/SPLITS


- To operate the Chronograph, press **MODE** repeatedly until CHRONO appears.
- Press **START/SPLIT** to start the Chronograph. Press again to take lap/split time. The primary display shows both the lap/split time for 10 seconds or until the **MODE** button is pressed.
- Press **STOP/RESET** to stop timing. Press **START/SPLIT** to resume.
- To recall your stored lap/split times while the Chrono is stopped or running, press **SET/RECALL** and then + / - repeatedly.
- Press **NEXT** and + / - to change display format between LAP/SPLIT and SPLIT/LAP. Press **DONE** to exit.
- While the Chrono is stopped, press and hold **STOP/RESET** to reset the Chrono.

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

Chronograph continues to run if you exit mode. Stopwatch icon ⌚ appears in Time mode.

COUNTDOWN TIMER

- To operate the Timer, press **MODE** repeatedly until TIMER appears. Press **NEXT** to select HOURS, MINUTES, SECONDS and STOP or REPEAT AT END. Press + / - to change settings. Press **DONE** to exit.
- To set the timer, press and hold **SET/RECALL**. Timer must be stopped.
- Press **START/SPLIT** to begin timing, **STOP/RESET** to stop, **START/SPLIT** to resume.
- With the **TIMER** stopped, press **STOP/RESET** to reset the Timer to the beginning of the countdown time.


TIP: Watch beeps and night-light flashes when countdown ends (timer reaches zero). Press any button to silence. If REPEAT AT END is selected, timer repeats countdown indefinitely. Timer continues to run if you exit mode; hourglass icon  appears in Time mode.

ALARM — NEVER MISS APPOINTMENTS OR EVENTS

A. To set the Alarm, press **MODE** repeatedly until **ALARM** appears. Press and hold **SET/RECALL**. Press **NEXT** repeatedly to select **HOURS**, **MINUTES**, **AM** or **PM** (in 12-hour time format), and alarm frequency (**DAILY**, **WEEKDAYS**, or **WEEKENDS**). Press **+ / -** to change settings. Press **DONE** to exit.

B. In the Alarm mode, press **+ / -** to turn the Alarm on or off.

TIP: If no button is pressed when the Alarm time is reached, alert will sound for 20 seconds and repeat once five minutes later.

Alarm Clock Icon  appears when alarm is on in this mode and Time mode.


INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE — ALWAYS SEE IN THE DARK

Press **INDIGLO® night-light** to activate light.

Electroluminescent technology used in the **INDIGLO®** night-light illuminates watch face at night and in low light conditions. Press and hold button for three seconds (beep will sound) to activate or de-activate **NIGHT-MODE®** feature. While in **NIGHT-MODE®** feature, pressing any button illuminates watch display for 3-4 seconds. **NIGHT-MODE®** feature automatically deactivates after eight hours.

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WATER & SHOCK RESISTANCE — YOUR WATCH IS TOUGH

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/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.
4. Shock-resistance will be indicated on watch face or caseback. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging crystal/lens.

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.

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.

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\$ 7.00 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 +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, call 49 7 231 494140. 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.