

# TIMEX®

www.timex.com

W-39 847-095003

## 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. 

### FUNCTIONS

Time, date, hourly chime, Chronograph with split/lap storage, Countdown Timer, Interval Timer, Synchronized Timer, Training log, Counter, Ten Alarms with daily, weekday, weekend, or weekly alarm choices, Appointments, Notes, INDIGLO® night-light with Night-Mode® Feature.

### BASIC OPERATIONS



### DEMO

Setting DATE will erase this feature. It will reappear when you change the battery.

### SET TIME & 12-/24- HOUR TIME DISPLAY

1. Press MODE until TIME appears.
2. Pull CROWN one stop. Turn to set correct time.
3. Press STOP/RESET or START/SPLIT to select 12- or 24-hour time.
4. Push CROWN in to complete setting.
5. Press STOP/RESET to select next Time Zone. Press and hold to switch. HOLD TO SWITCH will appear. Continue holding until beep sounds.
6. Set Time as above. Repeat for next Time Zone.
7. To name Time Zone, pull CROWN two stops. Turn to select first letter. Press START/SPLIT to select next letter. Push CROWN in to complete setting.
8. To peek at different Time Zone, press STOP/RESET once for TZ2, twice for TZ3.
9. To view next appointment, press START/SPLIT. If none is scheduled, NO APPOINTMENTS UPCOMING will appear.

### SET DATE

1. Press MODE until DATE appears.
2. Pull CROWN out one stop. Turn CROWN to set date.
3. Press STOP/RESET or START/SPLIT to choose between year-month-date, month-date-year or date-month-year display.
4. Pull CROWN out to second stop. Turn CROWN to select year. Push CROWN in to complete setting.

#### Note:

- Day will automatically set itself. Press STOP/RESET or START/SPLIT to view week number instead of day of the week.

### CHRONOGRAPH

Watch will count at 1/100 second intervals to 1 hour and 1-second intervals to 100 hours. It will count up to 199 laps and store 200 laps.

#### Run Chrono

1. Press MODE until CHRONO appears.
2. Press START/SPLIT to start Chrono. (⌚ will flash).
3. Press START/SPLIT again to take a split. Chrono will continue to run in background. (⌚ will continue to flash). Press MODE or leave idle for 10 seconds to return to running Chrono. Lap number will appear in top left of display.
4. Press STOP/RESET to stop or pause Chrono. Press START/SPLIT to resume. (Total stopped time will appear in Synchronized Timer).
5. To reset Chrono, press and hold STOP/RESET (HOLD TO RESET will appear).
6. To store workout turn CROWN (with Chrono stopped and CROWN pushed in). Display will show available memory.
7. To recall workout (with Chrono stopped), turn CROWN to select workout by date. Pull CROWN out one stop. Turn CROWN to recall laps/splits taken and to view your best and average laps. Push CROWN in when finished.
8. To clear workout, select workout by turning CROWN. Press and hold STOP/RESET until clear.
9. To clear all workouts, with Chrono reset, press and hold STOP/RESET until clear.

#### Notes:

- To view Lap/Split times during a workout, pull CROWN out one stop (while Chrono is running) and turn to scroll through details. Current lap will not be shown.
- To change display format (with Chrono reset) pull CROWN out two stops and turn to select Lap/Split (Split large) or Split/Lap (Lap large). Push CROWN in to complete setting.

### COUNTDOWN TIMER

1. Press MODE until COUNTDN TIMER appears. Turn CROWN to select timer 1-10.
2. Pull CROWN one stop and turn to set hours and minutes (up to 24 hours).
3. Pull CROWN two stops and turn to set seconds.
4. Press STOP/RESET or START/SPLIT to select Countdown and Stop ⏸, Countdown and Repeat ⏮ or Countdown and Start Chrono ⌚.
5. Push CROWN in to complete setting.
6. To select a tone to sound halfway through the count, with the CROWN in, press STOP/RESET. 1 / 2 will appear in upper left corner of screen.
7. Turn CROWN to select other timers. Set as above.
8. Press START/SPLIT to start countdown. (⏸ will flash). The set time will appear at top right of the screen. Press STOP/RESET to pause and START/SPLIT to resume. To clear the timer and start over, press and hold STOP/RESET.

A beep will sound and INDIGLO® will flash when time reaches zero. Press any button or turn CROWN to silence beep.

#### Notes:

- During Countdown and Repeat, the repetition number will appear at the top left of the screen in both the countdown and interval timer.
- Countdown and Start Chrono will not work unless Chrono is reset (00:00).

### INTERVAL TIMER

You can set multiple timers that countdown in sequence.

1. Press MODE until INTERVAL TIMER appears. Turn CROWN to select timer 1-10.
2. Set using procedure for Countdown Timer.
3. Press START/SPLIT to start a countdown. When that countdown is complete, the timer proceeds to the next non-zero interval that is set then repeats entire sequence.

### SYNCHRONIZED TIMER

Automatically displays total elapsed time and accumulated stop time for either Countdown Timer or Chrono.

1. Press MODE until SYNCHRO TIMER Appears. Pull CROWN out one stop and turn to change format of display (TOTAL/STOP, STOP/TOTAL, or TOTAL).
2. Start Countdown Timer or Chrono. Timer symbol ⏸ or Chrono symbol ⌚ will appear in Synchro Timer display. Display will show total elapsed time since Countdown Timer or Chrono was started and accumulated stop/pause times (unless TOTAL display option was selected).
3. When Countdown Timer reaches 0 or when Chrono is reset, Synchro Timer will display final stop and elapsed times.
4. Synchro Timer will automatically reset when either Countdown Timer or Chrono is reset and restarted. To reset in Synchro Timer mode, press STOP/RESET.

## TRAINING LOG

The training log keeps track of the total number of hours and minutes stored in Chronograph in a given week. This mode is linked to the date.

1. Press MODE until TRAINING LOG appears.
2. Turn CROWN to scroll through past weeks.

## COUNTER

1. Press MODE until COUNTER appears.
2. Pull CROWN out to one stop and turn to select value.
3. Pull CROWN out to second stop and turn to select counter direction (count up or down). Push CROWN in to complete.

The counter value will appear in large digits at the bottom of the screen. An up or down arrow will appear at the top left of the screen indicating counter direction.

4. Press START/SPLIT each time to count (a beep will sound each time).
5. To reset counter to zero, press and hold STOP/RESET.

## ALARM

1. Press MODE until ALARM appears.
2. Turn CROWN to select alarm 1-10.
3. Pull CROWN out one stop and turn to set alarm time. In 12-hour mode, turn through 12 hours to select AM/PM.
4. Pull CROWN out two stops. Turn to select DAILY, WKENDS, WKDAYS, or day of the week (weekly) alarm.
5. Push CROWN in to complete setting.
6. With CROWN in, press START/SPLIT to turn alarm on (Ⓜ will appear) or off.
7. Continue sequence from step 2 to set additional alarms.

Notes:

- A beep will sound and the INDIGLO® night-light will flash when alarm has reached its set time. Press any button to silence alarm or turn CROWN to snooze for 10 minutes. If the alarm is not silenced a backup alarm will sound after 5 minutes.
- To clear alarm press and hold STOP/RESET.
- You can link a note to the alarm. See NOTE section.

## APPOINTMENTS

1. Press MODE until APPT appears. Turn CROWN to view appointments 1-10.
2. Pull CROWN out one stop and turn to set appointment time.
3. To set an alert beep to sound before your appointment, press STOP/RESET or START/SPLIT. Turn CROWN to select how many minutes prior to appointment.
4. Pull CROWN out to second stop and turn to set appointment date.
5. Press STOP/RESET or START/SPLIT and turn CROWN to select appointment frequency (1 DAY, DAILY, WKDAYS, WEEKLY, MONTHLY or YEARLY). Push CROWN in to complete setting.
6. With CROWN in, press START/SPLIT to turn appointment on (Ⓜ will appear) or off.
7. Press and hold STOP/RESET to clear appointment.
8. Repeat above steps to set additional appointments.

Note:

- You can link a note to the appointments. See Notes section.

## NOTES

1. Press MODE until NOTE appears. Turn CROWN to select notes 1-10.
2. Pull CROWN out one stop. EDIT NOTE appears.
3. Turn CROWN to select letter. Press MODE or START/SPLIT to move to next space. Press STOP/RESET to go back.
4. Pull CROWN out to second stop.
5. Turn CROWN to select ALARM 1-10, APPT 1-10, or NONE. Push CROWN in to complete setting. Note will appear with selected Alarm/Appointment display.
6. Repeat for additional Notes.

## OPTION

1. Press MODE until Option appears.
2. Turn CROWN to select CHIME.
3. Press STOP/RESET or START/SPLIT to select On/Off/Auto.
4. When Auto is selected, pull CROWN one stop. Turn to set ON time. Pull CROWN two stops to set OFF time. CHIME will function only between those times.
5. Repeat for NIGHT-MODE®.

## INDIGLO® NIGHT-LIGHT/NIGHT-MODE® FEATURE

1. Press CROWN to activate light. Patented (U.S. pat. 4,527,096 and 4,775, 964) electroluminescent technology used in INDIGLO® night-light illuminates entire watch face at night and in low-light conditions.
2. To activate NIGHT-MODE®, press and hold CROWN until watch beeps. In NIGHT-MODE®, push any button or turn CROWN to illuminate watch face for 3 seconds.
3. Press and hold CROWN to deactivate NIGHT-MODE®.

Note:

- NIGHT-MODE will automatically deactivate after 8 hours unless it is in auto mode.
- Flicking watch will activate light in some models.

## 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/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 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\$ 7.00 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 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 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.