

TIMEX

IRONMAN

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.

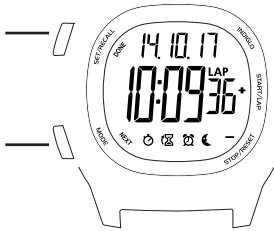
FUNCTIONS

Real-time calendar clock, Second time zone, Countdown timer, Daily/weekday/ weekend alarm, Hourly chime, Chronograph with lap/split storage, INDIGLO® night-light with Night-Mode® Feature.

BASIC OPERATION

SET/RECALL OR DONE
(To save changes and exit setting)

MODE OR NEXT
(Proceed to next step)



INDIGLO® Button

START/SPLIT OR +
(Increase value. Hold to increase rapidly)

STOP/RESET OR -
(Decrease value. Hold to decrease rapidly)

SET/RECALL OR DONE
(To save changes and exit setting)

MODE OR NEXT
(Proceed to next step)



INDIGLO® Button

STOP/RESET OR -
(Decrease value. Hold to decrease rapidly)

START/SPLIT OR +
(Increase value. Hold to increase rapidly)

When setting, each button has a different function as indicated above. Watch face will indicate when button changes function.

TIME/DATE/HOURLY CHIME

1. In TIME mode, press and hold SET/RECALL. Time zone will flash.
2. To set, push + or - to select first or second time zone.
3. Press NEXT. Hour digits flash.
4. Press + or - to change hour including AM/PM. (Scroll through 12 hours to get to AM/PM).
5. Press NEXT. Minute digits flash.
6. Press + or - to change minutes.
7. Press NEXT. Second digits flash.
8. Press + or - to set seconds to zero.
9. Continue pattern to set month, day of month, year, 12-hour or 24-hour time display, MM.DD or DD.MM date format, turn hourly CHIME on/off, turn BEEP on/off. If you select BEEP on, a beep will sound every time you push a button (except INDIGLO®).
10. Press DONE to confirm and exit or NEXT to continue and set second time zone, if desired.
11. When in Time mode, press and hold START/SPLIT to “peek” at second time zone; hold for 4 seconds to switch time zones.

CHRONO

LAP 1 = 7.11	LAP 2 = 7.50	LAP 3 = 7.08	LAP 4 = 7.30
SPLIT 1 = 7.11			
SPLIT 2 = 15.01			
SPLIT 3 = 22.09			
SPLIT 4 = 29.39			

1. Press MODE until CHRONO appears.
2. Press and hold SET/RECALL.
3. The Display will read: FORMAT/SET, then select LAP/SPL or SPL/LAP options.
4. Press + or - to select desired format.
5. Press DONE to confirm and exit.
6. To use chrono, press START/SPLIT. Chrono continues to run even if you exit the mode.
7. Press STOP/RESET to stop chronograph from running OR while chrono is running, press START/SPLIT to take a split. Lap and split times will then be displayed in the format you selected. The lap number will alternate with the last two digits of the bottom line.

NOTES:

- Lap and split times will appear frozen for 10 seconds. Press MODE to release the display and see running chrono.
- While chronograph is running or stopped, press SET/RECALL, then press + or - to scroll through stored laps or to recall stored laps/splits. Press SET/RECALL again to return to running chronograph.
- Press and hold STOP/RESET to reset chronograph.

TIMER

1. Press MODE repeatedly until TIMER appears.
2. Press SET/RECALL. Hour digits flash.
3. Follow same pattern as setting TIME and ALARM to set hours, minutes, seconds, and select between REPEAT/AT END (timer counts down and then repeats) or STOP/AT END (the timer counts down and then stops).
4. Press DONE to confirm and exit.
5. Press START/SPLIT to start TIMER. Timer will continue to run even if you exit Timer mode. If REPEAT/END selected will flash. If STOP/END selected will flash.
6. An alarm melody will chime when the timer has reached zero or before it starts to count down again.
7. Press STOP/RESET to stop TIMER. Press again to reset to countdown time.

ALARM

Setting the ALARM is similar to setting TIME.

1. Press MODE repeatedly until ALARM appears.
2. Press SET/RECALL to set alarm.
3. Hour digits flash. Press + or - to change hour.
4. Press NEXT. Minute digits flash. Press + or - to change minutes.
5. Press NEXT. If in 12-hour format, AM/PM flashes. Press + or - to change.
6. Press NEXT. Press + or - to select DAILY, WEEKDAYS OR WEEKENDS.
7. Press DONE to confirm and exit.
8. Press Start/Split or Stop/Reset to arm or disarm alarm. When disarmed, OFF will be displayed. When armed, the alarm clock icon will appear .
9. The INDIGLO® night-light and alarm icon flashes and an alert sounds when the alarm goes off. Press any button to silence. A back up alarm will sound after five minutes if you don't press any buttons.

INDIGLO® NIGHT-LIGHT/NIGHT MODE® FEATURE

Press INDIGLO® button to activate night-light. Electroluminescent technology used in INDIGLO® night-light illuminates entire watch face at night and in low light conditions. While the night-light is on pressing any button keeps it on for three seconds.

Press and hold INDIGLO® button for 4 seconds to activate NIGHT-MODE® feature. Moon icon will appear. Once activated, any button pushed will cause INDIGLO® night-light to stay on for 3 seconds. NIGHT-MODE® feature

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will stay activated for 8 hours or until deactivated by pressing and holding INDIGLO® button again for 4 seconds.

WATER AND SHOCK 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.
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. Battery type is on watch back. If present, push/short internal reset switch after replacing battery. 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.