TIMEX®

Register your product at www.timex.com

W-209 170-095004 **NA**

THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.

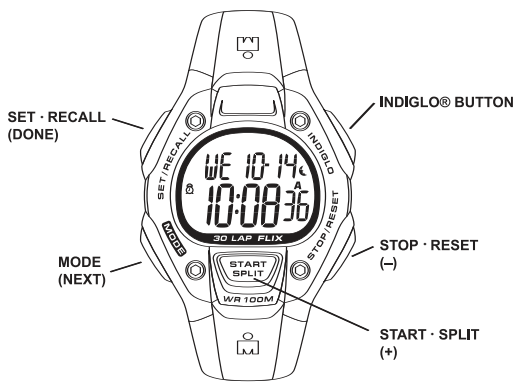
Extended Warranty
Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for $5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone 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.

FEATURES AND BASIC OPERATION

- Time with 12- or 24-hour format
- Date with MM-DD or DD.MM format
- 3 time zones
- Optional hourly chime
- 100-hour chronograph with memory for 30 laps/splits
- 24-hour countdown timer (count down and stop or repeat)
- Occasion reminders
- 3 daily/weekday/weekend alarms with 5-minute backup
- Customizable mode set (Select "HIDE" for unwanted modes – they are removed from mode sequence)
- INDIGLO® night-light with NIGHT-MODE® feature

Press **MODE** repeatedly to step through modes: Chrono, Timer, Occasion, Alarm 1, Alarm 2, and Alarm 3. Press **MODE** to exit current mode and return to Time mode.



Button functions shown with secondary functions in parentheses. While setting, button functions are shown on display.

TIME

To set time, date, and options:
1) With time and date showing, press and hold **SET·RECALL**.
2) Current time zone (1, 2, or 3) flashes. Press + or – to select time zone to set, if desired.
3) Press **NEXT**. Hour flashes. Press + or – to change hour (including AM/PM); hold button to scan values
4) Press **NEXT**. Minutes flash. Press + or – to change minutes
5) Press **NEXT**. Seconds flash. Press + or – to set seconds to zero.
6) Press **NEXT**. Month flashes. Press + or – to change month.
7) Press **NEXT**. Day flashes. Press + or – to change day.
8) Press **NEXT**. Year flashes. Press + or – to change year.
9) Press **NEXT** to set options. Press + or – to change value and then press **NEXT** to go to next option. Press **DONE** at any step to exit and save settings. Available options are 12- or 24-hour time format, MM-DD or DD.MM date format, hourly chime beep for button presses, mode customization set (Select "HIDE" for unwanted modes – they are removed from mode sequence).

If you hide a mode, you can turn it back on later using procedure above.

Press **START·SPLIT** once and hold to see 2nd time zone. Press **START·SPLIT** twice and hold to see third time zone. Continue to hold button for 4 seconds to switch to displayed time zone.

Press and hold **STOP·RESET** to see next upcoming occasion (see description of Occasion mode). Release and immediately press and hold again to see subsequent occasions.

CHRONOGRAPH

This mode provides a chronograph (stopwatch) function. Press **MODE** to go to Chrono mode.

To start, press **START·SPLIT**. Chrono counts up by hundredths of a second up to one hour, then by seconds up to 100 hours. Stopwatch icon ⏱ flashes to indicate chrono is running.

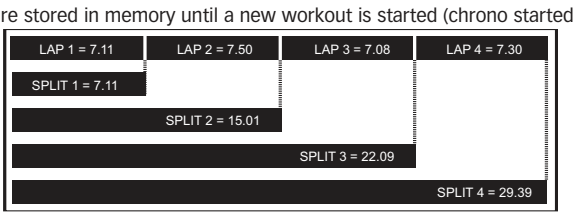
To stop, press **STOP·RESET**. Stopwatch icon ⏱ freezes to indicate chrono is stopped.

To resume, press **START·SPLIT**, or to reset (clear) chrono, press and hold **STOP·RESET**.

When chrono is already running, chrono continues to run if you exit mode. Stopwatch icon ⏱ appears in TIME mode.

While chrono is running, press **START·SPLIT** to take a split. Lap and split times will be displayed with lap number.

Lap and split times are stored in memory until a new workout is started (chrono started from zero).



To recall split times during or after workout, press **SET·RECALL**. Then, press + or – to step through splits. Press **DONE** to exit.

To set display format, press **SET·RECALL** while chrono is reset. Then, press + or – to select desired format. Press **DONE** to exit.
NOTES:
- When a split is taken, times are frozen on the display for 10 seconds. Press **MODE** to release display and show running chrono immediately.
- Press **NEXT** to switch between recall and format setting.

TIMER

Timer mode provides a countdown timer with alert. Press **MODE** repeatedly until TIMER appears.

To set countdown time:
1) Press **SET·RECALL**. Hours flash. Press + or – to change hours; hold button to scan values.
2) Press **NEXT**. Minutes flash. Press + or – to change minutes.
3) Press **NEXT**. Seconds flash. Press + or – to change seconds.
4) Press **NEXT**. Action at end of countdown flashes. Press + or – to select STOP or REPEAT, indicated by hourglass icon with arrow ⏳.
5) Press **DONE** at any step when done setting.

To start timer, press **START·SPLIT**. Timer counts down every second from countdown time. Hourglass icon ⏳ flashes to indicate timer is running.

To pause countdown, press **STOP·RESET**. Hourglass icon ⏳ freezes to indicate timer is stopped.

To resume countdown, press **START·SPLIT**, or to reset countdown, press **STOP·RESET**.

Watch beeps and night-light flashes when countdown ends (timer reaches zero). Press any button to silence. If REPEAT AT END was selected, timer repeats countdown indefinitely.

Timer continues to run if you exit mode. Hourglass icon ⏳ appears in Time mode.

ALARM

The watch has three alarms. Press **MODE** repeatedly until ALM 1, ALM 2, or ALM 3 appears.

To set alarm:
1) Press **SET·RECALL**. Hour flashes. Press + or – to change hour; hold button to scan values.
2) Press **NEXT**. Minutes flash. Press + or – to change minutes.
3) Press **NEXT**. AM/PM flashes if in 12-hour time format. Press + or – to change.
4) Press **NEXT**. Alarm day setting flashes. Press + or – to select DAILY, WKDAYS, or WKENDS.
5) Press **DONE** at any step when done setting.

To turn alarm on/off, press **START·SPLIT**.

Alarm clock icon 🔔 appears when alarm is on in this mode and in Time mode.

When alarm sounds, night-light flashes. Press any button to silence. If no button is pressed, alarm will sound for 20 seconds and repeat once five minutes later.

Each of the three alarms has a different alert melody.

Occasion mode allows you to set reminders for occasions, like birthdays, anniversaries, holidays, and appointments. Press **MODE** repeatedly until OCCASN appears.

Today's date is shown with today's occasion in top line. Press **START-SPLIT** or **STOP-RESET** to move forward or backward through dates respectively. Occasion for displayed date is always shown. Non-recurring occasions may be set for dates up to one year in advance.

To set occasion:
1) Press **START-SPLIT** or **STOP-RESET** to select desired date; hold button to scan dates.
2) Press **SET·RECALL**. Occasion flashes, if no occasion selected then NONE flashes. Press + or – to change occasion. ANNIV, BDAY, BILL-YR, and HOLI-YR repeat yearly and BILL-MO repeats monthly.
3) To set occasions for other dates, press **NEXT**. Date flashes. Press + or – to change date; hold button to scan values. Occasion for displayed date is always shown.
4) Press **NEXT** to set occasion for displayed date, as in step 2.
5) Press **DONE** at any step when done setting.

Occasion Reminders
Watch alerts you of occasions at 8:00 AM on day of occasion. You may choose to receive no alert or an alert at a different time or day. You may choose different alerting for each occasion type. E.g., all birthdays may alert one day prior while all holidays may have no alert.

To set occasion reminder alerts:
1) Go to today's date by pressing **START-SPLIT** or **STOP-RESET** to scan dates. You may also go to today's date by simply entering Occasion mode.
2) From today's date, press **STOP-RESET** to go to ALERT SETUP.
3) Press **SET·RECALL**. Occasion type flashes. Press + or – to select occasion type. Your settings will affect all occasions of the selected type.
4) Press **NEXT**. Alert status (ON/OFF) flashes. Press + or – to turn alert on or off for selected occasion type. If OFF selected, next 4 steps are skipped.
5) Press **NEXT**. Alert time hour flashes. Press + or – to change hour; hold button to scan values.
6) Press **NEXT**. Alert time minutes flash. Press + or – to change minutes.
7) Press **NEXT**. AM/PM flashes if in 12-hour time format. Press + or – to change.
8) Press **NEXT**. Alert day flashes. Press + or – to set alert for 0 - 9 days prior to occasion.
9) To set alerts for other occasion types, press **NEXT**. Occasion type flashes. Select occasion type as in step 3 and continue with setting procedure.
10) Press **DONE** at any step when done setting.

Hand icon appears when displayed occasion type has a reminder alert. When alert sounds in Time mode, hand icon flashes. Press any button to silence. See Time mode for instructions on viewing upcoming occasions.

TIP: For reminder at end of every month, set BILL-MO for first of month and alert one day prior.

INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

Press **INDIGLO®** button to illuminate watch display for 2 - 3 seconds (5 - 6 seconds while setting). Electroluminescent technology used in the INDIGLO® night-light illuminates entire watch face at night and in low light conditions. Any button pressed while INDIGLO® night-light is on keeps it on.

Press and hold **INDIGLO®** button for 4 seconds to activate NIGHT-MODE® feature. Moon icon will appear in Time mode. Feature causes any button press to activate INDIGLO® night-light for 3 seconds. NIGHT-MODE® feature may be deactivated by pressing and holding **INDIGLO®** button again for 4 seconds, or it automatically deactivates after 8 hours.

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.
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.

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 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$ 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/Austria, call +43 662 88921 30. 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.

©2009 Timex Group USA, Inc. TIMEX and NIGHT-MODE are registered trademarks of Timex Group USA, Inc. INDIGLO is a registered trademark of Indiglo Corporation in the US. and other countries.