



**THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.**

**Extended Warranty**

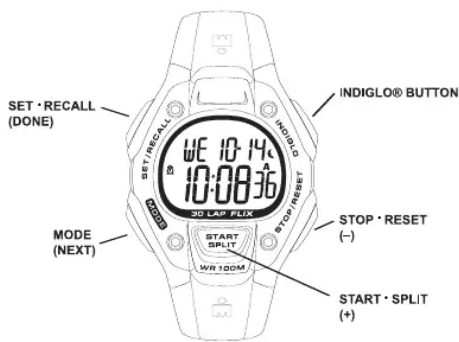
Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase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

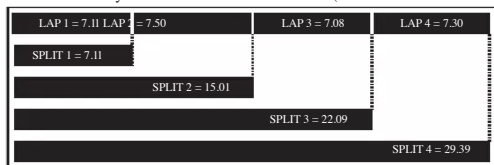
To stop, press **STOP-RESET**. Stopwatch icon freezes to indicate chrono is stopped.

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 **H** flashes to indicate timer is running.

To pause countdown, press **STOP-RESET**. Hourglass icon **H** 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 **H** 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.

