Timberland®

MD11239
INSTRUCTION MANUAL

	EL Backlight
	Stopwatch
	Dual Time
	Countdown Timer
	100 Years Calendar
	5 Alarms
	Pacer
	Chime
	100M Water Resistant
	Battery (CR2025)

ATTENTION

1. Never try to open the case or remove its back cover.

2. Do not operate buttons underwater.

3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.

4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.

5. Avoid exposing the watch to temperature extremes.

6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.

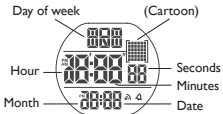7. Avoid to wear the watch in electromagnetic, static conditions.

BUTTONS
• Button operation are indicated using the letters shown in the illustration.

Reset

Start / Stop

Mode

EL backlight

DISPLAY
• The screen shown in below:

Day of week (Cartoon)

Hour — Seconds

Minutes

Month — Date

BACKLIGHT
• The backlight that uses an EL (electroluminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight
• In the timekeeping mode, press "C" to illuminate the display about 3 seconds.

MODE SELECTION

• Press "B" to change mode to mode in the following sequence:
  Timekeeping Mode → Stopwatch Mode → Countdown Mode → Alarm Mode →
  → Dual Time Mode → Pacer Mode.

a. TIMEKEEPING

• 12/24H Format
• Hour, Minutes, Seconds, Day of week, Month, Date
• 100 years Calendar (2000 ~ 2099)

b. STOPWATCH

• 1/100 second unit
• Measuring range: 00'00"00 ~ 23:59'59"

c. COUNTDOWN

• Countdown range: 23:59'59" ~ 0'00"00

d. ALARM

• 5 Alarms
• Hourly time signal
• The alarm sounds at the preset time each day

e. DUAL TIME

• The time for other time zone

f. PACER

• 10 tempo

a. TIMEKEEPING

12/24H Format
• In the timekeeping mode, press "D" to switch between 12/24H formats.

Time Setting
1. In the timekeeping mode, press "A" the seconds to flash (flashing indicated in set mode).

2. Press "D" to reset the seconds.

3. Press "B" change to the next selection.

4. Press "D" to increase the number, press and hold to change at high speed.

5. Repeat step 3 and 4, the selection in the following sequence:
Seconds → Hour → Minutes → Year → Month → Date.

6. Press "A" to exit the set state, after you set (The day of week is auto displayed in accordance with year, month and date setting).

b. STOPWATCH

A Lap Time

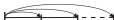1. In the stopwatch mode, press "D" to start the stopwatch.

2. To stop the stopwatch by pressing "D" again.

3. Press "A" to reset the stopwatch.

Split Time

1. In the stopwatch mode, press "D" to start the stopwatch.

2. Press "A" to display the split time, stopwatch timing continue internally.

3. Press "A" to clear the split time and to continue time measurement.

4. Repeat step 2 and 3, you can measure the multi split time.

5. Press "D" to stop the stopwatch.

c. COUNTDOWN
• When the countdown reaches zero, the alarm sounds for about 60 seconds and press any button to break it.

Countdown Timer Setting
1. In the countdown mode, press "A" the hour to flash (flashing indicated in set mode).

2. Press "D" to increase the hour, press and hold to increase at high speed.

3. Press "B" change to the next selection.

4. Press "D" to increase the number, press and hold to change at high speed.

5. Repeat step 3 and 4, the selection in the following sequence:
Hour → Minutes → Seconds.

6. Press "A" to exit the set state, after you set.

Use Countdown Timer
1. Press "D" to start the countdown.

2. To pause the countdown by pressing "D" again.

d. ALARM

• The alarm sounds at the preset time each day for about 60 seconds, press any button to break it.

Alarm and Chime

• In the alarm mode, press "C" to select chime, Alarm1 ~ Alarm5.

• In the chime state, press "D" to on/off the chime.

• In the Alarm1 ~ Alarm5 state, press "D" to on/off the alarm.

Alarm1 Setting

1. In the alarm mode, press "A" the hour to flash (flashing indicated in set mode).

2. Press "D" to increase the hour, press and hold to increase at high speed.

3. Press "B" to select the minutes.

4. Press "D" to increase the minutes, press and hold to increase at high speed.

5. Press "A" to exit the set state, after you set.

• Setting and operation of the Alarm1 ~ Alarm5 are the same.

e. DUAL TIME

Dual Time Setting

1. In the dual time mode, press "A" the hour to flash (flashing indicated in set mode).

2. Press "D" to increase the hour, press and hold to increase at high speed.

3. Press "B" to select the minutes.

4. Press "D" to change the minutes (press once change 30 minutes).

5. Press "A" to exit the set state, after you set.

f. PACER

Use The Pacer

1. In the pacer mode, the tempo number flash.

2. Press "A" select the tempo in the following sequence:
10 → 20 → 30 → 40 → 60 → 80 → 120 → 160 → 240 → 320.

3. Press "D" to start.

4. To stop it press "D" again.