

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.

Your model may not have all of the features described in this booklet.



FEATURES

- Analog and digital time display • Auto calendar 2000-2099 • Two time zones • Two daily alarms linked to time zone • Three linked countdown timers • Chronograph with 42-lap memory

BASIC OPERATIONS



- In TIME mode, press and hold **START/STOP** to shut off digital display. Press once to turn back on.
- Press **SET/INDIGLO** to illuminate watch face.
- Press **MODE** to cycle through CHRONO, RECALL, TIMER, ALARM and TIME modes. Press and hold **MODE** in any mode to return to TIME display.
- When setting digits, press **START/STOP** to go forward or **LAP/RESET** to go backward or hold to change rapidly.

ANALOG TIME

Pull crown and turn to set HOUR and MINUTE hands. Push crown in to complete setting.

DIGITAL TIME AND DATE

- Press **MODE** until TIME appears. Press and hold **SET/INDIGLO** to begin setting time.
- Press **START/STOP** or **LAP/RESET** to set SECONDS to 0.
- Press **MODE** to select HOURS digits.
- Press **START/STOP** or **LAP/RESET** to advance. Go through 12 hours for AM or PM.
- Press **MODE** to select MINUTES, YEAR, MONTH, DAY, 12- or 24-time display, MONTH-DAY or DAY-MONTH date display. Press **START/STOP** or **LAP/RESET** to advance selected item.
- Press **SET/INDIGLO** when done.
- Press and hold **LAP/RESET** and wait for beep to change display to second TIME ZONE. Repeat above to set time.

Note: once date is set, calendar runs automatically.

CHRONOGRAPH

- Press **MODE** until CHRONO appears. Watch will briefly display available storage (1-42).
- Press **START/STOP** to start CHRONO.
- Press **LAP/RESET** to take a lap. Display of running time resumes after 5 seconds.
- Press **START/STOP** to stop timing. Press again to resume.
- While CHRONO is stopped, press **MODE** to enter RECALL mode. Press **START/STOP** repeatedly to recall stored lap and split times.
- Press and hold **LAP/RESET** to clear stored times. Chrono will automatically clear. OR
- In CHRONO mode, press and hold **LAP/RESET** to reset and stored laps/splits will automatically clear.

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

COUNTDOWN TIMERS

- Press **MODE** until TIMER appears. Press **LAP/RESET** to select LOOP 1, 2 or 3. Timers will count upwards starting with last LOOP TIMER set, unless last LOOP TIMER set is 3 (timers will then count backwards from LOOP 3).
 - Press and hold **SET/INDIGLO** to set LOOP TIMER. Press **START/STOP** or **LAP/RESET** to set seconds.
 - Press **MODE** to select MINUTES, press **START/STOP** or **LAP/RESET** to set minutes.
 - Press **MODE** and then **START/STOP** or **LAP/RESET** to select next LOOP.
 - Repeat above steps to set each additional LOOP.
 - Press **SET/INDIGLO** when done.
 - Press **START/STOP** to start or stop LOOP TIMER.
 - With TIMER stopped, press and hold **SET/INDIGLO** to reset all LOOPS to zero.
- At end of timed LOOP, next LOOP TIMER starts. Cycle is continuous for up to 30 loops.

ALARM

- Press **MODE** until ALARM appears.
- Press **LAP/RESET** to select ALARM 1 or 2.
- Press and hold **SET/INDIGLO** to set.
- Press **START/STOP** or **LAP/RESET** to set HOURS. Go through 12 hours for AM or PM.
- Press **MODE** to select MINUTES, press **START/STOP** or **LAP/RESET** to set
- Press **MODE** to select TIME ZONE for alarm, press **START/STOP** or **LAP/RESET** to set.
- Repeat to select MONTH and DAY. Leave blank for daily alarm.
- Press **SET/INDIGLO** when done.
- Repeat for second ALARM.
- Press **START/STOP** to turn ALARM on or off.


Alarm symbol (●) will appear in TIME display when ALARM is armed for that TIME ZONE. Beep will sound when ALARM time is reached. Press any button to silence alarm.

INDIGLO® NIGHT-LIGHT

Press **SET/INDIGLO** to illuminate watch face.

Electroluminescent technology used in the INDIGLO® night-light illuminates entire watch face at night and in low light conditions.

WATER RESISTANCE

If your watch is water-resistant, meter marking or () is indicated. (See Fig. 1.)

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

Fig. 1

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.

BRACELET ADJUSTMENT

SLIDING CLASP BRACELET

Open locking plate. Move clasp to desired bracelet length. Exert pressure while holding locking plate and slide clasp back and forth until it engages in grooves on underside of bracelet. Press locking plate down until it snaps closed. Clasp can be damaged if excessive force is used.

FOLDOVER CLASP BRACELET

Find spring bar that connects bracelet to clasp. Using a pointed tool (Fig. 2), push spring bar in and gently twist bracelet to disengage. Determine wrist size, then insert spring bar in correct bottom hole (Fig. 3). Push down on spring bar, align with top hole and release to lock in place (Fig. 4).

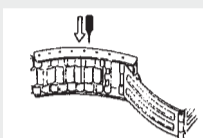


Fig. 2

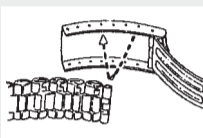


Fig. 3

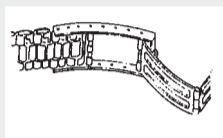


Fig. 4

Bracelet Link Removal

Removing Links: Place bracelet upright and insert pointed tool in opening of link (Fig. 5). Push pin forcefully in direction of arrow until link is detached (pins are designed to be difficult to remove). Repeat until desired number of links are removed.

Reassembly: Rejoin bracelet parts. Push pin back into link in opposite direction of arrow. Press pin down securely into bracelet until it is flush.

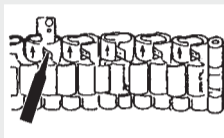


Fig. 5

SOLID LINK BRACELET

Removing Links: Using a very small screwdriver, remove screws by turning **COUNTERCLOCKWISE**. Repeat until desired number of links are removed. Do not remove links adjacent to clasp (Fig. 6).

Reassembly: Rejoin bracelet parts and insert screw in end of opening where it was removed. Turn screw clockwise until tight and flush with bracelet.

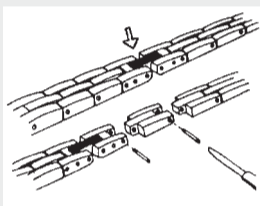


Fig. 6

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 +43 662 88 92130. 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.