

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 1 800-445-4439 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 1474, 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.

FUNCTIONS

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

BASIC OPERATIONS



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. Press NEXT. Day of week flashes.
10. Press + or - to change day.
11. Continue pattern to set month, day of month, 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).
12. Press DONE to confirm and exit or NEXT to continue and set second time zone, if desired.
13. When in Time mode, press and hold START/SPLIT to "peek" at second time zone; hold for 4 seconds to switch time zones.

ALARM

1. 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 START/Split or Stop/Reset to arm or disarm alarm. When disarmed, OFF will be displayed. When armed, the alarm clock icon will appear.
8. Press DONE to confirm and exit.
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 alert sound after five minutes if you don't press any buttons.

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, "SP" will flash. If STOP/END selected, it 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.

CHRONO

LAP 1	LAP 2	LAP 3	LAP 4
7:51 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:51 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:40 MIN
			SPLIT 4

1. Press MODE until CHRONO appears.
2. Press and hold SET/RECALL.
3. The Display will read: FORMAT/SET, then LAP/SPL or SPL/LAP.
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 STOP/RESET to reset chronograph.

(continued on reverse)

MERCI D'AVOIR ACHETÉ CETTE MONTRE TIMEX.

FONCTIONS

Horloge-calendrier en temps réel, deuxième fuseau horaire, minuterie, alarme hebdomadaire fin de semaine, carillon horaire, chronographe avec sauvegarde de temps intermédiaires, veilleuse INDIGLO® avec fonction Night-Mode®.

OPÉRATIONS DE BASE



Au cours du réglage, chaque bouton a une fonction différente, tel qu'indiqué à la face de la montre indiquera si le bouton change de fonction.

REGLAGE/DATE/CARILLON HORAIRE

1. En mode Heure, garder SET/RECALL enfoncé. Le fuseau horaire clignotera.
2. Enfoncer + ou - pour choisir le premier ou le deuxième fuseau horaire.
3. Appuyer sur NEXT. Les heures clignoteront.
4. Utiliser + ou - pour changer l'heure, y compris le réglage AM/PM. (Parcourir à travers les heures).
5. Enfoncer NEXT. Les minutes clignoteront.
6. Utiliser + ou - pour changer les minutes.
7. Enfoncer NEXT. Les secondes clignoteront.
8. Appuyer sur + ou - pour remettre les secondes à zéro.
9. Enfoncer NEXT. Le jour de la semaine clignotera.
10. Utiliser + ou - pour changer le jour.
11. Relâcher l'opération pour régler le mois, la date, l'affichage 12/24 heures, le LLMM, l'activation ou non du carillon horaire (CHIME) ainsi que l'activation sonore (BEEP). Si cette dernière option est activée, la montre émettra un « bip » chaque fois que vous appuierez sur un bouton (sauf INDIGLO).
12. Appuyer sur DONE pour confirmer et quitter ou NEXT pour continuer et régler le fuseau horaire, si désiré.
13. En mode Heure normale, garder START/SPLIT enfoncé pour afficher brèves fuseau horaire; garder enfoncé durant 4 secondes pour passer à l'autre fuseau horaire.

ALARME

- Le réglage de l'alarme est similaire au réglage de l'heure.
1. Appuyer à plusieurs reprises sur MODE jusqu'à ce que ALARM apparaisse.
2. Enfoncer SET/RECALL pour régler l'alarme.
3. Les heures clignoteront. Utiliser + ou - pour changer leur réglage.
4. Enfoncer NEXT. Les minutes clignoteront. Utiliser + ou - pour changer leur réglage.
5. Enfoncer NEXT. Si la montre est en format 12 heures, AM/PM clignotera. Utiliser + ou - pour changer ce réglage.
6. Enfoncer NEXT. Utiliser + ou - pour choisir l'alarme quotidienne (DAILY), de DAILY ou de fin de semaine (WEEKEND).
7. Appuyer sur DONE pour confirmer les changements et quitter.
8. Enfoncer Start/Split ou Stop/Reset pour activer ou désactiver l'alarme. Une alarme activée, OFF n'apparaîtra. L'icône de l'alarme (🔔) apparaîtra lorsque celle-ci est activée.
9. L'icône de la veilleuse INDIGLO et d'alarme clignote, et une sonnerie se fait. L'alarme se déclenche. Enfoncer n'importe quel bouton pour la couper. Une sonnerie après cinq minutes si aucun bouton n'est enfoncé.

MINUTERIE

1. Appuyer à plusieurs reprises sur MODE jusqu'à ce que TIMER apparaisse.
2. Enfoncer SET/RECALL. Les heures clignoteront.
3. Répéter la même opération que pour le réglage de l'heure et de l'alarme. À minutes et les secondes puis choisir REPEAT/END (la minuterie s'écoule, puis s'arrête) ou STOP/AT END (la minuterie s'écoule puis s'arrête).
4. Appuyer sur DONE pour confirmer les changements et quitter.
5. Enfoncer START/SPLIT pour démarrer la minuterie. Celle-ci va continuer à fuir si vous quittez le mode Minuterie. Si l'option REPEAT/END est choisie, "SP" cli STOP/END est choisi, ce sera "E" qui clignotera.
6. Une alarme sous forme de mélodie sonnera lorsque la minuterie a atteint zéro ou elle recommencera son décompte.
7. Appuyer sur STOP/RESET pour stopper la minuterie. Enfoncer de nouveau la minuterie à zéro.

CHRONOGRAPHE

TOUR 1	TOUR 2	TOUR 3	TO
7:51 MIN	7:50 MIN	7:08 MIN	7:30
7:51 MIN			
TEMPS INTERM. 1	15:01 MIN		
	TEMPS INTERM. 2	22:09 MIN	
		TEMPS INTERM. 3	29:40 MIN
			29:40 MIN

Timex Ironman Triathlon 1lap Manual

Annelies Wilder-Smith



Timex Ironman Triathalon 1lap Manual:

Adopting the Beat of Term: An Mental Symphony within **Timex Ironman Triathalon 1lap Manual**

In a global taken by screens and the ceaseless chatter of instant connection, the melodic beauty and emotional symphony produced by the published word often fade into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. However, set within the pages of **Timex Ironman Triathalon 1lap Manual** a wonderful fictional treasure full of natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that fascinating masterpiece conducts readers on an emotional journey, well unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths with this moving review, we shall explore the book is main harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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Table of Contents Timex Ironman Triathalon 1lap Manual

1. Understanding the eBook Timex Ironman Triathalon 1lap Manual
 - The Rise of Digital Reading Timex Ironman Triathalon 1lap Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Timex Ironman Triathalon 1lap Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Timex Ironman Triathalon 1lap Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Timex Ironman Triathalon 1lap Manual
 - Personalized Recommendations

- Timex Ironman Triathlon 1lap Manual User Reviews and Ratings
- Timex Ironman Triathlon 1lap Manual and Bestseller Lists
- 5. Accessing Timex Ironman Triathlon 1lap Manual Free and Paid eBooks
 - Timex Ironman Triathlon 1lap Manual Public Domain eBooks
 - Timex Ironman Triathlon 1lap Manual eBook Subscription Services
 - Timex Ironman Triathlon 1lap Manual Budget-Friendly Options
- 6. Navigating Timex Ironman Triathlon 1lap Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Timex Ironman Triathlon 1lap Manual Compatibility with Devices
 - Timex Ironman Triathlon 1lap Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Timex Ironman Triathlon 1lap Manual
 - Highlighting and Note-Taking Timex Ironman Triathlon 1lap Manual
 - Interactive Elements Timex Ironman Triathlon 1lap Manual
- 8. Staying Engaged with Timex Ironman Triathlon 1lap Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Timex Ironman Triathlon 1lap Manual
- 9. Balancing eBooks and Physical Books Timex Ironman Triathlon 1lap Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Timex Ironman Triathlon 1lap Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Timex Ironman Triathlon 1lap Manual
 - Setting Reading Goals Timex Ironman Triathlon 1lap Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Timex Ironman Triathlon 1lap Manual
 - Fact-Checking eBook Content of Timex Ironman Triathlon 1lap Manual

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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