

**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 get AMEX, Discover, Visa or MasterCard by calling 1 800-448-4439 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. EE, 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**

**SET/ RECALL** OS **DONE** (To save changes and exit setting)

**MODE** OS **NEXT** (Proceed to next step)



**START/ SPLIT** OS **+** (Increase value. Hold to increase rapidly.)

**INDIGLO**

**STOP/ RESET** OS **-** (Decrease value. Hold to decrease rapidly.)

When setting, each button has a different function as indicated above. Watch face will indicate when button changes function.

**TIME/DATE/HOURLY CHIME**

- In TIME mode, press and hold SET/RECALL. Time zone will flash.
- To set, push + or - to select first or second time zone.
- Press NEXT. Hour digits flash.
- Press + or - to change hour including AM/PM. Scroll through 12 hours to get to AM/PM.
- Press NEXT. Minute digits flash.
- Press + or - to change minutes.
- Press NEXT. Second digits flash.
- Press + or - to set seconds to zero.
- Press NEXT. Day of week flashes.
- Press + or - to change day.
- 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).
- Press DONE to confirm and exit or NEXT to continue and set second time zone, if desired.
- When in Time mode, press and hold START/SPLIT to "peek" at second time zone; hold for 4 seconds to switch time zone.

**ALARM**

- Setting the ALARM is similar to setting TIME.
- Press MODE repeatedly until ALARM appears.
  - Press SET/RECALL to set alarm.
  - Hour digits flash. Press + or - to change hour.
  - Press NEXT. Minute digits flash. Press + or - to change minutes.
  - Press NEXT. Press + or - to select DAILY, WEEKDAYS OR WEEKENDS.
  - 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.
  - Press DONE to confirm and exit.
  - 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 will sound after five minutes if you don't press any buttons.

**TIMER**

- Press MODE repeatedly until TIMER appears.
- Press SET/RECALL. Hour digits flash.
- Follow same pattern as setting TIME and ALARM to set hours, minutes, seconds, and select between REPEAT/END (timer counts down and then repeats) or STOP/AT END (the timer counts down and then stops).
- Press DONE to confirm and exit.
- 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.
- An alarm melody will chime when the timer has reached zero or before it starts to count down again.
- 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
SPLIT 1	15:01 MIN	SPLIT 2	22:09 MIN
	SPLIT 2	SPLIT 3	29:40 MIN
		SPLIT 4	

- Press MODE until CHRONO appears.
- Press and hold SET/RECALL.
- The display will read FORMAT/SET, then LAP/SPL or SPL/LAP.
- Press + or - to select desired format.
- Press DONE to confirm and exit.
- To use CHRO press START/SPLIT. Chrono continues to run even if you exit the mode.
- 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.

**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**

**SET/ RECALL** OS **DONE** (Sauvegarde les changements et quitte le réglage)

**MODE** OS **NEXT** (Passe à l'étape suivante)



**START/ SPLIT** OS **+** (Augmente la valeur pour faire augmenter)

**INDIGLO**

**STOP/ RESET** OS **-** (Diminue la valeur pour faire diminuer)

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.

**HEURE/DATE/CARILLON HORAIRE**

- En mode Heure, garder SET/RECALL enfoncé. Le fuseau horaire clignote.
- Enfoncer + ou - pour choisir le premier ou le deuxième fuseau horaire.
- Appuyer sur NEXT. Les heures clignotent.
- Utiliser + ou - pour changer l'heure, y compris le réglage AM/PM. Parcourir chaque fois que vous appuyerez sur un bouton (sauf INDIGLO).
- Enfoncer NEXT. Les minutes clignotent.
- Utiliser + ou - pour changer les minutes.
- Enfoncer NEXT. Les secondes clignotent.
- Appuyer sur + ou - pour remettre les secondes à zéro.
- Enfoncer NEXT. Le jour de la semaine clignote.
- Utiliser + ou - pour changer le jour.
- Répéter l'opération pour régler le mois, la date, l'affichage 12/24 heures, le JAMA, 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 appuyerez sur un bouton (sauf INDIGLO).
- Appuyer sur DONE pour confirmer et quitter ou NEXT pour continuer et régler le fuseau horaire, si désiré.
- 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.
- Appuyer à plusieurs reprises sur MODE jusqu'à ce que ALARME apparaisse.
  - Enfoncer SET/RECALL pour régler l'alarme.
  - Les heures clignotent. Utiliser + ou - pour changer leur réglage.
  - Enfoncer NEXT. Les minutes clignotent. Utiliser + ou - pour changer leur réglage.
  - Enfoncer NEXT. Si la montre est en format 12 heures, AM/PM clignote. Utiliser + ou - pour choisir l'alarme quotidienne (DAILY), de DAILY ou de fin de semaine (WEEKEND).
  - Appuyer sur DONE pour confirmer les changements et quitter.
  - Enfoncer Start/Split ou Stop/Reset pour activer ou désactiver l'alarme. Une alarme activée, OFF s'affichera. L'icône de l'alarme apparaît lorsque celle-ci est activée.
  - L'icône de la veilleuse INDIGLO et d'alarme clignote, et une sonnerie se fait l'alarme se déclenche. ENFONCE n'importe quel bouton pour la couper. Une sonnerie après cinq minutes si aucun bouton n'est enfoncé.

**MINUTERIE**

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

**CHRONOGRAPHE**

TOUR 1	TOUR 2	TOUR 3	TO
7:11 MIN	7:30 MIN	7:08 MIN	7:3
7:11 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 Watch Instruction Manual

**Steven Vickers, C. F. Durang**



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## **Table of Contents Timex Ironman Triathlon Watch Instruction Manual**

1. Understanding the eBook Timex Ironman Triathlon Watch Instruction Manual
  - The Rise of Digital Reading Timex Ironman Triathlon Watch Instruction Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Timex Ironman Triathlon Watch Instruction 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 Triathlon Watch Instruction Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Timex Ironman Triathlon Watch Instruction Manual

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

- Fact-Checking eBook Content of Timex Ironman Triathlon Watch Instruction 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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