

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.

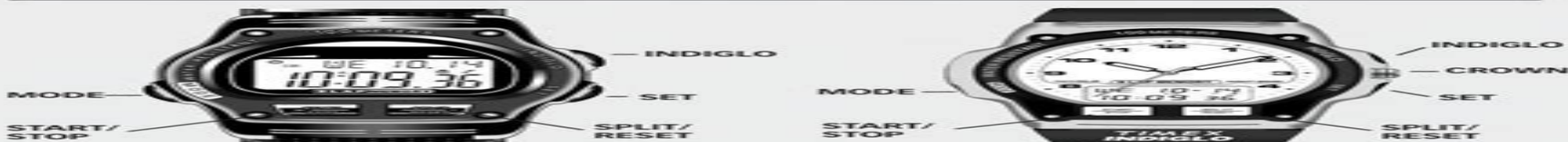
Please read instructions carefully to understand how to operate your Timex watch. Your model may not have all of the features described in this booklet.



FEATURES

- Date and time display • Daily alarm • 10-hour countdown timer • 99-lap chronograph
- 8-lap storage • Hourly chime

BASIC OPERATIONS



Press **MODE** to cycle through CHRONO, TIMER, and ALARM modes. Press **INDIGLO** to illuminate watch face. In any mode, press **MODE** to view time display. Press any button to stop alarm or timer beeps.

ANALOG TIME

Pull **CROWN** and turn to set HOUR and MINUTE hands.

TIME AND DATE

- Press and hold **SET**. SECONDS digits will flash.
- Press **SPLIT/RESET** to set SECONDS to zero.
- Press **MODE** to select HOURS.
- Press **SPLIT/RESET** to advance hours digits. Go through 12 hours for AM or PM.
- Press **MODE** to select MINUTES, press **SPLIT/RESET** to advance.
- Repeat to set MONTH, DATE, DAY, 12- or 24-hour time display.
- Press **SET** when done.

CHRONOGRAPH

- Press **MODE** until CHRONO appears.
- Press **START/STOP** to start chronograph.
- Press **SPLIT/RESET** to record lap time. Display pauses.
- Press **MODE** to resume display of lap and split time (automatic after 10 seconds).
- Press **START/STOP** to pause chrono.
- Press **START/STOP** to resume.
- Press **START/STOP** to stop.
- When timing is stopped, press **SPLIT/RESET** repeatedly to recall last eight lap and split times.
- Press and hold **SPLIT/RESET** to reset chrono.

COUNTDOWN TIMER

- Press **MODE** until TIMER appears.
 - Press **SPLIT/RESET** to select timer operation (Countdown and Stop; Countdown and Repeat; Countdown and Start Chrono).
 - Press **SET**. HOURS digits will flash. Press **SPLIT/RESET** to advance digits.
 - Press **MODE** to select TENS of MINUTES. Press **SPLIT/RESET** to advance.
 - Repeat to set MINUTES, TENS of SECONDS, and SECONDS.
 - Press **SET** when done.
 - Press **START/STOP** to start timer.
 - Press **START/STOP** to pause, press again to resume.
 - When timer is stopped, press **SPLIT/RESET** to reset timer.
- Watch will beep when countdown reaches zero.

ALARM AND CHIME

- Press **MODE** until ALARM appears.
 - Press **SET**. HOURS digits will flash.
 - Press **SPLIT/RESET** to advance digits. Go through 12 hours for AM or PM.
 - Press **MODE** to select TENS of MINUTES.
 - Press **SPLIT/RESET** to advance. Repeat for MINUTES.
 - Press **SET** when done.
 - Press **START/STOP** to turn alarm on or off.
 - Press **SPLIT/RESET** to turn chime on or off.
- When alarm time is reached, watch will beep for 20 seconds, or until any button is pushed. Alarm will repeat every 24 hours until deactivated.



INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

- Press **INDIGLO** to activate light. Electroluminescent technology used in the INDIGLO® night-light illuminates watch face at night and in low light conditions.
- Press and hold **INDIGLO** for three seconds (beep will sound) to activate or de-activate **NIGHT-MODE®** feature.
- While in **NIGHT-MODE®** feature, press any button to illuminate watch face for 3 seconds.

Timex Ironman 100 Lap Manual

Thomas Griffiths



Timex Ironman 100 Lap Manual:

Runner's World ,2007-04 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Time** Briton Hadden, Henry R. Luce, 1994-04

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