

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

- 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 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

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.
- and hold 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 12 heures pour aller à AM/PM).
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. Appuyer 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 sans 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 Watch User Manual

AW Rasmussen



Timex Ironman Watch User Manual:

Runner's World ,2008-01 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

User Interface Design and Evaluation
Debbie Stone,Caroline Jarrett,Mark Woodroffe,Shailey Minocha,2005-04-29 User Interface Design and Evaluation provides an overview of the user centered design field It illustrates the benefits of a user centered approach to the design of software computer systems and websites The book provides clear and practical discussions of requirements gathering developing interaction design from user requirements and user interface evaluation The book s coverage includes established HCI topics for example visibility affordance feedback metaphors mental models and the like combined with practical guidelines for contemporary designs and current trends which makes for a winning combination It provides a clear presentation of ideas illustrations of concepts using real world applications This book will help readers develop all the skills necessary for iterative user centered design and provides a firm foundation for user interface design and evaluation on which to build It is ideal for seasoned professionals in user interface design and usability engineering looking for new tools with which to expand their knowledge new people who enter the HCI field with no prior educational experience and software developers web application developers and information appliance designers who need to know more about interaction design and evaluation Co published by the Open University UK Covers the design of graphical user interfaces web sites and interfaces for embedded systems Full color production with activities projects hundreds of illustrations and industrial applications

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Runner's World ,2008 *The Complete Idiot's Guide to Search Engine Optimization* Michael Miller,2009 Most businesses depend on their rankings on Google Yahoo and other search engines to drive traffic to their websites The higher a business s ranking the more traffic its site gets Where does a webmaster or online market manager go for advice and instruction on optimizing a business s website for higher search engine rankings The few search engine optimization SEO books currently on the market are dated and do not cover the latest local mobile and social marketing techniques The Complete Idiot s Guide to Search Engine Optimization is a comprehensive up to date easy to use guide for SEO It starts with a general overview of how search engines and SEO work and then flows into specific techniques for basic website optimization It addresses the analysis and ongoing maintenance of a site s optimization and finishes with a look at how search engine marketing fits within a company s overall online marketing plan In The Complete Idiot s Guide to Search Engine Optimization readers learn How search engines and SEO work How to optimize your site s keywords tags and design How to optimize the links to your site local and mobile searches and social media How to apply the strategies to a blog and web videos for search engines How to use third party SEO tools How search engine marketing fits within a company s overall online marketing plan

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