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.

FEATURES AND BASIC OPERATIONS
1. LCD Analog (Hands) and Digital Timekeeping with Hours, Minutes, Seconds – AM/PM/24-Hour Format
2. Daily Alarm and Hourly Chime
3. 24-Hour Stopwatch with Split time
4. 60-Minute Countdown Timer
5. Dual Time (2nd Time Zone)

Button functions shown

TIME
To set Time and Date
1. Press MODE repeatedly until the Time is shown with the Seconds flashing.
2. Press LAP/RESET to set Seconds to zero.
   NOTE: If Seconds are greater than 30, the Minutes will increase by one.
3. Press START/STOP to set Minutes, as indicated by its flashing, Press LAP/RESET to advance the Minutes setting, Press and hold to increment quickly.
4. Press START/STOP to set Hours, as indicated by its flashing, Press LAP/RESET to advance the Hours setting to AM or PM, Press and hold to increment quickly.
   NOTE: There is ONLY an indicator for PM hours.
5. Press START/STOP to set the Date (01-31), as indicated by its flashing, Press LAP/RESET to advance the Date setting, Press and hold to increment quickly.
6. Press START/STOP to set the Month number (01-12), as indicated by its flashing, Press LAP/RESET to advance the Month setting, Press and hold to increment quickly.
7. Press START/STOP to set the Day setting (SUN-SAT), as indicated by its flashing, Press LAP/RESET to advance the Day setting, Press and hold to increment quickly.
8. Press MODE to exit Time Set.
9. To switch from AM/PM to 24-Hour time format, press and hold START/STOP for 4 seconds, Press and hold START/STOP for 4 seconds to reverse the format change.
   NOTE: A "24HR" indicator in the bottom right corner of the display confirms the change. There is ONLY an indicator for PM hours.

DUAL TIME
To set the time for a Second Time Zone – shown on the LCD Analog watch face
1. Press MODE until the indicator is next to the "DUAL T" on the display.
2. Press START/STOP. The Hour Hand on the watch face can be seen flashing.
3. Press LAP/RESET to advance the Hour Hand around the watch face setting to AM or PM. Press and hold to increment quickly.

NOTE: There is ONLY an indicator for PM hours.
4. Press START/STOP. The Minute Hand on the watch face can be seen flashing.
5. Press LAP/RESET to advance the Minute Hand around the watch face. Press and hold to increment quickly.
6. Press START/STOP to exit Dual Time Set, and the Second Hand will reverse the format change.

ALARM
To turn on/off the Daily Alarm, or to turn on/off the Hourly Chime
1. Press MODE until the indicator is next to the "ALARM" on the display.
   NOTE: The alarm setting is tied to the primary time zone.
2. Press START/STOP and LAP/RESET simultaneously and repeatedly to enable the Alarm  ( ), disable the Alarm, and change the Chime.
   NOTE: You can turn the Alarm on/off without changing the Chime setting by pressing LAP/RESET.

To set a Daily Alarm – shown on the LCD Analog watch face
1. Press MODE until the indicator is next to the "ALARM" on the display.
   NOTE: The alarm setting is tied to the primary time zone
2. Press START/STOP. The Hour Hand on the watch face can be seen flashing.
3. Press LAP/RESET to advance the Hour Hand around the watch face setting to AM or PM, Press and hold to increment quickly.
   NOTE: There is ONLY an indicator for PM hours.
4. Press START/STOP. The Minute Hand on the watch face can be seen flashing.
5. Press LAP/RESET to advance the Minute Hand around the watch face. Press and hold to increment quickly.
6. Press START/STOP to exit Alarm Set mode.
7. When the alarm sounds, press ANY button to silence the alert, or it will stop after 20 seconds.
   NOTE: The alarm will sound the next day at the same time unless you go into Alarm Mode and press LAP/RESET to turn it off.

TIMER
To set a countdown for up to 60 minutes – shown on the LCD Analog watch face
1. Press MODE until the indicator is next to the "TIMER" on the display.
   NOTE: The Timer shows any previous setting, the indicator will flash.
2. Press LAP/RESET repeatedly to increase the number of Minutes for the countdown.
   NOTE: If you go past the desired number of minutes, you will have to continue to press LAP/RESET to wrap around the setting display.

To use the countdown timer – shown on the LCD Analog watch face
1. Press MODE until the indicator is next to the "TIMER" on the display. If the Timer shows any previous setting, the indicator will flash.
2. Press LAP/RESET to restore the previously set countdown (or refer to the Timer Set instructions)
3. Press START/STOP to begin the countdown. The watch face will show Seconds counting down along its outer edge.
4. Press START/STOP to pause the timer.
5. Press START/STOP to resume the countdown, or press LAP/RESET to reset the timer to its previous setting.
6. When the countdown ends, the alert will sound for 5 seconds, or press ANY button to silence it.
   NOTE: The alert will sound even if you are not in TIMER mode.
STOPWATCH
Use this function for recording elapsed time up to 24 hours.
1. Press **MODE** until the indicator is next to the “STOP” on the display.
   
   **NOTE**: The current time of day is shown on the LCD Analog watch face
2. Press **START/STOP** to start the stopwatch. It will be shown in the lower
digital display.
3. With the stopwatch running, press **LAP/RESET** to record and show the
Split time. The stopwatch will continue timing in the background.
   
   **NOTE**: A “split” is the elapsed time (from the beginning) to the point it
was recorded.
4. Press **LAP/RESET** to release the display and show the current running
stopwatch time.
5. Press **LAP/RESET** to record another Split time.
6. Press **START/STOP** to pause the stopwatch.
   
   **NOTE**: If the stopwatch is paused when the display is showing a Split
time, the displayed elapsed time is updated.
7. Either press **START/STOP** to resume timing, or press **LAP/RESET** to
reset the stopwatch to zero.

DISPLAY LIGHT FEATURE
Press the **LIGHT** button to activate the display light.

HOW TO ADJUST BRACELET
SLIDING CLASP BRACELET
1. Open locking plate.
2. Move clasp to desired bracelet length.
3. Exert pressure while holding locking plate and slide clasp back and forth
   until it engages in grooves on underside of bracelet.
4. Press locking plate down until it snaps closed. Clasp can be damaged if
   excessive force is used.

WATER AND SHOCK RESISTANCE
This watch is water-resistant a 30-meter rating.

<table>
<thead>
<tr>
<th>Water-Resistance Depth</th>
<th>p.s.i.a. * Water Pressure Below Surface</th>
</tr>
</thead>
<tbody>
<tr>
<td>30m/98ft</td>
<td>60</td>
</tr>
</tbody>
</table>

*pounds per square inch absolute

**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.
4. Shock-resistance will be indicated on watch face or caseback. Watches
   are designed to pass ISO test for shock-resistance. However, care
   should be taken to avoid damaging crystal/lens.

BATTERY
Timex strongly recommends that a retailer or jeweler replace battery. If appli-
cable, 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

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