Register your product at https://www.timex.com/product-registration.html
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.

FUNCTIONS
Real-time calendar clock, Second time zone, Countdown timer, Five daily alarms, Hourly chime, 150 Lap Chronograph with lap/split storage, Indiglo® night-light.

BASIC OPERATION

SET/STOP
MODE
START/LAP (+)
EL BACKLIGHT (-)

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

TIME/DATE
1. In TIME mode, press and hold RST/STP. Seconds will flash.
2. Press + to reset seconds to 00.
3. Press MODE. Hour digits flash.
4. Press + or - to change hour including AM/PM. (Scroll through 12 hours to get to AM/PM).
5. Press MODE. Minutes digits flash.
6. Press + or - to change minutes.
7. Continue pattern to set year, month, day of month and 12-hour or 24-hour time display.
8. When DONE, press RST/STP.
9. When in Time mode, press MODE until DT appears to see the second time zone.
10. Continue the above pattern to set the second time zone.

CHRONO

LAP 1 = 7.11
LAP 2 = 7.50
LAP 3 = 7.08
LAP 4 = 7.30

SPLIT 1 = 7.11
SPLIT 2 = 10.01
SPLIT 3 = 22.09
SPLIT 4 = 29.39

1. Press MODE until CHRO appears.
2. Press ST/LAP to start the Chrono timer. Chrono continues to run even if you exit the mode.
3. Press RST/STP to stop the Chrono from running OR while Chrono is running, press ST/LAP to take a split.

NOTES:
• Split times will appear frozen for 3 seconds.
• While Chrono is stopped, press MODE until DATA is on the screen, then press + or - to scroll through stored lap times. To return to Chrono, press MODE button until Chrono is on the screen.
• Press RST/STP to reset Chrono.

TIMER
1. Press MODE until TMR appears.
2. Press RST/STP. Hour digits flash.
3. Follow the same pattern as setting Time and Alarm to set hours, minutes and seconds.
4. Press RST/STP to confirm settings.
5. Press ST/LAP to start Timer. Timer will continue to run even if you exit Timer mode.
6. An alarm melody will chime when the Timer reaches zero.
7. Press RST/STP to stop Timer. Press and hold RST/STP to reset.

ALARM/HOURLY CHIME
Setting the Alarm is similar to setting Time.
1. Press MODE until AL appears.
2. Pressing RST/STP repeatedly will show the time setting for all 5 alarms, when you see the appropriate alarm, press and hold RST/STP.
3. Alarm sound is activated and hours digits flash. Press + or - to change hours.
4. Press MODE, minute digits flash. Press + or - to change minutes.
5. Press RST/STP to save Alarm Time.

NOTE:
• To access Hourly Chime, press MODE until AL appears. Then press ST/LAP to turn on/off Hourly Chime.

INDIGLO® NIGHT-LIGHT
Press INDIGLO® button to activate night-light. Electroluminescent technology used in INDIGLO® night-light illuminates entire watch face at night and in low light conditions. While the night-light is on pressing any button keeps it on for three seconds.

WATER AND SHOCK RESISTANCE
If your watch is water-resistant, meter marking or ( ) is indicated.

<table>
<thead>
<tr>
<th>Water-Resistance Depth</th>
<th>p.s.i.a.</th>
<th>* Water Pressure Below Surface</th>
</tr>
</thead>
<tbody>
<tr>
<td>30m/98ft</td>
<td>60</td>
<td>86</td>
</tr>
<tr>
<td>50m/164ft</td>
<td>86</td>
<td></td>
</tr>
<tr>
<td>100m/328ft</td>
<td>160</td>
<td></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. Battery type is on watch back. If present, push/short internal reset switch after replacing battery. 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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