QUICK START GUIDE

Congratulations on your purchase of the Timex® Ironman® Data Link® USB watch.

It's a feature-rich Ironman sport watch.

It's a PDA for your wrist.

This simple guide will get you started with your new Timex Ironman Data Link USB watch and help you use the many features of the watch and software.

For complete instructions on using this watch, see the Watch Help and Software Help in the software. Printable versions are loaded automatically onto your computer when you install the Timex Data Link USB software.

WHAT YOU NEED

While a computer is not needed for most watch functions, the software makes watch setting easy and unlocks powerful features such as appointment and contact management. Every feature can be set simply and easily with a computer. You need the following to take advantage of all the watch functions:

- The included CD-ROM with the Timex Data Link USB software.
- The supplied USB cable.
- A PC with the following configuration:
  - Microsoft® Windows® 98 2nd Ed., 2000 (with Service Pack 1 or higher), ME, XP or higher operating system
  - 30 MB of free hard disk space
  - USB port

The mini CD-ROM works in any standard CD-ROM drive with a tray; place the CD-ROM in the center of the tray. Visit www.timex.com to download the software if you have any trouble.

INSTALL THE SOFTWARE

To install the software, load the CD-ROM into your computer. A menu should automatically appear (if not, run INTRO.EXE). Select "Install Timex Data Link USB." If you wish to keep track of your workouts on the PC, you may also select "Install Timex Trainer."

RUN THE SOFTWARE

The installation will place a watch icon in the system tray at the lower right of the screen. You may start the software by double-clicking on this icon or simply connect the watch, and it will start automatically.

CONNECT THE WATCH

Connect the USB cable to your watch as follows:
1. Insert the rectangular end of the USB cable into an open USB port on your PC.
2. Hook the bottom of the connector on the other end of the cable to the left side of the watch below the contacts.
3. Pull the connector lever down and hook the upper end of the connector to the watch.
4. The software automatically reads the watch's data.

ENTER YOUR INFORMATION

You can add your contacts, appointments, alarms, and other data in three ways:
1. Enter information directly into the Timex software.
2. Import from Microsoft® Outlook® messaging and collaboration client.
3. Import from a .csv file (this is a Save option in spreadsheet applications).

Click the SEND button to download the information to your watch.

BATTERY

The life of a factory-installed battery is estimated to be about 2 years, but battery life will vary depending on actual usage. When the watch's battery is low, the message LO BATT is displayed in place of the date, at the beginning of each day. The reminder disappears when you change the display. You should replace the battery as soon as possible. While the watch will continue to run, a low battery may cause communication problems.

To avoid permanent damage to the watch, Timex strongly recommends that you have the battery replaced by a jeweler.

TRY IT OUT

The software comes loaded with sample data, so if you want to try sending data to your watch right away, just click the SEND button in the software. Then disconnect the watch and you should see the data in the watch. See the other side of this sheet for instructions on operating the watch.

SEND TO THE WATCH

Click here to send data from the computer to the watch.
A countdown timers counts backward to zero from a time you set. You can set multiple countdown timers on your watch.

### Operations
- To set a timer, turn the Crown to display a timer and pull out the Crown. Turn the Crown to change the flashing item's value. Press MODE to set the hours, minutes, seconds, and the action at the end: STOP-RESET, or (start) CHRONO. Push in the Crown to save your changes.

### Setting
- To set an alarm, turn the Crown to display the existing or unused alarm and pull out the Crown. Turn the Crown to change the flashing item's value. Press MODE to set the time, active day(s), and message. Push in the Crown to save your changes.

### Tips
- Use the PC software to set the watch; it's much easier than using the buttons.

### CHRONOGRAPH
This is a sequence of linked countdown timers. When one countdown timer interval ends, an alert sounds and the next interval starts. Opereation and setting are otherwise similar to the Countdown Timer.

#### Timer Mode
- Press the MODE button to cycle through the watch modes.
- Press the MODE button to advance to the next item or STOP/RESET to return to the previous item.

#### Chronograph
- Operation: To start the chronograph Press START/SPLIT
- To take a split Press START/SPLIT
- To stop the chronograph Press STOP/RESET
- To clear the timer Press START/SPLIT or STOP/RESET
- To recall a stored workload when the chronograph is reset (at zero) Press the Crown one click
- To review lap/split times or laps Press and hold STOP/RESET
- To delete a workload Press START/SPLIT or STOP/RESET

#### Interval Timer
This feature informs you of your appointments.

#### Operation
- To view appointments Press START/SPLIT
- To arm or disarm an appointment Press STOP/RESET
- To delete an appointment Hold STOP/RESET

#### Options
- Access three watch options. Turn the Crown to choose among them.

#### NightMode® Feature
When this feature is activated, the INDIGLO® night-light is turned on whenever a button is pressed. It can be set to OFF, ON, or AUTO. When ON, the NIGHTMODE feature is active for 8 hours. AUTO activates it between the ON and OFF times you set.

#### Alarm
- Set one or more alarms.

#### Operation
- To view the list of alarms Turn the Crown
- To arm or disarm an alarm Press START/SPLIT
- To delete an alarm Hold STOP/RESET

#### Buttons
- When an alarm sounds, press any button to silence it. If not silenced, it repeats once in 5 minutes.

- To set an alarm, turn the Crown to display the existing or unused alarm and pull out the Crown. Turn the Crown to change the flashing item's value. Press MODE to set the time, active day(s), and message. Push in the Crown to save your changes.

- When setting the time of an alarm, press START/SPLIT to switch between 5 minutes and 1 minute increments.
- The alarm icon appears only when an alarm is set to alert within 12 hours.

- To adjust the time, press the Crown. To adjust the seconds, turn the Crown.

### Adicional Modes
- Other modes can be downloaded to the watch with the PC software. See the Software Help.