



ENGLISH INSTRUCTIONS

THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.

Please read instructions carefully and save for future reference.
Watch may not have all features described below.

FEATURES

- **FLIX® Technology:** Hands Free INDIGLO® night-light activation
- **Time and Date:** 12/24-hour digital time formats • Day-Month or Month-Day date format • 2 time zones • Hourly Chime: (on/off) • Button BEEP: (on/off)
- **Chronograph:** Lap counter • Store workouts by date • Recall laps/splits • Recall workouts including lap/split times, best and average lap times • Track total elapsed time
- **End of Timer Countdown** • Press any button to silence alert
- **Interval Timers**
- **Five Alarms:** Daily, weekly or weekend settings • Backup alarm
- **INDIGLO® night-light:** Illuminates watch display • Flashes when alert sounds

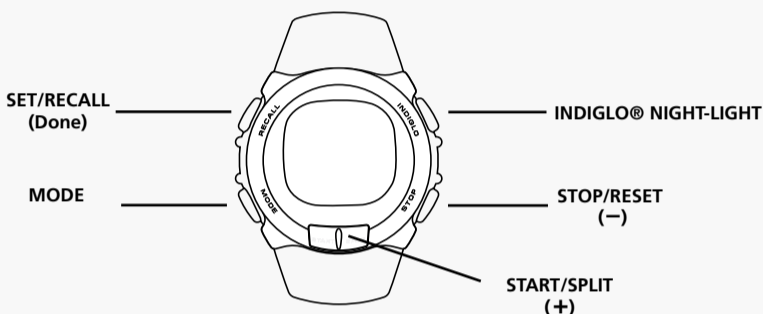
HOW YOUR WATCH WORKS

Select functions by repeatedly pressing **MODE** button to cycle through Time, Chronograph (CHRONO), Timer (TIMER), Interval Timer (INTTMR), and Alarm (ALARM) modes. In any mode, view time by pressing **MODE** button. Symbols appear in display to indicate what functions are active.

In each mode, press **SET/RECALL** to begin setting. Button functions change while setting the watch. Watch face displays new functions. Press **SET/RECALL** (Done) to exit and return to active mode.

Pressing **INDIGLO® night-light** button illuminates watch face for viewing display in low light. When in NIGHT-MODE® feature, flicking watch will illuminate display for 3-4 seconds

INDIGLO® night-light light flashes and a melody plays whenever an alert occurs, such as at end of a countdown. Press any button to stop the alert.



Items in () appear in display only while setting

TIP: Hold + or - to change values rapidly.

TIME/DATE

- To set time and date display, press and hold **SET/RECALL**. Press + or - to select TIME ZONE 1 or 2.
- Press **NEXT** to select HOURS, then +/- to change. Press **NEXT** again to select MINUTES and +/- to change. Continue process to select and change SECONDS, DAY OF WEEK, MONTH, DATE, TIME format (12-hour or 24-hour), DATE format (day-month or month-day), HOURLY CHIME (on/off) and BUTTON BEEP (on/off).
- To change values, press +/- repeatedly. Pressing +/- will set SECONDS to zero. To select AM or PM, advance HOURS digits through 12-hours (12-hour display format).
- After setting first Time Zone, continue pressing **NEXT** until Time Set 1 appears. Change Time Set 1 to 2 by pressing +/- . Repeat procedure above to set time for that zone.
- Press **DONE** at any time to finish setting.

TIP: While in time of day mode, to view other time zone, press and hold **START/SPLIT**. Continue holding button to change display to second time zone.

CHRONOGRAPH (CHRONO) – COUNT AND STORE YOUR LAPS/SPLITS

Display shows minutes, seconds, and hundredths up to one hour; then hours, minutes, seconds.

- Press **MODE** repeatedly until CHRONO appears. Press **START/SPLIT** to start Chronograph.
- Press **START/SPLIT** again to take lap/split. Display shows both lap/split for 10 seconds then returns to running Chrono.

TIP: Press **MODE** button to release display and see running Chrono.

- Press **STOP/RESET** to stop or pause timing. Press **START/SPLIT** to resume.
- Press and hold **SET/RECALL** to store workout, including date, lap/split times, and total time. Skip step if you do not want to store the workout.
- Press and hold **STOP/RESET** to reset Chrono and time another workout.

TIP: Chronograph will continue to run when you exit mode. When storing a workout, display indicates available free memory or MEMORY FULL. If there is not enough memory for entire workout, only total time and oldest laps will be stored.

To Recall Workouts:

- Press **SET/RECALL** to enter recall mode. Date of last workout flashes.
- Press +/- to choose workout to review. Workouts stored by date. Multiple workouts may be stored on same date.
- Press **NEXT** to view workout details.
- Press **START/SPLIT** to review Lap/Split times of successive laps, BEST lap, and AVG lap.
- To review other workouts, press **NEXT** until date flashes then follow steps B-D.
- Press **DONE** to return to Chrono.

TIP: To view lap/split times of current workout, while Chrono is running, press **SET/RECALL** and **START/SPLIT** to scroll through lap/split times, BEST lap, AVG lap. Current lap will not be shown. No other workouts can be viewed while Chrono is running.

To Clear Workouts

- With Chrono stopped, press and hold **STOP/RESET**. HOLD TO CLR WORKOUT will appear. When alert sounds, last stored workout is erased from memory.
- To clear all workouts, continue to hold **STOP/RESET**. HOLD TO CLR ALL will appear. Alert will sound to indicate that all stored workouts are erased. MEMORY FREE will appear.

To Change Display Format

Change what appears in first and second lines of display.

- Press and hold **SET/RECALL** (Chrono running or reset).
- If no workouts are stored, display will indicate FORMAT/SET. If workouts are stored, last workout will be displayed. Press **NEXT** until FORMAT display appears.
- Press +/- to select LAP/SPL, SPL/LAP, or RUN/TOTAL.
- Press **DONE** to exit.

To Display Run Time/Elapsed Time

Determine total time of an exercise.

- Follow steps above to select Run Total format.
- Press **START/SPLIT** to start Chronograph. Press **STOP/RESET** to pause. Chronograph will show time elapsed up to button push. Lower display will continue to run, showing total elapsed time since Chronograph was started.
- Press **START/SPLIT** to resume timing of activity.
- Repeat to record Run Time (total exercise time) and elapsed time.
- Press **STOP/RESET** to stop timing. Press and hold **STOP/RESET** to reset Chrono or press and hold **SET/RECALL** to store workout (run time).

TIP: Elapsed time counter will continue to run until Chronograph is reset. Elapsed time is not stored in memory. Only total exercise time is stored. If you take Lap/Split times in TOTAL RUN mode, display will change to Lap/Split.

ENGLISH INSTRUCTIONS (continued)

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1			
	15:01 MIN		
	SPLIT 2		
		22:09 MIN	
		SPLIT 3	
			29:39 MIN
			SPLIT 4

TIMER — TRACK YOUR LAPS/SPLITS

Timer counts down from a specific time you set.

- To operate Timer, press **MODE** repeatedly until **TIMER** appears in display.
- To set Timer, press **SET/RECALL**. **HOURS** digits will flash. Press **+/-** to change digits.
- Press **NEXT** repeatedly to select **MINUTES**, **SECONDS**, action at end (**STOP**, **REPEAT**, or start **CHRONO**). Press **+/-** to change values.
- Press **DONE** to exit.
- Press **START/SPLIT** to start Timer, **STOP/RESET** to stop. Press **START/SPLIT** to resume.
- Press and hold **STOP/RESET** to reset Timer. Press and hold **STOP/RESET** to clear to zero and set new countdown time.

TIP: Timer continues to run upon exiting Timer mode. Alert sounds and **INDIGLO®** night-light flashes when Timer has reached zero. In Repeat at End timer mode, number of repetitions appears in display. Maximum number of repetitions is 199. In Chrono at End, watch display switches to Chrono mode at end of countdown and starts Chrono. To use this setting, Chrono must be reset to zero.

INTERVAL TIMER (INTTMR)


Watch has multiple timers that follow each other in sequence. At end of each countdown, alert sounds and Timer goes to next set non-zero interval.

- Press **MODE** repeatedly until **INTTMR** appears.
- Press **SET/RECALL**. **INT 1** flashes.
- Press **NEXT**, then follow steps B-C in Timer section.
- Return to **INT 1**, press **+/-** to set Interval Timer 2. Repeat for remaining intervals.
- Press **DONE** to return to Interval Timer.

TIP: When first countdown is complete, Timer proceeds to next non-zero interval that is set. **INDIGLO®** night-light flashes and beep sounds between each interval.

TIP: Action at End setting (e.g. Repeat) applies to entire sequence of intervals.

ALARM — NEVER MISS AN APPOINTMENT OR EVENT

Set multiple alarms. If any alarm is active,  appears in time display

- Press **MODE** repeatedly until **ALARM** appears, followed by **ALM1**. Press **STOP/RESET** to select Alarm to set.
- Press **SET/RECALL** to set alarm. **HOURS** digits will flash. Press **+/-** to change **HOURS**.
- Press **NEXT** and **+/-** to set **MINUTES**, **AM** or **PM** (if primary time display is in 12-hour format), **DAILY**, **WKDAYS**, **WKENDS**, or day of the week (weekly alarm).
- Press **DONE** to exit.
- Press **+/-** to set different Alarm. Set as above.
- In Alarm mode, press **START/SPLIT** to turn Alarm **ON** or **OFF**.

TIP: Alarms apply to selected Time Zone of watch display. Backup Alarm sounds after 5 minutes if no button is pressed. Turning off any Alarm or backup will not affect other alarms.

INDIGLO® NIGHT-LIGHT WITH FLIX® AND NIGHT-MODE® FEATURE — ALWAYS SEE IN THE DARK

- INDIGLO®** night-light: Press **INDIGLO®** night-light button to activate light. Electroluminescent technology used in **INDIGLO®** night-light illuminates watch face at night and in low light conditions.
- NIGHT-MODE®**: Press and hold **INDIGLO®** night-light button for three seconds (beep will sound) to activate or de-active **NIGHT-MODE®** feature. When **NIGHT-MODE®** feature is activated, press any button to turn on **INDIGLO®**.
- FLIX®** Technology: The new **FLIX** Technology feature activates **INDIGLO®** night-light with a simple flick of the wrist. No hands, no buttons, no wasted batteries. Watch must be in **NIGHT-MODE®** feature for **FLIX** Technology to work.



TIP: **INDIGLO®** night-light will turn on for three seconds. **NIGHT-MODE®** feature will automatically deactivate after eight hours.

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BATTERY

Timex strongly recommends that a retailer or jeweler replace battery. If applicable, 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.

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.

TIMEX INTERNATIONAL WARRANTY

(U.S. — LIMITED WARRANTY — PLEASE SEE FRONT OF INSTRUCTION BOOKLET FOR TERMS OF EXTENDED WARRANTY OFFER)

Your **TIMEX** watch is warranted against manufacturing defects by Timex Corporation for a period of **ONE YEAR** from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

- 1) after the warranty period expires;
- 2) if the watch was not originally purchased from an authorized Timex retailer;
- 3) from repair services not performed by Timex;
- 4) from accidents, tampering or abuse; and
- 5) lens or crystal, strap or band, watch case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 7.00 check or money order in the U.S.; a CANS\$6.00 cheque or money order in Canada; and a UKE\$2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. **NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.**

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 020 8687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Watch Repair Mailer for your convenience in obtaining factory service.