Congratulations on purchasing your TIMEX® watch. Please read these instructions carefully to understand how to operate your Timex timepiece. Your watch may not have all of the features described in this booklet.

For more information, please visit: Timex.com
TABLE OF CONTENTS

2 How to Start Your Watch
3 Water and Shock Resistance
4 Indiglo® Night-Light
5 Analog/Digital Models
18 Multi-Function Models
20 Day/Date/AM/PM/Sun/Moon Models
22 Chronograph Models
39 Elapsed Time Ring
40 Tachymeter Ring
41 Compass Ring
42 How to Adjust Bracelet
44 Bracelet Link Removal
45 Battery
46 Warranty
HOW TO START YOUR WATCH

To start your watch remove the plastic guard from under the crown, then press the crown in against the case. The second hand will begin advancing in one-second intervals.

Some deep-depth water-resistant watches require the setting crown to be screwed in to secure water-resistance. If your watch case has a protrusion with screw threads, the crown must be screwed in after setting the watch.

To screw in, push the crown firmly against the threaded protrusion and hold in while turning the crown clockwise. Continue to screw in the crown until it is tight. You will need to unscrew the crown (counter-clockwise) before pulling it out the next time you want to set your watch.

WATER AND SHOCK RESISTANCE

If your watch is water-resistant, meter marking (WR_M) is indicated.

<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>
<tr>
<td>50m/164ft</td>
<td>86</td>
</tr>
<tr>
<td>100m/328ft</td>
<td>160</td>
</tr>
<tr>
<td>200m/656ft</td>
<td>284</td>
</tr>
</tbody>
</table>

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS OR PULL OUT THE CROWN UNDER WATER UNLESS YOUR WATCH IS INDICATED AS 200 METER WATER-RESISTANT.

1. Watch is water-resistant only as long as crystal, crown 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 the watch face or caseback. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging the crystal.

**INDIGLO® NIGHT-LIGHT**

Press button or crown to activate light. Electroluminescent technology used in the INDIGLO® night-light illuminates entire watch face at night and in low light conditions.

---

**ANALOG/DIGITAL MODELS**

4-PUSHER ANALOG/DIGITAL MODEL WITH INDIGLO® NIGHT-LIGHT & NIGHT-MODE® FEATURE
**TO USE INDIGLO® NIGHT-LIGHT**
1) PRESS pusher “B” to illuminate the entire dial (Both analog and digital).

**TO USE NIGHT-MODE® FEATURE**
1) PRESS and HOLD pusher “B” for 3 seconds until you hear a beep.
2) Pressing any pusher will cause the INDIGLO® night-light to illuminate and stay on for 3 seconds.
3) NIGHT-MODE® feature will last for 3 hours.
4) To deactivate NIGHT-MODE® feature PRESS and HOLD pusher “B” for 3 seconds.

**ANALOG TIME**
**TO SET ANALOG TIME**
1) PULL the crown out to the “B” position.
2) TURN the crown either way to the correct time.
3) PUSH in the crown to the “A” position.

**DIGITAL DISPLAY**
1) The Digital display changes to each function every time you PRESS pusher “A”. (As illustrated below):
   - TIME / CALENDAR
   - DAILY ALARM
   - COUNTDOWN TIMER
   - CHRONOGRAPH
   - DUAL TIME

   ![Digital Display Diagram](image)

   **TIME/CALENDAR**
   - Press and release MODE button once.

   **DAILY ALARM**
   - Press and release MODE button once.

   **COUNTDOWN TIMER**
   - Press and release MODE button once.
TO SET TIME / CALENDAR

1) PRESS pusher “A” to bring up TIME / CALENDAR display.
2) PRESS and HOLD pusher “D”. HOLD will display until second flashes.
3) PRESS pusher “C” to reset to second to “00”.
4) PRESS pusher “A” to let hour flash.
5) PRESS pusher “C” to advance hour.
6) PRESS pusher “A” and “C” as above to adjust tens of minutes, minute, year, month, date, day and 12/24 hour format.
7) PRESS pusher “D” to complete setting.
8) View or select the TIME or CALENDAR to appear in your digital display.
   • PRESS pusher “C” to view the CALENDAR for 2 seconds.
   • PRESS and HOLD pusher “C” for 3 seconds until the watch beeps to change the display to CALENDAR.

• To view or change the display to TIME, repeat the steps above.

NOTE: “A” or “P” will appear when the 12-Hour format is selected.

• Set this time to coordinate with the Analog time or another time zone.

• PRESS and HOLD pusher “C” for 2 seconds in setting mode, to activate fast advance.
NOTE:
• When the alarm sounds, it will beep for 20 seconds.
• To stop the alarm beep, PRESS any pusher.
• PRESS and HOLD pusher “C” for 2 seconds in setting mode, to activate fast advance.

TO SET DAILY ALARM
1) PRESS pusher “A” to bring up DAILY ALARM display: “ALARM” will appear for 3 seconds followed by the current alarm setting time and time zone. The ALARM mode symbol “AL” and the applicable time zone symbol “T1” or “T2” alternate to give complete information.
2) PRESS pusher “D” to let time zone flash.
3) PRESS pusher “C” to select time zone.
4) PRESS pusher “A” to let hour flash.
5) PRESS pusher “C” to advance hour.
6) PRESS pusher “A” and “C” as above to adjust tens of minutes and minute.
7) PRESS pusher “D” to complete setting.
8) Alarm is automatically activated after setting is displayed.
TO USE COUNTDOWN TIMER

1) PRESS pusher “A” to bring up COUNTDOWN TIMER display. “24 HR TR” will appear.
2) PRESS pusher “D” to let hour flash.
3) PRESS pusher “C” to advance hour.
4) PRESS pusher “A” to set tens of minutes.
5) PRESS pusher “C” to advance tens of minutes.
6) PRESS pusher “A” and “C” as above to adjust minute.
7) PRESS pusher “D” to complete setting.
8) PRESS pusher “C” to start the timer.
9) PRESS pusher “D” to stop the timer.
10) PRESS pusher “D” again to resume timer to the preset time.

TO SET DAILY ALARM OR CHIME ON/OFF

1) PRESS pusher “A” to bring up DAILY ALARM display.
2) PRESS pusher “C” to activate or deactivate daily alarm and chime accordingly.

NOTE:
- ⌁ or ⌂ will appear or disappear according to daily alarm activation or deactivation.
- ⌐ or ⌑ will appear or disappear according to chime activation or deactivation.
- The alarm coordinates with the digital time not analog time.
- The alarm will sound only if the digital time zone (T1 or T2) selected in the Alarm set mode is currently displayed, as confirmed by the alarm symbol ⌁ or ⌂.
TO USE CHRONOGRAPH FOR LAP OR SPLIT TIME MEASUREMENT:

1) PRESS pusher “A” to bring up CHRONOGRAPH display; “CH LAP” or “CH SPL” will appear.
2) PRESS pusher “D” to select LAP or SPLIT.
3) PRESS pusher “C” to start timing.
4) PRESS pusher “C” to record the first Lap or Split time; digits will be frozen for 15 seconds; “L” or “S” will flash to indicate that the next Lap or Split time is being recorded in the background.
5) PRESS pusher “A” to view the running display while the display is frozen.
6) PRESS pusher “C” to take another Lap or Split.
7) PRESS pusher “D” to stop.
8) PRESS pusher “D” again to reset.

NOTE: CHRONOGRAPH must be reset to zero to switch between LAP and SPLIT.

Records time up to 24 hours and shows 1/100 of seconds for the first hour.
TO SET DUAL TIME:

1) PRESS pusher “A” to bring up DUAL TIME display. “T2” will appear beside the dual time.
2) PRESS and HOLD pusher “D”; “Hold” will display until hour flashes.
3) PRESS pusher “C” to advance hour.
4) PRESS pusher “A” to let month flash.
5) PRESS pusher “C” to advance month.
6) PRESS pusher “A” and “C” as above to adjust date, day, and to set 12 / 24 hour format.
7) PRESS pusher “D” to complete setting.

NOTE:
PRESS and hold pusher “C” for 2 seconds in setting mode to activate fast advance.

NOTE:
1) While in setting of any mode, if no pusher is pressed for 90 seconds the display will automatically return to TIME / CALENDAR mode.
2) While in any mode other than TIME / CALENDAR mode, whenever pusher “C” or “D” is pressed, the next press of pusher “A” will automatically return the display to TIME / CALENDAR mode.
MULTI-FUNCTION MODELS

Your watch has a normal large face display and three small faces displaying date, day and 24-hour time.

**TO SET THE TIME**
1) Pull crown all the way out and turn to correct time.
2) Push crown in to restart.

**Note:** 24-hour display will set automatically.

**TO SET THE DATE**
Instant date change:
1) Pull crown one stop and turn CLOCKWISE until you reach correct date.
2) Push crown in to restart.

**TO SET THE DAY**
1) Pull crown all the way out and turn CLOCKWISE until correct day appears.
2) Push crown in to restart.

**Note:** You must set day before setting time.
NOTE: Remember to set time for am or pm (sun or moon).

TO SET DATE:
1) PULL out crown to “B” position.
2) TURN crown clockwise to correct date.
3) PUSH in crown to “A” position

TO SET DAY:
1) PULL out crown to “C” position.
2) Advance time 24 hours to change the day.
3) PUSH in crown to “A” position

TO SET TIME:
1) PULL out crown to “C” position.
2) TURN crown clockwise to correct time.
   Day/am/pm/moon will also change.
3) Push in crown to “A” position.
The seconds sweep hand shows “seconds elapsed” for chronograph.

**TIME, CALENDAR, CHRONOGRAPH**

This chronograph watch has three functions:

**TIME**

**TO SET THE TIME:**
1) PULL out Crown to “C” position
2) TURN Crown either way to correct time
3) PUSH in Crown to “A” position

**CALENDAR**

**TO SET THE CALENDAR**
1) PULL out Crown to “B” position
2) TURN Crown clockwise to correct position
3) PUSH in Crown to “A” position
NOTE: PRESSING and HOLDING either pusher “A” or “B” will cause the hands to move continually until the pusher is released.

STANDARD CHRONOGRAPH MEASUREMENT:
1) PRESS pusher “A” to start timing
2) PRESS pusher “A” to stop timing
3) PRESS pusher “B” to reset

CHRONOGRAPH
• The Chronograph is capable of measuring:
• Minutes elapsed up to 1 hour (12 o’clock eye)
• Hour elapsed up to 12 hours (9 o’clock eye)
• Seconds elapsed up to 1 minute (seconds sweep hand)

BEFORE USING THE CHRONOGRAPH:
Adjust all the chronograph hands to the “0” or 12 hr. position.

TO ADJUST THE CHRONOGRAPH HANDS:
1) PULL out CROWN to “C” position
2) PRESS pusher “A” intermittently until the seconds sweep hand resets to “0” or 12-hr. position
3) PRESS pusher “B” intermittently until the hands in the 12 o’clock eye reset to “0” or 12-hr position
4) PUSH in Crown to “A” position

NOTE: Make sure that the chronograph is stopped and reset before adjusting.
SETTING THE DATE
1) PULL the crown out to the 1st position "B".
2) Turn the crown counter-clockwise to set the date.
   *If the date is set between the hours of around
   9:00 PM and 1:00 AM, the date may not change
   on the following day.
3) After the date has been set, push the crown back
   to the normal position "A".

USING THE CHRONOGRAPH
This chronograph is able to measure and display
time in 1/1 second up to maximum of 11 hours
59 minutes 59 seconds. The chronograph second
hand keeps continuously for 11 hours 59 minutes
59 seconds after starting.

MEASURING TIME WITH THE
CHRONOGRAPH
1) The chronograph can be started and stopped
each time pusher "A" is pressed.
2) Pressing pusher "B" resets the chronograph and
   the chronograph second hand, chronograph
Do not push crown to normal position while the chronograph second hand returns to zero position. It stops on the way when crown is returned to normal position and its position is recognized as zero position.

CHRONOGRAPH RESET (INCL. AFTER REPLACING BATTERY)
This procedure should be performed when the chronograph second hand does not return to zero position after the chronograph has been reset, including after the battery has been replaced.

1) Pull the crown out to the 2nd position “C”.
2) Press pusher “A” to set the chronograph second hand to the zero position. The chronograph hand can be advanced rapidly by continuously pressing pusher “A”.
3) Once the hand returns to zero position, return the crown to the normal position.
TYPE 3

BASIC OPERATIONS
- 6 o’clock eye shows seconds.
- 10 o’clock eye shows “minutes elapsed” for chronograph.
- 2 o’clock eye shows “1/20 seconds elapsed” for chronograph.
- Chronograph second hand shows “seconds elapsed” for chronograph.

TIME
TO SET THE TIME:
1. PULL crown out to “C” position.
2. TURN crown either way to correct time.
3. PUSH crown in to “A” position.

TO ADJUST TO A NEW TIME ZONE:
1. PULL crown out to “B” position.
2. TURN crown either way to move the hour hand in hour increments.

CALENDAR
TO SET THE CALENDAR:
1. PULL crown out to “B” position.
2. TURN crown either way to move hour hand. Two complete revolutions relative to the 12 o’clock position will move the date forward or backward. This will correct both date and 24-hour time.
3. PUSH crown in to “A” position.

NOTE: The date changes automatically every 24 hours.
TO ADJUST CHRONOGRAPH HANDS:
1. PULL crown out to "B" position.
2. PRESS pusher "B" until the hand at the 10 o’clock eye resets to the “30” position.
3. PULL crown out to “C” position.
4. PRESS pusher “A” until the chronograph second hand resets to the “0” or “60” or 12-hour position.
5. PRESS pusher “B” until the hand at the 2 o’clock eye resets to the “0” position.
6. PUSH in Crown to “A” position.

NOTE:
• Make sure the chronograph is stopped and reset before adjusting.
• PRESSING and HOLDING either pusher “A” or “B” for 2 seconds will cause the hands to move continuously until the pusher is released.

CHRONOGRAPH
THE CHRONOGRAPH IS CAPABLE OF MEASURING:
• 1/20 seconds elapsed up to 1 second (2 o’clock eye).
• Seconds elapsed up to 1 minute (chronograph second hand).
• Minutes elapsed up to 30 minutes (10 o’clock eye).

NOTE: Chronograph will operate continuously for 4 hours, after which it will automatically stop and reset.

NOTE: The 1/20th of a second hand does not move during chronograph function, the 1/20th seconds are indicated when chronograph is stopped and not yet reset.

BEFORE USING THE CHRONOGRAPH, adjust all the chronograph hands to the “0” or 12-hour positions.
**NIGHT-MODE® FEATURE**

**TO USE NIGHT-MODE® FEATURE:**
1. PUSH and HOLD Crown to “D” position for 4 seconds to activate NIGHT-MODE® feature.
2. PRESSING any pusher will cause the INDIGLO® night-light to stay on for 3 seconds.
3. Or PUSH and HOLD Crown to “D” position for 4 seconds to deactivate Night-Mode® feature.

**IF STOPWATCH HANDS DO NOT RETURN TO “0 POSITION” WHEN THE STOPWATCH IS RESET:**
1) PULL crown out to “B” position
2) PRESS pushers “A” or “B” repeatedly to move hands to “0” position
3) PUSH in crown to “A” position

---

**STANDARD CHRONOGRAPH MEASUREMENT:**
1. PRESS pusher “A” to start timing.
2. PRESS pusher “A” to stop timing.
3. PRESS pusher “B” to reset.

**SPLIT TIME MEASUREMENT:**
1. PRESS pusher “A” to start timing.
2. PRESS pusher “B” to split.
3. PRESS pusher “B” to resume timing.
4. PRESS pusher “A” to stop timing.
5. PRESS pusher “B” to reset.

**INDIGLO® NIGHT-LIGHT**
With the crown in the “A” position, PUSH crown to the “D” position. Entire dial will be illuminated. Electroluminescent technology used in INDIGLO® night-light illuminates entire watch face at night and in low light conditions.
TIME

TO SET THE TIME:

NOTE: The stopwatch must be stopped and reset to the zero position prior to setting the time.

1. Pull the crown out to position 2.
2. Rotate the crown either direction until the 24-hour, hour, and minute hands display the correct time.

TO ADJUST THE STOPWATCH HANDS TO THE ZERO POSITION:

1. Pull the crown out to position 2.
2. Press pusher “A” to move the stopwatch minute and second hands counter clockwise to the zero position. Press pusher “B” to move the stopwatch minute and second hands clockwise to the zero position.
CHRONOGRAPH
THE CHRONOGRAPH IS CAPABLE OF MEASURING:
• Seconds elapsed up to one minute (6 o’clock eye)
• Minutes elapsed up to one hour (9 o’clock eye)

STANDARD CHRONOGRAPH MEASUREMENT
• Press pusher “A” to start timing
• Press pusher “A” to stop timing
• Press pusher “B” to reset the chronograph to the zero position

SPLIT TIME MEASUREMENT
• Press pusher “A” to start timing
• Press pusher “B” to split
• Press pusher “B” to resume timing
• Press pusher “A” to stop timing
• Press pusher “B” to reset the chronograph to the zero position

ELAPSED TIME RING
If your watch is equipped with a rotatable outer ring on the face, with numbers corresponding to minutes, you can use this Elapsed Time Ring to time an activity from the start, or to mark the ending time for the duration of an activity.

TO TIME AN ACTIVITY FROM THE START:
Set the Start/Stop triangle at the time (hour or minute) when you start the activity (As shown on the left in the illustration shown below). At completion, you can see how long the activity took.
TO MEASURE THE TIME REMAINING:
Set the triangle to the hour or minute position when you wish to complete the activity, and check the watch periodically for progress towards that goal.
In the illustration shown on the previous page on the right you can stop when the minute hand reaches the 20 minutes past the hour position.

TACHYMETER RING
The tachymeter feature can be used to measure speed in miles per hour (MPH), nautical miles per hour (knots) or kilometers per hour (KPH) using the sweep second hand and the scale on the wall above the watch face. You need to know the actual distance you are covering in miles or km.
Start the chronograph with the second hand at zero (the twelve o’clock position). Within the first minute, the second hand will point to the rate for a one-mile (or one kilometer) course: if it takes 45 seconds, the hand will point to 80 at that position – 80 MPH or 80 KPH.

If within the first minute, a distance greater than one mile or kilometer is covered, multiply the tachymeter number by the distance to get the actual rate: if you went 1.2 miles in 45 seconds, multiply the 80 by 1.2 – 96 MPH.

COMPASS RING
If your watch is equipped with a movable ring around the dial marked at the letters “N”, “E”, “W”, “S” (for the four compass directions) or compass degrees, you can use this feature to find an approximate compass directional reading.
1) Lay the watch on a flat surface, or hold it so that the face is parallel to the ground.
2) Locate the sun and point the hour hand at the sun.
3) In the A.M., rotate the ring until the “S” (south) marker is halfway between the hour hand and 12:00 (after the hour hand or within the shortest distance between the hour hand and 12:00).

4) In the P.M., rotate the ring until “S” is before the hour hand and halfway between the hour hand and 12:00.

How to Adjust Bracelet
(Variations of the following bracelet sections apply to all watch models).

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.

FOLDOVER CLASP BRACELET
1. Find spring bar that connects bracelet to clasp.
2. Using a pointed tool, push in spring bar and gently twist bracelet to disengage.
3. Determine wrist size, then insert spring bar in correct bottom hole.
4. Push down on spring bar, align with top hole and release to lock in place.
**BATTERY**

Timex strongly recommends that a retailer or jeweler replace battery. If applicable, push reset button when replacing battery. Battery type is indicated on case-back. 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.**

---

**BRACELET LINK REMOVAL**

**REMOVING LINKS:**
1. Place bracelet upright and insert pointed tool in opening of link.
2. Push pin forcefully in direction of arrow until link is detached (pins are designed to be difficult to remove).
3. Repeat until desired number of links are removed.

**RE-ASSEMBLY:**
1. Rejoin bracelet parts.
2. Push pin back into link in opposite direction of arrow.
3. Press pin down securely into bracelet until it is flush.
TIMEX INTERNATIONAL WARRANTY

Your TIMEX® watch is warranted against manufacturing defects by Timex Group USA, Inc. 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$ 8.00 check or money order in the U.S.; a CAN$7.00 cheque or money order in Canada; and a UK£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 additional warranty information please call one of the numbers listed below:

Asia +852 27407311; Brazil +55 (11) 5572 9733; U.S. +1 800 448 4639; Canada 1 800 263 0981; the Caribbean, Bermuda and the Bahamas +1 501 370 5775 (U.S.); France +33 3 81 63 42 00; Germany/Austria +43 662 889 2130;
Mexico and Central America 01 800 01 06000 (U.S.); Portugal +351 212 555 460; UK, Middle East and Africa +44 20 8687 9620

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.

**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.

©2009 Timex Group USA, Inc. TIMEX and NIGHT-MODE are registered trademarks of Timex Group USA, Inc. INDIGLO is a registered trademark of Indiglo Corporation in the US and other countries.