

TIMEX®

Register your product at
www.timex.com

W263 574-095000 NA



THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.

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.

FUNCTIONS

The built-in accelerometer detects movement through the natural swinging-motion of your arm. For best results, allow the watch-wearing arm to swing freely during walks or runs. The watch will start recording movement after five to ten steps.

- Time/date
- 100-hour chronograph with accelerometer step counter.
- Measures distance traveled, distance remaining to goal, total activity time, time remaining to goal, active time, stop time, pace, speed, steps and calories.
- Review and stores 10 activities with date stamp
- 24 hour timer
- Three alarms
- Personal goals
- Multiple calibration options
- INDIGLO® night-light with NIGHT-MODE® feature

BASIC OPERATION



GETTING STARTED

SETTING TIME AND DATE

1. In TIME mode, press and hold SET.
2. Press + or - to select time zone 1 or 2.
3. Press NEXT to set hour. Digits flash.
4. Press + or - to change hour.
5. Press NEXT and + / - to set minutes.
6. Continue pressing NEXT and + / - to set seconds, month, day, year, time format (12- or 24-hour), and date format (MM/DD or DD/MM).
7. Press DONE to exit.

TIP: Press START/SPLIT/+ to view second time zone; hold START/SPLIT/+ to switch time zones.

CHOOSING PERSONAL SETTINGS

Personal settings are used to calculate average walking stride length, distance, pace, and calories burned. Gender, age, and height are used to calculate average walking stride length. Taller people usually have longer strides. You can customize your stride length (ex. for running) from the STRIDE SETUP screen. See CALIBRATING THE SENSOR MANUALLY.

1. Press MODE to select SETUP.
2. Press START/SPLIT/+ to select PERSONAL SETUP.
3. Press SET.
4. Press + / - to set gender.
5. Press NEXT to set height. Digits flash.
6. Press + / - to set height in feet.
7. Continue pressing NEXT and + / - to set height in inches, weight, pack weight (if applicable), and age.
8. Press DONE to exit.

NOTE: Pack weight setting is used to calculate how many calories are burned.

SETUP MODE

CHOOSING SYSTEM SETTINGS

1. Press MODE to select SETUP.
2. Press START/SPLIT/+ to select SYSTEM SETUP.
3. Press SET.
4. Press + / - to set UNITS (IMPERIAL/METRIC).
5. Press NEXT and + / - to set CHIME (ON/OFF).
6. Continue pressing NEXT and + / - to set BEEP (ON/OFF).
7. Press DONE to exit.

SETTING UP GOALS

Workouts are compared to distance and time targets set up in this menu.

1. Press MODE to select SETUP.
2. Press START/SPLIT/+ to select GOALS SETUP.
3. Press SET.
4. Press + / - to set GOAL ALERT (ON/OFF).
5. Press NEXT and + / - to set ALERT TYPE (DISTANCE/TIME).
6. Continue pressing NEXT and + / - to set DIST. TRGT and TIME TRGT.
7. Press DONE to exit.

CALIBRATING THE SENSOR AUTOMATICALLY

Calibrate the sensor for more accurate pace and distance calculations.

1. Press MODE to select SETUP.
2. Press START/SPLIT/+ to select STRIDE SETUP.
3. Press SET.
4. Press + / - to select AUTOMATIC. Press NEXT.
5. Press + / - to select WALK or RUN.
6. Press NEXT and + / - to set thousands digit of CAL. LENGTH.
7. Continue pressing NEXT and + / - to set remaining digits. Press NEXT when finished.
8. When prompted, hold START.
9. When prompted, walk or run selected distance.
10. When distance is reached, press STOP.

If CALIBRATION OKAY displays, setup is complete. If CALIBRATION FAILED displays, repeat calibration.

TIP: Longer distances make more accurate calibrations than shorter ones. The default distance is the distance of a football field from end zone to end zone (300 ft).

CALIBRATING THE SENSOR MANUALLY

If you know your stride length, you can enter the exact measurement without running Automatic calibration. Calibrating the sensor to your precise stride length will result in the most accurate distance calculations.

1. Press MODE to select SETUP.
2. Press START/SPLIT/+ to select STRIDE SETUP.
3. Press SET.
4. Press + / - to select MANUAL.
5. Press NEXT and + / - to set stride length in feet and inches.
6. Press DONE to save settings and exit.

TIPS: Manually adjust stride length in small increments to improve accuracy.

CHRONO MODE

USING THE CHRONO

TIPS: While chrono is running, ⌚ icon displays.

While chrono is running, accelerometer tracks number of steps and watch calculates distance and calories burned. Accelerometer is only "on" when chrono is running.

1. Press MODE to select CHRONO.
2. Press START/SPLIT/+ to start chrono. The display toggles between total workout time and label for selected display.
3. While the chrono is running, press START/SPLIT/+ to take a split.
4. Press STOP to stop chrono.
5. While the chrono is stopped, hold RESET to clear chrono and store activity.

If you have set goals in SETUP mode, alert sounds at halfway point and when goal is met. See SETTING UP GOALS. While chrono is running, hold SET to choose whether the lap time or the split time appear at the top of the display. When chrono is running, press SET to choose which of these data appear in the bottom of the display:

- Lap time plus total time (if split has been taken)
- Total distance
- Remaining distance to goal (if goal is set)
- Total time
- Remaining time to goal (if goal is set)
- Active time
- Stop time
- Pace (minutes/mile or km)
- Speed
- Steps
- Calories

(continued on reverse)

REVIEW MODE

The watch stores up to 10 activities in REVIEW mode. Activities are stored automatically upon chrono reset. If 10 activities are already stored, newest activity replaces oldest. Lock activities to keep them from being replaced when storage is full.


REVIEWING ACTIVITIES

1. Press MODE to select REVIEW.
2. If there are no stored activities, NO ACTIVITY STORED displays. If there are stored activities, most recent activity date and time displays.
3. Press START/SPLIT/+ to view next most recent activity date and time.
4. Press SET to view activity.
5. Press NEXT to view activity data.

Activity data displays in this order:


- Distance ▶ Total time ▶ Active time ▶ Stop time ▶ Pace (minutes/mile or km) ▶ Speed ▶ Steps ▶ Calories
6. Press DONE to exit review mode.

LOCKING ACTIVITIES

1. Press MODE to select REVIEW.
2. Press START/SPLIT/+ to select activity to lock.
3. Hold STOP/RESET. HOLD TO LOCK displays.
4. After beep,  icon displays.

Activity cannot be replaced by new activities.

UNLOCKING ACTIVITIES

1. Press MODE to select REVIEW.
2. Press START/SPLIT/+ to select activity to unlock.
3. Hold STOP/RESET. HOLD TO UNLOCK displays.
4. After beep,  icon disappears.

Activity can now be replaced by new activities.


TIMER MODE

SETTING THE TIMER

1. Press MODE to select TIMER.
2. Press SET. TIMER SET displays.
3. Press + / - to change hour. Digits flash.
4. Press NEXT and + / - to set minutes.
5. Continue pressing NEXT and + / - to set seconds and AT END (STOP or REPEAT) function.
6. Press DONE to exit.

TIP: To stop timer after one rep, set AT END function to STOP. To repeat timer, set AT END function to REPEAT.

USING THE TIMER

1. Press MODE to select TIMER.
2. Press START to begin counting down. The  icon appears.
3. Press STOP to stop the timer.
4. While timer is stopped, press STOP to reset or START to resume.


TIP: Alert sounds at halfway point and when timer runs out. Press STOP to silence the alert.

ALARM MODE

SETTING THE ALARM

1. Press MODE to select ALARM.
2. Press STOP/RESET/- to choose alarm # to set.
3. Press SET. ALARM # SET displays.
4. Press + / - to change hour. Digits flash.
5. Press NEXT and + / - to change minutes.
6. Continue pressing NEXT and + / - to set AM/PM and frequency.
7. Press DONE to exit.

TURNING ALARMS ON AND OFF

1. Press MODE to select ALARM.
2. Press STOP/RESET/- to choose alarm.
3. Press START/SPLIT/+ to turn alarm on or off. When alarm is on,  icon displays.

TIPS:

When alarm time is reached, alert sounds and night-light flashes.

Press any button to silence alarm.

Alarm continues for 20 seconds if no button is pressed. Backup alarm sounds 5 minutes after scheduled alarm if no button is pressed.

INDIGLO® NIGHT-LIGHT/NIGHT-MODE® FEATURE

1. Press INDIGLO® Button to activate night-light for several seconds.
2. Hold INDIGLO® Button for 4 seconds to activate NIGHT-MODE® feature. Beep will sound.
3. In NIGHT-MODE® Button feature, press any button to activate night-light.
4. Hold INDIGLO® Button for 4 seconds to turn off NIGHT-MODE® feature. Beep will sound. NIGHT-MODE® feature automatically turns off after 8 hours.

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.

WATER RESISTANCE

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

Water-Resistance Depth	p.s.i.a. * Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	160

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

- Watch is water-resistant only as long as lens, push buttons, and case remain intact.
- Watch is not a dive watch and should not be used for diving.
- Rinse watch with fresh water after exposure to salt water or chlorine.

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 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 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/Austria, call +43 662 88921 30. 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.

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