

TIMEX®

Register your product at
www.timex.com

W279 661-095003 US



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.

Visit www.timex.com/manuals to download a full and detailed user manual.

TIMEX® IRONMAN® SLEEK™ 250-LAP QUICK START

FEWER DISTRACTIONS FOR BETTER WORKOUTS

Preserve momentum and avoid breaking your stride. Use the TapScreen technology to take a lap/split without having to slow down or take your eyes off the road. You can set the SLEEK™ 250-Lap Watch with your target pace and audible distinct alerts will let you know when to speed up or slow down to stay on pace.

GETTING STARTED

Set up the SLEEK™ 250 watch with your goals and personal settings.

BUTTON FUNCTIONS

Use the buttons on the watch to set preferences and time workouts.

INDIGLO® night-light or button

Press to turn on night-light, or hold to activate Night-Mode® feature.

START/SPLIT/+

Start a workout or timer, take a lap/split, or increase values in settings screens.

MODE

Cycle through the watch modes, or move to the next field in settings screens.

STOP/RESET/SET

Stop a running workout or timer, reset a stopped time, or enter and exit settings screens.

TAPSCREEN™ TECHNOLOGY

When enabled, start a workout or timer, take a lap/split in Chrono mode, or stop an interval timer or timer.

DISPLAY/TAP ON-OFF/-

Scroll through data during a workout, decrease values in settings screens, or enable the TapScreen™ feature before a workout.

SETTING THE TIME AND DATE

Set the time, date, and the format in which time and date display.

1. Hold SET until SET TIME displays.
2. Press START/SPLIT/+ and DISPLAY/TAP ON-OFF/- to choose the time zone to set.
3. Press MODE.
4. Continue pressing START/SPLIT/+, DISPLAY/TAP ON-OFF/-, and MODE to set time, date, time format, and date format.
5. Press SET to exit.

SETTING YOUR TARGET PACE

Set your goal for workouts in minutes per mile/km.

SETTING	FUNCTION
Target pace (TARGET PACE)	The number of minutes in which you want to complete each mile or kilometer.
Maximum target range (TARGET RANGE +)	The time by which your pace may exceed your target and still be considered ON TARGET.
Minimum target range (TARGET RANGE -)	The time by which your pace may fall short of your target and still be considered ON TARGET.
Target distance (TARGET DIST)	The distance you want to cover during a workout (optional).

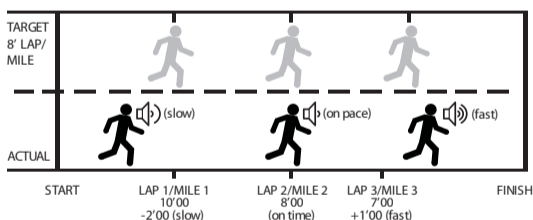
1. Press MODE until SETUP displays.
 2. Press START/SPLIT/+ until TARGET TIME displays.
 3. Press SET.
 4. Press START/SPLIT/+ and DISPLAY/TAP ON-OFF/- to select ON.
 5. Continue pressing MODE, START/SPLIT/+, and DISPLAY/TAP ON-OFF/- to set target pace, target range, and target distance.
 6. Press SET to exit.
- Your total time (target pace multiplied by target distance) displays.

CHRONO ON THE GO

Use Chrono mode to track your lap, split and delta times to train more efficiently.

To start the chrono just tap the watch face. To take a lap/split, tap again and your data will be displayed for five seconds meanwhile the chronograph continues running. Press stop to stop the workout and press again to find the options to save or erase.

If your target pacer is on, when you take a split the watch compares your current pace with your target pace and distinct alerts will advise to adjust or keep the running pace. Slow beeps indicate you're behind pace, a single beep lets you know you're on pace, and fast beeps indicate you're ahead. An onscreen message tells you just how far ahead or behind you are.



INTERVAL TRAINING

Use the Interval Timer mode to help you keep track of complex interval workouts.

DESIGNING YOUR INTERVAL WORKOUT TO SUIT YOUR NEEDS

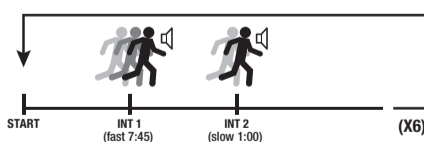
You can set up 2 separate interval workouts, each with up to 8 intervals. Each interval can time up to 24 hours, and you can choose a name for each interval to help you know what activity you should be performing.

You can set up your interval workouts to repeat when a set of intervals is complete, expanding the complexity of workouts the watch can manage for you. The watch keeps track of repetitions for you, and with customizable names for the intervals you always know how intense your run should be at a given time.

1. Press MODE until INT TIMER displays.
 2. Press SET.
 3. Press START/SPLIT/+ and DISPLAY/TAP ON-OFF/- to select the workout to set up, and then press MODE.
 4. Press START/SPLIT/+ and DISPLAY/TAP ON-OFF/- to set number of times to repeat the intervals, and then press MODE to begin setting up intervals.
 5. Press START/SPLIT/+ and DISPLAY/TAP ON-OFF/- to choose a name for the interval, and then press MODE.
 6. Press START/SPLIT/+, DISPLAY/TAP ON-OFF/-, and MODE to set the time for the interval.
 7. If you want to set up an additional interval, press MODE until the interval number at the top of the display flashes, press START/SPLIT/+ to select the next interval, and then press MODE to begin setting the time.
- NOTE:** You can also select an interval you already configured if you need to make changes.
8. Repeat steps 5 through 7 until all intervals are set. You can set up to 8 intervals for each workout.
 9. Press STOP/RESET/SET.

Follow these steps to time an interval workout.

1. Press MODE until INT TIMER displays.
2. Press START.
3. When one interval ends, an alert sounds prompting you to begin the next interval. The name and time for the new interval display.
4. Press STOP to stop the workout.
5. Press RESET when workout is stopped to select SAVE or ERASE.
6. Hold RESET to reset the chronometer and save or erase the workout data.



If you selected SAVE in step 5, all workout data is saved. If you selected ERASE in step 5, the workout is erased but not saved.

REVIEW MODE

You can view all saved data for Chrono mode or Interval Timer mode workouts from Review mode. Compare these workouts to one another to know if you are on track for your training program and to chart your improvement over time.

When you stop and reset a workout, it is saved in the watch memory. Your 5 most recent workouts are stored; if you save a sixth workout, the oldest workout is deleted to make room for it.

If you took laps/splits during a Chrono mode workout, you can view data for each lap individually, so you can compare your performance from lap to lap. Chrono mode workout data is compared to your target pace, so you can see how you compared to your goals overall.

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® 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.

Consult your doctor before beginning an exercise program to confirm a workout plan that is right for you.

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 1-800-328-2677 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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