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Runner to check his watch Image Credit: marinovicphotography/iStock/Getty Images Ironman is the brand name for health and performance surveillance watches made by Timex Group USA. The Ironman name comes from triathlon of the same name. The Ironman series includes models designed for fitness and aimed at athletes, especially those competing in triathlons. These devices provide a variety of functions that focus on training. Many Ironman models include GPS tracking, heart rate monitoring and lap counting. Each model has several buttons to circle the LCD display. Users must learn how buttons control different functions. This article applies to timex Ironman Triathlon 30-Lap watch. Step 1 Determine the functions of the clock buttons by reviewing the user guide (the exact function of each button may vary depending on the model). The Timex Ironman Triathlon 30-Lap watch, like most Ironman models, has four buttons around the watch face and one under display. With the clock facing you, the left has the settings buttons and the right are function buttons. Start/stop operation is controlled by a button just below the display. Step 2 Set the time by pressing the lower button on the left that serves Mode or Next until time mode is written on the display. Hold down the top button on the left to place the device in Setup mode. Use the button on the top of the clock to move the time forward and the bottom button on the right to move it backwards. Move through all options with the right bottom button and press the top button on the right to complete the process. Step 3 Set the alarm, timer, and number of circles using the Mode button in the lower-left corner. Click the button until the correct mode is displayed, and then use the button on the face to enlarge, and the bottom button on the right to minimize. Pressing the top button on the left ends the process and accepts the setting. Step 4 Start and stop all functions with the face button. Use Mode, the lower button on the left, to highlight the feature you want to activate, and then press Start. Step 5 Press the top button on the right to get Andglo or nighttime. This allows you to see the numbers on the display when the lighting is poor. Press the button once to turn on night glows and again to turn it off. Some models are waterproof and can be used for swimming. It is recommended that the clock battery be replaced in a qualified service centre. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 3440 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 5960 61 62 63 64 65 66 67 68 69 70 71 72 73 Sports + Ironman only available in the USA. Extend your guarantee for another 4 years from the date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal working hours. Payment must be made within 30 days of purchase. Name, address, phone number, date and five-digit five-digit Number. You can also mail check \$5 to: Timex Extended Warranty, P.O. Box 1676, Department of EF, Little Rock, Please read the instructions carefully to understand how to operate your Timex watch. Your model may not have all the features described in this booklet. THANKS FOR PURCHASING YOUR TIMEX WATCH. MERCI D'AVOIR ACHETÉ CETTE MONTRE TIMEX. GRACIAS POR COMPRAR AND RELOJ TIMEX. (suite as dos) (suite as dos) (sigue al dorso) (sigue al dorso) 1. Press MODE repeatedly until TIMER.2 appears. Press SET/RECALL. The hourly digits flash.3. Follow the same pattern as the TIME and SIGNAL setting to set the hours, minutes, seconds, and select between REPEAT/AT END or STOP/AT END (timer down and then stop).4. Press DONE to confirm and exit.5. Press START/SPLIT to start TIMER. The timer will continue to run even if you exit the timer mode. If repeat/end option If STOP/END is selected, it will flash.6. Alarm tone tone when the timer reaches zero or before it starts counting.7. Press STOP/RESET to stop the TIMER. Press again to reset the countdown time. Real time calendar clock, Second time zone, countdown timer, Day/week/weekend alarm, hours chime, Chronograph with lap/split storage, INDIGLO® night lights with Night-Mode® Feature.1. In time mode, press and hold SET/RECALL. The time zone will flash.2. To set, press + or – to change minutes.7. Press NEXT. Seconds will flash.8. Press to reset seconds.9 Press NEXT. The day of the week will flash.10 Use - or - to change the day.11. Repeat this step to set the month, date, 12/24 view, MM format. JJ ou JJ.MM whether to activate hourly teal (CHIME) and whether signalsonore (BEEP) is activated. If the last option is enabled, the clock will beep each time you press a button (except INDIGLO).12. Press DONE to confirm and leave, or next, to continue and adjust the second time if necessary.13. In normal time mode, hold START/SPLIT down to briefly display the second time; 4 seconds to move to another shaft. The alarm setting is similar to setting time.1. Press MODE repeatedly until ALARME.2 appears. Press SET/RECALL to set the alarm.3. Hours will flash. Use - or - to change their setting.4. Press NEXT. Minutes will flash. Use - or - to change their setting.5. Press NEXT. If the clock is in a 12-hour format, am/PM will flash. Use - or - about 6. Press NEXT. Use - or - to select a day's alarm (days), day of the week (DAYS OF THE WEEK), or weekend (WEEKENDS).7. Press DONE to confirm the changes and exit.8. Press Start/Split or Stop/Reset to turn the alarm on or off. Once it is unlocked, OFF will appear. The alarm icon will appear when it is activated.9. THE INDIGLO and alarm icon flashes, and the bell rings when the alarm goes out. Press any button to cut it off. An additional alarm will be activated after five minutes if no button is pressed.1. Press MODE repeatedly until TIMER.2 appears. Push SET/UNDO. Hours flash.3 Repeat the same operation as time and alarm setup. l'heure, lesminutes et les secondes puis choisir REPEAT/AT END (la minuterie s'écoule, puis recom-mence) ou STOP/AT END (la minuterie s'écoule puis s'arr.te).4. Appuyer sur DONE pour confirmer les changements et quitter.5. Value for money 7.5 Celle-ci va continuer 'fonctionner m'mesi vous quittez le mode Minuterie. If l'option REPEAT/END is choisie, clignotera. SiSTOP/END est choisi, ce sera qui clignotera.6. Une alarme sous forme de mélodie sonnera lorsque la minuterie a atteint zéro ou avantqu'elle recommence son décompte.7. Appuyer sur STOP /RESET pour stopper la minuterie. Enfoncer de nouveau pour remettre laRelej with real time calendar, second time zone, countdown stopwatch, daily alarm/day/weekend, time call, chronograph with entry back/fraction, INDIGLO® night light with Night Mode feature®. When you set modes, each button has a different function as described above. The clock face will indicate when the button changes the function. START/ O + (Increase the value. HoldFraction for aumendy.) TIME/DATE/TIME BELL.1. in TIME MODE, press and hold SET/RETURN TO DISPLAY. The time zone lights up flashing.2. To set, press + or – to select the first or second time zone.3. Press NEXT. Hour.4 digits will light up intermittently. Press + or – to change the time, including AM/PM. Press NEXT. The minute digits will light up intermittently.6. Press + or – to change minutes.7. Press NEXT. The seconds will light up periodically.8. Press + or – to set seconds to zero.9. Press NEXT. It will light up periodically on the day of the week.10. Press + or – to change the day.11. Continue to the model to set the month, month day, 12-hour, or 24-hour format, or formatoMM.DD or DD. If you choose to beep on, you will hear the sound every time you press the button (except INDIGLO).12. Press FINISH to confirm and exit, or next to continue and, if necessary, set the second time zone.13 In time mode, press and hold START/FRACTION to view the second time zone; Hold down for 4 seconds to move from alarm setting to time.1. Press MODE several times until ALARM appears.2. Press SET/RETURN to set the display to set the alarm.3. The hour numbers will light up intermittently. Press + or – to change the time.4. Press NEXT. The minute digits will light up intermittently. Press + or – to change minutes.5. Press NEXT. If it is in a 12-hour format, AM/PM lights up intermi-clockwise. Press + or – to change.6. Press NEXT. Press + or to select DAYS, WORK DAYS, OR WEEK.7. Press FINISH to confirm and exit.8. Press FINISH to confirm and exit.8. Press Start / Fraction or Stop / Reconfigure to turn the alarm on or off. When disabled, It will appear Off. When enabled, the clock icon will appear.9. The INDIGLO naks gaismas and alarm icon lights up intermittently and listens for an alert when the alarm sounds. Press any button to mute. A backup alarm will sound every five minutes if you don't press any bots.1. Press MODALITY several times until CHRONOMETER appears.2. Press FIX/RETURN TO DISPLAY. The hour digits will light up intermittently.3. Follow the same path as to set TIME and ALARM to set the hours, minutes, seconds, and select between REPEAT/END (the stopwatch counts down and then repeats) or STOP/AT THE END (the timer counts down and then sets).4. Press FINISH to confirm and exit.5. Press FINISH to confirm and exit.5. Press START/FRACTION to start the CHRONOMETER. The staff were very friendly and helpful. If you select REPEAT/AL FINAL, the . Selecting STOP/END will light up the .6. If you select STOP / at the END the .6 will light up. An alarm melody will sound when the timer reaches zero or before the countdown is again.7. Press STOP/RECONFIGURE to stop the CHRONOMETER. Press again to reconfigure to the countdown.1. Press again to press the countdown.1. Nospiediet MODE, l'dz tiek par.d.ts CHRONO.2. Nospiediet un turiet SET/RECALL.3. Displejs b's'ds: FORMAT/SET, tad LAP/SPL vai SPL/LAP.4. Nospiediet + vai – lai izv.ltos vajadz.g form.5. Nospiediet DONE, lai apstiprin-tu un izietu.6. Lai izmantotu chrono, nospiediet START/SPLIT. Chrono turpina darboties pat tad, ja izejat no re-ama.7. Nospiediet STOP/RESET, lai aptur-tu hronogr-fa palai-anu VAI hrono hrono darb-bas laik-, nospiediet S-K/SADAL-T, lai sadal-tu. P.C. tam ap.a un dal.tie laiki tiks par.d.ti j.u izv. Ap.a numurs main.s l.dz ar p.d.jiem diviem apak.j.s l.nijas cipariem.* Lap un sadal.tais laiks par.d.sies sasalis 10 sekundes. Nospiediet MODE, lai atbruvtu displeju, un- kam-r hronogr-fs darbojas vai tiek aptur-ts, nospiediet SET/RECALL, p-c tam nospiediet + vai – lai ritin-tu l-dz saglab-ti ap-i vai atsauktu saglab-tos ap-si/izjumus. V'ireiz nospiediet SET/RECALL, lai atgrieztos pie palai'anas- * Nospiediet un turiet stop/reset, lai atiestat-tu hronogr-fu. Lappuse 2 TIMEX INTERNATIONAL WARRANTY (ASV – LIMITED WARRANTY – LV SK. Timex un t's pasaules fili'lles b's godu 'o Starptautisko Garantiju.L'dzu, a p.r.c. s. izv.ts, remonts j.su skat.ts, uzst.dot jaunais vai r.p.gi atjaunotas un p.rbaud.ts sast.vda.as vai aizst.t to ar identisku vai l.dz.gi modeli. SVAR-GI - L'DZU, 'EMILET VR', KA'ISGARANTIJS NEATTIECAS UZ DEFEKTIEM VAI BOJ'JUMIEM J'SU after the warranty period has expired.;2) if the clock is not originally purchased from an authorized Timex Timex repair services not performed by Timex;4 from accidents, manipulation or abuse; 5) lens or crystal, strap or band, clock body, accessories or battery. Timex may charge anyThis warranty and remedies that are exclusively and in place of all other war-grounding, express or indirect, including any implied warranties of merchantability or fitness for specific purposes. TIMEX SHALL NOT BE LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and countries do not allow restrictions on indirect warranties and excludes or restrictions on alkaline exclusions are not allowed, so these restrictions may not be authorised for you. This guarantee gives you special legal rights, and you may also have other rights that vary from country to country and country. To receive the warranty service, please return your clock to Timex, one of its affiliates or timex retailer where the clock was purchased, along with complete the original Watch Repair Coupon or, in the US and Canada only, a completed original Watch Repair Coupon or a written statement identifying your name, address, phone number and date and place of purchase. Please include the following with your watch to cover postage and han-dling (this is not a repair fee): US\$7.00 cheque or cash order in the US; CAN \$6.00 cheque or cash order in Canada; and UK £2.50 cheque or cash order in the UK In other countries Timex will charge a fee for mailing and handling. NEVER INCLUDE A SPECIAL WATCHBAR OR ANY OTHER PERSONAL VALUE SECTION, please call 1-800-448-4639 for further warranty information. For Canada, call 1-800-263-0981. For Brazil, call 0800-168787. For Mexico, call 91-800-01-060. For Central America, the Caribbean, Bermuda and Bahamam, call (501) 370-5775 (USA). For Asia call 852-2815-0091. For To A, call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. In the Middle East and Africa call 971-4-310850. In other areas, please contact your local Timex retailer or Timex distributor to have the information you need. In Canada, the U.S. and some other locations participating in Timex retailers may provide you with postage stamps for paid, pre-addressed Watch Repair Mailer for your convenience to get factory service. This watch is justified in the form of no defects in material and production for a period of three (3) years from the date of the initial purchase in Australia if it is sold to a trustee and appointed dealer. Refers to the initial purchase of the watch from an authorized distributor from all watches purchased before this date is subject only to the original 1 year warranty. During this period, reguling, adjustment, repair, replacement of parts or movements or, at our choice, replacement with a clock with the same and/or similar function will be provided free of charge within a reasonable time after at the time of the de-iaiving. During, provided that the clock is returned with the warranty card;(a) to the nearest authorized distributor or (b) by insured post or other insured carrier: HAGEMEYER LIFESTYLE BRANDS (AUSTRALIA) PTY LTD. Blocked Bag 3344, Femtree Gully Business Postage, insurance and shipping costs are due to the owner to watch. For service issues, call 1-300-661-5151. This warranty does not cover damage to the body, glass, crystal, bracelet, strap or other appearances.3. This warranty does not apply to damage caused by abuse, accidents, use that does not correspond to the attached structuring (e.g. failure to provide a screw crown), or lack of care and maintenance in accordance with the requirements for the maintenance of closed care.4. This warranty does not apply to water damage if the clock is not clearly indicated on the back of the housing as water resistant.5. This warranty does not apply to damage caused by non-compliance with the user manual of the use of added water resistance.6. This warranty is valid only if it is fully and correctly filed and dated by an authorized and appointed Australian dealer, the scraping watch was purchased.7. We reserve the right to unlink all liability under this repair guarantee if the clock has been modified, changed.8. Modified or modified warranty cards or warranty card photocopies will not be honored. OUR LIABILITY TO YOU FOR ANY VIOLATION OF IMPLIED TIME, POSITION OR ABSTINENCE UNDER ANY APPLICABLE LAW WILL BE LIMITED, IN THE EVENT OF OUR CHOICE, ANY ONE OR MORE OF THE TYPES PERMITTED BY THIS LAW, INCLUDING THE WARRANTY INTERNATIONALE TIMEXVotre montre TIMEX est garantie contre les défauts de fabrication pour une période d'UN AN, compter de la dated'achat. Timex ainsi que ses affiliés honoreront cette garantie internationale. Le personnel est très agréable. IMPORTANT : CETTE GARANTIE NE COUVRE PAS VOTRE1) après l'expiration de la période de garantie.2) si elle n'a pas été achetée chez un revendeur Timex agréé.3) si la réparation n'a pas été faite par Timex.4) s'il s'agit d'un accident, falsification ou both.5) s'il s'agit de verre, du bracelet, du boîtier ou des piles; TIMEX PEUT EFFECTUER LES RÉPARATIONS MAIS CELLES CICETTE GARANTIE AINSI QUE LES RECOURS INDIQUÉS DANS LES PRÉSENTES SONT EXCLUSIFS ET REMPLACENTTOUTE AUTRE GARANTIE, IMPLICITE EXPLICIT OUE, Y COMPRIS MAIS NON EXCLUSIVEMENT TOUTEANTI GAREIMPLICITE DE COMMERCIALISATION OU D'APTITUDE À UN USAGE PARTICULIER. TIMEX N'EST RESPONSABLE D'AU-CUN DOMMAGE PARTICULIER, ACCESSOIRE OU INDIRECT. Certains pays and juridictions interdisent les limitationsdes garanties implicites et les exclusions ou restrictions sur les dommages; Les présentes may not be a piemerojamie. This guarantee you This guarantee you specific legal rights. You may have other rights that will vary depending on the country and jurisdiction. To receive the guaranteed service, return the clock to Timex, one of its subsidiaries or a Timex retailer that has bought the clock for you. Include an original repair coupon completed, or, in the United States, or only in Canada, the same filled coupon or page that contains your name, address, phone number and date and date of purchase. To cover the cost of a back watch (they don't repair costs), please in-click a cheque or post-warrant 7.00 \$US (US), \$6.00 (Canada) or \$2.50 (UK). In other countries Timex will ask you to cover mailing and handling costs. NEVER INCLUDE A SPECIAL BRACELET OR ANY ITEM BEFORE SENTIMENTAL VALUE IN THE SHIPMENT. In the United States, you can call 1-800-448-4639 for more information. For Canada, call 1-800-263-0981. For Brazil, 0800 168787. 91 800 01 060 for Mexico. For Central America, the Caribbean, Bermuda and the Bahamas, call 501 370 5775 (USA). For Asia, call 852 2815 0091. For the UK, call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. In the Middle East and Africa call 971-4-310850. For warranty information, please contact your local dealer or Timex dealer. In the United States, Canada and other countries, you may have a prepaid, pre-addressed embai-lage. GARANTIA INTERNACIONAL TIMEX

(Garantía limitada USA - Lea por favor el folleto de instrucciones para los detalles de la Oferta de extensión de laSu reloj TIMEX esta garantizado contra cualquier defecto de fabricación por TIMEX Corporation durante un perodode UN A-O no fecha. TIMEX y sus compa'as subsidiarias en todo el mundo aceptaron estaTIMEX notifica que, a nuestra discreción, su reloj será reparado con piezas nuevas o reacondicionado totalmente componentes debidamente revisados o seero cambiado por otro okomkomusujatave idéntico. IMPORTANT: ESTA GARAN-TIA NO CUBRE LOS SIGUIENTES DEFECTOS O FALTAS DE SU RELOJ.1. Si el periodo de garantía ha vencido.2. Si su reloj no ha sido comprado en una agencia o tienda oficial TIMEX.3. Si su reloj ha sido manipulado fuera del Servicio Técnico Oficial TIMEX.4. Si su reloj evidencia pruebas de golpes, accidentes o abusos.5. Si el cristal, correa, caja, pila o accesorios aparecen da'ados o gastados. En estos casos timex efectuará lareparación y billararo su costo. ESTA GARANTA Y LOS DERECHOS Y ACCIONES CONTENIDOS EN EL PRESENTE SON EXCLUSIVOS Y SUSTITUYEN ATODAS LAS DEMAS GUARANTORAS, EXPRESAS O IMPLÍCITAS, INCLUYENDO CUALESQUIERA GARANTAS IMPLÁCITASDE COMERCIABILIDAD O ADECAIDAD PARA UN PROPS. TIMEX FROM THE EU INCIDENTAL OR POTENTIAL DAMAGES. Some countries and countries do not allow limitations on indirect warranties and exclude or limit losses, so you may not be allowed to give up. This guarantee gives you special legal rights, and you may also have other rights from country to country to country. To receive the warranty service, please send your watch to Timex, one of its branches or the store where you purchased the watch, along with the complete original Watch Repair Voucher or USA. Only in the U.S. and Canada, the original completed Clock Repair Coupon or written notice, giving your name, address, phone number, and date and place of purchase. Please include the following with your watch to cover postage and administrative expenses (this is not a repair fee): \$7 cheque or cash order in the US, \$6.00 cheque or cash order in Canada; and uk-2.50 cheque or money order in the UK and other countries. Timex will charge a fee for postal and administrative expenses. NEVER INCLUDE A SPECIAL WATCH STRAP OR OTHER PERSONAL VALUE ITEMS. For the US, please call 1-800-448-4639 for additional warranty information. Canadian call 1-800-263-0981. Brazilian call 0800-168787. Mexico 91-800-01-060. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (USA). For Asia call 852-2815-0091. For the UK, call 44208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. In the Middle East and Africa call 971-4-310850. If you would like warranty information in other regions, please contact your local Timex representative or Timex reseller. In Canada, usa and other countries, TIMEX authorized stores will be able to inform you and secure osobre mail payments for specific TIMEX watch repair shipments and help you get such a factory service. If your watch is waterproof, the meter label or () is indicated. Water resistance depth p.s.a.* Water pressure below the surface * pounds per square inch absoluteln Australia, see Water Resistance Usage Guide below: Timex strongly recommends retailer or jeweler to replace battery. If necessary, press the pressing button when replacing the battery. The battery type is indicated on the caseback. Battery life esti-mates are based on certain assumptions about use; battery life may vary depending on whether you want to THROW THE BATTERY INTO A FIRE. DON'T CHARGE. KEEP LOOSE BATTERIESINDIGLO® NIGHT-LIGHT/NIGHT MODE® FEATUREPress INDIGLO® to activate the night light. The electrode technology used in INDIGLO® light illuminates the entire watch face at night and in stormy light conditions. While the night light is pressing any button, it is turned on for three seconds. Press and hold the INDIGLO for 4 seconds to activate NIGHT-MODE® Feature.Moon icon will appear. When activated, any button pushed will cause INDIGLO® night light to stay for 3 seconds. NIGHT-MODE® Will remain activated for 8 hours or until deactivated by pressing and holding INDIGLO again for 4 seconds again. WARNING: DO NOT PRESS THE BUTTONS UNDER WATER TO MAINTAIN WATER RESISTANCE.1. The clock shall be waterproof only as long as the lens, push-buttons and housing remain intact.2. The watch is not a diver watch and should not be used for diving.3. After exposure to salt water, rinse the clock with clean water.4. Impact resistance will be indicated on the clock face or caseback. The clocks are designed to pass the impact resistance of the ISO tests. However, care should be taken not to damage the crystal/lens.1. Press MODE until CHRONO.2 is displayed. Keep SET/RECALL down.3. The display will display: FORMAT/SET, then RDP/SPL (intermediate circle/time) or SPL/LAP (interval/turn).4. Press and select the format you want.5 Push DONE to confirm the changes and leave.6. To use the chronograph, press START/SPLIT. This will continue to work even if you switch to another mode.7. Press STOP/RESET to stop the OR chronograph while the chronograph is dark, press START/SPLIT to record the interval. The turn and time will be displayed in the selected format. The number of the circle changes with the last two digits of the bottom line. Press MODE to exit this display and see how the chronograph works. Press SET/RECALL again to return to the chronograph. If the clock is waterproof, the maximum depth or symbol is indicated. Water pressure below the surface p.s.a.-Timex strongly recommends that the retailer or jeweler replace the battery. If you need to reset the reset button when replacing the battery, the battery type is indicated on the back of the case. The battery life estimate is based on certain usage assumptions; its actual duration may vary depending on the montre.NE JETER PILE FEU. DO NOT CHARGE THE BATTERY. KEEP THE BATTERIES OUT OF THE MARKET AND RESIST SHOCKS WITH CAUTION: TO MAINTAIN WATERPROOFING, DO NOT PRESS ANY BUTTON 1. The clock is not for diving. Do not use it under these conditions.3. After contact with seawater, rinse with clean water.4. Impact resistance will be indicated on the face of the clock or the back of the body. Sont con-ues pour réussir le test de l'ISO pour la résistance aux chocs.

Water resistance depth *p.s.a. Water pressure below the surface * pounds per square inch absoluteRESISTANT TO WATER AND TO SHOCKSTimex strongly recommends that the watchmaker or jeweler replace the battery. If you've repaired the battery when replacing it, press the reconfigure button. The battery type is indicated on the back of the box. The battery life estimate is based on certain usage assumptions; battery life may depend on the real.NO battery is in use. DON'T CHARGE. KEEP THE BATTERIES LOOSE OUTSIDE THE REACH OF CHILDREN. WARNING: DO NOT PRESS ANY 1 TO MAINTAIN WATER RESISTANCE. The clock shall be waterproof only if the glass, push-buttons and housing remain intact.2. The clock is not a diver's watch and should not be used for diving.3. Rinse the clock with clean water in case of saltwater exposure.4. The impact resistance shall be indicated on the face or body cover of the clock. The clocks are designed to pass the impact test. However, in order not to damage the 1st Press MODALITY until CHRONOGRAPH.2 is displayed. Press and hold SET/RETURN TO VISUALIZE.3. You can read: FORMAT / FIX, the LAP / SPL (RETURN / FRACTION) or SPL / RDP.4. Press + or - to select the desired format.5. Press FINISH to confirm and exit.6. To use the chronograph, press START/FRACTION. The chronograph will continue to run even if it exits mode.7. Press STOP/RECONFIGURE to keep the chronograph working, or press START/FRACTION to share while the glass is running. The turn and fraction time will appear in the selected format. The number of the circle will change with the last two digits of the bottom line. The lap and fraction time will appear frozen for 10 seconds. Press MODAL-IDAD to release the display and view the work chronograph. While the chronograph is running or stopped, press FIX/RETURN TO VISUALIZE, then press + or to go to the saved turns or return to registered vervuels/fractions. Press THE FIX/RE-DISPLAY key again to return to the work chronograph. Press and hold STOP/RECONFIGURE to reconfigure the chronograph. VEILLEUSE INDIGLO®/FONCTION NIGHT-MODE®Enfoncer INDIGLO® pour activer l'éclairage. Technologie électroluminescente utilisée dans la veilleuse INDIGLO® permet d'il-luminer toute la face de la montre la nuit et dans des conditions de faible éclairage. Le personnel est très agréable. Garder le bouton INDIGLO enfoncé durant 4 secondes pour activer la fonction NIGHT-MODE®. De lune apparaîtra. Une fois cette fonction activée, enfoncer n'importe quel bouton pour laisser la veilleuse inDIGLO® allumée durant 3 secondes. La fonction NIGHT-MODE® restera active durant 8 heures ou jusqu'à sa désactivation. Pour ce faire, garder le bouton indiglo enfoncé de nouveau durant 4 secondes. FONCIONES INDIGLO® NIGHT-LIGHT/NIGHT MODE® Presione INDIGLO® para activar la luz. La tecnología electroluminiscentequese utiliza en la luz nocturna INDIGLO ilumina todala cara del reloj la noche y en condiciones de bajabilidad. Mientras está encendida la luz nocturna puede presionar cualquier pulsador para mantenerla encendida durante tres segundos. Presione y mantenga INDIGLO durante segundos para activar la característica NIGHT-MODE®. Aparecerá un ícono de luna. Una vez activada, presione cualquier pulsador para mantenerla encendida la opción INDIGLO® durante 3 segundos. La car-acterística NIGHT-MODE® permanecerá activada durante 8 horas o hasta que se desactive pre-sionando y manteniendo INDIGLO nuevamente durante 4 segundos. In order for the trader to stamp and maintain as a permanent record of the customer's warranty requirements at the time of purchase. STORE DETAILS PURCHASE DATESTale, to fill in the above information at the time of purchase, will cancel the warranty. Daily Life Dial/Caseback Marking (International Standard ISO 2281) Water 3/5 Bar 10/15 Bar 20 Barlemit use resistant 30/50 meters 100/150 Meters 200 MetriSvimmings/snorkeling dial-up/backend marking (international standard ISO 2281) water 3/5 Bar 10/15 Bar 20 More Severely Discontinued Use Durable 30/50 Meters 100/150 Meters 200 MetresDiving Dial/Caseback Marking(International Standard ISO 2281) Divers Divers Divers Abovelems Usage - 100 Meters 200 Meters 300 Meters 200 MetresScuba Diving Yes Yes Yes Yes Yes Deep Marine Diving No Please consult the dealer Page 3 Available only in the US. Extend your guarantee for another 4 years from the date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal working hours. Payment must be made within 30 days of purchase. Name, address, phone number, date of purchase, and five-digit model number required. You can also mail check \$5 to: Timex Extended Warranty, P.O. Box 1676, Department of EF, Little Rock, Please read the instructions carefully to understand how to operate your Timex watch. Your model may not have all the features described in this booklet. THANKS FOR PURCHASING YOUR TIMEX WATCH. MERCI D'AVOIR ACHETÉ CETTE MONTRE TIMEX. GRACIAS POR COMPRAR AND RELOJ TIMEX. (suite as dos) (suite as dos) (sigue al dorso) (sigue al dorso) 1. Press MODE repeatedly until TIMER.2 appears. Press SET/RECALL. The hourly digits flash.3. Follow the same pattern as the TIME and SIGNAL setting to set the hours, minutes, seconds, and select between REPEAT/AT END or STOP/AT END (timer down, then timer down, then Press DONE to confirm and exit.5. Press START/SPLIT to start TIMER. The second will continue to run even if you exit the timer mode. If you will flash. If STOP/END is selected, it will flash.6. Alarm tone tone when the timer reaches zero or before it starts counting.7. Press STOP/RESET to stop the TIMER. Press again to reset the countdown time. Real time calendar clock. Second time zone, countdown timer, Day/week/weekend alarm, hours chime, Chronograph with lap/split storage, INDIGLO® night lights with Night-Mode® Feature.1. In time mode, press and hold SET/RECALL. The time zone will flash.2. To set, press + or - to select the first or second time zone.3. Press NEXT. Hourly digits flash.4. Press + or - to change the hour, including AM/PM. Press NEXT. Minute digits flash.6. Press + or - to change minutes.7. Press NEXT. Second digits flash.8. Press + or - to set seconds to zero.9. Press NEXT. The day of the week flashes.10. Press + to - to change the day.11. Continue the model to set the month, day of the month, 12-hour, or 24-hour time display in MM. DD orDD.MM date format, enable/disable chime hours format, turn beep on/off. If you select a beep, the sound will sound each time you press a button (except INDIGLO).12. Press DONE to confirm and exit, or next, to continue and set the second time zone if necessary.13. In time mode, press and hold start/split to peek into the second time zone; 4 seconds to switch time zones. Alarm setup is similar to setting time.1. Press MODE repeatedly until ALARM appears.2. Press SET/RECALL to set the alarm.3. Hour digits flash. Press + or - to change the hour.4. Press NEXT. Minute digits flash. Press + or - to change minutes.5. Press NEXT. If AM/PM flashes in 12-hour format. Press + or - to change.6. Press NEXT. Press + or - to select DAILY, WEEKDAYS, OR WEEKENDS.7. Press DONE to confirm and exit.8. Press Start/Split or Stop/Reset to arm or disarm the signal. When it is disarmed, off will be played. Armed, the alarm icon is displayed.9. Press any button to turn off silence. A backup alarm sounds after five minutes, if you do not press/When setting, each button has a different function as above. Watch the face pointingthr button changes function. START/OR + (Magnification value. SPLIT Hold to increase rapidly.) Horloge-calendrier en temps réel, deuxième fuseau horaire, minuterie, alarme quotidienne/desemaine/de fin de semaine, carillon horaire, chronographe avec sauvegarde des tours et destemps intermédiaires, veilleuse INDIGLO® avec fonction Night-Mode®. Le petit déjeuner est très agréable. La situation de la montre indiquera si le maya de fonction. START/ OR - (Increases value. Keep SPLIT down to increase quickly.) Keep SPLIT down to increase quickly.) TIME/DATE/HOURLY CHIME1. In Time mode, keep SET / RECALL down. Breakfast is very nice. Push - or - to choose the first or second time zone.3. Press NEXT. The hours will flash.4 Use or - to change the time, including the AM/PM setting. Pm. 12 hours five. Press NEXT. Minutes will flash.6 Use - or - to change minutes.7. Press NEXT. Seconds will flash.8. Press to reset seconds.9 Press NEXT. The day of the week will flash.10 Use - or - to change the day.11. Repeat this step to set the month, date, 12/24 view, MM format. JJ ouJJ.MM whether to activate hourly teal (CHIME) and whether signalsonore (BEEP) is activated. If the last option is enabled, the clock will beep each time you press a button (except INDIGLO).12. Press DONE to confirm and leave, or next, to continue and adjust the second time if necessary.13. In normal time mode, hold START/SPLIT down to briefly display the second time; 4 seconds to move to another shaft. The alarm setting is similar to setting time.1. Press MODE repeatedly until ALARME.2 appears. Press SET/RECALL to set the alarm.3. Hours will flash. Use - or - to change their setting.4. Press NEXT. Minutes will flash. Use - or - to change their setting.5. Press NEXT. If the clock is in a 12-hour format, am/PM will flash. Use - or - about 6. Press NEXT. Use - or - to select a day's alarm (days), day of the week (DAYS OF THE WEEK), or weekend (WEEKENDS).7. Press DONE to confirm the changes and exit.8. Press Start/Split or Stop/Reset to turn the alarm on or off. Once it is unlocked, OFF will appear. The alarm icon will appear when it is activated.9. THE INDIGLO and alarm icon flashes, and the bell rings when the alarm goes out. Press any button to cut it off. An additional alarm will be activated after five minutes if no button is pressed.1. Press MODE repeatedly until TIMER.2 appears. Push SET/UNDO. Hours flash.3 Repeat the same operation as time and alarm setup. Adjust the time, minutes, and seconds, and then choose REPEAT/AT END (timer spout, then recom-mence) or STOP/AT END (timer emptied and then stops).4. Press DONE to confirm the changes and exit.5. Press START/SPLIT to start the timer. This one will continue to run even if you leave timer mode. If REPEAT/END is selected, the option will flash. If IfSTOP/END is selected, it will be the one who will flash.6. The tones tone sounds when the timer reaches zero or starts counting again.7 Press STOP/RESET to pause the timer. Push again put laReIoj con calendario en tiempo real, segunda zona horaria, cron-metro de cuenta regresiva, alarma diaria /d'as heles/fines de semana, campanilla horaria, cron-grafo con registro INDIGLO® night lights with Night Mode®. When you set modes, each button has a different function as described above. The clock face will indicate when the button changes the function. START/ O + (Increase the value. HoldFraction for aumendy.) TIME/DATE/TIME BELL1. in TIME MODE, press and hold SET/RETURN TO DISPLAY. The time zone lights up flashing.2. To set, press + or - to select the first or second time zone.3. Press NEXT. Hour.4 digits will light up intermittently. Press + or - to change the time, including AM/PM. Press NEXT. The minute digits will light up intermittently.6. Press + or - to change minutes.7. Press NEXT. The seconds will light up periodically.8. Press + or - to set seconds to zero.9. Press NEXT. It will light up periodically on the day of the week.10. Press + or - to change the day.11. Continue to the model to set the month, month day, 12-hour, or 24-hour format, or formatoMM.DD or DD. If you choose to beep on, you will hear the sound every time you press the button (except INDIGLO).12. Press FINISH to confirm and exit, or next to continue and, if necessary, set the second time zone.13 In time mode, press and hold START/FRACTION to view the second time zone; Hold down for 4 seconds to move from alarm setting to time.1. Press MODE several times until ALARM appears.2. Press SET/RETURN to set the display to set the alarm.3. The hour numbers will light up intermittently. Press + or - to change the time.4. Press NEXT. The minute digits will light up intermittently. Press + or - to change minutes.5. Press NEXT. If it is in a 12-hour format, AM/PM lights up intermi-clockwise. Press + or - to change.6. Press NEXT. Press + or to select DAYS, WEEK DAYS, OR WEEKENDS.7. Press FINISH to confirm and exit.8. To turn the alarm on or off, press Start/Fraction or Stop/Reconfigure. If disabled, it will appear off. When on, the clock icon9 appears. THE INDIGLO night lights and alarm icon light up periodically and hear a warning when the alarm sounds. Press any button to mute the sound. The backup tone sounds every five minutes if you do not press any buttons.1. Press MODALITY several times until CHRONOMETER.2 appears. Press FIX/RETURN to display. The hourly numbers will light up intermittently.3. Follow the same pattern as set TIME and ALARM to set hours, minutes, seconds, and select between REPEAT/END (stopwatch counts down and then repeats) or STOP/AT END (stopwatch una cuenta regresiva y luego se detiene)4. Oprima TERMINADO para confirmar y salir.5. Oprima TERMINADO para confirmar y salir.5. Oprima COMENZAR/FRACCIÓN para comenzar el CRONÓMETRO. El desayuno es muy agradable. Si seleccionó REPETIR/AL FINALse iluminará el . Si seleccionó PARAR/AL FINAL se iluminará el .6. Si seleccionó PARAR / AL FINAL se iluminará el .6. Sonará una melodía de la alarma cuando el cronómetro llegue a cero o antes de queempiece de nuevo la cuenta regresiva.7. Oprima PARAR/RECONFIGURAR para parar el CRONÓMETRO. Oprima de nuevo para reconfig-urar a la cuenta regresiva.1. Oprima de nuevo para reconfigure-urar la cuenta regresiva.1. Press MODE until CHRONO.2 is displayed. Press and hold SET/RECALL.3. The display will be: FORMAT/SET, then RDP/SPL or SPL/LAP.4. Press + or - to select the desired format.5. Press DONE to confirm and exit.6. To use chrono, press START/SPLIT. Chrono continues to run even when you exit mode.7. Press STOP/RESET to stop the chronograph from running or chrono during chrono operation, press START/SPLIT to split. Then the lap and split times will be displayed in the format of your choice. The number of the circle changes with the last two digits of the bottom line. Lap and split time will appear frozen for 10 seconds. Press MODE to release the display, and while the chronograph is running or stopping, press SET/RECALL, then press + or - to scroll to stored circles or undo saved laps/slides. Press SET/RECALL again to return to the start. Press and hold stop/reset to reset the chronograph. Chronograph.

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