

TIMEX® INSTRUCTIONS**SPECIAL EXTENDED
WARRANTY OFFER****SPECIAL EXTENDED
WARRANTY OFFER****5 YEARS FOR 5 DOLLARS**

For \$5, Timex will extend the enclosed one year limited manufacturer's warranty for an additional 4 years from date of purchase. This 5 year warranty covers repairs on your watch under the same terms and conditions as set forth in the manufacturer's warranty in this booklet.

Payment can be made with AMEX, Discover, Visa or MasterCard by calling 1-800-448-4639 during normal working hours or you can mail a check to:

Timex Extended Warranty
P.O. Box 1676
Dept. EF
Little Rock, AR 72203

We will need your name, address, telephone number, date watch purchased and 5 digit watch model number.

Payment must be made within 30 days after date of purchase.

Please read this booklet carefully to familiarize yourself with the operation and care of your TIMEX watch and with the Limited Warranty.

SECTION 1 – INDIGLO® NIGHT-LIGHT

Your Timex watch featuring INDIGLO night-light contains a patented electroluminescent technology (U.S. Patent Number 4,527,096). The INDIGLO night-light illuminates the entire watch lens with a uniform bright light that offers superior readability at night and in all low light conditions. Simply press the appropriate button to activate.

INDIGLO is a registered trademark of Indiglo Corporation in the U.S. and other countries.

SECTION 2 – NIGHT-MODE® OPTION

Your Timex watch is equipped with NIGHT-MODE. This Timex patented feature (U.S. Patent Number 4,912,688) enhances the benefits of the INDIGLO® night-light. Once activated, any button pushed will cause the INDIGLO night-light to stay on for 3 seconds. NIGHT-MODE is activated by pressing and holding the INDIGLO button for 3 seconds. The watch will beep, indicating that you are in NIGHT-MODE. NIGHT-MODE will stay activated for 3 hours or until you deactivate it by pressing and holding the INDIGLO button again for 3 seconds.

EXAMPLE: When running lap time in low light conditions, press **START/SPLIT**. At this time, the INDIGLO night-light will automatically stay on for 3 seconds, allowing you to read the lap or split time...all with one simple push of a button.

SECTION 3 – WATER-RESISTANCE

If your watch is water-resistant, it will be indicated (⊞) on the watch face or on the caseback.

- **50 Meter Water-Resistant** watch withstands water pressure to 86 p.s.i.a. (equals immersion to 164 feet or 50 meters below sea level).
- **100 Meter Water-Resistant** watch withstands water pressure to 160 p.s.i.a. (equals immersion to 328 feet or 100 meters below sea level).

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

NOTES:

1. The watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Even though the watch may be water-resistant to a significant depth (100 meters), it is not a diver watch and should not be used for diving.
3. Timex strongly recommends rinsing your watch with fresh water after exposure to salt water.

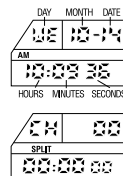
SECTION 4 – GENERAL OPERATION/FEATURES

The following illustration shows you the various buttons and their location for operating and setting your watch.

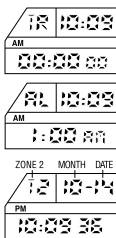


- **NORMAL TIME** mode features automatic adjustment for months with less than 31 days.
- From **NORMAL TIME** mode press **MODE** to bring you to **CHRONOGRAPH** mode.

Chronograph features split or lap time recording and net/elapsed time operation.



- From CHRONOGRAPH mode press **MODE** to bring you to COUNTDOWN TIMER mode.
- From COUNTDOWN TIMER mode press **MODE** to bring you to ALARM mode.
- From ALARM mode press **MODE** to bring you to SECOND TIME ZONE mode.
- From SECOND TIME ZONE mode press **MODE** to return to NORMAL TIME mode.



OTHER FEATURES

- TEMPERATURE SENSOR** – Using a sensor on the watch face, the watch displays the temperature for air, water or snow. The temperature is shown numerically and in bar graph form in degrees Fahrenheit or Centigrade.
- AUTOMATIC SET RETURN** – While in the SET function within any mode, if no button is pressed for 2 minutes, the watch will automatically return to NORMAL TIME. This function will help correct for any accidental button presses.
- AUTOMATIC MODE RETURN** – While in any mode other than NORMAL TIME mode, whenever any button is pressed that affects the display, the next push of **MODE** will automatically return the watch to NORMAL TIME mode and not to the next mode in the normal sequence.
- ALARM AUTOMATIC RETURN** – While in the ALARM mode, if no button is pressed for 2 minutes, the watch will automatically return to NORMAL TIME mode.
- HOURLY CHIME** with visible indicator beeps every hour on the hour.
- INDIGLO®** night-light with **NIGHT-MODE®** option for night viewing. Operate by pressing the **INDIGLO** button (see Sections 1 and 2).
- 12 or 24 HOUR (Military) Time System.

IMPORTANT: The true ambient air temperature is achieved by removing the watch from your wrist and placing it in the shade for 30 minutes. Body heat registers on the extremely sensitive thermistor, even when the watch is worn over clothing. The thermometer registers water temperature faster and more accurately than air temperature.

SECTION 6 – HOW TO SET TIME/CALENDAR

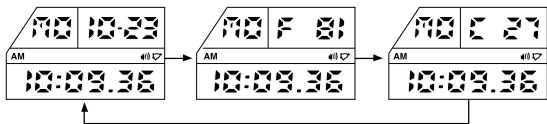
- From NORMAL TIME mode, press and hold **SET** firmly to begin setting procedure.
- “HOLD” appears on the display, and the current time will appear with SECONDS flashing. Press **START/SPLIT** to return SECONDS to zero.
- Press **MODE**. The HOUR section will begin flashing. Press **START/SPLIT** to advance hours. Pay attention to the AM (A) or PM (P) indicators on the right side of the lower display in order to set the correct time.
- Press **MODE**. The TENS OF MINUTES section will begin flashing. Press **START/SPLIT** to advance tens of minutes.
- Press **MODE**. The MINUTES section will begin flashing. Press **START/SPLIT** to advance minutes.
- Press **MODE**. The MONTH section will begin flashing. Press **START/SPLIT** to advance the month.
- Press **MODE**. The DATE section will begin flashing. Press **START/SPLIT** to advance the date.
- Press **MODE**. The DAY OF THE WEEK section will begin flashing. Press **START/SPLIT** to advance the day.
- Press **MODE** to select NORMAL (12-hour) or MILITARY (24-hour) TIME. Press **START/SPLIT** to alternate between 12 and 24 hour time.
- When setting is complete, press **SET** to exit the setting procedure.

HOW TO SET SECOND TIME ZONE

- From NORMAL TIME mode, press **MODE** four times to view SECOND TIME ZONE (T2).
 - Follow the above steps for NORMAL TIME setting, starting with Step D.
- NOTE:** SECOND TIME ZONE can be set independently from NORMAL TIME, so time zone differences other than whole hours can be used.

SECTION 5 – HOW TO USE THE TEMPERATURE SENSOR

- From NORMAL TIME mode, press **TEMP** to view temperature in Fahrenheit. While the display shows temperature in Fahrenheit, press **TEMP** again to view temperature in Centigrade. The display will automatically return to the date in 2-3 seconds.



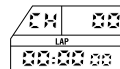
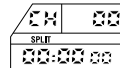
- To have the temperature remain in the date display, hold **TEMP** until the beep sounds. Any of the three display options in NORMAL TIME mode (date, Fahrenheit or Centigrade temperature) can be selected by using this method.
- A temperature reading update occurs whenever **TEMP** is pressed except in Chronograph mode. Additionally, temperature is automatically updated every ten minutes.

SECTION 7 – HOW TO USE THE CHRONOGRAPH

The chronograph (or stopwatch) is used to measure elapsed time from a beginning point; for instance, to time a race. It can be used to record segments of your training routine so that you can evaluate your progress.

To enter CHRONOGRAPH mode, press **MODE** once from NORMAL TIME display. You are now in the CHRONOGRAPH mode.

In the CHRONOGRAPH mode, select either SPLIT or LAP by pressing **SET**. (Note: Chronograph must be set to zero to switch between SPLIT and LAP.) The word “SPLIT” or “LAP” will alternate with each press.



The SPLIT chronograph allows the user to view total accumulated time at a particular interval while continuing to accumulate total time. The LAP chronograph allows the user to view the elapsed time for an interval but resets to zero to measure the discrete time of the next interval.

For example, if a runner ran one mile in four equal one minute intervals on a quarter mile track and the user pressed **SPLIT/RESET** at the end of each quarter mile, the display would show as illustrated.

	SPLIT	LAP
1/4	1.00	1.00
2/4	2.00	1.00
3/4	3.00	1.00
4/4	4.00	1.00

STANDARD CHRONOGRAPH WITH NET/ELAPSED TIME

In either SPLIT or LAP mode, standard (pause) chronograph operations are as follows:

A. Press **START/SPLIT** to begin timing. "01" will appear in the upper left display indicating that timing has begun and that you are on Lap 1.

NOTE: You can leave CHRONOGRAPH mode while the chronograph is running. From NORMAL TIME, press **MODE** once to re-enter CHRONOGRAPH mode.

B. Press **STOP/RESET** to stop the timing. The chronograph will stop running.

C. Press **START/SPLIT** to resume timing
OR

Press **STOP/RESET** to clear the chronograph and return the display to zero.

ADVANCED CHRONOGRAPH WITH SPLIT OR LAP TIMING

A. Press **START/SPLIT** to begin timing.

B. Press **START/SPLIT** to temporarily freeze the chronograph readout and measure a split or a lap. Either SPLIT or LAP will flash, indicating that a split or lap time has been taken, and that the chronograph is continuing to time the event.

C. After 15 seconds, the watch will resume showing the running lap or split time. "02" will appear in the upper display indicating that you are on Lap 2. You can count up to 99 laps in this manner. To resume showing the running time before 15 seconds have passed, press **MODE**.

D. When the event ends, press **STOP/RESET**. The watch will end timing. The lower display will indicate the final lap time (if LAP was selected) or the total event time (if SPLIT was selected). The upper left display will indicate the total number of laps taken in the event.

NOTE: If you pressed **STOP/RESET** while the chronograph readout was frozen, you will need to press **STOP/RESET** again to display the final time.

E. To begin a new event, press **STOP/RESET**. This will clear the chronograph and return the lower display to zero. You are now ready to repeat Steps A through D.

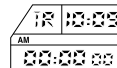
NOTE: If you need to pause the chronograph during the timing, press **STOP/RESET**. Press **START/SPLIT** to resume timing the event, or **STOP/RESET** to clear the chronograph and return the lower display to zero.

SECTION 8 – HOW TO SET/USE COUNTDOWN TIMER

The countdown timer allows you to preset a period of time into the watch. Similar to a kitchen timer, the watch counts down from the preset period, indicating the time remaining, and signaling when the period has expired.

HOW TO SET THE COUNTDOWN TIMER

A. From NORMAL TIME mode press **MODE** two times. You are now in TIMER mode. The display will show the Time of Day in the upper right display and the Timer setting in the lower display.



B. Press **SET** to begin setting procedure. The HOURS section will begin flashing in the lower display. (The countdown timer can be set up to 23 hours, 59 minutes, and 59 seconds.) Press **START/SPLIT** to advance hours.

C. Press **MODE**. The TENS OF MINUTES section will begin flashing. Press **START/SPLIT** to advance tens of minutes.

D. Press **MODE**. The MINUTES section will begin flashing. Press **START/SPLIT** to advance minutes.

E. Press **MODE**. The TENS OF SECONDS section will begin flashing. Press **START/SPLIT** to advance tens of seconds.

F. Press **MODE**. The SECONDS section will begin flashing. Press **START/SPLIT** to advance seconds.

If you need to change a setting, press **MODE** to return to the HOURS section.

G. When you have completed setting the timer, press **SET** to stop digits from flashing. Timer is now set and in the ready position. If you need to change your setting, press **SET**. If you do not wish to use the timer now, press **MODE** to return to NORMAL TIME.

HOW TO USE THE COUNTDOWN TIMER

A. From the TIMER mode, press **START/SPLIT** to begin operation of countdown timer. While it is counting down, you may switch to another mode of operation without affecting timer operation. Even if the watch is in another mode of operation, the timer will still beep when reaching zero.

B. To stop the timer, press **STOP/RESET**. YOU MUST BE IN TIMER MODE TO STOP THE TIMER.

C. If timer has been stopped before reaching zero, press **START/SPLIT** to continue to countdown from the point at which the countdown stopped, or press **STOP/RESET** to reset timer to its original time setting.

D. When the timer has reached zero, it will beep for 10 seconds. The beep may be silenced early by pressing any button. When the timer sounds, the timer display will automatically appear for 10 seconds, no matter what mode you were in prior to the signal. When this occurs, you have 10 seconds to restart the timer or set a new countdown time before the mode previously displayed reappears.

E. To restart the timer during this 10-second period, simply press any button to silence the alarm and then press **START/SPLIT**. The timer will restart and the watch will return to the mode previously displayed before the timer appeared.

F. To set a new countdown time during this 10-second period, simply press any button to silence the alarm and then press **SET**. The timer will enter the SET mode. See previous instructions for setting the countdown timer. After setting the new countdown time, the watch will return to the mode previously displayed before the timer appeared.

NOTE: While in NORMAL TIME or SECOND TIME ZONE (T2), the word "TIMER" will appear in the middle of the display during active operation of the countdown timer.


SECTION 9 – HOW TO SET/USE DAILY ALARM/HOURLY CHIME

HOW TO SET ALARM




- A. From NORMAL TIME mode press **MODE** three times. You are now in ALARM mode. The display will show "AL" alternating with "T1" or "T2" (the associated time zone for the alarm).
- B. Press **SET** to begin setting procedures. Either "T1" or "T2" will begin flashing in the upper display. T1 represents Time Zone 1, while T2 represents Time Zone 2. An alarm can be set for either Time Zone 1 or Time Zone 2, but not both simultaneously. Press **START/SPLIT** to alternate between T1 and T2. The applicable time will be displayed in the upper right hand corner for either time zone.
- C. Press **MODE**. The HOUR section will begin flashing. Press **START/SPLIT** to advance hours. Pay attention to the AM (A) or PM (P) indicators on the right side of the lower display in order to set the correct time.

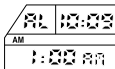
NOTE: The A or P indicators will not be displayed if the time zone that you are setting the alarm for is set for 24 hour (military) time.



- D. Press **MODE**. The TENS OF MINUTES section will begin flashing. Press **START/SPLIT** to advance tens of minutes.
- E. Press **MODE**. The MINUTES section will begin flashing. Press **START/SPLIT** to advance minutes.
- If you need to change a setting, press **MODE** to return to TIME ZONE setting.
- F. When you have completed setting the alarm, press **SET** to stop digits from flashing. This will end the setting operation.




NOTE: After every new alarm time setting, the ALARM will automatically be armed when you press **SET**. The symbol  will appear, indicating that the ALARM is now armed. Follow the instructions below for manually activating or deactivating the alarm.

HOW TO ACTIVATE ALARM AND HOURLY CHIME

- A. If you are not in the ALARM mode, repeatedly press **MODE** until you enter this function.
- B. Press **START/SPLIT** until the symbol  appears in the right side of the display. This symbol indicates that the ALARM has been activated and is now armed. The alarm will now sound at the indicated time every 24 hours, unless disarmed. It will sound for 20 seconds. The beep may be silenced by pressing any button. When the alarm sounds, the alarm display will automatically appear for 20 seconds, no matter what mode you were in prior to the alarm. When this occurs, you have 20 seconds to disarm the alarm or set a new alarm time before the mode previously displayed reappears.
- C. To disarm the alarm during this 20-second period, simply press any button to silence the alarm and then press **START/SPLIT**. The symbol  will disappear, indicating that the alarm has been disarmed and the watch will return to the mode previously displayed before the alarm appeared.
- D. To set a new alarm time during this 20-second period, simply press any button to silence the alarm and then press **SET**. The alarm will enter the SET mode. See previous instructions for setting the alarm. Once set to the new alarm time, the watch will return to the mode previously displayed before the alarm appeared.
- NOTE:** While in NORMAL TIME or SECOND TIME ZONE (T2) (depending on which time zone the alarm was set for), the symbol  will appear in the right side of the display indicating that an alarm is active.



- E. To activate the HOURLY CHIME while in the ALARM mode, press **START/SPLIT** until the symbol  appears in the right side of the display. This symbol indicates that the HOURLY CHIME has been activated. When this symbol is shown, the watch will beep 2 times every hour on the hour. When the chime is activated, the watch will also beep each time any button is pressed. To deactivate the HOURLY CHIME, enter the ALARM mode, and press **START/SPLIT** until the symbol  disappears.

NOTE: Both the ALARM and HOURLY CHIME can be armed at the same time. Press **START/SPLIT** until symbol  and symbol  appear. Both the ALARM and HOURLY CHIME are now activated. To deactivate, press **START/SPLIT** until both symbols disappear. While in NORMAL TIME and SECOND TIME ZONE (T2), the symbol  will appear in the right side of the display indicating that the HOURLY CHIME is active.

SECTION 10 – HOW TO USE THE TIDE RING

The tide ring on your watch may be used to monitor tide changes.

To use the tide ring, follow these steps:

1. Check a local newspaper or contact the Coast Guard for the tide times in the area you will be sailing or fishing.
2. Locate the "HIGH TIDE" indicator arrow on the hour marker that corresponds to the first high tide listed, and align with dots inside the ring.
3. Next low tide will occur within the next 5 to 7 hours after the high tide indicated on the tide ring. (Time indicators 5, 6 and 7 are printed on the tide ring.)

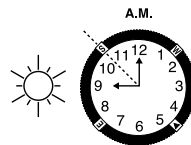
Example: If "HIGH TIDE" occurs at approximately 2:00, rotate the tide ring until the high tide arrow marker points to the dot at the 2:00 position. Low tide should therefore occur within the hours of 7:00 and 9:00.

NOTES: The tide ring indicates when the first high tide occurs and approximately when the next low tide will be. For actual tide times, contact a local Coast Guard office or consult a local newspaper.

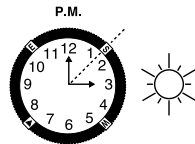
SECTION 11 – HOW TO USE THE COMPASS DIRECTIONAL RING

If your watch is equipped with a compass directional ring, it gives an approximate compass reading. Locate the sun and then follow these steps:

1. Point the hour hand at the sun (see diagram).
2. **WHEN IN A.M. TIME** - Rotate the compass directional ring until S (South) is past the hour hand and halfway between the hour hand and 12:00.



WHEN IN P.M. TIME - Rotate the compass directional ring until S (South) is before the hour hand and halfway between the hour hand and 12:00.



Adjust the compass directional ring every hour to reflect changes in the sun's position. When reading the compass directional ring, make certain the hour hand is always pointed towards the sun. When the hour hand is at 12:00 noon, S (South) should also be at 12:00.

SECTION 12 – HOW TO USE THE COMPASS

If your watch is equipped with a compass, it gives an approximate directional reading in 10° intervals. For a more accurate reading, place the compass on a level surface.

TO REMOVE THE COMPASS – Remove the watch from your wrist, push against the front of the compass and it will pop out of the strap.

TO REINSERT THE COMPASS – Place the compass under the opening and push in.

SECTION 13 – BATTERY REPLACEMENT

One battery provides the power to operate your Timex watch. To change the battery entails removing the clip which holds it down. To avoid the possibility of permanently damaging the watch, TIMEX STRONGLY RECOMMENDS TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELER TO HAVE THE BATTERY REPLACED. The battery type required is indicated on the caseback of your Timex watch.

IMPORTANT NOTE: After replacing the battery and before you close the caseback, be sure to quickly press the reset button twice if indicated on the battery clamp. If after you close the caseback and replace the battery, the display does not go on, press all buttons simultaneously.

CAUTION: DO NOT DISPOSE OF OLD BATTERY IN FIRE OR ATTEMPT TO RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.

When installed at the factory, the battery life in this Timex watch is estimated to last approximately 2 years. This estimate is based on the alarm being used one time per day for ten seconds and the light being used one second per day. Battery life may vary depending on your actual usage experience.

SECTION 14 – SERVICE

If your TIMEX watch should ever need servicing, send it to Timex addressed as follows:

HOTLINE WATCH SERVICE
P.O. Box 2740
Little Rock, AR 72203

For service questions, call 1-800-448-4639.

For your convenience in obtaining factory service, participating Timex Retailers can provide you with a pre-addressed Watch Repair Mailer.

See the Limited Warranty for specific instructions on the care and service of your Timex watch.

Should you need a replacement strap or band, call 1-800-448-4639.

LIMITED WARRANTY

The Basic Coverage: This TIMEX Quartz Digital L.C.D. (liquid crystal display) watch (but not any battery, lens, band or strap) is warranted to the owner for a period of **ONE YEAR** from the date of purchase against defects in manufacture by Timex Corporation - not by the dealer from whom the watch was purchased.

What Timex Will Do: If this watch develops such a defect within the one year period, it will be repaired (i.e., a new or thoroughly reconditioned and inspected module will be installed) or replaced (a watch of equal value and similar appearance will be supplied) at our option, provided it is returned with a \$5.00 check or money order to cover costs of postage, handling and service, and you provide proof of purchase and date of purchase.

This Limited Warranty Does Not Cover:

- 1) Timex will not repair defects related to servicing not performed by Timex Corporation.
- 2) Timex will not provide any warranty service if your watch shows evidence that it has been tampered with, misused, abused, or altered; for example:
 - moisture damage sufficient to affect the proper function of the watch;
 - damage to the case; or
 - visible cracking of the lens.
- 3) Timex reserves the right to charge you for a replacement battery, if the battery in your watch is depleted. No additional charge will be made unless the one year warranty period has expired or servicing is necessary for reasons beyond our control, in which case a moderate charge will be made.
- 4) TIMEX IS NOT LIABLE FOR INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental, special or consequential damages, so the above exclusion or limitation may not apply to you.

Your Rights Under Implied Warranties and State Law: THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER EXPRESSED WARRANTIES, OBLIGATIONS OR LIABILITIES. TIMEX LIMITS THE DURATION OF ANY WARRANTY IMPLIED BY STATE LAW, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, TO ONE YEAR FROM THE DATE OF ORIGINAL PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Care of Your Watch:

- Avoid exposing your watch to water, steam, or other forms of moisture if it is non-water-resistant.
- If the lens becomes damaged, have it replaced at once to avoid damage to the module.
- When your battery is depleted, have it replaced promptly. The particular type of battery required is indicated on your caseback. You can get them from your local Timex retailer.

Service of Your Watch:

If your TIMEX watch should ever need servicing, send it to Timex addressed as follows: **HOTLINE WATCH SERVICE, P.O. Box 2740, Little Rock, AR 72203**

Because of possible loss, we recommend insuring your watch, return receipt requested, when using the mails. If you do not obtain a receipt within a reasonable time, start a tracer through the originating post office. **NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT. PLEASE NOTE THAT WE MAY SUBSTITUTE A WATCH OF EQUAL VALUE AND SIMILAR APPEARANCE FOR YOURS ON BOTH IN-WARRANTY AND OUT-OF-WARRANTY REPAIRS.**

For your convenience in obtaining factory service, participating Timex retailers will be pleased to provide you with a postage-paid, pre-addressed Watch Repair Mailer.

TIMEX is a trademark and a service mark of Timex Corporation.

REG. U.S. PAT. & TM. OFF.