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.

FEATURES AND BASIC OPERATION

• Time with 12- or 24-hour format
• Date with MM-DD or DD.MM format
• 3 time zones
• Alerts with audible tone and/or silent vibration
• Optional hourly chime
• 100-hour chronograph with display of lap and split times
• 24-hour countdown timer (count down and stop or repeat)
• Occasion reminders
• Hydration timer
• 3 daily/weekday/weekend alarms with 5-minute backup
• Customizable mode set (hide unwanted modes)
• INDIGLO® night-light with NIGHT-MODE® feature

Press **MODE** repeatedly to step through modes: Chrono, Timer, Occasion, Hydration, Alarm 1, Alarm 2, and Alarm 3. Press **MODE** to exit current mode and return to Time mode.

SET (DONE)
START/SPLIT (+)
INDIGLO® BUTTON
MODE (NEXT)
STOP/RESET (–)

Button functions shown with secondary functions in parentheses

TIME

To set time, date, and options:
1) With time and date showing, press and hold **SET**.
2) Current time zone (1, 2, or 3) flashes. Press + or – to select time zone to set, if desired.
3) Press **NEXT**. Hour flashes. Press + or – to change hour (including AM/PM); hold button to scan values
4) Press **NEXT**. Minutes flash. Press + or – to change minutes
5) Press **NEXT**. Seconds flash. Press + or – to set seconds to zero.
6) Press **NEXT**. Month flashes. Press + or – to change month.
7) Press **NEXT**. Day flashes. Press + or – to change day.
8) Press **NEXT**. Year flashes. Press + or – to change year.
9) Press **NEXT** to set options. Press + or – to change value and then press **NEXT** to go to next option. Press **DONE** at any step to exit and save settings. Available options are 12- or 24-hour time format, MM-DD or DD.MM date format, tone or vibration alert, hourly chime ♪, beep for button presses, customizable mode set (Select "HIDE" for unwanted modes – they are removed from mode sequence).

If you hide a mode, you can turn it back on later using procedure above.

Press **START-SPLIT** once and hold to see 2nd time zone. Press **START-SPLIT** twice and hold to see third time zone. Continue to hold button for 4 seconds to switch to displayed time zone.

Press and hold **STOP-RESET** to see next upcoming occasion (see description of Occasion mode). Release and immediately press and hold again to see subsequent occasions.

Dual mode offers choice of alert type for alarms and countdown time: audible tone, silent vibration or combination of vibration followed by tone. To set, refer to point 9.

CHRONOGRAPH

This mode provides a chronograph (stopwatch) function. Press **MODE** to go to Chrono mode.

To start, press **START-SPLIT**. Chrono counts up by hundredths of a second up to one hour, then by seconds up to 100 hours. Stopwatch icon ⧖ flashes to indicate chrono is running.

To stop, press **STOP-RESET**. Stopwatch icon ⧖ freezes to indicate chrono is stopped.

To resume, press **START-SPLIT**, or to reset (clear) chrono, press and hold **STOP-RESET**.

When chrono is already running, chrono continues to run if you exit mode. Stopwatch icon ⧖ appears in TIME mode.

While chrono is running, press **START-SPLIT** to take a split. Lap and split times will be displayed with lap number.

LAP 1 = 7.11	LAP 2 = 7.50	LAP 3 = 7.08	LAP 4 = 7.30
SPLIT 1 = 7.11			
	SPLIT 2 = 15.01		
		SPLIT 3 = 22.09	
			SPLIT 4 = 29.39

To set display format, press **SET**. Then, press + or – to select desired format. Press **DONE** to exit.
NOTE:
• When a split is taken, times are frozen on the display for 10 seconds. Press **MODE** to release display and show running chrono immediately.

TIMER

Timer mode provides a countdown timer with alert. Press **MODE** repeatedly until TIMER appears.

To set countdown time:
1) Press **SET**. Hours flash. Press + or – to change hours; hold button to scan values.
2) Press **NEXT**. Minutes flash. Press + or – to change minutes.
3) Press **NEXT**. Seconds flash. Press + or – to change seconds.
4) Press NEXT. Action at end of countdown flashes. Press + or – to select STOP or REPEAT, indicated by hourglass icon with arrow ⧖.
5) Press **DONE** at any step when done setting.

To start timer, press **START-SPLIT**. Timer counts down every second from countdown time. Hourglass icon ⧖ flashes to indicate timer is running.

To pause countdown, press **STOP-RESET**. Hourglass icon ⧖ freezes to indicate timer is stopped.

To resume countdown, press **START-SPLIT**, or to reset countdown, press **STOP-RESET**.

Watch beeps and night-light flashes when countdown ends (timer reaches zero). Press any button to silence. If REPEAT AT END selected, timer repeats countdown indefinitely.

Timer continues to run if you exit mode. Hourglass icon ⧖ appears in Time mode.

HYDRATION

Hydration mode provides a countdown timer with alert to remind you to drink during a workout. Press **MODE** repeatedly until HYDRA appears.

To set hydration time:
1) Press **SET**. Minutes flash. Press + or - to change minutes; hold button to scan values.
2) Press **NEXT**. Seconds flash. Press + or - to change seconds; hold button to scan values.
3) Press **DONE** at any step, when done setting.

To start hydration timer, press **START-SPLIT**. Timer counts down every second from countdown time. Drop icon ♦ flashes to indicate timer is running.

To pause countdown, press **STOP-RESET**. Drop icon ♦ freezes to indicate timer is stopped.

To resume countdown, press **START-SPLIT**, or to reset countdown, press **STOP-RESET**.

Watch beeps and night-light flashes when countdown ends (timer reaches zero). Press any button to stop alert.

Hydration timer continues to run, if you exit mode. Drop icon ♦ appears in Time mode.

ALARM

The watch has three alarms. Press **MODE** repeatedly until ALM 1, ALM 2, or ALM 3 appears.

To set alarm:
1) Press **SET**. Hour flashes. Press + or – to change hour; hold button to scan values.
2) Press **NEXT**. Minutes flash. Press + or – to change minutes.
3) Press **NEXT**. AM/PM flashes if in 12-hour time format. Press + or – to change.
4) Press **NEXT**. Alarm day setting flashes. Press + or – to select DAILY, WKDAYS, or WKENDS.
5) Press **DONE** at any step when done setting.

To turn alarm on/off, press **START-SPLIT**.

Alarm clock icon ⏰ appears when alarm is on in this mode and in Time mode.

When alarm sounds, night-light flashes. Press any button to silence. If no button is pressed, alarm will sound for 20 seconds and repeat once five minutes later.

Each of the three alarms has a different alert melody.

OCCASION

Occasion mode allows you to set reminders for occasions, like birthdays, anniversaries, holidays, and appointments. Press **MODE** repeatedly until OCCASN appears.

Today's date is shown with today's occasion in top line. Press + or – to step through dates; hold button to scan dates. Occasion for displayed date is always shown. Non-recurring occasions may be set for dates up to one year in advance.

To set occasion:
1) Press **SET**. Date flashes. Press + or - to select date; hold button to scan dates. Occasion for displayed date is always shown.
2) Press **NEXT**. Occasion flashes. Press + or – to select occasion. ANNIV, BDAY, BILL-YR, and HOLI-YR repeat yearly and BILL-MO repeats monthly.
3) To set occasions for other dates, press **NEXT** and select date and occasion as in previous steps.
4) Press **DONE** at any step when done setting.

Occasion Reminders
Watch alerts you of occasions at 8:00 AM on day of occasion. You may choose to receive no alert or an alert at a different time or day. You may choose different alerting for each occasion type. E.g., all birthdays may alert one day prior while all holidays may have no alert.

To set occasion reminder alerts:
1) Go to today's date by pressing + or – (hold button to scan dates). You may also go to today's date by simply entering Occasion mode.
2) From today's date, press – to go to ALERT SETUP.
3) Press **SET**. Occasion type flashes. Press + or – to select occasion type. Your settings will affect all occasions of the selected type.
4) Press **NEXT**. Alert status (ON/OFF) flashes. Press + or – to turn alert on or off for selected occasion type. If OFF selected, next |4 steps are skipped.
5) Press **NEXT**. Alert time hour flashes. Press + or – to change hour; hold button to scan values.
6) Press **NEXT**. Alert time minutes flash. Press + or – to change minutes.
7) Press **NEXT**. AM/PM flashes if in 12-hour time format. Press + or – to change.
8) Press **NEXT**. Alert day flashes. Press + or – to set alert for 0 - 9 days prior to occasion.
9) To set alerts for other occasion types, press **NEXT**. Occasion type flashes. Select occasion type as in step 3 and continue with setting procedure.
10) Press **DONE** at any step when done setting.

Hand icon 🖐 appears when displayed occasion type has a reminder alert. When alert sounds in Time mode, hand icon 🖐 flashes. Press any button to silence. See Time mode for instructions on viewing upcoming occasions.

TIP: For reminder at end of every month, set BILL-MO for first of month and alert one day prior.

INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

Press **INDIGLO®** button to illuminate watch display for 2 - 3 seconds (5 - 6 seconds while setting). Electroluminescent technology used in the INDIGLO® button night-light illuminates entire watch face at night and in low light conditions. Any button pressed while INDIGLO® button night-light is on keeps it on.

Press and hold **INDIGLO®** button for 4 seconds to activate NIGHT-MODE® feature. Moon icon ☾ will appear in Time mode. Feature causes any button press to activate INDIGLO® night-light for 3 seconds. NIGHT-MODE feature may be deactivated by pressing and holding **INDIGLO®** again for 4 seconds, or it automatically deactivates after 8 hours.

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

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.