

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 1 800-445-4439 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 1474, Dept. EF, Little Rock, AR 72203.

Please read instructions carefully to understand how to operate your Timex watch. Your model may not have all of the features described in this booklet.

FUNCTIONS

Real-time calendar clock, Second time zone, Countdown timer, Daily/week/day/weekend alarm, hourly chime, Chronograph with lap/split storage, INDIGLO® night-light with Night-Mode® Feature.

BASIC OPERATIONS



When setting, each button has a different function as indicated above. Watch face will indicate when button changes function.

TIME/DATE/HOURLY CHIME

1. In TIME mode, press and hold SET/RECALL. Time zone will flash.
2. To set, push + or - to select first or second time zone.
3. Press NEXT. Hour digits flash.
4. Press + or - to change hour including AM/PM. (Scroll through 12 hours to get to AM/PM).
5. 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. Day of week flashes.
10. Press + or - to change day.
11. Continue pattern to set month, day of month, 12-hour or 24-hour time display, MM/DD or DD/MM date format, turn hourly CHIME on/off, turn BEEP on/off. If you select BEEP on, a beep will sound every time you push a button (except INDIGLO).
12. Press DONE to confirm and exit or NEXT to continue and set second time zone, if desired.
13. When in Time mode, press and hold START/SPLIT to "peek" at second time zone; hold for 4 seconds to switch time zones.

ALARM

- Setting the ALARM is similar to setting TIME.
1. Press MODE repeatedly until ALARM appears.
 2. Press SET/RECALL to set alarm.
 3. Hour digits flash. Press + or - to change hour.
 4. Press NEXT. Minute digits flash. Press + or - to change minutes.
 5. Press NEXT if in 12-hour format, AM/PM flashes. Press + or - to change.
 6. Press NEXT. Press + or - to select DAILY, WEEKDAYS OR WEEKENDS.
 7. Press START/Split or Stop/Reset to arm or disarm alarm. When disarmed, OFF will be displayed. When armed, the alarm clock icon will appear.
 8. Press DONE to confirm and exit.
 9. The INDIGLO night-light and alarm icon flashes and an alert sounds when the alarm goes off. Press any button to silence. A back up alarm will sound after five minutes if you don't press any buttons.

TIMER

1. Press MODE repeatedly until TIMER appears.
2. Press SET/RECALL. Hour digits flash.
3. Follow same pattern as setting TIME and ALARM to set hours, minutes, seconds, and select between REPEAT/AT END (timer counts down and then repeats) or STOP/AT END (the timer counts down and then stops).
4. Press DONE to confirm and exit.
5. Press START/Split to start TIMER. Timer will continue to run even if you exit Timer mode. If REPEAT/END selected, "SP" will flash. If STOP/END selected, it will flash.
6. An alarm melody will chime when the timer has reached zero or before it starts to count down again.
7. Press STOP/RESET to stop TIMER. Press again to reset to countdown time.

CHRONO

LAP 1	LAP 2	LAP 3	LAP 4
7:51 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:51 MIN			
SPLIT 1	SPLIT 2	SPLIT 3	SPLIT 4
	15:01 MIN	22:09 MIN	29:40 MIN

1. Press MODE until CHRONO appears.
2. Press and hold SET/RECALL.
3. The Display will read: FORMAT/SET, then LAP/SPL or SPL/LAP.
4. Press + or - to select desired format.
5. Press DONE to confirm and exit.
6. To use chrono, press START/SPLIT. Chrono continues to run even if you exit the mode.
7. Press STOP/RESET to stop chronograph from running OR while chrono is running, press START/SPLIT to take a split. Lap and split times will then be displayed in the format you selected. The lap number will alternate with the last two digits of the bottom line.

NOTES:

- Lap and split times will appear frozen for 10 seconds. Press MODE to release the display and see running chrono.
- While chronograph is running or stopped, press SET/RECALL, then press + or - to scroll through stored laps or to recall stored laps/splits. Press SET/RECALL again to return to running chronograph.
- Press STOP/RESET to reset chronograph.

(continued on reverse)

MERCI D'AVOIR ACHETÉ CETTE MONTRE TIMEX.

FONCTIONS

Horloge-calendrier en temps réel, deuxième fuseau horaire, minuterie, alarme hebdomadaire fin de semaine, carillon horaire, chronographe avec sauvegarde de temps intermédiaires, veilleuse INDIGLO® avec fonction Night-Mode®.

OPÉRATIONS DE BASE



Au cours du réglage, chaque bouton a une fonction différente, tel qu'indiqué à la face de la montre indiquera si le bouton change de fonction.

REGLAGE/DATE/CARILLON HORAIRE

1. En mode Heure, garder SET/RECALL enfoncé. Le fuseau horaire clignotera.
2. Enfoncer + ou - pour choisir le premier ou le deuxième fuseau horaire.
3. Appuyer sur NEXT. Les heures clignoteront.
4. Utiliser + ou - pour changer l'heure, y compris le réglage AM/PM. (Parcourir à travers les heures).
5. Enfoncer NEXT. Les minutes clignoteront.
6. Utiliser + ou - pour changer les minutes.
7. Enfoncer NEXT. Les secondes clignoteront.
8. Appuyer sur + ou - pour remettre les secondes à zéro.
9. Enfoncer NEXT. Le jour de la semaine clignotera.
10. Utiliser + ou - pour changer le jour.
11. Relâcher l'opération pour régler le mois, la date, l'affichage 12/24 heures, le JAMA, l'activation ou non du carillon horaire (CHIME) ainsi que l'activation sonore (BEEP). Si cette dernière option est activée, la montre émettra un « bip » chaque fois que vous appuierez sur un bouton (sauf INDIGLO).
12. Appuyer sur DONE pour confirmer et quitter ou NEXT pour continuer et régler le fuseau horaire, si désiré.
13. En mode Heure normale, garder START/SPLIT enfoncé pour afficher brèves fuseau horaire; garder enfoncé durant 4 secondes pour passer à l'autre fuseau horaire.

ALARME

- Le réglage de l'alarme est similaire au réglage de l'heure.
1. Appuyer à plusieurs reprises sur MODE jusqu'à ce que ALARM apparaisse.
 2. Enfoncer SET/RECALL pour régler l'alarme.
 3. Les heures clignoteront. Utiliser + ou - pour changer leur réglage.
 4. Enfoncer NEXT. Les minutes clignoteront. Utiliser + ou - pour changer leur réglage.
 5. Enfoncer NEXT. Si la montre est en format 12 heures, AM/PM clignotera. Utiliser + ou - pour changer ce réglage.
 6. Enfoncer NEXT. Utiliser + ou - pour choisir l'alarme quotidienne (DAILY), de DAILY ou de fin de semaine (WEEKEND).
 7. Appuyer sur DONE pour confirmer les changements et quitter.
 8. Enfoncer Start/Split ou Stop/Reset pour activer ou désactiver l'alarme. Une alarme activée, OFF n'apparaîtra. L'icône de l'alarme (🔔) apparaîtra lorsque celle-ci est activée.
 9. L'icône de la veilleuse INDIGLO et d'alarme clignote, et une sonnerie se fait. L'alarme se déclenche. Enfoncer n'importe quel bouton pour la couper. Une sonnerie après cinq minutes si aucun bouton n'est enfoncé.

MINUTERIE

1. Appuyer à plusieurs reprises sur MODE jusqu'à ce que TIMER apparaisse.
2. Enfoncer SET/RECALL. Les heures clignoteront.
3. Répéter la même opération que pour le réglage de l'heure et de l'alarme. À minutes et les secondes puis choisir REPEAT/END (la minuterie s'écoule, puis s'arrête) ou STOP/AT END (la minuterie s'écoule puis s'arrête).
4. Appuyer sur DONE pour confirmer les changements et quitter.
5. Enfoncer START/SPLIT pour démarrer la minuterie. Celle-ci va continuer à fuir si vous quittez le mode Minuterie. Si l'option REPEAT/END est choisie, "SP" cli STOP/END est choisi, ce sera "E" qui clignotera.
6. Une alarme sous forme de mélodie sonnera lorsque la minuterie a atteint zéro ou elle recommencera sans décompte.
7. Appuyer sur STOP/RESET pour stopper la minuterie. Enfoncer de nouveau la minuterie à zéro.

CHRONOGRAPHE

TOUR 1	TOUR 2	TOUR 3	TO
7:51 MIN	7:50 MIN	7:08 MIN	7:30
7:51 MIN			
TEMPS INTERM. 1	TEMPS INTERM. 2	TEMPS INTERM. 3	TEMPS
	15:01 MIN	22:09 MIN	29:40 MIN

Timex Ironman Triathlon Watch User Manual

R Barnett



Timex Ironman Triathlon Watch User Manual:

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summer of 1978 to win the heart of a girl but instead I found God He chose running to be one of the the places he revealed himself to me Through my time alone on my feet the God of my parents and my grandparents became my God It was on the road and on the trail that my relationship with God became personal We developed a friendship which grew bigger than church and became deeper than rules of behavior Page 4 of cover

The American Era Robert J. Lieber, 2005-09-12 The American Era makes a provocative argument about America's world role It sets out the case for a grand strategy that recognizes American preponderance as necessary and desirable for coping with the perils of the post 9 11 world The book argues firstly that Militant Islamic terrorism and weapons of mass destruction pose a threat which requires us to alter the way we think about the pre-emptive and preventive use of force Secondly the UN and other international bodies are incapable of acting on these urgent problems Thirdly in an international system with no true central authority other countries will inevitably look for leadership to the US The book argues that if America does not respond actively to terrorist threats no one else will take the initiative

SPIN, 1997-12 From the concert stage to the dressing room from the recording studio to the digital realm SPIN surveys the modern musical landscape and the culture around it with authoritative reporting provocative interviews and a discerning critical ear With dynamic photography bold graphic design and informed irreverence the pages of SPIN pulsate with the energy of today's most innovative sounds Whether covering what's new or what's next SPIN is your monthly VIP pass to all that rocks

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Field and Stream, 1998 *Women's Health*, 2006-10 Women's Health magazine speaks to every aspect of a woman's life including health fitness nutrition emotional well-being sex and relationships beauty and style

Popular Science, 2001-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

Countdown Edward A. Zanchi, 2003-11 The United States and Russia battle to control their deadly nuclear arsenals as Nick Logan struggles to prevent a terrorist plot that will leave the United States' nuclear missiles paralyzed With two of his team already brutally murdered a third Kate Peters is running for her life Kate torn between her loyalty to her father and her love for Nick alone has the code needed to unlock the U.S. nuclear weapons without it they are useless Against them are Russian agents led by Ivan Malenkov and the cold-blooded Egor Skulsky Also Victor Noble ambassador at large with presidential ambitions has his own agenda and is willing to take great risks with the security of the United States to achieve it Teaming with Nick is Captain Eric Johnson brother of one of the dead men and his elite MicroForce unit Equipped with top secret military technology they

are the most lethal fighting force on earth Their success or failure will determine the fate of the United States and the world

The Advertising Age Encyclopedia of Advertising John McDonough, Karen Egolf, 2015-06-18 For a full list of entries and contributors a generous selection of sample entries and more visit the The Advertising Age Encyclopedia of Advertising website Featuring nearly 600 extensively illustrated entries The Advertising Age Encyclopedia of Advertising provides detailed historic surveys of the world s leading agencies and major advertisers as well as brand and market histories it also profiles the influential men and women in advertising overviews advertising in the major countries of the world covers important issues affecting the field and discusses the key aspects of methodology practice strategy and theory Also includes a color insert Runner's World ,2007-12 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

Timex Ironman Triathlon Watch User Manual Book Review: Unveiling the Magic of Language

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