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THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.

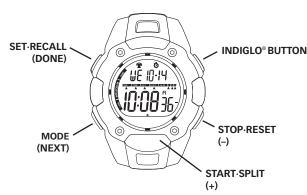
Extended Warranty
Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone 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
- Optional hourly chime
- 100-hour chronograph with memory for 30 laps/splits 24-hour countdown timer (count down and stop or repeat)
- Occasion reminders
- Golf scorekeeper
- 3 daily/weekday/weekend alarms with 5-minute backup Customizable mode set
- INDIGLO® night-light with NIGHT-MODE® feature.

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



Button functions shown with secondary functions in parentheses

To set time, date, and options:

When a mode is on, 🔊 appears below mode name on display. 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.

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 $\, \circ \,$ flashes to indicate chrono is running.

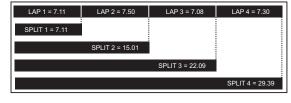
To stop, press **STOP·RESET**. Stopwatch icon of freezes to indicate chrono is stopped.

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

Chrono continues to run if you exit mode. Stopwatch icon o 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 and split times are stored in memory until a new workout is started (chrono started from zero).



To recall split times during or after workout, press SET·RECALL. Then, press + or - to step through splits. Press **DONE** to exit.

To set display format, press SET-RECALL while chrono is reset. Then, press + or - to select desired format. Press DONE to exit. NOTES:

- When a split is taken, times are frozen on the display for 10 seconds. Press MODE to release display
- and show running chrono immediately.

 Press **NEXT** to switch between recall and format setting.

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

To set countdown time:

- Press SET-RECALL. Hours flash. Press + or to change hours; hold button to scan values.
 Press NEXT. Minutes flash. Press + or to change minutes.
 Press NEXT. Seconds flash. Press + or to change seconds.
 Press NEXT. Action at end of countdown flashes. Press + or to select STOP or REPEAT, indicated by hourglass icon with arrow new flashes.
- 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.

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

To set alarm

- to change hour; hold button to scan values.

 Press SET-RECALL. Hour flashes. Press + or – to change hour; hol
 Press NEXT. Minutes flash. Press + or – to change minutes.
 Press NEXT. AM/PM flashes if in 12-hour time format. Press + or –
 Press NEXT. Alarm day setting flashes. Press + or – to select DAIL
 Press DONE at any step when done setting. to change to select Daily, WKDAYS, or WKENDS.

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 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:

- Press SET·RECALL. Occasion flashes. Press + or to change occasion. ANNIV, BDAY, BILL-YR, and HOLL-YR repeat yearly and BILL-MO repeats monthly.
 To set occasions for other dates, press NEXT. Date flashes. Press + or to change date; hold button to scan values. Occasion for displayed date is always shown.
 Press NEXT to set occasion for displayed date, as in step 2.
- 5) 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.
- Simply entering Occasion Mode.
 From today's date, press to go to ALERT SETUP.
 Press SET-RECALL. Occasion type flashes. Press + or to select occasion type. Your settings will affect all occasions of the selected type.
 Press NEXT. Alert status (ON/OFF) flashes. Press + or to turn alert on or off for selected occasion
 - type.

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) 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.

GOLF

Golf mode provides a golf scorekeeper. Press MODE repeatedly until GOLF appears.

Hole number is shown in top line of display. Strokes for hole is at bottom right and total score for round is in large digits at bottom left.

Press + or - to change score for hole (up to 15 strokes). Total score automatically updates.

Press **DONE** when done scoring current hole. Watch displays next hole. After 18th hole, totals for round and front nine ("OUT") and then back nine ("IN") are shown. Press and hold **STOP-RESET** when OUT or IN total is shown to clear all scores.

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® night-light illuminates entire watch face at night and in low light conditions. Any button pressed while INDIGLO® 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**® button 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

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 diver watch and should not be used for diving.

- Rinse watch with fresh water after exposure to salt water.
 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

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:
- if the watch was not originally purchased from an authorized Timex retailer;
 from repair services not performed by Timex;
- 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

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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 WATCH-BAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT. For the U.S., please call 1-800-448-4639 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/Austra: +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 Benair Mailer for your convenience in obtaining factory service.

addressed Watch Repair Mailer for your convenience in obtaining factory service. ©2011 Timex Group USA, Inc. TIMEX, INDIGLO and NIGHT-MODE are trademarks of Timex Group B.V. and its subsidiaries.