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TIMEX®

TIMEX®

TIMEX® WATCHES

Congratulations on purchasing your TIMEX® watch. Please read these instructions carefully to understand how to operate your Timex timepiece. Your watch may not have all of the features described in this booklet.

For more information, please visit:

Timex.com

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HOW TO START YOUR WATCH

To start your watch remove the plastic guard from under the crown, then press the crown in against the case. The second hand will begin advancing in one-second intervals.

Some deep-depth water-resistant watches require the setting crown to be screwed in to secure water-resistance. If your watch case has a protrusion with screw threads, the crown must be screwed in after setting the watch.

To screw in, push the crown firmly against the threaded protrusion and hold in while turning the crown clockwise. Continue to screw in the crown until it is tight. You will need to unscrew the crown (counter-clockwise) before pulling it out the next time you want to set your watch.

WATER AND SHOCK RESISTANCE

If your watch is water-resistant, meter marking (WR_M) is indicated.

Water-Resistance Depth	p.s.i.a. * Water pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	160
200m/656ft	284

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS OR PULL OUT THE CROWN UNDER WATER UNLESS YOUR WATCH IS INDICATED AS 200 METER WATER-RESISTANT.

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

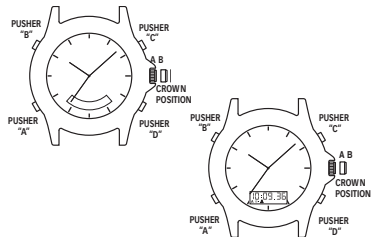
INDIGLO® NIGHT-LIGHT

Press button or crown to activate light. Electroluminescent technology used in the INDIGLO® night-light illuminates entire watch face at night and in low light conditions.



ANALOG/DIGITAL MODELS

4-PUSHER ANALOG/DIGITAL MODEL WITH INDIGLO® NIGHT-LIGHT & NIGHT-MODE® FEATURE



TO USE INDIGLO® NIGHT-LIGHT

- 1) PRESS pusher "B" to illuminate the entire dial (Both analog and digital).

TO USE NIGHT-MODE® FEATURE

- 1) PRESS and HOLD pusher "B" for 3 seconds until you hear a beep.
- 2) Pressing any pusher will cause the INDIGLO® night-light to illuminate and stay on for 3 seconds.
- 3) NIGHT-MODE® feature will last for 3 hours.
- 4) To deactivate NIGHT-MODE® feature PRESS and HOLD pusher "B" for 3 seconds.

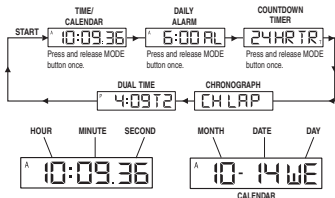
ANALOG TIME**TO SET ANALOG TIME**

- 1) PULL the crown out to the "B" position.
- 2) TURN the crown either way to the correct time.
- 3) PUSH in the crown to the "A" position.

DIGITAL DISPLAY

- 1) The Digital display changes to each function every time you PRESS pusher "A". (As illustrated below):

TIME / CALENDAR
 DAILY ALARM
 COUNTDOWN TIMER
 CHRONOGRAPH
 DUAL TIME



TO SET TIME / CALENDAR

- 1) PRESS pusher "A" to bring up TIME / CALENDAR display.
 - 2) PRESS and HOLD pusher "D". HOLD will display until second flashes.
 - 3) PRESS pusher "C" to reset to second to "00".
 - 4) PRESS pusher "A" to let hour flash.
 - 5) PRESS pusher "C" to advance hour.
 - 6) PRESS pusher "A" and "C" as above to adjust tens of minutes, minute, year, month, date, day and 12/24 hour format.
 - 7) PRESS pusher "D" to complete setting.
 - 8) View or select the TIME or CALENDAR to appear in your digital display.
- PRESS pusher "C" to view the CALENDAR for 2 seconds.
 - PRESS and HOLD pusher "C" for 3 seconds until the watch beeps to change the display to CALENDAR.

- To view or change the display to TIME, repeat the steps above.
- NOTE:** "A" or "P" will appear when the 12-Hour format is selected.
- Set this time to coordinate with the Analog time or another time zone.
 - PRESS and HOLD pusher "C" for 2 seconds in setting mode, to activate fast advance.


WILL
APPEAR
FOR 3
SECONDS

ALARM

FOLLOWED BY
THE CURRENT
ALARM SETTING
TIME AND TIME
ZONE.

P 12:00 AL

TO SET DAILY ALARM

- 1) PRESS pusher "A" to bring up DAILY ALARM display: "ALARM" will appear for 3 seconds followed by the current alarm setting time and time zone. The ALARM mode symbol "AL" and the applicable time zone symbol "T1" or "T2" alternate to give complete information.
- 2) PRESS pusher "D" to let time zone flash.
- 3) PRESS pusher "C" to select time zone.
- 4) PRESS pusher "A" to let hour flash.
- 5) PRESS pusher "C" to advance hour.
- 6) PRESS pusher "A" and "C" as above to adjust tens of minutes and minute.
- 7) PRESS pusher "D" to complete setting.
- 8) Alarm is automatically activated after setting  is displayed.

NOTE:

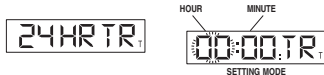
- When the alarm sounds, it will beep for 20 seconds.
- To stop the alarm beep, PRESS any pusher.
- PRESS and HOLD pusher "C" for 2 seconds in setting mode, to activate fast advance.

TO SET DAILY ALARM OR CHIME ON/OFF

- 1) PRESS pusher "A" to bring up DAILY ALARM display.
- 2) PRESS pusher "C" to activate or deactivate daily alarm and chime accordingly.

NOTE:

- ☀ or ☀➤ will appear or disappear according to daily alarm activation or deactivation.
- ♪ or ♪➤ will appear or disappear according to chime activation or deactivation.
- The alarm coordinates with the digital time not analog time.
- The alarm will sound only if the digital time zone (T1 or T2) selected in the Alarm set mode is currently displayed, as confirmed by the alarm symbol ☀ or ☀➤.

TO USE COUNTDOWN TIMER

- 1) PRESS pusher "A" to bring up COUNTDOWN TIMER display. "24 HR TR" will appear.
- 2) PRESS pusher "D" to let hour flash.
- 3) PRESS pusher "C" to advance hour.
- 4) PRESS pusher "A" to set tens of minutes.
- 5) PRESS pusher "C" to advance tens of minutes.
- 6) PRESS pusher "A" and "C" as above to adjust minute.
- 7) PRESS pusher "D" to complete setting.
- 8) PRESS pusher "C" to start the timer.
- 9) PRESS pusher "D" to stop the timer.
- 10) PRESS pusher "D" again to resume timer to the preset time.

NOTE:

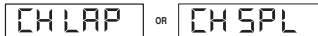
When the timer counts down to zero it will beep for 20 seconds.

To stop the timer beep, PRESS any pusher.

"T" will appear to designate that the countdown timer is running.

Countdown time up to 24 hours.

PRESS and HOLD pusher "C" for 2 seconds in setting mode, to activate fast advance.

TO USE CHRONOGRAPH FOR STANDARD MEASUREMENT:

- 1) PRESS pusher "A" to bring up CHRONOGRAPH display; "CH LAP" or "CH SPL" will appear.
- 2) PRESS pusher "C" to start timing.
- 3) PRESS pusher "D" to stop timing.
- 4) PRESS pusher "D" to reset.

TO USE CHRONOGRAPH FOR LAP OR SPLIT TIME MEASUREMENT:

- 1) PRESS pusher "A" to bring up CHRONOGRAPH display; "CH LAP" or "CH SPL" will appear.
- 2) PRESS pusher "D" to select LAP or SPLIT.
- 3) PRESS pusher "C" to start timing.
- 4) PRESS pusher "C" to record the first Lap or Split time; digits will be frozen for 15 seconds; "L" or "S" will flash to indicate that the next Lap or Split time is being recorded in the background.
- 5) PRESS pusher "A" to view the running display while the display is frozen.
- 6) PRESS pusher "C" to take another Lap or Split.
- 7) PRESS pusher "D" to stop.
- 8) PRESS pusher "D" again to reset.

NOTE: CHRONOGRAPH must be reset to zero to switch between LAP and SPLIT.

Records time up to 24 hours and shows 1/100 of seconds for the first hour.