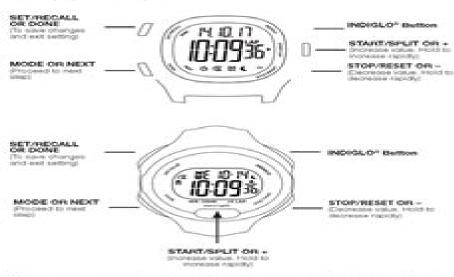
TIMEX IRON AN

Please read instructions carefully to understand how to operate your Times*
witch: Your model may not have all of the features described in this
booklet.

FUNCTIONS

Resi-time calendar clock, Second time zone, Countdown timer, Daily/weekday/ weekend alarm, Hourly chime, Chronograph with lap/split storage, BNDGLOF night-light with Night-Mode[®] Feature.

BASIC OPERATION



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/REGALL. Time zone will flash.
- To set, push + or to select first or second time zone.
- Press NEXT, Hour digits flash.
- Press + or to change hour including AMPM. (Scroll through 12 hours to get to AMPM).
- 5. Press NEXT, Minute digits flash,
- 6. Press + or to change minutes.
- Press NEXT. Second digits flash.
- Press + or to set seconds to zero.
- Continue pattern to set month, day of month, year, 12-hour or 24-hour time display, MM.DD or DD.MM disto format, turn hourly CHEME on/off, turn BEEP on/off. If you select BEEP on, a beep will sound every time you push a button (except INDIGLO*).
- Press DONE to confirm and ext or NEXT to continue and set second time zone, if desired.
- When in Time mode, press and hold START/SPUT to "peek" at second time zone; hold for 4 seconds to switch time zones.

CHRONO



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

NOTES

- Lap and spit 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/PECALL, then press = or = to scroll through stored laps or to recall stored laps/splits. Press SET/ PECALL again to return to running chronograph.
- Press and hold STOP/RESET to reset chronograph.

TIMER

- 1. Press MODE repeatedly until TIMER appears.
- 2. Press SET/FIECALL, Hour digits flash.
- Follow same pattern as setting TIME and ALARM to set hours, minutes, seconds, and select between PEPEAT/AT END (timer pounts down and then repeats) or STOP/AT END (the timer pounts down and then stops).
- 4. Press DONE to confirm and exit.
- Press START/SPLIT to start TIMER. Timer will continue to run even if you exit. Timer mode. If REPEAT/END selected 2° will flash. If STOP/END selected 2' will flash.
- An alarm melody will ohime when the timer has reached zero or before it starts to on an down area.
- 7. Press STOP/PESET to stop TIMER, Press again to reset to countdown time.

ALARM

Setting the ALAFM is similar to setting TIME.

- 1. Press MODE repeatedly until ALAPM appears.
- 2. Press SET/FIEGALL to set starm.
- Hour digits fissh. Press + or to change hour.
- Press NEXT, Minute digits flash, Press + or to change minutes.
- 5. Press NEXT, 8 in 12-hour formst, AM/EM fisshes, Press + or to change.
- Press NEXT, Press + or to select DALY, WEEKDAYS OR WEEKENDS.
- 7. Press DONE to confirm and exit.
- 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 Ø.
- The INDIGLOF night right and alerm icon flashes and an afert sounds when the alerm goes of. Press any button to slornos. A back up alerm will sound after live minitudes if you don't press any buttons.

INDIGLO® NIGHT-LIGHT/NIGHT MODE® FEATURE

Press INDIGILO* button to activate night-light. Electroluminescent technology used in INDIGILO* night-light illuminates entire watch face at night and in low light conditions. While the night-light is on pressing any button keeps it on for three seconds.

Press and hold INDIGIO® button for 4 seconds to activate NIGHT-MODE® feature. Moon from € will appear. Once activate, any button pushed will cause INDIGIO® right-light to stay on for 3 seconds, NIGHT-MODE® feature.

Timex Ironman Triathalon 11ap Manual

Puja Mehta

Timex Ironman Triathalon 1lap Manual:

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