

TIMEX® TRIATHLON®



8 LAP MEMORY CHRONOGRAPH WATCH WITH MULTI-MODE COUNTDOWN TIMER AND ALARM

INSTRUCTION BOOKLET AND GUARANTEE 484A/485A

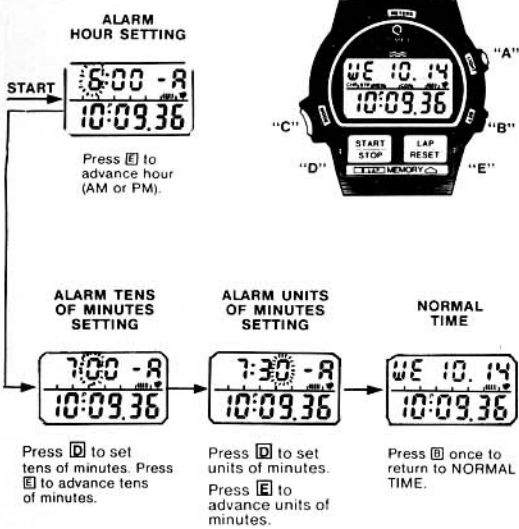
NOTES:

- Setting and starting operations are identical for countdown repeat (CDR) and countdown/count up (CDC) timers. In the CDR operation, once time elapses, timer will repeat indefinitely until stopped. In the CDC operation, once time elapses, the watch automatically "kicks in" to the multi-mode chronograph operation.
- To change countdown timer operations (CDS, CDR or CDC), you must press [D] once and then press and hold [E] for 2 seconds to re-enter countdown timer mode and follow steps above.
- Once time on timer has elapsed, alarm will sound for 5 seconds if timer is set for more than 10 seconds or for 1 second if timer is set for less than 10 seconds. You can turn alarm sound off by pressing [A] once.
- You may return to Normal Time from timer any time by pressing [D] once or [C] twice.
- To set new time, press [D] to stop timer and press and hold [E] for 2 seconds to activate hour setting. Then proceed per above steps.

SECTION 5 - HOW TO SET AND USE THE DAILY ALARM/HOURLY CHIME

SETTING THE ALARM TIME

From Normal Time (12 hour system), press [C] three times. You are in the alarm mode. Word alarm appears on display. Wait for display to change automatically in 1-2 seconds. Then press [D]. Alarm hour begins flashing. Alarm is then automatically armed by pressing [E] to advance hours.



NOTE: If NORMAL TIME is in the 12 hour time system, then ALARM TIME will automatically be in the 12 hour time system. If NORMAL TIME is in the 24 hour time system, then ALARM TIME will automatically be in the 24 hour system.

USING THE ALARM/SETTING HOURLY CHIME

- To view alarm time or set the hourly chime, you must be in ALARM TIME operation. From NORMAL TIME press [C] three times. Once in ALARM TIME, press [D] repeatedly (sequential pushes) to arm alarm and chime and then disarm alarm and chime.
 - Arm Alarm - Press [D] once [A] appears.
 - Arm Chime - Press [D] again [C] appears.
 - Disarm Alarm - Press [D] again [A] disappears.
 - Disarm Chime - Press [D] again [C] disappears.
- When alarm goes off, the alarm will sound for approximately 20 seconds (with an ascending frequency during last 10 seconds - STEP-TONE™ feature). You can turn the sound off by pressing [D]. Unless the alarm is disarmed, it will go off again 24 hours later.
- You can return to NORMAL TIME at any time while setting the alarm by pressing [D] once.

SECTION 6 - HOW TO REPLACE YOUR BATTERY

One battery provides the power to operate your Timex watch. However, to change the battery entails sliding the battery from beneath the clamp which is holding the battery. To do this requires a watchmaker's screwdriver and a pair of small tweezers. To avoid the possibility of permanently damaging the watch, we strongly recommend taking the watch to your local retailer or jeweller to have the battery replaced. Use Sanyo CR2016 battery or equivalent for men's styles. Use Sanyo CR1620 for ladies' style.

IMPORTANT: Before replacing caseback, make sure you press dot on small metal extension to reset watch.

NOTE: DO NOT DISPOSE OF OLD BATTERY IN FIRE OR ATTEMPT TO RECHARGE.

CAUTION: KEEP LOOSE BATTERIES AWAY FROM CHILDREN.

NOTES:

- When put in at the factory, the battery in this Timex watch should last approximately 3 years. However, if the alarm is used more frequently than once per day for 10 seconds duration and the backlight used more than once per day for one second, the battery life may be shortened to less than the specified period.
- If after carefully checking your instruction booklet for proper starting and setting instructions your watch still fails to operate, have your battery checked and replaced if necessary.

SECTION 7 - CARE AND SERVICE OF YOUR TIMEX WATCH

CARE

- If your watch is non-water resistant, avoid exposing it to water, steam, or other forms of moisture.
- If the lens becomes damaged, have it replaced at once to avoid damage to the module.
- When your battery is depleted have it replaced promptly. You can get them from your local Timex retailer or from the address shown below.

SERVICE:

If your TIMEX Watch should ever need servicing send it by registered mail to:
UK TIME LTD SERVICE DEPARTMENT
DUNDEE DD2 3XL
SCOTLAND

MAILING ADVICE:

Watches should be well packed but not in presentation box.
This watch is manufactured under one or more of the following U.S. patents:
DES 287, 341
DES 285, 422

THIS GUARANTEE DOES NOT AFFECT YOUR STATUTORY RIGHTS AS A CONSUMER

GUARANTEE

Your Timex watch is guaranteed for 12 months from the date of purchase against defects in material and workmanship. Within this period, adjustment and repair, or at the manufacturer's option, replacement by watch of equal value and similar appearance will be provided without charge.

The guarantee does not cover:—

Damage caused by tampering, accidental damage, abnormal wear, water ingress except in watches marked as water resistant, misuse or wear and tear to the case, band and glass.

Batteries—You should note that this guarantee does not cover expired batteries. You will be charged for costs arising from the replacement of batteries.

To obtain service under this guarantee your watch should be sent to the address below enclosing the guarantee certificate bearing the dealer's official stamp and date of purchase or the original receipt of purchase.

Pack your watch carefully but do not return in the presentation box as this will not be returned to you.

Give brief description of the nature of the fault.

Please include a postal order/cheque to the value of £1.50 to cover return postage and handling.

Our Service Department Address is:—
UK TIME LTD
Customer Service Department
Dundee DD2 3XL, Scotland

Purchased from

Date of purchase

Model Number

Owner's Name

Address

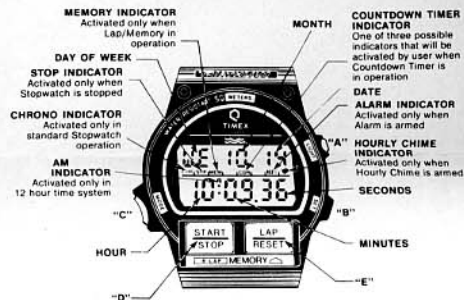
CONGRATULATIONS! You are the owner of a Timex Quartz Digital Chronograph Alarm-Timer with 8 lap memory and multi-mode countdown timer. This new product incorporates the marvelous advances of space-age computer circuitry to bring you convenience, efficiency and reliability to suit your everyday lifestyle needs. PLEASE READ THIS BOOKLET CAREFULLY TO THOROUGHLY FAMILIARIZE YOURSELF WITH YOUR NEW TIMEPIECE. Characteristics which make this Timex watch very special are:

- TIME AND CALENDAR:** Hours, Minutes, Seconds, Month, Date and Day of the Week.
- MULTI-MODE CHRONOGRAPH:** Two (2) separate optional stopwatch operations, each with 16 hour working range and 1/100 second accuracy.
 - Standard Stopwatch Mode** - Start/Stop, Pause, simultaneous readout of Net and Elapsed Times.
 - Lap Mode with Memory** - Start/Stop, Pause, simultaneous readout of Individual and Cumulative Laps with 8 Lap Memory and Recall, 1st/2nd Place Finish and Lap Counter feature (counts up to 99 laps).
- MULTI-MODE COUNTDOWN TIMER:** Three (3) separate optional countdown timer operations, each with 10 hour working range and 1/10 second accuracy.
 - Countdown/Stop Mode** - Timer allows you to time an activity once from a preset time to zero.
 - Countdown/Repeat Mode** - Timer allows you to time an activity repeatedly from a preset time to zero.
 - Countdown/Count Up Mode** - Timer allows you to time an activity once from a preset time to zero, then automatically "kicks in" to the multi-mode chronograph operation.
- ALARM:** Daily alarm that beeps for 20 seconds with STEP-TONE™ feature.
- 12/24 HOUR TIME SYSTEM:** A touch of a button allows you to view European or military time.
- HOURLY CHIME:** A chime which sounds via two beeps every hour on the hour.
- AUTOMATIC CALENDAR ADJUSTMENT:** Programmed to automatically compensate for months with less than 31 days.
- BACKLIGHT:** For nighttime viewing.
- TIMED SET RELEASE:** Watch will automatically return to Normal Time from time and alarm setting if no adjustments are made in 60-120 seconds.
- LAP RELEASE REMINDER:** While in Chronograph mode, two (2) beeps will sound to remind you to release Lap Time reading. This will only occur when the Hourly Chime is armed.
- LEADING ZERO SUPPRESSION:** In Chronograph and Countdown Timer modes, digits will only appear when that time increment (i.e., Hours, Minutes, Seconds) becomes active.
- BILLBOARD DISPLAY:** Mode and lap counter announcements in large, easy-to-read alpha display format.
- QUARTZ TIME STANDARD:** Precision quartz accuracy to within +/- 15 seconds per month.

LONG LIFE BATTERY

Those styles which are water-resistant to 50 meters withstand water pressure to 70 P.S.I.A. (equals immersion to 160 feet or 50 meters below sea level) and dust as long as lens, pushers and case remain intact. Those styles which are water-resistant to 100 meters withstand water pressure to 142 P.S.I.A. (equals immersion to 328 feet or 100 meters below sea level) and dust as long as lens, pushers and case remain intact. Check price tag or caseback for water-resistant feature on your particular watch model.

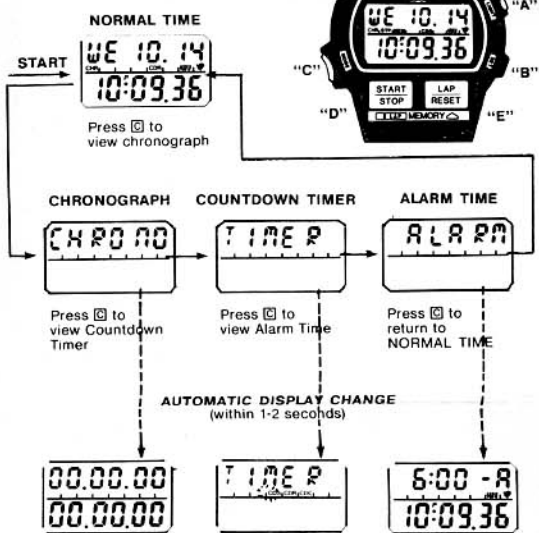
The following illustration shows you button locations for operating and setting your Timex Quartz Digital watch:



The starting point to set or operate any time system is NORMAL TIME operation (hours, minutes, seconds, month, date and day of week) similar to above illustration.

SECTION 1 - HOW TO USE YOUR TIMEX QUARTZ DIGITAL WATCH - GENERAL OPERATION

- LIGHT FOR NIGHTTIME VIEWING:** To view watch in the dark, press [D], which will light up display.
- NORMAL TIME, CHRONOGRAPH, COUNTDOWN TIMER AND ALARM OPERATIONS:**



SECTION 2 - SETTING TIME/SELECTING 12-24 HOUR TIME SYSTEMS

From NORMAL TIME (12 hour system), press and hold [E] for two (2) seconds (use edge of fingernail); seconds begin flashing (lower display).

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SECONDS SETTING

START: WE 10.14
10:09:36

0-29 Seconds - Press [M] to adjust. Seconds will reset to zero and continue to move forward. Minute will not change.

OR
30-59 Seconds - Press [M] to adjust. Seconds will reset to zero and continue to move forward. Time will advance to the next minute.



HOUR SETTING

WE 10.14
10:09:05

Press [M] to set hour. Press [M] to advance hour.

MINUTES SETTING

WE 10.14
9:09:10

Press [M] to set minutes. Press [M] to advance minutes.

MONTH SETTING

WE 10.14
9:37:32

Press [M] to set month. Press [M] to advance month.

Your watch provides AM/PM indication in the following way:

When the indicated time is PM, no symbol will appear after the hours, above the colon. When the indicated time is AM, an "A" symbol will appear after the hours, above the colon.

Please take a moment to become familiar with the operation of the AM/PM indicators on your watch.

12/24 HOUR SYSTEM

12 - H P
WE 11.20
9:38:15

Press [M] to set 12/24 hour time system. Press [M] to alternate between 12-Hr or 24-Hr.

DAY SETTING

WE 11.20
9:38:15

Press [M] to set day. Press [M] to advance day.

DATE SETTING

WE 11.20
9:37:45

Press [M] to set date. Press [M] to advance date.

NORMAL TIME

TH 11.20
9:40:37

Press [M] to return to NORMAL TIME.

NOTES:

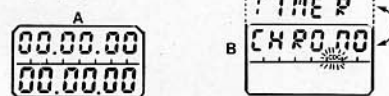
- You can return to NORMAL TIME, while setting any of the functions, by pressing [M] once.
- You can set any individual function by pressing [M] then [M] until the individual function (such as the hour) you wish to reset flashes. Then adjust that function by pressing [M]. Press [M] to return to NORMAL TIME.
- Synchronizing Watch: You can synchronize your watch with an external time signal such as a TV or radio. With seconds flashing on your watch, wait until the seconds of the external signal indicate 59 seconds. Now press [M]. Seconds will reset to zero, continue moving forward and time will automatically advance to the next minute if seconds are between 30 and 59 or remain at the same minute if seconds are between 0-29.

SECTION 3 - HOW TO USE THE MULTI-MODE CHRONOGRAPH

From NORMAL TIME, press [M] once. You are in the chronograph operation. Word CHRONO appears on the display. Wait for display to change automatically in 1-2 seconds. You can now choose between STANDARD STOPWATCH (using Start/Stop button [M]) or ADVANCED STOPWATCH with LAP MODES and MEMORY (using Start button [M] and then Lap button [L]).

EXTREMELY IMPORTANT

Before using the chronograph, check the display. If the display appears as (A) below, then proceed to use chronograph by following the instructions below beginning with paragraph 1.



However, if the display appears like (B), "CDC" indicator on (countdown/count up mode of countdown timer), YOUR CHRONOGRAPH WILL NOT OPERATE UNTIL THE CDC INDICATOR IS CLEARED.

To clear the CDC or CC indicator, proceed as follows:

- Press [M] once and watch will be in the Timer function.
- Press and hold [M] for two seconds to change to "CDR" or "CR" mode.
- If Timer is active, press [M] to stop the Timer. Then press and hold [M] for 2 seconds to return to Timer Select Mode.
- Press [M] three times to return to chronograph function.

Please note that "CDC" or "CC" indicator no longer appears in the Chronograph digital display. The chronograph is now ready to operate. Please follow instructions beginning with paragraph 1 below.

1. STANDARD STOPWATCH MODE WITH NET AND ELAPSED TIMES

STOPWATCH STOPPED/RESET
00:00.00
00:00.00

(If stopwatch is active press [M] to stop and press and hold [M] for greater than 2 seconds to reset.)



STOPWATCH ACTIVE
1:15.35
1:15.35

Press [M] to start.

STOP/PAUSE

1:35.35
1:35.35

Press [M] to stop. Upper and lower displays have same readout. STP or ST (stop) appears in display. Start/stop operation may be repeated indefinitely.

RESTART/STOPWATCH ACTIVE TOTAL ELAPSED TIME

2:45.35
3:45.35

Press [M] to restart. Upper display shows NET time (active time only), lower display shows TOTAL elapsed time = active time + time elapsed during "time outs".

STOP/RESET

00:00.00
00:00.00

Press [M] to set stop. Press [M] to reset to zero.

2. ADVANCED STOPWATCH WITH LAP MODES/INDIVIDUAL AND CUMULATIVE SPLITS/MEMORY/RECALL

- NOTE: 1) Each time button [M] is pressed, lap time is automatically stored in memory.
2) Top row of digits displays individual lap times (laps) while bottom row displays cumulative lap times (splits).

Illustrations below simulate a 1500 Meter Race:

STOPWATCH STOPPED/RESET
00:00.00
00:00.00

(If stopwatch is active, press [M] to stop and press and hold [M] for greater than 2 seconds to reset to zero.)

ACTIVE TIME

1:15.35
1:15.35

Press [M] to start.

STOP/LAP 1

1:15.35
1:15.35
LAP 1

Press [M] for lap time. Lap counter and cumulative time alternate. Time continues to run internally.

ACTIVE TIME
1:25.25
4:00.75
LAP 3

STOP/LAP 2
1:20.15
2:35.50
LAP 2

ACTIVE TIME
1:05.25
2:20.60
LAP 2

Press [M] to restart. Individual lap (No. 3) and cumulative time are updated. Lap counter and cumulative time alternate.

Press [M] for lap time. Lap counter and cumulative time alternate. Time continues to run internally.

Press [M] to restart. Individual lap (No. 2) and cumulative time are updated. Lap counter and cumulative time alternate.

STOP/LAP 3
1:42.35
4:17.85
LAP 3

ACTIVE TIME
1:05.25
5:23.10
LAP 4

FINAL LAP/TOTAL TIME
1:20.15
5:38.00
LAP 4

Press [M] for lap time. Lap counter and cumulative time alternate. Time continues to run internally.

Press [M] to restart. Individual lap (No. 4) and cumulative time are updated. Lap counter and cumulative time alternate.

Press [M] to stop. Individual lap (No. 4) and cumulative time are shown at this point. Cumulative = total event time.

STOP/RESET

00:00.00
00:00.00

Press and hold [M] for about 2 seconds to reset to zero. Then press [M] to restart.

USER OPTION

OR

MEMORY/RECALL LAP 3
1:42.35
4:17.85
LAP 3

MEMORY/RECALL LAP 2
1:20.15
2:35.50
LAP 2

MEMORY/RECALL LAP 1
1:15.35
1:15.35
LAP 1

Press [M] again to recall Lap 3 and cumulative time.

Press [M] again to recall Lap 2 and cumulative time.

With stopwatch stopped, press [M] to recall Lap 1 and cumulative time. MEM or ME indicator appears.

MEMORY/RECALL LAP 4/TOTAL TIME
1:20.15
5:38.00
LAP 4

STOP/RESET
00:00.00
00:00.00

Press [M] again to recall Lap 4 and total event time.

Press and hold [M] for greater than 2 seconds to reset to zero or continue to press [M] to review information stored in memory.

NOTES:

- Chronograph has a working range of 15 hours, 59 minutes and 59 seconds. Time is displayed in minutes, seconds and 1/100 seconds for first 60 minutes and in hours, minutes and seconds thereafter.
- STANDARD STOPWATCH and STOPWATCH with LAP MODES cannot be operated simultaneously.
- Memory-Recall/Lap Counter - a total of 8 laps of memory can be stored into the unit and recalled at a later point. The lap counter will display a count of up to 99 laps of which the last 8 are retained in memory for recall at any time.
- You may return to NORMAL TIME any time while in chronograph mode by pressing [M] once or [M] three times.

After taking a lap reading, 2 beeps will sound after 10 seconds to remind you to release the lap time by pressing [M]. This will only occur when the hourly chime is armed.

SECTION 4 - HOW TO SET/USE MULTI-MODE COUNTDOWN TIMER

From NORMAL TIME, press [M] twice. You are in Countdown Timer mode. Word TIMER appears on display. Wait for display to change automatically in 1-2 seconds. Before setting timer, you must choose one of three (3) available countdown timer operations. Each time you press button [M] you can choose the countdown/stop operation : : : , the countdown repeat operation : : : or the countdown/count up operation : : : . You can operate only one at any given time.

1. SETTING TIMER (DURING SETTING, LOWER ROW OF DIGITS SHOWS NORMAL TIME)

TIMER HOUR SETTING
0:00.00
10:09:36

START

Press [M] to start setting timer. Hours begin flashing. Press [M] to advance hour.



TIMER TENS OF MINUTES SETTING
1:10.00
10:09:36

Press [M] to set tens of minutes. Press [M] to advance tens of minutes.

TIMER UNITS OF MINUTES SETTING
1:15:00
10:09:36

Press [M] to set units of minutes. Press [M] to advance units of minutes.

TIMER TENS OF SECONDS SETTING
1:15:30
10:09:36

Press [M] to set tens of seconds. Press [M] to advance tens of seconds.

TIMER PRESET/ON STANDBY
1:15:30
1:15:30

Once you have preset timer, press [M] to stop digits from flashing. You are ready to start timing.

TIMER UNITS OF SECONDS SETTING
1:15:30
10:09:36

Press [M] to set units of seconds. Press [M] to advance units of seconds.

NOTE: If no time has been entered, your watch will sequence back to hour setting. Press [M], then follow procedure above to set timer.

2. USING COUNTDOWN TIMER

Once timer is preset and in the standby position, you are ready to start timing.

TIMER PRESET/ON STANDBY
1:15:30
1:15:30

START

Press [M] to start timer. Top row shows preset time; bottom row shows remaining time.

STARTING TIMER
1:15:30
1:14:59

Once timer is running, you may return to Normal Time by pressing [M] once or [M] twice.

NORMAL TIME
WE 10.14
10:09:36