Timex T5K608SU

Timex Men's Ironman Triathlon Essential 10 40mm Watch User Manual
Model: T5K608SU

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your Timex Men's Ironman Triathlon Essential 10 40mm Watch. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.

2. PRODUCT OVERVIEW

The Timex Ironman Triathlon Essential 10 is a durable and lightweight digital watch designed for active lifestyles. It features a resin case, acrylic lens, and a comfortable resin strap. Key functions include a 100-hour chronograph, 10-lap memory, 24-hour countdown timer, customizable alarm, and Indiglo night-light.

2.1 Watch Components

- **Display:** Digital screen showing time, date, and function readouts.
- **MODE Button:** Cycles through watch modes (Time, Chronograph, Timer, Alarm).
- **SET/RECALL Button:** Used for setting time/date and recalling lap times.
- **START/SPLIT Button:** Initiates and pauses chronograph/timer, records lap splits.
- **STOP/RESET Button:** Stops chronograph/timer, resets values.
- **INDIGLO Button:** Activates the Indiglo night-light.

Figure 1: Front view of the Timex Ironman Triathlon Essential 10 Watch, displaying the digital screen and button labels.

Figure 2: Side view of the watch, highlighting the MODE and SET/RECALL buttons on the left, and INDIGLO, STOP/RESET, START/SPLIT buttons on the right.

Figure 3: Back view of the watch, showing the stainless steel case back with water resistance information and battery type.

3. SETUP

3.1 Setting Time and Date

1. From the Time-of-Day mode, press and hold the **SET/RECALL** button until the display flashes.
2. Press the **START/SPLIT** button to advance the flashing segment (e.g., seconds, minutes, hours).
3. Press the **MODE** button to move to the next segment.
4. Repeat steps 2 and 3 to set the year, month, date, 12/24-hour format, and two time zones.
5. Press **SET/RECALL** to exit setting mode.

3.2 Setting the Alarm

1. From Time-of-Day mode, press the **MODE** button repeatedly until 'ALARM' appears.
2. Press and hold the **SET/RECALL** button until the alarm time flashes.
3. Use the **START/SPLIT** button to adjust the hour and minute.
4. Press the **MODE** button to toggle between AM/PM (if in 12-hour format).
5. Press **SET/RECALL** to save the alarm time.
6. To activate/deactivate the alarm, press the **START/SPLIT** button while in Alarm mode. An alarm icon will appear when active.

4. OPERATING INSTRUCTIONS

4.1 Using the Chronograph (Stopwatch)

The chronograph measures elapsed time up to 100 hours with 10-lap memory.

1. From Time-of-Day mode, press the **MODE** button until 'CHRONO' appears.
2. Press **START/SPLIT** to begin timing.
3. To record a lap time, press **START/SPLIT** again. The lap time will display briefly, and the chronograph will continue running in the background.
4. Press **STOP/RESET** to pause the chronograph. Press **START/SPLIT** to resume.
5. To reset the chronograph, press **STOP/RESET** when paused, then press and hold **STOP/RESET** again.
6. To recall lap times, press **SET/RECALL** while the chronograph is stopped.

4.2 Using the Countdown Timer

The 24-hour countdown timer can be used for various activities.

1. From Time-of-Day mode, press the **MODE** button until 'TIMER' appears.
2. Press and hold the **SET/RECALL** button until the timer flashes.
3. Use the **START/SPLIT** button to adjust the hours, minutes, and seconds.
4. Press the **MODE** button to move between segments.
5. Press **SET/RECALL** to save the timer setting.
6. Press **START/SPLIT** to begin the countdown.
7. Press **STOP/RESET** to pause the timer. Press **START/SPLIT** to resume.
8. When the timer reaches zero, an audible alert will sound. Press any button to stop the alert.

4.3 Indiglo Night-Light

Press the **INDIGLO** button to illuminate the watch dial for easy viewing in low-light conditions.

5. MAINTENANCE

5.1 Water Resistance

This watch is water resistant to 100 meters (330 feet). It is suitable for swimming and snorkeling. However, it is not recommended for diving. Do not press any buttons while the watch is submerged, as this can compromise the water resistance seal.

5.2 Battery Replacement

The watch uses one Lithium Metal battery (CR2016). When the display dims or functions become erratic, it may be time to replace the battery. Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and maintain water resistance. Opening the watch case yourself may void the warranty and compromise water resistance.

5.3 Cleaning

Clean your watch with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the case or strap.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is dim or blank.	Low battery.	Replace battery (refer to Section 5.2).
Watch not keeping accurate time.	Incorrect time setting or low battery.	Reset time (refer to Section 3.1) or replace battery.
Buttons are unresponsive.	Watch may be in a locked mode or internal issue.	Try pressing all buttons firmly. If issue persists, contact customer support.
Water inside the watch.	Water resistance compromised.	Immediately take the watch to a qualified service center. Do not attempt to dry it yourself.

7. SPECIFICATIONS

- **Model Number:** T5K608SU
- **Case Material:** Resin
- **Lens Material:** Acrylic
- **Strap Material:** Resin
- **Case Diameter:** 40mm
- **Water Resistance:** 100m (330ft)
- **Battery Type:** 1 Lithium Metal battery (CR2016)
- **Chronograph:** 100-hour with 10-lap memory
- **Timer:** 24-hour countdown
- **Alarm:** Customizable
- **Additional Features:** Indiglo night-light, 24-hour military time mode, 2 time zones, day/date/month calendar.
- **Product Dimensions:** 10 x 7.99 x 2.99 inches; 1.28 ounces

8. WARRANTY AND SUPPORT

This Timex watch is manufactured by Timex. For warranty information, service, or support, please refer to the warranty card included with your purchase or visit the official Timex website. You can also find more information at the Timex Store on Amazon.

Related Documents - T5K608SU

Timex Ironman Watch User Manual
Comprehensive user manual for the Timex Ironman watch, detailing features, operations, and maintenance. Covers time, chronograph, timer, alarms, occasions, INDIGLO night-light, water resistance, and warranty.

Timex Ironman Triathlon W193 Watch User Manual
Comprehensive user manual for the Timex Ironman Triathlon W193 watch, detailing features, basic operations, chronograph, countdown timer, alarm, Indiglo night-light, Night-Mode, water and shock resistance, battery information, and international warranty.

Timex Ironman Transit+ Watch User Guide
Comprehensive user guide for the Timex Ironman Transit+ Watch, detailing features like heart rate monitoring, activity tracking, workout modes, and essential functions for athletes and fitness enthusiasts. Learn to use your watch effectively with this official manual.

Timex Ironman 50-Lap Watch User Manual
Comprehensive user manual for the Timex Ironman 50-Lap watch, detailing features, operations, and maintenance for optimal use.

TIMEX IRONMAN R300 GPS Watch Quick Start Guide
Get started with your TIMEX IRONMAN R300 GPS Watch. This quick start guide provides essential information to help you set up, pair with your smartphone, and navigate the features of your new smartwatch.

Timex Ironman Data Link USB Quick Start Guide
A quick start guide for the Timex Ironman Data Link USB watch, covering software installation, watch setup, features, technical support, and warranty information.