

TIMEX T5J5616S

Timex 1440 Sports Digital Watch Instruction Manual

Model: T5J5616S

1. INTRODUCTION

Thank you for choosing the Timex 1440 Sports Digital Watch, Model T5J5616S. This manual provides detailed instructions for setting up, operating, and maintaining your watch to ensure optimal performance and longevity. Please read this manual thoroughly before using your watch.





Figure 1: Front view of the Timex 1440 Sports Digital Watch, showing the grey dial, digital display, and black resin band.

2. PRODUCT FEATURES

- **Digital Display:** Clear and easy-to-read digital time and date display.
- **Indiglo Night-Light:** Electroluminescent backlight for easy viewing in low-light conditions.
- **Chronograph:** Stopwatch function for timing events.
- **Alarm:** Daily alarm function.
- **Water Resistance:** Water resistant up to 100 meters (330 feet).
- **Durable Construction:** Features a robust resin case and band.



Figure 2: Back view of the watch, showing the stainless steel case back with water resistance and model information.

3. SETUP

Before initial use, ensure the watch is in the time display mode. The watch features four primary buttons:

- **SET:** Used to enter and confirm setting modes.
- **MODE:** Used to cycle through different watch functions (Time, Alarm, Chronograph).
- **START/STOP:** Used to adjust values in setting mode, and to start/stop the chronograph.
- **INDIGLO:** Activates the night-light.

3.1 Setting Time and Date

1. From the time display, press and hold the **SET** button until the seconds begin to flash.
2. Press the **MODE** button to cycle through the settings: Seconds → Hours → Minutes → Year → Month → Day.
3. While a value is flashing, press the **START/STOP** button to increase the value. Hold to rapidly advance.
4. Once all settings are adjusted, press the **SET** button again to exit the setting mode and save changes.



Figure 3: Side view of the watch, highlighting the button placement.

4. OPERATING INSTRUCTIONS

4.1 Time Display

The default display shows the current time (hours, minutes, seconds) and day of the week. Press the **INDIGLO** button to illuminate the display for a few seconds.

4.2 Chronograph (Stopwatch)

1. From the time display, press the **MODE** button repeatedly until 'CHRONO' or 'STP' appears on the display.
2. Press **START/STOP** to begin timing.
3. Press **START/STOP** again to pause the timing. Press again to resume.
4. To reset the chronograph, press the **SET** button while the chronograph is paused.

4.3 Alarm Function

1. Press the **MODE** button repeatedly until 'ALARM' or 'AL' appears on the display.
2. Press and hold the **SET** button until the alarm hours begin to flash.
3. Use the **START/STOP** button to adjust the hours, then press **MODE** to move to minutes.
4. Use the **START/STOP** button to adjust the minutes.
5. Press **SET** to confirm the alarm time.
6. To turn the alarm ON/OFF, press the **START/STOP** button while in the alarm display mode. An alarm icon will indicate if it's active.

5. MAINTENANCE

Proper care will extend the life of your Timex watch.

- **Cleaning:** Clean your watch with a soft, damp cloth. Do not use chemical cleaners or abrasive materials.
- **Water Resistance:** This watch is water resistant to 100 meters. It is suitable for showering, swimming, and snorkeling. *It is not suitable for scuba diving.* Do not press any buttons while the watch is submerged in water.
- **Temperature:** Avoid exposing your watch to extreme temperatures (hot or cold) for prolonged periods.
- **Battery Replacement:** The watch uses a standard watch battery. When the display dims or functions become erratic, it may be time for a battery replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery.
Time is incorrect.	Time not set correctly or accidental button press.	Refer to Section 3.1 to reset the time.
Buttons are unresponsive.	Watch may be in a locked mode or battery is very low.	Try pressing the MODE button to cycle through functions. If still unresponsive, replace battery.
Water inside the watch.	Seal compromised or buttons pressed underwater.	Immediately take the watch to a qualified service center. Do not attempt to dry it yourself.

7. SPECIFICATIONS

Feature	Specification
Model Number	T5J5616S
Dial Color	Grey
Case Shape	Round
Case Diameter	40 Millimeters
Case Thickness	13 Millimeters
Band Color	Black
Band Material Type	Resin
Watch Movement Type	Quartz
Watch Display Type	Digital
Water Resistance Depth	100 Meters

Feature	Specification
Item Weight	140 Grams
Manufacturer	Timex
Date First Available	22 March 2016

8. WARRANTY AND SUPPORT

Your Timex 1440 Sports Digital Watch (Model T5J5616S) comes with a **1 Year Manufacturer Warranty** from the date of purchase. This warranty covers manufacturing defects under normal use.

The warranty does not cover:

- Damage resulting from improper handling, lack of care, accidents, or normal wear and tear.
- Water damage if the watch was used beyond its specified water resistance depth or if buttons were pressed underwater.
- Battery replacement.

For warranty claims or technical support, please contact Timex customer service. Keep your purchase receipt as proof of purchase for warranty validation.



Figure 4: Example of Timex product packaging.

Related Documents - T5J5616S

	<p>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.</p>
	<p>Руководство по эксплуатации часов Timex Подробное руководство по эксплуатации часов Timex, охватывающее настройку времени, использование хронографа, водонепроницаемость, регулировку браслета и функции подсветки INDIGLO® для различных механизмов Timex.</p>
	<p>Timex Analog Watch User Manual - Features, Settings, and Care Comprehensive user guide for Timex Analog watches, covering setup, features like INDIGLO® Night-Light, water resistance, alarms, perpetual calendar, and maintenance. Available in multiple languages.</p>
	<p>Timex Ironman T300+ User Manual and Battery Safety Information Comprehensive user manual for the Timex Ironman T300+ watch, covering features like activity tracking, stopwatch, timers, alarms, and settings. Includes essential battery safety warnings and warranty information.</p>
	<p>TIMEX IRONMAN Sleek 150 User Guide Official user guide for the TIMEX IRONMAN Sleek 150 watch, detailing setup, features like chronograph, timers, interval training, safety precautions, and warranty information. Visit www.timex.com for more.</p>
	<p>Timex W-209 Watch User Manual and Instructions Comprehensive user manual for the Timex W-209 watch, detailing features, operation, and maintenance. Learn how to use the chronograph, timer, alarms, occasion reminders, INDIGLO night-light, and more.</p>