

Timex TW5M09500

Timex Men's Ironman Triathlon Classic 30 38mm Watch User Manual

Model: TW5M09500

INTRODUCTION

Welcome to the user manual for your Timex Men's Ironman Triathlon Classic 30 38mm Watch. This guide provides detailed instructions to help you understand and utilize all the features of your new timepiece. Designed for durability and performance, this watch is equipped with a 100-hour chronograph, 30-lap memory, 24-hour countdown timer, multiple alarms, and INDIGLO backlight, making it an ideal companion for athletes and active individuals.

Please read this manual thoroughly to ensure proper setup and operation of your watch.

PRODUCT OVERVIEW

Familiarize yourself with the various components and buttons of your Timex Ironman watch.





Figure 1: Front View of the Watch. This image displays the watch face with its digital display showing the time, date, and day of the week. The watch features a black and gray resin case with prominent buttons labeled MODE, SET/RECALL, INDIGLO, STOP/RESET, and START/SPLIT.



Figure 2: Side View of the Watch. This image shows the right side of the watch, highlighting the two control buttons. These buttons are used for various functions such as starting/stopping timers and resetting values.



Figure 3: Watch Strap and Buckle. This image focuses on the adjustable black resin strap and the silver-tone buckle, demonstrating the watch's secure fastening mechanism.

Button Functions:

- **MODE:** Cycles through different watch modes (Time, Chrono, Timer, Alarm).
- **SET/RECALL:** Used to set values in setting modes and recall lap times in chronograph mode.
- **INDIGLO:** Activates the INDIGLO backlight for low-light visibility.
- **STOP/RESET:** Stops timers/chronograph and resets values.
- **START/SPLIT:** Starts timers/chronograph and records split times.

SETUP

1. Setting Time and Date:

1. From the Time mode, press and hold the **SET/RECALL** button until the display flashes.

2. Press the **START/SPLIT** or **STOP/RESET** button to adjust the flashing value (e.g., hour, minute, year, month, day).
3. Press the **MODE** button to move to the next setting.
4. Repeat steps 2 and 3 until all desired settings are adjusted.
5. Press **SET/RECALL** to exit setting mode.

2. Adjusting the Strap:

The resin strap is adjustable to fit various wrist sizes. Use the buckle to find a comfortable and secure fit. Ensure the watch is snug but not too tight to allow for proper blood circulation.

OPERATING INSTRUCTIONS

1. Basic Time Display:

In Time mode, the watch displays the current time, day of the week, and date. Press the **INDIGLO** button to illuminate the display in low light conditions.

2. Using the Chronograph (Stopwatch):

1. Press **MODE** until "CHRONO" appears.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to record a lap/split time (the main timer continues running).
4. Press **STOP/RESET** to pause the chronograph.
5. Press **STOP/RESET** again to reset the chronograph to zero.
6. To recall lap times, press **SET/RECALL** while the chronograph is stopped.

3. Using the Countdown Timer:

1. Press **MODE** until "TIMER" appears.
2. Press and hold **SET/RECALL** to set the countdown duration. Adjust values using **START/SPLIT** or **STOP/RESET**, and move between settings with **MODE**.
3. Press **SET/RECALL** to confirm the timer setting.
4. Press **START/SPLIT** to begin the countdown.
5. Press **STOP/RESET** to pause/resume the timer.
6. When the timer reaches zero, an alarm will sound. Press any button to silence it.

4. Setting Alarms:

Your watch supports 3 daily, weekday, or weekend alarms.

1. Press **MODE** until "ALARM" appears.
2. Press **SET/RECALL** to select Alarm 1, 2, or 3.
3. Press and hold **SET/RECALL** to enter alarm setting mode.
4. Adjust the alarm time and frequency (daily, weekday, weekend) using **START/SPLIT** or **STOP/RESET**, and move between settings with **MODE**.
5. Press **SET/RECALL** to confirm.
6. To turn an alarm ON/OFF, press **START/SPLIT** while in Alarm mode (not setting mode).

5. Water Resistance:

This watch is water resistant to 100 meters (330 feet). It is suitable for swimming and snorkeling. **Do not press any**

buttons underwater as this can compromise the water resistance seal.

MAINTENANCE

Cleaning Your Watch:

Regularly clean your watch with a soft, damp cloth. For resin straps, mild soap and water can be used. Avoid harsh chemicals or abrasive materials that could damage the watch finish or strap.

Battery Replacement:

The watch uses a Lithium Metal battery (included). When the battery needs replacement, it is recommended to take your watch to an authorized Timex service center or a qualified watch repair professional. This ensures the water resistance seal is properly maintained.

Storage:

When not in use for extended periods, store your watch in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery.	Replace the battery (refer to Maintenance section).
Buttons are unresponsive.	Watch may be in a locked mode or internal malfunction.	Try pressing all buttons firmly. If issue persists, contact customer support.
Time is inaccurate.	Time not set correctly or battery low.	Re-set the time (refer to Setup section). If problem continues, replace battery.
Water inside the watch.	Water resistance compromised (e.g., buttons pressed underwater).	Immediately take the watch to a service center. Do not attempt to dry it yourself.

SPECIFICATIONS

Model Number: TW5M09500

Brand: Timex

Case Size: 38mm

Strap Material: Resin

Water Resistance: 100m (330ft)

Display Type: Digital

Backlight: INDIGLO

Chronograph: 100-hour with 30-lap memory

Timer: 24-hour countdown timer

Alarms: 3 daily, weekday, or weekend alarms

Time Zones: 2 time zones

Calendar: Day, date & month calendar

Battery: 1 Lithium Metal battery (included)

Product Dimensions: 7.99 x 1.65 x 0.51 inches

Item Weight: 1.6 ounces

WARRANTY AND SUPPORT

Your Timex watch is covered by a limited warranty. For specific warranty details, please refer to the official documentation included with your purchase or visit the official Timex website. For further assistance, technical support, or service inquiries, please contact Timex customer service.

You can also find additional information and a downloadable PDF version of the user manual [here](#).

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Documents - Timex – TW5M09500

no relevant documents

Related Documents

	<p>Timex Ironman Watch User Manual</p> <p>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.</p>
	<p>Timex Ironman Classic 10+ Watch User Guide</p> <p>Comprehensive user guide for the Timex Ironman Classic 10+ watch, detailing features like heart rate monitoring, activity tracking, workout modes, alarms, and more. Learn how to use all functions of your Timex Ironman watch.</p>
	<p>Timex Kids Digital Watch User Guide - Operation and Features</p> <p>Comprehensive user guide for the Timex Kids digital watch (model 791-095007). Covers features, basic operations, setting time and date, chronograph, alarm, timer, INDIGLO night light, water resistance, strap adjustments, battery information, and warranty details.</p>
	<p>Timex Ironman T300+ User Manual and Battery Safety Information</p> <p>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>