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### Timex TW5M19900

# Timex Women's Ironman Triathlon Transit 33mm Watch Instruction Manual

MODEL: TW5M19900

Brand: Timex

## INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Timex Women's Ironman Triathlon Transit 33mm Resin Strap Watch, Model TW5M19900. Please read thoroughly to ensure proper use and longevity of your timepiece.

## PRODUCT OVERVIEW





**Figure 1:** Front view of the Timex Women's Ironman Triathlon Transit 33mm Watch in white with rose gold-tone accents.

The Timex Women's Ironman Triathlon Transit 33mm Watch is designed for active lifestyles, featuring a durable resin strap and case, a clear digital display, and essential functions for training and daily wear. Its water resistance makes it suitable for various water activities.

- Adjustable white 12mm resin strap for comfortable fit.
- 100-hour chronograph with 10-lap memory for tracking performance.

- 24-hour countdown timer for interval training or specific tasks.
- Customizable alarm for daily reminders.
- 24-hour military time mode and dual time zones.
- Day, date, and month calendar display.
- White and rose gold-tone 33mm resin case with an acrylic lens.
- Gray digital display with Indiglo light-up watch dial for low-light conditions.
- Water-resistant to 100 meters (330 feet).

## SETUP

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Before using your watch, ensure the time, date, and any desired alarms are set correctly.

### 1. Setting Time and Date:

- Press the 'MODE' button (typically on the left side) until the time setting screen appears.
- Use the 'SET/RECALL' button (top left) to select the digit you wish to adjust (e.g., hours, minutes).
- Use the 'START/STOP' button (bottom right) to increase the value, or 'LAP/RESET' (top right) to decrease.
- Continue this process for setting the year, month, and day.
- Press 'MODE' to exit the setting mode.

### 2. Setting the Alarm:

- Press 'MODE' button until 'ALARM' appears on the display.
- Use 'SET/RECALL' to select the hour or minute.
- Use 'START/STOP' or 'LAP/RESET' to adjust the alarm time.
- Press 'MODE' to save and exit.
- To activate/deactivate the alarm, press the 'START/STOP' button while in alarm mode.

### 3. Adjusting the Strap:

The resin strap is adjustable to fit various wrist sizes. Use the buckle to find a comfortable and secure fit. The strap is designed to fit up to a 7.5-inch wrist circumference.





**Figure 2:** Rear view of the watch strap and buckle, showing adjustment holes.

## OPERATING INSTRUCTIONS

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Your Timex Ironman watch offers several modes for various activities.

### 1. Using the Chronograph (Stopwatch):

- Press 'MODE' until 'CHRONO' appears.
- Press 'START/STOP' to begin timing.
- Press 'LAP/RESET' to record a lap time (up to 10 laps).

- Press 'START/STOP' again to pause/resume.
- To reset, press 'LAP/RESET' while the chronograph is stopped.

## 2. Using the Countdown Timer:

- Press 'MODE' until 'TIMER' appears.
- Use 'SET/RECALL' to set the desired countdown duration (up to 24 hours).
- Press 'START/STOP' to begin the countdown.
- An audible alert will sound when the timer reaches zero.

## 3. Indiglo Night-Light:

- Press the 'INDIGLO' button (top right) to illuminate the watch face for easy viewing in low light conditions.

## 4. Water Resistance:

The watch is water-resistant to 100 meters (330 feet). This makes it suitable for showering, swimming, and snorkeling. It is not recommended for scuba diving or high-impact water sports where water pressure may exceed the rating.

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**Video 1:** An official Timex video showcasing the Ironman Transit watch, highlighting its features and design. This video demonstrates the watch's functionality and aesthetic appeal.

# MAINTENANCE

Proper care will extend the life and appearance of your watch.

- **Cleaning:** Regularly clean the watch case and strap with a soft, damp cloth. For stubborn dirt on the resin strap, a mild soap solution can be used, followed by thorough rinsing. Avoid harsh chemicals or abrasive cleaners.
- **Battery Replacement:** The watch uses 1 Lithium Metal CR2025 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 professional watch technician to ensure water resistance is maintained.
- **Storage:** Store your watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.



**Figure 3:** The watch worn on a wrist, demonstrating its comfortable fit and digital display.

# TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Watch loses time or runs slow.	Low battery or internal mechanism issue.	Replace the battery. If the problem persists, contact Timex customer support.
Display is dim or blank.	Depleted battery.	Replace the battery.
Buttons are unresponsive.	Temporary software glitch or water ingress.	Try resetting the watch (refer to the full user manual for specific reset procedures). Ensure buttons are dry before pressing. If water ingress is suspected, seek professional service.
Water appears inside the watch face.	Compromised water resistance seal.	Immediately take the watch to a qualified watch repair center to prevent further damage.

## SPECIFICATIONS

- **Model Number:** TW5M19900
- **Case Diameter:** 33mm
- **Case Material:** Resin
- **Strap Material:** Resin
- **Strap Width:** 12mm
- **Water Resistance:** 100 meters (330 feet)
- **Display Type:** Digital
- **Lens Material:** Acrylic
- **Battery Type:** 1 Lithium Metal CR2025 (included)
- **Weight:** 0.96 ounces
- **Functions:** Chronograph (100-hour, 10-lap), Countdown Timer (24-hour), Alarm, 24-hour Military Time, Dual Time Zones, Day/Date/Month Calendar, Indiglo Night-Light.

## WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Timex website or the warranty card included with your purchase. Timex offers various protection plans for their products. You can visit the [Timex Store on Amazon](#) for additional product information and support resources.