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## Timex Men's Chronograph Watch T5K354 - Instruction Manual

Model: T5K354

### 1. INTRODUCTION

Congratulations on your purchase of the Timex Men's Chronograph Watch, Model T5K354. This timepiece combines robust design with precise chronograph functionality, making it ideal for daily wear and sports activities. This manual provides essential information to help you understand and operate your watch effectively.

Please read this manual thoroughly before using your watch to ensure proper setup and to maximize its lifespan.

### 2. PRODUCT OVERVIEW

Familiarize yourself with the various components of your Timex T5K354 Chronograph Watch.



**Figure 2.1:** Timex Ironman Triathlon Chronograph Watch. This image displays the Timex Ironman Triathlon Chronograph Watch. It features a black dial with three subdials, luminous hands, and a date window at the 4 o'clock position. The watch has a stainless steel case with visible screws on the bezel and a black rubber strap. The dial also shows 'TIMEX IRONMAN TRIATHLON' branding and 'INDIGLO WR 100M'.

### Key Components:

- **Crown:** Used for setting time and date.
- **Pushers (A & B):** Used for chronograph functions (start/stop, reset).
- **Dial:** Displays time, chronograph measurements, and date.
- **Subdials:** Measure elapsed time for the chronograph.
- **Date Window:** Displays the current date.

- **INDIGLO® Night-Light:** Illuminates the dial for low-light visibility.

## 3. SETUP

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### 3.1 Setting the Time

1. Pull the crown out to position 2 (farthest position). The second hand will stop.
2. Turn the crown clockwise or counter-clockwise to set the hour and minute hands. Ensure you set the correct AM/PM time, especially when setting the date.
3. Push the crown back into position 1 (normal position) to start the watch.

### 3.2 Setting the Date

1. Pull the crown out to position 1 (middle position).
2. Turn the crown counter-clockwise to set the date. Do not set the date between 9 PM and 3 AM, as this may damage the movement.
3. Push the crown back into position 0 (normal position).

## 4. OPERATING INSTRUCTIONS

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### 4.1 Using the Chronograph

The chronograph function allows you to measure elapsed time with precision.

1. **Start:** Press pusher A (top pusher) to start the chronograph. The chronograph second hand will begin to move.
2. **Stop:** Press pusher A again to stop the chronograph. The elapsed time will be displayed on the subdials.
3. **Reset:** With the chronograph stopped, press pusher B (bottom pusher) to reset all chronograph hands to zero.
4. **Split Time:** While the chronograph is running, press pusher B to display a split time. The chronograph hands will freeze, but timing continues internally. Press pusher B again to catch up to the running time.

### 4.2 INDIGLO® Night-Light

To activate the INDIGLO® night-light, press and hold the crown. The entire dial will illuminate for easy reading in low-light conditions.

## 5. MAINTENANCE

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- **Cleaning:** Wipe the watch case and strap regularly with a soft, damp cloth. For rubber straps, mild soap and water can be used. Ensure the crown is pushed in before cleaning.
- **Water Resistance:** Your watch is water-resistant to 100 meters (330 feet). This means it is suitable for showering, swimming, and snorkeling. Do NOT press any buttons or pull the crown while the watch is wet or submerged, as this can compromise water resistance.
- **Battery:** The watch is powered by a quartz movement and requires a battery. When the battery runs low, the second hand may jump every few seconds (End-of-Life indicator). Replace the battery promptly at an authorized service center to prevent leakage and damage to the movement.
- **Temperature:** Avoid exposing your watch to extreme temperatures (hot or cold) or sudden temperature changes, as this can affect accuracy and water resistance.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch stops or runs intermittently.	Low battery.	Replace battery at an authorized service center.
Date changes at noon instead of midnight.	AM/PM setting incorrect.	Advance the time by 12 hours.
Chronograph hands do not reset to zero.	Requires calibration.	Consult the full user manual or contact customer support for calibration instructions.
Moisture inside the watch.	Crown/pushers pressed underwater, or seal compromised.	Immediately take to an authorized service center. Do not attempt to dry it yourself.

## 7. SPECIFICATIONS

- Model Number:** T5K354
- Manufacturer Number:** 1741655
- External Product ID (GTIN):** 0753048338788
- Type:** Sports Watch
- Display Type:** Analog with hands
- Watch Dial Diameter Size:** L (40 - 48 mm)
- Movement Type:** Quartz
- Targeted Group:** Men
- Brand:** TIMEX
- Band Material:** Rubber
- Watch Shape:** Round
- Dial Color:** Black
- Case Material:** Stainless Steel
- Case Thickness:** 13 mm
- Band Color:** Black
- Calendar Type:** Date
- Water Resistance:** 100 meters (330 feet)

## 8. WARRANTY AND SUPPORT

Your Timex watch is covered by a limited warranty against manufacturing defects. Please refer to the warranty card included with your purchase for specific terms and conditions, including warranty period and coverage details.

For technical support, service, or warranty claims, please contact Timex customer service or visit their official website. Ensure you have your watch model number (T5K354) and proof of purchase ready.

**Timex Official Website:** [www.timex.com](http://www.timex.com)

