

Timex TW5M401009J

Timex Men's Ironman Triathlon Classic 30 Watch Instruction Manual

Model: TW5M401009J

PRODUCT OVERVIEW

The Timex Men's Ironman Triathlon Classic 30 is a robust digital watch designed for active individuals. It features a durable resin case and strap, a clear digital display, and a range of functions including a chronograph, countdown timer, multiple alarms, and Indiglo night-light. This watch is built to withstand various activities, including swimming, with its 100-meter water resistance.



Figure 1: Front view of the Timex Ironman Triathlon Classic 30 watch. This image displays the watch's digital screen, showing the time, date, and day of the week, along with the various function buttons labeled around the bezel. The watch features a black and gray resin case and strap.

SETUP

Initial Time and Date Setting

1. **Access Set Mode:** Press and hold the **SET/RECALL** button (typically top-left) until the display flashes, indicating you are in set mode.
2. **Navigate Settings:** Use the **MODE** button (typically bottom-left) to cycle through settings such as hour, minute, second, year, month, and day.
3. **Adjust Values:** Use the **START/SPLIT** button (typically bottom-right) to increase the flashing value. The **STOP/RESET** button (typically top-right) may decrease the value or reset it depending on the model.
4. **Confirm Settings:** Once all desired values are set, press the **SET/RECALL** button again to exit set mode and save changes.

Battery Information

The watch is powered by 1 Lithium Metal battery, which is included. Battery life varies based on usage of features like the Indiglo light. When the display dims or functions become erratic, it may be time for a battery replacement. It is recommended to have battery replacement performed by a qualified watch technician to ensure water resistance is maintained.

OPERATING INSTRUCTIONS

Chronograph Function

The watch features a 100-hour chronograph with 30-lap memory, ideal for tracking workout times.

- **Activate Chronograph:** Press the **MODE** button until "CHRONO" or a similar indicator appears on the display.
- **Start/Stop:** Press **START/SPLIT** to begin timing. Press it again to pause.
- **Lap/Split:** While timing, press **SET/RECALL** to record a lap time without stopping the main timer.
- **Reset:** When paused, press **STOP/RESET** to clear the chronograph.
- **Recall Laps:** In chronograph mode, press **SET/RECALL** to review stored lap times.

Countdown Timer

A 24-hour countdown timer is available for various timing needs.

- **Activate Timer:** Press the **MODE** button until "TIMER" or a similar indicator appears.
- **Set Time:** Use **SET/RECALL** to enter setting mode, then **START/SPLIT** to adjust hours, minutes, and seconds.
- **Start/Stop:** Press **START/SPLIT** to begin the countdown. Press again to pause.
- **Reset:** When paused, press **STOP/RESET** to reset the timer to its set value.

Alarms

Set up to 3 daily, weekday, or weekend alarms.

- **Access Alarm Mode:** Press the **MODE** button until "ALARM" or an alarm icon is displayed.
- **Select Alarm:** Use **START/SPLIT** to cycle through Alarm 1, Alarm 2, Alarm 3.
- **Set Alarm Time:** Press **SET/RECALL** to enter setting mode. Use **START/SPLIT** to adjust the hour and minute.

- **Set Alarm Type:** After setting the time, you can typically choose daily, weekday, or weekend alarm settings using **START/SPLIT** or **STOP/RESET**.
- **Activate/Deactivate:** Press **STOP/RESET** to toggle the alarm on or off. An alarm icon will appear when active.

Indiglo Night-Light

The Indiglo feature illuminates the watch dial for easy viewing in low-light conditions.

- **Activate:** Press the **INDIGLO** button (typically top-right) to activate the backlight. It will remain on for a few seconds.

Water Resistance

The Timex Ironman Triathlon Classic 30 is water resistant to 100 meters (330 feet). This makes it suitable for swimming and snorkeling. It is not recommended for diving. To maintain water resistance, do not press any buttons while the watch is submerged.

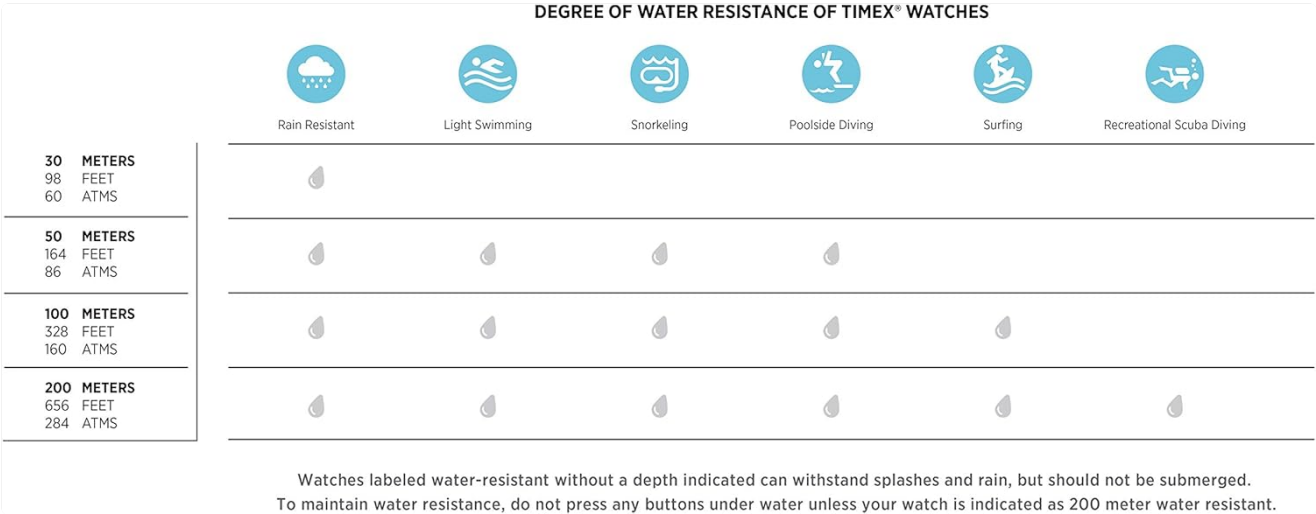


Figure 2: Timex Water Resistance Chart. This chart illustrates the different levels of water resistance for Timex watches, from rain resistant to recreational scuba diving, indicating the corresponding depths in meters, feet, and ATMS. The 100-meter rating for this watch is highlighted as suitable for light swimming, snorkeling, and poolside diving.

MAINTENANCE

Cleaning Your Watch

To clean your watch, wipe it with a soft, damp cloth. For resin straps, mild soap and water can be used. Avoid using harsh chemicals or abrasive materials, as these can damage the watch case or strap.

Storage

When not in use, store your watch in a cool, dry place away from direct sunlight and extreme temperatures. Avoid exposing the watch to strong magnetic fields.

Battery Replacement

As mentioned, battery replacement should ideally be done by a professional to ensure the watch's water resistance seal is properly re-established. Attempting to replace the battery yourself without proper tools and knowledge may compromise the watch's integrity.

TROUBLESHOOTING

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery.

- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, though not a common feature for this model). If submerged, do not press buttons. If the issue persists, a reset may be needed (refer to manual or contact support).
- **Time is incorrect:** Re-enter the time setting mode and adjust. Check if the 12/24-hour format is set correctly.
- **Water inside the watch:** If condensation or water appears inside the watch, stop using it immediately and seek professional service. This indicates a compromised water resistance seal.







SPECIFICATIONS

Feature	Detail
Model Number	TW5M401009J
Case Dimensions	38mm (diameter)
Strap Material	Resin (18mm width, fits up to 8-inch wrist)
Case Material	Resin
Lens Material	Acrylic
Display Type	Digital
Water Resistance	100m (330ft)
Chronograph	100-hour with 30-lap memory
Countdown Timer	24-hour
Alarms	3 daily, weekday, or weekend alarms
Time Modes	24-hour military time mode, 2 time zones
Calendar	Day, date & month
Backlight	Indiglo light-up watch dial
Battery	1 Lithium Metal battery (included)
Item Weight	3.12 ounces
First Available Date	January 20, 2020

WARRANTY AND SUPPORT

For warranty information, service, or additional support regarding your Timex watch, please refer to the official Timex website or contact Timex customer service directly. Keep your proof of purchase for warranty claims. You can find more information and support resources on the [Official Timex Store on Amazon](#).

Related Documents - TW5M401009J

	<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 Ironman Triathlon Dual-Tech Bedienungsanleitung Funktionen, Einstellungen, Wasserdichtigkeit</p> <p>Umfassende Bedienungsanleitung für die Timex Ironman Triathlon Dual-Tech Uhr. Erfahren Sie mehr über Funktionen wie Chronograph, Countdown-Timer, Alarm, INDIGLO® Nachtlicht und Wasserdichtigkeit.</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>
	<p>TIMEX IRONMAN R300 GPS Watch: User Guide and Quick Start</p> <p>Comprehensive guide for the TIMEX IRONMAN R300 GPS Watch, covering setup, features, usage, and compliance information.</p>
	<p>Руководство по эксплуатации часов Timex</p> <p>Подробное руководство по эксплуатации часов Timex, охватывающее настройку времени, использование хронографа, водонепроницаемость, регулировку браслета и функции подсветки INDIGLO® для различных механизмов Timex.</p>