

## Timex TW5M44500

# Timex Ironman Classic Quartz Watch User Manual

Model: TW5M44500

## INTRODUCTION

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This manual provides instructions for the Timex Ironman Classic Quartz Watch, Model TW5M44500. This watch is designed for durability and ease of use, featuring a five-button interface, digital display, and INDIGLO® backlight. It is built to be lightweight and water-resistant, making it suitable for various activities.

Key features include a sports-stopwatch with 30-lap memory, customizable alarm, and countdown timer.

## PRODUCT OVERVIEW

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**Image 1: Front View.** This image displays the watch face, highlighting the digital display, the "TIMEX" and "IRONMAN" branding, and the five control buttons: SET/RECALL (top left), MODE (bottom left), INDIGLO (top right), STOP/RESET (bottom right), and START/SPLIT (center bottom).



**Image 2: Angled Front View.** This perspective shows the watch at an angle, emphasizing the matte green resin case with black accents and the black resin strap. The digital display is visible, along with the prominent buttons.



**Image 3: Side Profile.** This image provides a clear view of the watch's side profile, illustrating the thickness of the case and the design of the resin strap as it extends from the watch body.



**Image 4: Case Back.** The rear view of the watch highlights the stainless steel case back. Engravings indicate "IRONMAN", "WATER RESISTANT 100 METERS", "CR2025 BATTERY", and "STAINLESS STEEL BACK", along with the Timex website.



**Image 5: Strap and Buckle.** This image shows the watch from the back with the strap laid flat, providing a clear view of the buckle and the textured design of the resin strap.





**Image 6: On Wrist.** This photograph demonstrates how the watch appears when worn on a wrist, giving a sense of its size and fit.

## SETUP

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### Setting Time and Date

1. Press and hold the **SET/RECALL** button until the time display flashes.
2. Press the **MODE** button to cycle through hours, minutes, seconds, year, month, and day settings.
3. Use the **START/SPLIT** and **STOP/RESET** buttons to adjust the flashing value up or down.

4. Once all settings are correct, press the **SET/RECALL** button again to exit setting mode.

## Activating INDIGLO® Night-Light

Press the **INDIGLO** button (top right) to illuminate the watch face for easy viewing in low light conditions. The light will remain on for a few seconds.

## OPERATING INSTRUCTIONS

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### Using the Stopwatch

1. Press the **MODE** button until "CHRONO" or "STOPWATCH" appears on the display.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to record a lap time without stopping the main timer. The watch can store up to 30 lap times.
4. Press **STOP/RESET** to pause the stopwatch. Press again to resume, or hold to reset to zero.
5. To recall lap times, press the **SET/RECALL** button while in stopwatch mode.

### Setting and Using the Alarm

1. Press the **MODE** button until "ALARM" appears.
2. Press and hold **SET/RECALL** to enter alarm setting mode.
3. Use **START/SPLIT** and **STOP/RESET** to adjust the alarm time.
4. Press **MODE** to toggle the alarm on/off. An alarm icon will appear when active.
5. Press **SET/RECALL** to save and exit.

### Using the Countdown Timer

1. Press the **MODE** button until "TIMER" appears.
2. Press and hold **SET/RECALL** to set the desired countdown duration.
3. Use **START/SPLIT** and **STOP/RESET** to adjust the hours, minutes, and seconds.
4. Press **SET/RECALL** to save.
5. Press **START/SPLIT** to begin the countdown.
6. Press **STOP/RESET** to pause/resume or hold to reset.

## MAINTENANCE

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### Cleaning Your Watch

Regularly clean your watch with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water. Ensure the watch is completely dry before storage.

### Water Resistance

This watch is water resistant to 100 meters (330 feet). This makes it suitable for swimming, snorkeling, and recreational scuba diving. Do not press any buttons while the watch is submerged to maintain water resistance.



## Battery Replacement

The watch uses 1 Lithium Metal battery (CR2025). When the display dims or functions become erratic, the battery may need replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.

## 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 stated feature for this model). If issues persist, a battery replacement or professional inspection may be required.
- **Time is incorrect:** Re-set the time and date following the "Setting Time and Date" instructions. Ensure the correct AM/PM setting is selected.
- **Water inside the watch:** Immediately take the watch to a qualified service center. Do not attempt to open the watch yourself, as this will void the warranty and compromise water resistance.

## SPECIFICATIONS







Feature	Detail
Model Number	TW5M44500
Case Material	Resin
Case Size	38mm
Strap Material	Resin
Water Resistance	100 meters (330 feet)
Battery Type	CR2025 Lithium Metal (included)
Product Dimensions	4 x 10 x 6 cm
Weight	70 g
Features	Digital display, Sports-stopwatch (30 lap memory), Customizable alarm, Countdown timer, INDIGLO® backlight

## WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the documentation included with your product or visit the official Timex website. Timex provides support for product inquiries, service, and repairs. You can often find additional resources and FAQs on the manufacturer's support pages.

Manufacturer: Timex Group

Related Documents - TW5M44500

	<p><a href="#">Timex Ironman Watch User Manual</a></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><a href="#">Timex Ironman Transit+ Watch User Guide</a></p> <p>Comprehensive user guide for the Timex Ironman Transit+ Watch, detailing features like heart rate monitoring, activity tracking, workout modes, and essential functions for athletes and fitness enthusiasts. Learn to use your watch effectively with this official manual.</p>
	<p><a href="#">Timex Ironman 50-Lap Watch User Manual</a></p> <p>Comprehensive user manual for the Timex Ironman 50-Lap watch, detailing features, operations, and maintenance for optimal use.</p>
	<p><a href="#">Timex Analog Watch User Manual - Features, Settings, and Care</a></p> <p>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><a href="#">TIMEX IRONMAN R300 GPS Watch Quick Start Guide</a></p> <p>Get started with your TIMEX IRONMAN R300 GPS Watch. This quick start guide provides essential information to help you set up, pair with your smartphone, and navigate the features of your new smartwatch.</p>
	<p><a href="#">TIMEX IRONMAN Classic 50 Move+ Instruction Manual - Features, Setup, and App Guide</a></p> <p>Get detailed instructions for your TIMEX IRONMAN Classic 50 Move+ smartwatch. Learn about setup, activity tracking, app sync, and all features with this official user manual.</p>