

Timex TW4B204009J

Timex Men's Expedition Digital CAT 39mm Watch User Manual

Model: TW4B204009J

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Timex Men's Expedition Digital CAT 39mm Watch (Model TW4B204009J). Please read this manual thoroughly to ensure proper use and to maximize the functionality of your timepiece.

PRODUCT OVERVIEW

The Timex Expedition Digital CAT watch is designed for durability and functionality, featuring a digital display, multiple timekeeping modes, and water resistance. It includes a 100-hour chronograph, 24-hour countdown timer, multiple alarms, and the Indiglo night-light.





Image: Front view of the Timex Expedition Digital CAT watch, showing the digital display and button labels.

Watch Components

- **SET Button:** Used for entering and adjusting settings.
- **MODE Button:** Cycles through different watch modes (Time, Chronograph, Timer, Alarm).
- **START/SPLIT Button:** Initiates and pauses functions, records split times.
- **STOP/RESET Button:** Stops functions and resets values.
- **INDIGLO Button:** Activates the Indiglo night-light for illumination.

SETUP

Setting Time and Date

1. Press the **MODE** button repeatedly until the time display shows the current time with seconds.
2. Press and hold the **SET** button until the seconds begin to flash.

3. Press the **MODE** button to cycle through the settings: seconds, hour, minute, 12/24-hour format, year, month, and day.
4. Use the **START/SPLIT** or **STOP/RESET** buttons to adjust the flashing value.
5. Once all settings are correct, press the **SET** button to exit the setting mode.

Setting Alarms

Your watch features three independent alarms (AL1, AL2, AL3) with daily, weekday, or weekend options, and a 5-minute backup.

1. Press the **MODE** button until the alarm mode is displayed (indicated by an alarm icon).
2. Press the **SET** button to select the alarm you wish to set (AL1, AL2, or AL3).
3. Press and hold the **SET** button until the hour flashes.
4. Use the **START/SPLIT** or **STOP/RESET** buttons to adjust the hour. Press **MODE** to move to minutes, then adjust.
5. Continue pressing **MODE** to set the alarm frequency (daily, weekday, weekend).
6. Press **SET** to confirm and exit.
7. To activate/deactivate an alarm, press the **START/SPLIT** button while in alarm mode. An alarm icon will appear when active.

OPERATING MODES

Chronograph (Stopwatch)

The 100-hour chronograph measures elapsed time with lap and split time functions.

1. Press the **MODE** button until the chronograph mode is displayed.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to record a split time (the display will freeze momentarily, but timing continues in the background).
4. Press **STOP/RESET** to stop the chronograph.
5. Press **STOP/RESET** again to reset the chronograph to zero.

Countdown Timer

The 24-hour countdown timer can be set for various durations.

1. Press the **MODE** button until the countdown timer mode is displayed.
2. Press and hold the **SET** button until the hours flash.
3. Use the **START/SPLIT** or **STOP/RESET** buttons to adjust the hours. Press **MODE** to move to minutes, then seconds, and adjust.
4. Press **SET** to confirm the set time.
5. Press **START/SPLIT** to begin the countdown.
6. Press **STOP/RESET** to pause/resume the countdown.
7. When the timer reaches zero, an alarm will sound. Press any button to silence it.

Indiglo Night-Light

Press the **INDIGLO** button (located at the bottom center of the watch face) to illuminate the watch display in low-light conditions.

Water Resistance

Your Timex Expedition watch is water-resistant to 100 meters (330 feet). This makes it suitable for snorkeling and swimming. It is not recommended for diving.

Important: To maintain water resistance, do not press any buttons underwater unless your watch is specifically indicated as 200-meter water resistant.























DEGREE OF WATER RESISTANCE OF TIMEX® WATCHES						
	 Rain Resistant	 Light Swimming	 Snorkeling	 Poolside Diving	 Surfing	 Recreational Scuba Diving
30 METERS 98 FEET 60 ATMS						
50 METERS 164 FEET 86 ATMS						
100 METERS 328 FEET 160 ATMS						
200 METERS 656 FEET 284 ATMS						
Watches labeled water-resistant without a depth indicated can withstand splashes and rain, but should not be submerged. To maintain water resistance, do not press any buttons under water unless your watch is indicated as 200 meter water resistant.						
TIMEX						

Image: Timex Water Resistance Chart, detailing suitable activities for various depth ratings.

MAINTENANCE

Battery Replacement

The watch uses one CR2016 Lithium Metal battery. When the display dims or functions become erratic, the battery may need replacement. Due to the delicate nature of watch components and to ensure water resistance is maintained, it is recommended to have the battery replaced by a qualified jeweler or a Timex service center.



Image: Rear view of the watch case, indicating the CR2016 battery type.

Cleaning

To clean your watch, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the case or strap.

TROUBLESHOOTING

- **Display is blank or dim:** The battery may be low or depleted. Refer to the Battery Replacement section.
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, though this model typically does not have a lock function). If unresponsive, a battery issue or internal malfunction may be present.
- **Time resets unexpectedly:** This can indicate a low battery or a need for a full reset. If a new battery does not resolve the issue, contact customer support.
- **Water appears inside the watch:** Immediately take the watch to a service center. This indicates a breach in the water resistance seal.

SPECIFICATIONS

Feature	Specification
Model Number	TW4B204009J
Case Diameter	39mm
Strap Material	Fabric with genuine leather accents




Water Resistance	100 meters (330 feet)
Chronograph	100-hour with lap & split times
Countdown Timer	24-hour
Alarms	3 daily, weekday, or weekend alarms with 5-minute backup
Time Formats	12-hour or 24-hour (military time)
Time Zones	2 time zones
Night-Light	Indiglo light-up watch dial
Battery Type	1 Lithium Metal (CR2016)




WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Timex website or the warranty card included with your purchase. Timex provides support for product inquiries, service, and repairs. You can typically find detailed warranty terms and contact information on the manufacturer's official website: www.timex.com

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Related Documents - TW4B204009J

	<p>Timex Expedition Digital Watch User Manual</p> <p>Comprehensive user manual for the Timex Expedition Digital watch, covering basic operations, alarm settings, timer functions, chronograph usage, INDIGLO® night-light, water and shock resistance, and battery information.</p>
	<p>Timex W-209 Watch User Manual: Features, Operation, and Warranty</p> <p>Comprehensive guide to operating your Timex W-209 watch, covering time setting, chronograph, timer, alarms, occasions, INDIGLO night-light, water resistance, battery, and international warranty information.</p>
	<p>Timex Expedition 4-Pusher Digital Watch User Manual and Guide</p> <p>Comprehensive user manual for the Timex Expedition 4-Pusher Digital watch, covering features, operation, time and date setting, chronograph, alarm, countdown timer, water resistance, strap and bracelet adjustment, battery replacement, and warranty information.</p>

	<p>Timex Expedition Digital Watch User Manual</p> <p>Comprehensive user manual for the Timex Expedition Digital watch, covering functions, basic operations, time and date settings, alarm, timer, chronograph, INDIGLO night-light, water resistance, and battery information.</p>
	<p>Timex Expedition Digital Watch User Manual</p> <p>Comprehensive user manual for the Timex Expedition Digital watch (Model W90, Part Number 094-095000), covering functions, basic operations, time/date settings, alarms, timers, chronograph, INDIGLO night-light, water resistance, battery information, and warranty.</p>
	<p>Timex Expedition Digital Watch User Guide</p> <p>Comprehensive user guide for the Timex Expedition Digital watch, detailing functions, basic operations, time/date settings, alarms, timers, chronographs, INDIGLO® night-light, water and shock resistance, and warranty information.</p>