

## Timex TW5M48900SO

# Timex Ironman Triathlon T200 42mm Watch Instruction Manual

Model: TW5M48900SO

## INTRODUCTION

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This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your Timex Ironman Triathlon T200 42mm Watch. Please read this guide thoroughly to ensure proper use and to maximize the functionality of your timepiece.



Figure 1: Front view of the Timex Ironman Triathlon T200 watch.

## WATCH COMPONENTS

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Familiarize yourself with the buttons and display elements of your watch:

- **MODE Button:** Cycles through different watch modes (Time, Chronograph, Timer, Alarm).
- **SET/RECALL Button:** Used to set values in setting modes and recall lap/split times.
- **INDIGLO Button:** Activates the Indiglo night-light.
- **START/LAP Button:** Starts and stops the chronograph, records lap times.
- **STOP/RESET Button:** Stops the chronograph or timer, resets values.



Figure 2: Side view illustrating button placement.

## SETUP

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### 1. Initial Time and Date Setting

1. In Timekeeping mode, press and hold the **SET/RECALL** button until the display flashes.
2. Press the **START/LAP** or **STOP/RESET** button to adjust the flashing segment (e.g., hour, minute, year, month, day).
3. Press the **MODE** button to advance to the next segment.
4. Once all settings are complete, press the **SET/RECALL** button to exit setting mode.

### 2. Strap Adjustment

The watch features an adjustable silicone strap designed for comfort and secure fit. Adjust the buckle to fit your wrist circumference, ensuring it is snug but not overly tight.

## OPERATING INSTRUCTIONS

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### 1. Timekeeping Mode

This is the default display mode, showing the current time, day, and date. Press the **INDIGLO** button to activate the backlight for visibility in low-light conditions.

## 2. Chronograph (Stopwatch)

The chronograph measures elapsed time up to 100 hours with a 200-lap memory.

1. From Timekeeping mode, press the **MODE** button until 'CHRONO' or stopwatch icon appears.
2. Press **START/LAP** to begin timing.
3. Press **START/LAP** again to record a lap time while the chronograph continues running.
4. Press **STOP/RESET** to pause the chronograph. Press **START/LAP** to resume or **STOP/RESET** again to reset to zero.
5. To recall lap times, press **SET/RECALL** while the chronograph is stopped.

## 3. Interval Training Timer

The watch supports interval training with customizable warm-up, interval, and cool-down segments.

1. From Timekeeping mode, press the **MODE** button until 'INTERVAL' or interval icon appears.
2. Press and hold **SET/RECALL** to enter setting mode for intervals.
3. Adjust warm-up, interval duration, number of repeats, and cool-down times using **START/LAP** or **STOP/RESET**, and advance with **MODE**.
4. Press **SET/RECALL** to save settings.
5. Press **START/LAP** to begin the interval training sequence.

## 4. Countdown Timer

A 24-hour countdown timer is available for various activities.

1. From Timekeeping mode, press the **MODE** button until 'TIMER' or timer icon appears.
2. Press and hold **SET/RECALL** to set the desired countdown duration.
3. Press **START/LAP** to begin the countdown.
4. The watch will emit an alert when the countdown reaches zero.

## 5. Alarms

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

1. From Timekeeping mode, press the **MODE** button until 'ALARM' or alarm icon appears.
2. Press **MODE** to cycle through Alarm 1, Alarm 2, Alarm 3.
3. Press and hold **SET/RECALL** to set the alarm time and type (daily, weekday, weekend).
4. Press **START/LAP** to toggle the alarm ON/OFF.

## 6. Dual Time Zones

The watch allows for tracking two different time zones.

1. From Timekeeping mode, press the **MODE** button until 'T2' or dual time icon appears.
2. Press and hold **SET/RECALL** to adjust the second time zone.

## MAINTENANCE

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### 1. Cleaning

Clean your watch with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage

the case or strap. For water-resistant models, rinse with fresh water after exposure to salt water or chlorine.

## 2. Water Resistance

This watch is water resistant to 100 meters (330 feet), making it suitable for swimming and snorkeling. It is not recommended for diving. Do not press any buttons while the watch is submerged to prevent water intrusion.

## 3. Battery Replacement

The watch uses one Lithium Metal battery (CR2025). Battery replacement should be performed by a qualified watch technician to ensure water resistance is maintained. Attempting to replace the battery yourself may void the warranty and compromise the watch's water resistance.



Figure 3: Case back detailing water resistance and battery type.

## TROUBLESHOOTING

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery as described in the Maintenance section.
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, refer to specific model features). If the issue persists, a soft reset may be required by pressing all four side buttons simultaneously for a few seconds.

- **Indiglo light not working:** This could indicate a low battery or a malfunction. If battery replacement does not resolve the issue, contact customer support.
- **Incorrect time/date:** Re-enter the time and date settings as described in the Setup section. Ensure the correct time zone is selected.

### SPECIFICATIONS


Model Number	TW5M48900SO
Case Diameter	42mm
Case Material	Resin
Lens Material	Acrylic
Strap Material	Silicone
Water Resistance	100 meters (330 feet)
Chronograph	100-hour with 200-lap memory
Timer	24-hour countdown
Alarms	3 daily, weekday, or weekend alarms
Backlight	Indiglo light-up watch dial
Battery Type	1 Lithium Metal battery (CR2025)






### WARRANTY AND SUPPORT

Your Timex watch is covered by a limited warranty. For specific warranty details, service, or support, please refer to the warranty information included with your purchase or visit the official Timex website. Keep your proof of purchase for warranty claims.

For further assistance, you may visit the [Timex Store on Amazon](#) or the official Timex customer support portal.

### Related Documents - TW5M48900SO

	<p><a href="#">TIMEX IRONMAN Sleek 150 User Guide</a></p> <p>Official user guide for the TIMEX IRONMAN Sleek 150 watch, detailing setup, features like chronograph, timers, interval training, safety precautions, and warranty information. Visit <a href="http://www.timex.com">www.timex.com</a> for more.</p>
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	<p><a href="#">Timex Ironman Sleek 250-Lap Quick Start Guide</a></p> <p>Get started quickly with your Timex Ironman Sleek 250-Lap watch. This guide covers basic setup, button functions, target pace, chrono mode, interval training, and warranty information.</p>
	<p><a href="#">Timex Ironman 10/30/50 Lap/Transit Watch User Manual and Guide</a></p> <p>Comprehensive user manual and guide for the Timex Ironman 10, 30, and 50 Lap/Transit digital sports watch, covering basic operation, chronograph, timer, alarm, INDIGLO night-light, water resistance, battery, and warranty information.</p>
	<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 Triathlon W193 Watch User Manual</a></p> <p>Comprehensive user manual for the Timex Ironman Triathlon W193 watch, detailing features, basic operations, chronograph, countdown timer, alarm, Indiglo night-light, Night-Mode, water and shock resistance, battery information, and international warranty.</p>
	<p><a href="#">Timex Ironman 50-Lap User Guide</a></p> <p>Comprehensive user guide for the Timex Ironman 50-Lap watch, detailing features, operations, timers, alarms, chronograph, and maintenance.</p>