

Timex TW5M46400

Timex Men's Ironman Triathlon T200 42mm Watch: User Manual

Model: TW5M46400

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1. INTRODUCTION

This manual provides detailed instructions for the Timex Men's Ironman Triathlon T200 42mm Watch, Model TW5M46400. This digital sport watch is designed for durability and functionality, featuring a stopwatch, interval timer, and Indiglo backlight. Please read this manual thoroughly to ensure proper use and care of your watch.



2. SETUP

2.1 Initial Power On and Time Setting

Your watch comes with a pre-installed lithium metal battery. To set the time and date:

1. Press the **MODE** button repeatedly until the time setting screen appears (usually indicated by flashing digits).
2. Use the **SET/RECALL** button to adjust the flashing digit (hours, minutes, seconds, year, month, day).
3. Press **MODE** to move to the next setting.
4. Once all settings are correct, press **MODE** or wait for the display to return to normal timekeeping mode.

2.2 Understanding Watch Sizing

The Timex Ironman T200 features a 42mm case. To ensure a comfortable fit, consider your wrist size. A 42mm case is generally suitable for a 7-inch wrist. Refer to the sizing chart video for visual guidance.

Your browser does not support the video tag.

Video: Timex Sizing Chart. This video illustrates how different case sizes appear on various wrist sizes, helping you determine the best fit for your Timex watch.

3. OPERATION

3.1 Basic Timekeeping

In the default timekeeping mode, the watch displays the current time, day of the week, and date.

3.2 Indiglo Night-Light

To illuminate the watch face in low-light conditions, press the **INDIGLO** button. The backlight will activate for a few seconds.

3.3 Stopwatch Function

The stopwatch allows for precise timing of activities.

- Press **MODE** to navigate to the stopwatch screen.
- Press **START/LAP** to begin timing.
- Press **START/LAP** again to record a lap time while the stopwatch continues running.
- Press **STOP/RESET** to pause the stopwatch.
- Press **STOP/RESET** again to reset the stopwatch to zero.

3.4 Interval Timer

The interval timer is ideal for structured workouts, allowing you to set custom work and rest periods.

- Press **MODE** to navigate to the interval timer screen.
- Use the **SET/RECALL** button to configure your desired work and rest intervals.
- Press **START/LAP** to begin the interval sequence.
- The watch will alert you when to switch between work and rest periods.
- Press **STOP/RESET** to pause or reset the timer.

4. MAINTENANCE

4.1 Cleaning Your Watch

To maintain the appearance and functionality of your watch, regularly clean the case and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.

4.2 Water Resistance

This watch is water resistant up to 100 meters. It is suitable for showering, swimming, and snorkeling. Do not press any buttons while the watch is submerged to prevent water intrusion.

4.3 Battery Replacement

The watch uses a Lithium Metal battery. When the display becomes dim or the Indiglo light does not stay on as long, it may be time to replace the battery. Battery replacement can be performed by following online tutorials (e.g., on YouTube) or by a professional watch repair service. Ensure the watch is properly sealed after replacement to maintain water resistance.

5. TROUBLESHOOTING

- **Watch display is dim or blank:** This typically indicates a low battery. Refer to section 4.3 for battery replacement.
- **Indiglo light not working or staying on:** This is also a common sign of a low battery.
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode. If the issue persists, a battery reset (by removing and reinserting the battery) might resolve it. If not, professional service may be required.
- **Time or date is incorrect:** Follow the instructions in section 2.1 to reset the time and date.

6. SPECIFICATIONS

Feature	Detail
Brand	Timex
Model Name	IRONMAN T200 42mm
Model Number	TW5M46400
Display Type	Digital
Watch Movement Type	Quartz
Power Source	Battery Powered (1 Lithium Metal battery included)
Case Material Type	Resin
Band Material Type	Silicone
Band Color	Black
Case Diameter	42 Millimeters
Water Resistance Depth	100 Meters
Item Weight	0.11 Pounds
Crystal	Acrylic

Feature	Detail
Sport Type	Running

7. WARRANTY & SUPPORT

7.1 Warranty Information

This Timex watch comes with a Limited Warranty. For specific details regarding coverage, duration, and terms, please refer to the warranty card included with your purchase or visit the official Timex website.

7.2 Customer Support

For further assistance, product registration, or to find authorized service centers, please visit the official Timex website or contact their customer support directly.

Timex Official Website: www.timex.com

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question