Timex TW5M575009J

Timex Unisex Ironman Stopwatch 65mm - Digital Dial Black Case

Model: TW5M575009J

INTRODUCTION

The Timex Ironman Stopwatch is designed for athletes and enthusiasts who require precise timing and reliable performance. It features a digital display, an alarm, a countdown timer, and the signature INDIGLO® backlight, all built with the durability expected from Timex Ironman products. This manual provides essential information for setting up, operating, and maintaining your stopwatch.

Front view of the Timex Ironman Stopwatch, displaying the digital time, date, and various function buttons. The watch features a black case with red accents on the buttons and dial markings.

SETUP

Your Timex Ironman Stopwatch comes with a Lithium Metal battery pre-installed. Before first use, you may need to set the current time and date.

Setting Time and Date

1. Press the **MODE** button repeatedly until the time display starts flashing or you enter the time-setting mode.

2. Use the **START**/**LAP** button to advance the flashing digit (e.g., hours, minutes).

3. Use the **STOP**/**RESET** button to move to the next digit or setting (e.g., from hours to minutes, then to seconds, month, day, year).

4. Once all settings are correct, press the **MODE** button again to exit the time-setting mode and save your changes.

OPERATING INSTRUCTIONS

Stopwatch Function

The stopwatch can measure elapsed time, lap times, and split times with a 100-lap memory.

1. From the time display, press the **MODE** button until the stopwatch display appears (usually showing 00:00:00).

2. Press **START**/**LAP** to begin timing.

3. Press **START**/**LAP** again to record a lap time without stopping the main timer.

4. Press **STOP**/**RESET** to pause the stopwatch. Press **START**/**LAP** to resume.

5. To reset the stopwatch to zero, ensure it is stopped, then press and hold **STOP**/**RESET**.

Countdown Timer

The countdown timer allows you to set a specific duration and alerts you when it reaches zero.

1. Press the **MODE** button until the countdown timer display appears.

2. To set the countdown time, press and hold **MODE** until the digits flash.

3. Use **START**/**LAP** to adjust the flashing digit and **STOP**/**RESET** to move between hours, minutes, and seconds.

4. Press **MODE** to save the setting.

5. Press **START**/**LAP** to start 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.

Alarm Function

Set a daily alarm to alert you at a specific time.

1. Press the **MODE** button until the alarm display appears.

2. To set the alarm time, press and hold **MODE** until the digits flash.

3. Use **START**/**LAP** to adjust the flashing digit and **STOP**/**RESET** to move between hours and minutes.

4. Press **MODE** to save the setting.

5. To activate or deactivate the alarm, press **START**/**LAP** while in the alarm display mode. An alarm icon will indicate if it's active.

6. When the alarm sounds, press any button to silence it.

INDIGLO® Backlight

The INDIGLO® backlight illuminates the display for easy viewing in low-light conditions.

- Press the **INDIGLO®** button (usually located on the top left or right side of the stopwatch) to activate the backlight.

- The backlight will remain on for a few seconds.

Maintenance

Cleaning

To clean your stopwatch, wipe it with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners, as these can damage the case or display.

Water Resistance

This stopwatch is **Splash Resistant**. It is suitable for everyday use and can withstand splashes or brief immersion in water. It is not recommended for swimming, showering, or diving. Do not press buttons while the stopwatch is submerged in water.

Battery Replacement

The stopwatch uses 1 Lithium Metal battery (included). When the display dims or functions become erratic, it may be time to replace the battery. Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and water resistance integrity.

Troubleshooting

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery.
- **Buttons are unresponsive:** Ensure the stopwatch is not in a locked mode (if applicable, though not specified for this model). If the issue persists, a battery replacement might resolve it.
- **Time/Date is incorrect:** Follow the "Setting Time and Date" instructions in the Setup section to re-adjust.
- **Alarm is too quiet or not sounding:** Ensure the alarm is activated (check for the alarm icon on the display). The alarm volume is fixed and designed to be audible in quiet environments.
- **No backlight:** Ensure the INDIGLO® button is pressed firmly. If it still doesn't light up, the battery may be too low to power the backlight effectively.

If you encounter issues not covered here, please refer to the Warranty & Support section for further assistance.

Specifications

- **Model Number:** TW5M575009J
- **Product Dimensions:** 1 x 5 x 5 inches; 4.59 ounces
- **Material:** Resin
- **Lens Material:** Acrylic
- **Battery:** 1 Lithium Metal battery (included)
- **Water Resistance:** Splash Resistant
- **Features:** Sports stopwatch with 100 lap memory, Countdown timer, Digital dial, INDIGLO® backlight, Alarm.

Warranty & Support

Timex products are manufactured to high standards and undergo rigorous testing. For information regarding warranty coverage, product registration, or technical support, please visit the official Timex website or contact their customer service department.

Official Timex Website: www.timex.com

Please have your model number (TW5M575009J) and purchase date available when contacting support.

Related Documents - TW5M575009J

Timex Ironman T300+ User Manual and Battery Safety
Comprehensive user manual for the Timex Ironman T300+ watch, detailing features, button locations, time and date settings, activity tracking, chrono, interval timers, alarms, and setup. Includes crucial battery safety warnings.

Timex Ironman W209 30 Lap Watch User Manual
Comprehensive user manual for the Timex Ironman W209 30 Lap watch, covering features, operation, time setting, chronograph, timer, occasion reminders, alarms, INDIGLO night-light, water resistance, battery information, and warranty.

Timex Ironman Watch User Manual
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.

Timex Digital Stopwatch / Alarm / Countdown Timer User Guide
User guide for the Timex Digital Stopwatch, Alarm, and Countdown Timer watch. Learn about features, modes, operation, battery replacement, and warranty information.

Timex Ironman T300+ User Manual and Battery Warning
Comprehensive user guide for the Timex Ironman T300+ watch, covering features, operation, battery warnings, and extended warranty information. Learn how to set time, track activity, use stopwatch, timers, and alarms.

Timex Digital Stopwatch / Alarm / Countdown Timer User Guide
User guide for the Timex Digital Stopwatch, Alarm, and Countdown Timer. Learn about its features, modes, button operations, battery safety, and warranty. Includes instructions for timekeeping, stopwatch, countdown, alarms, dual time, and birthday reminders.