

[Manuals.plus](#) /

› [Timex](#) /

› Timex Ironman Triathlon Classic 100 Watch User Manual

## Timex TW5M03400

# Timex Ironman Triathlon Classic 100 Watch User Manual

Model: TW5M03400

## INTRODUCTION

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This manual provides detailed instructions for the operation and maintenance of your Timex Ironman Triathlon Classic 100 watch. Designed for athletes and active individuals, this watch features a 100-hour chronograph, 100-lap memory, interval timers, multiple alarms, and water resistance up to 100 meters. Please read this guide thoroughly to ensure proper use and to maximize the lifespan of your watch.





Front view of the Timex Ironman Triathlon Classic 100 watch, displaying the digital screen and button layout.

Your browser does not support the video tag.

Official product video showcasing the Timex Men's TW5M03400 Ironman Classic 100 watch and its features.

Your browser does not support the video tag.

Official video from Timex Corporation highlighting the Ironman Classic series.

## GETTING STARTED: INITIAL SETUP

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### Setting Time and Date

1. Press and hold the **SET/RECALL** button (top left) until the time display flashes.
2. Press the **MODE** button (bottom left) to cycle through hours, minutes, seconds, year, month, and day settings.
3. Use the **START/SPLIT** button (bottom right) to increase the flashing value, or the **STOP/RESET** button (top right) to decrease it.
4. Once all values are set, press **SET/RECALL** again to exit the setting mode.

### Activating INDIGLO Night-Light (FLIX Technology)

The INDIGLO night-light uniformly illuminates the watch dial. For hands-free illumination, activate FLIX technology:

1. Press and hold the **INDIGLO** button (top right) for three seconds until it beeps to activate Night-Mode.
2. Once Night-Mode is active, a firm forward flick of your wrist with a sharp stop will illuminate the night-light for 5 seconds. This requires a deliberate motion to prevent accidental activation.



Side view of the watch, highlighting the function buttons for setting and operation.

## OPERATING FEATURES

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### Chronograph (Stopwatch)

The 100-hour chronograph with 100-lap memory is ideal for tracking workouts. It features a 199 lap counter and on-the-fly recall of lap or split times.

- Press **MODE** to navigate to Chronograph mode.
- Press **START/SPLIT** to begin timing.
- Press **START/SPLIT** again to record a lap or split time.
- Press **STOP/RESET** to pause the chronograph. Press again to reset.
- Use **RECALL** to view stored lap and split times.

### Interval Training Timer

Set up to 9 interval timers, each settable up to 24 hours, with options for countdown/stop or countdown/repeat. This is useful for structured workouts.

### Alarms

The watch includes 5 customizable alarms. Each alarm can be set for a specific time and day pattern (e.g., daily, weekdays, weekends).

### Dual Time Zones

The watch supports two time zones, allowing you to easily switch between them, which is convenient for travel.

## MAINTENANCE

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### Battery Replacement

The watch uses one Lithium Metal battery (CR2025). When the battery needs replacement, it is recommended to have it done by a qualified watch technician to ensure the water resistance seal is properly re-inserted. Improper battery replacement can compromise the watch's water resistance.

### Water Resistance Guidelines

Your watch is water-resistant to 100 meters (330 feet). This makes it suitable for snorkeling, swimming, and showering. However, it is not recommended for scuba diving. Avoid pressing buttons underwater to prevent water ingress.



Close-up of the watch band and buckle, showing the durable resin material.

## TROUBLESHOOTING

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- **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 the issue persists, a reset may be required (refer to the full user guide for specific reset procedures, if available).
- **Water inside the watch:** If water appears inside the watch after a battery change, the water resistance seal may not have been properly re-seated. Seek professional repair immediately to prevent further damage.
- **INDIGLO light not working:** Check if Night-Mode is activated. If not, press and hold the INDIGLO button for 3 seconds. If it still doesn't work, the battery may be too low to power the light effectively.

## SPECIFICATIONS

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Feature	Detail
Model Number	TW5M03400
Case Diameter	44 mm
Case Material	Resin
Band Material	Resin
Band Width	18 mm
Water Resistance Depth	100 Meters (330 Feet)
Display Type	Digital

Feature	Detail
Movement Type	Quartz
Battery Type	Lithium Metal (CR2025)
Special Features	100-hour Chronograph, 100-lap Memory, Interval Timer, 5 Alarms, INDIGLO Night-Light, 2 Time Zones

## WARRANTY AND SUPPORT

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Your Timex watch is covered by a manufacturer's warranty. For specific warranty details, service, or support, please refer to the warranty card included with your purchase or visit the official Timex website. Keep your proof of purchase for warranty claims. For additional assistance, you may contact Timex customer service directly. Contact information can typically be found on the Timex website or in the packaging materials.