

Timex TW5M589009J

Timex Ironman Triathlon Classic 30 Watch User Manual

Model: TW5M589009J

INTRODUCTION

Congratulations on your purchase of the Timex Ironman Triathlon Classic 30 Watch. This manual provides detailed instructions on how to set up, operate, and maintain your watch to ensure optimal performance and longevity. Designed for athletes and active individuals, this watch offers a range of features including a 30-lap memory chronograph, timer, alarm, and INDIGLO night-light.

SETUP AND INITIAL CONFIGURATION

Button Functions

Your Timex Ironman watch features five primary buttons, each with specific functions:

- **INDIGLO (Top Left):** Activates the night-light.
- **SET/RECALL (Left Middle):** Used for setting time/date, and recalling lap/split times.
- **MODE (Bottom Left):** Cycles through watch modes (Time, Chronograph, Timer, Alarm).
- **STOP/RESET (Top Right):** Stops functions, resets values, or advances settings.
- **START/SPLIT (Bottom Right):** Starts functions, records lap/split times, or decreases settings.



Front view of the watch, highlighting button locations.

Setting Time and Date

1. From Time mode, press and hold the **SET/RECALL** button until the display flashes.
2. Press **START/SPLIT** or **STOP/RESET** to adjust the flashing segment (e.g., hour, minute, year).
3. Press **MODE** to move to the next segment.
4. Repeat steps 2 and 3 until all desired settings (hour, minute, AM/PM, year, month, day) are configured.
5. Press **SET/RECALL** to exit setting mode.

OPERATING YOUR WATCH

Chronograph (Stopwatch) Mode

The chronograph measures elapsed time, lap times, and split times with a 30-lap memory.

1. Press **MODE** until "CHRONO" or the stopwatch display appears.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to record a lap/split time. The display will show the lap time while the chronograph continues to run in the background.

4. Press **STOP/RESET** to pause the chronograph. Press **START/SPLIT** to resume, or press and hold **STOP/RESET** to reset to zero.
5. To recall stored lap/split times, press **SET/RECALL** while the chronograph is stopped. Use **START/SPLIT** or **STOP/RESET** to scroll through recorded times.

Timer Mode

The timer can be set for countdowns.

1. Press **MODE** until "TIMER" appears.
2. Press and hold **SET/RECALL** to enter timer setting mode.
3. Adjust the hours, minutes, and seconds using **START/SPLIT** or **STOP/RESET**, and press **MODE** to move between segments.
4. Press **SET/RECALL** to confirm the timer setting.
5. Press **START/SPLIT** to start the countdown. An audible alarm will sound when the timer reaches zero.
6. Press **STOP/RESET** to pause or reset the timer.

Alarm Mode

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

1. Press **MODE** until "ALARM" appears.
2. Press and hold **SET/RECALL** to enter alarm setting mode.
3. Adjust the alarm hour and minute using **START/SPLIT** or **STOP/RESET**, and press **MODE** to toggle AM/PM.
4. Press **SET/RECALL** to confirm the alarm setting.
5. To activate/deactivate the alarm, press **START/SPLIT** while in Alarm mode. An alarm icon will appear/disappear on the display.

INDIGLO Night-Light

Press the **INDIGLO** button (top left) to illuminate the watch face for easy viewing in low-light conditions. The light will remain on for a few seconds.

Water Resistance

This watch is water resistant up to 100 meters (330 feet). It is suitable for showering, swimming, and snorkeling. Do not press any buttons underwater, as this can compromise the water resistance seal.



Case back indicating 100-meter water resistance.

MAINTENANCE

Cleaning Your Watch

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

Battery Replacement

The watch uses 1 Lithium Metal battery (CR2025). When the display dims or functions become erratic, it may be time to replace the battery. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.

TROUBLESHOOTING

- **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 applicable, refer to specific model features). If not, a reset may be needed (consult a professional).
- **Water appears inside the watch:** Immediately take the watch to a qualified service center. Do not attempt to open it yourself.
- **Time is inaccurate:** Re-set the time. If the issue persists, the battery may be low or the movement may require service.

SPECIFICATIONS

Item Model Number	TW5M589009J
Case Size	40mm
Strap Length	8 inches
Lens Material	Acrylic
Water Resistance	100 meters (330 feet)
Battery Type	1 Lithium Metal (CR2025)
Weight	3 ounces

WARRANTY AND SUPPORT

Your Timex watch is covered by a limited warranty against manufacturing defects. For detailed warranty information, service, or support, please visit the official Timex website or contact Timex customer service. Keep your proof of purchase for warranty claims.

