

Timex TW4B303009J

Timex Expedition CAT5 41mm Digital Watch User Manual

MODEL: TW4B303009J

Brand: Timex



Introduction

This manual provides detailed instructions for the operation and maintenance of your Timex Expedition CAT5 41mm Digital Watch, Model TW4B303009J. Please read this guide thoroughly to ensure proper use and to fully utilize all features of your timepiece. This watch is designed for durability and functionality, featuring a digital display, acrylic lens, and water resistance up to 100 meters.





Figure 1: Front view of the Timex Expedition CAT5 41mm Digital Watch.

Setup: Setting Time and Date

Your Timex Expedition watch features two independent time zones (T1 and T2), each with its own time and date settings. This allows for tracking different locations simultaneously.

Button Functions Overview:

- **SET (Top Left):** Used to enter and exit setting modes.
- **MODE (Bottom Left):** Cycles through different watch modes (Chronograph, Timer, Alarms, Timekeeping). Also used to navigate between settings within a mode.
- **START/SPLIT (Top Right):** Used to increment values in setting modes or start/split functions in Chronograph/Timer.
- **STOP/RESET (Bottom Right):** Used to decrement values in setting modes or stop/reset functions in Chronograph/Timer.
- **INDIGLO (Bottom Center):** Activates the backlight.

Setting Time (T1 or T2)

1. Ensure the watch is in Timekeeping mode. If not, press the **MODE** button repeatedly until the current time is displayed.
2. Press and hold the **SET** button (Top Left) until "HOLD TO SET" appears, followed by "SET TIME 1" or "SET TIME 2" with a blinking indicator.
3. Use the **START/SPLIT** (Top Right) or **STOP/RESET** (Bottom Right) buttons to select either "TIME 1" or "TIME 2" for adjustment.
4. Press the **MODE** button (Bottom Left) to enter the time setting for the selected time zone. The hour value will begin blinking.
5. Use the **START/SPLIT** (Top Right) or **STOP/RESET** (Bottom Right) buttons to adjust the hour. Press and hold for faster adjustment.
6. Press the **MODE** button to move to the minute setting. Adjust minutes using the **START/SPLIT** or **STOP/RESET** buttons.
7. Press the **MODE** button to move to the seconds setting. Use the **START/SPLIT** or **STOP/RESET** buttons to reset seconds to zero.
8. Once time is set, press the **SET** button (Top Left) to exit the setting mode.

Setting Date (Month, Day, Year, and Format)

1. Ensure the watch is in Timekeeping mode.
2. Press and hold the **SET** button (Top Left) until "HOLD TO SET" appears, followed by "SET TIME 1" or "SET TIME 2". Select the desired time zone (T1 or T2) for date adjustment.
3. Press the **MODE** button repeatedly to cycle through time settings (hours, minutes, seconds) until the month value starts blinking.
4. Use the **START/SPLIT** or **STOP/RESET** buttons to adjust the month.
5. Press the **MODE** button to move to the day setting. Adjust the day.
6. Press the **MODE** button to move to the year setting. Adjust the year.
7. Press the **MODE** button to cycle through time format (12HR/24HR) and date format (MM.DD / DD.MM). Adjust as desired using **START/SPLIT** or **STOP/RESET**.
8. Once date and formats are set, press the **SET** button to exit.

Switching Main Time Zone Display (T1/T2)

To quickly view your alternate time zone (T2 if T1 is main, or vice-versa), simply press the **START/SPLIT** button (Top Right) once. The display will briefly show the alternate time zone.

To permanently switch your main displayed time zone:

1. From Timekeeping mode, press and hold the **START/SPLIT** button (Top Right) for a few seconds.
2. The watch will switch its main display to the other time zone (e.g., from T1 to T2, or T2 to T1).

Operating Features

Hourly Chime

The hourly chime provides an audible alert at the top of each hour. There is no on-screen indicator for this feature.

1. From Timekeeping mode, press and hold the **SET** button (Top Left) until "HOLD TO SET" appears, then "SET TIME 1" or "SET TIME 2".

2. Press the **MODE** button (Bottom Left) nine (9) times. The display will show "CHIME".
3. Use the **START/SPLIT** (Top Right) or **STOP/RESET** (Bottom Right) buttons to toggle the chime "ON" or "OFF".
4. Press the **SET** button to confirm and exit.

Button Tones (Beep)

This feature controls the audible beep sound when buttons are pressed.

1. From Timekeeping mode, press and hold the **SET** button (Top Left) until "HOLD TO SET" appears, then "SET TIME 1" or "SET TIME 2".
2. Press the **MODE** button (Bottom Left) ten (10) times. The display will show "BEEP".
3. Use the **START/SPLIT** (Top Right) or **STOP/RESET** (Bottom Right) buttons to toggle the beep "ON" or "OFF".
4. Press the **SET** button to confirm and exit.

Alarms (ALM 1, ALM 2, ALM 3)

The watch has three independent alarms with various repeat options.

1. From Timekeeping mode, press the **MODE** button (Bottom Left) repeatedly until "ALM 1", "ALM 2", or "ALM 3" is displayed.
2. To turn an alarm ON/OFF without adjusting its time, use the **START/SPLIT** (Top Right) or **STOP/RESET** (Bottom Right) buttons. The display will show "DAILY", "WEEKDAYS", "WEEKENDS", or "OFF".
3. To adjust an alarm's time: While on the desired alarm screen, press the **SET** button (Top Left). The hour will blink.
4. Use the **START/SPLIT** or **STOP/RESET** buttons to adjust the hour.
5. Press the **MODE** button to move to minutes. Adjust minutes.
6. Press the **MODE** button to move to AM/PM indicator. Adjust AM/PM.
7. Press the **MODE** button to select the repeat option: "DAILY", "WEEKDAYS", or "WEEKENDS".
8. Press the **SET** button to confirm and exit. Adjusting an alarm automatically turns it ON.

An alarm icon will appear on the Timekeeping screen when any alarm is active.

Countdown Timer

The countdown timer can be set from 1 second up to 24 hours, with options to stop or repeat.

1. From Timekeeping mode, press the **MODE** button (Bottom Left) two (2) times to enter Timer mode.
2. To start the timer with its current setting, press the **START/SPLIT** button (Top Right).
3. To stop the timer, press the **STOP/RESET** button (Bottom Right).
4. To reset the timer to its default value while stopped, press and hold the **STOP/RESET** button.
5. To adjust the timer: While in Timer mode, press the **SET** button (Top Left). The hour value will blink.
6. Use the **START/SPLIT** or **STOP/RESET** buttons to adjust the hour.
7. Press the **MODE** button to move to minutes. Adjust minutes.
8. Press the **MODE** button to move to seconds. Adjust seconds.
9. Press the **MODE** button to select the repeat option: "REPEAT" (timer restarts automatically) or "STOP" (timer stops after one cycle).
10. Press the **SET** button to confirm and exit.

Chronograph (Stopwatch)

The chronograph measures elapsed time, including split/lap times.

1. From Timekeeping mode, press the **MODE** button (Bottom Left) once to enter Chronograph mode. The display will show "CHRONO" and "00.00.00".
2. Press the **START/SPLIT** button (Top Right) to start the chronograph.
3. To record a split/lap time while running, press the **START/SPLIT** button. The display will show the split time for 10 seconds, then resume showing the running total.
4. To pause the chronograph, press the **STOP/RESET** button (Bottom Right). Press **START/SPLIT** to resume.
5. To stop the chronograph, press the **STOP/RESET** button.
6. To reset the chronograph to zero while stopped, press and hold the **STOP/RESET** button.
7. To change the display format (Lap/Split vs. Split/Lap): While in Chronograph mode and reset to zero, press the **SET** button (Top Left). Use **START/SPLIT** or **STOP/RESET** to toggle between "LAP SPL" (Lap time on top, Split time on bottom) and "SPL LAP" (Split time on top, Lap time on bottom). Press **SET** to confirm.

Indiglo Backlight

The Indiglo backlight illuminates the watch face for easy viewing in low-light conditions.

- Press the **INDIGLO** button (Bottom Center) to activate the backlight. It will stay on for approximately 4 seconds.
- If you continue to press other buttons while the backlight is active, it will remain on for 4 seconds after the last button press.
- There are no adjustable settings for backlight brightness or duration.

Maintenance

- **Water Resistance:** This watch is water resistant up to 100 meters. It is suitable for showering, swimming, and snorkeling, but not for scuba diving. Do not press buttons underwater.
- **Battery:** The watch uses 1 Lithium Metal battery (included). Battery replacement should be performed by a qualified technician to ensure water resistance is maintained.
- **Cleaning:** Clean the watch with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.



Figure 2: Close-up of the watch back, indicating water resistance and battery information.

Troubleshooting

- **Dim Display:** If the digital display appears dim, the battery may be low and require replacement.
- **Incorrect Time/Date:** Refer to the "Setting Time and Date" section to re-adjust.
- **Watch Not Functioning:** Ensure the battery is properly installed and charged. If issues persist, contact Timex.

customer support.

- **Water Intrusion:** If water appears inside the watch, immediately take it to a qualified watch repair center.

Specifications

Feature	Detail
Model Number	TW4B303009J
Case Size	40mm
Strap Length	8 inches
Dial Type	Digital
Lens Material	Acrylic
Water Resistance	100 meters
Battery Type	1 Lithium Metal (included)
Package Dimensions	4.41 x 3.03 x 2.56 inches
Item Weight	2.29 ounces

Warranty and Support

For warranty information, product support, or service inquiries, please refer to the official Timex website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

