Timex TW5M62500JT

Timex Ironman Triathlon T300 42mm Digital Watch User Manual

Model: TW5M62500JT

INTRODUCTION

The Timex Ironman Triathlon T300 is a digital watch designed for recreational runners and athletes. It offers a range of features to support training, including a performance pacer, hydration and nutrition alerts, a 500-lap memory, and interval tracking. This manual provides detailed instructions for setting up, operating, and maintaining your watch to ensure optimal performance and longevity.

PRODUCT OVERVIEW

Familiarize yourself with the key components and design of your Timex Ironman Triathlon T300 watch.

Figure 1: Front view of the Timex Ironman Triathlon T300 watch, displaying the digital dial and white strap.

Figure 2: Side view of the watch, highlighting the control buttons on the case.

Figure 3: Close-up of the watch's stainless steel back, indicating water resistance, battery type (CR2025), and Timex branding.

SETUP

Initial Power On and Time Setting

1. **Activate Watch:** Your watch comes with a battery installed. If the display is blank, press any button to activate it.

2. **Enter Set Mode:** Press and hold the **SET** button (typically located on the upper left or right side) until the time display flashes.

3. **Adjust Values:** Use the **START/STOP** button (upper right) to increase values and the **RESET** button (lower right) to decrease values.

4. **Navigate Fields:** Press the **MODE** button (lower left) to move between hours, minutes, seconds, date, month,

and year.

5. **Exit Set Mode:** Once all settings are correct, press the **SET** button again to save and exit.

OPERATING INSTRUCTIONS

General Navigation

- **MODE Button:** Press the **MODE** button to cycle through the main functions: Time, Chronograph, Timer, Alarms, and Training modes.

- **START/STOP Button:** Used to start and stop functions like the chronograph or timer, and to adjust values in set mode.

- **RESET Button:** Used to reset functions, clear values, or adjust values in set mode.

- **INDIGLO Button:** Press the **INDIGLO** button (usually top left) to activate the backlight for visibility in low light conditions.

Chronograph (Stopwatch)

1. Navigate to Chronograph mode using the **MODE** button.

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

3. Press **START/STOP** again to pause. Press again to resume.

4. Press **RESET** while the chronograph is stopped to clear the time.

5. To record laps/splits, press **RESET** during an active timing session. The watch features a 500-lap memory.

Timer

1. Navigate to Timer mode using the **MODE** button.

2. Press and hold **SET** to adjust the countdown time. Use **START/STOP** and **RESET** to set hours, minutes, and seconds. Press **SET** to confirm.

3. Press **START/STOP** to begin the countdown.

4. An audible alert will sound when the timer reaches zero.

Alarms

The watch features three independent alarms.

1. Navigate to Alarm mode using the **MODE** button.

2. Press **SET** to select an alarm (AL1, AL2, AL3) and adjust its time.

3. Use **START/STOP** and **RESET** to set the alarm time. Press **SET** to confirm.

4. Toggle the alarm ON/OFF using the **START/STOP** button when the alarm is selected but not in set mode.

Training Features

- **Performance Pacer:** Set a target pace to receive alerts if you are ahead or behind your desired speed. Consult the full digital manual for detailed setup of target pace and distance.

- **Hydration and Nutrition Alerts:** Configure timed reminders to drink water or consume nutrition during extended workouts. These alerts can be customized for frequency.

- **Interval Tracking:** Utilize the six customizable segments to structure your workouts with varying intensity and rest periods. Each segment can be programmed for specific durations.

- **500-Lap Memory:** Access and review your recorded lap times and split data from previous workouts. This feature allows for performance analysis over time.

MAINTENANCE

Water Resistance

Your Timex Ironman Triathlon T300 watch is water resistant up to 50 meters (164 feet). This rating means the watch is suitable for showering, swimming in shallow water, and general water exposure like rain or splashes. It is *not* suitable for scuba diving, high-impact water sports, or prolonged submersion at depths beyond 50 meters. Do not press any buttons while the watch is wet or submerged to prevent water ingress.

Battery Replacement

The watch uses a CR2025 Lithium Metal coin-cell battery. When the display dims or functions become erratic, it may be time for a battery replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure the water resistance seal is properly maintained.

Cleaning and Storage

- Clean your watch regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

- Rinse the watch with fresh water after exposure to salt water or chlorinated water, then dry thoroughly.

- Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch Display is Blank or Faint:** This typically indicates a low battery. Replace the CR2025 battery as described in the Maintenance section.

- **Difficulty Setting Time/Features:** Ensure you are in the correct setting mode. Refer to the 'Setup' and 'Operating Instructions' sections for specific button sequences. Sometimes a soft reset (removing and reinserting the battery, or pressing all buttons simultaneously if applicable) can resolve minor software glitches.

- **Buttons Unresponsive:** Check if the watch is wet; water can sometimes interfere with button operation. Ensure no debris is lodged around the buttons. If the issue persists, a battery replacement might be necessary.

- **Inaccurate Time:** Verify that the time and date were set correctly. If the issue persists after setting, the battery may be low, or the watch may require service.

SPECIFICATIONS

Model Number	TW5M62500JT
Case Size	42mm
Strap Material	Resin/Silicone (White)
Dial Type	Digital
Lens Material	Mineral Glass
Water Resistance	50 meters (164 feet)
Battery Type	CR2025 Lithium Metal (included)
Item Weight	4.6 ounces (0.13 Kilograms)
Connectivity	Bluetooth

Special Features	Pedometer, Performance Pacer, Hydration/Nutrition Alerts, 500-Lap Memory, Interval Tracking, INDIGLO Backlight, 3 Alarms

WARRANTY AND SUPPORT

Your Timex watch is covered by a limited warranty against manufacturing defects. For specific warranty terms, registration, or to obtain service, please refer to the warranty card included with your purchase or visit the official Timex website. For technical assistance or further inquiries, please contact Timex customer support directly.

Timex Official Website: www.timex.com