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Timex TW5M62400JT

Timex Ironman Triathlon T200 42mm Digital Watch Instruction Manual

1. INTRODUCTION

This manual provides instructions for the Timex Ironman Triathlon T200 42mm Digital Watch. Designed for athletes, this watch offers various functionalities to support training and daily activities. It features a sleek design, lap and interval tracking, INDIGLO backlight, chronograph, and 100m water resistance.

2. KEY FEATURES

- **300-Lap Data Storage:** Track and review up to 300 laps.
- **INDIGLO® Backlight:** Provides illumination for low-light conditions.
- **Chronograph:** Stopwatch function for timing events.
- **100m Water Resistance:** Suitable for swimming and showering.
- **Coin-Cell Battery:** Long-lasting power without the need for frequent charging.
- **Interval Timers:** Program warm-up, cool-down, and regular interval segments.
- **Digital Display:** Clear and easy-to-read time and data.
- **Supported Applications:** Alarm, Calendar, Contacts, Elevation Tracker, Find My Phone, Fitness Tracker, Heart Rate Monitor, Messages, Multisport Tracker, Music Player, Pedometer, Phone, Reminders, Sleep Monitor, Social Media, Time Display, Voice Assistant, Voice Control, Weather.
- **Connectivity:** Bluetooth, Wi-Fi, GPS.

3. WATCH COMPONENTS

The Timex Ironman Triathlon T200 watch features several buttons for navigation and function control:

- **MODE Button:** Cycles through different watch modes (Time, Chronograph, Timer, Alarm).
- **SET/RECALL Button:** Used to enter settings mode or recall stored data.
- **INDIGLO Button:** Activates the INDIGLO backlight.
- **START/LAP Button:** Initiates timing functions or records laps.
- **STOP/RESET Button:** Stops timing functions or resets values.



Figure 1: Side view of the watch, highlighting the control buttons.



Figure 2: Rear view of the watch, displaying the engraved specifications on the stainless steel back.





Figure 3: View of the watch strap and buckle, featuring the Timex branding.

4. INITIAL SETUP

4.1 Setting Time and Date

1. Press the **MODE** button repeatedly until the time display is active.
2. Press and hold the **SET/RECALL** button until the time digits begin to flash.
3. Use the **START/LAP** and **STOP/RESET** buttons to adjust the flashing digit (hours, minutes, seconds).
4. Press the **MODE** button to move to the next setting (e.g., date, month, year).
5. Repeat step 3 to adjust the values.
6. Once all settings are correct, press the **SET/RECALL** button to exit the setup mode.

4.2 Battery Information

The watch is powered by one included Lithium Metal coin-cell battery. No charging is required for this watch model.

5. OPERATING THE WATCH

5.1 Navigating Modes

Press the **MODE** button to cycle through the available functions: Time, Chronograph, Timer, and Alarm.

5.2 Using the Chronograph

1. Navigate to the Chronograph mode using the **MODE** button.
2. Press **START/LAP** to begin timing.
3. Press **START/LAP** again to record a lap time. The watch can store up to 300 laps.
4. Press **STOP/RESET** to pause the chronograph. Press again to resume or hold to reset to zero.

5.3 Setting and Using the Timer

1. Navigate to the Timer mode using the **MODE** button.
2. Press and hold **SET/RECALL** to enter timer setting mode.
3. Use **START/LAP** and **STOP/RESET** to adjust the desired countdown time.
4. Press **SET/RECALL** to confirm and exit setting mode.
5. Press **START/LAP** to begin the countdown.
6. An audible alert will sound when the timer reaches zero.

5.4 Activating INDIGLO® Backlight

Press the **INDIGLO** button to illuminate the watch face for a few seconds, improving visibility in low-light conditions.

5.5 Watch Sizing Guide

Video 1: Timex Sizing Chart. This video demonstrates how different watch case sizes appear on wrists of varying circumferences, helping you determine the ideal fit for your Timex watch.

6. MAINTENANCE

6.1 Cleaning Your Watch

To clean your watch, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the watch case or strap.

6.2 Water Resistance

The watch is water-resistant up to 100 meters. This means it is suitable for recreational swimming and showering. However, to maintain water resistance, do not press any buttons while the watch is submerged in water.

6.3 Battery Replacement

The watch uses a CR2016 coin-cell battery. When the battery needs replacement, it is recommended to have it replaced by a qualified watch technician to ensure proper sealing and water resistance.

7. TROUBLESHOOTING

- **Watch not displaying time correctly:** Ensure the time and date are set correctly as per Section 4.1. If the display is blank or dim, the battery may need replacement.
- **Buttons unresponsive:** Check if the watch is in a specific mode that locks buttons. If not, a battery issue or internal malfunction may be present.
- **INDIGLO® backlight not working:** This could indicate a low battery. If the battery is new, contact customer support.
- **Water inside the watch:** If moisture appears inside the watch, stop using it immediately and seek professional service to prevent further damage.

8. SPECIFICATIONS

Feature	Detail
Model Number	TW5M62400JT
Brand	Timex
Display Type	Digital
Screen Size	42 Millimeters
Resolution	240 x 240
Water Resistance Depth	100 Meters
Band Material Type	Silicone
Case Material Type	Resin
Battery Type	1 Lithium Metal (CR2016)
Connectivity Technology	Bluetooth, Wi-Fi
Communication Feature	GPS
Operating System	Wear OS
Additional Features	Pedometer
Metrics Measured	Accelerometer
Item Weight	0.13 Kilograms (4.59 ounces)
Band Length	8 Inches
UPC	194366339253

9. WARRANTY AND SUPPORT

9.1 Warranty Information

This Timex watch comes with a Limited Warranty. Please refer to the warranty card included with your purchase or visit the official Timex website for detailed terms and conditions.

9.2 Customer Support

For further assistance, technical support, or service inquiries, please visit the official Timex website or contact their customer service department. Contact information can typically be found on the Timex website or in the packaging materials.