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› Timex Expedition Field 40mm Watch TW4B31300 User Manual

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Timex Expedition Field 40mm Watch User Manual

Model: TW4B31300

INTRODUCTION

This manual provides instructions for the Timex Expedition Field 40mm Watch, Model TW4B31300. It covers essential information regarding setup, operation, maintenance, and troubleshooting to ensure proper use and longevity of your timepiece. The watch features a 40mm round case, a black dial with Arabic numerals, a date window, luminous hands, and an INDIGLO backlight. It is equipped with a stainless-steel expansion band.

SETUP

1. Setting the Time

To set the time:

1. Pull the crown (located on the right side of the watch case) out to position 2.
2. Turn the crown clockwise or counter-clockwise until the hour and minute hands indicate the correct time.
3. Push the crown back into position 1 to engage the movement and start the watch.



Image: Side view of the watch, highlighting the crown for time adjustment.

2. Setting the Date

To set the date:

1. Pull the crown out to position 1 (the first click).
2. Turn the crown clockwise or counter-clockwise until the correct date appears in the date window.
3. Push the crown back into its original position.

Note: Avoid setting the date between 9:00 PM and 3:00 AM, as this may interfere with the automatic date change mechanism. If the date needs adjustment during this period, first set the time outside this range, adjust the date, then reset the time.

3. Adjusting the Expansion Band

The watch features a stainless-steel expansion band designed for a comfortable fit. This type of band typically adjusts to your wrist without manual links. If the fit is too loose or too tight, professional adjustment by a jeweler may be required to remove or add links.

Your browser does not support the video tag.

Video: Timex Sizing Chart 2. This video provides general guidance on watch sizing, which may be helpful for understanding fit, though specific expansion band adjustment may differ.

OPERATING THE WATCH

1. INDIGLO Backlight

To activate the INDIGLO backlight for visibility in low-light conditions, simply press the crown inwards. The backlight will illuminate the dial for a few seconds.



Image: Front view of the watch, showing the black dial and hands which can be illuminated by the INDIGLO backlight.

2. Water Resistance

This watch is water resistant up to 50 meters (164 feet). This rating means it is suitable for short periods of recreational swimming, but not for diving or snorkeling. Avoid operating the crown while the watch is wet or submerged to prevent water intrusion.

- **50 Meters (5 ATM):** Suitable for showering, swimming in shallow water, and fishing. Not suitable for diving or snorkeling.
- Always ensure the crown is fully pushed in before exposing the watch to water.

MAINTENANCE

1. Cleaning Your Watch

Regular cleaning helps maintain the appearance and function of your watch. Use a soft, damp cloth to wipe the case and band. For stainless steel bands, a soft brush can be used to clean between links. Avoid harsh chemicals or abrasive materials.

2. Battery Replacement

The watch is powered by a quartz movement and requires a battery (SR920SW CELL). When the watch stops or the second hand begins to jump erratically (indicating a low battery), it is recommended to have the battery replaced by a qualified watch technician. This ensures the water resistance seal is properly maintained.



Image: Rear view of the watch, displaying the stainless steel case back where battery replacement would be performed.

3. Water Resistance Care

To preserve the water resistance of your watch:

- Do not operate the crown or pushers while the watch is submerged or wet.
- Avoid exposing the watch to extreme temperature changes (e.g., hot shower followed by cold water), which can compromise seals.
- Have the water resistance seals checked periodically, especially after battery replacement, by a professional.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch not running	Dead battery, crown not pushed in	Push crown fully in. If still not running, replace battery by a professional.
Date not changing at midnight	Time set incorrectly (AM/PM), date set during restricted hours	Advance time by 12 hours. Reset date outside of 9 PM - 3 AM.
INDIGLO backlight not working	Low battery, malfunction	Replace battery. If issue persists, contact customer support.
Water inside watch	Crown not fully pushed in, compromised seals	Immediately take to a professional watch repair service to prevent further damage.

SPECIFICATIONS

Feature	Detail
Model Number	TW4B313009J
Brand	Timex
Display Type	Analog
Watch Movement	Quartz
Case Material	Brass
Case Diameter	40 mm
Case Thickness	9.5 mm
Band Material	Stainless Steel
Band Width	20 mm
Band Length	8 inches
Crystal Type	Mineral Glass
Water Resistance Depth	50 meters (164 feet)
Special Features	Luminous hands, Date window, INDIGLO backlight
Item Weight	0.12 kg (4.23 ounces)
UPC	194366328851

WARRANTY INFORMATION

This Timex watch comes with a Limited Warranty. For specific details regarding the warranty period, coverage, and terms, please refer to the warranty card included with your purchase or visit the official Timex website. The warranty typically covers manufacturing defects but does not cover normal wear and tear, battery life, or damage caused by improper use or accidents.

SUPPORT & CONTACT

For further assistance, technical support, or service inquiries, please contact Timex Customer Service. You can find contact information on the official Timex website or through the documentation provided with your watch.

- **Official Timex Website:** www.timex.com
- **Manufacturer:** Timex

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question