

Timex TW5M63100VQ

Timex Ironman Triathlon Flix 100 Lap Watch

MODEL: TW5M63100VQ

Introduction

This manual provides detailed instructions for the operation and maintenance of your Timex Ironman Triathlon Flix 100 Lap Watch. Please read this manual thoroughly to ensure proper use and to maximize the features of your watch.

The Timex Ironman Triathlon Flix 100 Lap Watch is designed for athletes and active individuals, featuring a 100-lap memory chronograph, timer, alarm, and Indiglo backlight. It is water-resistant up to 100 meters.



Figure 1: Front view of the Timex Ironman Triathlon Flix 100 Lap Watch. This image displays the watch face, showing the digital negative display, the 'IRONMAN TRIATHLON' branding, '100 LAP MEMORY', and the various function buttons labeled 'INDIGLO', 'MODE', 'RECALL', 'SET', 'STOP RESET', and 'START SPLIT'. The watch features a green case and strap.

Setup

1. Initial Activation

Upon first use, remove any plastic film from the watch face. If the display is blank, press any button to activate it. If the watch remains unresponsive, the battery may need replacement (refer to the Maintenance section).

2. Setting Time and Date

1. Press the **MODE** button repeatedly until the time display is shown.
2. Press and hold the **SET** button until the time digits begin to flash.
3. Use the **START/SPLIT** button to increase the flashing digit or the **STOP/RESET** button to decrease it.
4. Press the **MODE** button to move to the next setting (e.g., minutes, hour, 12/24-hour format, year, month, day).
5. Repeat step 3 and 4 until all desired settings are adjusted.
6. Press the **SET** button to exit the setting mode.

Operating Instructions

1. Navigating Modes

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

2. Chronograph (Stopwatch)

The chronograph measures elapsed time and can store up to 100 lap times.

1. Navigate to the Chronograph mode using the **MODE** button.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to record a lap time. The display will show the lap time and then resume total elapsed time.
4. Press **STOP/RESET** to pause the chronograph. Press **START/SPLIT** to resume.
5. While paused, press and hold **STOP/RESET** to clear the chronograph and reset it to zero.

3. Timer

The timer can be set for a countdown from a specified duration.

1. Navigate to the Timer mode using the **MODE** button.
2. Press and hold the **SET** button until the timer digits flash.
3. Use **START/SPLIT** to adjust the flashing digit.
4. Press **MODE** to move to the next digit (hours, minutes, seconds).
5. Press **SET** to confirm the timer setting.
6. Press **START/SPLIT** to begin the countdown.
7. Press **STOP/RESET** to pause the timer. Press **START/SPLIT** to resume.
8. When the timer reaches zero, an audible alert will sound. Press any button to stop the alert.

4. Alarm

Set an alarm to sound at a specific time.

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

2. Press and hold the **SET** button until the alarm time digits flash.
3. Use **START/SPLIT** to adjust the flashing digit.
4. Press **MODE** to move to the next digit (hours, minutes, AM/PM).
5. Press **SET** to confirm the alarm setting.
6. Press **START/SPLIT** to toggle the alarm ON or OFF. An alarm icon will appear on the display when activated.
7. When the alarm sounds, press any button to silence it.

5. Indiglo Night-Light

The Indiglo feature illuminates the watch display for visibility in low-light conditions.

- Press the **INDIGLO** button (top left) to activate the backlight. It will remain lit for a few seconds.



Figure 2: The Timex Ironman Triathlon Flix 100 Lap Watch worn on a wrist. This image provides a close-up view of the watch face and strap as it appears during wear, highlighting its size and fit.

Maintenance

1. Battery Replacement

The watch uses one Lithium Metal battery. When the display dims or functions become erratic, the battery may need replacement. It is recommended to have the battery replaced by a qualified jeweler or watch service center to ensure proper sealing and water resistance.

2. Water Resistance

This watch is water-resistant up to 100 meters (330 feet). This means it is suitable for showering, swimming, and snorkeling. However, it is not recommended for scuba diving. Do not press any buttons while the watch is submerged, as this can compromise the water seal.

3. Cleaning

Clean your watch with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the case or strap.



Figure 3: Back view of the Timex Ironman Triathlon Flix 100 Lap Watch. This image focuses on the stainless steel caseback, displaying engravings such as 'TIMEX', 'IRONMAN TRIATHLON', 'WATER RESISTANT TO 100 METERS', 'STAINLESS STEEL CASEBACK', and 'U.S. PATENT NO. D411,957'.

Troubleshooting

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery (refer to Maintenance).
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, though this model does not feature a specific lock). If the issue persists, a battery replacement might resolve it.
- **Time or date is incorrect:** Re-enter the time and date settings as described in the Setup section.
- **Alarm is not sounding:** Check if the alarm is activated (alarm icon visible on display). Ensure the volume is not set to silent (if applicable, though this model has a fixed alarm volume).

- **Water inside the watch:** Immediately take the watch to a qualified service center. Do not attempt to open it yourself, as this will void the warranty and may cause further damage.

Specifications

Feature	Detail
Model Number	TW5M63100VQ
Case Size	42mm
Strap Length	8 inches
Display Type	Digital Negative Display
Lens Material	Acrylic
Water Resistance	100 meters (330 feet)
Chronograph	100-Lap Memory
Backlight	Indiglo Night-Light
Battery Type	1 Lithium Metal battery (included)

Warranty and Support

Warranty Information


Your Timex watch is covered by a limited warranty against manufacturing defects. The warranty period typically begins from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty does not cover normal wear and tear, battery life, accidental damage, or damage resulting from improper use or unauthorized repairs.






Customer Support

For further assistance, service, or warranty inquiries, please visit the official Timex website or contact Timex customer service. Contact details can usually be found on the Timex website or on the warranty card included with your purchase.

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Related Documents - TW5M63100VQ

	<p>Timex Ironman 10/30/50 Lap/Transit Watch User Manual and Guide</p> <p>Comprehensive user manual and guide for the Timex Ironman 10, 30, and 50 Lap/Transit digital sports watch, covering basic operation, chronograph, timer, alarm, INDIGLO night-light, water resistance, battery, and warranty information.</p>
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	<p>Timex Ironman 50-Lap Watch User Manual</p> <p>Comprehensive user manual for the Timex Ironman 50-Lap watch, detailing features, operations, and maintenance for optimal use.</p>
	<p>Timex Ironman 10/30/50 LAP / TRANSIT User Guide</p> <p>Comprehensive user guide for the Timex Ironman 10/30/50 LAP / TRANSIT watch. Learn about its functions, operation, INDIGLO® night-light, water resistance, and more.</p>
	<p>Timex Ironman 10 Lap / 30 Lap Watch User Guide</p> <p>Comprehensive user guide for the Timex Ironman 10 Lap / 30 Lap watch, covering basic operation, chronograph, timer, alarm functions, and water/shock resistance.</p>
	<p>Timex Ironman 50-Lap User Guide</p> <p>Comprehensive user guide for the Timex Ironman 50-Lap watch, detailing features, operations, timers, alarms, chronograph, and maintenance.</p>
	<p>Timex Ironman W209 30 Lap Watch User Manual</p> <p>Comprehensive user manual for the Timex Ironman W209 30 Lap watch, covering features, operation, time setting, chronograph, timer, occasion reminders, alarms, INDIGLO night-light, water resistance, battery information, and warranty.</p>