

Timex TW5M63200VQ

Timex Men's Ironman Triathlon Flix 100 Lap 42mm Watch User Manual

Model: TW5M63200VQ

INTRODUCTION

This manual provides detailed instructions for the operation and maintenance of your Timex Men's Ironman Triathlon Flix 100 Lap 42mm Digital Watch. Please read this manual thoroughly to ensure proper use and to maximize the features of your watch.

PRODUCT OVERVIEW

The Timex Ironman Triathlon Flix watch is designed for active individuals, featuring a durable construction and a range of functions to support training and daily activities. Key features include:

- **Digital Display:** Clear and easy-to-read digital time and data.
- **100-Lap Memory Chronograph:** Track multiple laps and splits during your workouts.
- **INDIGLO® Night-Light:** Provides illumination for low-light conditions.
- **Water Resistance:** Rated for water resistance up to 100 meters (330 feet), suitable for swimming and showering.
- **Durable Construction:** Features a 42mm resin case and a comfortable polyurethane strap with a buckle clasp.



Front view of the Timex Men's Ironman Triathlon Flix 100 Lap 42mm Watch, showcasing the digital display and button labels.

SETUP

Battery Installation

Your watch comes with a pre-installed Lithium Metal battery. If the display is dim or blank, the battery may need replacement. Battery replacement should be performed by a qualified technician to ensure water resistance is maintained.

Initial Time and Date Setting

To set the time and date:

1. Press the **MODE** button repeatedly until you reach the Time/Date setting mode.
2. Press the **SET** button. The first setting (e.g., hour) will begin to flash.
3. Use the **START/SPLIT** button to increase the flashing value or the **STOP/RESET** button to decrease it.
4. Press **SET** again to move to the next setting (e.g., minute, year, month, day).
5. Repeat step 3 and 4 until all desired settings are adjusted.
6. Press **MODE** to exit the setting mode.



A user adjusting the watch on their wrist, demonstrating interaction with the watch buttons.

OPERATING INSTRUCTIONS

Navigating Modes

Press the **MODE** button to cycle through the watch's functions: Time, Chronograph, Timer, and Alarm. The current mode is typically indicated on the display.

Using the Chronograph (Stopwatch)

The chronograph function allows you to measure elapsed time, including lap and split times.

1. From Time mode, press **MODE** until "CHRONO" or a stopwatch icon appears.
2. Press **START/SPLIT** to begin timing.

3. Press **START/SPLIT** again to record a lap time. The display will show the lap time while the chronograph continues to run in the background.
4. Press **STOP/RESET** to pause the chronograph. Press **START/SPLIT** to resume.
5. When paused, press **STOP/RESET** again to reset the chronograph to zero.
6. To recall stored lap times, press the **RECALL** button while in Chronograph mode.



Close-up view of the watch display, showing the chronograph function with lap memory indication.

Using INDIGLO® Night-Light

Press the **INDIGLO** button (typically located on the upper left side of the watch case) to illuminate the display for a few seconds. This feature is useful in low-light conditions.



Side view of the watch, highlighting the position of the control buttons, including the INDIGLO button.

Water Resistance

This watch is water resistant to 100 meters (330 feet). This means it is suitable for recreational swimming, showering, and snorkeling. It is **not** suitable for scuba diving. Do not press any buttons while the watch is submerged or wet, as this can compromise the water resistance seal.





Rear view of the watch, showing the stainless steel caseback with "WATER RESISTANT TO 100 METERS" engraving.

MAINTENANCE

Cleaning Your Watch

Regularly clean your watch with a soft, damp cloth. For the strap, mild soap and water can be used. Ensure the watch is completely dry before storing or wearing. Avoid using harsh chemicals or abrasive materials.

Battery Replacement

When the battery needs replacement, the display may become dim or the watch may stop functioning. It is

recommended to have the battery replaced by an authorized Timex service center or a professional watch repairer to maintain the watch's water resistance and warranty.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Blank or Dim Display	Low or dead battery.	Replace the battery.
Incorrect Time/Date	Time/Date not set correctly or reset after battery change.	Refer to the "Initial Time and Date Setting" section to adjust.
Buttons Not Responding	Watch may be in a locked mode or internal issue.	Try a soft reset (if applicable, consult Timex support) or replace battery. If issue persists, contact support.
Water Inside Watch	Water resistance compromised (e.g., buttons pressed underwater, seal damage).	Immediately take to a service center. Do not attempt to dry it yourself.

SPECIFICATIONS

Feature	Detail
Model Number	TW5M63200VQ
Case Diameter	42 mm
Case Material	Resin
Band Material	Polyurethane
Band Length	8 inches
Band Width	18 mm
Crystal Type	Acrylic
Movement Type	Quartz
Display Type	Digital
Water Resistance Depth	100 Meters (330 Feet)
Power Source	Battery Powered (1 Lithium Metal battery included)
Item Weight	0.2 Kilograms (approx. 7.05 ounces)
Sport Type	Running, Swimming, Cycling

WARRANTY AND SUPPORT

Your Timex watch is covered by a Limited Warranty. For specific warranty details, registration, and to locate

authorized service centers, please visit the official Timex website or refer to the warranty card included with your purchase.

For additional support, frequently asked questions, or to contact customer service, please visit the [Timex Official Website](#).

Watch Sizing Guide Video

Your browser does not support the video tag.

This video provides a general guide on how different watch case sizes appear on various wrist sizes, helping you understand the fit of your Timex watch.

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