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Timex TW5M645009J

Timex Men's Ironman Triathlon Classic 10 44mm Watch Instruction Manual

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Timex Men's Ironman Triathlon Classic 10 44mm Digital Watch, model TW5M645009J. Please read this manual thoroughly to ensure proper use and to maximize the functionality of your watch.



Image: Front view of the Timex Ironman Triathlon Classic 10 watch on a wrist, displaying the current time and date.

PRODUCT OVERVIEW

The Timex Ironman Triathlon Classic 10 is a digital watch designed for active lifestyles, featuring a durable resin case, a comfortable polyurethane strap, and a clear acrylic lens. It includes essential functions such as a chronograph, timer, and alarm, along with INDIGLO night-light for low-light conditions. The watch is water-resistant up to 100 meters.

Watch Components

- **MODE Button:** Cycles through watch modes (Time, Chronograph, Timer, Alarm).
- **SET/RECALL Button:** Used for setting time/date and recalling stored data.
- **START/SPLIT Button:** Initiates and records splits in chronograph mode, adjusts values during setting.
- **STOP/RESET Button:** Stops chronograph/timer, resets values, exits setting mode.
- **INDIGLO Button:** Activates the INDIGLO night-light.



Image: Side view of the watch, illustrating the placement of the control buttons.



Image: Rear view of the watch, highlighting the stainless steel case back and the strap buckle.

SETUP

Initial Activation

Your watch may be shipped in a power-saving mode. To activate, press any button. The display should illuminate and show the current time or a default setting.

Setting Time and Date

1. From the Time mode, press and hold the **SET/RECALL** button until the display flashes.
2. Press the **START/SPLIT** button to increase the flashing value (e.g., hour, minute). Press the **STOP/RESET** button to decrease the value.
3. Press the **MODE** button to move to the next setting (e.g., minutes, 12/24-hour format, year, month, day).
4. Repeat step 2 and 3 until all desired settings are adjusted.
5. Press the **SET/RECALL** button or **STOP/RESET** button to exit the setting mode.

OPERATING INSTRUCTIONS

Time Mode

The default display shows the current time (hours, minutes, seconds), day of the week, and date. Press the **MODE** button to cycle through other functions.



Image: Close-up view of the watch display, showing the digital time and date for easy readability.

INDIGLO Night-Light

To illuminate the watch face in low-light conditions, press the **INDIGLO** button. The backlight will remain active for a few seconds.

Chronograph (Stopwatch)

1. Press the **MODE** button repeatedly until 'CHRONO' or 'STOPWATCH' appears on the display.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to record a split time (lap time). The main timer continues to run.
4. Press **STOP/RESET** to pause the chronograph.
5. Press **STOP/RESET** again to reset the chronograph to zero.

Timer

1. Press the **MODE** button repeatedly until 'TIMER' appears.
2. Press and hold **SET/RECALL** to enter timer setting mode.
3. Use **START/SPLIT** and **STOP/RESET** to adjust the hours, minutes, and seconds for the countdown.
4. Press **MODE** to move between hours, minutes, and seconds.
5. Press **SET/RECALL** to confirm the timer setting.
6. Press **START/SPLIT** to begin the countdown.
7. An audible alert will sound when the timer reaches zero. Press any button to silence.

Alarm

1. Press the **MODE** button repeatedly until 'ALARM' appears.
2. Press and hold **SET/RECALL** to enter alarm setting mode.
3. Use **START/SPLIT** and **STOP/RESET** to adjust the alarm hour and minute.
4. Press **MODE** to toggle between hour and minute.
5. Press **SET/RECALL** to confirm the alarm setting.
6. To activate/deactivate the alarm, press the **START/SPLIT** button while in Alarm mode. An alarm icon will appear/disappear on the display.

Water Resistance

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

MAINTENANCE

Cleaning

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

Battery Replacement

The watch uses one CR2032 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 watch technician to ensure proper sealing and maintain water resistance.



Image: Detailed view of the watch's case back, indicating the CR2032 battery type.

TROUBLESHOOTING

- **Blank Display:** If the display is blank, the battery may be depleted. Replace the battery as described in the Maintenance section.
- **Incorrect Time/Date:** Refer to the 'Setting Time and Date' section under Setup to correct the time and date.
- **Buttons Not Responding:** Ensure the watch is not in a locked mode (if applicable, consult full Timex manual for specific model features). If issues persist, a battery replacement may resolve the problem.

SPECIFICATIONS

Model Number

TW5M645009J

Case Diameter	44 mm
Case Material	Resin
Band Material	Polyurethane
Water Resistance Depth	100 Meters (330 Feet)
Display Type	Digital
Movement Type	Quartz
Crystal Material	Acrylic
Battery Type	CR2032 Lithium Metal (included)
Item Weight	0.08 Kilograms (2.93 ounces)

WATCH SIZING GUIDE

To help determine the appropriate watch case size for your wrist, please refer to the official Timex sizing chart video below. This video illustrates how different case sizes appear on various wrist dimensions.

Your browser does not support the video tag.

Video: Official Timex Sizing Chart. This video demonstrates various watch case sizes on different wrist dimensions to assist in finding the ideal fit.

WARRANTY AND SUPPORT

Your Timex watch comes with a limited warranty. For detailed warranty information, service inquiries, or additional support, please visit the official Timex website or contact Timex customer service directly. Retain your proof of purchase for warranty claims.

Timex Official Website: www.timex.com