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**Timex TW5M63000VQ**

## Timex Ironman Triathlon Flix 100-Lap Watch User Manual

Model: TW5M63000VQ

### INTRODUCTION

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This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your Timex Ironman Triathlon Flix 100-Lap Watch. Please read this manual thoroughly to ensure proper use and care of your timepiece.



Image: Front view of the Timex Ironman Triathlon Flix 100-Lap Watch, showcasing its digital negative display and button layout.

## SETUP

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### Initial Time and Date Setting

1. Press the **SET** button (typically on the upper right) to enter the setting mode. The seconds display will begin to flash.
2. Press the **START/SPLIT** button (lower right) to advance the flashing value.
3. Press the **STOP/RESET** button (lower left) to decrease the flashing value.
4. Press the **MODE** button (upper left) to move to the next setting field (e.g., minutes, hour, 12/24-hour format, month, day, year).
5. Repeat steps 2 and 3 to adjust each field.
6. Once all settings are correct, press the **SET** button again to exit the setting mode.

### Battery Information

Your watch is powered by one Lithium Metal battery, which is included and pre-installed. For optimal performance, ensure the battery is properly seated. When the display dims or functions become erratic, battery replacement may be necessary. Refer to the Maintenance section for more details.

## OPERATING INSTRUCTIONS

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### Button Functions Overview

- **MODE** (Upper Left): Cycles through watch modes (Time, Chronograph, Timer, Alarm).
- **INDIGLO®** (Upper Left, often recessed): Activates the night-light.
- **RECALL** (Upper Right): Accesses stored lap times in Chronograph mode.
- **SET** (Upper Right): Enters/exits setting modes for time, alarm, etc.
- **STOP/RESET** (Lower Left): Stops chronograph/timer, resets values.
- **START/SPLIT** (Lower Right): Starts chronograph/timer, records lap/split times.



Image: Angled front view of the watch, showing the various buttons and their typical positions.

### Chronograph (Stopwatch) with 100-Lap Memory

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. To stop the chronograph, press **STOP/RESET** when it is running.
6. To reset the chronograph to zero, press **STOP/RESET** while it is stopped.
7. To recall stored lap times, press **RECALL** while in Chronograph mode (either running or stopped). Use

**START/SPLIT** and **STOP/RESET** to navigate through the 100 stored laps.

## Timer Function

1. From Time mode, press **MODE** until 'TIMER' or a timer icon appears.
2. Press **SET** to adjust the timer duration. Use **START/SPLIT** and **STOP/RESET** to set hours, minutes, and seconds. Press **MODE** to move between fields.
3. Press **SET** to confirm the timer duration.
4. Press **START/SPLIT** to start the countdown.
5. Press **STOP/RESET** to pause/resume the timer.
6. When the timer reaches zero, an alarm will sound. Press any button to silence it.

## Alarm Function

1. From Time mode, press **MODE** until 'ALARM' or an alarm icon appears.
2. Press **SET** to adjust the alarm time. Use **START/SPLIT** and **STOP/RESET** to set hours and minutes. Press **MODE** to move between fields.
3. Press **SET** to confirm the alarm time.
4. To activate/deactivate the alarm, press **START/SPLIT** while in Alarm mode (not in setting mode). An alarm icon will appear/disappear on the display.
5. When the alarm sounds, press any button to silence it.

## INDIGLO® Night-Light

Press the **INDIGLO®** button (upper left, often recessed) to illuminate the watch face for easy viewing in low-light conditions. The light will remain on for a few seconds.

## MAINTENANCE

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### Water Resistance

Your Timex Ironman Triathlon Flix watch is water resistant up to 100 meters (330 feet). This means it is suitable for showering, swimming, and snorkeling. It is not recommended for scuba diving. To maintain water resistance, do not press any buttons while the watch is submerged in water.



Image: Close-up of the watch's case back, clearly indicating its 100-meter water resistance.

## Cleaning Your Watch

To clean your watch, wipe it with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water and thorough drying. Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish or acrylic lens.

## Battery Replacement

When the battery needs replacement, it is recommended to take your watch to an authorized Timex service center or a reputable jeweler. This ensures that the watch is opened and sealed correctly, maintaining its water resistance and preventing damage to internal components. Attempting to replace the battery yourself may void the warranty and compromise the watch's water resistance.

## TROUBLESHOOTING

- **Watch display is dim or blank:** The battery may be low or depleted. Refer to the Battery Replacement section.
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, consult full Timex manual for specific model features). If submerged, wait until dry before pressing buttons. If the issue persists, a reset may be required (consult Timex support).
- **Time is inaccurate:** Re-set the time as per the Initial Time and Date Setting instructions. If inaccuracy persists, the battery may be weak, or the watch may require servicing.
- **Water appears inside the watch:** Immediately take the watch to an authorized service center. Do not attempt to dry it yourself, as this can cause further damage.

## SPECIFICATIONS

<b>Model Number</b>	TW5M63000VQ
<b>Case Diameter</b>	42mm
<b>Strap Material</b>	Resin (Black)
<b>Display Type</b>	Digital Negative Display
<b>Lens Material</b>	Acrylic
<b>Water Resistance</b>	100 meters (330 feet)
<b>Battery Type</b>	1 Lithium Metal (included)

## WARRANTY AND SUPPORT

Your Timex watch is covered by a limited warranty against manufacturing defects. For specific warranty terms and conditions, please refer to the warranty card included with your purchase or visit the official Timex website. For further assistance, technical support, or service inquiries, please contact Timex customer service or visit their official support page.

Official Timex Store: [Timex Store on Amazon](#)