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> Timex Men's Ironman Triathlon Classic 10 44mm Digital Watch User Manual

## Timex TW5M644009J

# Timex Men's Ironman Triathlon Classic 10 44mm Digital Watch User Manual

Model: TW5M644009J

## INTRODUCTION

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Welcome to your Timex Ironman Triathlon Classic 10 Digital Watch. This manual provides detailed instructions for setting up, operating, and maintaining your watch. Designed for durability and functionality, this watch features a digital display, stopwatch, timer, and is water-resistant up to 100 meters.



Front view of the Timex Ironman Triathlon Classic 10 44mm Digital Watch, showcasing its digital display and black case.

## PACKAGE CONTENTS

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Ensure all items are present in the package:

- Timex Men's Ironman Triathlon Classic 10 44mm Digital Watch
- User Manual (this document)

- Warranty Information
- Watch Box/Case

## WATCH COMPONENTS AND BUTTONS

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Familiarize yourself with the watch's buttons and their general functions. Specific button labels and functions may vary slightly by model, but common digital watch controls are described below.



Side view of the watch, illustrating the control buttons on the left and right sides of the case.

- **MODE Button:** Cycles through different watch modes (Time, Stopwatch, Timer, Alarm).
- **SET/ADJUST Button:** Used to enter and exit setting modes, or to confirm selections.
- **START/STOP Button:** Initiates and pauses functions like the stopwatch or timer.
- **LAP/RESET Button:** Records lap times in stopwatch mode or resets values.
- **LIGHT Button:** Activates the Indiglo backlight for visibility in low light conditions.



Rear view of the watch, showing the stainless steel backplate and the buckle mechanism of the two-piece strap.

## SETUP

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### Setting Time and Date

1. In Time Mode, press and hold the **SET/ADJUST** button until the display flashes.
2. Press the **MODE** button to cycle through hours, minutes, seconds, month, day, and year settings.
3. Use the **START/STOP** or **LAP/RESET** buttons to adjust the flashing value.
4. Once all settings are correct, press the **SET/ADJUST** button again to exit the setting mode.

### Activating Indiglo Night-Light

Press the **LIGHT** button to illuminate the watch face. The Indiglo night-light will remain active for a few seconds.

## OPERATING MODES

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Press the **MODE** button to cycle through the available functions:



Close-up of the digital watch face, displaying time and other indicators.

## Time Mode

This is the default display mode, showing the current time (hours, minutes, seconds) and date (month, day, day of week).

## Chronograph (Stopwatch) Mode

1. From Time Mode, press **MODE** until 'CHRONO' or 'STOPWATCH' appears.
2. Press **START/STOP** to begin timing.
3. Press **LAP/RESET** to record a lap time without stopping the main timer.
4. Press **START/STOP** again to pause the stopwatch.
5. Press **LAP/RESET** while paused to reset the stopwatch to zero.

## Timer Mode

1. From Time Mode, press **MODE** until 'TIMER' appears.
2. Press and hold **SET/ADJUST** to set the desired countdown time.
3. Use **MODE** to select hours, minutes, or seconds, and **START/STOP** or **LAP/RESET** to adjust the values.
4. Press **SET/ADJUST** to confirm the timer setting.
5. Press **START/STOP** to begin the countdown. An alarm will sound when the timer reaches zero.
6. Press **START/STOP** to pause/resume the timer. Press **LAP/RESET** to reset the timer.

## MAINTENANCE

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### Water Resistance

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

### Battery Information

This watch uses one Lithium Metal battery (CR2025). Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and water resistance. Improper battery replacement can damage the watch and void the warranty.

### Care and Cleaning

Clean your watch with a soft, damp cloth. Avoid using chemical cleaners, which can damage the watch case or strap. Rinse the watch with fresh water after exposure to salt water or chlorine.

## TROUBLESHOOTING

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Problem	Solution
Display is blank or dim.	The battery may be low or depleted. Replace the battery.
Buttons are unresponsive.	Ensure the watch is not in a locked mode (if applicable). If wet, dry the watch thoroughly before pressing buttons. If the issue persists, a reset may be required (refer to advanced settings in a full manual or contact support).
Time/Date is incorrect.	Follow the 'Setting Time and Date' instructions in the Setup section.
Moisture under the crystal.	This indicates a compromised water resistance seal. Stop using the watch in water and seek professional service immediately.

## SPECIFICATIONS

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Feature	Detail
Model Number	TW5M644009J
Display Type	Digital
Case Diameter	44 Millimeters

Feature	Detail
Case Material	Resin
Crystal Material	Acrylic
Band Material	Polyurethane
Band Length	8 Inches
Band Width	18 Millimeters
Water Resistance Depth	100 Meters (330 Feet)
Movement Type	Quartz
Battery Type	1 Lithium Metal battery (CR2025)
Additional Features	Timer, Stopwatch
Item Weight	0.09 Kilograms (approximately 3 ounces)
UPC	194366379860

## SIZING INFORMATION

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Understanding watch case size in relation to your wrist is important for comfort and appearance. The following video provides a visual guide to Timex watch sizing.



Official Timex video demonstrating various watch case sizes on different wrist sizes to help determine the best fit.

## WARRANTY AND SUPPORT

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### Warranty Information

Your Timex watch comes with a Limited Warranty. Please refer to the included 'Warranty Information' document in your package for full details regarding coverage, terms, and conditions.

### Customer Support

For further assistance, technical support, or service inquiries, please visit the official Timex website or contact their customer service department. Contact information can typically be found on the warranty card or the Timex website.