

TIMEX

ANALOG

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Congratulations on purchasing your TIMEX® watch. Please read these instructions carefully to understand how to operate your Timex timepiece.

Your watch may not have all of the features described in this booklet. For more information, please visit: www.timex.com

HOW TO START YOUR WATCH

Quartz Movement: To start your watch remove the plastic guard from under the crown, then press the crown in against the case. The second hand will begin advancing in one-second intervals.

Some deep-depth water-resistant watches require the setting crown to be screwed in to secure water-resistance. If your watch case has a protrusion with screw threads, the crown must be screwed in after setting the watch.

To screw in, push the crown firmly against the threaded protrusion and hold in while turning the crown clockwise. Continue to screw in the crown until it is tight. You will need to unscrew the crown (counter-clockwise) before pulling it out the next time you want to set your watch.

Solar Movement: The watch includes a solar cell that charges its battery. Expose the watch in direct sunlight, sunlight through a window, or artificial (indoor) lighting to charge the battery prior to use. When fully charged, the watch may function without additional charging for up to 2 months.

To start your watch, remove the plastic guard from under the crown, then press the crown in against the case. The second hand will begin advancing in one-second intervals.

Charging happens faster while in direct sunlight and slower when indoors. A depleted battery may be charged by exposing the dial to sunlight for several days. Wear watch so that the sleeve does not cover all or part of the dial and impede charging. Store watch where it will be exposed to light or the battery will run down and require a full charge. See the table below for more information.

WARNING: Leaving the watch in direct sunlight or close to a lamp may cause the watch to become hot. Handle with care.

After many years of use, if the battery becomes unable to charge fully, it may be replaced with a new rechargeable battery of the same type. Please see BATTERY section for details.

Illumination (Lx)	Light Source	Environment	Full Charge from Empty	Charge for One Day's Operation
700	Fluorescent Light	Office Lighting	N/A	100 Minutes
3,000	Incandescent Light	150W Lamp (8" / 20cm distance)	60 Hours	25 Minutes
10,000	Sunlight	Cloudy Weather	20 Hours	8 Minutes
100,000	Sunlight	Clear Weather	5 Hours	2 Minutes

Hand-wind Movement: To start your watch remove the plastic guard from under the crown, set the Time and Date (if applies) then press the crown in against the case. Slowly turn the crown clock-wise until you feel resistance. You should hear the watch "ticking" and the second hand will begin to move. If the watch stops in the next 24 hours, you should increase the amount of clock-wise turns of the crown during the winding process until you find the watch will work for 24 hours without stopping. You should wind the watch each 24-hour period at approximately the same time of day to ensure the watch does not become fully un-wound and stops. If the watch stops, follow the instructions to set the Time and Date (if applies), and wind to start the watch again.

WATER AND SHOCK RESISTANCE

If your watch is water-resistant, meter marking or () is indicated.

Water-Resistance Depth	p.s.i.a. * Water Pressure Below Surface
30m /98ft	60
50m /164ft	86
100m /328ft	160
200m /656ft	284

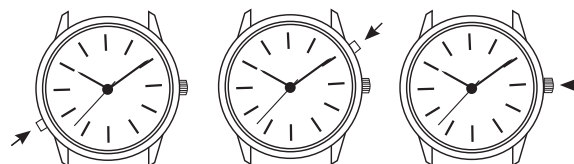
*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS OR PULL OUT THE CROWN UNDER WATER UNLESS YOUR WATCH IS INDICATED AS 200 METER WATER-RESISTANT.

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.
4. Shock-resistance will be indicated on watch face or caseback. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging crystal/lens.

INDIGLO® NIGHT-LIGHT

Press button or crown to activate light. Electroluminescent technology used in the INDIGLO® night-light illuminates the entire watch face at night and in low light conditions.



DATE MODELS

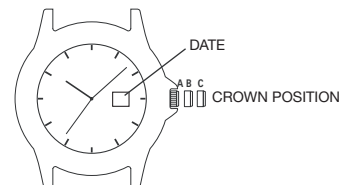
TO SET TIME:

1. PULL crown all the way out and turn to correct time.
2. Push crown in to restart. For screw-in setting crown, push crown in while turning CLOCKWISE to tighten.

Watches with date: Note correct time of day (A.M or P.M.) for proper date function.

TO SET DAY:

1. PULL crown to "middle" position and turn CLOCKWISE until correct day appears. If day does not change, pull crown to "out" position and turn CLOCKWISE or COUNTERCLOCKWISE through necessary number of 24 hour periods until correct day appears.



TO SET "QUICKDATE®" FEATURE:

3-POSITION CROWN:

1. Pull crown to "Middle" position and turn CLOCKWISE or COUNTERCLOCKWISE until correct date appears.

2-POSITION CROWN:

1. Pull crown to "OUT" position and turn CLOCKWISE until date changes. Repeat until correct date appears. Adjust date when month has less than 31 days. Push crown in when finished.

Caution: Wearing or storing the watch with the crown in the "middle" position will cause damage to the movement. Always return the crown to the normal position, or if you wish to save the battery life while storing the watch, leave the crown in the "out" position.

The date function advances the date between the hours of 10 PM and 2 AM. Avoid setting the date during this timeframe. If you attempt to set the date during this time period, rotate the crown at a very slow rate to avoid damaging the watch.

DAY / DATE MODELS

TO SET THE TIME:

1. PULL the crown out to the "C" position.
2. TURN the crown either way to the correct time.
3. PUSH in the crown to the "A" position.

TO SET THE DATE:

1. PULL the crown out to the "B" position.
2. TURN the crown either way to the correct date.
3. PUSH in the crown to the "A" position.

TO SET THE DAY:

1. PULL the crown out to the "C" position.
2. TURN the crown either way for full 24 hour cycle to set day.
3. PUSH the crown in to the "A" position.

TO SET THE BILINGUAL DATE:

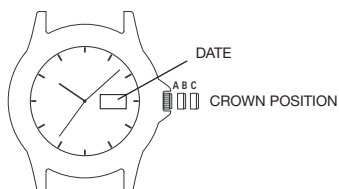
If your watch is equipped with a bilingual day display, you may select the desired language by advancing the day display.

1. PULL the crown out to the "C" position.
2. Repeatedly move the time back to 11pm and forward to 4am until you see the current day displayed in the desired language.
3. PUSH the crown in to the "A" position.

TO SET THE DATE AND 4TH HAND (GMT MODELS)

If your watch is equipped with a GMT function, you may set the 4th center hand to display a 2nd time zone.

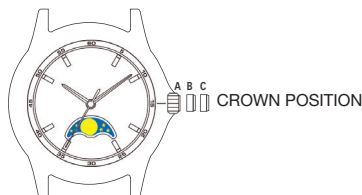
1. PULL the crown out to the "B" position.
2. TURN the crown clockwise to the correct date.
3. TURN the crown counter-clockwise to the correct 4th hand position for the 2nd time zone you are tracking
4. PUSH in the crown to the "A" position.



MOON PHASE MODELS

TO SET TIME:

1. PULL crown all the way out and turn to correct time.
2. Push crown in to restart. For screw-in setting crown, push crown in while turning CLOCKWISE to tighten.

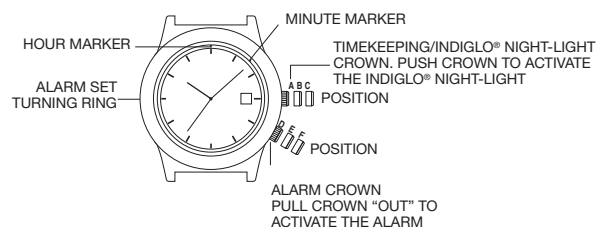


TO SET "MOON PHASE" FEATURE:

1. Pull crown to "Middle" position (B) and turn CLOCKWISE or COUNTERCLOCKWISE until correct moon phase appears.

Caution: Wearing or storing the watch with the crown in the "middle" position will cause damage to the movement. Always return the crown to the normal position, or if you wish to save the battery life while storing the watch, leave the crown in the "out" position.

EASY SET ALARM



EASY SET ALARM WITH DATE & INDIGLO® NIGHT-LIGHT

1. From the "A" position, PUSH the TIMEKEEPING CROWN in (towards the watch case) to activate the INDIGLO® Night-Light and illuminate the watch dial.

EASY SET ALARM DATE & TIME SETTINGS

TO SET THE DATE:

1. With the TIMEKEEPING CROWN in the "B" position TURN the TIMEKEEPING CROWN or TURNING RING in either direction to set the date.

TO SET THE TIME:

1. With the TIMEKEEPING CROWN in the "C" position TURN the TIMEKEEPING CROWN or TURNING RING in either direction to set the time.

EASY SET ALARM SETTINGS

1. Your easy set alarm watch is equipped with two types of alarms:
2. 12-Hour Alarm: rings OR vibrates twice per day at the desired hour and minute as long as the alarm is activated. (Alarm crown must be in "E" position.)
3. Hourly Alarm: rings OR vibrates every hour at the desired minute if activated. (Alarm crown must be in "F" position.)

TO SET THE 12-HOUR ALARM:

1. With the ALARM CROWN in the "D" position, TURN the ALARM CROWN or TURNING RING in either direction to set the hour and minute alarm markers. To activate the alarm to ring or vibrate at the desired time, PULL the ALARM CROWN out to the "E" position. A single beep sound and flash, OR a vibration will indicate that the 12-Hour Alarm is activated.
2. The alarm will sound and the dial will flash OR vibrate at the desired time (hour and minute) and will repeat every twelve hours unless the alarm is deactivated.

NOTE: Alarm is deactivated when the ALARM CROWN is in the "D" position.

If the alarm is not deactivated it will automatically stop ringing after 20 beeps and flashes OR stop vibrating, and will resume in 12 hours at the indicated time.

TO SET THE HOURLY ALARM:

1. With the ALARM CROWN in the "D" position, TURN the ALARM CROWN or TURNING RING in either direction to set the minute alarm marker.
2. To activate the alarm to ring or vibrate at the desired minute, PULL the ALARM CROWN out to the "F" position. Three beeps sound and flash OR a vibration indicates the Hourly Alarm is activated.
3. The alarm will sound and the dial will flash OR vibrate at the desired minute and will repeat every hour on the specified minute unless the alarm is deactivated.

NOTE: Alarm is deactivated when the ALARM CROWN is in the "D" position.

If the alarm is not deactivated it will automatically stop ringing after 20 beeps and flashes OR stop vibrating, and will resume again in one hour at the indicated minute.