

⚠ WARNING	
• INGESTION HAZARD: This product contains a button cell or coin battery. • DEATH or serious injury can occur if ingested. • A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours. • KEEP new and used batteries OUT OF REACH of CHILDREN • Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.	

⚠ AVERTISSEMENT	
• RISQUE D'INGESTION : ce produit contient une pile bouton. • Avaler une pile bouton peut entraîner d'importantes blessures, et même la MORT. • L'ingestion d'une pile bouton peut causer des Brûlures Chimiques Internes en seulement 2 heures. • CONSERVEZ les piles neuves et usagées HORS DE PORTÉE des ENFANTS. • Appelez les soins médicaux d'urgence si vous suspectez qu'une pile a été avalée ou insérée dans une partie du corps.	

- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Battery type: lithium metal, CR2025.
- Nominal battery voltage: 3.0 V
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above 158°F (70°C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon zinc, or rechargeable batteries.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

- Retirez immédiatement les piles usagées ou éliminez-les en accord avec les lois locales. Gardez-les hors de portée des enfants. Ne les jetez pas aux ordures ménagères dans la poubelle domestique. Ne jetez pas de piles dans un feu.
- Même des piles usagées peuvent causer des blessures graves ou mortelles.
- Appelez votre centre antipoison pour connaître le traitement en cas d'ingestion.
- Type de pile : métal-lithium, CR2025.
- Tension nominale de la pile : 3.0 V
- Les batteries non-rechargeables ne doivent en aucun être rechargées.
- Ne forcez pas la décharge ou la recharge des piles. Ne les désassembled pas. Ne les exposez pas à une température supérieure à 70°C (158°F). Ne les jetez pas dans le feu. Cela peut provoquer des blessures dues à des émanations gazeuses, à des fuites ou à une explosion avec pour conséquence des brûlures chimiques.
- Assurez-vous que les polarités (+ et -) de la pile sont respectées.
- Ne mélangez pas des piles neuves et usagées, de marques ou de types différents tels que carbone-zinc, alcalines, ou rechargeables.
- Retirez puis recyclez ou éliminez immédiatement les piles des équipements qui n'ont pas été utilisés depuis longtemps, en accord avec les lois locales.
- Assurez-vous de toujours sécuriser le compartiment à piles. S'il ne se ferme pas correctement, arrêtez d'utiliser le produit. Retirez les piles et conservez-les hors de portée des enfants.

TIMEX

Digital Stopwatch / Alarm / Countdown Timer

[USER GUIDE](#) 1

09M-095000-03

Register your product at <https://www.timex.com/product-registration.html>

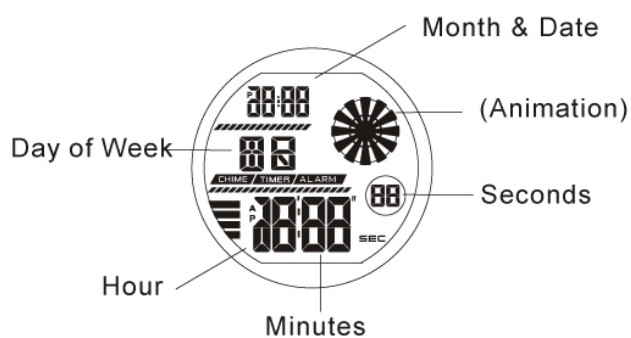
NOTES:

** Prolonged exposure to salt water and sunlight may result in discoloration over time.*

FEATURES:

- 1/100 Second Stopwatch
- Dual Time / 2nd Time Zone
- 24 Hour Countdown Timer
- 5 Alarms
- 100 Year Calendar
- Birthday Reminder
- INDIGLO® night-light

WATCH DISPLAY:





Button operations are indicated using the letters shown in the above illustration. There are 4 side buttons A (Reset), B (Mode), C (Indiglo) and D (Start/Stop).

MODES:

Press the B button to change the mode in the following sequence:
Time Keeping > Stopwatch > Countdown > Alarm > Dual Time > Birthday Reminder.

TIMEKEEPING:

In Timekeeping mode press the D button to switch between 12/24 hour formats.

To set the time press and hold the A button until the seconds start flashing. Press D to reset the seconds. Press B to change to the next setting (Hours). Press D to increase the number. Press B to move to next setting (Minutes). Press D to increase the number. Repeat previous steps until all settings have been completed. Press A to exit settings when finished.

STOPWATCH:

From normal time of day press B until you reach Stopwatch mode. In the stopwatch mode press D to start the stopwatch. Press D again to stop the stopwatch. Press A to reset.

Measuring Splits: In stopwatch mode press D to start stopwatch. Press A to display the split time (stopwatch continues measuring internally). Press A again to clear the split time and continue time measurement. Repeat previous steps to measure multiple split times. Press D to stop the stopwatch.

COUNTDOWN:

From normal time of day press B until you reach the Countdown mode. In Countdown mode press A to enter the settings. Press D to increase to the desired hours of countdown. Press B to change to next segment. Press D to increase to the desired minutes of countdown. Press B to change to next segment. Repeat previous steps to set the seconds. Press A to exit settings when finished.

To start the Countdown timer, press D. You can pause the Countdown by pressing D again. When countdown reaches zero an alarm will sound for 60 seconds. You can press any button to stop the alarm.

ALARMS:

From normal time of day press B until you reach Alarm mode. In the Alarm mode press C to select your alarm chime. In Chime mode, press D to turn the chime On or Off. In Alarm mode, press D to turn alarm On or Off.

Setting the Alarms:

In Alarm mode, press A and the hours will begin flashing. Press D to increase to the desired alarm hour. Press B to select minutes. Press D to increase to the desired minutes of alarm. Press A to exit settings. All five alarms can be set in the same way as mentioned above.

DUAL TIME:

From normal time of day press B until you reach Dual Time mode. In Dual Time mode, press A and the hours will begin flashing. Press D to increase to the desired hour. Press B to select minutes. Press D to change the minutes. Press A to exit.

BIRTHDAY:

From normal time of day press B until you reach Birthday mode. In Birthday mode press button D to turn Birthday On or Off.

Setting Birthday:

In Birthday Mode, Press A and the Months will begin flashing. Press button D to increase to the desired Month. Press B to change to next selection. Press button D to increase to your desired Day. Repeat previous steps for the following sequence: Month > Date > Hour > Minutes. Press button A to exit when finished. An alarm will remind you of your Birthday for 60 seconds. Press any button to stop the alarm.

INDIGLO® night-light:

The watch provides INDIGLO® backlight for reading the display in dark environments. Press button C to turn on the backlight.

BATTERY:

The watch button cell or coin battery is not intended to be replaced by a consumer. Only a jeweler or other professional is to replace the battery.

TIMEX INTERNATIONAL WARRANTY

www.timex.com/pages/warranty-repair

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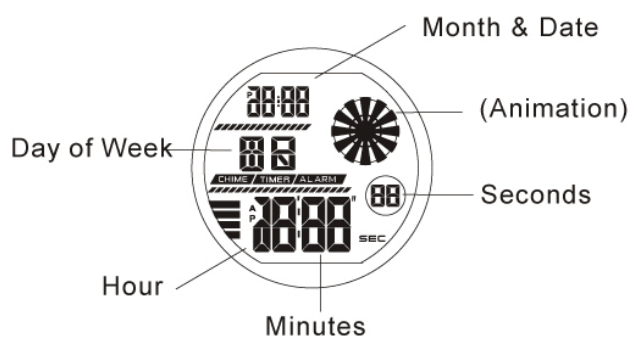
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To set the time press and hold the A button until the seconds start flashing. Press D to reset the seconds. Press B to change to the next setting (Hours). Press D to increase the number. Press B to move to next setting (Minutes). Press D to increase the number. Repeat previous steps until all settings have been completed. Press A to exit settings when finished.

STOPWATCH:

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Measuring Splits: In stopwatch mode press D to start stopwatch. Press A to display the split time (stopwatch continues measuring internally). Press A again to clear the split time and continue time measurement. Repeat previous steps to measure multiple split times. Press D to stop the stopwatch.

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DUAL TIME:

From normal time of day press B until you reach Dual Time mode. In Dual Time mode, press A and the hours will begin flashing. Press D to increase to the desired hour. Press B to select minutes. Press D to change the minutes. Press A to exit.

BIRTHDAY:

From normal time of day press B until you reach Birthday mode. In Birthday mode press button D to turn Birthday On or Off.

Setting Birthday:

In Birthday Mode, Press A and the Months will begin flashing. Press button D to increase to the desired Month. Press B to change to next selection. Press button D to increase to your desired Day. Repeat previous steps for the following sequence: Month > Date > Hour > Minutes. Press button A to exit when finished. An alarm will remind you of your Birthday for 60 seconds. Press any button to stop the alarm.

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