

TIMEX

TIMEX ENB-8-B-1055-01 Higher Function Analog Watch



TIMEX ENB-8-B-1055-01 Higher Function Analog Watch Instruction Manual

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TIMEX

TIMEX ENB-8-B-1055-01 Higher Function Analog Watch



Product Specifications

- Model: ENB-8-B-1055-01
- Type: Analog Watch
- Water Resistance: Up to 200 meters (656 feet)
- Shock Resistance: ISO tested
- Functions: Analog Time, Digital Display with Time/Calendar, Daily Alarm, Countdown Timer, Chronograph, Dual Time

Product Usage Instructions

Water and Shock Resistance

If your watch is water-resistant, it can withstand water pressure up to the specified depth. To maintain water-resistance, avoid pressing buttons or pulling out the crown underwater unless indicated as 200-meter water-resistant. Remember to rinse the watch with fresh water after exposure to salt water. Additionally, ensure shock-resistance by handling the watch carefully to avoid damaging the crystal.

Analog Time Setting

1. Pull the crown out to position B.
2. Turn the crown in either direction to set the correct time.
3. Push in the crown to position A.

Digital Display Functions

The digital display features various functions accessible by pressing different pushers:

- Time/Calendar
- Daily Alarm
- Countdown Timer
- Chronograph
- Dual Time

Setting Time/Calendar

1. Press pusher A to display Time/Calendar.
2. Hold pusher D until seconds flash.
3. Use pusher C to reset seconds and adjust other settings as needed.

FAQ (Frequently Asked Questions)

1. Q: Is the watch suitable for diving?

A: No, the watch is not designed for diving as it is not a diver's watch.

2. Q: How do I activate/deactivate the daily alarm?

A: Press pusher A to bring up the Daily Alarm display and then use pusher C to activate or deactivate the daily alarm and chime.



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.



- 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: silver oxide SR936SW.
- Nominal battery voltage: 1.5 V
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above 140°F (60°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.

08X-395000-01

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

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: Timex.com

HOW TO START YOUR WATCH

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.

WATER AND SHOCK RESISTANCE

If your watch is water-resistant, meter marking (WR_M) 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 crystal, crown 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 the watch face or case back. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging the crystal.

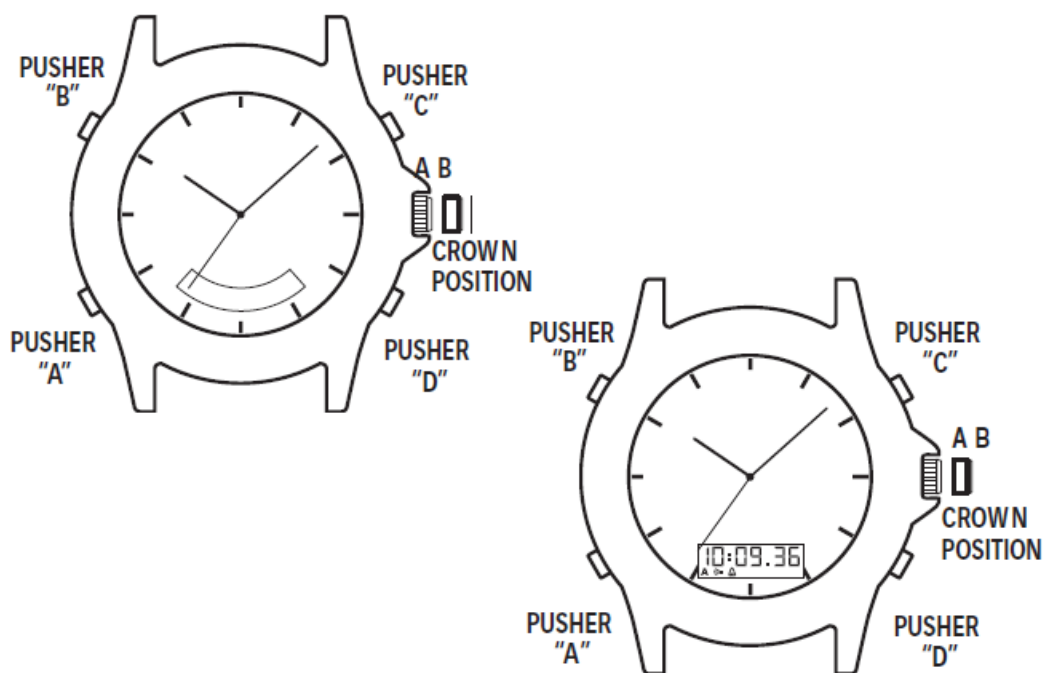
INDIGLO® NIGHT-LIGHT

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



ANALOG/DIGITAL MODELS

4-PUSHER ANALOG/DIGITAL MODEL WITH INDIGLO® NIGHT-LIGHT AND NIGHT-MODE® FEATURE



TO USE INDIGLO® NIGHT-LIGHT

1. PRESS pusher "B" to illuminate the entire dial (Both analog and digital).

TO USE NIGHT-MODE® FEATURE

1. PRESS and HOLD pusher "B" for 3 seconds until you hear a beep.
2. Pressing any pusher will cause the INDIGLO® night-light to illuminate and stay on for 3 seconds.
3. NIGHT-MODE® feature will last for 3 hours.
4. To deactivate NIGHT-MODE® feature PRESS and HOLD pusher "B" for 3 seconds.

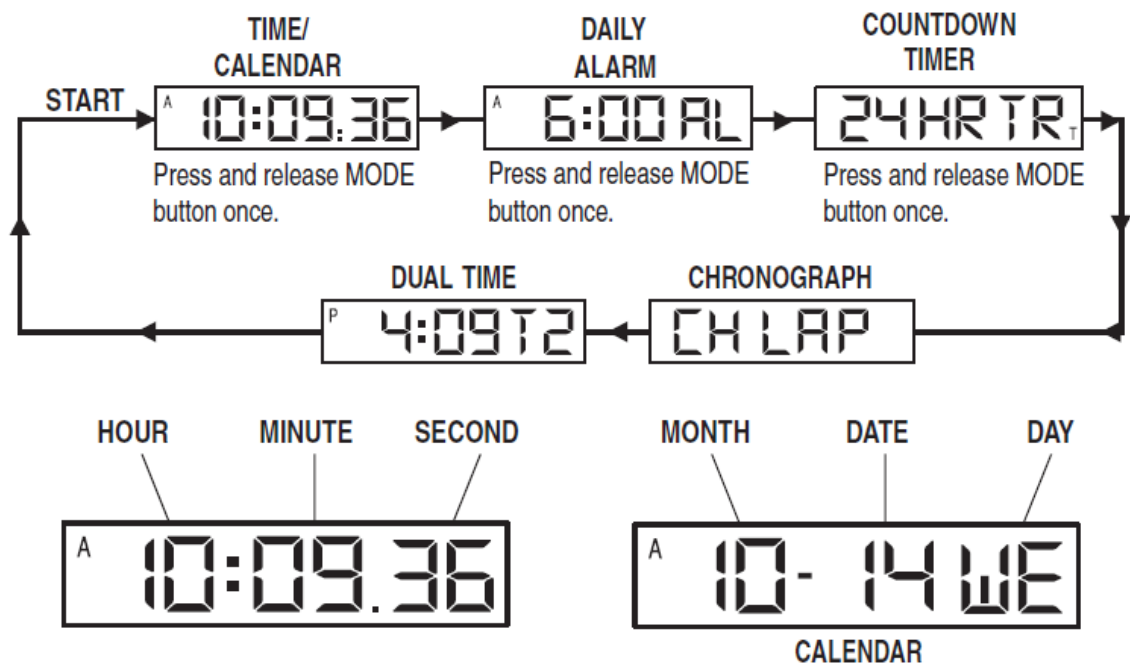
ANALOG TIME

TO SET ANALOG TIME

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

DIGITAL DISPLAY

1. The Digital display changes to each function every time you PRESS pusher "A". (As illustrated below):
 - TIME / CALENDAR
 - DAILY ALARM
 - COUNTDOWN TIMER
 - CHRONOGRAPH
 - DUAL TIME



TO SET TIME / CALENDAR

1. PRESS pusher "A" to bring up TIME / CALENDAR display.
 2. PRESS and HOLD pusher "D". HOLD will display until second flashes.
 3. PRESS pusher "C" to reset to second to "00".
 4. PRESS pusher "A" to let hour flash.
 5. PRESS pusher "C" to advance hour.
 6. PRESS pusher "A" and "C" as above to adjust tens of minutes, minute, year, month, date, day and 12/24 hour format.
 7. PRESS pusher "D" to complete setting.
 8. View or select the TIME or CALENDAR to appear in your digital display.
 - PRESS pusher "C" to view the CALENDAR for 2 seconds.
 - PRESS and HOLD pusher "C" for 3 seconds until the watch beeps to change the display to CALENDAR.
 - To view or change the display to TIME, repeat the steps above.
- NOTE:** "A" or "P" will appear when the 12-Hour format is selected.
- Set this time to coordinate with the Analog time or another time zone.
 - PRESS and HOLD pusher "C" for 2 seconds in setting mode, to activate fast advance.

ALARM

WILL APPEAR FOR 3 SECONDS

P 12:00 AL

FOLLOWED BY THE CURRENT ALARM SETTING TIME AND TIME ZONE.

TO SET DAILY ALARM

1. PRESS pusher "A" to bring up DAILY ALARM display: "ALARM" will appear for 3 seconds followed by the current alarm setting time and time zone. The ALARM mode symbol "AL" and the applicable time zone symbol "T1" or "T2" alternate to give complete information.
2. PRESS pusher "D" to let time zone flash.
3. PRESS pusher "C" to select time zone.
4. PRESS pusher "A" to let hour flash.
5. PRESS pusher "C" to advance hour.
6. PRESS pusher "A" and "C" as above to adjust tens of minutes and minute.
7. PRESS pusher "D" to complete setting.
8. Alarm is automatically activated after setting S is displayed.

NOTE:

- When the alarm sounds, it will beep for 20 seconds.
- To stop the alarm beep, PRESS any pusher.
- PRESS and HOLD pusher "C" for 2 seconds in setting mode, to activate fast advance.

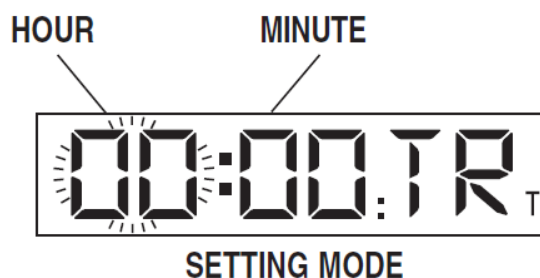
TO SET DAILY ALARM OR CHIME ON/OFF

1. PRESS pusher "A" to bring up DAILY ALARM display.
2. PRESS pusher "C" to activate or deactivate daily alarm and chime accordingly.

NOTE:

-  or  will appear or disappear according to daily alarm activation or deactivation.
-  OR  will appear or disappear according to chime activation or deactivation.
- The alarm coordinates with the digital time not analog time.
- The alarm will sound only if the digital time zone (T1 or T2) selected in the Alarm set mode is currently displayed, as confirmed by the alarm symbol  or .

TO USE COUNTDOWN TIMER



1. PRESS pusher "A" to bring up COUNTDOWN TIMER display. "24 HR TR" will appear.

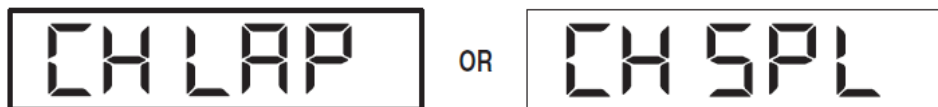
2. PRESS pusher "D" to let hour flash.
3. PRESS pusher "C" to advance hour.
4. PRESS pusher "A" to set tens of minutes.
5. PRESS pusher "C" to advance tens of minutes.
6. PRESS pusher "A" and "C" as above to adjust minute.
7. PRESS pusher "D" to complete setting.
8. PRESS pusher "C" to start the timer.
9. PRESS pusher "D" to stop the timer.
10. PRESS pusher "D" again to resume timer to the preset time.

NOTE: When the timer counts down to zero it will beep for 20 seconds. To stop the timer beep, PRESS any pusher.

"T" will appear to designate that the countdown timer is running. Countdown time up to 24 hours.

PRESS and HOLD pusher "C" for 2 seconds in setting mode, to activate fast advance.

TO USE CHRONOGRAPH FOR STANDARD MEASUREMENT:



1. PRESS pusher "A" to bring up CHRONOGRAPH display; "CH LAP" or "CH SPL" will appear.
2. PRESS pusher "C" to start timing.
3. PRESS pusher "D" to stop timing.
4. PRESS pusher "D" to reset.

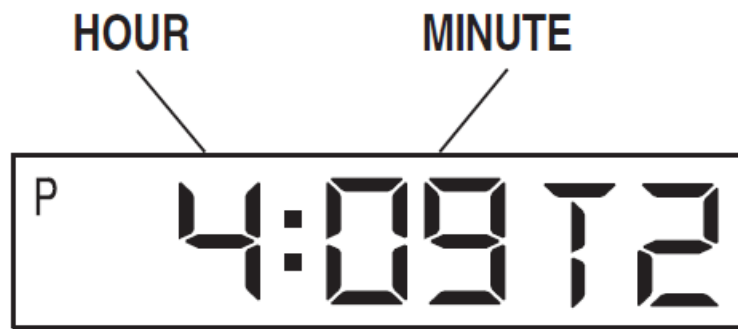
TO USE CHRONOGRAPH FOR LAP OR SPLIT TIME MEASUREMENT:

1. PRESS pusher "A" to bring up CHRONOGRAPH display; "CH LAP" or "CH SPL" will appear.
2. PRESS pusher "D" to select LAP or SPLIT.
3. PRESS pusher "C" to start timing.
4. PRESS pusher "C" to record the first Lap or Split time; digits will be frozen for 15 seconds; "L" or "S" will flash to indicate that the next Lap or Split time is being recorded in the background.
5. PRESS pusher "A" to view the running display while the display is frozen.
6. PRESS pusher "C" to take another Lap or Split.
7. PRESS pusher "D" to stop.
8. PRESS pusher "D" again to reset.

NOTE: CHRONOGRAPH must be reset to zero to switch between LAP and SPLIT.

Records time up to 24 hours and shows 1/100 of seconds for the first hour.

TO SET DUAL TIME:



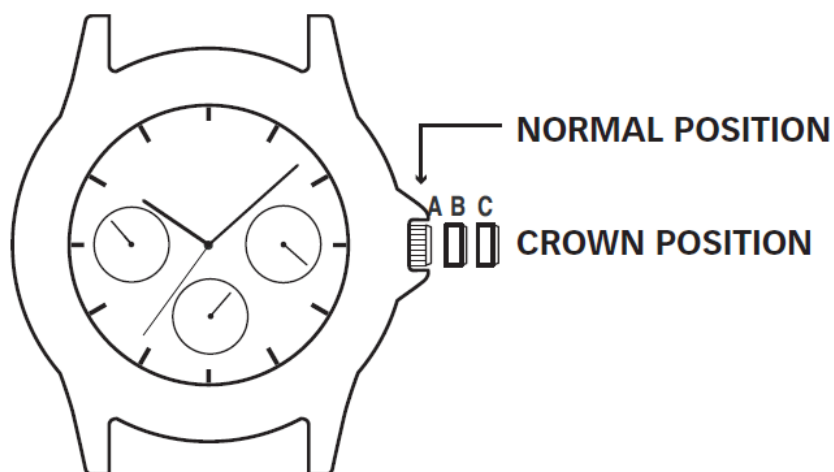
1. PRESS pusher "A" to bring up DUAL TIME display. "T2" will appear beside the dual time.
2. PRESS and HOLD pusher "D"; "Hold" will display until hour flashes.
3. PRESS pusher "C" to advance hour.
4. PRESS pusher "A" to let month flash.
5. PRESS pusher "C" to advance month.
6. PRESS pusher "A" and "C" as above to adjust date , day , and to set 12 / 24 hour format.
7. PRESS pusher "D" to complete setting.

NOTE: PRESS and hold pusher "C" for 2 seconds in setting mode to activate fast advance.

NOTE:

1. While in setting of any mode, if no pusher is pressed for 90 seconds the display will automatically return to TIME / CALENDAR mode.
2. While in any mode other than TIME / CALENDAR mode, whenever pusher "C" or "D" is pressed, the next press of pusher "A" will automatically return the display to TIME / CALENDAR mode.

MULTI-FUNCTION MODELS



Your watch has a normal large face display and three small faces displaying date, day and 24-hour time.

TO SET THE DAY

1. Pull crown all the way out and turn CLOCKWISE until correct day appears.
2. Push crown in to restart.

NOTE: You must set day before setting time.

TO SET THE TIME

1. Pull crown all the way out and turn to correct time.
2. Push crown in to restart.

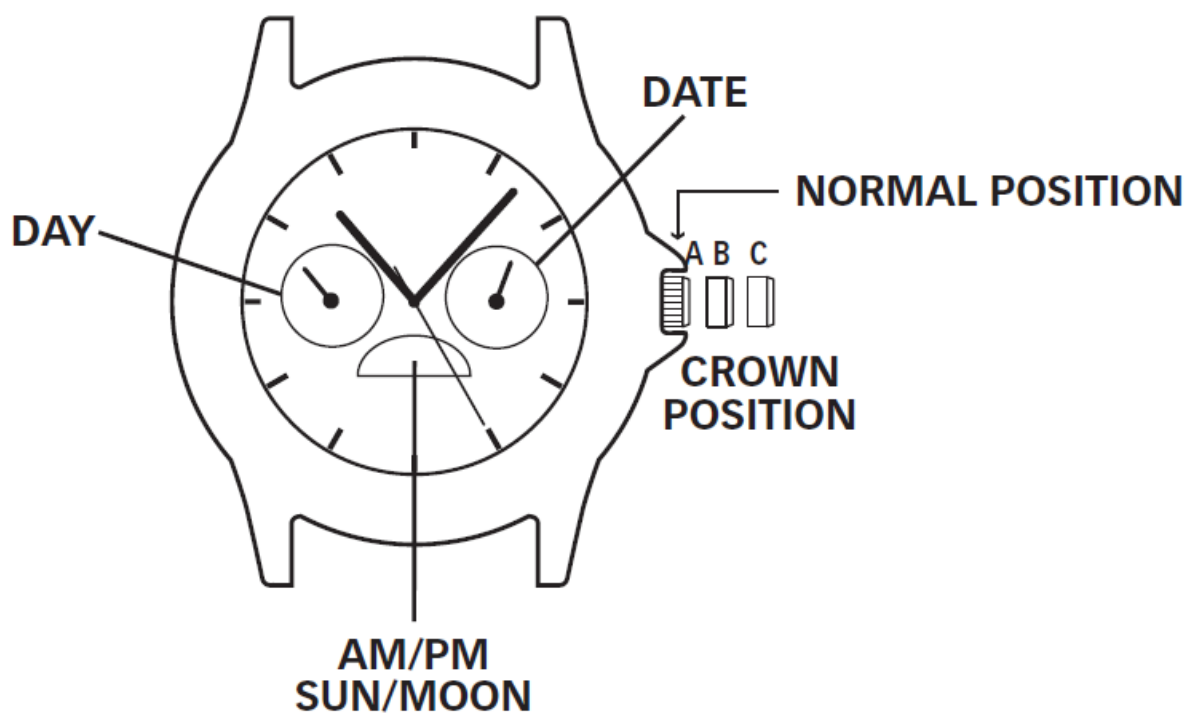
NOTE: 24-hour display will set automatically.

TO SET THE DATE

Instant date change:

1. Pull crown out one stop and turn CLOCKWISE until you reach correct date.
2. Push crown in to restart.

DAY/DATE/AM/PM/SUN/MOON MODELS



TO SET TIME:

1. PULL out crown to "C" position.
2. TURN crown clockwise to correct time. Day/am/pm/moon will also change.
3. Push in crown to "A" position.

NOTE: Remember to set time for am or pm (sun or moon).

TO SET DATE:

1. PULL out crown to "B" position.
2. TURN crown clockwise to correct date.

3. PUSH in crown to "A" position

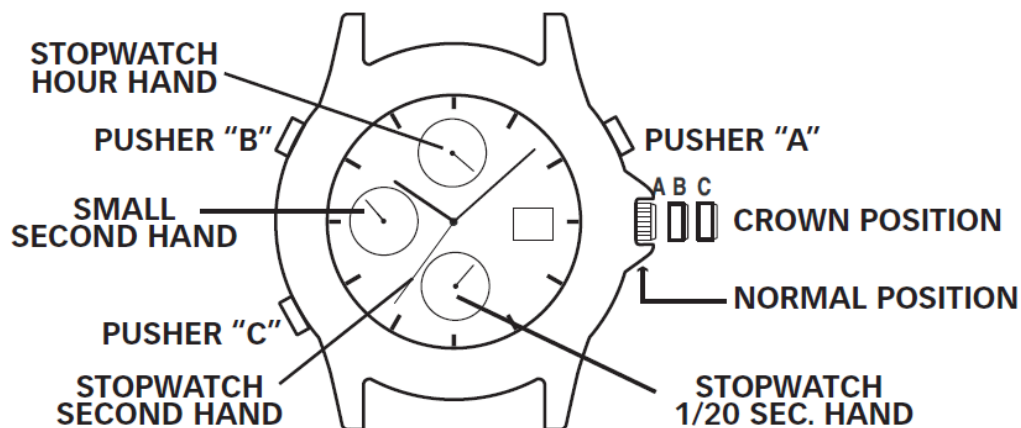
TO SET DAY:

1. PULL out crown to "C" position.
2. Advance time 24 hours to change the day.
3. PUSH in crown to "A" position

CHRONOGRAPH MODELS

Review all chronographs to determine your watch type

TYPE 1



- Crown position "A", "B" & "C"
- Pusher "A" (right) & "B" (left)
- Hour, minute and small second hands (6 o'clock eye) show time
- 12 o'clock eye shows "minutes elapsed" for chronograph
- 9 o'clock eye shows "hours elapsed" for chronograph
- The seconds sweep hand shows "seconds elapsed" for chronograph

TIME, CALENDAR, CHRONOGRAPH

This chronograph watch has three functions:

TIME

TO SET THE TIME:

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

CALENDAR

TO SET THE CALENDAR

1. PULL out Crown to "B" position
2. TURN Crown clockwise to correct position
3. PUSH in Crown to "A" position

CHRONOGRAPH

- The Chronograph is capable of measuring:
- Minutes elapsed up to 1 hour (12 o'clock eye)
- Hour elapsed up to 12 hours (9 o'clock eye)
- Seconds elapsed up to 1 minute (seconds sweep hand)

BEFORE USING THE CHRONOGRAPH:

Adjust all the chronograph hands to the "0" or 12 hr. position.

TO ADJUST THE CHRONOGRAPH HANDS:

1. PULL out CROWN to "C" position
2. PRESS pusher "A" intermittently until the seconds sweep hand resets to "0" or 12-hr. position
3. PRESS pusher "B" intermittently until the hands in the 12 o'clock eye reset to "0" or 12-hr position
4. PUSH in Crown to "A" position

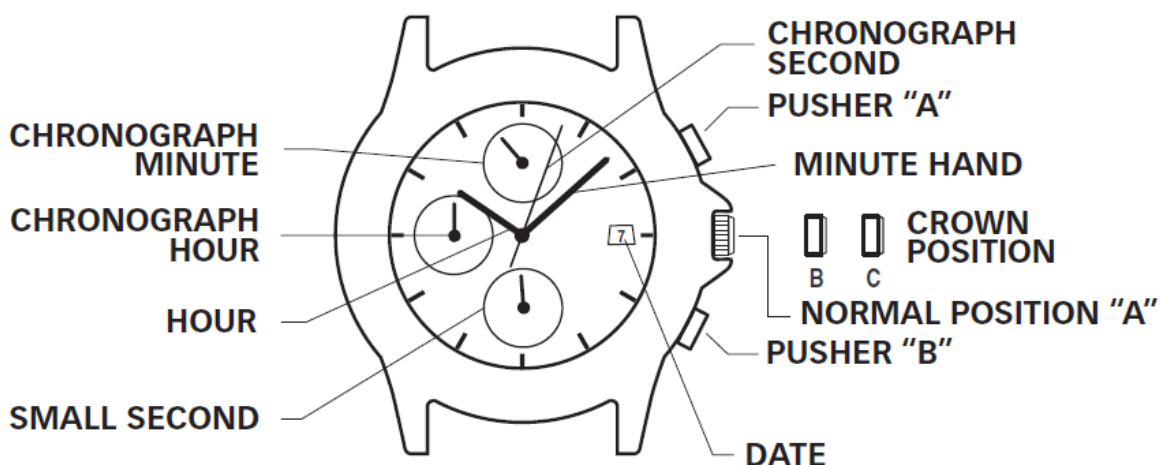
NOTE: Make sure that the chronograph is stopped and reset before adjusting.

NOTE: PRESSING and HOLDING either pusher "A" or "B" will cause the hands to move continually until the pusher is released.

STANDARD CHRONOGRAPH MEASUREMENT:

1. PRESS pusher "A" to start timing
2. PRESS pusher "A" to stop timing
3. PRESS pusher "B" to reset

TYPE 2



SETTING THE TIME

1. PULL the crown out to the 2nd position "C".
2. Turn the crown to set hour and minute hands.
3. When the crown is pushed back to the normal position "A", small second hand begins to run.

SETTING THE DATE

1. PULL the crown out to the 1st position "B".
2. Turn the crown counter-clockwise to set the date. *If the date is set between the hours of around 9:00 PM and 1:00 AM, the date may not change on the following day.
3. After the date has been set, push the crown back to the normal position "A".

SETTING THE TIME

1. PULL the crown out to the 2nd position "C".
2. Turn the crown to set hour and minute hands.
3. When the crown is pushed back to the normal position "A", small second hand begins to run.

SETTING THE DATE

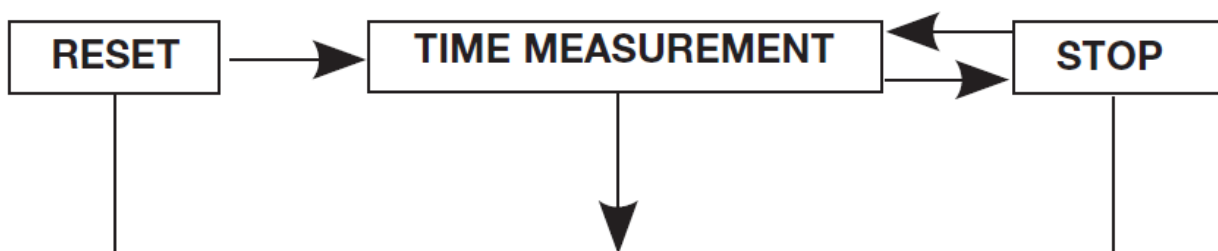
1. PULL the crown out to the 1st position "B".
2. Turn the crown counter-clockwise to set the date. *If the date is set between the hours of around 9:00 PM and 1:00 AM, the date may not change on the following day.
3. After the date has been set, push the crown back to the normal position "A".

USING THE CHRONOGRAPH

This chronograph is able to measure and display time in 1/2 second up to maximum of 11 hours 59 minutes 59 seconds. The chronograph second hand keeps continuously for 11 hours 59 minutes 59 seconds after starting.

MEASURING TIME WITH THE CHRONOGRAPH

1. The chronograph can be started and stopped each time pusher "A" is pressed.
2. Pressing pusher "B" resets the chronograph and the chronograph second hand, chronograph minute hand, and chronograph hour hand return to zero position.



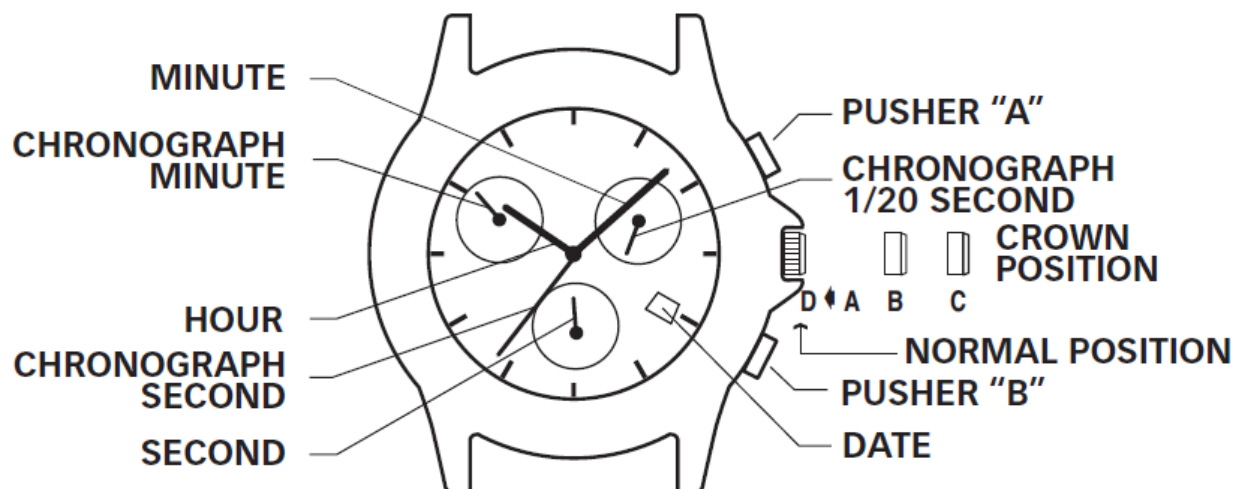
CHRONOGRAPH RESET (INCL. AFTER REPLACING BATTERY)

This procedure should be performed when the chronograph second hand does not return to zero position after the chronograph has been reset, including after the battery has been replaced.

1. Pull the crown out to the 2nd position "C".
2. Press pusher "A" to set the chronograph second hand to the zero position. The chronograph hand can be advanced rapidly by continuously pressing pusher "A".
3. Once the hand returns to zero position, return the crown to the normal position.

*Do not push crown to normal position while the chronograph second hand returns to zero position. It stops on the way when crown is returned to normal position and its position is recognized as zero position.

TYPE 3



BASIC OPERATIONS

- 6 o'clock eye shows seconds.
- 10 o'clock eye shows "minutes elapsed" for chronograph.
- 2 o'clock eye shows "1/20 seconds elapsed" for chronograph.
- Chronograph second hand shows "seconds elapsed" for chronograph.

TIME

TO SET THE TIME:

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

TO ADJUST TO A NEW TIME ZONE:

1. PULL crown out to "B" position.
2. TURN crown either way to move the hour hand in hour increments.

CALENDAR

TO SET THE CALENDAR:

1. PULL crown out to "B" position.
2. TURN crown either way to move hour hand. Two complete revolutions relative to the 12 o'clock position will move the date forward or backward. This will correct both date and 24-hour time.
3. PUSH crown in to "A" position.

NOTE: The date changes automatically every 24 hours.

CHRONOGRAPH

THE CHRONOGRAPH IS CAPABLE OF MEASURING:

- 1/20 seconds elapsed up to 1 second (2 o'clock eye).
- Seconds elapsed up to 1 minute (chronograph second hand).
- Minutes elapsed up to 30 minutes (10 o'clock eye).

NOTE: Chronograph will operate continuously for 4 hours, after which it will automatically stop and reset.

- The 1/20th of a second hand does not move during chronograph function, the 1/20th seconds are indicated when chronograph is stopped and not yet reset.

BEFORE USING THE CHRONOGRAPH, adjust all the chronograph hands to the "0" or 12-hour positions.

TO ADJUST CHRONOGRAPH HANDS:

1. PULL crown out to "B" position.
2. PRESS pusher "B" until the hand at the 10 o'clock eye resets to the "30" position.
3. PULL crown out to "C" position.
4. PRESS pusher "A" until the chronograph second hand resets to the "0" or "60" or 12-hour position.
5. PRESS pusher "B" until the hand at the 2 o'clock eye resets to the "0" position.
6. PUSH in Crown to "A" position.

NOTE:

- Make sure the chronograph is stopped and reset before adjusting.
- PRESSING and HOLDING either pusher "A" or "B" for 2 seconds will cause the hands to move continuously until the pusher is released.

STANDARD CHRONOGRAPH MEASUREMENT:

1. PRESS pusher "A" to start timing.
2. PRESS pusher "A" to stop timing.
3. PRESS pusher "B" to reset.

SPLIT TIME MEASUREMENT:

1. PRESS pusher "A" to start timing.
2. PRESS pusher "B" to split.
3. PRESS pusher "B" to resume timing.
4. PRESS pusher "A" to stop timing.
5. PRESS pusher "B" to reset.

INDIGLO® NIGHT-LIGHT

With the crown in the "A" position, PUSH crown to the "D" position. Entire dial will be illuminated.

Electroluminescent technology used in INDIGLO® night-light illuminates entire watch face at night and in low light conditions.

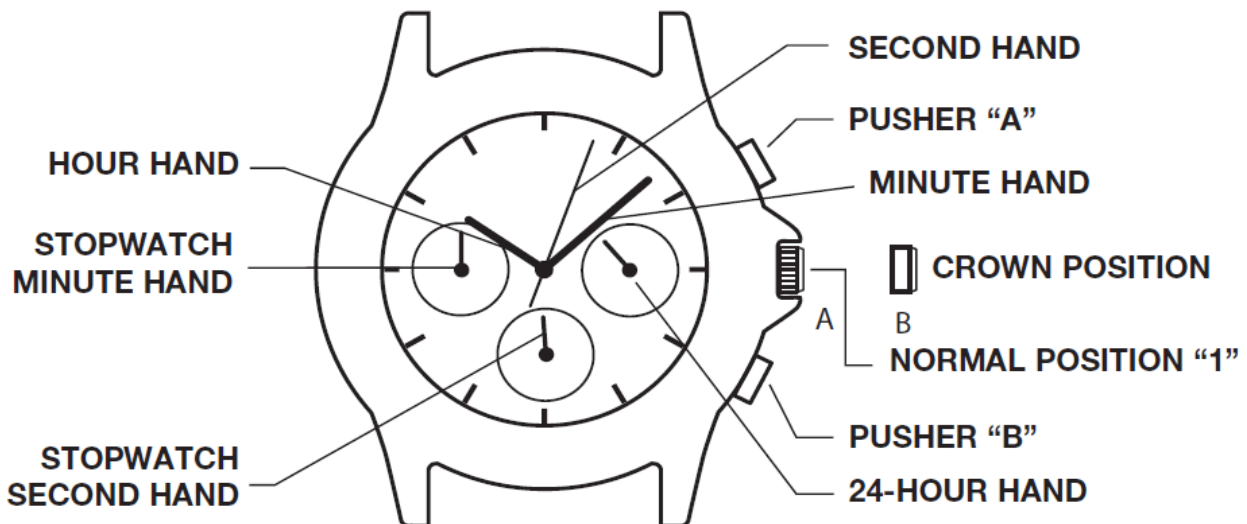
NIGHT-MODE® FEATURE:

1. PUSH and HOLD Crown to “D” position for 4 seconds to activate NIGHT- MODE® feature. PRESSING any pusher will cause the INDIGLO® night-light to stay on for 3 seconds.
2. NIGHT-MODE® feature will stay activated for 8 hours.
3. Or PUSH and HOLD Crown to “D” position for 4 seconds to deactivate.

IF STOPWATCH HANDS DO NOT RETURN TO “0 POSITION” WHEN THE STOPWATCH IS RESET:

1. PULL crown out to “B” position
2. PRESS pushers “A” or “B” repeatedly to move hands to “0” position
3. PUSH in crown to “A” position

TYPE 4



BASIC OPERATIONS

- 6 o'clock eye displays “seconds elapsed” for the chronograph
- 9 o'clock eye displays “minutes elapsed” for the chronograph
- 3 o'clock eye displays the current time in a 24 hour format

TIME

TO SET THE TIME:

NOTE: The stopwatch must be stopped and reset to the zero position prior to setting the time.

1. Pull the crown out to position B.
2. Rotate the crown either direction until the 24-hour, hour, and minute hands display the correct time.
3. Push Crown into position A.

TO ADJUST THE STOPWATCH HANDS TO THE ZERO POSITION:

1. Pull the crown out to position B.
2. Press pusher "A" to move the stopwatch minute and second hands counter clockwise to the zero position.
Press pusher "B" to move the stopwatch minute and second hands clockwise to the zero position.
3. Push Crown into position A.

CHRONOGRAPH

THE CHRONOGRAPH IS CAPABLE OF MEASURING:

- Seconds elapsed up to one minute (6 o'clock eye)
- Minutes elapsed up to one hour (9 o'clock eye)

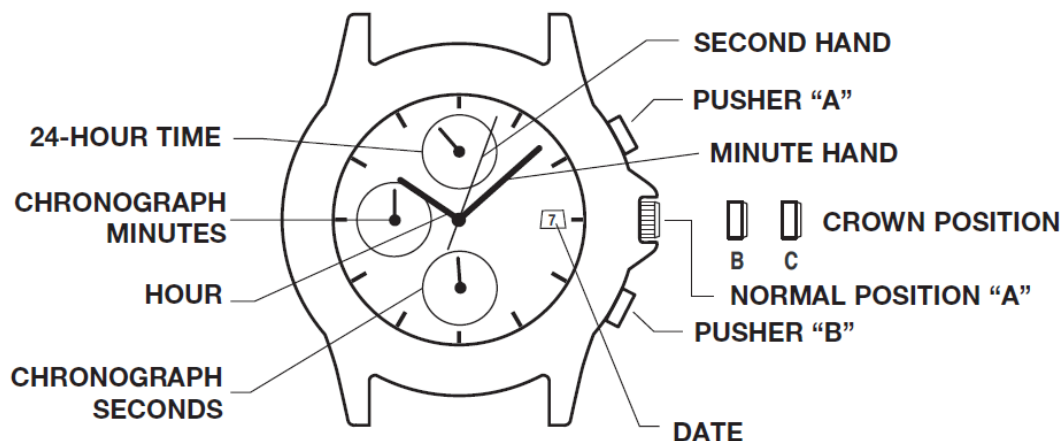
STANDARD CHRONOGRAPH MEASUREMENT

- Press pusher "A" to start timing
- Press pusher "A" to stop timing
- Press pusher "B" to reset the chronograph to the zero position

SPLIT TIME MEASUREMENT

- Press pusher "A" to start timing
- Press pusher "B" to split
- Press pusher "B" to resume timing
- Press pusher "A" to stop timing
- Press pusher "B" to reset the chronograph to the zero position

TYPE 5



SETTING THE TIME

1. PULL the crown out to the 2nd position "C".
2. Turn the crown to set hour and minute hands. Make sure that the 24-hour time is correct.
3. When the crown is pushed back to the normal position "A", second hand begins to run.

SETTING THE DATE

1. PULL the crown out to the 1st position "B".
2. Turn the crown counter-clockwise to set the date. *If the date is set between the hours of around 9:00 PM and 1:00 AM, the date may not change on the following day.
3. After the date has been set, push the crown back to the normal position "A".

USING THE CHRONOGRAPH

This chronograph is able to measure and display time in 1-second increments up to maximum of 29 minutes 59 seconds. The chronograph second hand moves continuously for 30 minutes after starting.

STANDARD CHRONOGRAPH MEASUREMENT:

1. PRESS pusher "A" to start timing.
2. PRESS pusher "A" to stop timing.
3. PRESS pusher "B" to reset.

SPLIT TIME MEASUREMENT:

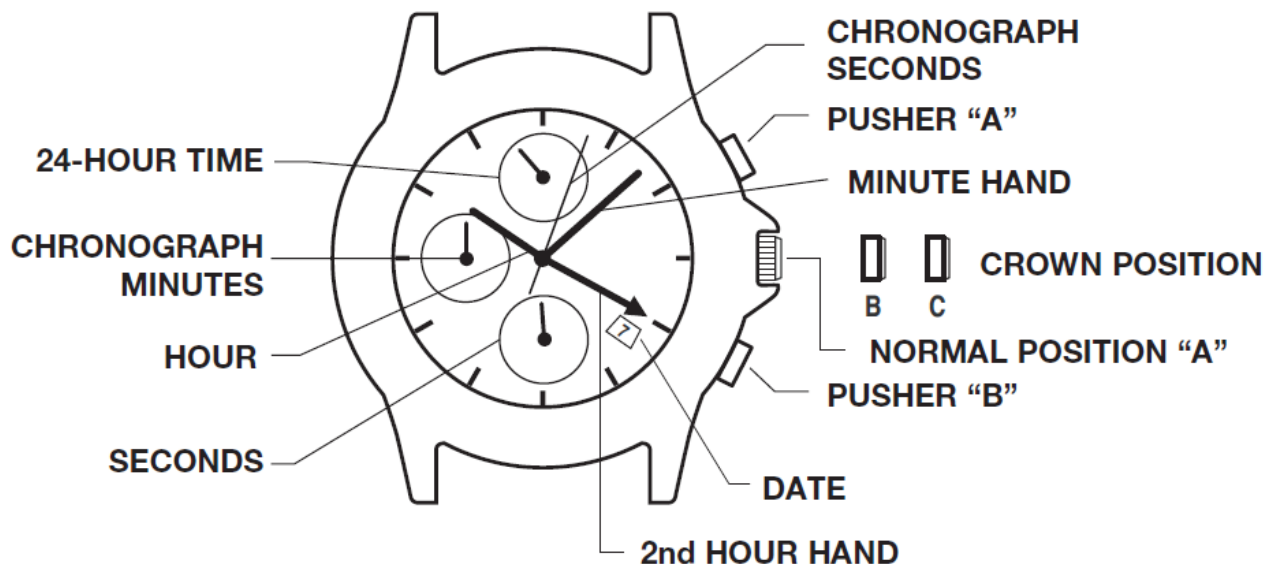
1. PRESS pusher "A" to start timing.
2. PRESS pusher "B" to split.
3. PRESS pusher "B" to resume timing.
4. PRESS pusher "A" to stop timing.
5. PRESS pusher "B" to reset.

CHRONOGRAPH RESET (INCL. AFTER REPLACING BATTERY)

This procedure should be performed when the chronograph minute hand or second hand do not return to zero position after the chronograph has been reset, including after the battery has been replaced.

1. Pull the crown out to the 2nd position "C".
2. Press pusher "A" or "B" to set the stopwatch hands to the zero position. The movements of the stopwatch minute hand and the stopwatch second hand are interlocked. To set the stopwatch minute hand to the zero position, continue to move the stopwatch second hand until the stopwatch minute hand reaches the zero position.
3. Once the hands returns to zero position, return the crown to the normal position.

TYPE 6



SETTING THE "HOME" TIME (WILL BE DISPLAYED ON THE 24-HOUR SUB-DIAL AT THE 12 POSITION AND THE 4TH CENTER HAND)

1. Wait until the second hand is pointing to 60.
2. PULL the crown out to the 2nd position "C".
3. Turn the crown to set the 4th center Hour hand and the hour hand in the 24-hour sub-dial to the correct position to display your "HOME" time (the time at your home location).

NOTE: If you are in an area of the world that does not follow the standard minutes within the hour, set the minute hand to the correct time of the your local location.

SETTING THE "LOCAL" TIME (WILL BE DISPLAYED ON THE STANDARD HOUR AND MINUTE HANDS)

4. PUSH the crown into the 1st position "B".
5. Turn the crown COUNTER-CLOCKWISE to set the STANDARD Hour hand to the correct position to display the "local" time (the time at the location you are currently located).
6. PUSH the crown into the normal position "A". The second hand in the sub-dial at the 6 position will begin to move.

SETTING THE DATE

1. PULL the crown out to the 1st position "B".
2. Turn the crown clockwise to set the date. *If the date is set between the hours of around 9:00 PM and 1:00 AM, the date may not change on the following day.
3. After the date has been set, push the crown back to the normal position "A".

OPERATING THE CHRONOGRAPH FUNCTION (WILL MEASURE UP TO 1 HOUR)

1. PRESS pusher "A" to start timing.
2. PRESS pusher "A" to stop timing.
3. PRESS pusher "B" to reset.

RECALIBRATING THE CHRONOGRAPH SECOND HAND (IF IT DOES NOT RETURN TO THE 12 POSITION AFTER RESET OR AFTER CHANGING THE BATTERY)

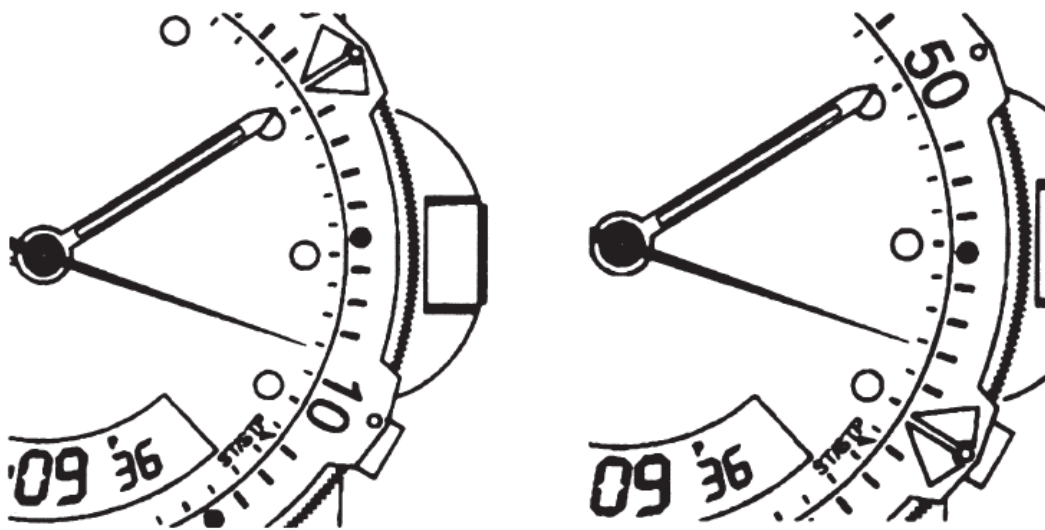
1. PULL the crown out to the 2nd position "C".
2. PUSH pusher "A" to move the Chronograph second hand one increment forward (holding the pusher in continually will rapidly advance the hand).
3. Once the Chronograph second hand is in the 12 position, PUSH the crown into the normal position "A". The second hand in the sub-dial at the 6 position will begin to move.

ELAPSED TIME RING

If your watch is equipped with a rotatable outer ring on the face, with numbers corresponding to minutes, you can use this Elapsed Time Ring to time an activity from the start, or to mark the ending time for the duration of an activity.

TO TIME AN ACTIVITY FROM THE START:

Set the Start/Stop triangle at the time (hour or minute) when you start the activity (As shown on the left in the illustration shown below). At completion, you can see how long the activity took.



TO MEASURE THE TIME REMAINING:

Set the triangle to the hour or minute position when you wish to complete the activity, and check the watch periodically for progress towards that goal.

In the illustration shown on the previous page on the right you can stop when the minute hand reaches the 20 minutes past the hour position.

TACHYMETER RING

The tachymeter feature can be used to measure speed in miles per hour (MPH), nautical miles per hour (knots) or kilometers per hour (KPH) using the sweep second hand and the scale on the wall above the watch face. You need to know the actual distance you are covering in miles or km.

Start the chronograph with the second hand at zero (the twelve o'clock position). Within the first minute, the second hand will point to the rate for a one-mile (or one kilometer) course: if it takes 45 seconds, the hand will point to 80 at that position – 80 MPH or 80 KPH.

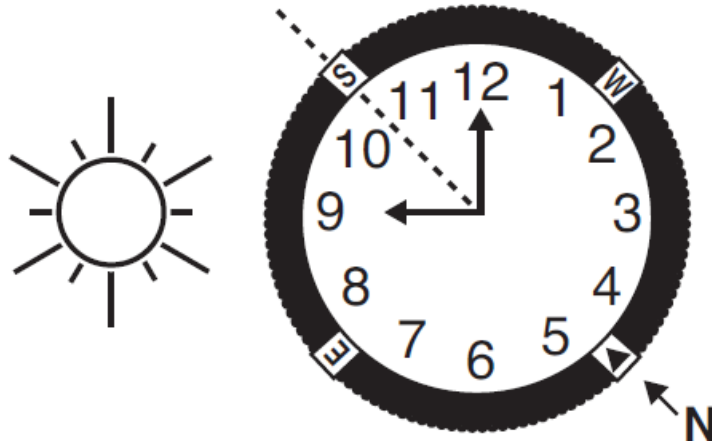
If within the first minute, a distance greater than one mile or kilometer is covered, multiply the tachymeter number by the distance to get the actual rate: if you went 1.2 miles in 45 seconds, multiply the 80 by 1.2 – 96 MPH.

COMPASS RING

If your watch is equipped with a movable ring around the dial marked at the letters "N", "E", "W", "S" (for the four compass directions) or compass degrees, you can use this feature to find an approximate compass directional reading.

1. Lay the watch on a flat surface, or hold it so that the face is parallel to the ground.
2. Locate the sun and point the hour hand at the sun.

3. In the A.M., rotate the ring until the “S” (south) marker is halfway between the hour hand and 12:00 (after the hour hand or within the shortest distance between the hour hand and 12:00).
4. In the P.M., rotate the ring until “S” is before the hour hand and halfway between the hour hand and 12:00.

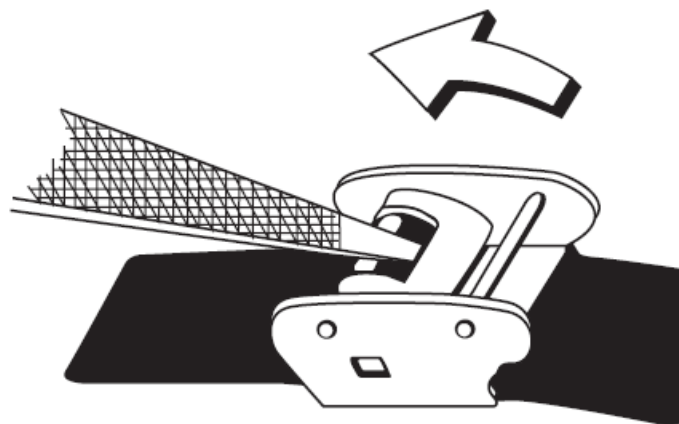


HOW TO ADJUST BRACELET

(Variations of the following bracelet sections apply to all watch models).

SLIDING CLASP BRACELET

1. Open locking plate.
2. Move clasp to desired bracelet length.
3. Exert pressure while holding locking plate and slide clasp back and forth until it engages in grooves on underside of bracelet.
4. Press locking plate down until it snaps closed. Clasp can be damaged if excessive force is used.



FOLDOVER CLASP BRACELET

1. Find spring bar that connects bracelet to clasp.
2. Using a pointed tool, push in spring bar and gently twist bracelet to disengage.
3. Determine wrist size, then insert spring bar in correct bottom hole.
4. Push down on spring bar, align with top hole and release to lock in place.

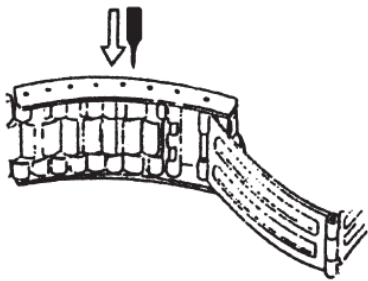


Fig. 1

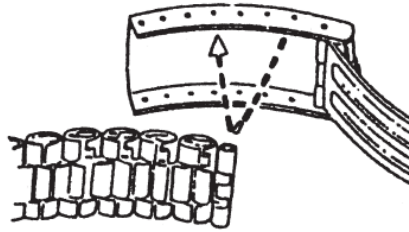


Fig. 2

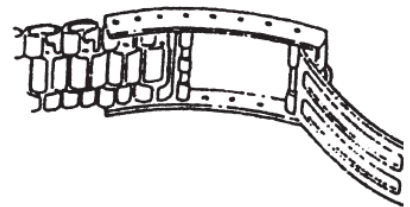
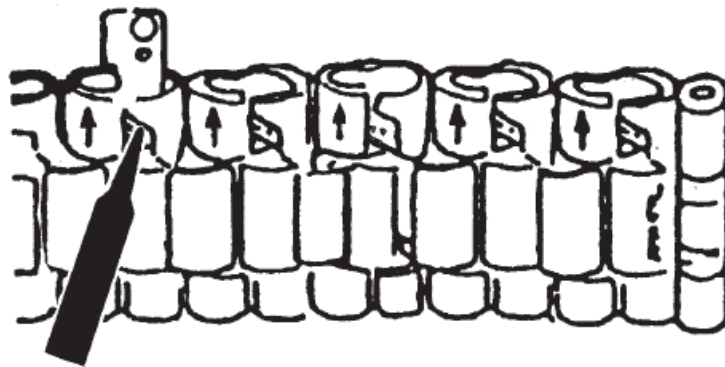


Fig. 3

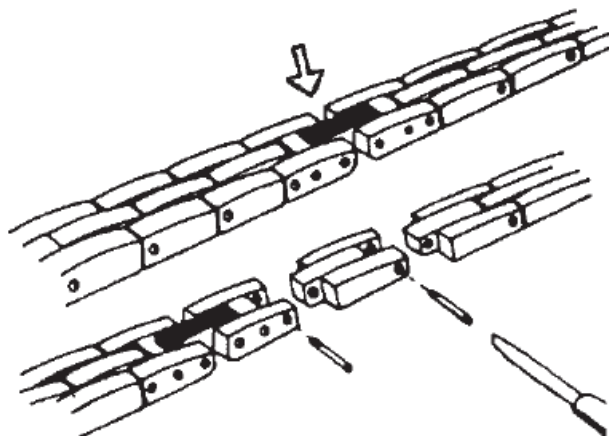
BRACELET LINK REMOVAL REMOVING LINKS:

1. Place bracelet upright and insert pointed tool in opening of link.
2. Push pin forcefully in direction of arrow until link is detached (pins are designed to be difficult to remove).
3. Repeat until desired number of links are removed.



RE-ASSEMBLY:

1. Rejoin bracelet parts.
2. Push pin back into link in opposite direction of arrow.
3. Press pin down securely into bracelet until it is flush.



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.

EXTENDED WARRANTY
www.timex.com/pages/warranty-repair

TIMEX INTERNATIONAL WARRANTY
<https://www.timex.com/productWarranty.html>

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Documents / Resources

	TIMEX ENB-8-B-1055-01 Higher Function Analog Watch [pdf] Instruction Manual ENB-8-B-1055-01, ENB-8-B-1055-01 Higher Function Analog Watch, Higher Function Analog Watch, Function Analog Watch, Analog Watch, Watch
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References

- [T Watches from Timex | Digital, Analog, & Water Resistant Watches | Timex US](#)
- [T Watches from Timex | Digital, Analog, & Water Resistant Watches | Timex EU](#)
- [T | TIMEX](#)
- [User Manual](#)

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