# TIMEX

**www.timex.com**

**W-213** 157-095000 **NA**

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## THANK YOU FOR PURCHASING YOUR TIMEX® STOPWATCH.

Please read instructions carefully to understand how to operate your Timex® stopwatch.

- Time of day with 12- or 24-hour format
- Day and date
- 2nd time zone
- Optional hourly chime
- 24-hour chronograph with memory for 50 laps in multiple runs
- Chronograph recall with date stamp, best lap, and average lap time for each run
- Optional 10-second auto-start for chronograph
- Speed calculation
- 24-hour countdown timer (count down and count up or repeat)
- Pacer
- 7 weekly alarms and one daily alarm
- INDIGLO® night-light with NIGHT-MODE® feature

Press MODE repeatedly to step through modes: Time, Chrono, Speed, Recall, Timer, Pacer, Weekly Alarm, and Daily Alarm. Unit displays mode name for 2 seconds before switching to mode shown.



### ACTIVATION

Unit is shipped in "OFF" mode to preserve battery life. To activate unit, press and hold all five buttons simultaneously until STOP indicator disappears, about 4 seconds. When buttons are released, unit is ready for use.

### TIME

Time mode provides time and date like a digital watch. Press MODE repeatedly until TIME appears.

To set time and date:

1) Press and hold RESET/ADJUST. Seconds flash. Press START/STOP to round time up or down to nearest minute, setting seconds to zero.
2) Press MODE. Minutes flash. Press START/STOP to change minutes; hold button to scan values.
3) Press MODE. Hour flashes. Press START/STOP to change hour (including AM/PM).
4) Press MODE. Day flashes. Press START/STOP to change day.
5) Press MODE. Month flashes. Press START/STOP to change month.
6) Press MODE. Year flashes. Press START/STOP to change year.
7) Press MODE. Time format flashes. Press START/STOP to select 12- or 24-hour time format (selected format will be used in all modes). 12-hour format has AM/PM.
8) Press RESET/ADJUST, at any step, when done setting.

Press and hold LAP/NEXT to see TIME 2, a 2nd time zone. "TIME 2" appears on display. Continue holding button to switch time and date to TIME 2. After switching, set TIME 2 using procedure above. Press and hold LAP/NEXT to see or switch back to home time from TIME 2.

Press START/STOP to turn hourly chime on/off. When on, bell icon 🔔 appears and unit chimes on every hour.

### CHRONOGRAPH

This mode provides a chronograph (stopwatch) function. This mode is only available when Speed mode is not in use. Press MODE repeatedly until CHRONO appears.

To start, press START/STOP. Chrono counts up by hundredths of a second. Hours are shown in upper right part of display ("00H" initially).

To stop, press START/STOP. To resume, press START/STOP again.

While chrono is running, press LAP/NEXT to take a lap/split. Lap time is displayed with lap number for 9 seconds, while chrono continues to run.

At end of run, press START/STOP. Last lap time is displayed for 9 seconds followed by total time. Press LAP/NEXT or RESET/ADJUST to immediately display total time.

Once chrono is stopped and total time is displayed, to store run and go to next (new) run, press and hold LAP/NEXT, or to reset chrono (clear last run), press and hold RESET/ADJUST. Run number is shown in upper right part of display. Stored runs may be recalled in Recall mode, described below.

Auto-Start - Chrono may be started automatically after a 10-second countdown. When chrono is reset (zero), press RESET/ADJUST to turn auto-start feature on/off. "AUTO" appears at bottom of display when feature is on. Press START/STOP to begin countdown. Unit beeps once every second followed by one long beep when chrono is started.

Chrono continues to run if you exit mode.

NOTES:

- To see amount of remaining memory, when chrono is reset (zero), press and hold LAP/NEXT.
- Chrono counts up to 24 hours and starts over at zero.

### SPEED

Speed mode calculates speed of individual laps. This mode is only available when chrono is reset (zero). Press MODE repeatedly until SPEED appears.

To use Speed mode, you must set lap distance:

1) Press and hold RESET/ADJUST. 1/100 mile digit flashes. Press START/STOP to change value; hold button to scan values.
2) Press MODE. 1/10 mile digit flashes. Press START/STOP to change value.
3) Use MODE and START/STOP as above to set other digits.
4) Press RESET/ADJUST, at any step, when done setting.

Mode operates like Chrono mode, except speed is displayed briefly when timing is stopped or lap/split is taken. When run is stored, speed data is included. See RECALL section.

### RECALL

Recall mode allows you to view data of stored runs from Chrono or Speed mode. This mode is only available when stopwatch is not running. Press MODE repeatedly until RECALL appears.

Upon mode entry, amount of remaining memory is displayed.

If no data is stored, "NO DATA" is displayed. Otherwise, last run is displayed. Run number and date of run are shown.

To select another run to recall, press LAP/NEXT. This may be done at any point in recall sequence.

To recall run, press START/STOP repeatedly to step through data: run date, lap distance (if run was done in Speed mode), lap times, total time, best lap time, and average lap time. If run was done in Speed mode, speed is shown alternating with the lap times.

To delete run from memory, press and hold RESET/ADJUST. To clear all of memory, continue holding RESET/ADJUST.

### TIMER

Timer mode provides a countdown timer with alert. Press MODE repeatedly until TIMER appears.

To set countdown time:

1) Press and hold RESET/ADJUST. Seconds flash. Press START/STOP to change seconds; hold button to scan values.
2) Press MODE. Minutes flash. Press START/STOP to change minutes.
3) Press MODE. Hours flash. Press START/STOP to change hours.
4) Press LAP/NEXT, at any step, to select action at end of countdown, repeat 🔁 or count up ⏫.
5) Press RESET/ADJUST, at any step, when done setting.

To start timer, press START/STOP.

To pause timer, press START/STOP. To resume countdown, press START/STOP, or to reset countdown, press LAP/NEXT when timer is stopped.

Watch beeps when countdown ends (timer reaches zero). Press any button to silence. If no button is pressed, alert will sound for 20 seconds. If timer was set to repeat, timer repeats countdown indefinitely. Otherwise, it begins counting up.

Timer continues to run if you exit mode.

## PACER

Pacer mode provides beeps to help you pace your run or other activity. Press MODE repeatedly until PACER appears.

Press LAP/NEXT to select number of beeps per minute (30 - 240).

Press START/STOP to start/stop pacer.

You may change number of beeps per minute while pacer is running by pressing LAP/NEXT.

If you exit mode, pacer stops automatically.

## WEEKLY ALARM

Unit has 7 weekly alarms. Press MODE repeatedly until WEEKLY ALARM appears.

To set an alarm:

1) Press LAP/NEXT to select alarm to set AL-1 to AL-7.
2) Press and hold RESET/ADJUST. Day of week flashes. Press START/STOP to change day of week.
3) Press MODE. Minutes flash. Press START/STOP to change minutes; hold button to scan values.
4) Press MODE. Hour flashes. Press START/STOP to change hour (including AM/PM).
5) Press LAP/NEXT, at any step, to select whether alarm is referenced to home time or TIME 2.
6) Press RESET/ADJUST, at any step, when done setting.

Alarm is automatically turned on after setting (ON appears). To turn alarm on/off, press START/STOP.

Alarm icon ⏰ appears in Time mode when any alarm for the displayed time (home time or TIME 2) is on.

When alarm sounds, press any button to silence. If no button is pressed, alarm will sound for 20 seconds.

Alarm repeats weekly unless turned off.

## DAILY ALARM

Unit has one daily alarm. Press MODE repeatedly until DAILY ALARM appears.

For operation, see WEEKLY ALARM section. Setting procedure is identical, except step 1 is skipped.

Alarm repeats daily unless turned off.

## INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

Press INDIGLO® button to illuminate display for 3 seconds.
Electroluminescent technology used in the INDIGLO® night-light illuminates entire display at night and in low light conditions.

Press and hold INDIGLO® button for 4 seconds to activate NIGHT-MODE feature.
Light bulb icon 💡 will appear. Feature causes any button press to activate INDIGLO® night-light for 3 seconds. NIGHT-MODE® feature may be deactivated by pressing and holding INDIGLO® button again for 3 seconds, or it automatically deactivates itself after 3 hours of inactivity.

## PRECAUTIONS

Unit is designed and manufactured to give you years of service if handled properly. Do not subject unit to physical or mechanical shock or abuse, or extreme temperatures or humidity. Do not tamper with its electronic parts as they are not user-serviceable.

## WATER 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 |

*pounds per square inch absolute

**WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.**
**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.

## BATTERY

Unit is powered by 2 lithium CR 2032 batteries, which should provide up to 2 years of life, depending upon use of INDIGLO® night-light and alarm. When display becomes dim or blank, replace batteries. Unscrew 6 small screws on case back and remove back. Loosen (do not remove) screws holding metal strips over batteries and remove batteries. Replace batteries with new ones and reverse process above.

**DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.**

**WARNING:** Once case back is opened, it is not possible to maintain water resistance. Do not submerge in water after changing batteries.

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