

TIMEX

TIMEX 200M DIGITAL WATCH

USER GUIDE 1

11M095000 3.18.24

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

If your watch contains a coin cell, the following applies:

WARNING

- **INGESTION HAZARD:** This product contains button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin cell 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 number, Lithium Metal (CRXXXX series) or Silver Oxide (SRXXXXX Series).
- Nominal battery voltage, Lithium Metal (CRXXXX series) 3.0 V or Silver Oxide (SRXXXXX Series) 1.5 V.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (Lithium Metal (CRXXXX series) 158°F (70°C) or Silver Oxide (SRXXXXX Series) 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 accord 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.

Si votre montre contient une pile bouton, veuillez lire l'avertissement ci-dessous:



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.



- Retirez les piles usagées et recyclez-les ou éliminez-les immédiatement 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.
- Identification des piles : métal-lithium (CRXXXX), oxyde d'argent (SRXXXX)
- Tension nominale des piles : métal-lithium (CRXXXX) 3.0 V, oxyde d'argent (SRXXXX) 1.5V
- Les batteries non-rechargeables ne doivent en aucun cas être rechargées.
- Ne forcez pas la décharge ou la recharge des piles. Ne les désassemblez pas. Ne les exposez pas à une température supérieure à 70°C (158°F) pour les piles métal-lithium (CRXXXX) et 60°C (140°F) pour les piles à oxyde d'argent (SRXXXX). 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.

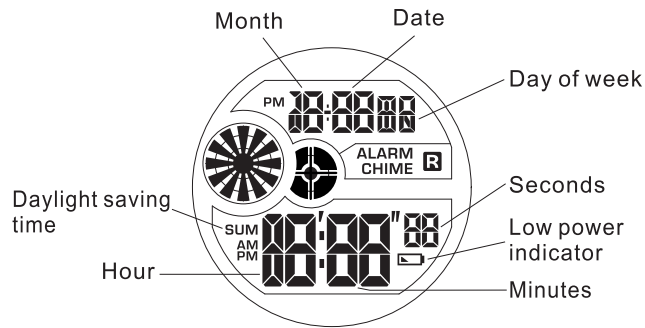
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Timex 200M Digital Watch User Manual



FEATURES:

- Stopwatch with 20 Lap Memory
- 5 Alarms
- 24 Hour Countdown Timer
- Dual Time / 2nd Time Zone
- Indiglo® night-light
- 100 Year Calendar
- 200 Meters Water Resistance



BUTTON LOCATIONS:

Button A: Reset/Stop

Button B: Mode

Button C: Light/-

Button D: Start/+



From Time of Day press Button B to change modes in the following sequence:

- Stopwatch
- Data / Recall
- Countdown Timer
- Alarms
- Dual Time

1. Time of Day and Date Setting

From the time-of-day press and hold button A for a few seconds to enter setting mode. The first setting is Daylight Saving Time. Press the C or D buttons to turn Daylight Saving Time On or Off. Press button B to advance to next setting, Seconds. Press button C or D to reset Seconds. Press button B to

advance to next setting, Hours. Press button C or D to set the correct hour. Press button B when finished to advance to next setting, Minutes. Press button C or D to set the Minutes. Press button B when finished to advance to next setting, 12H or 24H format. Press button C or D to select the 12H or 24H format. Press button B to advance to next setting, Year. Press button C or D to select the Year. Press button B to advance to next setting, Month. Press button C or D to select the Month. Press button B to advance to next setting, Day. Press button C or D to set the Day. Press button A when finished to return to time-of-day mode.

Note: From time-of-day mode you can press and hold button D to show the Day, Date, Month & Year.

2. Stopwatch

From time-of-day press the B button to enter Stopwatch mode. Press button D to start the Stopwatch. Press button D to take splits. Press button A to stop the Stopwatch. Press button A again to reset. Press the B button until returning to time of day.

3. Data / Recall

From time of day press the B button twice to enter the Data / Recall mode. Press button C or D repeatedly to view split/lap times. Press button B when finished to return to time of day.

4. Countdown Timer

From time of day press the B button three times to enter Countdown Timer mode. Press the D button to start countdown. Press the D button again to pause countdown. Press the A button to reset the countdown. Press the B button when finished to return to time of day.

5. Alarm / Hourly Chime / Beep

From time of day press the B button four times to enter Alarm setting mode. Press the button D to select Alarm 1 – 5. Hold the A button until the hours start to flash. Press D button to increase the hours and the C button to decrease. Press the B button to advance to minute setting. Press D button to increase the minutes and the C button to decrease. Press button A when finished to advance to the next alarm. Repeat the above steps for setting the additional alarms.

After the last alarm, the Hourly Chime and Beep features can be turned on or off in this mode by pressing the D button.

Note: The Alarm will sound at the preset time each day for 10 seconds. Press any button to stop the Alarm.

6. Dual Time

From time of day press the B button five times to enter second time zone mode. Press and hold the A button to enter Daylight Savings Time setting mode. Press the C or D buttons to turn Daylight Savings Time on or off. Press button B to set the Hour of second time zone. Press buttons C and D to

set the Hour. Press button B to move to Minute setting. Press buttons C and D to set the Minute. Press button A when finished.

Battery Replacement

When the display dims or no display, please replace with CR2032 or equivalent battery.

EXTENDED WARRANTY

Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to:
Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

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