


I'm not robot  reCAPTCHA

Continue

Sport - Ironman Timex Watch Specs Sheet Timex Watch Specs Sheet Timex Watch Specs Sheet Timex Watch User Manual Timex Watch Instructions Timex Watch User Timex Watch Guide Timex Watch Guide Timex Watch User HandTimex Watch Manual Timex Watch Timex Watch Guide Timex Hours Instructions Instructions User Manual Timex Watch User Manual Speed and Distance Watch User Manual Timex Watch Watch Timex Watch Booklet Timex Waterbury Instruction Instruction Instructions Timex Watch User Guide Timex Watch User Guide Timex Watch User Hand Timex Watch User Hand Timex Watch User Hand Timex Watch User Hand Timex Watch Guide Timex Watch Owner's Watch Hand-held Timex Watch Instructions Guide Timex Watch SETTING WATCH Installation Example installation of chrono clock (stop-hour) Timeline with chronograph Storage and cleaning chronograph memory chronograph terms TIMER Installation Start / Stop ALARM Weapon Installation and Disarmament Alarm MEMO INDIGLO Activation System FLIX Indiglo Night Light There are 6 buttons on the watch, and to prevent confusion I will identify each by its location in the bottom left bottom left to the left of each button tend to have the same function in most watch modes, and given only this information, you can figure out most things with the watch, so I'll give these features first. MODE is also called THE PREVIOUS Bottom Button on the left side - moves you outside modes. (Or back through the inside of the mode.) INDIGLO Upper button on the left activates indiglo night light. STOP/RESET is also called SCROLL DOWN (button with a raised line) The lower left button on the face makes changes downwards. START/SPLIT is also called LAP-NEXT (button with 3 bumps raised) The lower right button on your face moves you forward inside the modes. A RECALL is also called THE SCROLL UP The top button on the right side makes changes up. SET is also called STATUS Lower Button on the right side gets you in and out of customization mode. 1. SETTING THE CLOCK. SETTING First, find the usual time mode by clicking the MODE button before time date at the top) shows. Click the SET button until the word ENTER disappears and is replaced by THE WORD TIME. Let go of that button. You'll notice that at the top of the display, the words SET T1 or SET - T2. Here you choose between setting the 1st time zone or the 2nd time zone. Choose between T1 or T2 by clicking the RECALL button or the STOP/RESET button. Click MODE or START/SPLIT. You will notice that anything that flashes is something you can change. You can make changes by clicking the RECALL or STOP/RESET button. You can change seconds, hours, minutes, month, date, year, and choose between 12 hours (civilian) or 24 hours (war) time. If you hold the MODE or START/SPLIT button, you'll go through everything you can change and start over. The START/SPLIT button goes through these things forward, and MODE goes through backwards, so if you pass something and want backup time, just switch the buttons. In the same way, RECALL changes things, making them bigger, and STOP/RESET changes them, making them smaller, so if you accidentally pass the number you're trying to set it, just switch to another button and come back. EXAMPLE OF SETTING THE WATCH Suppose you want to set a clock and date in the 2nd hour zone. (Just like an example, but setting any other time or set date will be the same.) Click on the bottom left side (MODE) until you see the date and time. Tap and hold the right bottom button on the side (SET) until the word TIME appears on the display and then release it. If set T1 shows, then click the top right button on the side (RECALL) to change it to T2 (because we want to set the 2nd time zone we'd leave it unchanged if we want to install the 1st time zone, T1.) press release of the lower right button on the face (START/SPLIT) in half, missing seconds. You should see the clock flashing. Press release the top right button on the side (RECALL) repeatedly until you have a watch position set on what you want it to be. If you pass the hour you want, go to the bottom left button on your face (STOP/RESET) and press the button and release it for backup time. Press release lower right button on the face (START / SPLIT) three times, missing minutes and months, so the date starts flashing. Click THE RECALL button until you have the date you want. (You can go back by clicking stop/RESET.) When you're done and you've installed everything you want, click the SET button once to tell the clock you're through the settings and block those settings in 2. CHRONO (Stopwatch) Journey in chronograph mode by clicking the MODE button once from normal time. The display has to say CHRONO for a moment, which is then replaced by chronograph readings. The readings show the circles at the top of the letters, splits in the middle in large letters, and at the bottom of the segment you are on. (Or the next segment you start if you are between segments.) I'll put definitions for these terms at the bottom of the Chrono section, in case they are needed. If your circles and splits say anything other than 00, you'll probably want to clean them up before you get started. Take a look at STORING and CLEARING CHRONO (see below) to see how to do it. TIMING WITH THE CHRONO Press - release the START/SPLIT buttons (right on your face). The chronograph will start working. Laps and splits should say the same thing since you are on the first lap. To indicate the beginning of the next round, click START/SPLIT. It will be suspended for 10 seconds as if stopped. That didn't stop it actually having already gone to the next lap, but it stops for 10 seconds, so you can see how well you did in your last lap. After those 10 seconds, he will return to the next lap. The top line on the display will show how long you've been in the current circle, and the middle line will show the amount of time you've been in the case. The bottom line will show what segment you are in and in what circle you are in. When the STOP/RESET press release (left button on the face), the chronograph will stop. You can use this to either end an event or suspend it. The difference is that if you only wanted to suspend it, you'll run it again by clicking the START/SPLIT button. The chronograph will continue as if it never stopped. Pausing a chronograph as it does not affect the circles or splits, except that they do not work until it is suspended. You can view the circles and splits by clicking the RECALL button (in the upper right direction). It will show you the date, the number of segments you are watching, and the total time for the event. The press release is it again, and that total time will be replaced by displaying the average time per circle. Press release it again and it will speak better and show you the time of the fast lap as well as the lap number for that lap. Keep pressing and releasing this button and it will show you each lap and split the event, in order. To look at another segment (those that were previously saved), click the MODE button (in the bottom left version on the side) while you're still in recall mode. To get out of recall mode, either click the STOP/RESET button or just leave the watch alone for a few minutes. The chronograph, when launched, will continue to work if you switch to normal time mode. When you're in normal time mode, you can press the START/SPLIT button to look at the chronograph without changing it. STORING - CLEARING THE CHRONO You can store the circles and splits of events in your memory by clicking the STOP/RESET button and holding it until the words HOLD TO STORE disappear. He's going to keep this like one SEGMENT in memory and clear the information from the display, preparing you for the next event. You can remove the saved segments by clicking the STOP/RESET button after the last segment is stored. He will be talking HOLD TO CLEAR SEG (and then the last segment number). If you continue to hold, this segment will be cleared from memory, and the segment number will be replaced by the words all the seges, so that the entire display will speak HOLD TO CLEAR ALL SEGS. If you release the button now, this segment is all that will be removed. If you keep holding it until the display clears up and the circle and split lists appear, all memory segments will be cleaned up. Segments can only be erased individually, erasing the last segment in the first place. CHRONOGRAPH TERMS Laps The time of your event is divided into separate pieces. An example of a lap might be: if someone ran 5 miles, every mile could be lap. Divides the time of your event from the beginning of the event to the end of the circle. An example of splits is that if someone teaches a race, touch the START/SPLIT button when everyone crosses the finish line. Each person's total time will be recorded as one split. Segment A is a group of circles or splits into a unit. Typically, watch users use them for individual events, since you save or delete entire segments as a unit, rather than as individual circles or splits. An example of the segment is: Thursday's launch is saved as the third segment, Friday is saved as the fourth segment. 3. TIMER (Countdown Timer) Set up the MODE Press Release button until you get in TIMER mode. Press release SET button once. This speaks of a watch that you are willing to set a timer. At this point, the clock should say: SET NO. Reps. (In any case, there will be a number from 1 to 9, or the letter C.) Reps this number of times the clock will repeat the sequence of the time you set. For example, if the clock is set at two intervals, one is 6 minutes, one is 5 minutes, and you choose 3 as NO. FROM REPS, the clock will be reading 6 minutes, the sound of alarm, and then count down 5 minutes, the sound of alarm, and it will repeat the process 3 times. So you can set the number of times your sequence will be repeated up to 1 time, 9 times, or anything in between. You can also set the C (for continuous), so that once you start, the clock will continue to repeat the sequence (disturbing at the end of each countdown) until you turn it off. Knowing this information, set NO. FROM REPS on ... Press release CALLA CAPTION RECALL to increase NO. FROM REPS or click STOP/RESET to reduce NO. OF REPS. The watch will present a display with the name YES - NO CHRONO AT END. What this means, once all the representatives of the whole sequence repeated themselves, and the timer to the end, then the clock goes into Chronograph mode and starts counting from 0, so you'll know if you check check out later, how long it had been since the countdown was over. Choose YES or NO to the chrono AT END question by clicking the RECALL button or the STOP/RESET button. All that flashes is what you choose. NOTE: This message will not appear if a) you have chosen C for your NO. OF REPS. (since the clock knows that the countdown will never end until you stop them) or b) if the chronograph is already working (in CHRONOGRAPH mode), in which case the display will read THE CHRONO IN USE PRESS release of the START/SPLIT button. The display should display INT, then the number between 1 and 9 at the top, and that should blink. Below, you'll see slots for the amount of time in hours, minutes and seconds. At the bottom of the display, it will say SET INT. Interval is one countdown. You can have up to 9 of them and each can be of different lengths. Each interval can be identified by number, and you choose which interval you want to set by clicking the RECALL button to advance through interval numbers, or by clicking the STOP/RESET button to go backwards through the numbers. Once you've chosen the interval you want to set, click the START/SPLIT button to go to the time section you want to set. All that flashes is what you can install. START/SPLIT press release to do the next flash thing. If you pass something, don't worry - Just keep clicking on START/SPLIT and you'll be back to it. (You can also use this button to go back and change the interval you want to set.) You can set the clock from 1 to 99 (or leave them at 0). Similarly, minutes and seconds can be set from 1 to 59, or left on 0. Once everything is set at the interval, if you want to set a different interval, click on START/SPLIT until the interval number blinks. Click STOP/RESET or RECALL to select a different interval. If you have all the intervals that you want, then click the SET button to block everything and tell the watch you are through the settings. Start/stop the countdown timer (while you're in TIMER mode) by clicking the START/SPLIT button. To stop the countdown, click the same button. To reset the timer to the start settings, click the STOP/RESET button. WARNING: If the timer is already reset, pressing and holding the STOP/RESET button will clear all timer intervals to 0. If you press and hold this button, then check the message it displays to be safe. It will be either HOLD TO RESET or HOLD TO CLEAR ALL INTS. 4. ALARM Setting up with the MODE button, go into alarm mode. The display will say ALARM for a moment, something that will be replaced by a time of alarm. At the top, it will say T1 or T2 and then either some dash, or month and date. In the middle he will show time, and at the bottom will give a number You can set up up to 5 alarms on these watches. To choose from 5 5 Click THE RECALL button. To set the alarm you choose, click the SET button. T1 (or T2) starts blinking. This tells you to look at whether this alarm should go off depending on the time you set in your 1st time zone, or depending on the time in the 2nd time zone. Click THE RECALL button to choose between T1 or T2. Click START/STOP (lower right button on your face) and AM or PM will start flashing. Choose whether you want the alarm to work in the AM or PM by clicking the RECALL button. Click START/STOP and the clock will start flashing. Select an hour by clicking the RECALL button. If you pass the hour you want, you can back up time by pressing the STOP/RESET button (lower left button on your face). Click START/STOP and the minutes will start flashing. Select an hour by clicking the RECALL button. If you pass the minute you want, you can back up time by clicking the STOP/RESET button. Click on START/STOP and the monthly position will start flashing. If you want the alarm to be triggered as a daily alarm, then leave it as a dash. If you want the alarm to go off as an anniversary (annual) alarm, click THE RECALL button to set the month. If you pass a month, you can reserve time by clicking the STOP/RESET button. Click on START/STOP, and the position of the days will start flashing. If you want the alarm to be triggered as a daily alarm, then leave it as a dash. If you want the alarm to go off as an anniversary (annual) alarm or as a once-a-month alarm, click THE RECALL button to set the date. If you pass the day

you want, you can reserve time by clicking the STOP/RESET button. When everything is set up the way you want, you can get out of the settings mode and block settings by clicking the SET button. By arming and disarming the alarm when you're in ALARM mode (but not in setting mode), you can turn the alarm on or off by pressing the START/STOP button. A small symbol that looks like a clock will appear over M in AM or PM when the alarm is armed. If he is disarmed, this symbol will not be there. If this character shows when you are in normal time mode, then at least one of your 5 alarms is armed. You can go into alarm mode and use the RECALL button to scroll through all 5 alarms to see which ones are armed. 5. MEMO Last Mode MEMO mode. You have up to 10 memos with 3 pages each. On these pages, each of them has 8 characters. Symbols can be letters, numbers, or several punctuation. Choose a memo by clicking the RECALL button. Scroll through the pages of the memo by clicking the START/SPLIT button. Clear the memo by clicking the STOP/RESET button. To enter a memo or to change an existing one, click the SET button while you're in Memo. Repeatedly press release RECALL (scroll up) or STOP / RESET (scroll down) button to choose to choose put in a space that blinks. Click on START/SPLIT to move on to the next space. When you're done, click the SET button to block the memo in. Being in normal time mode, you can press the STOP/RESET button to look at the memo you last chose in MEMO mode. 6. INDIGLO Activation system FLIX Indiglo night light To activate FLIX, put the clock in night mode by pressing and holding the Indiglo night light button (S6) 3 seconds until it signals. With the clock in night mode, the forward flick of the wrist with a sharp stop activates the indiglo night light for 3 seconds. To avoid unintentional activation and save battery life, FLIX is focused on direction. ONLY MOVEMENTS IN THE DIRECTION OF THE WATCH LENS COMBINED WITH A SHARP STOP ACTIVATE THE NIGHT LIGHT INDIGLO. Movements in other directions do not activate your indiglo night light. night light.

[normal_5f87bd937f5f4.pdf](#)
[normal_5f88c0ae223c9.pdf](#)
[normal_5f8846565ba4d.pdf](#)
[normal_5f873d884e7b3.pdf](#)
[normal_5f88c413d6f91.pdf](#)
[pse stinger 3g fps](#)
[star trek screensaver mac](#)
[gravitational potential energy worksheet.doc](#)
[thirty fourth gate.pdf](#)
[darius vs riven build](#)
[catalogue schneider.pdf 2020](#)
[download google chrome for android 2.3.6](#)
[desert storm basketball instagram](#)
[oracle forms and reports 12c certification matrix](#)
[herobrine mod 1.12.2 forge](#)
[ensoniq eps 16 service manual](#)
[normal_5f87097f7c780.pdf](#)
[normal_5f87e8e6e6f4.pdf](#)
[normal_5f86f9fd45da4.pdf](#)