

TIMEX

**TIMEX IRONMAN T300+**

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09X095000 3.11.24

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 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.
- 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

## Timex Ironman T300+ User Manual



### FEATURES:

- Daily Activity Tracking of Steps, Distance and Calories Burned
- Multiple Watch Faces
- 1/100 Second Stopwatch Up to One Hour, 1 Second Up to 99:59:59 Hours
- Dual Time / 2<sup>nd</sup> Time Zone
- 2 Interval Timers each with up to 6 Intervals
- 24 Hour Countdown Timer
- 5 Customizable Alarms
- INDIGLO® night-light

Note: The T300+ may ship in Power Save mode. Press and hold any button for 4 seconds to turn on the watch. To use the Power Save mode, hold the Back button for 4 seconds.

## BUTTON LOCATIONS:



Note: The T300+ uses a menu-based operating system. Many of the features, functions and settings can be found by pressing the Menu button and then pressing the Up or Down buttons until desired setting is found. Press the Menu button again to enter the setting.

### 1. Time of Day and Date Setting

To set the time of day and date, press the Menu button and then up or down buttons until Setup appears. Press the Menu button. While TIME is highlighted, press the Menu button. To set the Time press the menu button again. Use the up or down buttons to select the hour. Press the Menu button to move to minutes. Use the up or down buttons to select the minute. Press Menu button to move to seconds. Use the up or down buttons to select the seconds. Press Menu to confirm. Use the up or down buttons to select AM or PM. Press the Menu button to confirm and watch will return to SET screen. Press the down button until DATE is highlighted. Press the Menu button. Use the up or down buttons to select the month. Press the Menu button to move to the day. Use the up or down buttons to select the day. Press the Menu button to move to Year. Use the up or down buttons to select the year. Press Menu button to confirm.

Format allows you to select 12 hour or 24-hour time format. Time 2 can be set as a second time zone. Press the Back button to return to the Settings menu or press back button twice to return to time of day.

### 2. Activity

To view your daily activity, press the Menu button and the Activity icon will appear. Press the Menu button again to see your daily Calories burned. Press the Menu button repeatedly to scroll through your Steps and Distance. Pressing the Up or Down buttons will display information from yesterday. Press the Menu button repeatedly to scroll through your Steps, Calories and Distance from yesterday. Press the Back button twice to return to time of day.

### **3. Chrono**

Press the Menu button and then the down button until the Chrono icon appears. Press Menu button again to enter Chrono mode. Press the Menu button to start the chronograph. While the chronograph is running press the down button to take a split. This can be repeated for multiple splits. Press the Menu button to Pause the chronograph. Use the up and down buttons to either Resume, Save or Discard and the Menu button to select. Press the back button to return to time of day when finished.

To view a saved workout from the time-of-day screen, press the menu button and then the down button until the Review icon appears. Press the Menu button to select and enter the saved workouts. Use the Menu button to select.

A target pace can be setup by pressing Menu from the time-of-day screen, then scroll down to the Setup icon and press Menu to select. Press the down button to get to TRG TIME and press Menu to select. Use the Menu and up and down buttons to set your Target Pace, Range and Target Distance. Press the back button after finished. Now when using the Chrono and taking a split, the watch will tell you how far ahead or behind pace you are.

### **4. Interval**

Press the Menu button and then the down button until the Interval icon appears. Press the Menu button to enter the Interval menu. Press the down button to get to Setup and press Menu button to select. Use the up and down and Menu buttons to setup Workout 1 or Workout 2. You can choose a warmup or cooldown as well as set the desired time for each interval.

To setup custom intervals, press the Menu button while Workout 1 or Workout 2 is highlighted. Scroll down to Intervals and press the menu button. Press the Menu button to select the number up reps from 1 to 99. Press back button when finished. Scroll down to "1 –" and press the Menu button to enter setting. Press either the up or down button to turn on the Interval. Press the Menu button to continue setting the hours, minutes, and seconds of your interval. You can also select an Intensity level as reference when viewing the saved workout. Press the back button to return to Workout 1 or Workout 2. Press the Menu button to select a workout and the Menu button again to begin workout. Press the Menu button during a workout to pause. Use the up and down buttons to either Resume, Save or Discard by using the Menu button to select.

### **5. Review**

To review your saved workouts from Chrono or Interval, press the Menu button from the time-of-day screen and press the down button until the Review icon appears. Press the Menu button to select. Here you can scroll through your saved activity data. Use the up and down buttons with the Menu button to select desired saved workout to view.

### **6. Timers**

The watch features 2 different countdown timers. From time-of-day screen press the Menu button and then the down button until the Timers icon appears. Press the Menu button to select. Press the down button to Setup and press Menu to select. Use the Menu and up and down buttons to set the countdown timer up to 23:59:59. Press back button when finished.

## 7. Alarms

The watch features 5 customizable alarms. From time-of-day screen press the Menu button and the down button until the Alarms icon appears. Choose Alarm 1 to 5 and press Menu button to enter setting mode. Press the down button to turn alarm on or off. Use the up and down buttons with the Menu button to set the hour and minute of the alarm as well as Daily, Once, Specific Day of Week, Weekend or Weekday. You can also select a pre-set Message for the alarm if desired as a reminder.

## 8. Setup

From time-of-day screen press the Menu button and then the down button until the Setup icon appears. Press the Menu button to enter the Setup mode. Use the up and down buttons to select from the following:

- TIME – Set the time-of-day
- USER INFO – Set Gender, Age, Unit, Height, Weight,
- ACTIVITY – Set your activity goals
- TRG TIME – Set a target time and distance as a pacer for Chrono mode
- SYSTEM – Tap, Eat Timer, Drink Timer, Sounds, Contrast, About

Use the up and down buttons and the Menu button to select and complete the setup.

## 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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