TIMEX

iControl® Watch
instruction guide

Made for iPod

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Register your product at www.timex.com

Thank you for purchasing your Timex® watch.

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.

Please read instructions carefully to understand how to operate your Timex® watch. **Your model may not have all of the features described in this booklet.**

FEATURES

- Full function sport watch with wireless remote - designed to keep your iPod mobile digital device functional, secure and dry, even during strenuous activity.
- Time/date (12/24 hour format • MMDD/DDMM format • three Time Zones • Hourly Chime)
- Countdown timers (up to 24 hours • stop or repeat at end • two intervals)
- Three alarms (Daily/weekday/weekend • 5-minute backup)
- Chronograph (lap storage • lap/split recall • average/best time display • on-the-fly recall • elapsed time counter)
- INDIGLO® night-light with NIGHT-MODE® feature.

BASIC OPERATIONS

INDIGLO® BUTTON

STOP/RESET/SET
OR DONE (To save changes and exit setting)

MODE OR NEXT
(Proceed to next step)

VOLUME UP
OR Increase value. Hold to increase rapidly

NEXT TRACK
OR Proceed to next step

VOLUME DOWN
OR Decrease value. Hold to decrease rapidly

START/SPLIT

When setting, each button has a different function as indicated above.
Display indicates when button changes function.

iPod CONTROL

iPod® ICON

PREVIOUS TRACK
(Refer to Mode descriptions for operation)

VOLUME UP

NEXT TRACK

VOLUME DOWN

PLAY/PAUSE
(Refer to Mode descriptions for operation)

GETTING STARTED WITH YOUR iControl® WATCH

Perform these steps each time you are attaching the receiver device to your iPod to ensure reliable operation:

1. Press MODE until watch is in TIME mode. 𝟖 will be visible on display.
2. Plug receiver into iPod dock connector.

3. Press ▶/‖ button, ensure iPod responds to the command correctly. If not, remove receiver from iPod and repeat steps 2 and 3 until iPod responds correctly.

You are now ready to wirelessly control your iPod with your watch!

TIPS:

- 𝟖 will be visible on display in modes where iPod use is possible (TIME, CHRONO, INTERVAL TIMER and TIMER modes).
- There will be a slight delay in the iPod's response to button presses on the watch. This is normal.

3 G iPod NANO & iPod CLASSIC:

- Your iPod may exhibit a slightly longer delay when responding to iControl® watch commands.
- The volume level will not be displayed when changing volume using your iControl® watch.
- Fast-forward or reverse through the currently playing track is not available, therefore holding ◄ or ► watch buttons has no effect.
- It is not possible to turn your iPod off by holding ▶/‖ button.
- The iControl® watch is designed to operate up to a range of about 10 ft. (3 m). Range will be affected by watch and iPod battery voltage. If range is greatly reduced even with iPod fully charged, it may be necessary to replace watch battery. Refer to battery change instructions at the end of these instructions.
- Receiver is powered by iPod, therefore use of the iControl system will reduce time between charges for the iPod. Unplug receiver from iPod when not using the iControl system.

3 G iPod NANO ONLY:

- The backlight may cause interference with iControl® operation, especially with backlight timer settings greater than 10 seconds. If iControl® operation is unreliable when the backlight is on, try reducing the Backlight Timer setting. This setting can be found in the settings menu on the iPod.

iPod TOUCH ONLY

- The volume will increase or decrease two steps for each press of the iControl® volume up (+) or volume down (–) key.

TIME/DATE/HOURLY CHIME

SETTING TIME AND DATE:

1. In TIME mode, press and hold STOP/RESET/SET. Time Zone flashes.
2. Press + or – to select Time Zone 1, 2 or 3.
3. Press NEXT to set hour. Digits flash.
4. Press + or – change hour. Scroll through 12 hours to change to AM/PM.
5. Press NEXT and + / – to set minutes.
6. Press NEXT and + / – to set seconds to zero.
7. Continue pattern to set day, month, date, year, 12-hour (AM/PM) or 24-hour military time format, MM.DD or DD.MM date format, turn hourly Chime on/off, turn Beep on/off. If you select Beep on, beep will sound every time you push a button except INDIGLO® button.
8. Press NEXT to set next Time Zone, following procedure above.
9. Press DONE to exit.

TIPS:

- Press and hold START/SPLIT briefly to peek at next Time Zone. Press again quickly to view 3rd time zone.
- Press and hold START/SPLIT while next Time Zone is displayed to change to that Time Zone. Watch will beep to confirm change.

CHRONO

Chrono counts up to 99 laps (100 hours max.) and stores 50 laps.

iPod FUNCTION IN CHRONO MODE:

▶/II and ◀ iPod functions share the buttons with important Chrono functions (START/SPLIT and STOP/RESET/SET, respectively):

Chrono is:	**START/SPLIT Button**	**STOP/RESET/SET Button**
Reset (00:00.00)	Press and release - START Press and hold - ▶/II	Press and release - Change Display Format Press and hold - ◀
Running	Press and release - SPLIT Press and hold - ▶/II	Press and release - STOP Press and hold - ◀
Stopped	Press and release - START Press and hold - ▶/II	Press and release - ◀ Press and hold - RESET

All other iPod functions operate normally.

USING THE CHRONO:

1. Press MODE until CHRONO appears.
2. Press and release START/SPLIT to start Chrono. Chrono continues to run if you exit the mode.
3. Press and release START/SPLIT to take a split. Lap number alternates with last two digits of display.
4. Display will freeze for 10 seconds. Press MODE to release display and see running Chrono.
5. Press and release STOP/RESET/SET to stop or pause Chrono. Press and release START/SPLIT to resume.
6. When workout is completed, press and hold STOP/RESET/SET to reset Chrono.

TIP: When Chrono is running, ⏱ appears in Time display.

CUSTOMIZE DISPLAY FORMAT:

This determines what is shown in first and second lines of the display.

1. When Chrono is reset, press and release STOP/RESET/SET.
2. Press + / – to select LAP/SPL (Split in large digits), SPL/LAP (Lap in large digits), or TOTAL RUN.
3. Press STOP/RESET/SET to exit.

NOTE: TOTAL RUN format allows you to view total elapsed time and total activity time (total activity time=total elapsed time - time paused during workout).

USING THE TOTAL RUN FEATURE IN CHRONO:

Select TOTAL RUN display format as described above.

1. Press START/SPLIT to start Chrono.
2. Press STOP/RESET/SET every time you pause/stop during your workout. Primary display will show time elapsed less paused time (total activity time). Upper display will continue to run, showing total elapsed time since Chrono was started.

TIPS:

• When you have completed a workout in this format, total elapsed time will continue to run until Chrono is reset.
• When recalling TOTAL RUN, only total activity time will be displayed.
• Elapsed time counter will continue to run until Chrono is reset. If you take a split, display will change to LAP/SPL Elapsed time is not stored in memory.

RECALL

1. Press MODE until RECALL appears.
2. Press + / – to review Lap/Split times of successive laps, BEST lap, AVG lap.

TIPS:

• Press STOP/RESET/SET at any time to return to viewing first Lap/Split time.
• You cannot view the current lap time if Chrono is running.
• Recall data is cleared when Chrono is started from reset.
• iPod function is not available in RECALL mode.

INTERVAL TIMER & TIMER

iPod FUNCTION IN TIMER & INTERVAL TIMER MODES:

▶/❙❙ and ❙◀ functions share the buttons with important TIMER & INT TMR functions (START and STOP/RESET/SET, respectively):

Timer is:	**START/SPLIT Button**	**STOP/RESET/SET Button**
Reset (00:00.0)	Press and release - START Press and hold - ▶/❙❙	Press and release -SET Press and hold - ❙◀
Running	Press and release - ▶/❙❙ Press and hold - ▶/❙❙	Press and release - STOP Press and hold - ❙◀
Stopped	Press and release - START Press and hold - ▶/❙❙	Press and release - RESET Press and hold - ❙◀

All other iPod functions operate normally.

SETTING THE TIMER or INTERVAL TIMER

You can set one (TIMER) or two sequential (INT TMR) Countdown Timers:

1. Press MODE until TIMER or INT TMR appears. Timer & Interval Timer must be stopped and reset before settings can be changed.
2. Press and release STOP/RESET/SET.
   [INT TMR ONLY]: INT 1 flashes.
3. Press + / – to change hour.
4. Press NEXT and + / – to set minutes.
5. Press NEXT and + / – to set seconds.
6. Press NEXT and + / – to select STOP AT END or REPEAT AT END.
   [INT TMR ONLY]: Press NEXT and then press + / – to change to INT 2 (Interval 2). Press NEXT and repeat steps 3 - 6 for INT 2.
7. Press DONE to confirm and exit.

USING THE TIMER & INTERVAL TIMER

1. Press and release START/SPLIT to start countdown. Countdown will continue if you exit mode.
   An alarm melody chimes when countdown or interval reaches zero or before it starts to countdown again, if set to repeat.
2. Press and release STOP/RESET/SET to stop Timer.
3. Press and release START/SPLIT to continue countdown, or press and release STOP/RESET/SET to reset.

TIPS:

• ⅀ appears in Time display when either Timer is running.
• Maximum number of repeats is 99.

- For repeat Timer operation, repetition number appears at top right of screen.
- [INT TMR ONLY] When first countdown is complete, timer proceeds to the next non-zero interval that is set. INDIGLO® night-light flashes and beep sounds between each interval.
- [INT TMR ONLY] If you set both Timers in Interval Timer to repeat, Timer will countdown both intervals and then repeat entire sequence.

ALARM

SETTING ALARM
1. Press MODE until ALM 1 appears.
2. Press STOP/RESET/SET to set alarm.
3. Hour digits flash. Press + / – to change hour.
4. Press NEXT and + / – to set minutes, AM or PM (if primary time display is in 12-hour format), DAILY, WKDAYS or WKENDS
5. Press DONE to confirm and exit.

To set remaining alarms, press MODE for ALM 2 or ALM 3 and set as above.

USING ALARM
Press START/SPLIT to turn Alarm ON or OFF. ○ appears in display when Alarm is ON.

TIPS:
- When Alarm is on and the set time is less than 12 hours away, (alarm icon) appears in Time display.
- When Alarm expires, INDIGLO® night-light and alarm icon flash and alert sounds. Press any button to silence.
- If no button is pushed, alert will cease after 20 seconds and Backup Alarm will activate after 5 minutes.
- iPod function is not available in Alarm mode.

INDIGLO® NIGHT-LIGHT/NIGHT-MODE® FEATURE

1. Press INDIGLO® button to activate night-light. Electroluminescent technology illuminates entire watch face at night and in low light conditions.
2. Continue to press up to 3 seconds to maintain illumination.
3. Press and hold INDIGLO® button for 4 seconds to activate NIGHT-MODE® feature
4. In NIGHT-MODE® feature, push any button to illuminate watch face for 3 seconds.
5. To deactivate NIGHT-MODE® feature, press INDIGLO® button for 4 seconds. Feature will automatically deactivate after 8 hours.

BATTERY

Timex strongly recommends that a retailer or jeweler replace battery. Battery type is on watch back. If present, push/short internal reset switch after replacing battery. Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage.

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

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.

SPECIFICATIONS

Operating range: 10ft

Transmission Method: Radio frequency

Frequency: 433 MHZ

Battery: CR2025

FCC:
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the receiving antenna.
-Increase the separation between the equipment and receiver.
-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-Consult the dealer or an experienced radio/TV technician for help.

This Class [B] digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

DECLARATION OF CONFORMITY

Manufacturer: Timex Corporation
                            555 Christian Road
                            Middlebury, CT USA 06762

declares that the product:

             Product Name: Timex iControl
             Model Number: M805

conforms to the following Product Specifications:
R&TTE: 1999/05/EC
Standards: ETSI EN 300 330-1 - V1.3.1 (EMC) & (ERM)
               ETSI EN 300 330-2 - V1.1.1 (EMC) & (ERM)

LVD: 73/23/EEC
Standards: CENELEC EN 60950-1

EMC: 89/336/EEC
Standards: CENELEC EN 55022:1998
               CENELEC EN 55024-1998
               EN 61000-4-2 - ESD
               EN 61000-4-3 - RF Radiated Immunity
               EN 61000-4-8 - Magnetics

Supplemental Information: The product herewith complies with the requirements of the Radio & Telecommunications Terminal Equipment Directive 1999/05/EC, the Low Voltage Directive 73/23/EEC, and the EMC Directive 89/336/EEC and carries the C€ marking accordingly.

Agent: _Brian J. Hudson_

Brian J. Hudson
Director, Test Engineering and Module Development

Date: 01 May, 2007, Middlebury, Connecticut, U.S.A.

Your TIMEX® watch is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

1) after the warranty period expires;
2) if the watch was not originally purchased from an authorized Timex retailer;
3) from repair services not performed by Timex;
4) from accidents, tampering or abuse; and
5) lens or crystal, strap or band, watch case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US$ 8.00 check or money order in the U.S.; a CAN$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 020 8687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Watch Repair Mailer for your convenience in obtaining factory service.

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