

How do i reset the time change on my timex 1440 sports watch?

- 1 year ago

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Buttons are numbered as followed:

Start/Stop is button 1

Lap/Rst is button 2

Indiglo is button 3

Mode is button 4

- a) Press 4 to select "TIME" mode
- b) Press 2 and hold for 2 sec to select "SET" mode, second digits blink.
- c) Press 1 to reset digits to 00.
- d) Press 4. Minute digits blink
- e) Press 1 to set minutes.
- f) Press 4. Hour digits blink.
- g) Press 1 to set hours.
- h) Follow same patter to set day of month, month, etc...
- i) Press 2 at any time to retain set values and exit procedure

Source(s):

Timex instruction manual

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