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1) Press and hold mode for about 2 seconds and then release. You will now be in the alarm edit mode. 2) Press mode once more and now you are in time edit mode. 3) Use the stop button to select what to edit, i.e. hour minute, etc. 4) Use the reset ...

## **How to set a watch, model WR30M - Quora**

The Timex WR 30m watch I bought cause it is about the only slim watch out there in a man's watch, the indiglo was a bonus. Since misplacing my instructions, I remembered the technique. Pull stem all the way out to adjust date, it will advance 1 day ever time the hands go around 24 hours.

## **Resetting day/date on Timex WR-30-M - Google Groups**

If the battery in your timex indiglo WR 30M watch needs to be replaced, you will need to reset the time on your watch. You may also need to change the time when traveling or to adjust for daylight saving time. What to Look For. Locate the MODE button, the SET/INDIGLO button and the START/STOP button on the side of your Timex Indiglo WR 30M. ...

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key when the stop watch is stopping or in the lap counting mode. Press " Start / Stop " key to go back the stop watch function and stop watch will start again Press " Set " key to go back to the stop watch function. 6) To reset, press & hold the " Set " key and all the data will reset to zero. 7) Measuring Unit : 1/100 second ...

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