


# PM3/PM4 VIEW DURING THE START SEQUENCE

When all rowers are at the sit ready position, the starter will begin the START SEQUENCE

2000 <sub>m</sub>	0 <sub>s/m</sub>
:00 <sub>/500m</sub>	
:00.0 <sub>ave /500</sub>	
 Sit ready	

This is the first screen that will show on your PM3/PM4 display.

2000 <sub>m</sub>	0 <sub>s/m</sub>
:00 <sub>/500m</sub>	
:00.0 <sub>ave /500</sub>	
 Attention	

Followed pretty quickly by this one.

2000 <sub>m</sub>	0 <sub>s/m</sub>
:00 <sub>/500m</sub>	
:00.0 <sub>ave /500</sub>	
<b>ROW</b>	

There is a random time delay between Attention and ROW

Begin rowing when ROW is visible on your display. If you start early the computer will false start you.