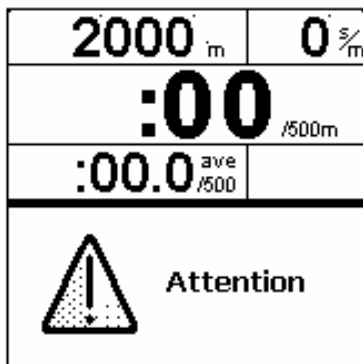


PM3/PM4 VIEW DURING THE START SEQUENCE

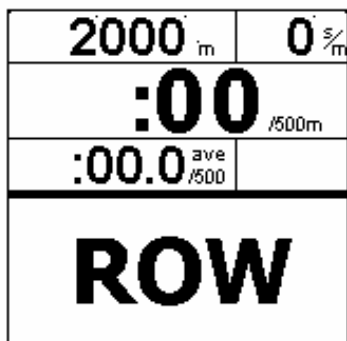
When all rowers are at the sit ready position, the starter will begin the START SEQUENCE



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



Followed pretty quickly by this one.



Then there will be a count down- 3,2,1- followed by ROW.

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