


# PM3 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 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.

# PM3 VIEW DURING A RACE

1530 m	32 $\frac{s}{m}$
1:42 /500m	
1:53.2 ave /500	
1 Rob Waddel	+23 m
4 Steve Redgr	+ 9 m
5 Dick D.	
6 Pete D.	-12 m

The top half of the screen shows your personal information, as usual. You can press the **CHANGE UNITS** button to reach your desired screen.

This line shows the rower in first place.

This line shows the rower ahead of you.

This line shows you.

This line shows the rower behind you.

This example shows what Dick D. will see during the race. He is in fifth place, Pete D. is 12 meters behind him and Steve Redgrave is 9 meters ahead of Dick. Rob Waddel is leading the race and 23 meters ahead of Dick.