

PM3 VIEW DURING THE START SEQUENCE

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

2000 _m	0 _{s/m}
:00 /500m	
:00.0 ^{ave} /500	
 Sit ready	

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

2000 _m	0 _{s/m}
:00 /500m	
:00.0 ^{ave} /500	
 Attention	

Followed pretty quickly by this one.

2000 _m	0 _{s/m}
:00 /500m	
:00.0 ^{ave} /500	
ROW	

◀ There is a random time delay of one to two seconds 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 _{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 units.

- ◀ This line shows the rower in 1st place.
- ◀ This line shows the rower ahead of you.
- ◀ This line will always show you, even if you are in 1st place.
- ◀ 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.

DRAG FACTOR

On the race machine, the drag factor is visible on the warmup screen. You will not have to hit any buttons to see the drag factor from the warmup screen.