

ROWERS VIEW DURING START

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

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

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

Followed pretty quickly by this one.

There is a random time delay between Attention and ROW

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

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

Rowers will be given a warning on the first false start. If two false starts are assessed, the rower may be removed from the race.