

## RACE START SEQUENCE

### PM3/PM4/PM5 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>3/m</sub>
:00	/500m
:00.0 <sub>ave</sub>	/500
	Sit ready

This is the first screen that will show on your PM3/PM4/PM5 display.

2000 <sub>m</sub>	0 <sub>3/m</sub>
:00	/500m
:00.0 <sub>ave</sub>	/500
	Attention

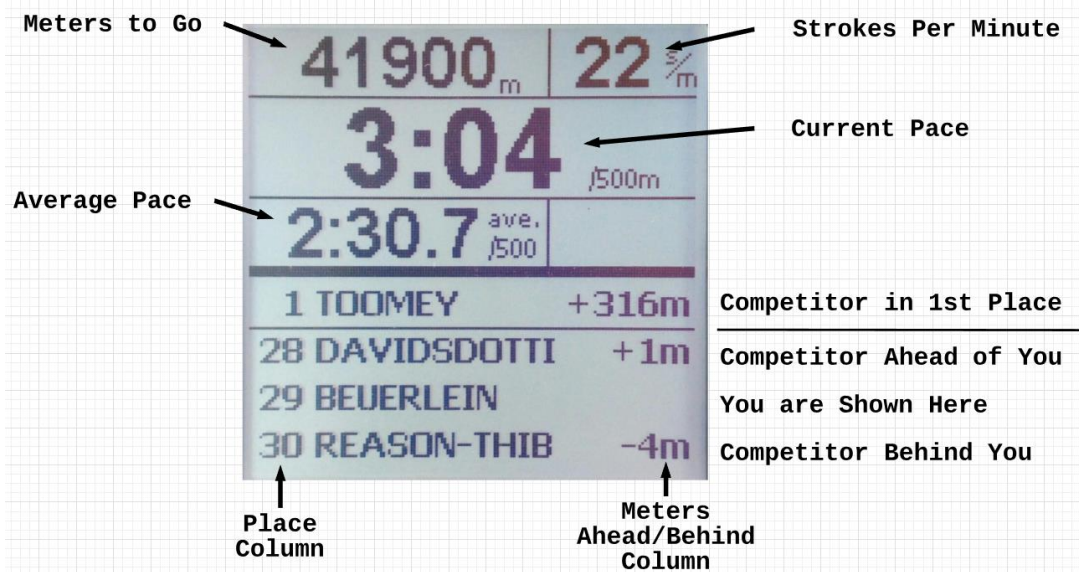
Followed pretty quickly by this one.

There is a random time delay of one to two seconds between **Attention** and **ROW**.

2000 <sub>m</sub>	0 <sub>3/m</sub>
:00	/500m
:00.0 <sub>ave</sub>	/500
<b>ROW</b>	

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

## RACE DISPLAY



If you see this on your screen: **Keep Rowing** don't stop, keep rowing!

### Important

The time between "Attention" and "ROW" is different for each race to prevent people from trying to predict the start.

If a **false start** occurs, the monitor will display "False Start" and will list the lanes responsible. Stop rowing and put the handle back in the handle hook.

### Health and Safety.

- PARTICIPATION IN THIS EVENT IS ENTIRELY AT YOUR OWN RISK: Should you feel that you are no longer able to compete, you can withdraw.
- MEDICAL ISSUES DURING RACING: If you experience any pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, please **STOP** rowing and consult a medical expert.

### During the race

If you experience technical issues during your race, please continue to row until you have completed the distance. If the connection comes back in this time the race system will be able to read your back up file and extrapolate your score. If it does not come back, your monitor will still contain your score which can be manually added after the race.

### After the race

Once the race has finished, the race official will approve the race at which point the race system will disconnect your monitor. You do not need to do anything whilst this is happening.

**Enjoy.**