

Setting Frame Rate on the Sony J-H3 HDCAM Player

- **PRESS: S**
- **PRESS: TC BUTTON**
- **SET F1 TO TC**
- **SET F5 TO LTC OR VITC**
- **SET F6 TO INT (L or V)**
*NOTE: F7 NEEDS TO BE On "REGEN" TO CHANGE F6
- **SET F7 TO PRESET**
- **SET F8 TO REC MODE**
- **ENTER TIME-CODE USING**
- **TURN: JOG-SHUTTLE. SELECT 525 (NTSC) OR 625 (PAL)**
- **PRESS: SET BUTTON (Yellow)**
- **PRESS: F3 (TIMER-SET)**
- **PRESS: HOME BUTTON**

