

Selecting PAL/NTSC on the Sony J-30

- **Press: SHIFT & MENU BUTTON SIMULTANEOUSLY**
- **TURN: JOG-SHUTTLE WHEEL. SELECT MENU #103 (SYSTEM)**
- **PRESS & HOLD: JOG-SHUTTLE BUTTON**
- **TURN: JOG-SHUTTLE WHEEL CLOCKWISE. SET TO ON**
- **PRESS: SET BUTTON**
- **PRESS: & HOLD: JOG-SHUTTLE BUTTON**
- **TURN: JOG-SHUTTLE. SELECT 525 (NTSC) OR 625 (PAL)**
- **PRESS: SET BUTTON**
- **PRESS: TURN POWER OFF AND ON**

