

## Selecting Frame Rate on the Sony J-H3 HDCAM Player

- Press: **Shift & Menu** Buttons Simultaneously
- Turn: **Jog-Shuttle**. Select **Menu #013** (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** Wheel **Clockwise/Counter Clockwise** to  
Desired **Frame Rate**
- Press: **Set** Button
- Press: **Turn Power Off** and **On**