

Selecting PAL / NTSC on the Sony J-30

- Press: **Shift & Menu** Buttons Simultaneously
- Turn: **Jog-Shuttle Wheel**. 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**. Select **525 (NTSC)** or **625 (PAL)**
- Press: **Set** Button
- Press: **Turn Power Off** and **On**