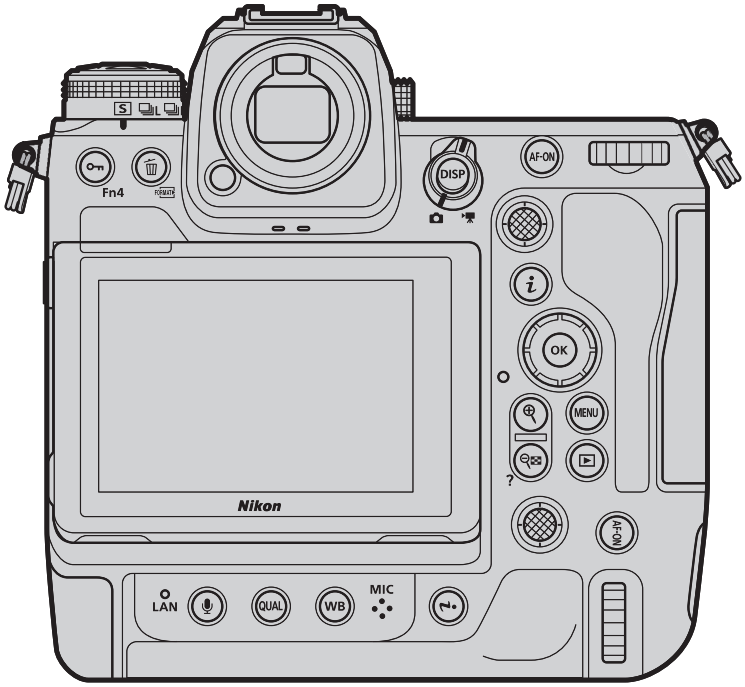
Nikon

Z 9 Professional

Setting Guide

—Sports AF Edition—

Revision 1.0



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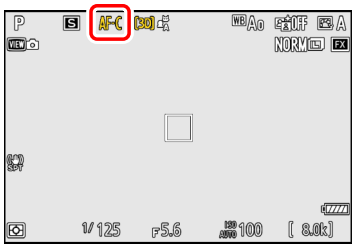
Sports AF: Autofocus Basics

The following settings are suitable for most sports:

Focus mode		AF-C
AF-area mode		• **Solo events**: 3D-tracking • **Team events**: Dynamic-area AF (S)
Photo shooting menu		
AF subject detection options		[**Auto**]
Custom Settings		
a1 AF-C priority selection		[**Release**]
a3 Focus tracking with lock-on	Blocked shot AF response	[**2**]
	Subject motion	[**Steady**]
a9 Focus mode restrictions		[**Continuous AF**]

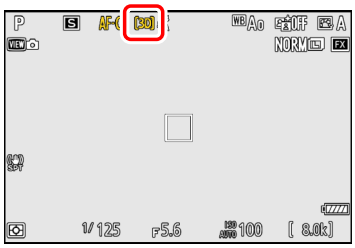
Focus Mode: AF-C

The camera adjusts focus continuously while the **AF-ON** button is pressed or the shutter-release button is pressed halfway.

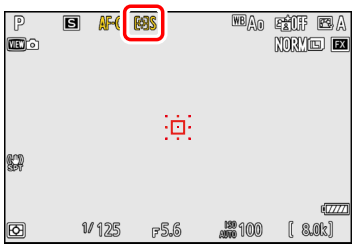


AF-Area Mode: 3D-Tracking (Solo Events)/Dynamic-Area AF (S) (Teams)

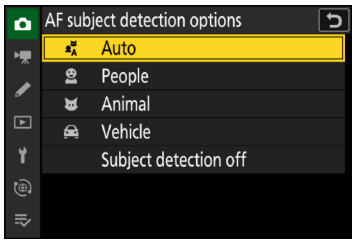
We recommend 3D-tracking as the AF-area mode for solo events. The focus point can be made to track a selected subject.



For team events, we recommend dynamic-area AF (S). You can quickly adjust focus as you switch from one player to another.



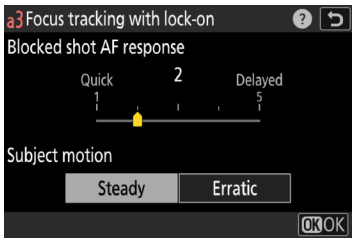
AF Subject Detection Options: Auto



The camera will detect humans, animals, and vehicles and choose a subject for focus automatically.

- Subject detection is available when wide-area AF (S), wide-area AF (L), wide-area AF (C1), wide-area AF (C2), 3D-tracking, or auto-area AF is selected for AF-area mode.

Focus Tracking with Lock-On



Custom Setting a3 [**Focus tracking with lock-on**] controls how autofocus responds to changes in the distance to the subject.

■ Blocked Shot AF Response: [2]

Increasing the speed with which the autofocus system reacts to blocked shots ensures that focus responds quickly to frequent subject changes.

■ Subject Motion: [Steady]

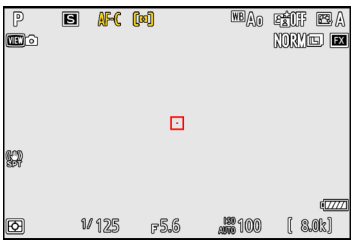
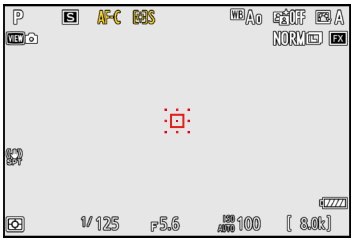
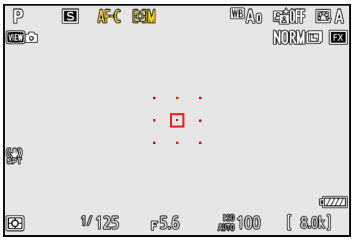
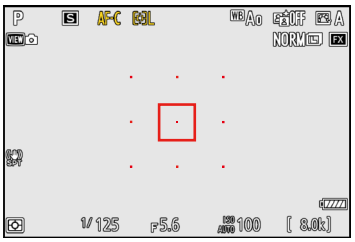
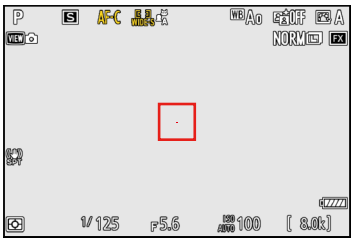
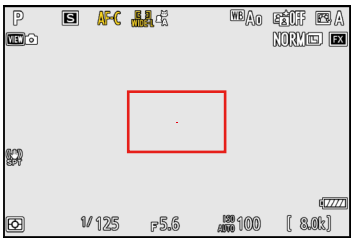
[**Steady**] is suited to a wide variety of subjects.

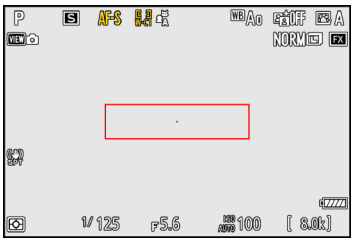
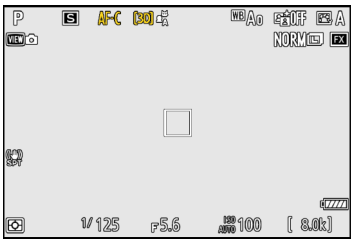
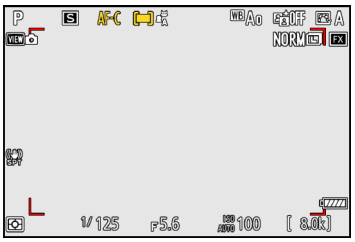
Recommended Settings by Event

See "Recommended AF Settings by Event" (page 17) for the recommended AF settings for different sporting events.

AF-Area Mode

The following eight AF-area modes are available in focus mode AF-C.

AF-area mode		Description	Monitor
[ ]	**Single-point AF**	The camera focuses on a point selected by the user.	
S	**Dynamic-area AF (S)**	The focus point is selected manually. The camera focuses on the subject in the selected focus point when autofocus is initiated, but if the subject later briefly leaves the selected point, the camera will focus based on information from surrounding points. Choose if the camera has difficulty focusing, or for active subjects that are hard to keep framed in a single point, and choose an option with broader coverage if the subject is moving unpredictably or occupies a large area of the frame.	
M	**Dynamic-area AF (M)**		
L	**Dynamic-area AF (L)**		
WIDE-S	**Wide-area AF (S)**	As for single-point AF, except that the camera focuses on a wider area.	
WIDE-L	**Wide-area AF (L)**		

AF-area mode		Description	Monitor
W-C1 W-C2	**Wide-area AF (C1)** **Wide-area AF (C2)**	The camera focuses on a subject chosen using a custom focus area whose dimensions (height and width in focus points) can be selected by the user from 20 different options. • The size of the custom focus area for the current mode can be chosen by holding the focus-mode button and pressing ⊕, ⊖, ◀, or ▶. • The size of the custom focus area can also be chosen using [**AF-area mode**] > [**Wide-area AF (C1)**] or [**Wide-area AF (C2)**] in the photo shooting menu.	 13 × 3
[3D]	**3D-tracking**	The camera tracks focus on a selected subject. This option is available only in photo mode. • Position the focus point over your subject and start tracking by pressing **AF-ON** or by pressing the shutter-release button halfway; focus will then track the selected subject as it moves through the frame. • To end tracking and restore the previously-selected focus point, release the **AF-ON** or shutter-release button. • If the subject leaves the frame, remove your finger from the shutter-release button and recompose the photograph with the subject in the selected focus point.	
[▬]	**Auto-area AF**	The camera automatically detects the subject and selects the focus point.	

Custom Focus Areas

Use wide-area AF (C1) and wide-area AF (C2) to create focus areas tailored to subjects of a specific size.

Caution: 3D-Tracking

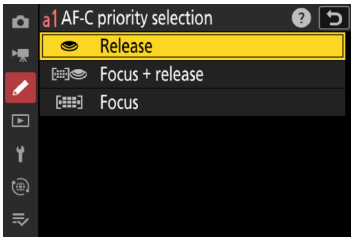
The camera may be unable to track subjects that are obscured by other objects or leave the frame.

Quick Focus-Point Selection

- For quicker focus-point selection, choose [**Alternating points**] for Custom Setting a4 [**Focus points used**] (page 9).
- If you prefer to use the sub-selector for focus-point selection, you can choose [**Select center focus point**] for Custom Setting f2 [**Custom controls (shooting)**] > [**Sub-selector center**] to allow the center of the sub-selector to be used to quickly select the center focus point (page 15).

a1: AF-C Priority Selection

Custom Setting a1 [**AF-C priority selection**] controls whether the camera gives priority to focus or shutter release.



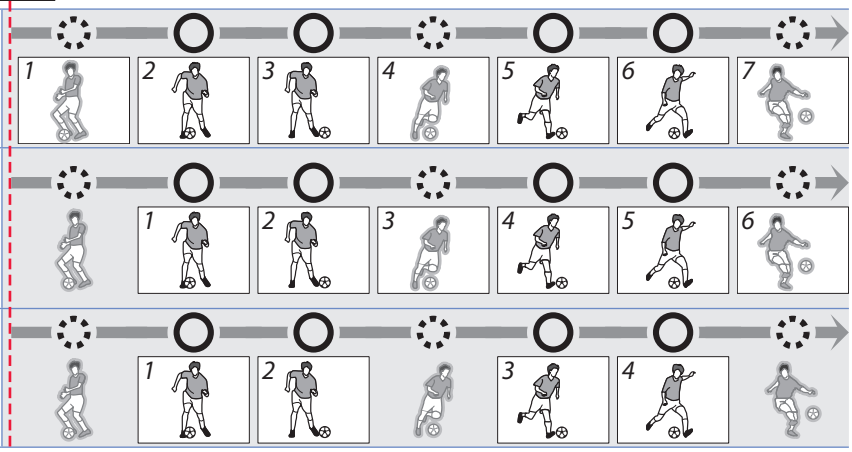
Shutter-release button pressed all the way down

: Subject not in focus
: Subject in focus
: Photo taken (frame number shown in top left corner)

Release: Pictures can be taken whether or not the camera is in focus. Frame rates do not slow during burst photography.

Focus + release: In burst mode, priority is given to focus for the first frame and to release for later frames, ensuring that the first frame is in focus and that no subsequent frames are missed. Frame rates do not slow.

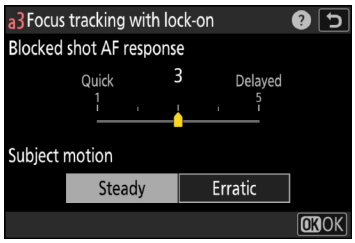
Focus: Pictures can only be taken when the camera is in focus.



Note: Release timing not exactly as shown.

a3: Focus Tracking with Lock-On

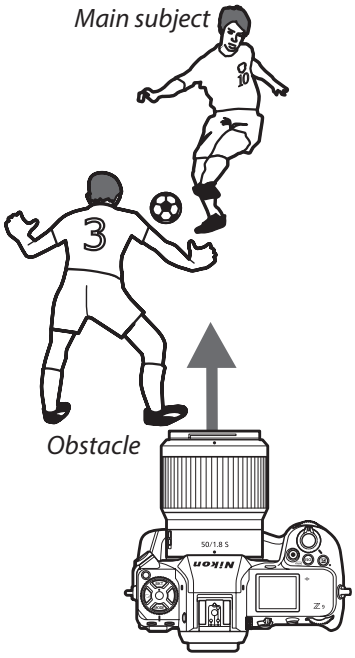
This menu contains two options: [**Blocked shot AF response**] and [**Subject motion**].



■ Blocked Shot AF Response

If **AF-C** is selected for focus mode, focus tracking with lock-on will prevent the camera refocusing when your subject is briefly obscured by another object, ensuring that it will continue to track the main subject once the obstacle has moved away. Choose the length of time before the camera refocuses from [**1 (Quick)**], [**2**], [**3**], [**4**], and [**5 (Delayed)**]. Lock-on applies only while the camera is focusing; to focus at a new distance without waiting for lock-on to end, re-initiate autofocus.

The camera will track and focus on objects at the same distance as the main subject. High values (slow response) make the camera slow to re-focus on obstacles when the shot is blocked. Select low values (quick response) to quickly refocus on subjects passing in front of the camera and for improved response when switching rapidly from one subject to another.



■ Subject Motion

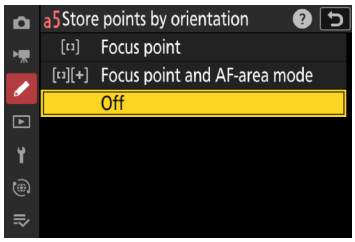
Choose how the camera tracks subjects in motion. Choose [**Steady**] for subjects approaching the camera at a steady pace, like sprinters or race cars on a track, [**Erratic**] for long or triple jumpers and other subjects prone to sudden stops and starts.

a4: Focus Points Used

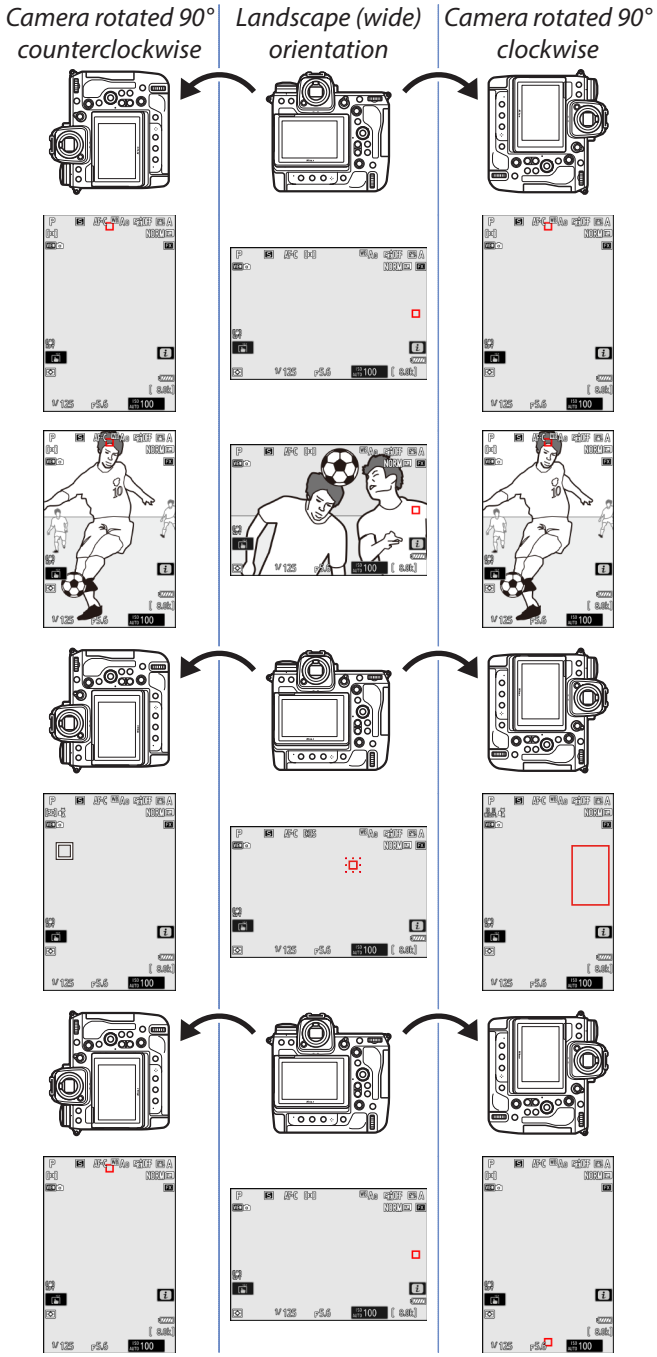
Choose number of focus points available for manual focus-point selection.

- Choosing [**Alternating points**] reduces the number of focus points to roughly a quarter of total available, speeding focus-point selection. The number of points available for the pinpoint AF AF-area mode is not affected.
- Manual focus-point selection is available in all AF-area modes except auto-area AF.

a5: Store Points by Orientation



This option lets you concentrate on shooting without having to worry about focus-point selection. Choose whether the camera uses the same focus point and AF-area mode in all orientations, or stores separate focus points and/or AF-area modes for use in "wide" (landscape) orientation, "tall" (portrait) orientation with the camera rotated 90° clockwise, or "tall" orientation with the camera rotated 90° counterclockwise. The options are [**Focus point**], [**Focus point and AF-area mode**], and [**Off**].

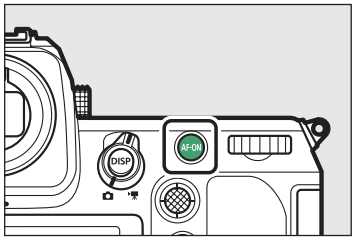


- **[Focus point]**: Rotating the camera restores the focus point last selected in the chosen orientation. If you select [**Off**] after choosing this option, the camera will select the center focus point for all orientations.

- **[Focus point and AF-area mode]**: Rotating the camera restores the focus point and AF-area mode last selected in the chosen orientation. In the example shown here, dynamic-area AF (S) is selected when the camera is in landscape orientation, 3D-tracking when it is rotated 90° counterclockwise, and wide-area AF (L) when it is rotated 90° clockwise.

- **[Off]**: The same focus point and AF-area mode will be used regardless of camera orientation.

a6: AF Activation



Choose [**AF-ON only**] to split the functions of the **AF-ON** button (or the control to which [**AF-ON**] has been assigned using Custom Setting f2 [**Custom controls (shooting)**]) and the shutter-release button so that the former is used for focus while the latter is used only to release the shutter. Lift your thumb from the **AF-ON** button to lock focus and take more shots at the current focus distance or prevent the camera refocusing when an object passes between you and your subject.

Highlighting [**AF-ON only**] and pressing ▶ displays an [**Out-of-focus release**] option; for sports photography, confirm that [**Enable**] is selected.

Focusing with Lens Function Buttons

To focus using the **L-Fn** or **L-Fn2** buttons found on certain lenses, select [**AF-ON**] for Custom Setting f2 [**Custom controls (shooting)**] > [**Lens Fn button**] or [**Lens Fn2 button**] (page 15).

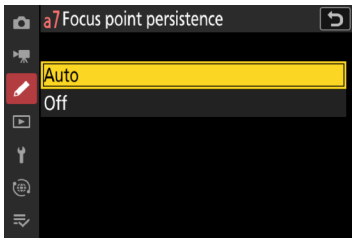
F Mount Lenses with Focus Function Selectors

If an F mount lens with a focus function selector is mounted on the camera via a mount adapter, the focus function buttons on the lens will perform the same role as the camera **AF-ON** button when the focus function selector is in the **AF-ON** position. As of November, 2021, the list of lenses featuring focus function selectors is as follows:

- AF-S NIKKOR 800mm f/5.6E FL ED VR
- AF-S NIKKOR 600mm f/4G ED VR
- AF-S NIKKOR 600mm f/4E FL ED VR
- AF-S NIKKOR 500mm f/4G ED VR
- AF-S NIKKOR 500mm f/4E FL ED VR
- AF-S NIKKOR 500mm f/5.6E PF ED VR
- AF-S NIKKOR 400mm f/2.8G ED VR
- AF-S NIKKOR 400mm f/2.8E FL ED VR
- AF-S NIKKOR 300mm f/2.8G ED VR II
- AF-S NIKKOR 200mm f/2G ED VR II
- AF-S NIKKOR 70–200mm f/2.8E FL ED VR
- AF-S NIKKOR 120–300mm f/2.8E FL ED SR VR
- AF-S NIKKOR 180–400mm f/4E TC1.4 FL ED VR
- AF-S NIKKOR 200–400mm f/4G ED VR II

a7: Focus Point Persistence

If you have assigned [**AF-area mode**] or [**AF-area mode + AF-ON**] to a control using Custom Setting f2 [**Custom controls (shooting)**], you can hold the control to switch temporarily from the current AF-area mode to a second, pre-selected mode. Selecting [**Auto**] for Custom Setting a7 [**Focus point persistence**] lets you do so without changing focus points.

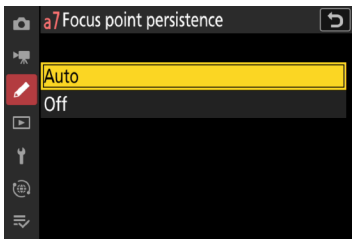


■ Using Focus-Point Persistence: An Example

In this example, we will assign [**AF-area mode**] to the **Fn1** button and hold it to switch temporarily from the current AF-area mode (auto-area AF in this case) to a second, pre-selected mode (here dynamic-area AF (S)).

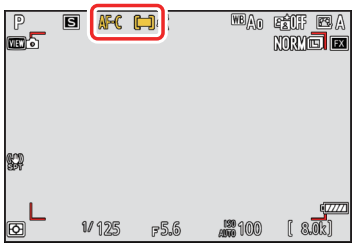
1 Enable focus-point persistence.

Select [**Auto**] for Custom Setting a7 [**Focus point persistence**].



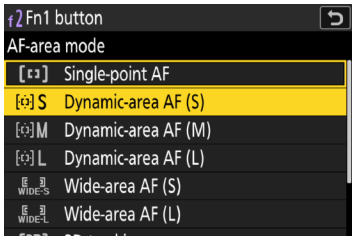
2 Select the default AF-area mode.

For this example we will choose [**Auto-area AF**] and a focus mode of **AF-C**.



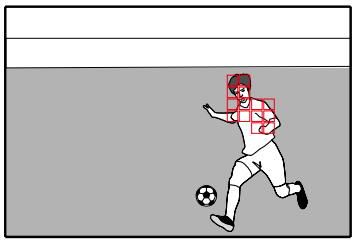
3 Assign [AF-area mode] or [AF-area mode + AF-ON] to a control.

Select Custom Setting f2 [**Custom controls (shooting)**] and choose the desired control and role (in this case, the **Fn1** button and [**AF-area mode**]). To choose the AF-area mode activated while the button is pressed, highlight [**AF-area mode**] and press ▶. This example assumes that [**Dynamic-area AF (S)**] is selected.

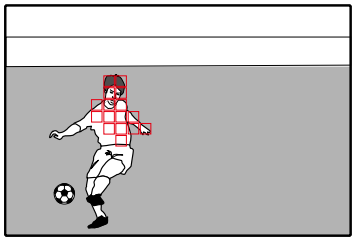


4 Focus using the default AF-area mode.

Press the shutter-release button halfway or press the **AF-ON** button to focus using the default AF-area mode. In the case of auto-area AF, the camera will automatically detect the subject and choose the focus area.

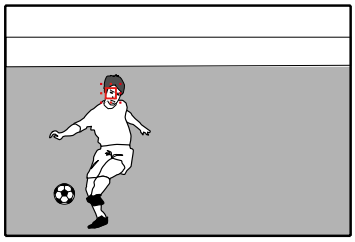


At the settings selected in this example, focus will track subject motion while the shutter-release button is pressed halfway or the **AF-ON** button is pressed.

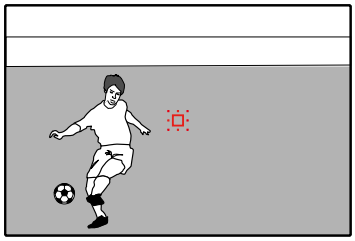


5 Switch AF-area modes.

Hold the selected control (the **Fn1** button) to switch to the AF-area mode selected in Step 3 (dynamic-area AF (S)). Because we selected [**Auto**] for Custom Setting a7 [**Focus point persistence**] in Step 1, the camera will focus on the subject in the current focus point using dynamic-area AF (S).

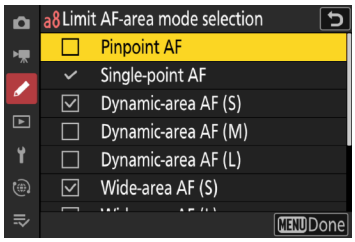


Had we selected [**Off**], the camera would not have maintained focus on the subject in the point chosen by auto-area AF but would have instead switched to a different focus point.



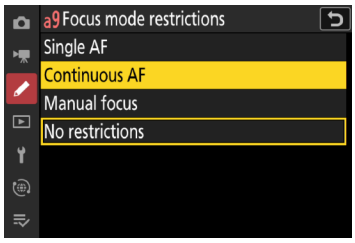
a8: Limit AF-Area Mode Selection

Limiting the choice of AF-area modes speeds AF-area mode selection and prevents your accidentally selecting an undesired option. For example, you can limit the choice of AF-area modes to dynamic-area AF (S) and wide-area AF (S) by selecting only these options in the AF-area mode list. Note that [**Single-point AF**] cannot be deselected.



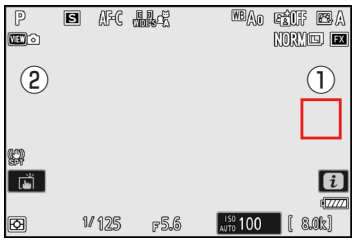
a9: Focus Mode Restrictions

Limiting the choice of available focus modes prevents accidental selection of an undesired option. For sports photography, you may find it convenient to choose [**Continuous AF**] to stop you accidentally selecting **AF-S** or **MF**.



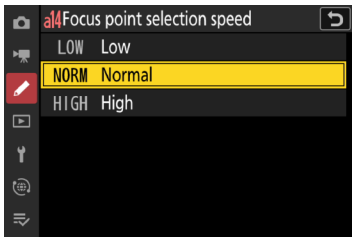
a10: Focus Point Wrap-Around

Select [**ON**] if you frequently switch between widely-separated focus points. Focus-point selection will "wrap around" from top to bottom, bottom to top, left to right, and right to left so that, for example, pressing ⊕ when a focus point on the right edge of the display is highlighted (①) selects the corresponding focus point on the left edge of the display (②).



a14: Focus Point Selection Speed

Choose the speed at which the camera cycles through focus points while the multi selector or sub-selector is pressed.



Sports AF: Custom Controls

Custom Setting f2 [**Custom controls (shooting)**] can be used to assign different roles, including focus-related functions, to camera controls such as the **Fn** and **AF-ON** buttons

Focus-Related Control Assignments

Camera controls can be assigned the following focus-related functions:

	Fn1	Fn2	Fn3	Fn (vertical)	Fn4	AF-ON	⊗	OK	🎙	QUAL	⊕ (vertical)	AF-ON (vertical)	🎥	L-Fn	L-Fn2	Fn ↻	Fn ↺	M-SET
PRE[+] Preset focus point	✓	✓	✓	—	—	✓	✓	✓	—	—	✓	✓	—	✓	✓	—	—	—
RESET Select center focus point	—	—	—	—	—	✓	✓	✓	—	—	✓	✓	—	—	—	—	—	—
FOCUS Save focus position	✓	✓	✓	—	—	✓	✓	—	—	—	✓	✓	—	✓	✓	✓	✓	✓
FOCUS Recall focus position	✓	✓	✓	—	—	✓	✓	—	—	—	✓	✓	—	✓	✓	✓	✓	✓
[+] AF-area mode	✓	✓	✓	—	—	✓	✓	—	—	—	✓	✓	—	✓	✓	—	—	—
[+] AF-ON AF-area mode + AF-ON	✓	✓	✓	—	—	✓	✓	—	—	—	✓	✓	—	✓	✓	—	—	—
AF-ON AF-ON	✓	✓	✓	—	—	✓	✓	—	—	—	✓	✓	—	✓	✓	—	—	—
AF AF lock only	✓	✓	✓	—	—	✓	✓	—	—	—	✓	✓	—	✓	✓	—	—	—
AE AE/AF lock	✓	✓	✓	—	—	✓	✓	—	—	—	✓	✓	—	✓	✓	—	—	—
AF/[+] Focus mode/AF-area mode	✓	✓	✓	✓	✓	—	—	—	✓	✓	—	—	✓	—	—	—	—	—

Legend: Fn1 = **Fn1** button, Fn2 = **Fn2** button, Fn3 = **Fn3** button, Fn (vertical) = **Fn** button for vertical shooting, Fn4 = protect/**Fn4** button, AF-ON = **AF-ON** button, ⊗ = sub-selector center, OK = OK button, 🎙 = audio button, QUAL = **QUAL** button, ⊕ (vertical) = vertical multi selector center, AF-ON (vertical) = **AF-ON** button for vertical shooting, 🎥 = video-record button, L-Fn = lens **Fn** button, L-Fn2 = lens **Fn2** button, Fn ↻ = lens Fn ring (clockwise), Fn ↺ = lens Fn ring (counterclockwise), M-SET = lens memory set button

These functions are described below.

- **PRE[+] Preset focus point**: Pressing the control selects a preset focus point. To choose the point, highlight it and hold the control while pressing the focus-mode button; the focus point will flash when the operation is complete. If an option other than [**Off**] is selected for Custom Setting a5 [**Store points by orientation**], you can choose separate focus points for "wide" (landscape) orientation and each of the two "tall" (portrait) orientations. Pressing ⊕ when [**Preset focus point**] is highlighted displays a sub-menu where you can choose how the control behaves:
  - **[Press to recall focus point]**: Pressing the control selects the preset focus point.
  - **[Hold to recall focus point]**: The camera switches to the preset focus point only while the control is pressed and restores the previously-selected point when the control is released.
- **RESET Select center focus point**: Pressing the control selects the center focus point.
- **FOCUS Save focus position/FOCUS Recall focus position**: Controls assigned these roles can be used to save and quickly recall the lens's current focus position. You may find this useful if you frequently return to subjects at a fixed focus distance.
  - To save the current focus position, press and hold the control assigned the [**Save focus position**] role. The saved focus position can be restored by pressing a control assigned [**Recall focus position**].
  - [**Recall focus position**] can be assigned to multiple controls. You can choose whether each control recalls a separate focus position ([**Save individually**]) or the same focus position can be recalled using any of several different controls ([**Save to all**]).
- **[+] AF-area mode**: Highlight this option and press ⊕ to select an AF-area mode. The selected mode will take effect while the control is pressed; releasing the control restores the original AF-area mode.
- **[+] AF-ON AF-area mode + AF-ON**: As for [**AF-area mode**], except that pressing the control also initiates autofocus.
- **AF-ON AF-ON**: The control performs the role normally performed by the **AF-ON** button. Pressing the control initiates autofocus.
- **AF AF lock only**: Focus locks while the control is pressed.
- **AE AE/AF lock**: Focus and exposure lock while the control is pressed.
- **AF/[+] Focus mode/AF-area mode**: The control performs the role normally performed by the focus-mode button. Hold the control and rotate the main command dial to choose the focus mode, the sub-command dial to choose the AF-area mode.

Lens Function Buttons

The roles played by the **L-Fn** and **L-Fn2** buttons can be chosen using [**Lens Fn button**] and [**Lens Fn2 button**], respectively. As of April, 2022, the following Z mount lenses are equipped with function buttons:

- ***L-Fn Only***
  - NIKKOR Z 14–24mm f/2.8 S
  - NIKKOR Z 24–70mm f/2.8 S
  - NIKKOR Z 50mm f/1.2 S
  - NIKKOR Z 58mm f/0.95 S Noct
  - NIKKOR Z MC 105mm f/2.8 VR S
- ***L-Fn and L-Fn2***
  - NIKKOR Z 70–200mm f/2.8 VR S
  - NIKKOR Z 100–400mm f/4.5–5.6 VR S
  - NIKKOR Z 400mm f/2.8 TC VR S
  - NIKKOR Z 800mm f/6.3 VR S

Recommended AF Settings by Event

This section offers some advice on adjusting autofocus-related settings for different sporting events.

Overview: Settings by Event

The settings for different events are summarized in the table below. For all events listed, we recommend that you select a focus mode of **AF-C**, choose [**Release**] for Custom Setting a1 [**AF-C priority selection**], and select [**Auto**] for [**AF subject detection options**] in the photo shooting menu.

	Event	AF-area mode	Custom settings		
			a3		a5
			Blocked shot AF response	Subject motion	
	Soccer (page 18)	Dynamic-area AF (S) or wide-area AF (C1)	2	Steady	Focus point
Gymnastics	Floor exercises, rhythmic gymnastics (page 18)	Auto-area AF	—	—	—
Gymnastics	Balance beam (page 19)	3D-tracking			Focus point and AF-area mode
Gymnastics	Vault (page 19)	Auto-area AF			—
Gymnastics	Rings and horizontal and uneven bars (page 19)	3D-tracking			
Athletics	Sprints (hand-held shots focusing on a single runner approaching the camera, page 20)	3D-tracking or wide-area AF (C1)	—	—	Focus point
Athletics	Hurdles (page 21)				
Athletics	Marathons (from a vehicle, page 21)	Dynamic-area AF (S)	3	Steady	
Athletics	Shot put, discus, hammer throw, and javelin (from the front, at a distance, page 21)	Auto-area AF	—	—	—
Athletics	Long jump, triple jump, and pole vault (facing oncoming jumpers, page 22)	Auto-area AF or wide-area AF (C1)			
Athletics	High jump (page 22)	Wide-area AF (L)			
Aquatics	Swimming (page 23)	Wide-area AF (C1) or dynamic-area AF (S)	2	Steady	—
Aquatics	Diving (page 24)	Auto-area AF or wide-area AF (C1)	—	—	
Aquatics	Artistic swimming (page 24)	Wide-area AF (S or L)			
	Table tennis (page 25)	3D-tracking or wide-area AF (C1)	—	—	—
	BMX and skateboarding (page 25)	Auto-area AF or wide-area AF (C1)	—	—	Focus point
	Motor sports (page 25)	3D-tracking or wide-area AF (C1)	—	—	Focus point

Custom Settings: a3 [**Focus tracking with lock-on**] (page 9); a5 [**Store points by orientation**] (page 10)

Custom Focus Areas

If you find that the camera tends to focus on objects in the foreground or background above, below, or to either side of your intended target, you can tailor the focus area to better fit your subject using wide-area AF (C1) or wide-area AF (C2).

Vibration Reduction

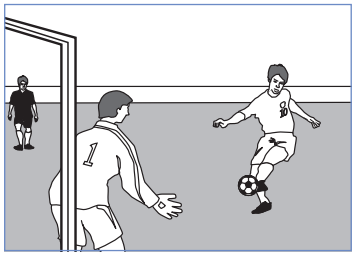
Selecting [**Sport**] for [**Vibration reduction**] in the photo shooting menu stabilizes the image in the display and makes it easier to track your subject.

F Mount Lenses with Vibration Reduction Switches

If an F mount lens with a vibration reduction switch is mounted on the camera using a mount adapter, the [**Vibration reduction**] item in the photo shooting menu will be grayed out and unavailable. Use the controls on the lens for vibration reduction.

Soccer

Photographing soccer matches involves quick changes of focus and subjects that may be briefly obscured by foreground objects. The following autofocus settings are recommended:



Focus mode		AF-C
AF-area mode		Dynamic-area AF (S) or wide-area AF (C1)
Custom Settings		
a1 AF-C priority selection		[**Release**]
a3 Focus tracking with lock-on	Blocked shot AF response	[**2**]
	Subject motion	[**Steady**]
a5 Store points by orientation		[**Focus point**]

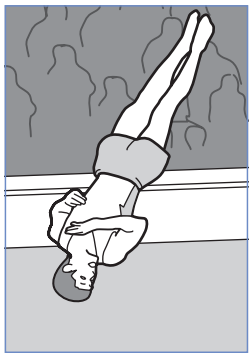
For photographs of a single athlete in a distant group of players, we recommend that you restrict focus to a smaller area by choosing wide-area AF (C1) and selecting a small custom focus area such as 1 × 1 or 1 × 3.

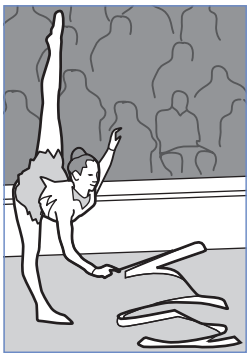
Gymnastics

This section lists some suggested settings for gymnastics events.

■ Floor Exercises and Rhythmic Gymnastics

Auto-area AF is recommended if composition is a priority.



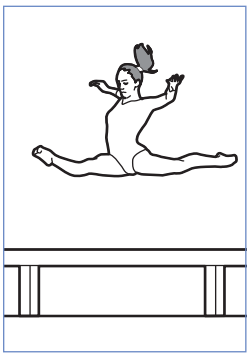


Focus mode	AF-C
AF-area mode	Auto-area AF
Custom Settings	
a1 AF-C priority selection	[**Release**]

Select [**Focus point and AF-area mode**] for Custom Setting a5 [**Store points by orientation**] to automatically switch focus points and AF-area modes as you rotate the camera (page 10). Choose [**Alternating points**] for Custom Setting a4 [**Focus points used**] to reduce the number of focus points for quicker selection (page 9).

■ Balance Beam

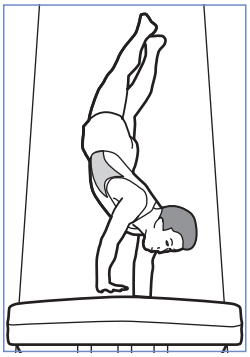
To automatically switch focus points and AF-area modes as you rotate the camera from "wide" to "tall" orientation, select [**Focus point and AF-area mode**] for Custom Setting a5 [**Store points by orientation**] (page 10).



Focus mode	AF-C
AF-area mode	3D-tracking
Custom Settings	
a1 AF-C priority selection	[**Release**]
a5 Store points by orientation	[**Focus point and AF-area mode**]

■ Vault

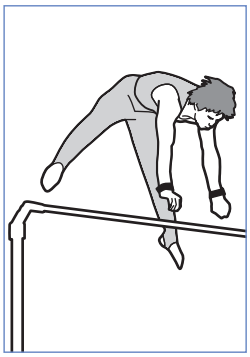
If you find the subject hard to frame, selecting auto-area AF will allow you concentrate on composition while leaving the camera in charge of choosing the focus point.



Focus mode	AF-C
AF-area mode	Auto-area AF
Custom Settings	
a1 AF-C priority selection	[**Release**]

■ Rings and Horizontal and Uneven Bars

3D-tracking is recommended for subjects that change posture and position frequently and often are near apparatus such as bars or rings.

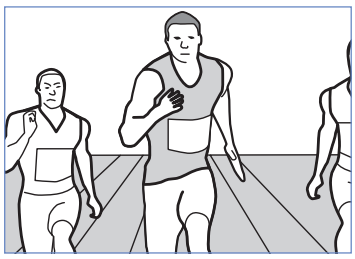


Focus mode	AF-C
AF-area mode	3D-tracking
Custom Settings	
a1 AF-C priority selection	[**Release**]

Athletics

You may find these settings useful when photographing road-running or track-and-field events.

■ Sprints (Hand-Held, Single Runner, from the Front)

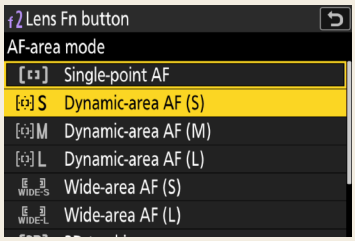


Choose wide-area AF (C1) with a wide custom focus area (for example, 19 × 3 or 13 × 3) to focus on the closest subject when shooting with the camera in "wide" (landscape) orientation and runners lined up across the frame. We also recommend choosing [**Auto**] or [**People**] for [**AF subject detection options**] in the photo shooting menu. Dynamic-area AF (S) is recommended for photos of runners on a distant starting line.

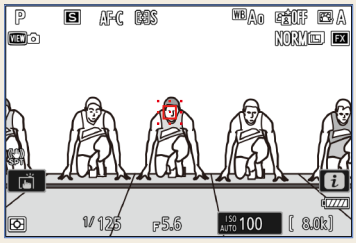
Focus mode	AF-C
AF-area mode	3D-tracking or wide-area AF (C1)
Custom Settings	
a1 AF-C priority selection	[**Release**]
a5 Store points by orientation	[**Focus point**]

When photographing runners after they have crossed the finish line, select [**Focus point and AF-area mode**] for Custom Setting a5 [**Store points by orientation**] to automatically switch focus points and AF-area modes as you rotate the camera between "tall" (portrait) orientations and "wide" (landscape) orientation (page 10).

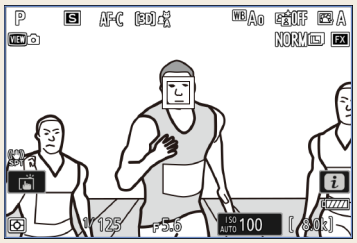
Instant AF-Area Mode Selection



For flexible AF-area mode selection when photographing approaching runners, select 3D-tracking with the camera and assign [**Dynamic-area AF (S)**] or [**Wide-area AF (C1)**] to the lens **L-Fn** or **L-Fn2** buttons using Custom Setting f2 [**Custom controls (shooting)**] > [**L-Fn Lens Fn button**]/[**L-Fn2 Lens Fn2 button**] > [**AF-area mode**] (page 15). You can then press a lens function button to select dynamic-area AF (S) or wide-area AF (C1) when your subject is far away and release the button to instantly switch to 3D-tracking as the runners approach.



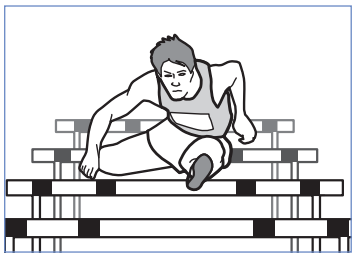
Dynamic-area AF (S) or wide-area AF (C1) (distant subject)



3D-tracking (runner approaching)

AF-area mode can also be assigned to the **Fn1**, **Fn2**, **Fn3**, or **AF-ON** button, to the center of the sub-selector or vertical multi selector, or to the **AF-ON** button for vertical shooting (page 15).

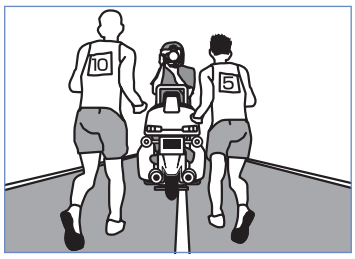
■ Hurdles



The settings below let you refocus as needed if the camera focuses on the hurdles in the foreground while the race is being run. If desired, you can select wide-area AF (C1) and choose a focus area with proportions and dimensions tailored to avoid focusing on the hurdles altogether. When photographing hurdlers who have crossed the finish line, select [**Focus point and AF-area mode**] for Custom Setting a5 [**Store points by orientation**] to automatically switch focus points and AF-area modes as you rotate the camera between "tall" (portrait) orientations and "wide" (landscape) orientation (page 10).

Focus mode	AF-C
AF-area mode	3D-tracking or wide-area AF (C1)
Custom Settings	
a1 AF-C priority selection	[**Release**]
a5 Store points by orientation	[**Focus point**]

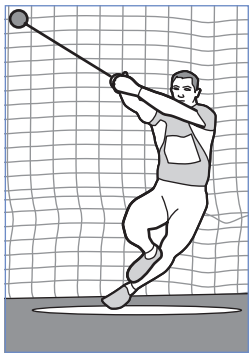
■ Marathons (from a Vehicle)

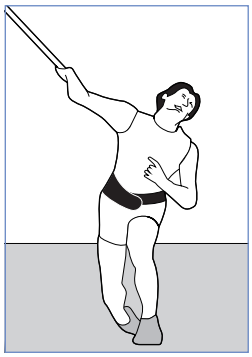


When shooting from a moving vehicle, choose dynamic-area AF (S) to keep specific runners in focus as they change position in the pack.

Focus mode		AF-C
AF-area mode		Dynamic-area AF (S)
Custom Settings		
a1 AF-C priority selection		[**Release**]
a3 Focus tracking with lock-on	Blocked shot AF response	[**3**]
	Subject motion	[**Steady**]
a5 Store points by orientation		[**Focus point**]

■ Shot Put, Discus, Hammer Throw, and Javelin (from the Front, at a Distance)



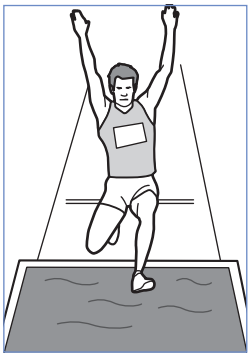


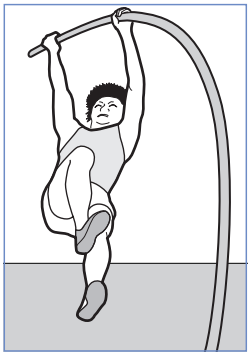
If you find the subject hard to frame, selecting auto-area AF will allow you concentrate on composition while leaving the camera in charge of choosing the focus point.

Focus mode	AF-C
AF-area mode	Auto-area AF
Custom Settings	
a1 AF-C priority selection	[**Release**]

■ Long Jump, Triple Jump, and Pole Vault (Facing Oncoming Jumpers)

Auto-area AF is recommended for subjects that rapidly change posture and position. For moments when the jumper will occupy an area of the frame with known proportions and dimensions, choose wide-area AF (C1) and tailor the focus area to fit.

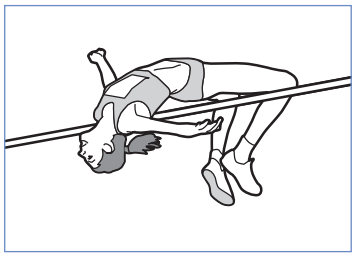




Focus mode	AF-C
AF-area mode	Auto-area AF or wide-area AF (C1)
Custom Settings	
a1 AF-C priority selection	[**Release**]

■ High Jump

Wide-area AF (L) is recommended for events in which the subject's face may be momentarily hidden from view. In the case of the high jump, focus will continue to track subjects without being affected by bars or poles in the foreground, even if the jumpers briefly turn away from the camera.

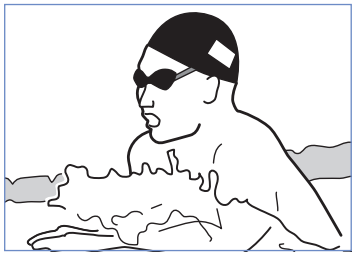


Focus mode	AF-C
AF-area mode	Wide-area AF (L)
Custom Settings	
a1 AF-C priority selection	[**Release**]

Aquatics

Here are some settings you may find helpful when photographing aquatic events.

■ Swimming

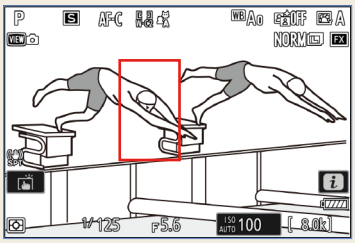


To ensure that the camera focuses on the swimmer's face rather than on splashes, either (a) restrict focus to a smaller area by choosing wide-area AF (C1) and selecting a small custom area such as 1 × 1, or (b) select dynamic-area AF (S). You may also find it helpful to choose [**Auto**] or [**People**] for [**AF subject detection options**] in the photo shooting menu. To quickly switch focus from one swimmer to another, choose lower values for Custom Setting a3 [**Focus tracking with lock-on**] > [**Blocked shot AF response**].

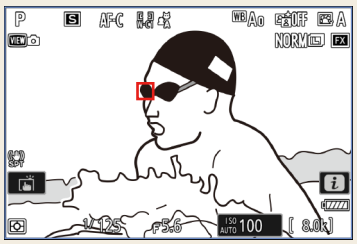
Focus mode		AF-C
AF-area mode		Wide-area AF (C1) or dynamic-area AF (S)
Custom Settings		
a1 AF-C priority selection		[**Release**]
a3 Focus tracking with lock-on	Blocked shot AF response	[**2**]
	Subject motion	[**Steady**]

Instant AF-Area Mode Selection

For flexible AF-area mode selection when photographing the start of a race, select wide-area AF (C1) and choose a small custom focus area as described above, and then assign [**Wide-area AF (C2)**] with a tall custom focus area such as 5 × 7 or 5 × 11 to the lens **L-Fn** or **L-Fn2** buttons using Custom Setting f2 [**Custom controls (shooting)**] > [**Lens Fn button**]/[**Lens Fn2 button**] > [**AF-area mode**] (page 15). You can then press a lens function button to select the tall focus area to capture the large motions of the swimmers diving from the starting blocks and release the button to instantly switch to a smaller focus area when focusing on specific subjects in the water.



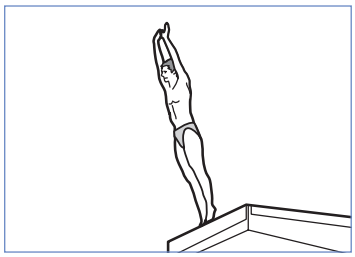
Wide-area AF (C2): 5 × 7 (subjects diving)



Wide-area AF (C1): 1 × 1 (subject swimming)

AF-area mode can also be assigned to the **Fn1**, **Fn2**, **Fn3**, or **AF-ON** button, to the center of the sub-selector or vertical multi selector, or to the **AF-ON** button for vertical shooting (page 15).

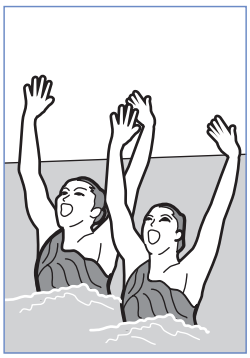
■ Diving



Choosing auto-area AF lets you concentrate on composition when photographing divers and other hard-to-frame subjects. Focus will automatically track the subject while the **AF-ON** button is pressed or the shutter-release button is pressed halfway. For moments when the diver will occupy an area of the frame with known proportions and dimensions, choose wide-area AF (C1) and tailor the focus area to fit.

Focus mode	AF-C
AF-area mode	Auto-area AF or wide-area AF (C1)
Custom Settings	
a1 AF-C priority selection	[**Release**]

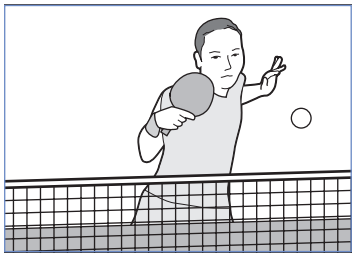
■ Artistic Swimming



For events such as artistic swimming (also known as synchronized swimming), where your subjects change pose with dizzying speed and focus constantly switches from one subject to another, we recommend the ever-adaptable wide-area AF (S).

Focus mode	AF-C
AF-area mode	Wide-area AF (S or L)
Custom Settings	
a1 AF-C priority selection	[**Release**]

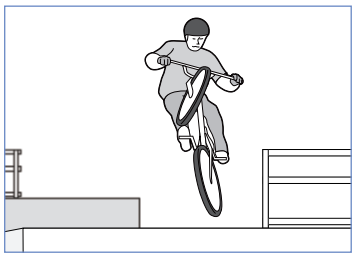
Table Tennis



Using 3D-tracking helps you frame shots with the net in the foreground. If desired, you can select wide-area AF (C1) and choose a focus area with proportions and dimensions tailored to avoid focusing on the net altogether. You may also find it helpful to choose [**Auto**] or [**People**] for [**AF subject detection options**] in the photo shooting menu.

Focus mode	AF-C
AF-area mode	3D-tracking or wide-area AF (C1)
Custom Settings	
a1 AF-C priority selection	[**Release**]

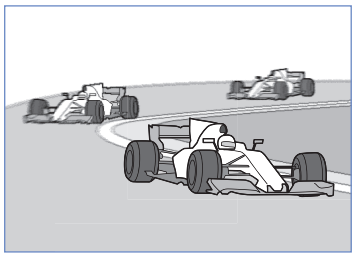
BMX and Skateboarding



If you find the subject hard to frame, selecting auto-area AF will allow you concentrate on composition while leaving the camera in charge of choosing the focus point. For moments when the subject will occupy an area of the frame with known proportions and dimensions, choose wide-area AF (C1) and tailor the focus area to fit. To focus on the rider when photographing BMX events, select [**People**] for [**AF subject detection options**] in the photo shooting menu.

Focus mode	AF-C
AF-area mode	Auto-area AF or wide-area AF (C1)
Custom Settings	
a1 AF-C priority selection	[**Release**]
a5 Store points by orientation	[**Focus point**]

Motor Sports



For moments when a vehicle will occupy an area of the frame with known proportions and dimensions, choose wide-area AF (C1) with a wide custom focus area (for example, 19 × 3 or 13 × 3). You may also find it helpful to choose [**Auto**] or [**Vehicle**] for [**AF subject detection options**] in the photo shooting menu when photographing the cars or motorcycles and [**People**] to focus on the racers after they leave their vehicles.

Focus mode	AF-C
AF-area mode	3D-tracking or wide-area AF (C1)
Custom Settings	
a1 AF-C priority selection	[**Release**]
a5 Store points by orientation	[**Focus point**]

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