

Sheet1

*--A macro to INSERT a row with the above row's format
*--Use the /Range Name Label Right {End} {Down} <ENTER> to define the
range names in this column (starts with the \Z macro name)
*--Place the cell pointer under the row to be copied (format only)
*--Hold the <ALT> key and press <Z> to activate the macro
!
!
!
!
\Z
ROWINSFT
!
!

```
{BREAKON}  
{windowsoff}{paneloff}  
/wir~{end}{left}/rncTEMP497~~/RNDTEMP497~/RNCTEMP497~{END}{RIGHT}~  
{up}/c.{down}{end}{right}{up}~{down}~/RETEMP497~/RNDTEMP497~{DOWN}~
```