

- *---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          {BREAKON}
ROWINSFT   {windowsoff} {paneloff}
!          /wir~{end} {left}/rncTEMP497~~/RNDTEMP497~/RNCTEMP497.
!          {up}/c. {down} {end} {right} {up}~{down}~/RETEMP497~/RNDTE
```

~{END} {RIGHT}~
MP497~{DOWN}~