

Using the Tulczyjew relation, we obtain

$$s^2 = g_{00} g_{11} \left(-\frac{P_3}{P_0} s^{31} \right)^2 + g_{00} g_{33} \left(\frac{P_1}{P_0} s^{31} \right)^2 + g_{11} g_{33} (-s^{31})^2$$

$$s^2 = \frac{(s^{31})^2}{P_0^2} \left[g_{00} g_{11} P_3^2 + g_{00} g_{33} P_1^2 + g_{11} g_{33} P_0^2 \right]$$

$$s^2 P_0^2 = (s^{31})^2 \left[g_{11} g_{33} P_0^2 + g_{00} g_{33} P_1^2 + g_{00} g_{11} P_3^2 \right]$$

$$g_{\mu\nu} = \begin{pmatrix} g_{00} & 0 & 0 & 0 \\ 0 & g_{11} & 0 & 0 \\ 0 & 0 & g_{22} & 0 \\ 0 & 0 & 0 & g_{33} \end{pmatrix}$$

$$g = \det g_{\mu\nu} = g_{00} g_{11} g_{22} g_{33}$$

Inverse:

$$g^{\mu\nu} = \frac{1}{g} \begin{pmatrix} g_{11} g_{22} g_{33} & 0 & 0 & 0 \\ 0 & g/g_{11} & 0 & 0 \\ 0 & 0 & g/g_{22} & 0 \\ 0 & 0 & 0 & g_{00} g_{11} g_{22} \end{pmatrix}$$

$$g^{00} g = g_{11} g_{33}$$

$$g^{11} g = g_{00} g_{33}$$

$$g^{33} g = g_{00} g_{11}$$

