

WARM UP ASSIGNMENTS

<p>WARM UP LANE 1, 2, 3 & 4- NCAP</p> <p>WARM UP LANE 5, 6 & 7 - RMSC</p> <p>WARM UP LANE 8- MOON/DRAGON/ TANK</p> <p>WARM UP LANE 9- UMAC/TIBU/PAUX/RIP</p> <p>WARM UP LANE 10- JFD/FBST/ VICT./ OCCS (10 MAX)</p>	<p>CHAMPIONSHIP COURSE TABLE</p>	<p>DIVING COURSE TABLE</p>
	<p>LANE 8- NCAP</p>	<p>LANE 8- RMSC</p>
	<p>LANE 7- NCAP</p>	<p>LANE 7- RMSC</p>
	<p>LANE 6- TOLL/ CLARK/FAST</p>	<p>LANE 6- AAC</p>
	<p>LANE 5- ASA/MSSC</p>	<p>LANE 5- YORK/ FOXES</p>
	<p>LANE 4- MAKO/ HACC</p>	<p>LANE 4 - PM/ BWST</p>
	<p>LANE 3- OCCS</p>	<p>LANE 3- FISH</p>
	<p>LANE 2 - MACHINE</p>	<p>LANE 2- SNOW/DCPR</p>
	<p>LANE 1 - MACHINE</p>	<p>LANE 1- SDS/LIFETIME</p>