

# WARM UP ASSIGNMENTS

		<p>WARM UP LANE 10- SDS/RIP</p>	<p>WARM UP LANE 9 MOON/ELITE RAY/PAUX/WATERWOLVES</p>	<p>WARM UP LANE 6, 7,8 - RMSC</p>	<p>WARM UP LANE 1, 2, 3 &amp; 4-, 5 NCAP</p>	<table border="1"> <thead> <tr> <th data-bbox="653 183 1283 272">CHAMPIONSHIP COURSE TABLE</th> </tr> </thead> <tbody> <tr> <td data-bbox="653 289 1283 402">LANE 8- NCAP</td> </tr> <tr> <td data-bbox="653 410 1283 516">LANE 7- NCAP</td> </tr> <tr> <td data-bbox="653 524 1283 678">LANE 6- TOLL/ MSSC/TANK</td> </tr> <tr> <td data-bbox="653 686 1283 816">LANE 5- ASA</td> </tr> <tr> <td data-bbox="653 824 1283 946">LANE 4- MAKO/ HACC/TANK</td> </tr> <tr> <td data-bbox="653 954 1283 1084">LANE 3- OCCS/FOXES</td> </tr> <tr> <td data-bbox="653 1092 1283 1214">LANE 2 - BWST/MACHINE (20 MAX)</td> </tr> <tr> <td data-bbox="653 1222 1283 1344">LANE 1 - MACHINE</td> </tr> <tr> <td data-bbox="653 1352 1283 1523"></td> </tr> </tbody> </table>	CHAMPIONSHIP COURSE TABLE	LANE 8- NCAP	LANE 7- NCAP	LANE 6- TOLL/ MSSC/TANK	LANE 5- ASA	LANE 4- MAKO/ HACC/TANK	LANE 3- OCCS/FOXES	LANE 2 - BWST/MACHINE (20 MAX)	LANE 1 - MACHINE		<table border="1"> <thead> <tr> <th data-bbox="1335 183 1959 272">DIVING COURSE TABLE</th> </tr> </thead> <tbody> <tr> <td data-bbox="1335 289 1959 418">LANE 8- RMSC</td> </tr> <tr> <td data-bbox="1335 427 1959 557">LANE 7- RMSC</td> </tr> <tr> <td data-bbox="1335 565 1959 686">LANE 6- AAC/TIBU</td> </tr> <tr> <td data-bbox="1335 695 1959 816">LANE 5- YORK/FAST</td> </tr> <tr> <td data-bbox="1335 824 1959 946">LANE 4 - PM/ DRAGON</td> </tr> <tr> <td data-bbox="1335 954 1959 1076">LANE 3- FISH/FBST</td> </tr> <tr> <td data-bbox="1335 1084 1959 1206">LANE 2- SNOW/DCPR/VICTORY</td> </tr> <tr> <td data-bbox="1335 1214 1959 1336">LANE 1- JFD/LIFETIME/CLARK</td> </tr> <tr> <td data-bbox="1335 1344 1959 1466"></td> </tr> <tr> <td data-bbox="1335 1474 1959 1559"></td> </tr> </tbody> </table>	DIVING COURSE TABLE	LANE 8- RMSC	LANE 7- RMSC	LANE 6- AAC/TIBU	LANE 5- YORK/FAST	LANE 4 - PM/ DRAGON	LANE 3- FISH/FBST	LANE 2- SNOW/DCPR/VICTORY	LANE 1- JFD/LIFETIME/CLARK		
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