

WARM UP ASSIGNMENTS

	WARM UP LANE 10- PM/RIP/HEAL	WARM UP LANE 9 MOON/ELITE RAY/PAUX/ASTS	WARM UP LANE 6, 7,8 - RMSC	WARM UP- LANE 5- BWST	WARM UP LANE 1, 2, 3 & 4- NCAP	<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="653 407 1283 516">LANE 7- NCAP</td> </tr> <tr> <td data-bbox="653 521 1283 678">LANE 6- AAC/ TIBU</td> </tr> <tr> <td data-bbox="653 683 1283 813">LANE 5- ASA</td> </tr> <tr> <td data-bbox="653 818 1283 943">LANE 4- MAKO/ HACC</td> </tr> <tr> <td data-bbox="653 948 1283 1078">LANE 3- OCCS/TOLL</td> </tr> <tr> <td data-bbox="653 1083 1283 1213">LANE 2 - MACHINE</td> </tr> <tr> <td data-bbox="653 1218 1283 1347">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- AAC/ TIBU	LANE 5- ASA	LANE 4- MAKO/ HACC	LANE 3- OCCS/TOLL	LANE 2 - MACHINE	LANE 1 - MACHINE		<table border="1"> <thead> <tr> <th data-bbox="1331 183 1959 272">DIVING COURSE TABLE</th> </tr> </thead> <tbody> <tr> <td data-bbox="1331 289 1959 418">LANE 8- RMSC</td> </tr> <tr> <td data-bbox="1331 423 1959 553">LANE 7- RMSC</td> </tr> <tr> <td data-bbox="1331 558 1959 688">LANE 6- RMSC</td> </tr> <tr> <td data-bbox="1331 693 1959 823">LANE 5- YORK/FAST</td> </tr> <tr> <td data-bbox="1331 828 1959 958">LANE 4 - SDS/ DRAGON/FOXES</td> </tr> <tr> <td data-bbox="1331 963 1959 1092">LANE 3- FISH/FBST</td> </tr> <tr> <td data-bbox="1331 1097 1959 1227">LANE 2- SNOW/DCPR/JCC</td> </tr> <tr> <td data-bbox="1331 1232 1959 1362">LANE 1- JFD/LIFETIME/CLARK/MSSC</td> </tr> <tr> <td data-bbox="1331 1367 1959 1464"></td> </tr> <tr> <td data-bbox="1331 1469 1959 1559"></td> </tr> </tbody> </table>	DIVING COURSE TABLE	LANE 8- RMSC	LANE 7- RMSC	LANE 6- RMSC	LANE 5- YORK/FAST	LANE 4 - SDS/ DRAGON/FOXES	LANE 3- FISH/FBST	LANE 2- SNOW/DCPR/JCC	LANE 1- JFD/LIFETIME/CLARK/MSSC		
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