SCRATCH TABLE

WARM UP ASSIGNMENTS

WARM UP LANE – RMSC

WARM UP LANE- UNAT/ RAYS

WARM UP LANE- NCAP- CM/ TYSONS

WARM UP LANE- NCAP- PREP

WARM UP LANE – NCAP- NCAP- PREP

WARM UP LANE- NCAP- NORTH/ DULLES

WARM UP LANE- MACHINE

WARM UP LANE- MACHINE

WARM UP LANE- MACHINE

CHAMPIONSHIP COURSE TABLE
LANE 8- NCAP- BURKE
LANE 7- NCAP - BURKE
LANE 6- NCAP- AU
LANE 5- NCAP- HOLTON/AU
LANE 4- MACHINE/ NCAP SHARE
LANE 3- MACHINE
LANE 2 – MACHINE
LANE 1 - MACHINE

DIVING COURSE TABLE
LANE 8- RMSC- R'VILLE
LANE 7- RMSC- R'VILLE
LANE 6- RMSC- GISC
LANE 5- RMSC- KSAC
LANE 4 - SSC/ ASA
LANE 3- TOLL
LANE 2- GPAC
LANE 1- GPAC