

WARM UP LANE 1, 2, 3, 4 - MACHINE WARM UP LANE 6,7 & 8 - NCAP WARM UP LANE 9 - RMSC WARM UP LANE 10 - RMSC WARM UP LANE 11 - OPEN	CHAMPIONSHIP COURSE TABLE		DIVING COURSE TABLE	
	LANE 8- NCAP		LANE 8- RMSC	
	LANE 7- NCAP		LANE 7- RMSC	
	LANE 6- NCAP		LANE 6- RMSC	
	LANE 5- NCAP		LANE 5- SACHEM	
	LANE 4- MACHINE		LANE 4 - TOLLEFSON	
	LANE 3-MACHINE		LANE 3- ELITE RAYS/ TOLLEFSON	
	LANE 2 - MACHINE		LANE 2- TIDE	
	LANE 1 - MACHINE		LANE 1- ST.JAMES	

SCRATCH TABLE

WARM UP ASSIGNMENTS