

<p align="center">Relay Assignments for Take Offs</p> <p>Name: _____ Free IM</p> <p>Stroke & Turn Start _____ Turn _____</p> <p>Take offs Start _____ Turn _____ Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8</p> <p>@ take off, observe toes. When toes leave the blocks, move eyes to touch. Circle if take off OK X if take off not OK</p> <p>Teamed with: _____</p>	<p align="center">Relay Assignments for Take Offs</p> <p>Name: _____ Free IM</p> <p>Stroke & Turn Start _____ Turn _____</p> <p>Take offs Start _____ Turn _____ Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8</p> <p>@ take off, observe toes. When toes leave the blocks, move eyes to touch. Circle if take off OK X if take off not OK</p> <p>Teamed with: _____</p>	<p align="center">Relay Assignments for Take Offs</p> <p>Name: _____ Free IM</p> <p>Stroke & Turn Start _____ Turn _____</p> <p>Take offs Start _____ Turn _____ Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8</p> <p>@ take off, observe toes. When toes leave the blocks, move eyes to touch. Circle if take off OK X if take off not OK</p> <p>Teamed with: _____</p>
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