Relay Assignments for Take Offs	Relay Assignments for Take Offs	Relay Assignments for Take Offs
Name: Free IM	Name: Free IM	Name: Free IM
Stroke & Turn Start Turn	Stroke & Turn Start Turn	Stroke & Turn Start Turn
Take offs Start Turn Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8 @ take off, observe toes. When toes leave the blocks, move eyes to touch. Circle if take off OK X if take off not OK	Take offs Start Turn Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8 @ take off, observe toes. When toes leave the blocks, move eyes to touch. Circle if take off OK X if take off not OK	Take offsStartTurnLanes 1 - 31 - 4Lanes 4 - 65 - 8@ take off, observe toes.When toes leave the blocks, moveeyes to touch.Circle if take off OKX if take off not OK
Teamed with:	Teamed with:	Teamed with:
Relay Assignments for Take Offs	Relay Assignments for Take Offs	Relay Assignments for Take Offs
Name: Free IM	Name: Free IM	Name: Free IM
Stroke & Turn Start Turn	Stroke & Turn Start Turn	Stroke & Turn Start Turn
Take offs Start Turn Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8	Take offs Start Turn Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8	Take offs Start Turn Lanes 1 - 3 1 - 4 Lanes 4 - 6 5 - 8
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Teamed with:	Teamed with:	Teamed with: Rev 11