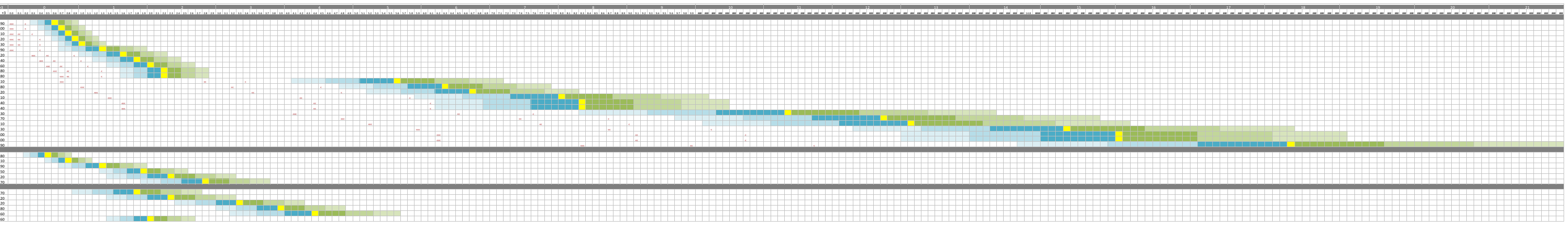Element		<<<	<<	<	-3	-2	-1	0	+1	+2	+3
Code	Name	<<<	<<	<	-3	-2	-1	**0**	+1	+2	+3
JUMPS											
1S		-	(0.02)	0.12	0.30	0.40	0.50	**0.60**	0.70	0.80	0.90
1T		-	(0.06)	0.19	0.40	0.50	0.60	**0.70**	0.80	0.90	1.00
1F		-	0.02	0.26	0.50	0.60	0.70	**0.80**	0.90	1.00	1.10
1Lz		-	0.06	0.33	0.60	0.70	0.80	**0.90**	1.00	1.10	1.20
1Lo		-	0.10	0.40	0.70	0.80	0.90	**1.00**	1.10	1.20	1.30
1A		-	(0.08)	0.31	0.70	0.90	1.10	**1.30**	1.50	1.70	1.90
2S		0.30	0.50	0.82	1.00	1.20	1.40	**1.60**	1.80	2.00	2.20
2T		0.40	0.60	0.96	1.20	1.40	1.60	**1.80**	2.00	2.20	2.40
2F		0.50	0.70	1.10	1.40	1.60	1.80	**2.00**	2.20	2.40	2.60
2Lz		0.60	0.80	1.24	1.60	1.80	2.00	**2.20**	2.40	2.60	2.80
2Lo		0.70	0.80	1.24	1.60	1.80	2.00	**2.20**	2.40	2.60	2.80
2A		0.70	2.76	3.32	4.10	4.60	5.10	**5.60**	6.10	6.60	7.10
3S		1.00	3.18	4.44	4.80	5.30	5.80	**6.30**	6.80	7.30	7.80
3T		1.20	3.42	4.76	5.20	5.70	6.20	**6.70**	7.20	7.70	8.20
3F		1.40	4.20	5.80	5.90	6.60	7.30	**8.00**	8.70	9.40	10.10
3Lz		1.60	4.38	6.04	6.20	6.90	7.60	**8.30**	9.00	9.70	10.40
3Lo		1.60	4.38	6.04	6.20	6.90	7.60	**8.30**	9.00	9.70	10.40
3A		4.10	6.41	7.54	8.30	9.30	10.30	**11.30**	12.30	13.30	14.30
4S		4.80	7.39	8.66	9.70	10.70	11.70	**12.70**	13.70	14.70	15.70
4T		5.20	7.67	8.98	10.10	11.10	12.10	**13.10**	14.10	15.10	16.10
4F		5.90	8.61	10.14	12.30	13.30	14.30	**15.30**	16.30	17.30	18.30
4Lz		6.20	9.10	10.70	13.00	14.00	15.00	**16.00**	17.00	18.00	19.00
4Lo		6.20	9.10	10.70	13.00	14.00	15.00	**16.00**	17.00	18.00	19.00
4A		8.30	9.81	11.64	14.70	15.90	17.10	**18.30**	19.50	20.70	21.90
SPINS											
U	Upright				0.20	0.30	0.40	**0.50**	0.60	0.70	0.80
S	Sit				0.50	0.60	0.70	**0.80**	0.90	1.00	1.10
C	Camel				0.70	0.90	1.10	**1.30**	1.50	1.70	1.90
Br	Camel				1.30	1.50	1.70	**1.90**	2.10	2.30	2.50
H	Camel				1.40	1.70	2.00	**2.30**	2.60	2.90	3.20
IN	Camel				1.90	2.20	2.50	**2.80**	3.10	3.40	3.70
STEP SEQUENCE											
St1	Level 1				0.90	1.20	1.50	**1.80**	2.10	2.40	2.70
St2	Level 2				1.40	1.70	2.00	**2.30**	2.60	2.90	3.20
St3	Level 3				2.40	2.70	3.00	**3.30**	3.60	3.90	4.20
St4	Level 4				3.00	3.30	3.60	**3.90**	4.20	4.50	4.80
St5	Level 5				3.20	3.60	4.00	**4.40**	4.80	5.20	5.60
ChSt	Choreo Step				1.40	1.60	1.80	**2.00**	2.20	2.40	2.60