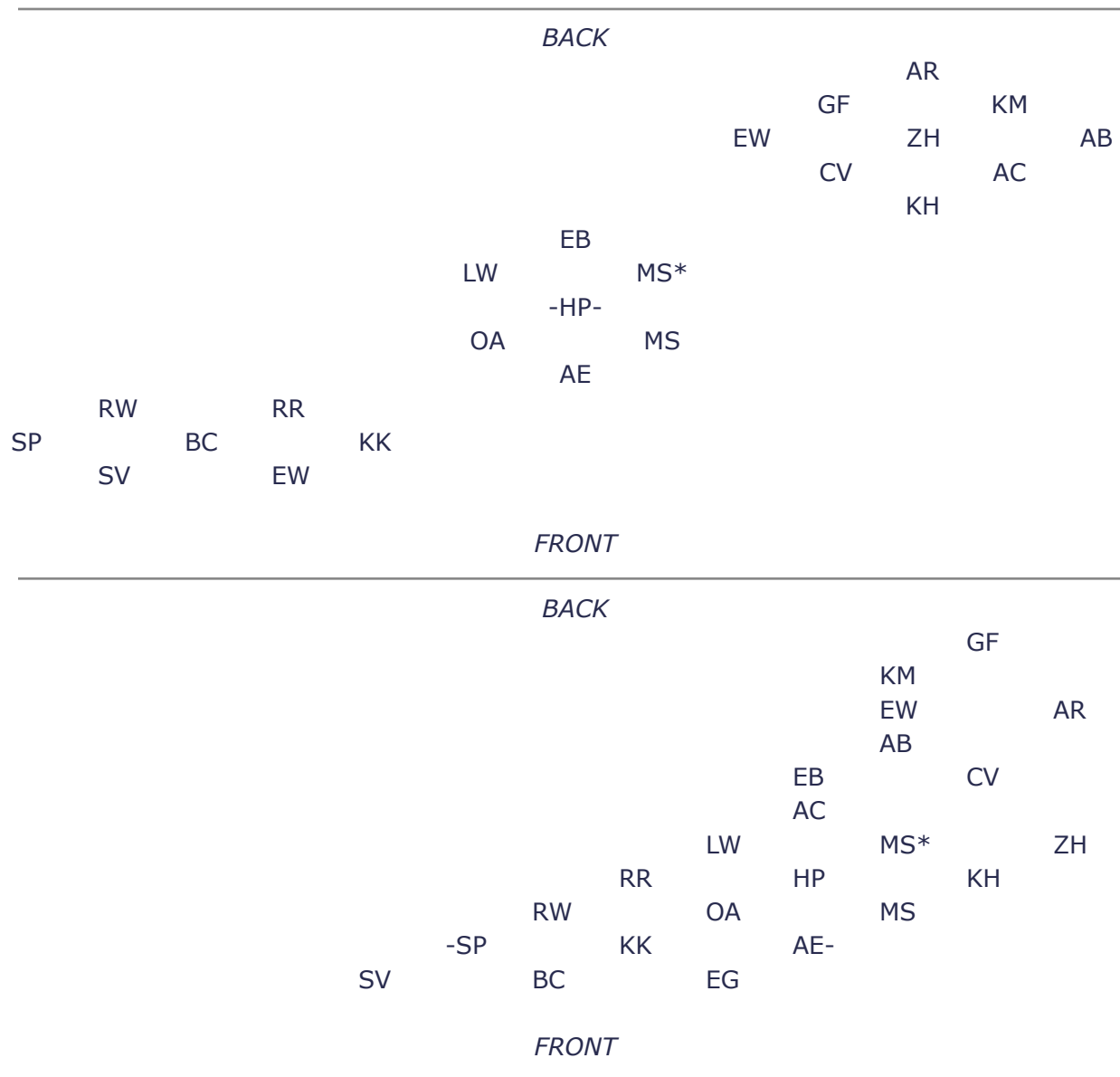


Tab 1

HIGH KICK FORMATIONS 2025



PAGE 2 OF 5

[illegible]

HIGH KICK FORMATIONS 2025

PAGE 3 OF 5

Diagram illustrating the layout of a 1000m race track, showing the positions of various lanes and the orientation of the track relative to the 'FRONT' and 'BACK' directions.

The track is oriented with 'FRONT' at the top and 'BACK' at the bottom. The lanes are labeled as follows:

- Top Row (Back): AR, MS*, AB
- Second Row: OA, MS, ZH
- Third Row: SV, BC
- Fourth Row: AE, RW
- Bottom Row (Front): HP, KK
- Left Side (RR): GF, EB, KM, CV, AC, KH, SP
- Right Side (RR): EG-

		<i>BACK</i>		
		MS*		
	EW		AR	
AC		LW		OA
	KH		SV	
HP		KK		AE
	KM		AB	
CV		RW		MS
	SP		ZH	
GF		EB		BC
	RR		EG	
		<i>FRONT</i>		

GF RR EB SP HP CV KM RW AC KH EW MS* LW AR SV OA KK AB
MS AE ZH EG BC

GF HP KM EW AR KK AE

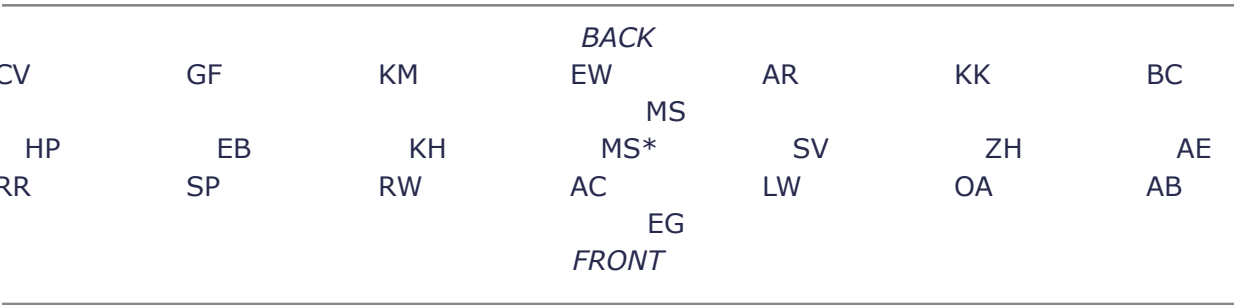
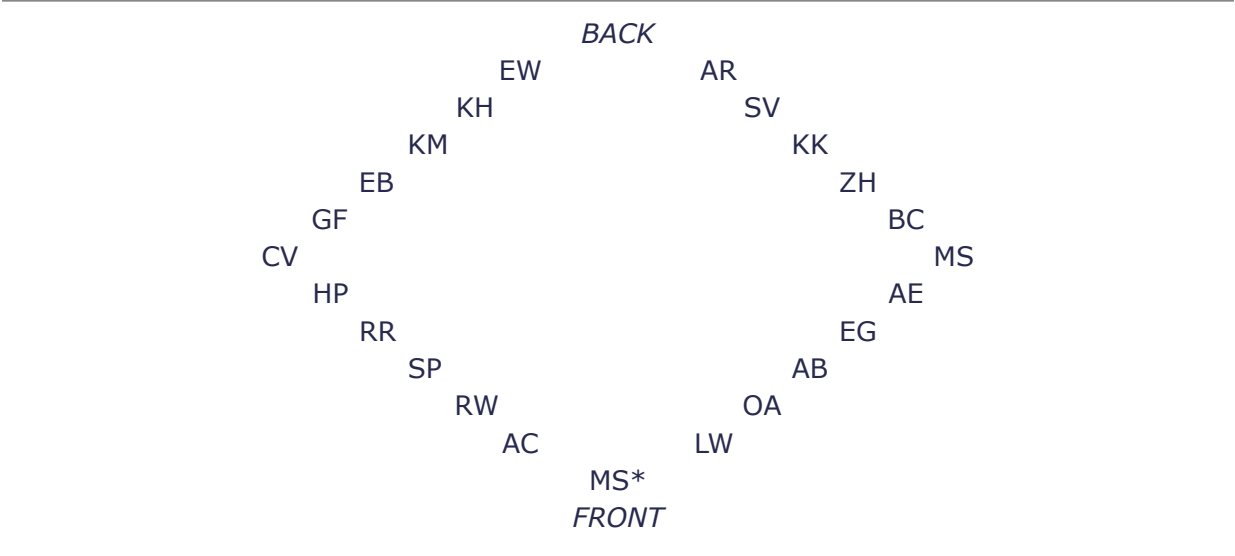
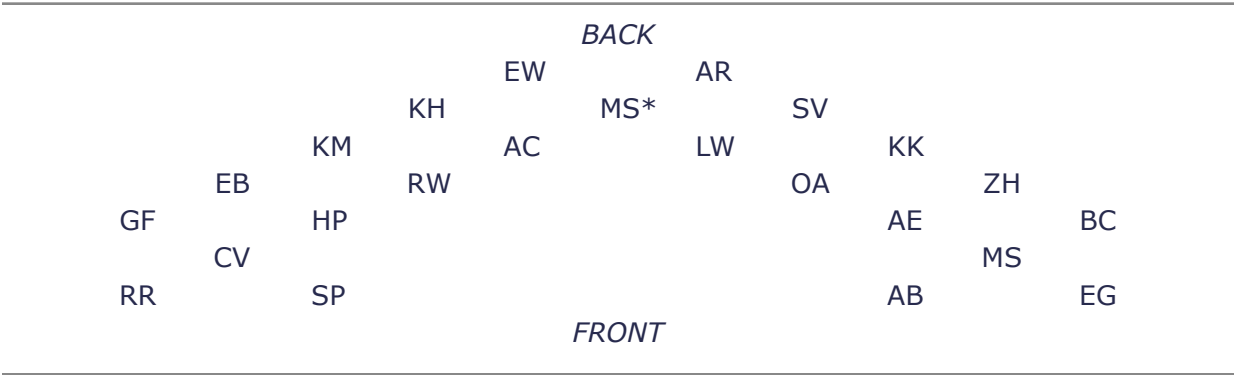
EB CV KH BC SV MS ZH

RR SP RW AC LW OA AB

EG

BACK

FRONT



			<i>BACK</i>				
CV		KM	AR		KK		MS
	GF		KH		SV		BC
HP		EB	EW		ZH		AE
	SP		AC		LW		AB
RR		RW	MS*		OA		EG
			<i>FRONT</i>				

Tab 2

Up group in first eight count of walk to connection

Something while they're holding the kidney to the side

Ripple in on 1-4 before 5-6 while the middle group is walking forward