

	Forward Shift change	Defense Shift change	d10	d10	d10	d10	d10	d10	d10	d10	d10	
<b>0:00</b>	1f 1d		1 0	<b>0:12</b>	5 1	<b>0:24</b>	3 4	<b>0:36</b>	7 5	<b>0:48</b>	8 7	<b>1:00</b>
	2f 2d		4 9	<b>1:12</b>	9 3	<b>1:24</b>	8 8	<b>1:36</b>	4 2	<b>1:48</b>	6 3	<b>2:00</b>
	3f 3d		6 9	<b>2:12</b>	3 6	<b>2:24</b>	4 2	<b>2:36</b>	1 8	<b>2:48</b>	4 4	<b>3:00</b>
	4f 1d		0 2	<b>3:12</b>	0 3	<b>3:24</b>	8 2	<b>3:36</b>	7 3	<b>3:48</b>	8 9	<b>4:00</b>
	1f 2d		7 7	<b>4:12</b>	3 3	<b>4:24</b>	9 2	<b>4:36</b>	8 9	<b>4:48</b>	6 9	<b>5:00</b>
	2f 3d		1 2	<b>5:12</b>	5 4	<b>5:24</b>	7 2	<b>5:36</b>	8 7	<b>5:48</b>	1 3	<b>6:00</b>
	3f 1d		2 7	<b>6:12</b>	8 1	<b>6:24</b>	2 1	<b>6:36</b>	4 9	<b>6:48</b>	0 8	<b>7:00</b>
	4f 2d		8 3	<b>7:12</b>	7 7	<b>7:24</b>	6 9	<b>7:36</b>	7 5	<b>7:48</b>	8 1	<b>8:00</b>
	1f 3d		0 1	<b>8:12</b>	3 0	<b>8:24</b>	6 7	<b>8:36</b>	8 3	<b>8:48</b>	8 6	<b>9:00</b>
	2f 1d		5 5	<b>9:12</b>	7 3	<b>9:24</b>	0 9	<b>9:36</b>	6 4	<b>9:48</b>	4 6	<b>10:00</b>
	3f 2d		7 3	<b>10:12</b>	2 5	<b>10:24</b>	8 6	<b>10:36</b>	5 9	<b>10:48</b>	9 0	<b>11:00</b>
	4f 3d		6 2	<b>11:12</b>	6 9	<b>11:24</b>	6 9	<b>11:36</b>	2 4	<b>11:48</b>	2 6	<b>12:00</b>
	1f 1d		4 0	<b>12:12</b>	7 9	<b>12:24</b>	3 8	<b>12:36</b>	3 5	<b>12:48</b>	1 5	<b>13:00</b>
	2f 2d		0 6	<b>13:12</b>	2 6	<b>13:24</b>	8 4	<b>13:36</b>	9 5	<b>13:48</b>	2 7	<b>14:00</b>
	3f 3d		0 2	<b>14:12</b>	9 1	<b>14:24</b>	4 4	<b>14:36</b>	1 4	<b>14:48</b>	0 1	<b>15:00</b>
	1f 1d		7 0	<b>15:12</b>	6 0	<b>15:24</b>	8 7	<b>15:36</b>	5 9	<b>15:48</b>	5 8	<b>16:00</b>
	2f 2d		9 3	<b>16:12</b>	5 3	<b>16:24</b>	1 2	<b>16:36</b>	3 8	<b>16:48</b>	1 7	<b>17:00</b>
	3f 3d		0 6	<b>17:12</b>	4 8	<b>17:24</b>	4 5	<b>17:36</b>	4 8	<b>17:48</b>	1 7	<b>18:00</b>
	1f 1d		3 4	<b>18:12</b>	9 3	<b>18:24</b>	2 8	<b>18:36</b>	0 3	<b>18:48</b>	6 1	<b>19:00</b>
	2f 2d		2 6	<b>19:12</b>	8 9	<b>19:24</b>	0 1	<b>19:36</b>	7 6	<b>19:48</b>	4 5	<b>20:00</b>

	Forward Shift change	Defense Shift change	d10	d10	d10	d10	d10	d10	d10	d10	d10	
<b>0:00</b>	1f 1d		8 0	<b>0:12</b>	7 6	<b>0:24</b>	1 2	<b>0:36</b>	5 7	<b>0:48</b>	9 4	<b>1:00</b>
	2f 2d		2 4	<b>1:12</b>	7 8	<b>1:24</b>	4 4	<b>1:36</b>	9 7	<b>1:48</b>	2 9	<b>2:00</b>
	3f 3d		5 5	<b>2:12</b>	0 2	<b>2:24</b>	2 5	<b>2:36</b>	6 9	<b>2:48</b>	5 7	<b>3:00</b>
	4f 1d		8 3	<b>3:12</b>	3 6	<b>3:24</b>	9 2	<b>3:36</b>	7 8	<b>3:48</b>	3 6	<b>4:00</b>
	1f 2d		6 4	<b>4:12</b>	8 3	<b>4:24</b>	5 9	<b>4:36</b>	3 5	<b>4:48</b>	6 8	<b>5:00</b>
	2f 3d		8 5	<b>5:12</b>	6 7	<b>5:24</b>	5 9	<b>5:36</b>	7 1	<b>5:48</b>	1 1	<b>6:00</b>
	3f 1d		0 6	<b>6:12</b>	1 4	<b>6:24</b>	6 9	<b>6:36</b>	1 1	<b>6:48</b>	8 0	<b>7:00</b>
	4f 2d		9 1	<b>7:12</b>	6 6	<b>7:24</b>	8 3	<b>7:36</b>	5 4	<b>7:48</b>	6 7	<b>8:00</b>
	1f 3d		4 7	<b>8:12</b>	3 5	<b>8:24</b>	8 7	<b>8:36</b>	1 5	<b>8:48</b>	5 3	<b>9:00</b>
	2f 1d		5 0	<b>9:12</b>	8 8	<b>9:24</b>	5 4	<b>9:36</b>	4 0	<b>9:48</b>	2 4	<b>10:00</b>
	3f 2d		7 1	<b>10:12</b>	9 8	<b>10:24</b>	7 8	<b>10:36</b>	1 7	<b>10:48</b>	0 9	<b>11:00</b>
	4f 3d		7 6	<b>11:12</b>	1 1	<b>11:24</b>	8 9	<b>11:36</b>	4 7	<b>11:48</b>	4 6	<b>12:00</b>
	1f 1d		1 9	<b>12:12</b>	7 8	<b>12:24</b>	2 6	<b>12:36</b>	5 9	<b>12:48</b>	5 5	<b>13:00</b>
	2f 2d		3 2	<b>13:12</b>	6 4	<b>13:24</b>	8 2	<b>13:36</b>	7 8	<b>13:48</b>	7 3	<b>14:00</b>
	3f 3d		1 5	<b>14:12</b>	2 8	<b>14:24</b>	5 9	<b>14:36</b>	2 8	<b>14:48</b>	7 2	<b>15:00</b>
	4f 1d		7 8	<b>15:12</b>	5 8	<b>15:24</b>	7 5	<b>15:36</b>	4 2	<b>15:48</b>	5 4	<b>16:00</b>
	1f 2d		5 4	<b>16:12</b>	2 5	<b>16:24</b>	7 4	<b>16:36</b>	9 0	<b>16:48</b>	1 5	<b>17:00</b>
	2f 3d		6 5	<b>17:12</b>	2 7	<b>17:24</b>	4 9	<b>17:36</b>	1 0	<b>17:48</b>	4 3	<b>18:00</b>
	3f 1d		7 5	<b>18:12</b>	6 6	<b>18:24</b>	2 7	<b>18:36</b>	5 1	<b>18:48</b>	6 1	<b>19:00</b>
	1f 2d		1 7	<b>19:12</b>	2 4	<b>19:24</b>	0 4	<b>19:36</b>	2 3	<b>19:48</b>	9 7	<b>20:00</b>

	Forward Shift change	Defense Shift change	d10	d10	d10	d10	d10	d10	d10	d10	d10	
<b>0:00</b>	1f 1d		0 6	<b>0:12</b>	5 0	<b>0:24</b>	5 4	<b>0:36</b>	8 2	<b>0:48</b>	9 2	<b>1:00</b>
	2f 2d		6 3	<b>1:12</b>	2 1	<b>1:24</b>	9 7	<b>1:36</b>	0 8	<b>1:48</b>	0 1	<b>2:00</b>
	3f 3d		5 7	<b>2:12</b>	3 5	<b>2:24</b>	2 3	<b>2:36</b>	8 9	<b>2:48</b>	5 6	<b>3:00</b>
	4f 1d		1 1	<b>3:12</b>	6 1	<b>3:24</b>	8 3	<b>3:36</b>	6 1	<b>3:48</b>	0 4	<b>4:00</b>
	1f 2d		6 6	<b>4:12</b>	7 2	<b>4:24</b>	1 9	<b>4:36</b>	1 9	<b>4:48</b>	3 2	<b>5:00</b>
	2f 3d		9 8	<b>5:12</b>	7 4	<b>5:24</b>	3 5	<b>5:36</b>	0 6	<b>5:48</b>	4 3	<b>6:00</b>
	3f 1d		9 4	<b>6:12</b>	7 5	<b>6:24</b>	4 0	<b>6:36</b>	3 2	<b>6:48</b>	7 3	<b>7:00</b>
	4f 2d		0 7	<b>7:12</b>	4 9	<b>7:24</b>	2 2	<b>7:36</b>	0 3	<b>7:48</b>	5 2	<b>8:00</b>
	1f 3d		9 0	<b>8:12</b>	6 3	<b>8:24</b>	0 0	<b>8:36</b>	0 9	<b>8:48</b>	4 4	<b>9:00</b>
	2f 1d		5 5	<b>9:12</b>	8 5	<b>9:24</b>	6 9	<b>9:36</b>	4 5	<b>9:48</b>	2 1	<b>10:00</b>
	3f 2d		1 7	<b>10:12</b>	5 7	<b>10:24</b>	4 2	<b>10:36</b>	3 7	<b>10:48</b>	2 8	<b>11:00</b>
	1f 3d		6 4	<b>11:12</b>	6 5	<b>11:24</b>	3 9	<b>11:36</b>	9 0	<b>11:48</b>	9 6	<b>12:00</b>
	2f 1d		4 7	<b>12:12</b>	4 8	<b>12:24</b>	9 5	<b>12:36</b>	8 1	<b>12:48</b>	6 7	<b>13:00</b>
	3f 2d		8 3	<b>13:12</b>	4 7	<b>13:24</b>	1 4	<b>13:36</b>	4 6	<b>13:48</b>	2 9	<b>14:00</b>
	1f 1d		2 1	<b>14:12</b>	2 3	<b>14:24</b>	5 6	<b>14:36</b>	2 1	<b>14:48</b>	9 0	<b>15:00</b>
	2f 2d		0 3	<b>15:12</b>	9 7	<b>15:24</b>	1 6	<b>15:36</b>	6 1	<b>15:48</b>	8 9	<b>16:00</b>
	3f 1d		0 7	<b>16:12</b>	2 2	<b>16:24</b>	9 1	<b>16:36</b>	7 6	<b>16:48</b>	4 1	<b>17:00</b>
	1f 2d		1 3	<b>17:12</b>	6 7	<b>17:24</b>	0 9	<b>17:36</b>	6 6	<b>17:48</b>	6 1	<b>18:00</b>
	2f 1d		4 6	<b>18:12</b>	7 0	<b>18:24</b>	9 3	<b>18:36</b>	1 2	<b>18:48</b>	2 8	<b>19:00</b>
	1f 2d		3 3	<b>19:12</b>	5 5	<b>19:24</b>	7 2	<b>19:36</b>	3 3	<b>19:48</b>	9 2	<b>20:00</b>

	Forward Shift change	Defense Shift change	d10	d10	d10	d10	d10	d10	d10	d10	d10	
<b>0:00</b>	1f 1d		6 7	<b>0:12</b>	2 8	<b>0:24</b>	1 3	<b>0:36</b>	4 0	<b>0:48</b>	7 3	<b>1:00</b>
	2f 2d		0 0	<b>1:12</b>	5 0	<b>1:24</b>	7 2	<b>1:36</b>	9 9	<b>1:48</b>	9 3	<b>2:00</b>
	3f 3d		2 3	<b>2:12</b>	9 4	<b>2:24</b>	9 9	<b>2:36</b>	8 4	<b>2:48</b>	4 7	<b>3:00</b>
	4f 1d		3 2	<b>3:12</b>	8 1	<b>3:24</b>	9 9	<b>3:36</b>	4 5	<b>3:48</b>	6 5	<b>4:00</b>
	1f 2d		1 8	<b>4:12</b>	5 7	<b>4:24</b>	6 3	<b>4:36</b>	8 7	<b>4:48</b>	9 2	<b>5:00</b>
	2f 3d		1 8	<b>5:12</b>	5 6	<b>5:24</b>	8 7	<b>5:36</b>	3 3	<b>5:48</b>	9 6	<b>6:00</b>
	3f 1d		9 0	<b>6:12</b>	8 9	<b>6:24</b>	2 1	<b>6:36</b>	8 6	<b>6:48</b>	6 3	<b>7:00</b>
	4f 2d		5 0	<b>7:12</b>	6 2	<b>7:24</b>	4 4	<b>7:36</b>	6 2	<b>7:48</b>	0 2	<b>8:00</b>
	1f 3d		1 1	<b>8:12</b>	2 0	<b>8:24</b>	0 7	<b>8:36</b>	4 4	<b>8:48</b>	4 2	<b>9:00</b>
	2f 1d		4 6	<b>9:12</b>	0 7	<b>9:24</b>	7 5	<b>9:36</b>	9 7	<b>9:48</b>	1 2	<b>10:00</b>
	3f 2d		2 1	<b>10:12</b>	8 3	<b>10:24</b>	2 5	<b>10:36</b>	9 7	<b>10:48</b>	9 3	<b>11:00</b>
	4f 3d		0 7	<b>11:12</b>	5 6	<b>11:24</b>	3 5	<b>11:36</b>	1 2	<b>11:48</b>	3 3	<b>12:00</b>
	1f 1d		0 5	<b>12:12</b>	7 7	<b>12:24</b>	3 3	<b>12:36</b>	7 0	<b>12:48</b>	8 9	<b>13:00</b>
	2f 2d		1 3	<b>13:12</b>	6 7	<b>13:24</b>	4 3	<b>13:36</b>	9 9	<b>13:48</b>	2 7	<b>14:00</b>
	3f 3d		1 1	<b>14:12</b>	5 9	<b>14:24</b>	1 8	<b>14:36</b>	7 4	<b>14:48</b>	2 7	<b>15:00</b>
	4f 1d		2 3	<b>15:12</b>	2 5	<b>15:24</b>	8 2	<b>15:36</b>	1 4	<b>15:48</b>	6 2	<b>16:00</b>
	1f 2d		8 9	<b>16:12</b>	9 0	<b>16:24</b>	4 6	<b>16:36</b>	9 8	<b>16:48</b>	6 4	<b>17:00</b>
	2f 3d		5 9	<b>17:12</b>	7 2	<b>17:24</b>	3 7	<b>17:36</b>	8 8	<b>17:48</b>	5 2	<b>18:00</b>
	3f 1d		9 9	<b>18:12</b>	9 3	<b>18:24</b>	9 2	<b>18:36</b>	2 6	<b>18:48</b>	9 7	<b>19:00</b>
	1f 2d		1 9	<b>19:12</b>	0 7	<b>19:24</b>	8 7	<b>19:36</b>	9 4	<b>19:48</b>	0 6	<b>20:00</b>

	Forward Shift change	Defense Shift change	d10	d10	d10	d10	d10	d10	d10	d10	d10	
<b>0:00</b>	1f 1d		5 9	<b>0:12</b>	9 2	<b>0:24</b>	2 0	<b>0:36</b>	9 2	<b>0:48</b>	1 0	<b>1:00</b>
	2f 2d		2 2	<b>1:12</b>	2 6	<b>1:24</b>	3 5	<b>1:36</b>	3 8	<b>1:48</b>	3 0	<b>2:00</b>
	3f 3d		6 1	<b>2:12</b>	0 6	<b>2:24</b>	7 5	<b>2:36</b>	8 5	<b>2:48</b>	6 4	<b>3:00</b>
	4f 1d		0 6	<b>3:12</b>	0 1	<b>3:24</b>	0 0	<b>3:36</b>	1 5	<b>3:48</b>	3 2	<b>4:00</b>
	1f 2d		2 0	<b>4:12</b>	6 2	<b>4:24</b>	0 9	<b>4:36</b>	6 0	<b>4:48</b>	0 3	<b>5:00</b>
	2f 3d		9 4	<b>5:12</b>	0 3	<b>5:24</b>	3 9	<b>5:36</b>	8 7	<b>5:48</b>	6 4	<b>6:00</b>
	3f 1d		8 0	<b>6:12</b>	7 0	<b>6:24</b>	7 1	<b>6:36</b>	0 2	<b>6:48</b>	7 1	<b>7:00</b>
	4f 2d		7 7	<b>7:12</b>	2 7	<b>7:24</b>	0 5	<b>7:36</b>	5 7	<b>7:48</b>	0 4	<b>8:00</b>
	1f 3d		7 5	<b>8:12</b>	8 3	<b>8:24</b>	1 7	<b>8:36</b>	3 9	<b>8:48</b>	0 7	<b>9:00</b>
	2f 1d		2 1	<b>9:12</b>	0 5	<b>9:24</b>	6 1	<b>9:36</b>	0 6	<b>9:48</b>	7 8	<b>10:00</b>
	3f 2d		1 9	<b>10:12</b>	2 0	<b>10:24</b>	5 5	<b>10:36</b>	1 0	<b>10:48</b>	5 1	<b>11:00</b>
	4f 3d		8 1	<b>11:12</b>	7 9	<b>11:24</b>	6 4	<b>11:36</b>	9 2	<b>11:48</b>	9 9	<b>12:00</b>
	1f 1d		9 2	<b>12:12</b>	4 4	<b>12:24</b>	3 2	<b>12:36</b>	0 0	<b>12:48</b>	3 1	<b>13:00</b>
	2f 2d		7 6	<b>13:12</b>	1 0	<b>13:24</b>	1 5	<b>13:36</b>	7 2	<b>13:48</b>	5 5	<b>14:00</b>
	3f 3d		0 1	<b>14:12</b>	0 5	<b>14:24</b>	5 2	<b>14:36</b>	2 5	<b>14:48</b>	4 1	<b>15:00</b>
	4f 1d		6 2	<b>15:12</b>	7 9	<b>15:24</b>	9 0	<b>15:36</b>	6 1	<b>15:48</b>	0 4	<b>16:00</b>
	1f 2d		2 3	<b>16:12</b>	8 4	<b>16:24</b>	7 4	<b>16:36</b>	6 5	<b>16:48</b>	1 2	<b>17:00</b>
	2f 3d		2 8	<b>17:12</b>	0 9	<b>17:24</b>	1 8	<b>17:36</b>	6 9	<b>17:48</b>	3 7	<b>18:00</b>
	3f 1d		4 3	<b>18:12</b>	4 3	<b>18:24</b>	1 2	<b>18:36</b>	3 0	<b>18:48</b>	8 3	<b>19:00</b>
	1f 2d		9 3	<b>19:12</b>	1 7	<b>19:24</b>	7 0	<b>19:36</b>	9 3	<b>19:48</b>	8 4	<b>20:00</b>

	Forward Shift change	Defense Shift change	d10	d10	d10	d10	d10	d10	d10	d10	d10	
<b>0:00</b>	1f 1d		7 1	<b>0:12</b>	0 2	<b>0:24</b>	5 6	<b>0:36</b>	5 2	<b>0:48</b>	5 1	<b>1:00</b>
	2f 2d		4 5	<b>1:12</b>	8 3	<b>1:24</b>	7 3	<b>1:36</b>	0 0	<b>1:48</b>	9 6	<b>2:00</b>
	3f 3d		9 2	<b>2:12</b>	0 8	<b>2:24</b>	4 6	<b>2:36</b>	3 2	<b>2:48</b>	7 7	<b>3:00</b>
	4f 1d		3 6	<b>3:12</b>	2 6	<b>3:24</b>	4 4	<b>3:36</b>	4 3	<b>3:48</b>	7 9	<b>4:00</b>
	1f 2d		8 5	<b>4:12</b>	7 3	<b>4:24</b>	4 9	<b>4:36</b>	5 7	<b>4:48</b>	7 0	<b>5:00</b>
	2f 3d		6 7	<b>5:12</b>	2 5	<b>5:24</b>	9 3	<b>5:36</b>	4 6	<b>5:48</b>	6 4	<b>6:00</b>
	3f 1d		0 3	<b>6:12</b>	4 0	<b>6:24</b>	5 8	<b>6:36</b>	7 8	<b>6:48</b>	8 6	<b>7:00</b>
	4f 2d		8 1	<b>7:12</b>	4 0	<b>7:24</b>	3 4	<b>7:36</b>	2 1	<b>7:48</b>	7 2	<b>8:00</b>
	1f 3d		6 7	<b>8:12</b>	3 1	<b>8:24</b>	7 6	<b>8:36</b>	0 6	<b>8:48</b>	7 1	<b>9:00</b>
	2f 1d		6 3	<b>9:12</b>	6 1	<b>9:24</b>	8 2	<b>9:36</b>	4 7	<b>9:48</b>	0 5	<b>10:00</b>
	3f 2d		0 8	<b>10:12</b>	3 5	<b>10:24</b>	0 5	<b>10:36</b>	3 7	<b>10:48</b>	4 1	<b>11:00</b>
	1f 3d		7 3	<b>11:12</b>	4 0	<b>11:24</b>	0 0	<b>11:36</b>	6 7	<b>11:48</b>	7 4	<b>12:00</b>
	2f 1d		0 1	<b>12:12</b>	5 1	<b>12:24</b>	8 5	<b>12:36</b>	7 9	<b>12:48</b>	5 1	<b>13:00</b>
	3f 2d		3 8	<b>13:12</b>	2 2	<b>13:24</b>	5 6	<b>13:36</b>	5 9	<b>13:48</b>	6 4	<b>14:00</b>
	1f 1d		4 4	<b>14:12</b>	1 7	<b>14:24</b>	8 7	<b>14:36</b>	5 4	<b>14:48</b>	2 3	<b>15:00</b>
	2f 2d		4 3	<b>15:12</b>	9 3	<b>15:24</b>	2 7	<b>15:36</b>	8 7	<b>15:48</b>	6 7	<b>16:00</b>
	3f 1d		6 8	<b>16:12</b>	4 6	<b>16:24</b>	6 3	<b>16:36</b>	1 1	<b>16:48</b>	5 9	<b>17:00</b>
	1f 2d		1 5	<b>17:12</b>	2 2	<b>17:24</b>	2 0	<b>17:36</b>	5 6	<b>17:48</b>	0 3	<b>18:00</b>
	2f 1d		5 7	<b>18:12</b>	7 8	<b>18:24</b>	1 6	<b>18:36</b>	6 4	<b>18:48</b>	8 2	<b>19:00</b>
	1f 2d		1 2	<b>19:12</b>	3 7	<b>19:24</b>	4 0	<b>19:36</b>	4 3	<b>19:48</b>	4 6	<b>20:00</b>

0:00	Forward Defense	d10 d10		d10 d10		d10 d10		d10 d10		d10 d10	
	Shift Shift	change	change	change	change	change	change	change	change	change	change
	1f 1d	8 4	0:12	9 3	0:24	5 8	0:36	0 5	0:48	4 1	1:00
	2f 2d	9 0	1:12	6 2	1:24	7 3	1:36	1 5	1:48	6 7	2:00
	3f 3d	3 5	2:12	1 3	2:24	5 4	2:36	7 6	2:48	1 9	3:00
	4f 1d	5 7	3:12	6 3	3:24	3 0	3:36	5 1	3:48	1 6	4:00
	1f 2d	5 3	4:12	3 2	4:24	9 5	4:36	3 6	4:48	7 2	5:00
	2f 3d	3 8	5:12	1 5	5:24	8 7	5:36	0 7	5:48	3 1	6:00
	3f 1d	4 5	6:12	7 2	6:24	3 9	6:36	3 1	6:48	5 7	7:00
	4f 2d	7 5	7:12	8 9	7:24	6 0	7:36	9 3	7:48	7 7	8:00
	1f 3d	3 3	8:12	3 0	8:24	2 7	8:36	0 0	8:48	3 6	9:00
	2f 1d	1 7	9:12	1 9	9:24	2 9	9:36	0 6	9:48	4 1	10:00
	3f 2d	2 2	10:12	7 4	10:24	7 4	10:36	2 2	10:48	1 4	11:00
	4f 3d	8 7	11:12	0 2	11:24	1 1	11:36	5 8	11:48	5 3	12:00
	1f 1d	7 4	12:12	4 8	12:24	0 2	12:36	1 1	12:48	1 7	13:00
	2f 2d	1 8	13:12	4 6	13:24	1 4	13:36	3 9	13:48	6 2	14:00
	3f 3d	3 7	14:12	8 6	14:24	2 1	14:36	3 5	14:48	6 7	15:00
	1f 1d	5 7	15:12	5 4	15:24	8 1	15:36	8 0	15:48	1 8	16:00
	2f 2d	6 5	16:12	8 6	16:24	8 6	16:36	9 5	16:48	8 8	17:00
	3f 3d	3 6	17:12	3 1	17:24	4 6	17:36	9 4	17:48	1 8	18:00
	1f 1d	2 1	18:12	8 3	18:24	8 1	18:36	6 1	18:48	2 3	19:00
	2f 2d	4 1	19:12	9 4	19:24	0 2	19:36	1 2	19:48	0 8	20:00

0:00	Forward Defense	d10 d10		d10 d10		d10 d10		d10 d10		d10 d10	
	Shift Shift	change	change	change	change	change	change	change	change	change	change
	1f 1d	8 8	0:12	4 7	0:24	6 5	0:36	8 6	0:48	4 8	1:00
	2f 2d	0 4	1:12	8 6	1:24	6 9	1:36	8 9	1:48	4 4	2:00
	3f 3d	0 5	2:12	1 4	2:24	5 6	2:36	4 3	2:48	3 6	3:00
	4f 1d	4 5	3:12	9 5	3:24	2 6	3:36	1 2	3:48	2 3	4:00
	1f 2d	2 1	4:12	1 5	4:24	6 0	4:36	6 0	4:48	7 5	5:00
	2f 3d	7 7	5:12	5 3	5:24	4 8	5:36	4 7	5:48	0 8	6:00
	3f 1d	5 9	6:12	7 8	6:24	2 7	6:36	1 2	6:48	4 4	7:00
	4f 2d	4 9	7:12	2 1	7:24	5 6	7:36	2 8	7:48	6 2	8:00
	1f 3d	8 6	8:12	8 8	8:24	1 8	8:36	2 6	8:48	9 3	9:00
	2f 1d	1 2	9:12	3 5	9:24	4 0	9:36	8 5	9:48	5 7	10:00
	3f 2d	2 8	10:12	0 3	10:24	2 2	10:36	6 2	10:48	3 9	11:00
	4f 3d	4 3	11:12	1 3	11:24	0 1	11:36	4 8	11:48	4 6	12:00
	1f 1d	9 4	12:12	9 6	12:24	2 1	12:36	2 1	12:48	6 0	13:00
	2f 2d	5 6	13:12	8 8	13:24	9 4	13:36	3 3	13:48	4 6	14:00
	3f 3d	2 6	14:12	7 1	14:24	6 7	14:36	4 0	14:48	7 9	15:00
	4f 1d	6 7	15:12	5 1	15:24	6 5	15:36	7 2	15:48	9 9	16:00
	1f 2d	6 2	16:12	3 2	16:24	7 2	16:36	7 0	16:48	4 6	17:00
	2f 3d	3 1	17:12	4 7	17:24	2 5	17:36	3 0	17:48	3 6	18:00
	3f 1d	6 5	18:12	6 8	18:24	7 5	18:36	5 3	18:48	2 4	19:00
	1f 2d	2 2	19:12	7 2	19:24	3 8	19:36	4 5	19:48	1 0	20:00

0:00	Forward Defense	d10 d10		d10 d10		d10 d10		d10 d10		d10 d10	
	Shift Shift	change	change	change	change	change	change	change	change	change	change
	1f 1d	5 8	0:12	3 8	0:24	4 2	0:36	6 7	0:48	4 0	1:00
	2f 2d	1 0	1:12	3 4	1:24	2 8	1:36	3 6	1:48	2 5	2:00
	3f 3d	3 8	2:12	2 0	2:24	7 3	2:36	8 8	2:48	6 9	3:00
	4f 1d	6 7	3:12	9 7	3:24	8 5	3:36	6 9	3:48	2 0	4:00
	1f 2d	3 1	4:12	6 6	4:24	5 5	4:36	0 3	4:48	0 8	5:00
	2f 3d	8 1	5:12	0 1	5:24	0 5	5:36	1 8	5:48	4 4	6:00
	3f 1d	7 4	6:12	2 9	6:24	5 0	6:36	4 9	6:48	6 1	7:00
	4f 2d	5 3	7:12	3 1	7:24	5 3	7:36	5 1	7:48	9 9	8:00
	1f 3d	9 6	8:12	1 6	8:24	8 2	8:36	4 5	8:48	1 8	9:00
	2f 1d	5 8	9:12	4 3	9:24	2 1	9:36	4 0	9:48	5 2	10:00
	3f 2d	0 5	10:12	2 5	10:24	3 0	10:36	0 5	10:48	0 9	11:00
	1f 3d	6 5	11:12	0 9	11:24	5 2	11:36	2 7	11:48	2 8	12:00
	2f 1d	7 2	12:12	2 3	12:24	2 1	12:36	4 2	12:48	5 5	13:00
	3f 2d	3 0	13:12	3 6	13:24	2 3	13:36	4 0	13:48	3 5	14:00
	1f 1d	3 4	14:12	7 7	14:24	3 0	14:36	2 3	14:48	7 2	15:00
	2f 2d	0 1	15:12	9 3	15:24	9 3	15:36	6 5	15:48	5 9	16:00
	3f 1d	7 9	16:12	9 3	16:24	9 9	16:36	0 6	16:48	6 2	17:00
	1f 2d	7 6	17:12	9 3	17:24	1 6	17:36	7 9	17:48	3 3	18:00
	2f 1d	7 3	18:12	6 3	18:24	5 1	18:36	8 1	18:48	0 0	19:00
	1f 2d	1 1	19:12	1 1	19:24	5 7	19:36	2 2	19:48	6 2	20:00

Forward Defense		d10 d10		d10 d10		d10 d10		d10 d10		d10 d10	
Shift	Shift										
change	change										
0:00	1f 1d	3 9	0:12	4 2	0:24	0 7	0:36	4 8	0:48	0 2	1:00
	2f 2d	2 1	1:12	2 7	1:24	7 2	1:36	9 8	1:48	2 6	2:00
	3f 3d	7 2	2:12	3 8	2:24	3 4	2:36	2 6	2:48	6 6	3:00
	4f 1d	0 6	3:12	7 7	3:24	9 8	3:36	8 4	3:48	9 5	4:00
	1f 2d	4 2	4:12	9 7	4:24	0 6	4:36	1 9	4:48	0 7	5:00
	2f 3d	6 7	5:12	6 0	5:24	1 9	5:36	0 5	5:48	4 0	6:00
	3f 1d	6 0	6:12	2 7	6:24	9 3	6:36	5 7	6:48	3 7	7:00
	4f 2d	2 8	7:12	1 4	7:24	0 4	7:36	0 1	7:48	8 7	8:00
	1f 3d	3 3	8:12	0 1	8:24	6 6	8:36	0 8	8:48	9 2	9:00
	2f 1d	4 1	9:12	0 6	9:24	6 8	9:36	6 6	9:48	9 9	10:00
	3f 2d	4 0	10:12	0 3	10:24	9 6	10:36	4 5	10:48	5 4	11:00
	4f 3d	4 2	11:12	4 5	11:24	3 0	11:36	0 3	11:48	4 2	12:00
	1f 1d	7 3	12:12	2 1	12:24	9 7	12:36	5 4	12:48	6 4	13:00
	2f 2d	4 6	13:12	6 4	13:24	6 5	13:36	5 6	13:48	1 9	14:00
	3f 3d	7 9	14:12	3 0	14:24	2 1	14:36	6 3	14:48	0 4	15:00
	1f 1d	0 7	15:12	2 7	15:24	8 9	15:36	7 7	15:48	5 0	16:00
	2f 2d	5 5	16:12	7 8	16:24	0 5	16:36	4 1	16:48	6 3	17:00
	3f 3d	1 7	17:12	8 0	17:24	1 6	17:36	2 9	17:48	7 2	18:00
	1f 1d	8 3	18:12	1 8	18:24	1 2	18:36	1 8	18:48	4 0	19:00
	2f 2d	1 3	19:12	2 8	19:24	8 8	19:36	8 6	19:48	1 7	20:00

Forward Defense		d10 d10		d10 d10		d10 d10		d10 d10		d10 d10	
Shift	Shift										
change	change										
0:00	1f 1d	8 6	0:12	1 3	0:24	5 6	0:36	1 1	0:48	9 3	1:00
	2f 2d	7 5	1:12	3 9	1:24	6 3	1:36	1 7	1:48	6 7	2:00
	3f 3d	1 1	2:12	0 2	2:24	3 3	2:36	7 6	2:48	2 3	3:00
	4f 1d	3 3	3:12	0 8	3:24	0 7	3:36	4 4	3:48	6 0	4:00
	1f 2d	1 8	4:12	4 6	4:24	6 9	4:36	4 1	4:48	6 3	5:00
	2f 3d	0 7	5:12	5 6	5:24	4 3	5:36	6 9	5:48	7 7	6:00
	3f 1d	8 6	6:12	6 0	6:24	3 8	6:36	8 5	6:48	9 2	7:00
	4f 2d	0 3	7:12	3 9	7:24	0 1	7:36	4 4	7:48	4 8	8:00
	1f 3d	9 4	8:12	7 2	8:24	5 1	8:36	4 2	8:48	0 4	9:00
	2f 1d	7 4	9:12	4 9	9:24	0 4	9:36	3 3	9:48	2 8	10:00
	3f 2d	2 3	10:12	6 5	10:24	8 3	10:36	4 6	10:48	9 5	11:00
	4f 3d	7 9	11:12	6 8	11:24	4 8	11:36	2 9	11:48	1 1	12:00
	1f 1d	0 5	12:12	2 8	12:24	1 3	12:36	9 8	12:48	3 8	13:00
	2f 2d	1 1	13:12	1 5	13:24	5 9	13:36	1 4	13:48	2 2	14:00
	3f 3d	8 3	14:12	5 6	14:24	1 1	14:36	8 6	14:48	6 0	15:00
	4f 1d	8 3	15:12	0 6	15:24	9 6	15:36	8 9	15:48	5 4	16:00
	1f 2d	8 9	16:12	0 5	16:24	7 2	16:36	0 8	16:48	7 9	17:00
	2f 3d	1 7	17:12	3 8	17:24	1 3	17:36	8 8	17:48	6 4	18:00
	3f 1d	6 5	18:12	6 2	18:24	6 4	18:36	6 6	18:48	5 8	19:00
	1f 2d	9 8	19:12	4 3	19:24	7 8	19:36	8 3	19:48	3 5	20:00

Forward Defense		d10 d10		d10 d10		d10 d10		d10 d10		d10 d10	
Shift	Shift										
change	change										
0:00	1f 1d	6 4	0:12	4 0	0:24	3 7	0:36	6 3	0:48	8 1	1:00
	2f 2d	0 6	1:12	6 5	1:24	1 7	1:36	9 0	1:48	7 8	2:00
	3f 3d	2 4	2:12	5 5	2:24	5 8	2:36	2 1	2:48	0 7	3:00
	4f 1d	0 1	3:12	1 1	3:24	8 1	3:36	6 8	3:48	1 7	4:00
	1f 2d	9 3	4:12	7 9	4:24	2 3	4:36	2 5	4:48	1 6	5:00
	2f 3d	6 3	5:12	5 6	5:24	9 6	5:36	8 9	5:48	4 9	6:00
	3f 1d	0 5	6:12	3 1	6:24	8 3	6:36	3 9	6:48	8 5	7:00
	4f 2d	4 0	7:12	2 3	7:24	7 2	7:36	7 7	7:48	3 4	8:00
	1f 3d	5 6	8:12	3 7	8:24	0 7	8:36	8 1	8:48	6 4	9:00
	2f 1d	1 4	9:12	7 6	9:24	1 1	9:36	7 1	9:48	3 7	10:00
	3f 2d	4 4	10:12	2 2	10:24	6 4	10:36	4 1	10:48	6 2	11:00
	1f 3d	2 2	11:12	2 3	11:24	1 2	11:36	0 2	11:48	0 8	12:00
	2f 1d	0 5	12:12	5 1	12:24	4 6	12:36	0 9	12:48	9 5	13:00
	3f 2d	8 8	13:12	9 9	13:24	1 0	13:36	0 5	13:48	8 7	14:00
	1f 1d	3 4	14:12	6 7	14:24	0 7	14:36	0 2	14:48	2 6	15:00
	2f 2d	4 7	15:12	9 2	15:24	8 2	15:36	7 2	15:48	8 4	16:00
	3f 1d	2 7	16:12	3 5	16:24	6 7	16:36	0 3	16:48	4 7	17:00
	1f 2d	3 4	17:12	4 0	17:24	2 9	17:36	0 0	17:48	5 1	18:00
	2f 1d	9 7	18:12	5 4	18:24	4 5	18:36	3 2	18:48	1 9	19:00
	1f 2d	2 4	19:12	6 7	19:24	8 4	19:36	1 5	19:48	5 0	20:00



	Forward Shift change	Defense Shift change						
0:00	1f	1d	0:12	0:24	0:36	0:48	1:00	
	2f	2d	1:12	1:24	1:36	1:48	2:00	
	3f	3d	2:12	2:24	2:36	2:48	3:00	
	4f	1d	3:12	3:24	3:36	3:48	4:00	
	1f	2d	4:12	4:24	4:36	4:48	5:00	
	2f	3d	5:12	5:24	5:36	5:48	6:00	
	3f	1d	6:12	6:24	6:36	6:48	7:00	
	4f	2d	7:12	7:24	7:36	7:48	8:00	
	1f	3d	8:12	8:24	8:36	8:48	9:00	
	2f	1d	9:12	9:24	9:36	9:48	10:00	
	3f	2d	10:12	10:24	10:36	10:48	11:00	
	4f	3d	11:12	11:24	11:36	11:48	12:00	
	1f	1d	12:12	12:24	12:36	12:48	13:00	
	2f	2d	13:12	13:24	13:36	13:48	14:00	
	3f	3d	14:12	14:24	14:36	14:48	15:00	
	4f	1d	15:12	15:24	15:36	15:48	16:00	
	1f	2d	16:12	16:24	16:36	16:48	17:00	
	2f	3d	17:12	17:24	17:36	17:48	18:00	
	3f	1d	18:12	18:24	18:36	18:48	19:00	
	1f	2d	19:12	19:24	19:36	19:48	20:00	

	Forward Shift change	Defense Shift change						
0:00	1f	1d	0:12	0:24	0:36	0:48	1:00	
	2f	2d	1:12	1:24	1:36	1:48	2:00	
	3f	3d	2:12	2:24	2:36	2:48	3:00	
	4f	1d	3:12	3:24	3:36	3:48	4:00	
	1f	2d	4:12	4:24	4:36	4:48	5:00	
	2f	3d	5:12	5:24	5:36	5:48	6:00	
	3f	1d	6:12	6:24	6:36	6:48	7:00	
	4f	2d	7:12	7:24	7:36	7:48	8:00	
	1f	3d	8:12	8:24	8:36	8:48	9:00	
	2f	1d	9:12	9:24	9:36	9:48	10:00	
	3f	2d	10:12	10:24	10:36	10:48	11:00	
	4f	3d	11:12	11:24	11:36	11:48	12:00	
	1f	1d	12:12	12:24	12:36	12:48	13:00	
	2f	2d	13:12	13:24	13:36	13:48	14:00	
	3f	3d	14:12	14:24	14:36	14:48	15:00	
	4f	1d	15:12	15:24	15:36	15:48	16:00	
	1f	2d	16:12	16:24	16:36	16:48	17:00	
	2f	3d	17:12	17:24	17:36	17:48	18:00	
	3f	1d	18:12	18:24	18:36	18:48	19:00	
	1f	2d	19:12	19:24	19:36	19:48	20:00	

	Forward Shift change	Defense Shift change						
0:00	1f	1d	0:12	0:24	0:36	0:48	1:00	
	2f	2d	1:12	1:24	1:36	1:48	2:00	
	3f	3d	2:12	2:24	2:36	2:48	3:00	
	4f	1d	3:12	3:24	3:36	3:48	4:00	
	1f	2d	4:12	4:24	4:36	4:48	5:00	
	2f	3d	5:12	5:24	5:36	5:48	6:00	
	3f	1d	6:12	6:24	6:36	6:48	7:00	
	4f	2d	7:12	7:24	7:36	7:48	8:00	
	1f	3d	8:12	8:24	8:36	8:48	9:00	
	2f	1d	9:12	9:24	9:36	9:48	10:00	
	3f	2d	10:12	10:24	10:36	10:48	11:00	
	4f	3d	11:12	11:24	11:36	11:48	12:00	
	1f	1d	12:12	12:24	12:36	12:48	13:00	
	2f	2d	13:12	13:24	13:36	13:48	14:00	
	3f	3d	14:12	14:24	14:36	14:48	15:00	
	1f	1d	15:12	15:24	15:36	15:48	16:00	
	2f	2d	16:12	16:24	16:36	16:48	17:00	
	1f	1d	17:12	17:24	17:36	17:48	18:00	
	2f	2d	18:12	18:24	18:36	18:48	19:00	
	1f	1d	19:12	19:24	19:36	19:48	20:00	

	Forward Shift change	Defense Shift change										
<b>0:00</b>	1f	1d	_____	0:12	_____	0:24	_____	0:36	_____	0:48	_____	1:00
	2f	2d	_____	1:12	_____	1:24	_____	1:36	_____	1:48	_____	2:00
	3f	3d	_____	2:12	_____	2:24	_____	2:36	_____	2:48	_____	3:00
	4f	1d	_____	3:12	_____	3:24	_____	3:36	_____	3:48	_____	4:00
	1f	2d	_____	4:12	_____	4:24	_____	4:36	_____	4:48	_____	5:00
	2f	3d	_____	5:12	_____	5:24	_____	5:36	_____	5:48	_____	6:00
	3f	1d	_____	6:12	_____	6:24	_____	6:36	_____	6:48	_____	7:00
	4f	2d	_____	7:12	_____	7:24	_____	7:36	_____	7:48	_____	8:00
	1f	3d	_____	8:12	_____	8:24	_____	8:36	_____	8:48	_____	9:00
	2f	1d	_____	9:12	_____	9:24	_____	9:36	_____	9:48	_____	10:00
	3f	2d	_____	10:12	_____	10:24	_____	10:36	_____	10:48	_____	11:00
	4f	3d	_____	11:12	_____	11:24	_____	11:36	_____	11:48	_____	12:00
	1f	1d	_____	12:12	_____	12:24	_____	12:36	_____	12:48	_____	13:00
	2f	2d	_____	13:12	_____	13:24	_____	13:36	_____	13:48	_____	14:00
	3f	3d	_____	14:12	_____	14:24	_____	14:36	_____	14:48	_____	15:00
	4f	1d	_____	15:12	_____	15:24	_____	15:36	_____	15:48	_____	16:00
	1f	2d	_____	16:12	_____	16:24	_____	16:36	_____	16:48	_____	17:00
	2f	3d	_____	17:12	_____	17:24	_____	17:36	_____	17:48	_____	18:00
	3f	1d	_____	18:12	_____	18:24	_____	18:36	_____	18:48	_____	19:00
	1f	2d	_____	19:12	_____	19:24	_____	19:36	_____	19:48	_____	20:00

	Forward Shift change	Defense Shift change										
<b>0:00</b>	1f	1d	_____	0:12	_____	0:24	_____	0:36	_____	0:48	_____	1:00
	2f	2d	_____	1:12	_____	1:24	_____	1:36	_____	1:48	_____	2:00
	3f	3d	_____	2:12	_____	2:24	_____	2:36	_____	2:48	_____	3:00
	4f	1d	_____	3:12	_____	3:24	_____	3:36	_____	3:48	_____	4:00
	1f	2d	_____	4:12	_____	4:24	_____	4:36	_____	4:48	_____	5:00
	2f	3d	_____	5:12	_____	5:24	_____	5:36	_____	5:48	_____	6:00
	3f	1d	_____	6:12	_____	6:24	_____	6:36	_____	6:48	_____	7:00
	4f	2d	_____	7:12	_____	7:24	_____	7:36	_____	7:48	_____	8:00
	1f	3d	_____	8:12	_____	8:24	_____	8:36	_____	8:48	_____	9:00
	2f	1d	_____	9:12	_____	9:24	_____	9:36	_____	9:48	_____	10:00
	3f	2d	_____	10:12	_____	10:24	_____	10:36	_____	10:48	_____	11:00
	4f	3d	_____	11:12	_____	11:24	_____	11:36	_____	11:48	_____	12:00
	1f	1d	_____	12:12	_____	12:24	_____	12:36	_____	12:48	_____	13:00
	2f	2d	_____	13:12	_____	13:24	_____	13:36	_____	13:48	_____	14:00
	3f	3d	_____	14:12	_____	14:24	_____	14:36	_____	14:48	_____	15:00
	4f	1d	_____	15:12	_____	15:24	_____	15:36	_____	15:48	_____	16:00
	1f	2d	_____	16:12	_____	16:24	_____	16:36	_____	16:48	_____	17:00
	2f	3d	_____	17:12	_____	17:24	_____	17:36	_____	17:48	_____	18:00
	3f	1d	_____	18:12	_____	18:24	_____	18:36	_____	18:48	_____	19:00
	1f	2d	_____	19:12	_____	19:24	_____	19:36	_____	19:48	_____	20:00

	Forward Shift change	Defense Shift change										
<b>0:00</b>	1f	1d	_____	0:12	_____	0:24	_____	0:36	_____	0:48	_____	1:00
	2f	2d	_____	1:12	_____	1:24	_____	1:36	_____	1:48	_____	2:00
	3f	3d	_____	2:12	_____	2:24	_____	2:36	_____	2:48	_____	3:00
	4f	1d	_____	3:12	_____	3:24	_____	3:36	_____	3:48	_____	4:00
	1f	2d	_____	4:12	_____	4:24	_____	4:36	_____	4:48	_____	5:00
	2f	3d	_____	5:12	_____	5:24	_____	5:36	_____	5:48	_____	6:00
	3f	1d	_____	6:12	_____	6:24	_____	6:36	_____	6:48	_____	7:00
	4f	2d	_____	7:12	_____	7:24	_____	7:36	_____	7:48	_____	8:00
	1f	3d	_____	8:12	_____	8:24	_____	8:36	_____	8:48	_____	9:00
	2f	1d	_____	9:12	_____	9:24	_____	9:36	_____	9:48	_____	10:00
	3f	2d	_____	10:12	_____	10:24	_____	10:36	_____	10:48	_____	11:00
	4f	3d	_____	11:12	_____	11:24	_____	11:36	_____	11:48	_____	12:00
	1f	1d	_____	12:12	_____	12:24	_____	12:36	_____	12:48	_____	13:00
	2f	2d	_____	13:12	_____	13:24	_____	13:36	_____	13:48	_____	14:00
	3f	3d	_____	14:12	_____	14:24	_____	14:36	_____	14:48	_____	15:00
	1f	1d	_____	15:12	_____	15:24	_____	15:36	_____	15:48	_____	16:00
	2f	2d	_____	16:12	_____	16:24	_____	16:36	_____	16:48	_____	17:00
	1f	1d	_____	17:12	_____	17:24	_____	17:36	_____	17:48	_____	18:00
	2f	2d	_____	18:12	_____	18:24	_____	18:36	_____	18:48	_____	19:00
	1f	1d	_____	19:12	_____	19:24	_____	19:36	_____	19:48	_____	20:00

	Forward Shift change	Defense Shift change						
0:00	1f	1d	0:12	0:24	0:36	0:48	1:00	
	2f	2d	1:12	1:24	1:36	1:48	2:00	
	3f	3d	2:12	2:24	2:36	2:48	3:00	
	4f	1d	3:12	3:24	3:36	3:48	4:00	
	1f	2d	4:12	4:24	4:36	4:48	5:00	
	2f	3d	5:12	5:24	5:36	5:48	6:00	
	3f	1d	6:12	6:24	6:36	6:48	7:00	
	4f	2d	7:12	7:24	7:36	7:48	8:00	
	1f	3d	8:12	8:24	8:36	8:48	9:00	
	2f	1d	9:12	9:24	9:36	9:48	10:00	
	3f	2d	10:12	10:24	10:36	10:48	11:00	
	4f	3d	11:12	11:24	11:36	11:48	12:00	
	1f	1d	12:12	12:24	12:36	12:48	13:00	
	2f	2d	13:12	13:24	13:36	13:48	14:00	
	3f	3d	14:12	14:24	14:36	14:48	15:00	
	4f	1d	15:12	15:24	15:36	15:48	16:00	
	1f	2d	16:12	16:24	16:36	16:48	17:00	
	2f	3d	17:12	17:24	17:36	17:48	18:00	
	3f	1d	18:12	18:24	18:36	18:48	19:00	
	1f	2d	19:12	19:24	19:36	19:48	20:00	

	Forward Shift change	Defense Shift change						
0:00	1f	1d	0:12	0:24	0:36	0:48	1:00	
	2f	2d	1:12	1:24	1:36	1:48	2:00	
	3f	3d	2:12	2:24	2:36	2:48	3:00	
	4f	1d	3:12	3:24	3:36	3:48	4:00	
	1f	2d	4:12	4:24	4:36	4:48	5:00	
	2f	3d	5:12	5:24	5:36	5:48	6:00	
	3f	1d	6:12	6:24	6:36	6:48	7:00	
	4f	2d	7:12	7:24	7:36	7:48	8:00	
	1f	3d	8:12	8:24	8:36	8:48	9:00	
	2f	1d	9:12	9:24	9:36	9:48	10:00	
	3f	2d	10:12	10:24	10:36	10:48	11:00	
	4f	3d	11:12	11:24	11:36	11:48	12:00	
	1f	1d	12:12	12:24	12:36	12:48	13:00	
	2f	2d	13:12	13:24	13:36	13:48	14:00	
	3f	3d	14:12	14:24	14:36	14:48	15:00	
	4f	1d	15:12	15:24	15:36	15:48	16:00	
	1f	2d	16:12	16:24	16:36	16:48	17:00	
	2f	3d	17:12	17:24	17:36	17:48	18:00	
	3f	1d	18:12	18:24	18:36	18:48	19:00	
	1f	2d	19:12	19:24	19:36	19:48	20:00	

	Forward Shift change	Defense Shift change						
0:00	1f	1d	0:12	0:24	0:36	0:48	1:00	
	2f	2d	1:12	1:24	1:36	1:48	2:00	
	3f	3d	2:12	2:24	2:36	2:48	3:00	
	4f	1d	3:12	3:24	3:36	3:48	4:00	
	1f	2d	4:12	4:24	4:36	4:48	5:00	
	2f	3d	5:12	5:24	5:36	5:48	6:00	
	3f	1d	6:12	6:24	6:36	6:48	7:00	
	4f	2d	7:12	7:24	7:36	7:48	8:00	
	1f	3d	8:12	8:24	8:36	8:48	9:00	
	2f	1d	9:12	9:24	9:36	9:48	10:00	
	3f	2d	10:12	10:24	10:36	10:48	11:00	
	4f	3d	11:12	11:24	11:36	11:48	12:00	
	1f	1d	12:12	12:24	12:36	12:48	13:00	
	2f	2d	13:12	13:24	13:36	13:48	14:00	
	3f	3d	14:12	14:24	14:36	14:48	15:00	
	1f	1d	15:12	15:24	15:36	15:48	16:00	
	2f	2d	16:12	16:24	16:36	16:48	17:00	
	1f	1d	17:12	17:24	17:36	17:48	18:00	
	2f	2d	18:12	18:24	18:36	18:48	19:00	
	1f	1d	19:12	19:24	19:36	19:48	20:00	



	Forward Shift change	Defense Shift change						
<b>0:00</b>	1f	1d	_____ 0:12	_____ 0:24	_____ 0:36	_____ 0:48	_____ 1:00	
	2f	2d	_____ 1:12	_____ 1:24	_____ 1:36	_____ 1:48	_____ 2:00	
	3f	3d	_____ 2:12	_____ 2:24	_____ 2:36	_____ 2:48	_____ 3:00	
	4f	1d	_____ 3:12	_____ 3:24	_____ 3:36	_____ 3:48	_____ 4:00	
	1f	2d	_____ 4:12	_____ 4:24	_____ 4:36	_____ 4:48	_____ 5:00	
	2f	3d	_____ 5:12	_____ 5:24	_____ 5:36	_____ 5:48	_____ 6:00	
	3f	1d	_____ 6:12	_____ 6:24	_____ 6:36	_____ 6:48	_____ 7:00	
	4f	2d	_____ 7:12	_____ 7:24	_____ 7:36	_____ 7:48	_____ 8:00	
	1f	3d	_____ 8:12	_____ 8:24	_____ 8:36	_____ 8:48	_____ 9:00	
	2f	1d	_____ 9:12	_____ 9:24	_____ 9:36	_____ 9:48	_____ 10:00	
	3f	2d	_____ 10:12	_____ 10:24	_____ 10:36	_____ 10:48	_____ 11:00	
	4f	3d	_____ 11:12	_____ 11:24	_____ 11:36	_____ 11:48	_____ 12:00	
	1f	1d	_____ 12:12	_____ 12:24	_____ 12:36	_____ 12:48	_____ 13:00	
	2f	2d	_____ 13:12	_____ 13:24	_____ 13:36	_____ 13:48	_____ 14:00	
	3f	3d	_____ 14:12	_____ 14:24	_____ 14:36	_____ 14:48	_____ 15:00	
	1f	1d	_____ 15:12	_____ 15:24	_____ 15:36	_____ 15:48	_____ 16:00	
	2f	2d	_____ 16:12	_____ 16:24	_____ 16:36	_____ 16:48	_____ 17:00	
	3f	3d	_____ 17:12	_____ 17:24	_____ 17:36	_____ 17:48	_____ 18:00	
	1f	1d	_____ 18:12	_____ 18:24	_____ 18:36	_____ 18:48	_____ 19:00	
	2f	2d	_____ 19:12	_____ 19:24	_____ 19:36	_____ 19:48	_____ 20:00	

	Forward Shift change	Defense Shift change						
<b>0:00</b>	1f	1d	_____ 0:12	_____ 0:24	_____ 0:36	_____ 0:48	_____ 1:00	
	2f	2d	_____ 1:12	_____ 1:24	_____ 1:36	_____ 1:48	_____ 2:00	
	3f	3d	_____ 2:12	_____ 2:24	_____ 2:36	_____ 2:48	_____ 3:00	
	4f	1d	_____ 3:12	_____ 3:24	_____ 3:36	_____ 3:48	_____ 4:00	
	1f	2d	_____ 4:12	_____ 4:24	_____ 4:36	_____ 4:48	_____ 5:00	
	2f	3d	_____ 5:12	_____ 5:24	_____ 5:36	_____ 5:48	_____ 6:00	
	3f	1d	_____ 6:12	_____ 6:24	_____ 6:36	_____ 6:48	_____ 7:00	
	4f	2d	_____ 7:12	_____ 7:24	_____ 7:36	_____ 7:48	_____ 8:00	
	1f	3d	_____ 8:12	_____ 8:24	_____ 8:36	_____ 8:48	_____ 9:00	
	2f	1d	_____ 9:12	_____ 9:24	_____ 9:36	_____ 9:48	_____ 10:00	
	3f	2d	_____ 10:12	_____ 10:24	_____ 10:36	_____ 10:48	_____ 11:00	
	4f	3d	_____ 11:12	_____ 11:24	_____ 11:36	_____ 11:48	_____ 12:00	
	1f	1d	_____ 12:12	_____ 12:24	_____ 12:36	_____ 12:48	_____ 13:00	
	2f	2d	_____ 13:12	_____ 13:24	_____ 13:36	_____ 13:48	_____ 14:00	
	3f	3d	_____ 14:12	_____ 14:24	_____ 14:36	_____ 14:48	_____ 15:00	
	4f	1d	_____ 15:12	_____ 15:24	_____ 15:36	_____ 15:48	_____ 16:00	
	1f	2d	_____ 16:12	_____ 16:24	_____ 16:36	_____ 16:48	_____ 17:00	
	2f	3d	_____ 17:12	_____ 17:24	_____ 17:36	_____ 17:48	_____ 18:00	
	3f	1d	_____ 18:12	_____ 18:24	_____ 18:36	_____ 18:48	_____ 19:00	
	1f	2d	_____ 19:12	_____ 19:24	_____ 19:36	_____ 19:48	_____ 20:00	

	Forward Shift change	Defense Shift change						
<b>0:00</b>	1f	1d	_____ 0:12	_____ 0:24	_____ 0:36	_____ 0:48	_____ 1:00	
	2f	2d	_____ 1:12	_____ 1:24	_____ 1:36	_____ 1:48	_____ 2:00	
	3f	3d	_____ 2:12	_____ 2:24	_____ 2:36	_____ 2:48	_____ 3:00	
	4f	1d	_____ 3:12	_____ 3:24	_____ 3:36	_____ 3:48	_____ 4:00	
	1f	2d	_____ 4:12	_____ 4:24	_____ 4:36	_____ 4:48	_____ 5:00	
	2f	3d	_____ 5:12	_____ 5:24	_____ 5:36	_____ 5:48	_____ 6:00	
	3f	1d	_____ 6:12	_____ 6:24	_____ 6:36	_____ 6:48	_____ 7:00	
	4f	2d	_____ 7:12	_____ 7:24	_____ 7:36	_____ 7:48	_____ 8:00	
	1f	3d	_____ 8:12	_____ 8:24	_____ 8:36	_____ 8:48	_____ 9:00	
	2f	1d	_____ 9:12	_____ 9:24	_____ 9:36	_____ 9:48	_____ 10:00	
	3f	2d	_____ 10:12	_____ 10:24	_____ 10:36	_____ 10:48	_____ 11:00	
	4f	3d	_____ 11:12	_____ 11:24	_____ 11:36	_____ 11:48	_____ 12:00	
	1f	1d	_____ 12:12	_____ 12:24	_____ 12:36	_____ 12:48	_____ 13:00	
	2f	2d	_____ 13:12	_____ 13:24	_____ 13:36	_____ 13:48	_____ 14:00	
	3f	3d	_____ 14:12	_____ 14:24	_____ 14:36	_____ 14:48	_____ 15:00	
	1f	1d	_____ 15:12	_____ 15:24	_____ 15:36	_____ 15:48	_____ 16:00	
	2f	2d	_____ 16:12	_____ 16:24	_____ 16:36	_____ 16:48	_____ 17:00	
	1f	1d	_____ 17:12	_____ 17:24	_____ 17:36	_____ 17:48	_____ 18:00	
	2f	2d	_____ 18:12	_____ 18:24	_____ 18:36	_____ 18:48	_____ 19:00	
	1f	1d	_____ 19:12	_____ 19:24	_____ 19:36	_____ 19:48	_____ 20:00	