

IMPORTANT INFORMATION

Contacting The First Tee of Greater Sacramento Jr Tour Office

You may contact Megan Fidler, Junior Tour Director at 916-808-0959 or jrtour@tftgs.org.

Email Notifications - IMPORTANT

All notifications are sent via email. If you are not receiving emails from us please check your junk email folder, or contact us at jrtour@tftgs.org to confirm our recorded email address for you is correct.

Registration Deadline

We encourage you to sign up early for events, as many events fill up as early as six weeks prior to the event date. The registration deadline for all events is 2 days prior to the event date, however if there is still room in the event less than 2 days prior you may late register with an additional \$10 added to the entry fee. (Example: Event Date: July 15, all late entries received July 13th or later will be charged an additional \$10)

Confirmation Policy

All tournament confirmations are sent via email. Please make sure to update your online Player's Club account of any changes to your email address. You can expect to receive an email confirmation of your participation in an event 7 days prior to the event.

Cancellation Policy

There is a \$5 cancellation fee to cancel an event. All cancellations made one week or more prior to the event date will be refunded to the junior's online account, less a \$5 cancellation fee per event. **There are no credits or refunds given for events canceled less than one week prior to the event date.**

Waiting List Policy

If an event is full, you will be notified when you register online that you are on the waiting list. Your account will only be charged when you get into the event. If a spot becomes available for you to participate, you will automatically be added to the event, your credit card will be charged and you will receive an email confirmation. If you no longer wish to play in the event, please take your name off the waiting list by cancelling your registration. You will not be charged the \$5 cancellation fee when cancelling from the waiting list.

Dress Code

Please consult the questions and answers sheets regarding dress code policy for **players and spectators**. This information can also be found on our tournament home pages under policies. Please note this dress code applies **from the time you arrive on property until the time you leave the event.** Please do not change out of clothes into inappropriate attire, un-tuck shirts, or any other acts contrary to the dress code until leaving the event. If you have a dress code violation you will be given the opportunity to correct the violation at that time. If you continue to have violations during a round or are unable to correct the violation, you will be disqualified.

NCGA – Youth on Course Membership

Through your Jr Tour membership you also receive a membership to the NCGA Youth on Course program. If you do not have a current GHIN number you will be given one through this program and be able to establish a handicap. If you do have a current GHIN please be sure we have it in our records to ensure that you are not issued a second GHIN number. You **do not** need to complete the NCGA online YOC class, as all Jr Tour members will receive annual NCGA YOC cards. Look for cards to arrive 4-6 weeks after you sign up for the Jr Tour. See www.ncga.org for a list of participating youth on course facilities throughout Northern California, who offer discounted green fees for \$5 or less.

Practice Round Policy

It is our privilege to play the golf courses listed on our schedule each season. Many courses give us a special rate for the day of play and/or allow us to play a golf course that would normally be restricted to members only. **Please do not contact any private country clubs to ask for a practice round** unless you are accompanied by a member or are requesting a reciprocal. You are welcome to play a practice round prior to the event date at any public golf course. Please be courteous when calling and please **do not** ask for complimentary practice rounds or special discounts beyond the courses published junior rates.

The First Tee of Greater Sacramento Jr Tour

Our Mission Statement

The First Tee of Greater Sacramento improves the lives of young people in the greater Sacramento area by strengthening character, teaching life enhancing values, and promoting healthy choices through the game of golf.

Our Core Values

Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy & Judgment

The First Tee Life Skills Experience

Many of our members have taken part in The First Tee Life Skills Experience; others would like to get involved but are not sure what the first step is. Below you will find some frequently asked questions about the Life Skills Experience and how the Jr Tour has chosen to involve our members with this program.

Q. What is “The First Tee Life Skills Experience”?

- A. The First Tee Life Skills Experience is one of the unique features that differentiate The First Tee from many other successful junior golf programs. Through the Life Skills Experience, participants learn valuable lessons about the importance of maintaining a positive attitude; how to make decisions by thinking about the possible consequences; how to define and set goals; and how to transfer values such as responsibility, honesty, integrity, respect, confidence and sportsmanship from the golf course to everyday life. There are five levels of Life Skills: Player, Par, Birdie, Eagle, and Ace. Each level contains six to nine lessons that can be related to a junior’s life on the golf course, at home, at school and used in their future.

Q. How can I attend a Life Skills lesson?

- A. The First Tee of Greater Sacramento Junior Tour offers a player, par & birdie lesson 30 minutes prior to an event’s starting time. (For example if an event is a 1:00pm shotgun, the Life Skill will be taught at 12:30—usually near the practice putting green.) An announcement will be made prior to the start of the Life Skills. You do not need to sign up ahead of time, simply go to the life skill location once it is announced and sign in. The life skill lessons run approximately 10 minutes long.

Q. Who teaches the Life Skills lesson?

- A. The lessons are taught by members of our Junior Life Skills Committee who are Birdie, Eagle or Ace Certified. Their teachings are overseen by the Junior Tour Director.

Q. What does being certified mean and how do I get certified?

- A. To certify at your current level you must attend a minimum of six sessions at your current life skills level. Once six sessions are complete you must take a written test on the material. This test can be taken at the check-in area or after play at the scoring area at any Jr Tour event. The test will take less than 10 minutes to complete. If you pass the test you will receive certification in that level and a certificate will be mailed to you. You may then move onto the next level. If you do not pass the test, we suggest you take a week to look over the book further and then re-test.

Q. Once I am Birdie Certified, how do I take the Eagle lessons?

- A. If you are ready to begin the Eagle process please speak with the Jr Tour Director regarding the class.

Q. What are the benefits of being involved in the Life Skills Experience?

- A. Beyond the lessons themselves, juniors who participate will receive the following benefits:

Juniors receive 5 points for every lesson they attend.

Juniors receive 20 points for every Life Skills Level they certify at.

When special events come up (i.e. Golf outings, trips to professional events, and dinners), juniors who are taking part in the Life Skills Experience are given priority invitations.

When applying for The First Tee Open at Pebble Beach, The First Tee Academies and The First Tee Scholar, juniors who are moving through the Life Skills levels receive greater consideration in being selected for these opportunities.



Check out our website

www.TheFirstTeeSacramento.org

The First Tee of Greater Sacramento Jr Tour uses the Blue Golf™ system for membership and event registration. Through our website you can access tournament results, points summary, hole-by-hole tournament scores, tee locations & driving directions for upcoming events, check your registration or waiting list status for an event, cancel an event and much much more.

After you registered for membership you should have received your user name and password for your Jr Tour Player's Club access. *(We recommend changing your password after your first log-in.)*

To access information for each of the following, please follow the instructions below. Each of these items is accessible after clicking to the **Programs** drop down menu and selecting **Jr Tour** from the home page.

Players Club (save this page to your favorites link)

The Players Club is your personal account page. You will find the log-in link in our Junior Tour section from our site home page. From your Players Club page you can register for events, cancel events, edit you personal contact information, view your rounds & stats, and see your current credit balance, if applicable.

Tournament Results

To check results from a particular event. Click on the Tournament Schedule, click "info" link for event you are interested in, then hit the results tab at the top.

See who is registered for an upcoming event

To see who is registered for an event, Click Tournament Schedule, then click the "info" link for the event you are interested in. The player and waiting lists are listed on the right hand side of the page.

Cancel an event

To cancel an event Click Tournament Schedule, then the cancel link on the left side of the event you wish to cancel from.

Points Summary & Scoring Averages

Click on the Tournament Results & Points Summary box, and then to view the latest points summary or scoring averages, click on your age group.

Tee Locations

Tee locations can be found on the Tournament Schedule page. Click the "info" link for event you are interested in. Tee locations will be found here along with any special notes on tee locations, as well as a copy of the scorecard.

We hope you enjoy the site. Please contact us at jrtour@tftgs.org or 916-808-0959 with any questions you may have.

Meet Our Junior Tour Team!



Megan Fidler is the Director of Competitive Activities for The First Tee of Greater Sacramento. She first started with the organization 35 years ago, but not as a staff member, as a participant in the inaugural class of Little Linkers in 1983. After graduating from Elk Grove High School she earned a golf scholarship to the University of Kentucky, playing three years there, and then graduating from Sacramento State in 1998. After college, she worked as a golf professional at Haggin Oaks, giving private golf lessons and running their junior programs. In 2005, she was hired by The First Tee of Greater Sacramento to assist with their Jr Tour. Today, she runs the Jr Tour, US Kids Tour, and manages the national participant opportunities and scholarship programs for The First Tee of Greater Sacramento. Megan lives in Lincoln with her husband and five children.



Brittany O'Bryant, is the junior tour assistant for The First Tee of Greater Sacramento. She first started with the organization 16 years ago as a participant in SAY Golf in the year round after school program. As a participant in The First Tee, she played in The First Tee Nature Valley Open and attended The Life Skills and Leadership Academy in San Diego. Brittany O'Bryant is currently enrolled at Chico State, where she is majoring in Psychology and minoring in Marketing. For the last three years she has been playing collegiate golf on the Chico State Women's golf team.

QUESTIONS & ANSWERS ABOUT THE JR. TOUR

ENTERING A TOURNAMENT

Q. How do I enter a Junior Tour event?

A. All registration is done on-line through our website, www.TheFirstTeeSacramento.org, by viewing the Jr Tour section.

Q. What is the registration deadline for events?

A. The registration deadline for all events is 2 days prior to the event date, however if there is still room in the event less than 2 days prior you may late register with an additional \$10 added to the entry fee. (Example: Event Date: July 15, all late entries received July 13th or later will be charged an additional \$10)

Q. Are there some events that I may not qualify for?

A. Yes, there are some events each year where players are eligible to compete based on scoring average, points total or life skills level. Events with qualification criteria are: Pat Campbell Jr. Associations Championship, Points Championship, Serrano Jr/Sr, and Sun City Jr/Sr.

Q. What if my scoring average is above 100?

A. In order to qualify to play on the Jr Tour, juniors must have the ability to break 100 on a regulation golf course. This does not mean that you must break 100 in every event that you play in. However, if after playing in several events, your scoring average is above 115, your membership may be put on hold until you have advanced in skill level and demonstrate ability to compete in events. Due to the difficulty of the following golf courses: Rancho Murieta, Granite Bay, Serrano, Woodcreek and Catta Verdera. We highly suggest that players with a scoring average above 100, do not sign up for the events at the previous courses mentioned.

Q. How do I receive confirmation for each tournament?

A. You may check to see if you are registered for an event on our website www.TheFirstTeeSacramento.org under the tournament schedule link. For each event, a confirmation email will be sent to you when your payment has been processed as well as a confirmation email seven days prior to the tournament.

Q. What is a waiting list?

A. If a tournament is filled, you will receive a note stating that you are on a waiting list for a cancellation. If a confirmed player cancels, you will be notified that a spot has become available and your payment is being processed. If a spot does not open before tournament day, juniors are welcome to come to the tournament as a standby, in the event of a no-show or late cancellation.

Q. Why is the check-in time earlier than the start time on the event schedule?

A. The time difference is to allow for sufficient check-in time, life skills sessions, special events that may have been planned, or for a short meeting on rules prior to play. **If you have not checked in by 40 minutes prior to the start time of the event, your playing spot may be given to a standby.**

Q. How do I cancel my participation in a tournament?

A. It is absolutely **mandatory** that a junior cancel if they cannot attend a tournament. The preferred method of cancellation is on our website www.TheFirstTeeSacramento.org. Click the 2018 tournament schedule and click the cancel button next to the event you need to cancel.

Q. If I have to cancel out of a tournament, how do I receive a refund?

A. All cancellations made one week or more prior to the event date will be credited to the player's Jr Tour account, less a \$5 cancellation fee per event. You may use this account credit to sign up for future events, or you may request a refund at any time. There are no credits or refunds given for events canceled less than one week prior to the event date.

Q. What does the term "NO-SHOW" mean?

A. No-show status is given to a junior who does not cancel via the website or call to let us know that he or she will not be participating in the event. A no-show causes several problems and sometimes means another junior does not get to play. All no-shows will be posted on our website. The first occurrence will be a warning, the second occurrence will involve a penalty or disqualification from future events.

DRESS CODE REQUIREMENTS: FOR JUNIORS AND SPECTATORS

Q. Why is there a dress code?

- A. *All golf courses have dress codes for their players and spectators, whether they are a daily fee course or private country club. We do not want any player or spectator to be denied access because of improper dress, nor do we want to violate our privileges and responsibilities as guests of the facility. Please note this dress code applies from the time you arrive on property until the time you leave the event. Please do not change out of clothes into inappropriate attire, un-tuck shirts, or any other acts contrary to the dress code until leaving the event.*

Q. What are the do's and don'ts of the Jr. Tour dress code?

- A. *No jeans or denim material clothing.
No baggy pants (cargo) etc.
No tee shirts or short shorts for boys or girls.
Boys' shirts must have collars.
Girls' shirts must have either sleeves, or a collar, or both.
No halter tops or tank tops are permitted.
Shorts must be a minimum mid-thigh length.
Boys' shirts must be tucked in, at all times.
Girls' shirts may be worn un-tucked, but may not show any midriff at any point, including during the golf swing.
Hats must be worn facing forward.
Shoes must be worn at all times.*

Q. What is the penalty for breach of the dress code?

- A. *We have begun to strictly enforce our dress code policy. If you have a dress code violation you will be given the opportunity to correct the violation at that time. If you continue to have violations during a round or are unable to correct the violation, you will be disqualified.*

PLAYERS WHO VIOLATE THE DRESS CODE, OR HAVE SPECTATORS WHO ARE IN VIOLATION OF THE DRESS CODE, MAY BE DISQUALIFIED FROM PLAYING IN THE TOURNAMENT.

RULES FOR PARENTS, SPECTATORS, AND JUNIORS

Q. What are the rules for parents and spectators at events?

- A. *They must observe the following:*
- Do not walk within 25 yards of any junior player.*
 - Do not walk on tee-boxes, fairways, or greens.*
 - Do not give advice to any junior player.*
 - Do not carry any junior's golf bag during competition.*
 - Stay even with or ahead of the group you are following.*
 - Abide by same dress code as players.*
 - Only use cell phones on course for emergency.*

Q. What are the rules for juniors?

- A. *Juniors must avoid the following misconduct:*
- Failing to replace divots, rake bunkers, or repair ball marks on the greens.*
 - Receiving advice from anyone while playing.*
 - Violating the dress code.*
 - Being dishonest.*
 - Throwing or slamming clubs.*
 - Using obscene or vulgar language.*
 - Defacing or destroying golf course property.*
 - Using cell phones on the course, unless in emergency.*
 - Using alcohol, drugs, or tobacco.*

PLEASE NOTE: FAILURE TO OBSERVE THESE GUIDELINES MAY RESULT IN DISQUALIFICATION OF YOUR JUNIOR.

RULES OF GOLF AND ETIQUETTE

Q. Why are the rules of golf important?

A. *The goal of each player is to show improvement. The First Tee of Greater Sacramento does reward winners, but our great pride is with players who improve their golf skills, their knowledge of the rules, and their sportsmanship.*

Always have your Jr Tour Green Rules Card and USGA Rules of Golf book in your golf bag. We do realize that many of our players may need help to understand different rules situations. Please allow rules officials to help you if you have any doubt as to how a certain situation should be played. **Do not involve a parent or a scorer in a rules decision.**

*If you are unable to locate a rules official, and are in doubt as to the proper procedure, you may play a second ball under: **Rule 3-3, Stroke Play - Doubt as to Procedure***

In stroke play, if a competitor is doubtful of his rights or the correct procedure during the play of a hole, he may, without penalty, complete the hole with two balls. In these circumstances, before taking any further action, the correct procedure for the competitor is to

- a) Announce to his marker, or fellow-competitor, that he intends to play two balls*
- b) Declare which ball he wishes to count if the Rules permit.*
- c) Play out the hole with both balls recording the separate scores*

EARNING TOURNAMENT POINTS

Q. How do I earn points?

A. **Points are awarded for each tournament as follows:**

Overall Champion (Boy & Girl)	20 Points
1 st Place in each Age Flight (Boy & Girl)	10 Points
2 nd Place in each Age Flight (Boy & Girl)	9 Points
3 rd Place in each Age Flight (Boy & Girl)	8 Points
4 th Place in each Age Flight (Boy & Girl)	7 Points
5 th Place in each Age Flight (Boy & Girl)	6 Points
6 th Place in each Age Flight (Boy & Girl)	5 Points
7 th Place in each Age Flight (Boy & Girl)	4 Points
8 th Place in each Age Flight (Boy & Girl)	3 Points
9 th Place in each Age Flight (Boy & Girl)	2 Points
10 th Place in each Age Flight (Boy & Girl)	1 Point

Points are awarded for Life Skills participation as follows:

Participate in a Life Skills Session	5 Points
Complete PLAYer Level Testing & Certification	20 Points
Complete Par Level Testing & Certification	20 Points
Complete Birdie Level Testing & Certification	20 Points
Complete Eagle Level Testing & Certification	20 Points
Completion of Ace Project to Home Office	20 Points

Q. When does the annual point accumulation end?

A. *The last tournament to qualify for points is the Thanksgiving tournament, at William Land Golf Course, in November.*

Q. What happens if two or more juniors tie in a tournament?

A. *Ties for overall will be decided by playoff. All other ties will receive pro-rated points. To determine places for awards purposes, ties for overall champion are broken by a sudden death playoff, and all other ties are broken by scorecard playoff.*

Q. How many juniors are invited to the Points Championship?

A. *The top eight juniors, with the highest total points, in each age flight will be invited to the season ending Points Championship. The First Tee of Greater Sacramento also reserves the right to invite additional juniors based on other qualifying criteria.*

Q. What age group will I play in for the Points Championship?

A. *Juniors will play in the Points Championship at whatever age they are, on the date of the William Land GC event, the last tournament to accumulate points.*

THE FIRST TEE OF GREATER SACRAMENTO COLLEGE SCHOLARSHIPS

Thanks to the continued support of our donors, we are able to offer 8-12 college scholarships per year to graduating seniors. These range in amount from \$500-\$3,000 per scholarship award.

Q. How do I qualify for a The First Tee of Greater Sacramento College Scholarship?

A. *The junior must meet the following requirements:*

1. *Be a member of The First Tee of Greater Sacramento.*
2. *Be Par Certified or higher in Life Skills.*
3. *Have a 3.0 GPA or better/.*
4. *Enroll in a college or university of his/her choice (community colleges are acceptable)*
5. *Have outstanding personal character, sportsmanship, and leadership qualities..*
6. *Complete a Scholarship Application packet*
7. *Attend an interview with our Scholarship Committee in spring of senior year.*

Q. What is The First Tee Scholars Program?

A. *The First Tee Scholars Program is a national program that will recognize participants who have demonstrated exceptional achievement in the areas of academics, leadership, character development and chapter and community involvement. Each participant who fits the given criteria will be designated a First Tee Scholar. (See www.thefirsttee.org for more info.)*

Designated scholars will be eligible to apply for any educational scholarship opportunities made available by the First Tee or one of its partners.

We recommend that juniors begin working towards this program as a junior high student, or Freshman/Sophomore in High School.

THE PAT CAMPBELL TEAM MATCH PLAY CHAMPIONSHIP

Q. What is the Pat Campbell Team Match Play Championship?

A. *It is a competitive event, held in honor of Pat Campbell, past programs and junior tour director for The First Tee of Greater Sacramento. Two ten person teams, comprised of two juniors from each age group, compete in match play format in this fun event. Players from the winning team receive medals and have their names engraved on the perpetual trophy.*

Q. Where is the event held?

A. *The 2018 Pat Campbell Team Match Play Championship will be at Haggin Oaks Alister McKenzie Course on Saturday, July 21st.*

Q. How do I qualify?

A. *To qualify for the Pat Campbell Team Match Play Championship, a junior must be a member of the Jr Tour, have played in at least four events this season, and hold one of the two lowest scoring averages in their age group. The last tournament before the cut-off for determining the teams is the Granite Bay event on July 2, 2018.*

THE FIRST TEE OF GREATER SACRAMENTO JR TOUR CORE VALUE AWARD

Q. What are the criteria to earn the annual Core Value Award?

A. *The following areas will be evaluated:*

Upholding the Core Values of The First Tee

Following the Rules of Golf and Etiquette.

Being courteous to fellow competitors.

Q. How do I nominate someone for the Core Value Award?

A. *We will send out an email nomination form at the end of the season. We encourage you to watch the other players in your age group and remember to nominate those you see display the core value of The First Tee.*

Congratulations to our 2017 Core Value Award winners

Josh Arrich, Hannah Harrison, Brayden Johnk, Ashley Knepshield, Ari Samuel

THE FIRST TEE OF GREATER SACRAMENTO

2018 PACE OF PLAY POLICY

Pace of play is a continuing struggle for golf as a whole. Whether a weekend round with friends, adult business outing or junior golf tournament, pace of play can be a problem. Through this policy our goal is to have players complete each round in around 4:45-5:15 hours, depending on course difficulty and number of participants. Please look over the below policy so that we can all address this issue and make every effort to improve our pace of play and thus make each tournament round more enjoyable for our players.

Pace of Play Policy:

Any group will be considered to be out of position if it meets both of the following criteria:

1. Is over the allotted time allowed in the pace of play chart. (see back page)
2. Is out of position:
 - a. Having the next tee clear upon arriving at a par 3 tee
 - b. Having the hole clear on arriving at a par 4 tee.
 - c. Having the group ahead on the green upon arriving on a par 5 tee.

Pace of play will be monitored by the Rules Committee and a warning will be issued when a group is OUT OF POSITION.

Group Out of Position/Timing:

If a group is out of position, the players in that group may be timed. The timing of a player's stroke will begin when they have had reasonable opportunity to reach their ball, it is their turn to play, and they can play without interference or distraction.

On the putting green, timing will begin after a player has been allowed a reasonable amount of time to lift, clean, and repair their ball mark and other ball marks on their line of putt, and remove loose impediments on their line of putt. Time spent looking at the line of putt from beyond the hole and/or behind the ball will count as part of the time taken for the next stroke.

- One bad timing of more than 40 seconds – Warning
- A second bad timing – 1 stroke penalty
- A third bad timing – Additional 2 stroke penalty

A fourth bad timing – Disqualification

The group will be monitored until it is no longer OUT OF POSITION. Penalty strokes are added to the score of the hole where the violation occurs.

NOTE: If the group in question regains its proper position, any previous timings of more than 40 seconds will be carried over for the remainder of that round in the event that the group requires additional monitoring.

TOURNAMENT REGISTRATION- SCORING AVERAGE:

Due to the difficulty of the following golf courses: Rancho Murieta, Granite Bay, Serrano, Woodcreek and Catta Verdera, and The Ridge if your scoring average exceeds 105, ten days prior to the event date you will not be eligible to compete in these events. If you have already registered for these events, we will email you 7-10 days prior to process your cancellation with a full credit of the entry fee to your Jr Tour account.

PACE OF PLAY TIPS

Know these basic rules by heart: Out of Bounds, Immovable Obstruction (cart path, sprinkler), Water Hazard, Lateral Water Hazard, Unplayable Lie, Lost Ball

Walk like an athlete.

Each player proceed directly to their ball - do not walk in a pack to each ball.

Be ready to hit with club in hand when it is your turn and start your pre-shot routine as soon as possible.

Watch the flight of each competitor's ball - especially those that may be headed toward a hazard, off the fairway, or out of bounds; this will help with the search, if necessary.

Hit a provisional ball if there is any possibility a ball may be lost outside of a hazard or out of bounds. It takes 30 seconds to hit a provisional ball but up to 8-10 minutes to return to the original location and hit another ball.

Around the green, leave your bag between the green and the next teeing ground.

PACE OF PLAY CHART (Example)

		Course: Serrano										Shotgun Start Time: 1:00							
HOLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
PAR	4	4	4	3	4	5	3	5	4	4	3	4	5	5	3	5	3	4	
HDCCP	13	5	1	11	9	7	15	17	3	12	14	4	10	16	6	2	18	8	
FINISH TIME FOR HOLE (B groups add 10 minutes)																			
Starting Hole (Shotgun)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
	1	1:17	1:36	1:55	2:11	2:29	2:49	3:04	3:23	3:42	4:00	4:15	4:34	4:54	5:13	5:30	5:51	6:06	6:24
	2	6:24	1:19	1:38	1:54	2:12	2:32	2:47	3:06	3:25	3:43	3:58	4:17	4:37	4:56	5:13	5:34	5:49	6:07
	3	6:05	6:24	1:19	1:35	1:53	2:13	2:28	2:47	3:06	3:24	3:39	3:58	4:18	4:37	4:54	5:15	5:30	5:48
	4	5:46	6:05	6:24	1:16	1:34	1:54	2:09	2:28	2:47	3:05	3:20	3:39	3:59	4:18	4:35	4:56	5:11	5:29
	5	5:30	5:49	6:08	6:24	1:18	1:38	1:53	2:12	2:31	2:49	3:04	3:23	3:43	4:02	4:19	4:40	4:55	5:13
	6	5:12	5:31	5:50	6:06	6:24	1:20	1:35	1:54	2:13	2:31	2:46	3:05	3:25	3:44	4:01	4:22	4:37	4:55
	7	4:52	5:11	5:30	5:46	6:04	6:24	1:15	1:34	1:53	2:11	2:26	2:45	3:05	3:24	3:41	4:02	4:17	4:35
	8	4:37	4:56	5:15	5:31	5:49	6:09	6:24	1:19	1:38	1:56	2:11	2:30	2:50	3:09	3:26	3:47	4:02	4:20
	9	4:18	4:37	4:56	5:12	5:30	5:50	6:05	6:24	1:19	1:37	1:52	2:11	2:31	2:50	3:07	3:28	3:43	4:01
	10	3:59	4:18	4:37	4:53	5:11	5:31	5:46	6:05	6:24	1:18	1:33	1:52	2:12	2:31	2:48	3:09	3:24	3:42
	11	3:41	4:00	4:19	4:35	4:53	5:13	5:28	5:47	6:06	6:24	1:15	1:34	1:54	2:13	2:30	2:51	3:06	3:24
	12	3:26	3:45	4:04	4:20	4:38	4:58	5:13	5:32	5:51	6:09	6:24	1:19	1:39	1:58	2:15	2:36	2:51	3:09
	13	3:07	3:26	3:45	4:01	4:19	4:39	4:54	5:13	5:32	5:50	6:05	6:24	1:20	1:39	1:56	2:17	2:32	2:50
	14	2:47	3:06	3:25	3:41	3:59	4:19	4:34	4:53	5:12	5:30	5:45	6:04	6:24	1:19	1:36	1:57	2:12	2:30
	15	2:28	2:47	3:06	3:22	3:40	4:00	4:15	4:34	4:53	5:11	5:26	5:45	6:05	6:24	1:17	1:38	1:53	2:11
	16	2:11	2:30	2:49	3:05	3:23	3:43	3:58	4:17	4:36	4:54	5:09	5:28	5:48	6:07	6:24	1:21	1:36	1:54
	17	1:50	2:09	2:28	2:44	3:02	3:22	3:37	3:56	4:15	4:33	4:48	5:07	5:27	5:46	6:03	6:24	1:15	1:33
18	1:35	1:54	2:13	2:29	2:47	3:07	3:22	3:41	4:00	4:18	4:33	4:52	5:12	5:31	5:48	6:09	6:24	1:18	