

	Day		Night	
height	No load	Load	No load	Load
58	76	79	90	91
59	75	78	88	90
60	74	77	87	88
61	73	77	85	87
62	72	76	83	86
63	71	75	81	84
64	70	74	79	83
65	70	74	77	81
66	69	73	76	80
67	69	72	76	80
68	68	71	75	79
69	67	70	75	79
70	67	70	74	78
71	66	69	74	78
72	65	68	73	77
73	64	67	73	76
74	64	67	73	76
75	63	66	72	75
76	62	65	72	75
Adjustments for <u>Advanced</u> or <u>Beginner</u> Proficiency:				
Advanced Navigators make the following adjustments at each no load and load pace count: (-2) steps to all Day ; (-5) steps to all Night.				
Beginner Navigators make the following adjustments at each no load and load pace count: +2 steps to all Day; +5 steps to all Night.				