Pass		Screen Pass		Inside Run	
4 3 2 1	Forward 3 regions Forward 2 region No gain Back 1 region	4 3 2	Forward 2 regions Forward 1 region No gain	4 3 1	Forward 2 regions Forward 1 region No gain

## **Outside Run**

4 Forward 2 regions
3 Forward 1 region
2 No gain
1 Back 1 region