

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

Screen Pass	
4	Forward 2 regions
3	Forward 1 region
2	No gain

Inside Run	
4	Forward 2 regions
3	Forward 1 region
1	No gain

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