```
        flipSpeed = -(flipSeek - flipPosition) * flipSeekRate;
    }

    // Manual overrides
    // If we press the 'abort' button
    if (vexRT[Btn7U]) {
        // Clear all auto-seek flags
        wristSeek = -1;
        flipSeek = -1;
        flipStep = -1;
    }
    // If we press the manual wrist up button
    if (vexRT[Btn8R]) {
        // Clear flag and set speed
        wristSpeed = 127;
        wristSeek = -1;
    }
    // If we press the manual wrist down button
    if (vexRT[Btn8D]) {
        // Clear flag and set speed
        wristSpeed = -127;
        wristSeek = -1;
    }
    // If we press the manual flip left button
    if (vexRT[Btn8L]) {
        // Clear flag and set speed
        flipSpeed = 127;
        flipSeek = -1;
    }
    // If we press the manual flip right button
    if (vexRT[Btn8U]) {
        // Clear flag and set speed
        flipSpeed = -127;
        flipSeek = -1;
    }

    // Send values to motors
    motor[wristMotor] = wristSpeed;
    motor[flipMotor] = flipSpeed;

    // Pause to let other tasks run
    wait1Msec(10);
    }
}
```

```
task runLift() {
    int lastHigh = 0;
    int lastLow = 0;

    while (1) {

        liftSpeed = 0;

        // Calculate current position
        liftPosition = -(SensorValue(liftREnc)*100)/450 + liftOffset;

        // Calibrate lift position
        // If the lift is below mechanical stop, adjust position
        while (liftPosition < 0) {
            liftPosition++;
            liftOffset++;
        }
        // If the lift is above mechanical stop, adjust position
        while (liftPosition > 101) {
            liftPosition--;
            liftOffset--;
        }

        // If we press high lift toggle button (high pole)
        if (vexRT[Btn5U]) {
            // If we've not just toggled
            if (lastHigh == 0) {
                // If it is up, move down
                if (liftSeek == liftHigh) {
                    liftSeek = 0;
                }
                else {
                    // Otherwise, move up
                    liftSeek = liftHigh;
                }
            }
            // Remember that we've just toggled
            lastHigh = 1;
        }
        else {
            // We haven't just toggled
            lastHigh = 0;
        }

        // If we press low lift toggle button (low pole)
        if (vexRT[Btn5D]) {
            // If we've not just toggled
            if (lastLow == 0) {
                // If it is up, move down
                if (liftSeek == liftLow) {
```