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</span><a href="#_ftnref2" name="_ftn2" title>
<span class="MsoFootnoteReference"><![if !supportFootnotes]
<font size="1">[2]</font><![endif]></span></a><font size="1">&nbsp;
</font><span style="font-size: 8pt">However, the Technical
Manual recommends between three and five pounds.</span></font></td>
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