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CD CONTENTS

Long tones (60 seconds each)

TRACK ALTO ASCENDING

- 1 G
- 2 A \flat
- 3 A
- 4 B \flat
- 5 B
- 6 C
- 7 C \sharp
- 8 D
- 9 E \flat
- 10 E
- 11 F
- 12 F \sharp

ALTO DESCENDING

- 13 F \sharp
- 14 F
- 15 E
- 16 E \flat
- 17 D
- 18 C \sharp
- 19 C
- 20 B
- 21 B \flat

TENOR ASCENDING

- 22 G
- 23 A \flat
- 24 A
- 25 B \flat
- 26 B
- 27 C
- 28 C \sharp
- 29 D
- 30 E \flat
- 31 E
- 32 F
- 33 F \sharp

TENOR DESCENDING

- 34 F \sharp
- 35 F
- 36 E
- 37 E \flat
- 38 D
- 39 C \sharp
- 40 C
- 41 B
- 42 B \flat