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1 <!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Transitional//EN" "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional
.dtd">
2 <html xmlns="http://www.w3.org/1999/xhtml">
3 <head>
4 <title>MGMT 110 | HTML code demo : lists & links</title>
5 <meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1" />
6 </head>
7
8 <body>
9 <a name="top"></a>
10 <h2>Index</h2>
11
12 <ul>
13 <li><a href="#football">football positions</a></li>
14 <li><a href="#rugby">rugby positions</a></li>
15 <li><a href="#coaching">Coaching Tips</a></li>
16 <li><a href="#weight">Weight training</a></li>
17 <li><a href="#eating">Healthy Eating</a></li>
18 </ul>
19
20 <a name="football"></a>
21 Football positions:
22 <ul type="circle">
23 <li>linebacker</li>
24 <li>quarter backer</li>
25 <li>tight end</li>
26 </ul>
27 <a name="rugby">Rugby positions:</a>
28 <ol type="A">
29 <li>forward
30 <ol type="i">
31 <li>prop</li>
32 <li>hooker</li>
33 <li>second row</li>
34 </ol>
35 </li>
36 <li>back
37 <ol type="i">
38 <li>scrum half</li>
39 <li>fly half</li>
40 <li>centre</li>
41 <li>wing</li>
42 </ol>
43 </li>
44 </ol>
45
46 <p>&nbsp;</p>
47 <a name="coaching"></a>
48 <h3>Coaching Tips</h3>
49 <p>blah blah blah</p>
50 <p>&nbsp;</p>
51
52 <a name="weight">
53 <h3>Weight Training</h3>
54 </a>
55 <p>rubarb ruhbarb rhubarb</p>
56 <p>&nbsp;</p>
57
58 <a name="eating">
59 <h3>Healthy Eating</h3>
60 </a>
61 <p>Lettuce carrots bigMax</p>

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62 <p>&nbsp;</p>
63
64 <p> Go to the <a href="mon_code_demo.htm">other page</a> </p>
65
66 <p>Go to the <a href="http://news.bbc.co.uk/sportacademy/default.stm"
67 title="Jason Robinson's top training tips!">BBC Sports Academy</a>
68 </p>
69
70 <a href="#top">goto top</a>
71 </body>
72 </html>
73
```