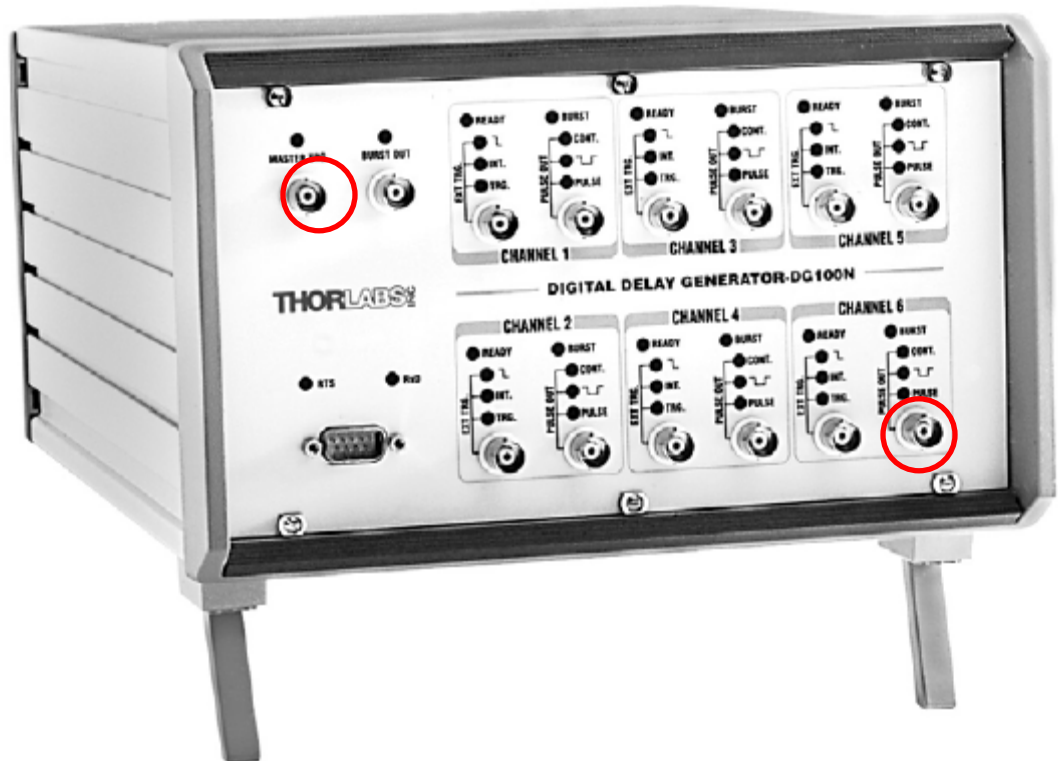AO bench setup and checkout

Pre-LGS
   1. Setup chopper

      a. Verify "Chopper Setup" has been completed
        (http://www.oir.caltech.edu/twiki_oir/pub/Palomar/PalmLGS/CassCage/C
        hopper_Setup.doc)
      b. On the delay generator in the coude lab, detach the laser trigger cable
        attached to the Master Input and connect the internal 500Hz signal to the
        the Master Input.

      c. From a PC, open up a remote desktop
         i. Enter 198.202.125.223 The username is aousr and the password is
          the same as the ao system.
           1. If the connection doesn't work, verify that the blue PC in
            the Coude room is powered up.
        ii. Startup DG100 from the desktop.
        iii. The most recent settings are listed in:
          http://www.oir.caltech.edu/twiki_oir/pub/Palomar/PalmLGS/AOO
          perationalProcedures/lgs_delay_generator.xls
        iv. Click "Update Settings" in the upper right-hand corner
      d. Have the BTO operator verify the 500Hz signal
      e. Open up the "chopper.ht" hyperterminal program on the WFS PC.
         i. Set the chopper to run off an external trigger (type, r and x. Type e
          to verify it works)

2. Verify the laser trigger in the Cass cage is connected to the HOWFS trigger input
   a. Check if HOWFS will trigger off delay generator signal
3. Put the laser trigger cable back into the master input on the delay generator

AO Checkout:

1. Co-focus system
   (http://www.oir.caltech.edu/twiki_oir/pub/Palomar/PalmLGS/TestPlans/PALAO_internal_focus_v4.doc)
2. Test LOWFS acquisition off axis