Headers document, V1.1

Made clear the difference between UDP/IP port numbers and UDP/IPM port numbers in the headers.

Added a specification as to which packets are multicast. This is in the packet type table, under the fixed header section.

Defined a congestion code field in the NACK header, to differentiate between flow control and congestion problems.

Revamped New List header

Allows for 4095 members in token list, and 4095 total locks