

# **SESSION & CAR LOG**

□ Practice □ Qualifying

**D** Race

Date:		Track:		Time:	
Weather:		Temperature:	Cold Tir	e Pressure: Front	Rear
3 4 5 6 7	10 11 12 13 14 15	1 1 2 2 2 2 2 2 2 2 2	8 9 0 1 2 3	27 28 29	
Heat Cycle         Caster         Camber         Toe         Toe Size (F)         Tire Size (R)         Compound (F)         Compound (R)         Brand		Temp.			
Max RPM on Straight	N			Max EGT Right = Ending Total	
Notes, Changes, To-Do's:					



# **Pre-Weekend Car Preparation**

Race Dates:	Location:	
To-Do's:	□	
	_□	_□
	_O	
	_□	
	_ 🗖	_□
Chassis Front		
Front Brake Bled	<b>Wheel Bearings</b>	Diffuser Bolts
□ Rear Brake Bled	□□ Hub Bolts	Chassis Setup
Fluid Levels	Brake Pads	□ Front Ride Height"
Belly Pan Bolts	Calipers tight, safetitied	Rear Ride Height"
Cockpit/Side Pods	<b>D</b> Suspension Puck	Corner Weight
Throttle Cable	Engine Leakdown	LF+ RR=
I Idle / Full Open		RF + LR =
<ul> <li>Electrics tight</li> </ul>	Readings Done 🗖 Hot 🗖 Cold	Caster
e	Engine	<b>C</b> amber
<ul> <li>Data Aq. Battery</li> <li>Data Aq. connections</li> </ul>	Oil Tank straps	<b>D</b> Toe
Data Aq. connections Transported or Patterns	Oil Line clamps	Misc Prep
<ul><li>Transponder Battery</li><li>Pedal bolts</li></ul>	□ Oil Level	Tires Balanced
	□ Water Line clamps	Tires Treated (Formula V)
□ Steering Rack	Water Level	Bodywork Clean
Fire Safety Pin	Fuel Filters Cleaned/Replaced	Helmet Clean
Harness Belts	Fuel Lines tight	🗖 Gear Packed
<b>Fuel Cell</b>	□ Air Filters	Mirrors Clean
Belly Pan Bolts	Starter/Solinoid	Spare Battery Charged
Battery Charged	Head Bolts	Air Bottle
Radiator hoses	Vent Lines	In-Car Camera/Mic
Front Corners	Plugs Cleaned and Gapped	🗖 Radio Battery
$\underline{\qquad} Disc runout (0.001's)$	Electrics tight	Buy/Get
<b>D</b> Wheel Bearings	Pipe Springs	<b>T</b> Tires
Hub Bolts	Pipe Mounts	🗖 Race Gas
Brake Pads	Chassis Rear	
Calipers tight, safetitied	Primary Clutch	□
A-Arm Nuts	Secondary Clutch	
Pivot Bolts	Clutch Belt	
<b>G</b> Steering Nuts	🗖 Drive Gear	
Upright Nut	🗖 Chain lubed	
Suspension Puck	🗖 Jack Shaft	
Rear Corners	□ Axle	
Disc runout (0.001's)	🗖 Rain Light	



### **Pre-Session Car Preparation**

Session Time: Race Date: To-Do's: □\_\_\_\_\_□\_\_\_\_\_ 

		0	
Fluid Levels Gas Filled to Took Oil Level Gatch Tank Empty Chassis LF RF RR LR G G G G G G G G G G G G G G G G G G G	Gallons	<ul> <li>Radio Battery</li> <li>In-Car Camera</li> <li>Tape in the VCR</li> <li>Camera Check</li> <li>Radio Check</li> <li>Pit Wagon</li> <li>Umbrella</li> <li>Air Bottle</li> <li>Tire Pressuire Gauge</li> <li>Tire Temp Gun</li> <li>Work Gloves</li> <li>Helmet</li> <li>Drivers Gloves</li> <li>Balaclava</li> <li>Sunglasses</li> <li>Fuel Test Hose</li> <li>Pit Tools</li> </ul>	
Misc Tire Pressue Body Work Clean Helmet Clean Visor Tearoffs Battery Charged			

#### Grid

#### Misc

Tire Pressue Set \_\_\_\_\_ PSI Front \_\_\_\_\_ PSI Rear

Pull Fire System Safety Pin

□ Steering Wheel Secure

Belts Tight

Mirrors adjusted



## **Pre-Weekend Trailer/Van Preparation**

Race Dates:	Location:	_
To-Do's:	٥	.0
□	_□	
	_ 🗖	_□
	_ 🗖	_□
	.0	□
Tools	Chairs	Trailer
Tool Boxes	TV-VCR	Spare Tires loaded
<b>T</b> orque Wrench	Antenna and cables	Fuel Jugs loaded
Tire Pressue Gauge	Extention Cord	Car Loaded
Air Bottle	Power Strip	Bicycle Loaded
Car Dolly	License	Buy/Get
Flat Jack	Event Registration	
Jack Stands	🗖 Log Book	
Fluids	Notebooks and Clip Board	
□ 2-Stroke Oil	Radios	
U Water Wetter	Transponder	
□ 3-in-1 Oil	🗖 In-Car Camera	
Grease	🗖 Video Camera	
<b>WD-40</b>	🗖 35mm Camera	
U Water Jug	🗖 Astro Turf	
□ Race Gas	□ Ice Chest	
Van	□ Ice	
🗖 Gear Bag	Drinking Water	
Helmet Bag	🗖 Gatorade	
☐ Hat	Lunchables	
□ Sunglasses	Munchies	0
Ez-Up	Notebook Computer	
□ Side Banners	Data Cables	