

<b>Rider</b>		<b>Track</b>	
<b>Bike</b>		<b>Fork Info</b>	
Event		Springs	
Track Length		Preload	
Lap Record		Compression	
Fuel in Gallons		Rebound	
Total Laps		Oil/Level	
Total Fuel		<b>Shock Info</b>	
<b>Chassis Info</b>		Spring	
Fork Travel Length		Preload	
Front Ht		Compression	
Rear Ht		Rebound	
Swingarm		<b>Wheel/Tire</b>	
Link		Front Tire	
<b>Gearing</b>		Rear Tire	
Front		PSI Front	
Rear		PSI Rear	
<b>Brakes</b>		<b>Chassis</b>	
Pads F		Fork Height	
Pads R		Shock Length	

Lap Number/Time	Notes	Lap Number/Time	Notes
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16		32	

**Quick Reference Information**

**Torque Specs (lbs.)**

	Front wheel axle pinch bolt
	Front Triple clamp fork pinch bolt
	Front Brake Calipers
	Brake pad hanger bolt
	Front axle nut
	Rear axle nut
	Hub nuts (Sprocket Carrier)
	Oil Filter
	Oil Drain Plug

**Tire Pressure(s)**

	Front tire type/size
	Front tire pressure RECOMMENDATION COLD
	Front tire pressure RECOMMENDATION HOT
	Rear tire type/size
	Rear tire pressure RECOMMENDATION COLD
	Rear tire pressure RECOMMENDATION HOT