



TRACK DAY RECORD SHEET

TRACK: _____ DATE: _____

RACE ORG: _____ RACE #: _____

BIKE: _____ 2. _____ 3. _____

FRONT TIRES:

MAKE: _____ SIZE: _____ COMPOUND: _____

COLD: _____ HOT: _____ GAIN: _____

REAR TIRES:

MAKE: _____ SIZE: _____ COMPOUND: _____

COLD: _____ HOT: _____ GAIN: _____

GEOMETRY SETTINGS:

FORK HEIGHT: _____ REAR RIDE HEIGHT: _____

GEOMETRY CHANGES:

TIRE BRAND: _____

FORK HEIGHT: _____ REAR RIDE HEIGHT: _____

GEARING:

FRONT: _____ REAR: _____

SUSPENSION – FORKS

PRELOAD: _____ COMPRESSION: _____ REBOUND: _____

CHANGES:

PRELOAD: _____ COMPRESSION: _____ REBOUND: _____

SUSPENSION – SHOCK

PRELOAD: _____ COMPRESSION: _____ REBOUND: _____

CHANGES:

PRELOAD: _____ COMPRESSION: _____ REBOUND: _____

LAP TIMES:

PRIOR: _____ CURRENT: _____ +/-: _____