P&R Sheet

Team names__________________________

Check Point  (1)  (2)  (3)  (4)

On trail, P&R values must be obtained for a period of at least 15 seconds. Pre-ride and final P&R’s must be obtained for at least 30 seconds.

Rider #_________  Rider #_________  Rider #_________
Time in  time out  10 min hold  Time in  time out  10 min hold  Time in  time out  10 min hold

Rider #_________  Rider #_________  Rider #_________
Time in  time out  10 min hold  Time in  time out  10 min hold  Time in  time out  10 min hold

Rider #_________  Rider #_________  Rider #_________
Time in  time out  10 min hold  Time in  time out  10 min hold  Time in  time out  10 min hold

Rider #_________  Rider #_________  Rider #_________
Time in  time out  10 min hold  Time in  time out  10 min hold  Time in  time out  10 min hold