

# P&R Sheet

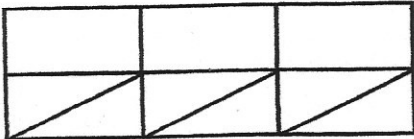
Team names \_\_\_\_\_

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.

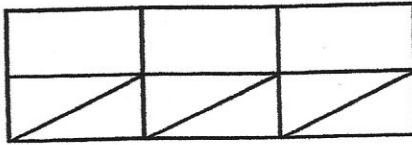
Rider # \_\_\_\_\_

Time in time out 10 min hold



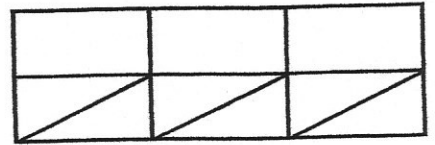
Rider # \_\_\_\_\_

Time in time out 10 min hold



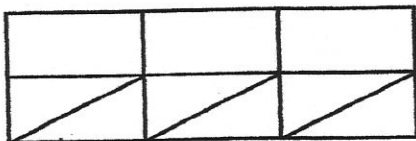
Rider # \_\_\_\_\_

Time in time out 10 min hold



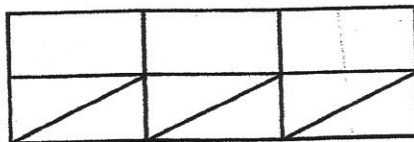
Rider # \_\_\_\_\_

Time in time out 10 min hold



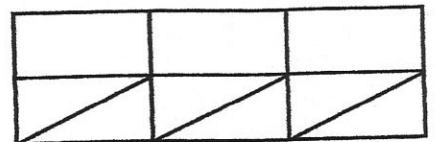
Rider # \_\_\_\_\_

Time in time out 10 min hold



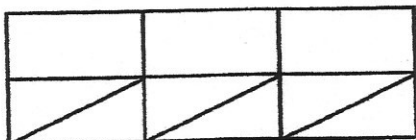
Rider # \_\_\_\_\_

Time in time out 10 min hold



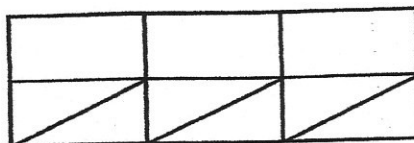
Rider # \_\_\_\_\_

Time in time out 10 min hold



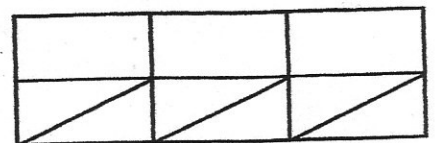
Rider # \_\_\_\_\_

Time in time out 10 min hold



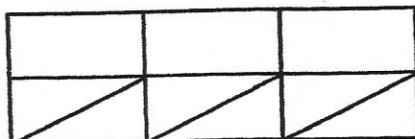
Rider # \_\_\_\_\_

Time in time out 10 min hold



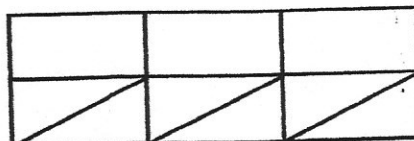
Rider # \_\_\_\_\_

Time in time out 10 min hold



Rider # \_\_\_\_\_

Time in time out 10 min hold



Rider # \_\_\_\_\_

Time in time out 10 min hold

