

PRE-SESSION SAFETY LIST

Race: _____

Dates: _____

CHECK	# 1	# 2	# 3	# 4	# 5	# 6	# 7	# 8	# 9
Date / Time									
Lug Nuts (40 #/ft)									
Tire Pressures (22 dry, 19 wet)									
Tire Condition									
Suspension secure									
Oil Level									
Fuel level									
Coolant Level									
Carb Linkage & Manifolds Bolts (full throttle operation)									
Hoses & Belts									
Oil and Water Catch Cans Empty									
Oil cooler, filter & line leaks									
Brake, Clutch Fluid & Caps									
Fire Extinguisher mount, Safety belts & battery									
Rocker nuts secure									
OTHER:									

HEAD TORQUING

1. Start at 25 lb/ft and tighten in sequence by 10 lb/ft to 60.
2. Tighten all twice at 60 lb/ft
3. Warm engine and let cool (1 hour minimum, overnight best)
4. loosen each individually in sequence ¼ turn and then retorque to 60 lb/ft
5. If nut snaps or chatters; remove, relube and retorque
6. Repeat steps 4 & 5 after 1st race session