

Cheat Sheet (mini roll chart)

Bold, green = known checks - Red = possible secret checks

Section 1				Section 2				Section 3				Section 4			
Sec	Mile	Key	Speed	Sec	Mile	Key	Speed	Sec	Mile	Key	Speed	Sec	Mile	Key	Speed
ST	0.0	8:00	-16	ST	28.1	10:08	-16	ST	49.9	12:33	-18	ST	71.5	2:04	-18
	0.8	8:03	-16		28.9	10:11	-16		50.2	12:34	-18		71.8	2:05	-18
	1.6	8:06	-16	Speed			-10		50.5	12:35	-18		72.1	2:06	-18
	2.4	8:09	-16		29.4	10:14	-10	Speed			-12		72.4	2:07	-18
	3.2	8:12	-16		29.9	10:17	-10		50.7	12:36	-12		72.7	2:08	-18
	4.0	8:15	-16		30.4	10:20	-10		50.9	12:37	-12	Speed			-14
	4.8	8:18	-16		30.9	10:23	-10		51.1	12:38	-12		73.4	2:11	-14
	5.6	8:21	-16		31.4	10:26	-10		51.3	12:39	-12		74.1	2:14	-14
	6.4	8:24	-16	Speed			-12		51.5	12:40	-12	Speed			-16
	7.2	8:27	-16		31.6	10:27	-12		51.7	12:41	-12		74.9	2:17	-16
Speed			-14		31.8	10:28	-12		51.9	12:42	-12		75.7	2:20	-16
	7.9	8:30	-14		32.0	10:29	-12		52.1	12:43	-12		76.5	2:23	-16
	8.6	8:33	-14		32.2	10:30	-12		52.3	12:44	-12		77.3	2:26	-16
	9.3	8:36	-14		32.4	10:31	-12		52.5	12:45	-12		78.1	2:29	-16
	10.0	8:39	-14		32.6	10:32	-12	Speed			-15		78.9	2:32	-16
	10.7	8:42	-14		32.8	10:33	-12		53.0	12:47	-15	Speed			-12
	11.4	8:45	-14		33.0	10:34	-12		53.5	12:49	-15		79.1	2:33	-12
	12.1	8:48	-14		33.2	10:35	-12		54.0	12:51	-15		79.3	2:34	-12
	12.8	8:51	-14		33.4	10:36	-12		54.5	12:53	-15		79.5	2:35	-12
	13.5	8:54	-14		33.6	10:37	-12		55.0	12:55	-15		79.7	2:36	-12
	14.2	8:57	-14		33.8	10:38	-12		55.5	12:57	-15		79.9	2:37	-12
	14.9	9:00	-14		34.0	10:39	-12		56.0	12:59	-15		80.1	2:38	-12
	15.6	9:03	-14		34.2	10:40	-12		56.5	1:01	-15		80.3	2:39	-12
	16.3	9:06	-14		34.4	10:41	-12		57.0	1:03	-15		80.5	2:40	-12
Speed			-12		34.6	10:42	-12		57.5	1:05	-15		80.7	2:41	-12
	16.5	9:07	-12		34.8	10:43	-12		58.0	1:07	-15		80.9	2:42	-12
	16.7	9:08	-12		35.0	10:44	-12		58.5	1:09	-15		81.1	2:43	-12
	16.7	reset odo to:			35.2	10:45	-12		59.0	1:11	-15		81.3	2:44	-12
	20.7	miles			35.4	10:46	-12		59.5	1:13	-15		81.5	2:45	-12
Do not proceed until					35.6	10:47	-12		60.0	1:15	-15		81.7	2:46	-12
course opened by official				Speed			-10		60.5	1:17	-15		81.9	2:47	-12
	16.9	9:09	-12		36.1	10:50	-10		61.0	1:19	-15		82.1	2:48	-12
	17.1	9:10	-12		36.6	10:53	-10		61.5	1:21	-15		82.3	2:49	-12
	17.3	9:11	-12		37.1	10:56	-10		62.0	1:23	-15		82.5	2:50	-12
	17.5	9:12	-12		37.6	10:59	-10		62.5	1:25	-15	Speed			-14
	17.7	9:13	-12		38.1	11:02	-10		63.0	1:27	-15		83.2	2:53	-14
	17.9	9:14	-12		38.6	11:05	-10		63.5	1:29	-15		83.9	2:56	-14
	18.1	9:15	-12		39.1	11:08	-10		64.0	1:31	-15		84.6	2:59	-14
	18.3	9:16	-12		39.6	11:11	-10		64.5	1:33	-15		85.3	3:02	-14
	18.5	9:17	-12		40.1	11:14	-10		65.0	1:35	-15	Speed			-16
	18.7	9:18	-12		40.6	11:17	-10		65.5	1:37	-15		86.1	3:05	-16
	18.9	9:19	-12		41.1	11:20	-10		66.0	1:39	-15		86.9	3:08	-16
	19.1	9:20	-12	Speed			-12		66.5	1:41	-15		87.7	3:11	-16
	19.3	9:21	-12		41.3	11:21	-12		67.0	1:43	-15		88.5	3:14	-16
	19.5	9:22	-12		41.5	11:22	-12		67.5	1:45	-15		89.3	3:17	-16
	19.7	9:23	-12		41.7	11:23	-12		68.0	1:47	-15		90.1	3:20	-16
	19.9	9:24	-12		41.9	11:24	-12		68.5	1:49	-15		90.9	3:23	-16
	20.1	9:25	-12		42.1	11:25	-12	Speed			-18		91.7	3:26	-16
	20.3	9:26	-12		42.3	11:26	-12		68.8	1:50	-18		92.5	3:29	-16
	20.5	9:27	-12		42.5	11:27	-12		69.1	1:51	-18	K	93.3	3:32	-16
	20.7	9:28	-12		42.7	11:28	-12		69.4	1:52	-18	End A Course			
	20.9	9:29	-12		42.9	11:29	-12		69.7	1:53	-18	A go to Special Test			
Speed			-18		43.1	11:30	-12		70.0	1:54	-18				
	21.2	9:30	-18		43.3	11:31	-12		70.3	1:55	-18				
	21.5	9:31	-18		43.5	11:32	-12		70.6	1:56	-18				
	21.8	9:32	-18		43.7	11:33	-12		70.9	1:57	-18				
	22.1	9:33	-18		43.9	11:34	-12		71.2	1:58	-18				
	22.4	9:34	-18		44.1	11:35	-12	K	71.5	1:59	-18				
	22.7	9:35	-18		44.3	11:36	-12	End B Course							
	23.0	9:36	-18		44.5	11:37	-12	B go to Special Test							
	23.3	9:37	-18		44.7	11:38	-12	A=Gas, 15 minutes							
	23.6	9:38	-18		44.9	11:39	-12								
	23.9	9:39	-18		45.1	11:40	-12								
	24.2	9:40	-18		45.3	11:41	-12								
	24.5	9:41	-18		45.5	11:42	-12								
	24.8	9:42	-18		45.7	11:43	-12								
	25.1	9:43	-18		45.9	11:44	-12								
	25.4	9:44	-18		46.1	11:45	-12								
	25.7	9:45	-18		46.3	11:46	-12								
	26.0	9:46	-18		46.5	11:47	-12								
	26.3	9:47	-18		46.7	11:48	-12								
	26.6	9:48	-18		46.9	11:49	-12								
	26.9	9:49	-18		47.1	11:50	-12								
	27.2	9:50	-18		47.3	11:51	-12								
	27.5	9:51	-18		47.5	11:52	-12								
	27.8	9:52	-18		47.7	11:53	-12								
K	28.1	9:53	-18		47.9	11:54	-12								
					48.1	11:55	-12								
					48.3	11:56	-12								
					48.5	11:57	-12								
					48.7	11:58	-12								
					48.9	11:59	-12								