

Cheat Sheet (mini roll chart)

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

| Section 1 | | | | Section 2 | | | | Section 3 | | | |
|---|-------------|----------------------|------------|-----------|-------------|--------------|------------|-----------|-------------|--------------|------------|
| 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 |
| | 0.8 | 8:03 | -16 | | 28.9 | 10:11 | -16 | | 50.2 | 12:34 | -18 |
| | 1.6 | 8:06 | -16 | Speed | | | -10 | | 50.5 | 12:35 | -18 |
| | 2.4 | 8:09 | -16 | | 29.4 | 10:14 | -10 | Speed | | | -12 |
| | 3.2 | 8:12 | -16 | | 29.9 | 10:17 | -10 | | 50.7 | 12:36 | -12 |
| | 4.0 | 8:15 | -16 | | 30.4 | 10:20 | -10 | | 50.9 | 12:37 | -12 |
| | 4.8 | 8:18 | -16 | | 30.9 | 10:23 | -10 | | 51.1 | 12:38 | -12 |
| | 5.6 | 8:21 | -16 | | 31.4 | 10:26 | -10 | | 51.3 | 12:39 | -12 |
| | 6.4 | 8:24 | -16 | Speed | | | -12 | | 51.5 | 12:40 | -12 |
| | 7.2 | 8:27 | -16 | | 31.6 | 10:27 | -12 | | 51.7 | 12:41 | -12 |
| Speed | | | -14 | | 31.8 | 10:28 | -12 | | 51.9 | 12:42 | -12 |
| | 7.9 | 8:30 | -14 | | 32.0 | 10:29 | -12 | | 52.1 | 12:43 | -12 |
| | 8.6 | 8:33 | -14 | | 32.2 | 10:30 | -12 | | 52.3 | 12:44 | -12 |
| | 9.3 | 8:36 | -14 | | 32.4 | 10:31 | -12 | | 52.5 | 12:45 | -12 |
| | 10.0 | 8:39 | -14 | | 32.6 | 10:32 | -12 | Speed | | | -15 |
| | 10.7 | 8:42 | -14 | | 32.8 | 10:33 | -12 | | 53.0 | 12:47 | -15 |
| | 11.4 | 8:45 | -14 | | 33.0 | 10:34 | -12 | | 53.5 | 12:49 | -15 |
| | 12.1 | 8:48 | -14 | | 33.2 | 10:35 | -12 | | 54.0 | 12:51 | -15 |
| | 12.8 | 8:51 | -14 | | 33.4 | 10:36 | -12 | | 54.5 | 12:53 | -15 |
| | 13.5 | 8:54 | -14 | | 33.6 | 10:37 | -12 | | 55.0 | 12:55 | -15 |
| | 14.2 | 8:57 | -14 | | 33.8 | 10:38 | -12 | | 55.5 | 12:57 | -15 |
| | 14.9 | 9:00 | -14 | | 34.0 | 10:39 | -12 | | 56.0 | 12:59 | -15 |
| | 15.6 | 9:03 | -14 | | 34.2 | 10:40 | -12 | | 56.5 | 1:01 | -15 |
| | 16.3 | 9:06 | -14 | | 34.4 | 10:41 | -12 | | 57.0 | 1:03 | -15 |
| Speed | | | -12 | | 34.6 | 10:42 | -12 | | 57.5 | 1:05 | -15 |
| | 16.5 | 9:07 | -12 | | 34.8 | 10:43 | -12 | | 58.0 | 1:07 | -15 |
| | 16.7 | 9:08 | -12 | | 35.0 | 10:44 | -12 | | 58.5 | 1:09 | -15 |
| | 16.7 | reset odo to: | | | 35.2 | 10:45 | -12 | | 59.0 | 1:11 | -15 |
| | 20.7 | miles | | | 35.4 | 10:46 | -12 | | 59.5 | 1:13 | -15 |
| Do not proceed until course opened by official | | | | | 35.6 | 10:47 | -12 | | 60.0 | 1:15 | -15 |
| | | | | Speed | | | -10 | | 60.5 | 1:17 | -15 |
| | 16.9 | 9:09 | -12 | | 36.1 | 10:50 | -10 | | 61.0 | 1:19 | -15 |
| | 17.1 | 9:10 | -12 | | 36.6 | 10:53 | -10 | | 61.5 | 1:21 | -15 |
| | 17.3 | 9:11 | -12 | | 37.1 | 10:56 | -10 | | 62.0 | 1:23 | -15 |
| | 17.5 | 9:12 | -12 | | 37.6 | 10:59 | -10 | | 62.5 | 1:25 | -15 |
| | 17.7 | 9:13 | -12 | | 38.1 | 11:02 | -10 | | 63.0 | 1:27 | -15 |
| | 17.9 | 9:14 | -12 | | 38.6 | 11:05 | -10 | | 63.5 | 1:29 | -15 |
| | 18.1 | 9:15 | -12 | | 39.1 | 11:08 | -10 | | 64.0 | 1:31 | -15 |
| | 18.3 | 9:16 | -12 | | 39.6 | 11:11 | -10 | | 64.5 | 1:33 | -15 |
| | 18.5 | 9:17 | -12 | | 40.1 | 11:14 | -10 | | 65.0 | 1:35 | -15 |
| | 18.7 | 9:18 | -12 | | 40.6 | 11:17 | -10 | | 65.5 | 1:37 | -15 |
| | 18.9 | 9:19 | -12 | | 41.1 | 11:20 | -10 | | 66.0 | 1:39 | -15 |
| | 19.1 | 9:20 | -12 | Speed | | | -12 | | 66.5 | 1:41 | -15 |

| | | | | | | | | | |
|----------|-------------|-------------|------------|-------------------------|-------|-----|------------------------|------|-----|
| | 19.3 | 9:21 | -12 | 41.3 | 11:21 | -12 | 67.0 | 1:43 | -15 |
| | 19.5 | 9:22 | -12 | 41.5 | 11:22 | -12 | 67.5 | 1:45 | -15 |
| | 19.7 | 9:23 | -12 | 41.7 | 11:23 | -12 | 68.0 | 1:47 | -15 |
| | 19.9 | 9:24 | -12 | 41.9 | 11:24 | -12 | 68.5 | 1:49 | -15 |
| | 20.1 | 9:25 | -12 | 42.1 | 11:25 | -12 | Speed | | -18 |
| | 20.3 | 9:26 | -12 | 42.3 | 11:26 | -12 | 68.8 | 1:50 | -18 |
| | 20.5 | 9:27 | -12 | 42.5 | 11:27 | -12 | 69.1 | 1:51 | -18 |
| | 20.7 | 9:28 | -12 | 42.7 | 11:28 | -12 | 69.4 | 1:52 | -18 |
| | 20.9 | 9:29 | -12 | 42.9 | 11:29 | -12 | 69.7 | 1:53 | -18 |
| 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 | | | |
| | | | | 49.1 | 12:00 | -12 | | | |
| | | | | Speed | | -16 | | | |
| | | | | K 49.9 12:03 -16 | | | | | |
| | | | | Gas, 30 minutes | | | | | |

hecks

| Section 4 | | | |
|-----------|-------------|-------------|------------|
| Sec | Mile | Key | Speed |
| ST | 71.5 | 2:04 | -18 |
| | 71.8 | 2:05 | -18 |
| | 72.1 | 2:06 | -18 |
| | 72.4 | 2:07 | -18 |
| | 72.7 | 2:08 | -18 |
| Speed | | | -14 |
| | 73.4 | 2:11 | -14 |
| | 74.1 | 2:14 | -14 |
| Speed | | | -16 |
| | 74.9 | 2:17 | -16 |
| | 75.7 | 2:20 | -16 |
| | 76.5 | 2:23 | -16 |
| | 77.3 | 2:26 | -16 |
| | 78.1 | 2:29 | -16 |
| | 78.9 | 2:32 | -16 |
| Speed | | | -12 |
| | 79.1 | 2:33 | -12 |
| | 79.3 | 2:34 | -12 |
| | 79.5 | 2:35 | -12 |
| | 79.7 | 2:36 | -12 |
| | 79.9 | 2:37 | -12 |
| | 80.1 | 2:38 | -12 |
| | 80.3 | 2:39 | -12 |
| | 80.5 | 2:40 | -12 |
| | 80.7 | 2:41 | -12 |
| | 80.9 | 2:42 | -12 |
| | 81.1 | 2:43 | -12 |
| | 81.3 | 2:44 | -12 |
| | 81.5 | 2:45 | -12 |
| | 81.7 | 2:46 | -12 |
| | 81.9 | 2:47 | -12 |
| | 82.1 | 2:48 | -12 |
| | 82.3 | 2:49 | -12 |
| | 82.5 | 2:50 | -12 |
| Speed | | | -14 |
| | 83.2 | 2:53 | -14 |
| | 83.9 | 2:56 | -14 |
| | 84.6 | 2:59 | -14 |
| | 85.3 | 3:02 | -14 |
| Speed | | | -16 |
| | 86.1 | 3:05 | -16 |
| | 86.9 | 3:08 | -16 |
| | 87.7 | 3:11 | -16 |

| | | | |
|----------|-------------|-------------|------------|
| | 88.5 | 3:14 | -16 |
| | 89.3 | 3:17 | -16 |
| | 90.1 | 3:20 | -16 |
| | 90.9 | 3:23 | -16 |
| | 91.7 | 3:26 | -16 |
| | 92.5 | 3:29 | -16 |
| K | 93.3 | 3:32 | -16 |

End A Course

A go to Special Test