



Motorcycle Track Set-up Record

Team :	Rider :	Make :
Track :	Day:	Model:

FRONT	BASE	1	2	3	4	5	
Fork #							
Fork Setting #							
Offset							
Spring Rate							
Ride Height							Measured from top of lower clamp to axle center unsprung
Initial Pre Load							from full out so IN #
Rider Sag							
Compression							from full in so OUT #
Rebound							from full in so OUT #
Oil Level/ Qty							
Tire							
PSI off warmer/track							
Steering Damper							

REAR	1	1	2	3	4	5	7
Shock #							
Shock Link							
Shock Length							
Spacer							
Spring							
Pre Load							
Compression-HS							from full out so IN #
Compression-LS							from full in so OUT #
BPV							
Rebound							from full in so OUT #
spring length							Length installed static
Rider Sag							
Swingarm Length							
Gearing							
Tyre							
PSI off (warmer/track)							
Best Lap							

Out 1 Comments
Out 2 Comments
Out 3 Comments
Out 4 Comments
Out 5 Comments