



WELCOME TO AN EVENING OF ST LAPPING

Please familiarize yourself with these St Lapping Day Rules to ensure an enjoyable and successful experience. Drivers are expected to conduct themselves in a mature and responsible manner taking into account the various abilities of the other drivers. Drivers shall respect the directions and decisions of the officials at all times. The St Lawrence Automobile Club reserves the right to deny participation at any time.

Familiarizing Yourself with the Track

Please visit the following links for an in-car look at the track layouts:

[Fabi](#)

[Long track](#)

Lapping Night: What to Expect

Personal Checklist	
Helmet	Long pants
Closed shoes	Water
Check car periodically	Rest if tired
Ask for advice	

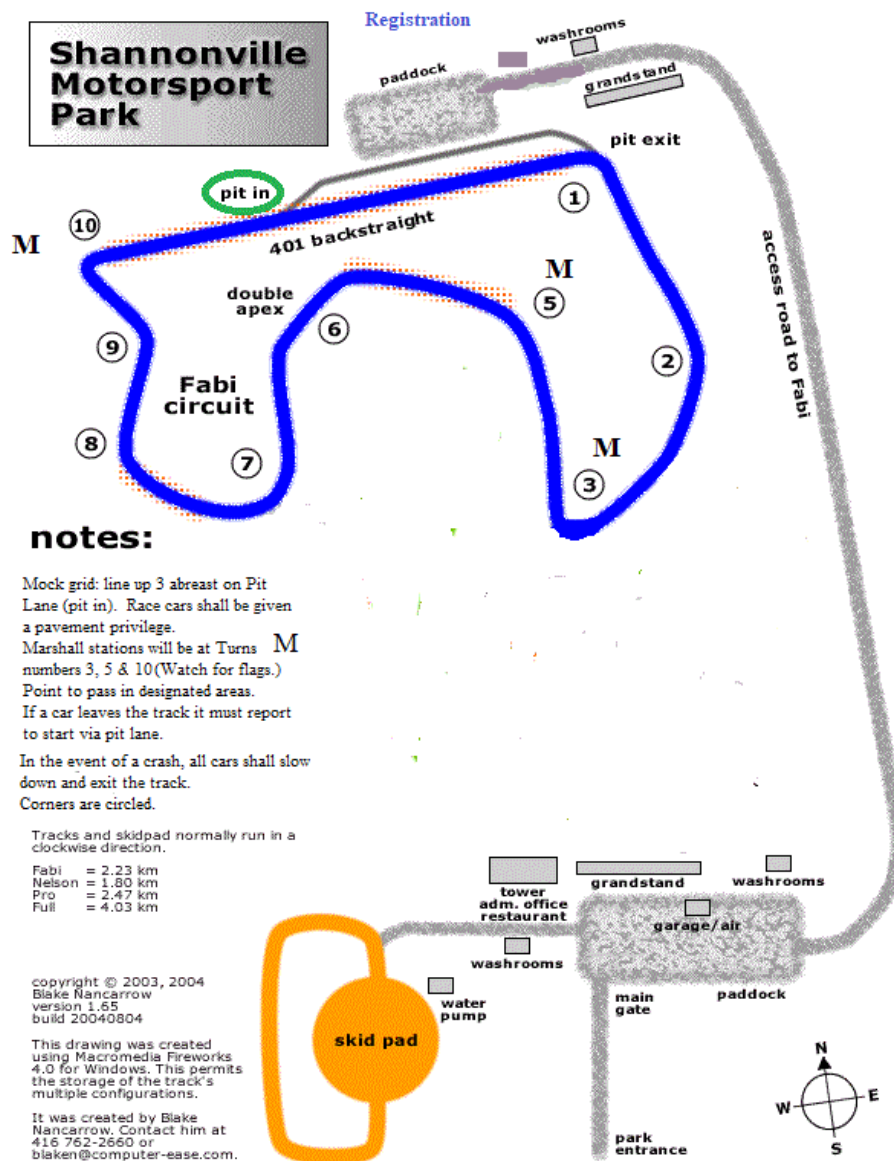
Itinerary	
5:00 Registration Opens	5:15am Mandatory Drivers Meeting
5:30 Orientation	
Race Group On track Sessions 1,4, 7	15 minutes with 5 minute turn around
Newbie Group Run Sessions 2, 5, 8	15 minutes with 5 minute turn around
Experienced Group On track Sessions 3, 6, 9	15 minutes with 5 minute turn around

Entering the Park

Please follow the access road to Fabi.

You will be met by a club official who will ask you for a completed **Technical Checklist** which can be found in the Appendix at the end of this document.

You will also be asked to fill out a **Waiver of Liability** which will be provided to you at Registration.



Lapping instruction will be provided at the mandatory Driver's Meeting. They can also be found on the above map under **notes**.

APPENDIX

Lapping Day Technical Checklist

Please review the track worthiness of your car before going out on the track.

Helmet with current DOT rating or better is required.	(✓)
Fully operational seat belts.	
Full tank of fuel.	
Tires properly inflated and structurally sound.	
Torque wheel nuts.	
All loose items removed from passenger compartment.	
Properly working front and rear brakes.	
No fluid leaks of any kind.	
Properly working front and rear brakes.	

MEANING OF THE FLAGS

Red flag		Emergency, proceed to pit lane at a reduced speed
Black flag		Warning, proceed to pit lane at reduced speed
Checkered flag		Session is over, proceed to pit lane at reduced speed

IF SOMETHING DOES NOT FEEL RIGHT PLEASE PROCEED TO THE PADDOCK AND CHECK WITH AN OFFICIAL.