

ProFormance Pre-Lapping Checklist

Preparing Your Car for the Track

Inside/Outside the Car

- ☐ **Seat belts:** Must be present and functional for both driver and passenger
- ☐ **Car interior:** Remove absolutely every loose item in the car, including the floor, dash, under seats, and in the trunk. **If it's not bolted down, take it out.**
- ☐ **Car body:** Remove anything loose on the car's body
- ☐ **Trunk:** Empty of nonessential items
- ☐ **Fuel tank:** Full

Brakes

- ☐ **Brake pedal:** Firm when pumped a couple of times
- ☐ **Brake lines:** In good condition (not cracked or ballooned)
- ☐ **Brake pads:** Enough pad left for the upcoming day, at least 50%
- ☐ **Brake lights:** Working

Tires

- ☐ **Tires:** Check that tires are in good condition with even wear, adequate tread depth. No delaminating chunks, flat spots, cords, or "plug repairs." *Plug repairs done by major tire service centers that involve repair from the inside of the tire after disassembly are acceptable.*
- ☐ **Tire pressure:** Set the cold tire pressures before you drive the car. *Generally, you'll want to set them at least 1-3 PSI above your normal street pressures.*
- ☐ **Wheel Lug nuts:** Verify they are tight
- ☐ **Wheel bearings:** In good condition with no mechanical wobble in the wheels
- ☐ **Wheel pop-out caps or inserts:** Take them off
- ☐ **Spare tire, jack, and tools:** Fastened down

Under the Hood

- ☐ **Fluid levels full:** Coolant, engine, and transmission
- ☐ **Fluid caps:** On tight
- ☐ **Leaks:** Inspect for all fluid leaks. *No fluid leaks allowed.*
- ☐ **Battery tie-down:** Tight
- ☐ **Throttle return springs:** If present, in good condition

Miscellaneous

- ☐ Soft top cars must have a roll over hoop or DOT approved factory installed "pop up" device.
- ☐ Cars being jacked up in the paddock area must be supported by a jack stand.