

# Flat Out Friday

## Technical Inspection Guidelines

As a participant in Flat Out Friday/Open Lapping, it is your responsibility for ensuring that your vehicle is safe for performance driving. The following information is provided as a minimum guideline. You should engage the services of a qualified mechanic to ensure that your vehicle is safe in all regards before your arrival at the track.

### Passenger Compartment

- ✓ Must be a passenger seat to accommodate an instructor
- ✓ Equivalent safety restraint for driver and passenger (driver has 5 point belts, pass. gets 5 point belts)
- ✓ Window nets are not permitted!
- ✓ Interior should be clean and have no loose objects. Any objects in the car must be secured properly. Please check your speakers, amps etc.
- ✓ Remove floor mats from driver side
- ✓ A clean car always looks better and goes faster!

### Under Hood

- ✓ Oil Level
- ✓ Transmission fluid
- ✓ Differential fluid
- ✓ Brake fluid:
  - Full and reasonably fresh (no more than a year old)
  - High temperature brake fluid is recommended for performance driving
  - Modified cars should consider the use of a high temperature fluid and performance brake pads.
- ✓ Radiator
- ✓ Coolant:
  - Level
  - Condition
  - Hoses
  - Belts
- ✓ Check vehicle for leaks: A leak is defined as something visibly dripping
- ✓ Battery secure
- ✓ Throttle linkage freedom of movement & spring tension
- ✓ Washer fluid can be a real plus!

### Roll Bars / Cages

- ✓ Mandatory for all convertibles
- ✓ Functional factory and pop-up roll bars are acceptable
- ✓ Roll bars shall be padded anywhere occupants may strike it

- ✓ Use of "racing" style belts are recommended for any car with a roll cage

### Suspensions, Wheels and Tires

- ✓ Shocks or struts should work properly without leaking or binding
- ✓ Springs: Check for cracked or broken coils or leaves
- ✓ Check all suspension bolts for tightness and torque

#### **\*Every bolt has a torque spec \***

- ✓ Wheel bearings
- ✓ Ball joints
- ✓ No excessive play in steering linkage
- ✓ Wheel alignment
- ✓ Reasonable life left on tires. No showing cords or secondary rubber
- ✓ Wheels should be secure and free of cracks

#### **\*Be sure to re-check wheel torque after you been on track\***

### Brakes

- ✓ Pads and shoes should have plenty of material
- ✓ A hard stop should not result in severe vibration
- ✓ All cars will benefit from performance pads
- ✓ Modified cars should consider complete brake system upgrades
- ✓ Feel free to ask advice from instructors and experienced participants

### Trunk

- ✓ No loose items: Spare tire can remain provided it is secure

### General

- ✓ Car must have functioning headlights and brake lights
- ✓ Exhaust must be mounted securely, sealed and not exceed 95dBA
- ✓ Must have a interior and side mirror
- ✓ Video cameras must be mounted securely and utilize a separate non elastic strap
- ✓ Some type of washcloth: Needed to wipe the smile off your face at the end of the day.