

## Novice Cheat Sheet for Time Attack Events

Looking to get out on the track? Let's make it simple!

First, let's start with what Time Trials are: Also known as Time Attack, Time Trials are solo race events where the driver is given a timing transponder, and are driving to achieve their personal fastest time. Several drivers can be on course at a time, but don't worry, as you may ask to be placed based on your comfort level, or if you so choose, by your anticipated lap time.



### Safety:

First, you'll need a helmet with a Snell rating of 2015 or newer, a pair of Close-toed shoes, a pair of long pants, and a long-sleeve shirt.

### Vehicle:

Make sure your car is in great, running condition with all fluids topped up. Check with a car-oriented friend, your mechanic or an event organizer if you have any questions. For your first event, any well maintained car will work.

### Signing up:

To find events, visit the CACC Motorsport Calendar at <https://www.motorsportcalendar.ca> to find an event near you.

### At the Track:

You'll have to sign a waiver if you haven't already signed a digital form, then you'll be directed into the paddock to find a place to park for the day.

If this is your first event, you will have an instructor - be sure to find them and say hello they will give you a quick run down of what you will be practicing in the first session. Be sure to speak with them between sessions for optimal feedback.

### Grid up!

When you hear your group get called to grid, it's time to get back to your car and get to the grid area and get ready. You will have plenty of time, so don't panic!"