

INCOMING				OUTGOING			
P&R TEAM				P&R TEAM			
Pulse		Respiration		Pulse		Respiration	
0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1
1	2	1	2	1	2	1	2
	3		3		3		3
2	4	2	4	2	4	2	4
	5		5		5		5
3	6	3	6	3	6	3	6
	7		7		7		7
4	8	4	8	4	8	4	8
	9		9		9		9
Rider's Initials				Rider #		Time	
				FIRST HOLD			
				Pulse	Resp.	TIME OUT	
Day 1 2 3				SECOND HOLD			
P&R 1 2 3 4 5 6				Pulse	Resp.	TIME OUT	
Open	Novice	CP					

INCOMING				OUTGOING			
P&R TEAM				P&R TEAM			
Pulse		Respiration		Pulse		Respiration	
0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1
1	2	1	2	1	2	1	2
	3		3		3		3
2	4	2	4	2	4	2	4
	5		5		5		5
3	6	3	6	3	6	3	6
	7		7		7		7
4	8	4	8	4	8	4	8
	9		9		9		9
Rider's Initials				Rider #		Time	
				FIRST HOLD			
				Pulse	Resp.	TIME OUT	
Day 1 2 3				SECOND HOLD			
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0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1
1	2	1	2	1	2	1	2
	3		3		3		3
2	4	2	4	2	4	2	4
	5		5		5		5
3	6	3	6	3	6	3	6
	7		7		7		7
4	8	4	8	4	8	4	8
	9		9		9		9
Rider's Initials				Rider #		Time	
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Pulse		Respiration		Pulse		Respiration	
0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1
1	2	1	2	1	2	1	2
	3		3		3		3
2	4	2	4	2	4	2	4
	5		5		5		5
3	6	3	6	3	6	3	6
	7		7		7		7
4	8	4	8	4	8	4	8
	9		9		9		9
Rider's Initials				Rider #		Time	
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