





Practice Journal

Tune: Perit Stop (5)

Start Date: 5 May 2017

End Date: 2 Jun 2017

Date	Section	Met	Strategy
5/5	Start B2	120	OD 114 (112.4)
	C2	110	OD 248
	C1		
5/8	all	90	Think Ahead
	B2 FW	120	OD 248
	C2	120	OD 1124
	V2 last 4	120	OD 1124
	C1	60	VL, Trap Door
5/9	all	75	Pin Pricks
	B2	120	BW OD expand
	C2 5-9	120	OD 1124
	C1	75	Trap Door
	V2 last 4	75	+15 
5/10	all	75	Pin Pricks
	B2	75	+15 
	C2	d=60	OD 248
	C1	90	Bw Build
	V2 last 4	80	+15 
	all	95	Voice Propagation
5/11	B2	75	+15 
	C2	d=60	OD 248
	V2 last 4 (C2 overlap)	120	OD 1125
	C1	100	Bw Build

Date	Section	Met	Strategy
5/12	B2	120	LH 124
	C2	90	Think ahead
	V2 last 4	120	OD 114
	C1	110	Bw Build
	All	110	
5/15	All	75	Trap Door
5/22	All	75	+15 J
5/23	All	80	+15 J Control @ key front
5/24	All	80	+15 J C@KF, Top note
5/25	All	75	1 met Carousel
5/26	All	90	1 Met Carousel
5/30	All	100	"
5/31	C2, C1	90	1 Met Carousel
6/1	C2, Out, Plk time, C1	90	"
6/5	All	95	1 Met Shift
6/6	All	95	"
6/12	All	95	"
	All	120/-	Hovercraft / Foreign train
6/13	All, Bw	120	1 Met Shift
6/14	Sections: B2, C2, C1	120	1 Met Shift
6/15	Sections: C2, C1, B2, V2 end	120	OD, 1 Met Shift
6/19	V2 last 4 - C2	120	OP 248 1 Met Shift
6/20	C1	110	H2-7HT Bw
	C2	100	
6/21	C1	120	H5-7HT Snake
	C2	110	"
End	End V2	120	"