LAPSCOUT / PRACTICE SHEET

Today's goal: expect landmarks and find them in time. Ignore lap time.

Date: _____ Track: _____ Section: _____

1 CHOOSE | 2 minutes

Pick one complex. For each reference: What is it? Where do I look? What does it tell me?

2 EXPLORE | 5 minutes

With visible references, learn the sequence: "After ___, I am looking for ___."

3 PREDICT | 3 minutes

Hide references and replay. Say what is next and where to look. Revisit misses.

4 DRIVE | one sim lap

Drive at a comfortable pace. Anticipate references aloud in the chosen complex. Just drive the rest.

5 REVIEW | 2 minutes

Mark each reference below. Rewatch only late or missed references. If you have time and energy, do another lap.

6 TOMORROW | recall first

Before opening LapScout, name the references in order. Repeating this complex is fine.

YOUR REFERENCES

A = anticipated and found in time L = recognized late M = missed

Reference	What it tells me	Circle one
1.		A L M
2.		A L M
3.		A L M
4.		A L M
5.		A L M
6.		A L M
7.		A L M

Success today: landmarks become things I expect, not just recognize afterward.