



7 Day Lane Conditioning Program

Program

39' NYTC

Oiling Distance		39 feet
Forward shift to Medium Speed		15 feet
Forward shift to High Speed		30 feet
Zone 1 pads OFF (Outside)		96 inches
Zone 2 pads OFF (Track)		156 inches
Zone 3 pads OFF (Inside Centre)		28 feet
Zone 4 pads OFF (Centre)		28 feet
Forward travel Buff out		39 feet
Reverse shift to Medium Speed		24 feet
Reverse shift to Low Speed		16 feet
Drop Brush in Reverse		36 feet
Zone 4 pads ON (Centre)		32 feet
Zone 3 pads ON (Inside Centre)		32 feet
Zone 2 pads ON (Track)		288 inches
Zone 1 pads ON (Outside)		156 inches
Reverse Buff to Foul Line		0 foot