



Lyncrest: CJL5 Circuit Altitude: 1300' ASL Left circuits all runways

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Date: _____
 Hobbs @ Startup: _____ Time up: _____
 Hobbs @ Shutdown: _____ Time down: _____
 Flight Time: _____ Air time: _____
 Hazards/Risks: _____
 Management Strategies: _____
 Runway: _____ Squawk code: _____

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Lyncrest:	123.2	Winnipeg ATIS	120.2
Winnipeg Termin:	121.0	St. Andrews ATIS	125.8
St. Andrews Twr:	118.5	St. Andrews Grnd	121.8
Winnipeg Twr:	118.3	Winnipeg FISE	123.25

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Fuel meter (last 4 digits = 3 plus one decimal)
 Before fill _____ After fill _____ Litres _____ \$ _____
 Left Wing Fuel Tank: _____ Right Wing Fuel Tank: _____ Oil: _____

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C-FLUG – Flight sheet

	Weight	Arm	Moment
Basic Empty Includes oil and 3.5 gal unusable fuel	1039	34.35	35,705.91
Front Seat		39.00	
Baggage (Max 80 lbs)		65.00	
Zero Fuel			
Plus Fuel Max 22.5 gal = 135 lbs		41.00	
Take off weight (Max 1500 lbs)			
Less burn			
Landing weight			

CARRY this WEIGHT & BALANCE information onboard the aircraft

Friendly reminder - did you:

1. Record weather briefing on Flight Plan?

2. File a flight plan and fill in all emergency contact information?
3. Leave the Flight Plan in the folder beside the phone in the 99s Hangar?
4. Initiate Flight Watch by phone (not text)?
5. Activate SPOT
6. Packed this completed Weight & Balance Form onboard your flight?

HAVE A SAFE & FUN FLIGHT! Revised 31 May 2023

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