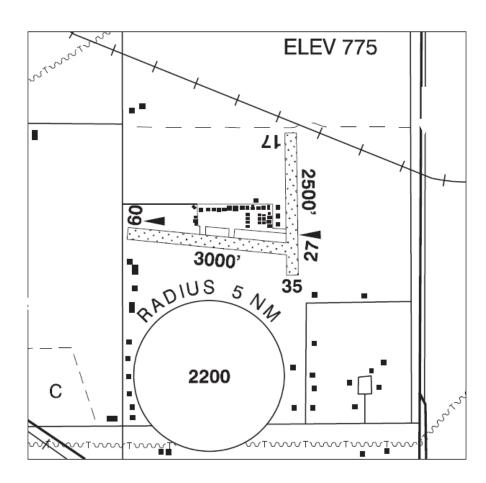


Lyncrest: CJL5 Circuit Altitude: 1300' ASL Left circuits all runways

Date:				
Hobbs @ Startup: _		Time up:		
Hobbs @ Shutdown: _				
Flight Time: _		Air time:		
Runway:		Squawk code:		
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		
Fuel meter (last 4 digits = 3	3 plus one decimal)			
Before fill After	er fill	Litres \$		
Left Wing Fuel Tank:Oil:				



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

Date:				
Hobbs @ Startup:	Time up:			
Hobbs @ Shutdown:				
Flight Time:				
Hazards/Risks:				
Management Strategies:				
Runway:	Squawk code:			
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			
Fuel meter (last 4 digits = 3 plus one decima	al)			
Before fill After fill	Litres \$			
	: Wing Fuel Tank:Oil:			

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?

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