

ICO CheckMate & ProComp program for Bearfoot'09

Line#	CheckMate	ProComp	Mileage	
01	SPEED	SPed	0.00	16
02	SPEED	SPed	4.80	21
03	SPEED	SPed	6.20	20
04	SPEED	SPed	9.20	18
05	PAUSE	FrEE	10.70	5:00
06	SPEED	SPed	11.90	24
07	SPEED	SPed	15.10	15
08	SPEED	SPed	18.60	18
09	PAUSE	FrEE	21.60	10:00
10	SPEED	SPed	22.20	24
11	SPEED	SPed	22.60	21
12	SPEED	SPed	29.60	15
13	RESET	rSEt	33.80	to 35.00
14	PAUSE	FrEE	35.00	30:00
15	SPEED	SPed	36.10	18
16	SPEED	SPed	41.50	14
17	SPEED	SPed	42.20	22
18	SPEED	SPed	48.80	16
19	SPEED	SPed	49.60	18
20	SPEED	SPed	51.40	19
21	SPEED	SPed	57.10	18
22	PAUSE	FrEE	60.70	10:00
23	SPEED	SPed	60.70	14
24	SPEED	SPed	61.40	24
25	SPEED	SPed	67.40	30
26	SPEED	SPed	68.40	16

KNOWN CONTROLS: Because it's up to each club to declare Known Controls we may not have included any in this program. If you wish to enter Known Controls, which affect only the instrument's Next Possible calculations, check with the club then do so.

To enter a Known Control select KNOWN (CheckMate) or cont (ProComp), enter the mileage where the control is located, then enter a 2 or 3. The 2 or 3 represents the miles of free zone BEFORE a Known, so the correct value for each Known must be entered. Since all Knowns have 3 miles of free zone AFTER them, your instrument automatically uses 3 for it's calculations while in a race.

Good luck and have a safe, enjoyable ride!

Please share this program with other riders at the race.  
Also, please check out the ICO website at [www.icoracing.com](http://www.icoracing.com)