

Achieved Thermal height AGL (Feet)	Climb rate achieved average (kts)	XC Speed Older FRP unballasted (kph)
3000	2.1	61
4000	2.8	68
5000	3.5	75
6000	4.2	82
7000	4.9	89
8000	5.6	96
9000	6.3	103
10000	7.0	110

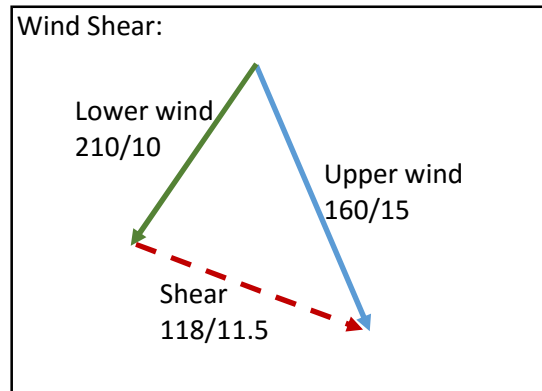
Heading offset for wind (deg) = $A/C \times 60$

A = Cross wind (kph)
 B = Head wind (kph)
 C = Achieved XC speed (kph) = **XC speed - B**

1 knot = 1.852 kph
 1 kph = 0.540 kts

Cross-country Check list	
Maint release & DI Battery(s)	Pee system
Drinking water	Food
Outlanding kit	Hat
Water Ballast	Sunblock
Trim ballast	Sunglasses
Flight plan	Spare glasses
Start height	Flight note (for SAR)
Freezing Level	Logger on
Maps (WAC, VNC)	Spot on
Radio frequencies	Oxygen on
Task Declaration	ABCD Chaotic

	Radio Frequency	Gliding club Phone No
Distress	121.5	
Beverley	126.7	0427 126 700
Narrogin	134.0	9881 1795
Cunderdin	127.8	0417 992 806
Morawa	126.7	9971 1137
Gliding	122.7	
	122.9	
	122.5	



Forecast winds			
Level	Direction	Speed	Notes
Ground			
3000'			
5000'			
7000'			
10,000'			