Event Name _____ **Date** _____

20-minute Hold P&R's (taken any time within first 10 minutes)

Horse No.	Pulse	Resp.	Horse No.	Pulse	Resp.	Horse No.	Pulse	Resp.

Hold P&R's

Count for 15 sec & multiply times 4

1	x	4	=	4
2	x	4	=	8
3	x	4	=	12
4	x	4	=	16
5	x	4	=	20
6	x	4	=	24
7	x	4	=	28
8	x	4	=	32
9	x	4	=	36
10	x	4	=	40
11	x	4	=	44
12	x	4	=	48
13	x	4	=	52
14	x	4	=	56
15	x	4	=	60
16	x	4	=	64
17	x	4	=	68
18	x	4	=	72
19	x	4	=	76
20	x	4	=	80
21	x	4	=	84
22	x	4	=	88
23	x	4	=	92
24	x	4	=	96
25	x	4	=	100
26	x	4	=	104
27	x	4	=	108
28	x	4	=	112
29	x	4	=	116
30	x	4	=	120