

F.A.S.T.
Formation Training Record

Wing Pilot: 2-ship ____ or 4-ship ____

Student _____ A/C type _____

Sortie #									
2-ship or 4-ship maneuvers									
Preflight									
Taxi & run up									
Single-ship takeoff									
Rejoin after single-ship takeoff									
Element takeoff									
Configuration change (gear)									
Wing work/station keeping									
Route position									
Echelon turns									
Radio discipline									
Hand signal recognition									
Cross under									
Close trail									
Extended trail									
Pitch-out & rejoin									
Overshoot/under run									
Overhead traffic pattern									
Wave-off/go around									
Break out									
Simulated emergency									
4-ship maneuvers									
Rejoin after element takeoff									
Diamond in #2 position									
Diamond in #4 position									
Lead change in #2 position									
Lead change in #4 position									
Instructor's initials									

D= Instructor demonstrates X= Student performs S= Satisfactory progress P= Proficient

Training Maneuvers Criterion

1. Lazy 8s will be up to $\pm 20^\circ$ of pitch in coordination with up to 45° of bank.
2. Echelon turns will be greater than 20° and less than or equal to 45° bank.
3. Close trail turns will be greater than 20° and less than or equal to 60° bank.
4. Pitch outs will be done at 60° bank, 2G pull, approximately 180° turn, level, 2-4 second intervals.
5. Rejoins will be at approximately 30° bank, at constant airspeed, level.
6. Student is proficient when rejoin from #2 position can be completed within 180° of turn.
7. Pattern altitude, 360° overhead breaks: Lead will normally use 60° bank, 2G pull, 180° level turn.

Instructor Notes:
