

## 2005 Lotus Elise Maintenance Schedule

| Service   | 1,000 | 7,500       | 15,000 | 22,500 | 30,000 | 37,500 | 45,000 | 52,500 | 60,000 | 67,500 | 75,000 | 82,500 | 90,000 |
|---|-------|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>Engine</b>   |       |             |        |        |        |        |        |        |        |        |        |        |        |
| Renew engine oil & filter   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect engine & transmission for oil leaks   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Check transmission fluid level  |       |             |        | X      |        |        | X      |        |        | X      |        |        | X      |
| Renew transmission oil  |       |             |        |        |        |        | X-6yr  |        |        |        |        |        | X-6yr  |
| Inspect air cleaner element   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Renew air cleaner element   |       |             |        |        | X      |        |        |        | X      |        |        |        | X      |
| Renew spark plugs   |       |             |        |        | X-6yr  |        |        |        | X-6yr  |        |        |        | X-6yr  |
| Inspect auxiliary drive belt condition  | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect integrity of fuel system  | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Print engine history report & send to Lotus   | X     | As Needed   |        |        |        |        |        |        |        |        |        |        |        |
| <b>Cooling</b>  |       |             |        |        |        |        |        |        |        |        |        |        |        |
| Inspect water & oil cooler systems for damage or leaks. Clean water & oil cooler radiator finning.              | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Check coolant level   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Renew coolant   |       | Every 4 Yrs |        |        |        |        |        |        |        |        |        |        |        |
| <b>Brakes</b>   |       |             |        |        |        |        |        |        |        |        |        |        |        |
| Inspect parking brake adjustment  | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect brake pad thickness & disc condition  |       | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect brake hoses, pipes & hydraulic units  | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Check brake fluid level   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Renew brake/clutch fluid  |       | 1 Year      |        |        |        |        |        |        |        |        |        |        |        |
| <b>Suspension &amp; Steering</b>  |       |             |        |        |        |        |        |        |        |        |        |        |        |
| Check security & condition of front & rear suspension, including free articulation of rear toe link ball joints | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Check torque of rear toe-link inboard flang (50Nm)  |       | As Needed   |        |        |        |        |        |        |        |        |        |        |        |
| Inspect dampers for leaks & performance   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect front & rear wheel bearings for play  | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect condition of driveshaft gaskets   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect steering ball joints & gaskets  | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect free play at steering wheel   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| <b>Wheels &amp; Tires</b>   |       |             |        |        |        |        |        |        |        |        |        |        |        |
| Inspect tire condition & air pressure   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| <b>Electrical</b>   |       |             |        |        |        |        |        |        |        |        |        |        |        |
| Check battery & terminals for security & condition  | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |
| Inspect operation of all lights   | X     | X           | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      | X      |

# Ford Focus 2002 Maintenance Schedule

**B Lingard**



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be organized have a plan ready before football practice that includes warm up drills and a scrimmage have structure to your flag football practice each activity should have a time limit and meaning stick to the basics of youth flag football don't over complicate your practices and flag football plays

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effective practicing have a plan showing up to practice with a plan or script for how things should be run is a way to take pressure off of you and your coaching staff and will provide your players with constant instruction and interaction the following different drills will address areas of the game of flag football o o x x

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