


# MONDAY NIGHT TRACK LEAGUE

Program 2nd Febuary 2026

First warm up	7:00 -7:05pm		First Aid provided by.
Second warm up	7:06-7:11pm		
			 <b>COMMUNITY MEDICS</b> PUTTING COMMUNITY FIRST

Racing to start 7:15pm if warm up is completed a few minutes early. Please be ready.

Group 2		10 Lap Scratch race	Bonus track league points on the whistle at half distance
<b>Sprinters</b>		<b>Match sprints</b>	

Group 2		15 Win and out sprints every 3 laps	
Group 1		30 Win and out sprints every 5 laps	

<b>Sprinters</b>		<b>Match sprints</b>	
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Group 2		Elimination.	One rider out every lap after the free lap 3 to sprint
Group 1		Elimination.	One rider out every other lap after the free lap 3 to sprint

<b>Sprinters</b>		<b>Match sprints</b>	
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Group 2		20 lap points race sprints every 5 laps	5, 3, 2, 1, points double points on last lap. 10 points for a lap gained or lost.
Group 1		40 lap points race Sprints every 10 laps	

Group 2		Monday night Mile, 6 lap scratch	<b>Monday Night Track League. Sponsor required</b>
Group 1		Monday night Mile, 6 lap scratch	

<b>Sprinters</b>		<b>Match sprints</b>	
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Group 2		25 lap points race sprints every 5 laps	5, 3, 2, 1, points double points on last lap. 10 points for a lap gained or lost.
Group 1		40 lap points race Sprints every 10 laps	

<b>Sprinters</b>		<b>Handicap 500m</b>	
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Group 2		Monday night Mile, 6 lap scratch	<b>Monday Night Track League. Sponsor required</b>
Group 1		Monday night Mile, 6 lap scratch	

<b>Sprinters</b>			
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Group 2		16 lap scratch race	Bonus track league points on the whistle at half distance
Group 1		40 Lap scratch race	

<b>Sprinters</b>			
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Group 1 and 2		Points race number of laps dependent on time left Or a scratch race Laps dependent on time left	5, 3, 2, 1, points double points on last lap. 10 points for a lap gained or lost.
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			 <b>COMMUNITY MEDICS</b> PUTTING COMMUNITY FIRST

Welcome to the 2026 edition of the Monday Night Track League

If you think you are in the wrong group please see me and I will sort it out for you