

MONDAY NIGHT TRACK LEAGUE

Program 9th February 2026

First warm up	7:00 - 7:05pm	First Aid provided by.
Second warm up	7:06-7:11pm	



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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
Sprinters	Flying 200m TT	
Group 2	15 Win and out sprints every 3 laps	
Group 1	30 Win and out sprints every 5 laps	
Sprinters	Match sprints	
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
Sprinters	Match sprints	
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	Monday Night Track League.
Group 1	Monday night Mile, 6 lap scratch	Sponsor required
Sprinters	Match sprints	
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	
Sprinters	Handicap 500m	
Group 2	Monday night Mile, 6 lap scratch	Monday Night Track League.
Group 1	Monday night Mile, 6 lap scratch	Sponsor required
Sprinters		
Group 2	16 lap scratch race	Bonus track league points on the whistle at half distance
Group 1	40 Lap scratch race	
Sprinters		
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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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.