

# MONDAY NIGHT TRACK LEAGUE

Program 23rd February 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>Flying 200m TT</b>	

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

<b>Sprinters</b>	<b>Match sprints</b>	
------------------	----------------------	--

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>	
------------------	----------------------	--

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

<b>Sprinters</b>	<b>Match sprints</b>	
------------------	----------------------	--

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>	
------------------	----------------------	--

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

<b>Sprinters</b>		
------------------	--	--

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>		
------------------	--	--

<b>Group 1 and 2</b>	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.
----------------------	--	---

		<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