

MONDAY NIGHT TRACK LEAGUE

Program 9th March 2026

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

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

Sprinters	Flying 200m TT for 2or 3 riders MAX and the others a match sprint		
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Group 2	15 Win and out sprints every 3 laps		
Group 1	42 Win and out sprints every 7 laps		

Sprinters	Match sprints	
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Group 2	Monday night Mile, 6 lap scratch	Monday Night Track League. Sponsor required
Group 1	Monday night Mile, 6 lap scratch	

Sprinters	Match sprints	
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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 8 laps	

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

Sprinters	Team sprints including an endurance team from each group		
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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	

Sprinters	Match sprints	Time dependent
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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 if time or every lap

Sprinters	Match sprints	Time dependent
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Group 2	10 lap scratch race	Bonus track league points on the whistle at half distance
Group 1	30 Lap scratch race	

Sprinters				
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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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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