

MONDAY NIGHT TRACK LEAGUE

Program 23rd 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 2 riders MAX and the others a match sprint		
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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	

Adam and 1 other	1KM TT for Adam one other rider to test the gate and timing before Adam, to save a missed effort, as Adams effort is for a qualifying time. Owen or one of the fast kids to volunteer		
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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. Sponsor required	
Group 1	Monday night Mile, 6 lap scratch		

Sprinters	Team sprints for sprinters if number work for this		
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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	48 lap points race Sprints every 8 laps	

Sprinters	Match sprints		
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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

Adam	Flying 200 for Adam if required		
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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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