

MONDAY NIGHT TRACK LEAGUE

Program 30th 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 and also test the Swiss timing

Invitation 2000metre individual pursuit, Jaco Scholtz, John Fiddies, Iain Davidson and Paul Whatmough.	
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Adam	Flying 200m TT for Adam
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Sprinters	Match sprints
Group 2	20 lap points race sprints every 5 laps
Group 1	40 lap points race Sprints every 10 laps
	5, 3, 2, 1, points double points on last lap. 10 points for a lap gained or lost.

Group 2 Monday night Mile, 6 lap scratch Group 1 Monday night Mile, 6 lap scratch	
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Sprinters	Match sprints
Group 2	20 lap points race sprints every 5 laps
Group 1	48 lap points race Sprints every 8 laps
	5, 3, 2, 1, points double points on last lap. 10 points for a lap gained or lost.

Sprinters Team sprints for sprinters if number work for this or 500m TT as Owen asked for this

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	Some sprinter type race
Group 2	14 lap scratch race
Group 1	36 Lap scratch race
	Bonus track league points on the whistle at half distance

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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	Thank you everyone, riders, team managers (Mum and Dad) the team that makes it work on the night including Len even if he has told you off.....John F. Thank You.
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